

## Resources

### DISTRESSED STUDENTS

May be irritable, sad, unduly anxious, withdrawn, disoriented, angry or hostile; may show a decline in quality of work, bizarre content in writings or presentations, marked changes in appearance; or may make implied or threats of self-harm

#### ***Consultation and Referrals:***

Consultation & Response Team  
310-825-7291 or 310-825-0628  
crteam@ucla.edu and  
www.studentincrisis.ucla.edu

UCLA Counseling and Psychological Services  
310-825-0768  
www.counseling.ucla.edu

#### ***Issues of Student Conduct:***

Dean of Students  
310-825-3871  
www.deanofstudents.ucla.edu

#### ***Academic Status and Accommodations:***

Academic Counseling  
310-825-3382  
www.ugeducation.ucla.edu/counseling

Office for Students with Disabilities  
310-825-1501  
www.osd.ucla.edu

Departmental Student Affairs Officers

Departmental Graduate Advisors

### DISRUPTIVE STUDENTS

May interfere with UCLA's learning environment with behavior that is reckless, disorderly, paranoid, aggressive, defiant, destructive, threatening, dangerous to self or dangerous to others; may taunt, badger or intimidate others; or may communicate threats via email, correspondence, text or phone calls

***If you feel unsafe call 911 or the UCLA Police Department at 310-825-1491 for immediate response.***

#### ***For Consultation and Reporting:***

Consultation & Response Team  
310-825-7291 or 310-825-0628  
crteam@ucla.edu and  
www.studentincrisis.ucla.edu

#### ***Undergraduate and Graduate Students:***

- Dean of Students  
www.deanofstudents.ucla.edu
- Departmental Student Affairs Officers
- Graduate Division Deans

#### ***Professional School Students:***

- Professional School Deans
- Professional School Student Affairs Officers

### OTHER CAMPUS RESOURCES

Ashe Student Health & Wellness Center  
310-825-4073

Dean of Students Office  
310-825-3871

Office for Students with Disabilities  
310-825-1501

Economic Crisis Response Team  
310-206-1189

Campus Assault Resources & Education (CARE)  
310-825-0768

Student Legal Services  
310-825-9894

LGBT Campus Resource Center  
310-206-3628

Dashew Center for International Students & Scholars  
310-825-1681

UC Police Department (UCPD)  
310-825-1491 or dial 911

UCPD CSO Escort Service  
310-794-9255

Student Legal Services  
310-825-9894

Graduate Student Resource Center  
310-267-4805

Bruin Resource Center  
310-825-3945

Title IX Office  
310-206-3417

#### ***For Postdoctoral Scholars***

<http://www.garnett-powers.com/postdoc/#close>

#### ***Staff @ Faculty Resources:***

Staff and Faculty Counseling Center  
10920 Wilshire Boulevard, Suite 380  
310-794-0245

#### ***Community Resources:***

Rape Treatment Center at Santa Monica – UCLA Medical Center  
Medical and counseling services for sexual assault available 24/7.  
424-259-6700  
www.rapetreatmentcenter.org

Peace Over Violence  
310-392-8381 24-hour hotline

LA LGBT Center  
323-993-7400  
www.lalgbtcenter.org

LA County Domestic Violence Hotline  
1-800-978-3600 24-hour hotline

RAINN (Rape, Abuse & Incest National Network)  
1-800-656-HOPE (4673)-24-hour hotline

**UCLA**

# Training, Education and Resources

## Training

### UCLA Counseling and Psychological Services (CAPS)

UCLA offers trainings for Faculty/Staff & Graduate Teaching/Research Assistants related to mental health and wellness. These trainings are designed to improve your ability to recognize and respond to students in need and to promote faculty, staff and student wellness and success. The following trainings are offered regularly throughout the year or can be requested by your department.

#### QPR Suicide Prevention Gatekeeper Certification

This workshop offers training and practice in suicide prevention skills, utilizing the nationally recognized QPR (“Question, Persuade and Refer”) Suicide Prevention Gatekeeper approach. The training teaches participants three simple steps that anyone can learn that can help save a life from suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. The Gatekeeper training includes:

- Helping participants to identify risk and protective factors for suicide;
- Methods to intervene with individuals at risk for suicide;
- Practice in the QPR skills of questioning, persuading and referring suicidal individuals;
- Information on how to contribute to the suicide prevention Gatekeeper safety net before, during and after a crisis.

#### Mental Health First Aid

Mental Health First Aid is an internationally recognized certificate training on providing help to a person developing a mental health problem or experiencing a mental health crisis. This 8-hour interactive training provides a comprehensive introduction to risk factors and warning signs to a spectrum of mental health problems and crises, notably depression, anxiety, substance misuse and psychosis. Those who take the course learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social and self-help care. The training teaches participants:

- How to recognize signs of mental health problems
- How to offer and provide initial help
- How to guide a person toward appropriate treatments and other supportive help

### Red Folder Training: Responding to Distressed and Distressing Students

Faculty and staff play a critical role in a student’s university experience and are in a position to become aware of a student in distress. This workshop will help you understand the components of this central role: identifying, responding to and referring distressed students. Participants learn to respond effectively to specific types of distressing behaviors to minimize classroom disruption while assisting the student with appropriate resources.

The training includes:

- Helping staff and faculty to proactively identify distress of various types (anxiety, depression, mania, psychosis, alcohol and drug abuse, suicidality, dangerousness to others);
- How to respond to distressing students, and consulting with and referring students to The Counseling Center (Counseling and Psychological Services), the Consultation & Response Team, or CARE: Campus Assault Resources and Education Sexual Assault and Gender Based Violence Prevention

#### CARE Workshops Available by Request:

- If You Loved Me: Dating and Domestic Violence Workshop;
- Sex and Safety: What You Need to Know
- Blame it on the Alcohol: Sex and the Morning After
- Know Your Power: Self Defense

Build awareness of sexual assault risk factors, strengthen your assertiveness skills to embolden your power, and learn self-defense techniques to help you respond to a variety of situations. This workshop meets the requirement for the UC mandated sexual assault prevention and education training for students that did not attend new student orientation.

#### WELLNESS PROGRAMS BY REQUEST

The Counseling Center will facilitate Wellness Programs by request for your program or event. Please call 310-825-0768 for more information on how to coordinate with a CAPS Counselor.

Contact:

Visit <http://www.counseling.ucla.edu/> for more information, or email [rsvp@caps.ucla.edu](mailto:rsvp@caps.ucla.edu) to enroll in any of the workshops listed above.

## Education

### Office of Instructional Development

*“Great teachers do not all have a single style — but they do all have a singular goal: to reach students in ways that have deep and lasting influence on how they think and act throughout their lives and careers.”*

—Anonymous

The UCLA Office of Instructional Development (OID) draws on our wide range of expertise to achieve one goal - to realize your instructional vision. Whether it is facilitating an innovative teaching method, implementing an emerging instructional methodology and technology, developing an effective assessment tool, or tackling your instructional challenges, our staff is ready to work with you to reach your goals.

Resources on the OID website include:

- Instructional Technology
- UCLA Classrooms
- Grants and Awards
- Evaluation and Assessment
- Instructional Support
- Outreach

Contact the Office of Instructional Development (OID) at 310-825-9149 or visit <http://www.oid.ucla.edu/> for more information.