

How can you recognize emotional distress and how can you help?

If you or one of your classmates exhibit any of the following signs or symptoms, you need to present yourself or bring these individuals to the attention of a Behavioral Health specialist to prevent a possible crisis. Any single warning sign alone may not necessarily indicate a severe distress. The utility of intervention and assistance is likely going to be related to the weight each of us puts on a sign or symptom, as well as whether or not several signs and symptoms co-exist.

WARNING SIGNS

Distress	<i>unusual nervousness tension worry cannot complete tasks</i>
Moods	<i>sad or depressed sleep impairments poor self-esteem feeling hostile or angry</i>
Thoughts	<i>to harm self or others being overwhelmed distracted</i>
Behavior	<i>acting in atypical ways socially withdrawing missing class or labs pattern of attention seeking</i>
Situational	<i>death of someone loss of some kind adjustment problems</i>

TIPS ON INTERVENTION

- * Be attentive to those around you
- * Offer to help, or to get help
- * Make no promises of confidentiality
- * Do not offer personal suggestions and advice
- * Listen
- * Take action; remind them of the availability of resources
- * Report to appropriate authorities anyone who may present with danger to self or to others

BRADENTON CAMPUS **Behavioral Health Resources**

You may find further assistance at one of the following behavioral health agencies:

Centerstone Student Assistance (SAP)
(941) 782-4379

Centerstone Crisis Center
(941) 782-4600

Family Resources Center
(941) 741-3575

Domestic Violence Victim Resources:

In Bradenton:
Hope Family Services, Inc.
(941) 755-6805
In Sarasota:
SPARCC
(941) 365-1976

Rape Crisis Hotline:
In Bradenton:
(941) 708-6059
In Sarasota:
(941) 365-1976

Bereavement Counseling:
Tidewell Hospice
(941) 894-1794

Work Life Balance Employee Assistance Program (EAP) and Student Assistance Program (SAP)

Life-Balance is a one-stop resource that offers consultation, information, and personalized community referrals, available 24 hours a day, 7 days a week for students, employees and their family members. Examples include: child care and elder care referrals, counseling sessions, legal referrals, assistance in buying a home, referrals for any of your buying needs, etc.

Learn more at: www.lifebalance.net

User ID and Password: lifebalance

Toll free number: 1-800-854-1446

This brochure has been prepared primarily for students, but can be used by faculty and staff as a reminder to be attentive, a tool to recognize acute conditions, and a guide to know what to do.



Behavioral Health Assistance for LECOM Students and Employees



Diane A. McKay, Psy.D.
Director of Behavioral Health

Phone: (941) 782-5752
E-mail: dmckay@lecom.edu

Hours: Monday - Friday
8:00 AM to 4:30 PM

Services needed after hours, holidays, and on weekends can be obtained by calling **Centerstone @ (941) 782-4600** or visiting the **Manatee Memorial Hospital or Lakewood Ranch Medical Center Emergency Rooms** where emergency triage, inpatient behavioral health, and/or substance abuse treatment may be obtained. In addition, there are other appropriate community services also available.

LECOM STUDENT LIFE

The educational process for future physicians and pharmacists involves adjustments on many levels. On one level, students come to LECOM leaving familiar hometowns, families, and routines, and their adjustment is to establish new routines. On another level, the demand of a professional degree education is a perpetually changing environment so that students need to make adjustments to maintain pace with the latest research.

Students experience a wide range of academic, social, and psychological challenges. Some challenges will be personally rewarding, while other challenges may present with obstacles, perhaps a result of trying to create a balance between academics, private life, and relaxation. It has been found that students may maximize their learning potential by alleviating distractions caused by dynamics such as emotional ups and downs, stress, time management, and interpersonal relationships. Students who attend to these adjustments get better and do better. Ignoring these dynamics will not make them disappear.

PERSONAL GROWTH AND DEVELOPMENT

At LECOM, students learn the science and the procedures necessary to become physicians and pharmacists. Moreover, in keeping with osteopathic principles and practices LECOM students are encouraged to explore the interplay between soma and psyche, by taking advantage of the behavioral health opportunities to explore their own personal growth.

BEHAVIORAL HEALTH REGULATIONS

Verbalization or demonstration of suicidal ideation or intention requires an immediate mental health safety evaluation. This action is consistent with Florida Statute 394.463, or The Baker Act, which outlines conditions under which persons can be involuntarily evaluated or hospitalized.

There may well be at least a temporary interruption of LECOM academics or employment and in order to return to routine, it is mandatory that medical and/or psychiatric written documentation be submitted to the Director of Behavioral Health that clearly indicates the absence of danger to self or to others.

Verbalization or demonstration of physical and/or emotional threat either as seriousness or as jest to someone or others is subject to LECOM's Zero Tolerance for violence and will be subject to disciplinary action that will include student dismissal or employee termination, as well as possible legal action.

Functioning under the influence of alcohol, illicit drugs, or use of prescribed drugs other than as directed by a physician, or selling, distributing, transporting, or manufacturing illicit drugs will be subject to disciplinary action that will include student dismissal or employee termination, as well as possible legal action.

FINDING ASSISTANCE

LECOM intends to provide an emotionally safe environment. To that purpose, the Director of Behavioral Health consults with students and employees, assists students and employees who have concerns that can be resolved in a timely manner, and makes appropriate community referrals for issues that need more intense attention. Accordingly, it is important that everyone be vigilant and helpful so that LECOM can be a place where students and employees will be protected and productive.

At times, problem-solving may be difficult due to social, personal, and academic pressures. Some individuals at these times have secretly or overtly contemplated drastic measures as part of their decision-making process. To provide for collective safety at LECOM, students and employees are obligated to report anyone suspected of contemplating self-harm to the Director of Behavioral Health. *Please be aware that in Florida suicidal intention is not protected by confidentiality but must be reported to the appropriate authorities.* (See "Regulations" in this brochure.) Appropriate authorities at LECOM include:

***Academic Dean
Associate Deans
Director of Behavioral Health
Director of Security***

LECOM is a member of the Millcreek Health System in partnership with Millcreek Community Hospital, Millcreek Geriatric Education and Care Center, and twelve satellite clinics. The college also has numerous clinical education affiliations with hospitals, clinics, and health care facilities nationwide and abroad.