

Delila is a first-year student at your university and has been having difficulty adjusting to campus life. Her parents pressure her to attend college and she is unsure of a major (she is undeclared), is shy and just wants to go back home. She has a longer history of anxiety problems throughout high school and has had a few off and on-again connections to a school counselor, community mental health clinic counselor and most recently a tele-health counselor before she headed to school. She has no previous suicide attempts or inpatient admissions. She has not been prescribed medication before.

She has not been attending her classes and has been unresponsive to attempts by her RA to join her and some floormates at the dining hall or invitations to watch movies. Delila has no social connections on campus, has not been eating well and sleeps most the day. She is almost always crying or in a state of almost crying. She denies using any substances or drinking. She feels trapped and hopeless about her situation and sees few ways out.

During the third week of class, she has an upsetting conversation with her parents where they tell her she cannot go home and needs to stick it out. The parents call the BIT/CARE team to share their concerns and desire she stays on campus. Delila purchases a bottle of ibuprofen at the local Walgreens near campus, comes back to her room and take two dozen pills. Her roommate comes in about twenty minutes later and sees her crying and sees the bottle of pills on the bed. Her roommate asks what she did and Delila tells her. The roommate calls the RA and campus police, and an ambulance is called. She has her stomach pumped at the hospital and is admitted onto the inpatient psychiatric unit.

Delila's parents call the BIT: Received call from student's parents about daughter Delila who lives on campus: They indicated that she has a lot of stress and anxiety, has not been to classes, and they are worried about her. They spoke with her earlier in the day and it was an emotional and difficult conversation; however, they told her she cannot come home and that she needs to "stick it out" and stay at school. Asked parents if they thought she was a risk in any way, including suicide and they said no, but that she has seen counselors.

RA report to their administrator on call (AOC): Just an FYI: resident on my floor (Delila) has not really been engaged in any way with activities and fellow residents have said she has not been attending classes. Have tried to speak with her with no success.

Faculty to BIT/CARE report about lack of class attendance: I have a student that has not attended any classes at this point. Her name is Delila, she is a first-year student. A few students that live in her dorm have said they never see her anywhere.

BIT/CARE note about incident: Had a report(s) about Delila, a first-year student living on campus. Parents indicated that she isn't doing well (and noted that they told her she cannot return home) and are worried about her. Also noted she has seen counselors for some issues. A subsequent report came in from a professor that she has not attended and classes; a third report via residence life indicated a RA had some concern about not seeing her much.

Questions to consider:

- Which of the reports of the reports to the care team are most critical?
- How would contact be made with her?
- What staff needs to be involved?
- Do you contact the parents?
- Overdose by taking ibuprofen is extremely uncommon, but in rare cases can be fatal. Was this a real suicide attempt or just a call for help?