

Helping Students in Crisis

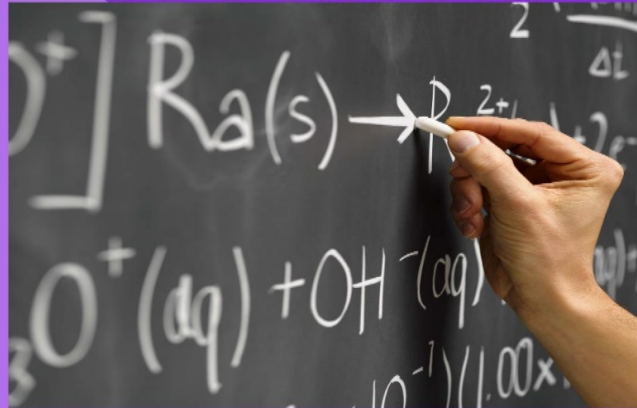


3 TIPS FOR EDUCATORS

TICILY MEDLEY, PHD, LMFT-S, LPC

STUDENTS IN CRISIS

TIPS FOR
EDUCATORS



TICILY MEDLEY,
PHD

<https://www.amazon.com>

– enter search “Students in Crisis Medley”

- Yelling
- Making demands of staff
- Visiting campus while it is closed due to shelter-in-place order
- Cursing
- Threatening to vandalize property

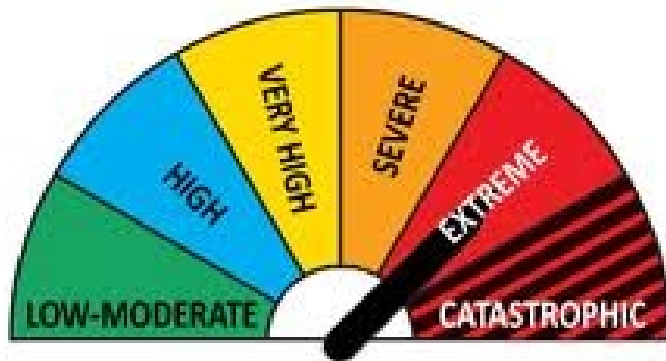


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- Refusal to follow staff directives
 - Making demands of staff
 - Cursing at multiple staff members on separate phone calls
 - Impeding on the privacy of other students
 - Instigating staff and campus police
 - Vague threats to staff



THREATS & REWARDS

David Rock, 2008





- Focus on the symptoms
- Don't argue with irrationality
- Meet the student where they are
- Remain calm

ADVERSE CHILDHOOD EXPERIENCES

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

Early life racial
discrimination
linked to
depression,
accelerated aging

Those from high
poverty areas
more than 1/3
more likely to die
by suicide.

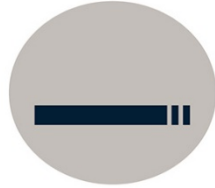
Abused or neglected
children are 4 times
more likely to
develop serious
mental illness later

ADVERSE CHILDHOOD EXPERIENCES

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



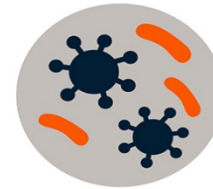
Diabetes



Depression



Suicide attempts



STDs



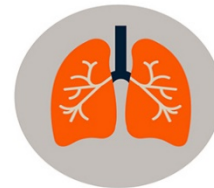
Heart disease



Cancer



Stroke



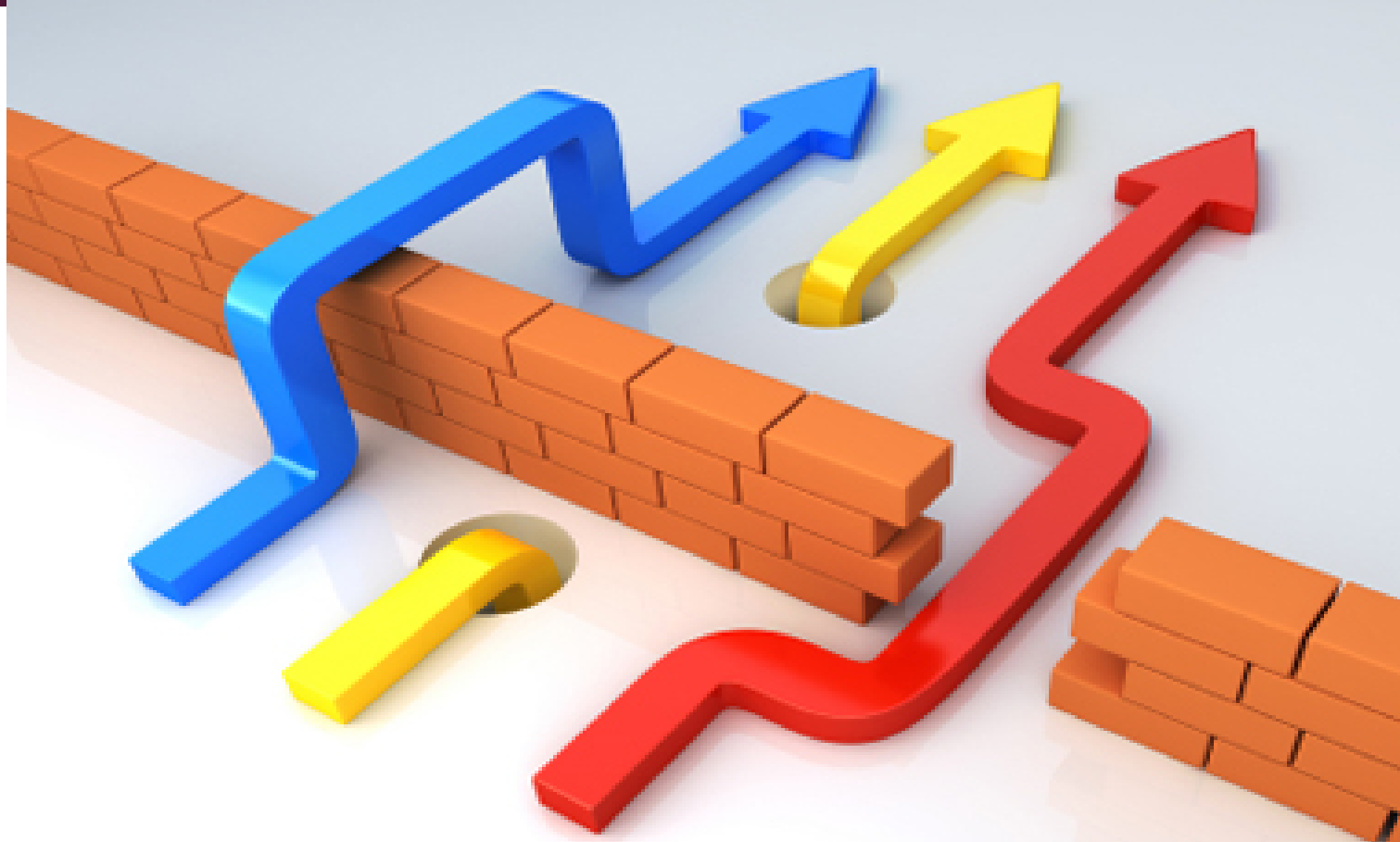
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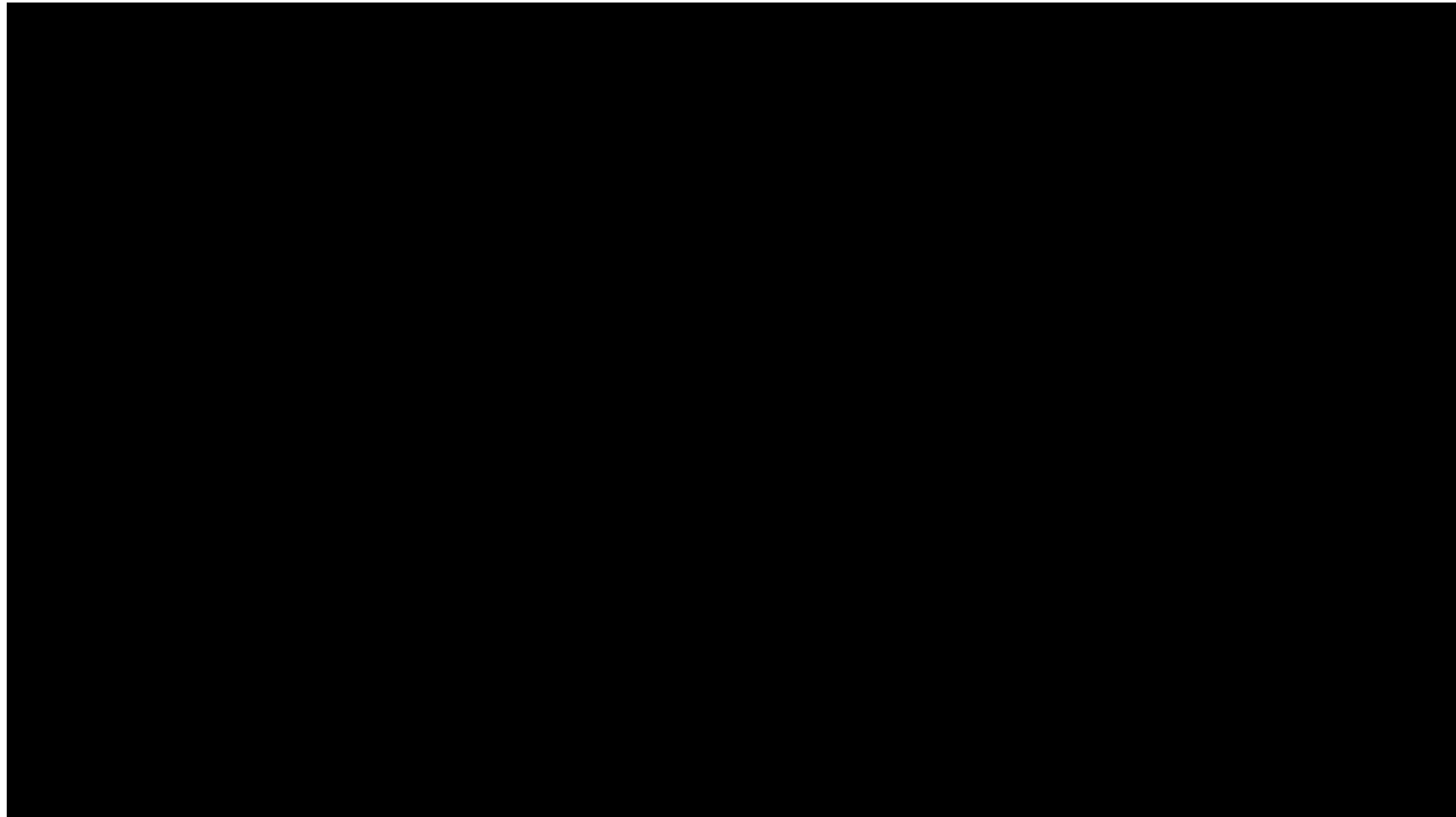


Broken bones



BARRIERS → OPPORTUNITIES





911 Lone Star - <https://www.youtube.com/watch?v=IgKCe4VByNQ>



- Use empathy
- Don't jump to conclusions
- Mindfulness – manage your own anxiety/fear

RESOURCES:

- <http://www.PsychologyToday.com> - online referral system for counselors
- <https://adaa.org/raising-awareness> - info & advocacy related to anxiety & depression
- <http://www.NAMI.org> - nation's largest grassroots mental health organization
- <http://www.apa.org> - leading scientific & professional org representing psych in the US
- <http://www.counseling.org> - online education, resources, ethics, publications, career info.
- <https://suicidepreventionlifeline.org/> - national network of local **crisis** centers that provides free and confidential emotional support to people in suicidal **crisis** or emotional distress 24 hours a day, 7 days a week.



ASPIRATIONS:

- Define and identify Adverse Childhood Experiences (ACEs)
- Recognize impact of threats and rewards in our daily lives
- Provide useful tips for educators who seek to support their students
- Highlight the value of humanity



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QUESTIONS & COMMENTS

