

Faculty and Staff

Making a Referral to Counseling and Wellness

Student Counseling and Wellness Office
Main Office, Morrison, lower level, M04, M02

For making an appointment with a counselor:

- 1) send email to studentcounseling@mcad.edu or bstockinger@mcad.edu
- 2) leave voicemail-612-874-3776
- 3) contact Student Affairs-612-874-3738

As faculty and staff, you will come into contact with many students on a daily basis. You are on the front lines and thus are in an excellent position to observe students, identify those who may be in emotional distress, and to help students find resources. While your concern and support may often be enough to help the students, there will be times when you may feel a referral for additional professional assistance may be warranted.

Referring to the Counseling Office

From time to time, you may find yourself working with students who could benefit from the services provided by the MCAD Counseling and Wellness Office. Here are some tips for making a referral:

*Reassure students that the counseling services are confidential which means no information will be shared with anyone without a student's written permission and no information will be placed in a student's academic record. *The

counselors will offer support, assessment, feedback, and a possible referral

*Remind students that our services are at no cost

*Suggest that the student seek counseling to help sort things out

*Convey to the student that you are concerned about them *Encourage the
student to give counseling a try for one session

*Follow-up with the student

Making the Referral

- 1) In some circumstances, you may consider walking with the student to the Student Counseling Office (Morrison M04 and Morrison M02) or to Student Affairs (M104).
- 2) With a student's permission, send an email (including the student's email address) to studentcounseling@mcad.edu, or bstockinger@mcad.edu. We will acknowledge the referral and then make a connection to the student separately.
- 3) Offer to be with the student in making a call to the Student Counseling Office (612-874-3776) or Student Affairs Office (612-874-3738).

Consultation with Counseling Staff

If you have any questions about making a referral, or if you would like assistance, please call or email the Beth Stockinger in the Counseling and Wellness Office or contact Student Affairs for a consultation.

***We will be meeting with students remotely and masked-in person **

In an Emergency or Urgent Situation

In rare cases, a student may be in an acute crisis in which the student demonstrates behavior that elicits serious and immediate concern about safety (either the student's safety or others), or about the student's ability to function (e.g. poor contact with reality). In such acute cases, you are urged to contact **MCAD Campus Safety- Emergency 612-874-3555 and Call 911.**

If personal safety is not an immediate issue, you may offer the student the following information:

Text4life, Crisis Text Line: Text MN to 741741

Urgent/Crisis in Minnesota: Dial **274747

National Suicide Prevention Life Line: 1.800. 273.TALK (8255)

Trans Life Hotline: 877-565-8860

<https://www.translifeline.org/hotline>

Trevor Project - LGBTQ Lifeline: [1-866-488-7386](https://www.trevorproject.org)

Sexual Violence Center Hotline: 24-hour local: 612-871-5111

<https://www.sexualviolencecenter.org>

Hennepin County Acute Psychiatric Services

612.873.3161

Hennepin County Mental Health Mobile Team- COPE- 612-596-1223

Walk-In Counseling offers services remotely at no cost.

<https://walkin.org/> 612-870-0565

**** Additional resources available on the MCAD Intranet under Student Counseling and Wellness (<https://intranet.mcad.edu/department/student-counseling-and-wellness>) and from the Student Counseling and Wellness staff, Morrison, M04, M02 ****

When Counseling May Be Helpful

The list below outlines behavioral changes or stressful events in students' lives, which may warrant counseling. The following address specific types of emotional and behavioral concerns you may find when working with students. It is critical to remember that although you may be a key source of support to a student, you cannot be expected to do it all. When you feel particularly concerned about a distressed student, please feel free to consult with the Student Counseling Staff, and/or Jen Zuccola, VP of Student Affairs.

Trauma or Crisis in Relationships

- Break-up or change in relationship status
- Loss or illness of a family member or close friend
- Conflict with roommate, friend, or family
- Victim of assault

Unusual Behavior or Marked Change in Behavior

- Listlessness or frequently falling asleep in class
- Disruptive or threatening behavior in classroom or residence
- Changes in appearance, including weight and hygiene
- Extreme mood changes or excessive, inappropriate display of emotion
- Sudden withdrawal from people or excessive sleep
- Hyperactivity, chronic irritability, or excessive anxiety
- Confusion, disorientation, or bizarre behavior

Problems with Academic Performance

- Poor academic performance and preparation, especially if such behavior represents a change from previous functioning
- Repeated request for special accommodations
- Test or speech anxiety
- Confusion over low performance

Harmful Statements or Behaviors

- Overt references to suicide or statements of helplessness or hopelessness
- Indications of persistent or prolonged unhappiness
- Extreme risk-taking behavior

Substance Abuse

- Evidence or excessive use of alcohol or other drugs
- Impaired daily functioning secondary to substance use (e.g., not attending classes, not going to work)