

PATHWAYS COLLEGE/WORKPLACE CATEGORIES

Behavior	Pathway One	Pathway Two	Pathway Three
Suicide	<ul style="list-style-type: none"> Occasional suicidal thoughts, desire to escape pain Vague references to death (verbal or social media) Growing loss of hope, increasingly feeling trapped 	<ul style="list-style-type: none"> Frequent suicidal thoughts and planning how to do it Increasing references to suicide (verbal or social media) Chronic loss of hope and despair, difficulty seeking help 	<ul style="list-style-type: none"> Constant suicidal thoughts w/action plan Verbal or written suicide threat (lethal) with time/place No hope, giving away possessions, making final plans
Depression	<ul style="list-style-type: none"> Occasional trouble eating, sleeping, lack of energy Sadness that doesn't go away, trouble focusing Upset about loss, break up; chronic sadness 	<ul style="list-style-type: none"> Frequent trouble with sleep, appetite, focus, energy Further withdrawal, isolation, hopelessness Growing feelings of despair and pain; suicidal thoughts 	<ul style="list-style-type: none"> Not able to care for self, no eating, sleep extremes Chronic hopelessness, lacking energy, desperation Desire to escape, inability to act; thoughts of suicide
Self-Injury	<ul style="list-style-type: none"> Occasional thoughts of self-injury, sadness, pain Past history of non-suicidal self-injury (NSSI) Feeling overwhelmed, trauma history, stuck 	<ul style="list-style-type: none"> Frequent desire to self-injure (daily) to cope Current NSSI (weekly), injury witnessed by others Thoughts of suicidal self-injury (SSI); trauma/loss 	<ul style="list-style-type: none"> History of SSI and NSSI w/daily thoughts and NSSI Inability to agree to not cut, suicidal thoughts Lack of options, increased desperation; suicidal thoughts
Alcohol/Marijuana	<ul style="list-style-type: none"> Occasional use w/some worry about consequences Difficulty with class, conduct, peers, grades, work Others express worry; unwilling to change 	<ul style="list-style-type: none"> Frequent use with failed attempts to stop Negative conduct/police history Strong Impact on work, class, friends, family 	<ul style="list-style-type: none"> Daily use with failed attempts to stop Multiple conduct/police history or hospitalization Major loss of work, school, family, friends
Substance Abuse	<ul style="list-style-type: none"> Experimental use at pressure from friends Concern of negative impact, but continues use Friends, family, others express concern and worry 	<ul style="list-style-type: none"> Frequent use despite negative potential impact "Close calls" with conduct or police, continued use Growing difficulty in work, class, friends, family 	<ul style="list-style-type: none"> Trouble functioning without substance Multiple legal, conduct, police involvement Extreme concern by others, inability to stop
Social Problems	<ul style="list-style-type: none"> Difficulty connecting w/others and making friends Prone to irritability, flying off the handle, isolation Odd interests, sensitivity to light/sound, teasing 	<ul style="list-style-type: none"> Increased teasing, isolation, explosive episodes Escalating disruptive behavior in class/work Difficulty making friends, harassing dating behaviors 	<ul style="list-style-type: none"> Conduct/legal actions for disruptions or dating behaviors Failing grades, increased isolation, explosive outbursts Inability to follow expectations, making threats, suicidal
Academic/Work Trouble	<ul style="list-style-type: none"> Difficulty adapting to new work or assignments Constantly feeling behind or unable to catch up Growing concern about failure/job loss 	<ul style="list-style-type: none"> Pervasive struggles in class/work; inability to seek help Feeling overwhelmed, trapped and scared about future Failed attempts at tutoring/meetings with supervisor 	<ul style="list-style-type: none"> Facing failure, expulsion, firing from job Unsure what to do, trapped and lacking choice Panic attacks, suicidal thoughts, or rage and anger
Financial Insecurity	<ul style="list-style-type: none"> Thoughts often revolve around securing food Worry about bills, expenses and obligations Difficulty sleeping and concern about future 	<ul style="list-style-type: none"> Pervasive worry about food, rent, bills and expenses Growing inability to focus; feeling overwhelmed Isolation, difficulty seeking help, anger, irritability 	<ul style="list-style-type: none"> Extreme feelings of rage/desperation; stuck and trapped Panic attacks, racing thoughts, rage and anger Petrified and immobile about choices; suicidal thoughts
Adjusting to Change	<ul style="list-style-type: none"> Concern about leaving home or previous job Sad about being away from home/family/friends Lack of engagement with activities/friends 	<ul style="list-style-type: none"> Increasing sadness, escalating isolation and tearfulness Lives for leaving and visiting or talking to those at home Difficulty focusing on work, class; low energy 	<ul style="list-style-type: none"> Unbearable feelings only calmed by going home Conditional ultimatums and potential suicidal thoughts Extreme isolation, poor focus/performance in class/work
Loss or Bereavement	<ul style="list-style-type: none"> Loss of an important relationship (break up, death) Sadness, worry, difficulty focusing on other tasks Difficulty moving on, question past actions 	<ul style="list-style-type: none"> Escalating grief and sadness, difficulty "letting go" In grief, constant tearfulness, inability to function In break up, attempts to push boundaries with ex 	<ul style="list-style-type: none"> Concern from others; inability to function or care for self Thoughts of despair, escalating behaviors, suicidal ideas Desire to escape from pain, change circumstances
Anxiety	<ul style="list-style-type: none"> Frequent worry or concern about future Currently manageable with discomfort Impacts work, fun, school, family, friends 	<ul style="list-style-type: none"> Hard to recall times where there is no worry Barely managing day to day activities Growing hopelessness, fear and concern 	<ul style="list-style-type: none"> Constant worry, extreme panic Unable to attend class, work, be with friends Anxiety and worry cause incapacitation
Manic Thought/Action	<ul style="list-style-type: none"> Rapid thoughts, intense energy, frequent new ideas Some difficulty with follow through, too many tasks Financial difficulties, strained friendships 	<ul style="list-style-type: none"> Intensive and powerful ideas and thoughts Driven to action despite negative consequences Escalating grand ideas, financial troubles, conflicts 	<ul style="list-style-type: none"> Extreme risky ideas and actions, putting life into risk Law enforcement/conduct involvement; lacking sense Suicidal or hopeless feelings; euphoria and escalation
Hallucinations/Delusions	<ul style="list-style-type: none"> Odd, intrusive, thoughts or experiences Concern or worry over loss of self Noticed by peers, classmates, family 	<ul style="list-style-type: none"> Frequent odd, intrusive or punishing ideas Panic or worry about these; lack of control Impact on work, class, friends, family 	<ul style="list-style-type: none"> Daily odd, intrusive or punishing thoughts Inability to focus or care for self, work/school Hallucinations "command" compliance

PATHWAYS COLLEGE/WORKPLACE CATEGORIES

Behavior	Pathway One	Pathway Two	Pathway Three
Hazing/Intimidation	<ul style="list-style-type: none"> • Intimidation or threats made as part of group • No risk of death or lasting physical harm; bragging • Focused on shame, financial, time or exhaustion 	<ul style="list-style-type: none"> • Increasingly dangerous forced activities; mental torture • May or may not be sanctioned by group, club or team • Growing risk of harm; legal/HR/conduct involvement 	<ul style="list-style-type: none"> • Hazing activities could lead to death or permanent injury • Lack of group sanctioning or remorse for harm caused • Conduct or law enforcement involved
Vandalism	<ul style="list-style-type: none"> • Unplanned and impulsive actions to random target • Limited damage (spray paint, breaking exit signs) • Motivated by “thrill” or while using substances 	<ul style="list-style-type: none"> • Escalating damage to buildings or personal property • Increasing targeting of location or narrowing to site • Conduct or law enforcement involvement 	<ul style="list-style-type: none"> • Excessive and escalating damage to a building or system • Fixation/focus on person or group to send message • Law enforcement involvement, felony damage
Harassment	<ul style="list-style-type: none"> • Unwanted communication or action • Continues despite limits and boundaries • Informal attempts to resolve 	<ul style="list-style-type: none"> • Frequent unwanted behavior or action • Conduct, HR or law enforcement history • Several attempts to stop behavior by others 	<ul style="list-style-type: none"> • Continual unwanted behavior or action • Inability to stop behavior despite intervention • Strong escalation with increasing harm
Stalking	<ul style="list-style-type: none"> • Specific interest and obsessional thoughts • Fantasies about being with the target • Minor boundary crossings 	<ul style="list-style-type: none"> • Frequent thoughts and fantasies • Elaborate planning, monitoring of target • Conduct or law enforcement history 	<ul style="list-style-type: none"> • Constant fantasies and/or injustice collecting • Threats, limits, no-contact violations • Escalating behaviors without concern
Partner Violence	<ul style="list-style-type: none"> • Controlling behavior to partner, isolation • Monitoring of social media, cell phone, money • Verbal threats, demeaning language, jealousy 	<ul style="list-style-type: none"> • Limiting contact with others, shouting and threatening • Slapping, hitting, shoving; blame partner for aggression • Minimize feelings of partner, degrading talk, shame 	<ul style="list-style-type: none"> • Frequent threats of serious physical violence • Weekly hitting, slapping shoving; unpredictable rage • Involvement with conduct/law enforcement
Sexual Assault	<ul style="list-style-type: none"> • Misogynist attitudes, using alcohol to obtain sex • Separates desired person from friends • Uses persuasion and coercion to obtain sex 	<ul style="list-style-type: none"> • Has nonconsensual sex through alcohol/drugs • Threatens and intimidates others into sexual acts • Uses group pressure and threats to silence complaints 	<ul style="list-style-type: none"> • Uses or threatens to use force to rape • Disregard for impact of behavior toward others • Threatens retaliation or shaming if victim reports
Incel Behavior	<ul style="list-style-type: none"> • Alone, frustrated, little social or dating success • Blames women for their failure • Reads incel theory online; joins incel chat groups 	<ul style="list-style-type: none"> • Anger towards women; harassment and threats made • Failure at dating, increased social media posts • Poor self-concept; believes no one cares for them 	<ul style="list-style-type: none"> • Vindictive and angry at their failure and women • Escalating angry threats and harassment of women • Giving up, isolation, adopting ‘black pill’ incel belief
Affective Violence	<ul style="list-style-type: none"> • Immediate emotional reactions • Impulsive behaviors; poorly thought out • No major injury or legal involvement 	<ul style="list-style-type: none"> • Escalating yelling, threatening, gesturing • Outburst resulting in negative outcomes • Conduct or law enforcement involvement 	<ul style="list-style-type: none"> • Daily anger, explosive outburst, threats • Conduct or law enforcement history • Escalating behaviors growing out of control
Trolling Actions	<ul style="list-style-type: none"> • Enjoys ‘pushing buttons’ and getting attention • Posts on social media or verbal baiting; gaslighting • Trolls on multiple issues; seeks to get reaction 	<ul style="list-style-type: none"> • Increased trolling intensity on social media or in person • Goes ‘for the laugh’ despite conduct/criminal outcome • Trolls on multiple subjects to increase reactions 	<ul style="list-style-type: none"> • Trolling becomes constant; legal/conduct action • Engages others intensity and aggressively • Total disregard for others’ feelings or outcome
Transient Threats	<ul style="list-style-type: none"> • Occasional or one-time intimidation • Threat is vague, lacks actionability • Threat results from stressor or threat 	<ul style="list-style-type: none"> • Frequent or more severe threat made • Threat is more specific and plausible • Others concerned person will act 	<ul style="list-style-type: none"> • Threat is severe and detailed to target • Could be actionable and lethal • Threat reinforced or made multiple times
Substantive Threats	<ul style="list-style-type: none"> • Conditional ultimatum or intimidation • Lacks any life threat, even if acted upon • Used to save face or emotional reaction 	<ul style="list-style-type: none"> • Threat is clear, repeated and detailed • Intimidates, change behavior, save face • Has actionability and lethality potential 	<ul style="list-style-type: none"> • Threat is clear, direct, actionable and lethal • Likely to occur, non-conditional ultimatum • Threatener feels trapped, without options
White Supremacy	<ul style="list-style-type: none"> • Growing interest in white nationalism • Frustration at being left behind, called racist • Difficulty fitting in socially, hates PC speech/action 	<ul style="list-style-type: none"> • Increasingly angry sharing of white supremacy doctrine • Exploration or joining with an extremist group (KKK, PB) • Growing commitment to the cause and frustration 	<ul style="list-style-type: none"> • Attending protests, making violent threats • Justify violence based on their white supremacy • Escalating action or planning for violence in future