



YOUR WELLNESS SUPPORT TEAM



OKLAHOMA STATE UNIVERSITY
CENTER FOR HEALTH SCIENCES

OVERVIEW

Oklahoma State University's Center for Health Sciences cares about students' and residents' academic, emotional, and physical well-being. Because of our commitment to student wellness, we provide services that support and respond to students' unique needs. The term "student" is used throughout this guide to refer to graduate students as well as medical students and residents in the Center for Health Sciences.

The OSU-CHS Wellness Support Team receives referrals for and provides support to students experiencing personal, emotional, medical, and/or other concerns. The Wellness Support Team is composed of representatives from various campus departments so that a well-rounded, holistic support system is in place for the OSU-CHS community. The Wellness Support Team serves as a centralized reporting source for any individual—students, faculty, staff, parents, etc.—who is concerned about a student and would like assistance.

The Wellness Support Team is designed to connect students to resources and serve as an on-campus source of support. The Wellness Support Team often collaborates with other offices, including the Offices of Student Life, Wellness, Academic Success, and the CHS Security Department. The Wellness Support Team operates under the Family Educational Rights and Privacy Act (FERPA) in a nonclinical, case management capacity. The Wellness Support Team does not provide psychotherapy but can direct students to mental health resources as needed. Although information may be provided to appropriate faculty and staff members on a need to know basis and/or for health and safety reasons, the Wellness Support Team works to protect the privacy of the student.

We created this information to accomplish the following:

- Educate you about the Wellness Support Team and how it works
- Provide you with information and tips about how to deal with situations you may encounter
- Provide additional resources on our campus and in our community.

If you have any questions or concerns about the Wellness Support Team, call 918-561-1880 or email wellnesssupportteam@okstate.edu.

If you would like to refer a student to the Wellness Support Team, complete the Person of Concern Reporting Form at medicine.okstate.edu/com/student-life/index.html.

OUR MISSION is to create solutions for healthier communities by promoting the health, safety, and well-being of the OSU Center for Health Sciences community.



WHEN TO REFER

As a staff member, faculty, friend, peer, or parent, you see students on a regular basis and play an incredibly important role in identifying students who might need additional support. If you notice that a student is exhibiting any of the following academic, physical, or emotional indicators, or you just have a “gut feeling” that something is wrong, you can make a referral to the Wellness Support Team. The referral process provides students with the opportunity to connect with an on-campus source of support and identify resources that may be helpful.

ACADEMIC INDICATORS

- Excessive procrastination and poorly prepared work, especially if this is not typical of the student’s performance
- Missing assignments or exams
- Decline in interest or enthusiasm
- Inability to follow instructions or tasks, despite attempts to clarify/encourage
- Repeated requests for special consideration (e.g., deadline extensions)
- Dependence on a professor/tutor that is beyond what is usual for a student needing assistance



EMOTIONAL INDICATORS

- Extreme or prolonged display of emotion such as sadness, nervousness, fearfulness, etc.
- Change in personality (e.g., more outgoing or more withdrawn than usual)
- Difficulty connecting with others
- Difficulty dealing with a personal life event such as a death in family or a relationship break-up
- Expressing feelings of hopelessness, isolation, or worthlessness; including thoughts or mention of suicide, self-harm, or reference to death and dying
- Displays of irritability, anger, or hostility
- Mention of dealing with a mental health diagnosis, substance abuse, eating disorder, etc.
- Strange or bizarre behavior that is clearly inappropriate to the situation

PHYSICAL INDICATORS

- Chronic fatigue or falling asleep at inappropriate times
- Marked change in personal hygiene or appearance
- Noticeable or dramatic change in energy level
- Dramatic weight loss or weight gain
- Impaired speech or confused/disjointed thoughts
- Noticeable signs of self-harm on student

WHAT ABOUT FERPA?

Case management, although supportive and personal, is not the same as psychotherapy. As a result, confidentiality guidelines are different. The Wellness Support Team operates within the confidentiality rules outlined in the Family Educational Rights and Privacy Act (FERPA). Educational records are also protected by FERPA and cannot be shared with anyone outside of the University unless there is concern for the health and safety of the student.

FERPA permits communication about a student of concern under the following circumstances:

- OSU-CHS may disclose personal identifiable information from an “educational record” to appropriate individuals in a health and safety emergency. Information may be released to emergency contacts, police, or others if knowledge of the information is necessary to protect the health and safety of the student or others.
- Information can be shared with University personnel when there is a specific need to know. When sharing information with other staff or faculty, the Wellness Support Team will only share information that is vitally important and always works to respect the privacy of the student.

The Wellness Support Team operates under the Family Educational Rights and Privacy Act (FERPA) in a non-clinical, case management capacity. The Wellness Support Team does not provide psychotherapy. Information may be provided to appropriate faculty and staff members based on a business need to know and/or for health and safety reasons. The Wellness Support Team always works to respect the privacy of the student.



RESPONDING TO SUICIDAL CONCERNS

When a student makes any reference to suicide, threat of suicide, or attempt at suicide, it is important to seek help immediately. Suicidal concerns are first and foremost a medical emergency. If dangerous or suicidal behavior appears imminent:

STAY CALM AND CALL THE CHS SECURITY DEPARTMENT OR 911

- CHS Security (Tulsa): 918-625-8592
- CHS Security (Tahlequah): 918-453-3527



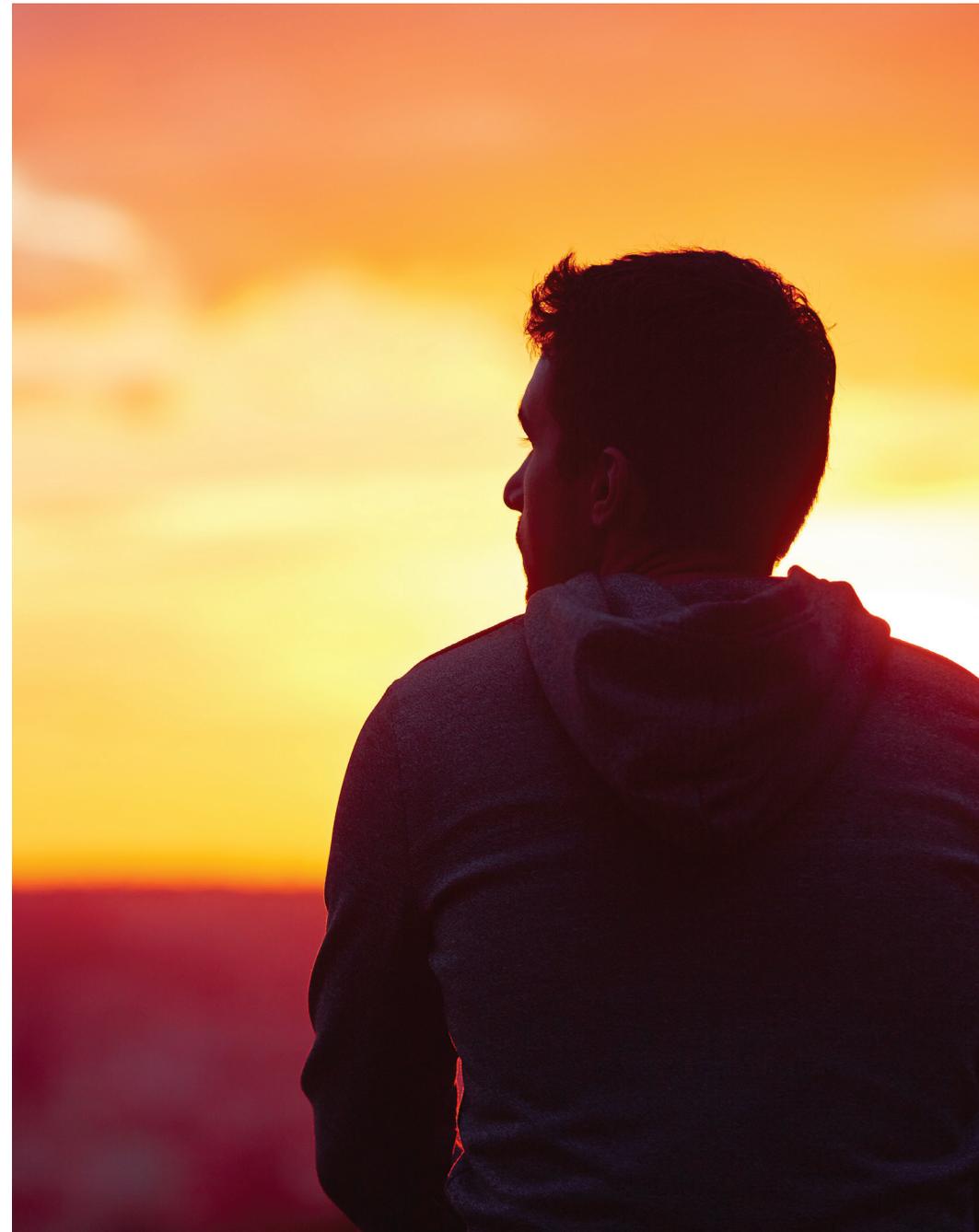
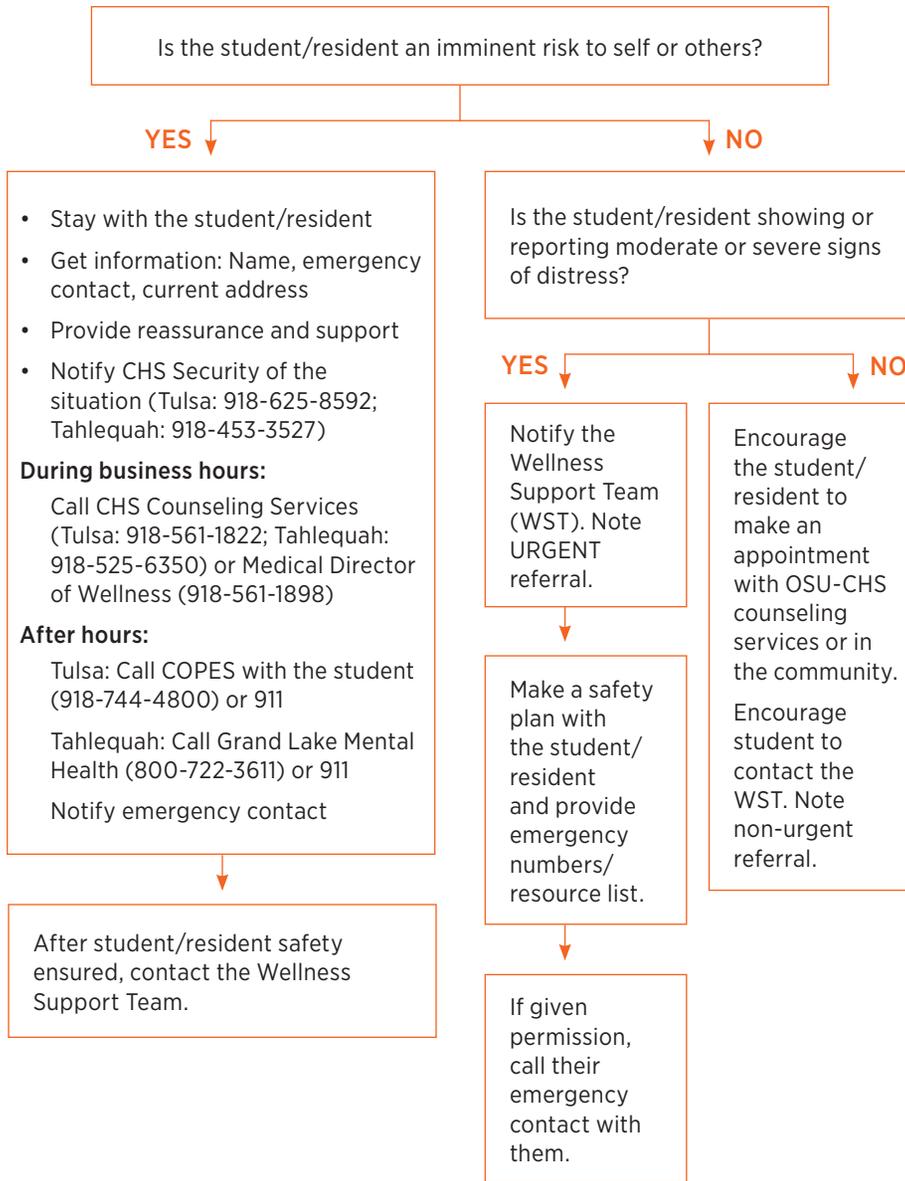
RECOGNIZE THE SIGNS OF SUICIDE RISK

- Suicide threats/previous attempts
- Increasing drug/alcohol abuse
- Sudden changes in behavior
- Self-destructive behavior
- Hopelessness, feeling like there's no way out
- Anxiety, agitation, sleeplessness, mood swings
- Withdrawing from family and friends
- Be aware of direct/indirect verbal clues, behavioral clues, and/or situational clues

TO SAVE A LIFE, REMEMBER QPR (QUESTION, PERSUADE, REFER)

- Question the person about suicide.
- Persuade the person to get help.
- Refer to appropriate resources.

WELLNESS RESPONSE ALGORITHM



REFERRING A STUDENT TO THE WELLNESS SUPPORT TEAM

To refer a student to the Wellness Support Team, you can submit a referral through the Person of Concern Reporting Form that includes the name of the student and information about your concern. Once a Wellness Support Team referral is received, a member of the Wellness Support Team will respond by gathering more information and reaching out to the student to offer support. The Wellness Support Team response is dependent on the context of the referral and level of concern and/or risk. The Wellness Support Team meets regularly for case management to work together to assess the level of concern for the student, identify opportunities to connect with the student, and provide holistic support services. The team will evaluate the circumstances and will work with the student to develop an appropriate action plan.

Be assured that the Wellness Support Team exists to assist students and handle all referrals professionally in an effort to best meet the needs of students and the OSU-CHS community.

Person of Concern Report: medicine.okstate.edu/com/student-life
Email: wellnesssupportteam@okstate.edu
Phone: 918-561-1880



WHO IS A DISRUPTIVE INDIVIDUAL?

When a student's behavior appears distressed and/or goes beyond typical classroom disturbances, you can contact the Wellness Support Team for assistance. The team will evaluate the circumstances and determine an appropriate plan of action for the student.

- An individual who makes threats of physical harm to you, others, or themselves.
- An individual who behaves in an uncharacteristic manner or exhibits unstable behavior patterns.
- An individual who appears to be intoxicated or under the influence of a controlled substance.
- An individual who exhibits a weapon.

When safety is an immediate concern, contact the CHS Security Department or 911.

- CHS Security (Tulsa): 918-625-8592
- CHS Security (Tahlequah): 918-453-3527

RESOURCES

In the event of an emergency or situation that requires immediate intervention, please contact the CHS Security Department or 911. The Wellness Support Team plays a secondary role to all urgent circumstances and should be contacted only after initial notifications are made. Please know that the Wellness Support Team and the CHS Security Department are committed to a collaborative relationship, and the Wellness Support Team will be notified at the appropriate time by the Security Department when needed.

To submit a Wellness Support Team referral, use the Person of Concern form at: medicine.okstate.edu/com/student-life

To contact the Wellness Support Team directly, call **918-561-1880** or email wellnesssupportteam@okstate.edu

WELLNESS SUPPORT TEAM MEMBERS

Assistant Dean of Student Life: 918-561-1880

Director of the Office of Academic Success: 918-561-1458

Medical Director of Wellness: 918-236-4000

RESOURCES

OSU-CHS Security (Tulsa): 918-625-8592

OSU-CHS Security (Tahlequah): 918-453-3527

OSU-CHS Counseling Services: 918-561-1822 or chscounselingservices.as.me

Guidance Resources: 1-866-519-8354

National Suicide Hotline: 1-800-273-TALK

Crisis Text Line: Text "HELLO" to 741741





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Oklahoma State University (OSU) is committed to maintaining a learning environment that is free from discriminatory conduct based on race, color, religion, sex, sexual orientation, gender identity, national origin, disability, age or protected veteran status. OSU does not discriminate on the basis of sex in its educational programs and activities. Examples of sexual misconduct and/or sex discrimination include: sexual violence, sexual harassment, sexual assault, domestic and intimate partner violence, stalking, or gender-based discrimination. OSU encourages any student who thinks that he or she may have been a victim of sexual misconduct or sexual discrimination to immediately report the incident to the Title IX Coordinator (campus contacts below). Students may also report incidents of sexual misconduct or sex discrimination to a faculty or staff member, who is then required by federal law (Title IX) to notify the Title IX or Deputy Title IX Coordinator. If a reporting student would like to keep the details confidential, the student may speak with staff in the Student Counseling Center (405-744-5472) or the University's Victim Advocate (405-564-2129). For more information regarding Title IX violations, please go to: <http://1is2many.okstate.edu>.

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