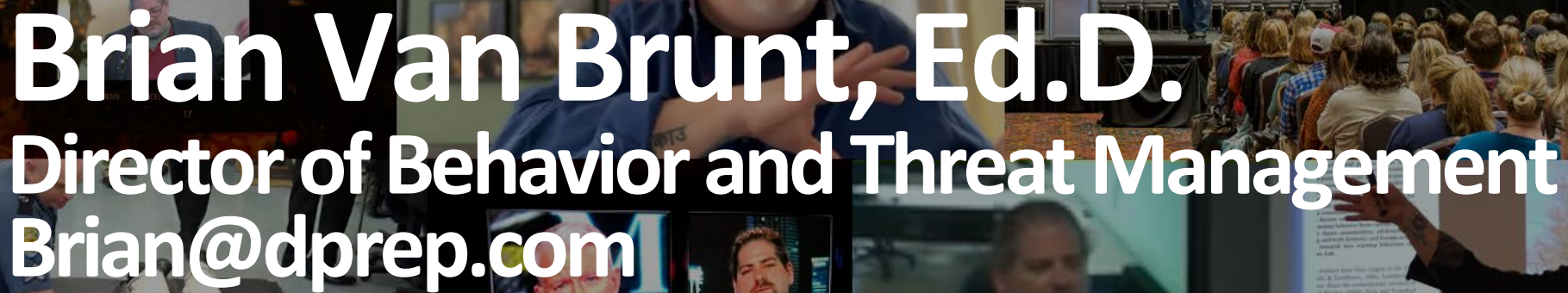




# Successful Interventions





**Allison Frost**

**Affiliated Consultant, DPREP Safety**  
**[afrostriskconsulting@gmail.com](mailto:afrostriskconsulting@gmail.com)**

# Agenda

- ✓ Temperature Check
- ✓ Helping Skills
- ✓ Mental Illness
- ✓ General Student Skills
- ✓ Content/Process
- ✓ Person -Centered
- ✓ Community Engagement



Istanbul, Turkey







**Success, work fulfillment**  
**Worry about illness, family**  
**Concern about future**  
**Triggering case experience**  
**Loss of interaction**  
**Childcare, family, peers**  
**Financial stressors**  
**Chronic worry and anxiety**

00

1

6

2

7

3

8

4

9

5

10



# Agenda

- ✓ Temperature Check
- ✓ Helping Skills
- ✓ Mental Illness
- ✓ General Student Skills
- ✓ Content/Process
- ✓ Person -Centered
- ✓ Community Engagement





# Remain Calm

A row of smooth, dark stones floating on water, creating ripples. The stones are dark and rounded, and the water is a muted blue-grey color. The ripples are concentric circles around each stone, creating a sense of movement and calmness.

A purposeful demonstration of calmness and composure can enable de-escalation.

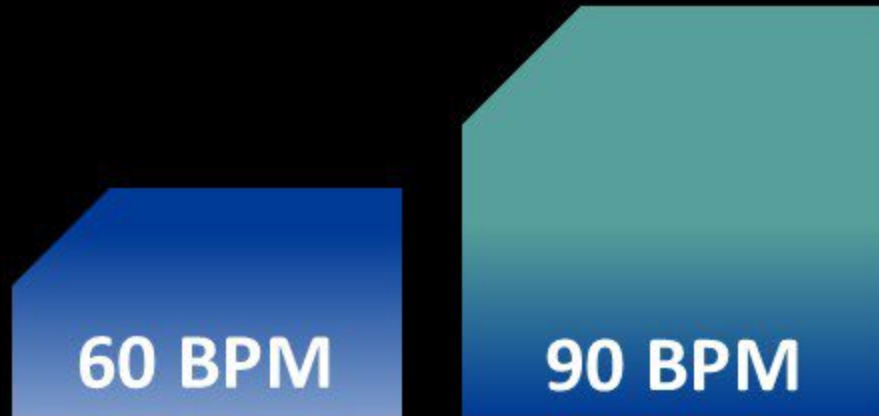


# Relaxed Meditative

A blue trapezoidal graphic with a white border, containing the text "60 BPM".

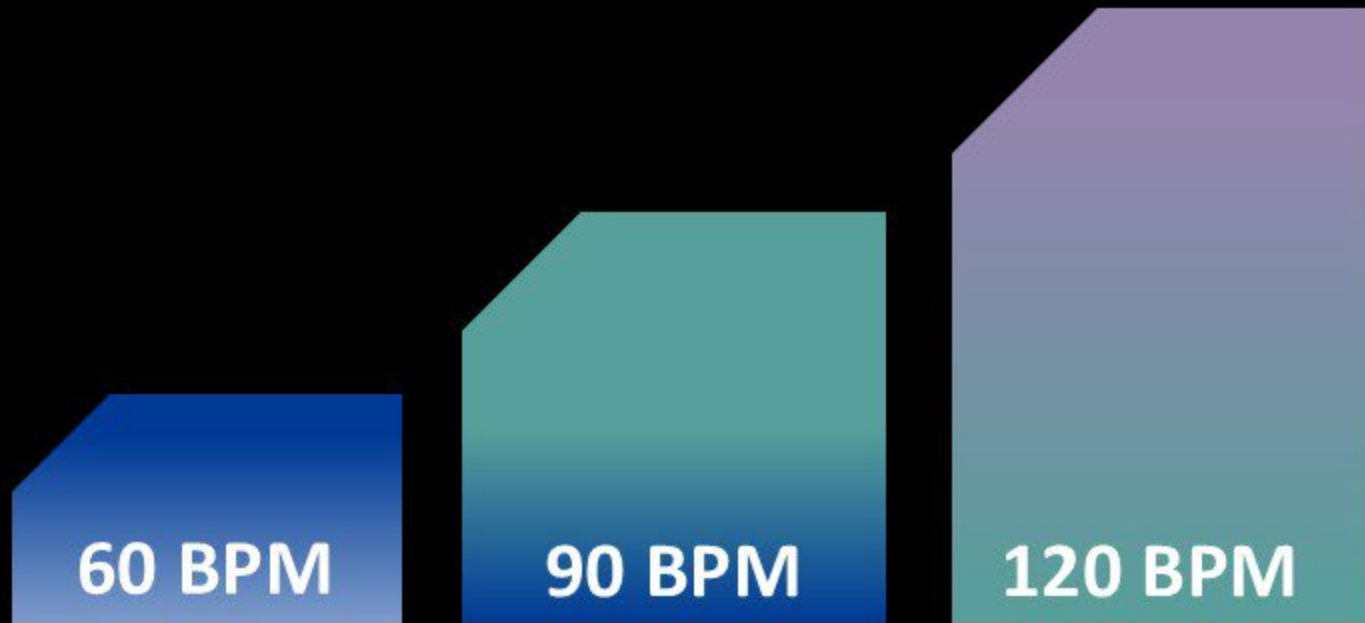
60 BPM

# Normal Attentive

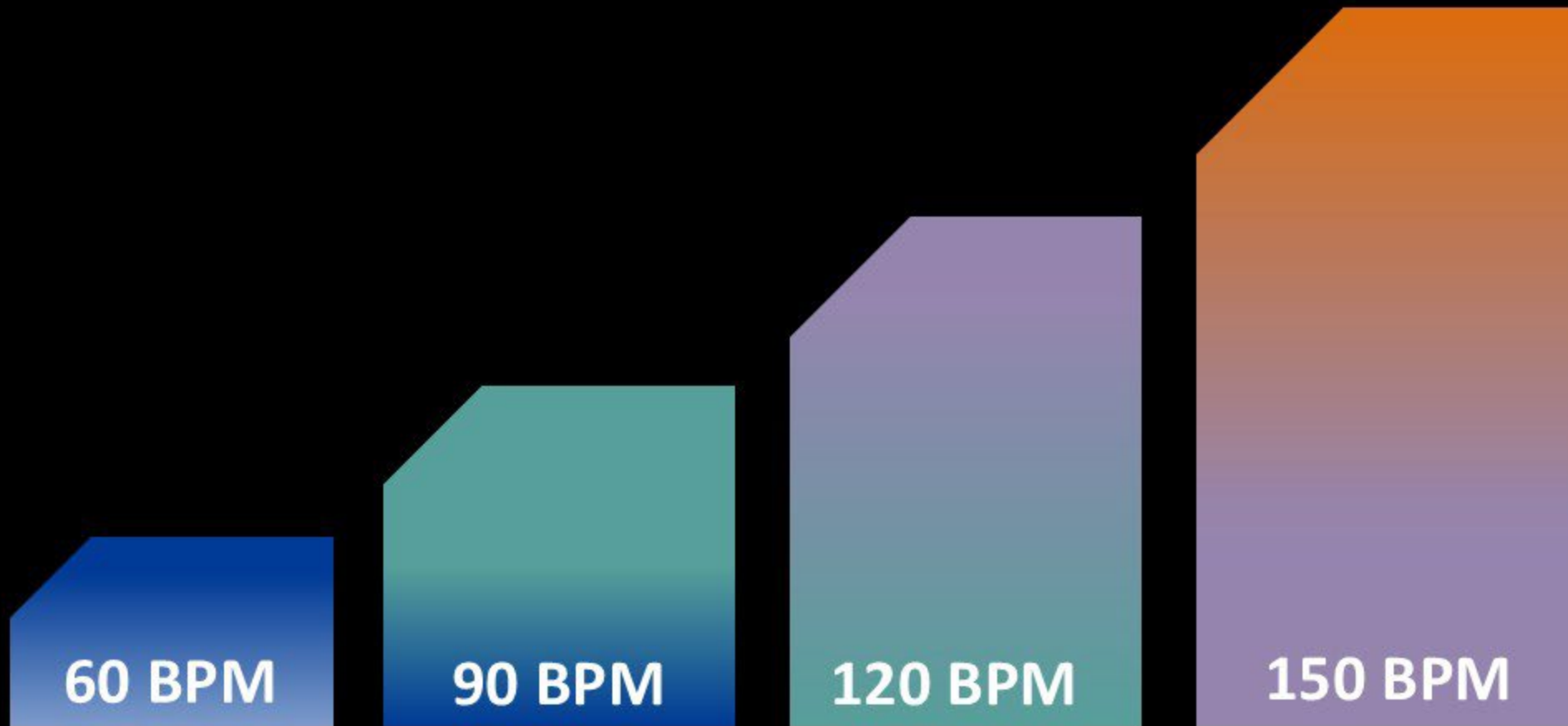


# Moderate Exercise

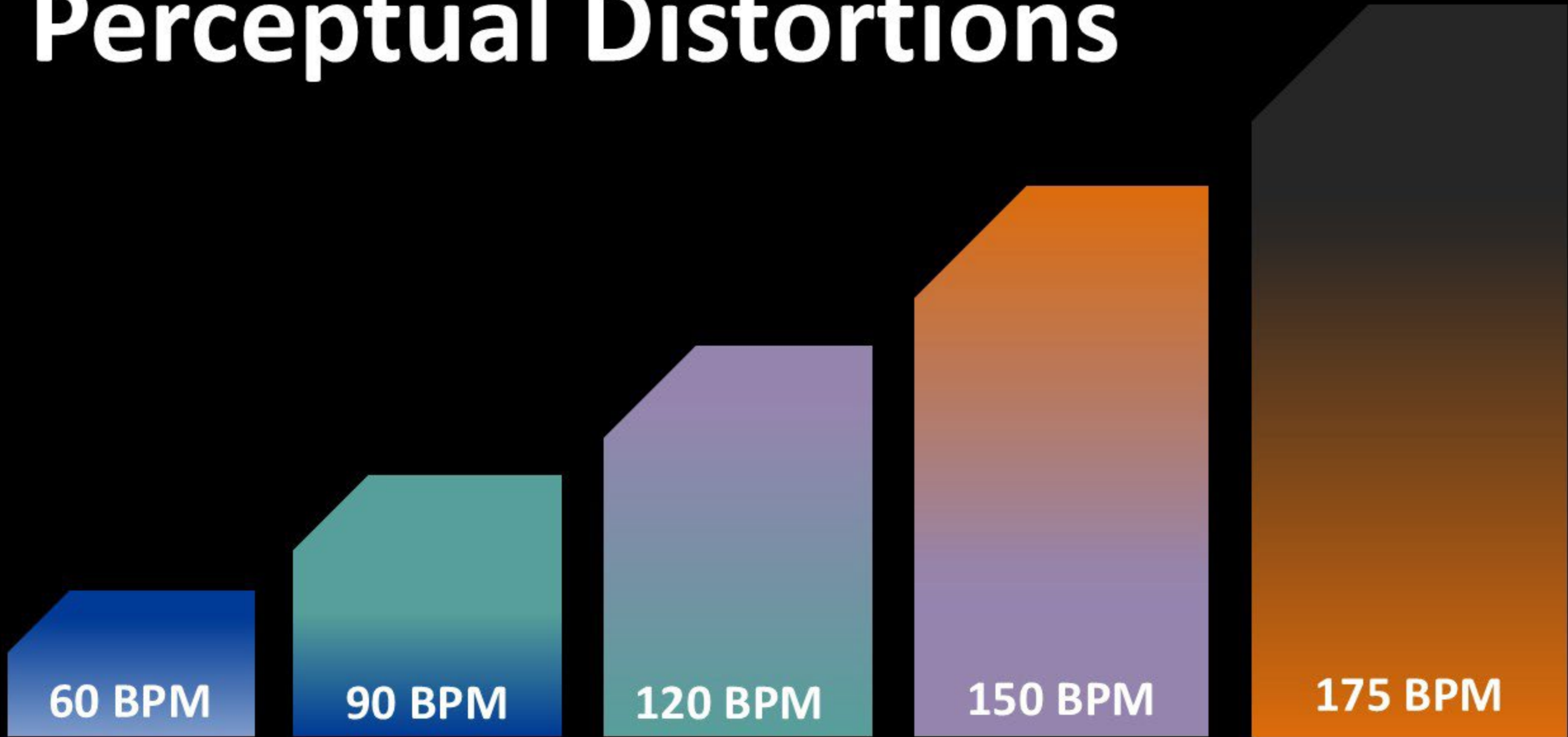
## Strong Emotion



# Motor Skills Deteriorate



# Perceptual Distortions



# equanimity

(ee kwuh NIM uh tee; ek wuh NIM uh tee) n

---



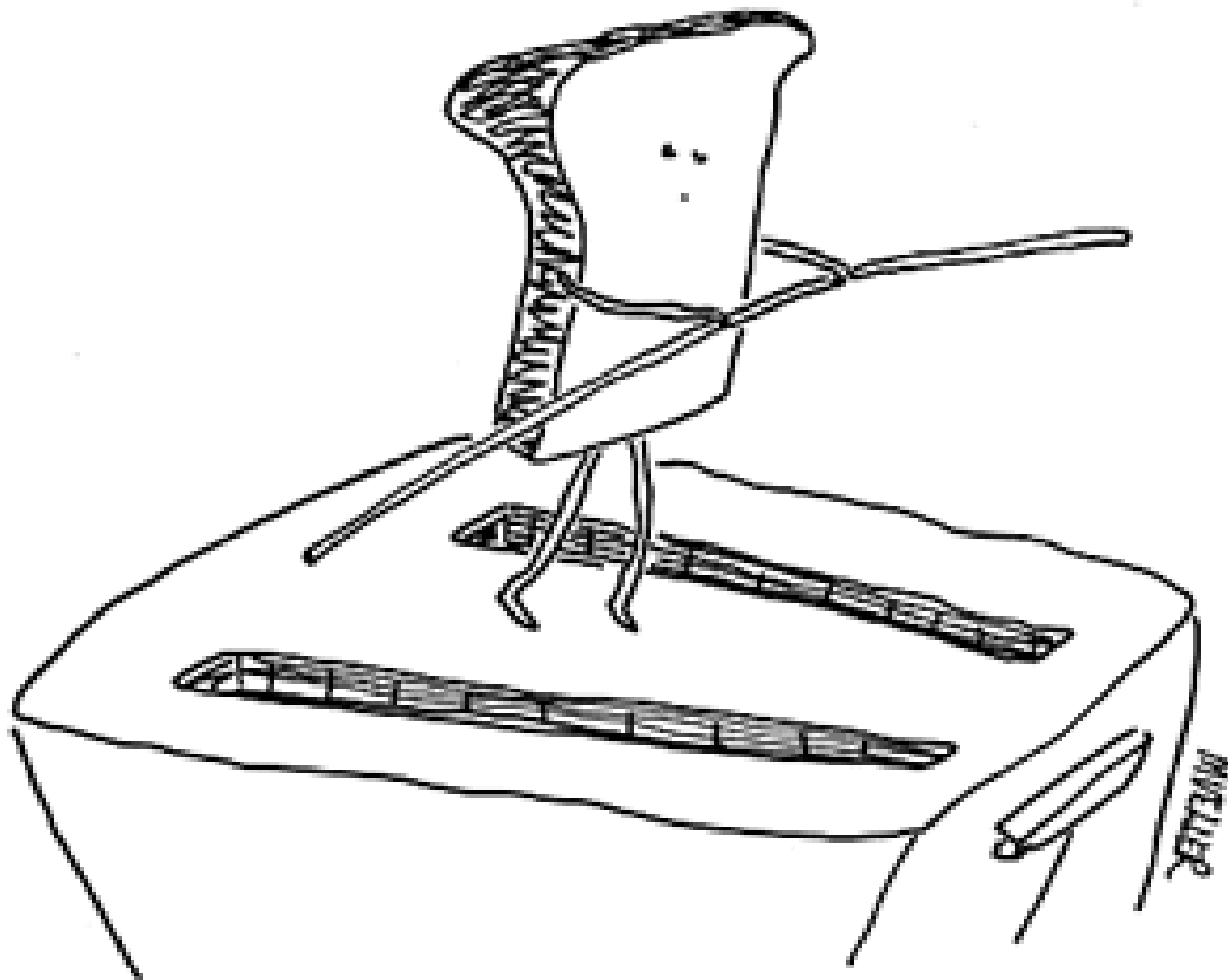
composure or evenness of temper,  
especially under stress



A balance scale is shown in the center of the image, suspended from a dark vertical pole. The scale has two pans. The left pan is lower and contains a dark, oval-shaped weight. The right pan is higher and is empty. The background is a blurred indoor setting with a wooden wall and a desk with a laptop and a pen. The word 'Rationality' is written in white text on the left side, and 'Emotions' is written in white text on the right side.

**Rationality**

**Emotions**



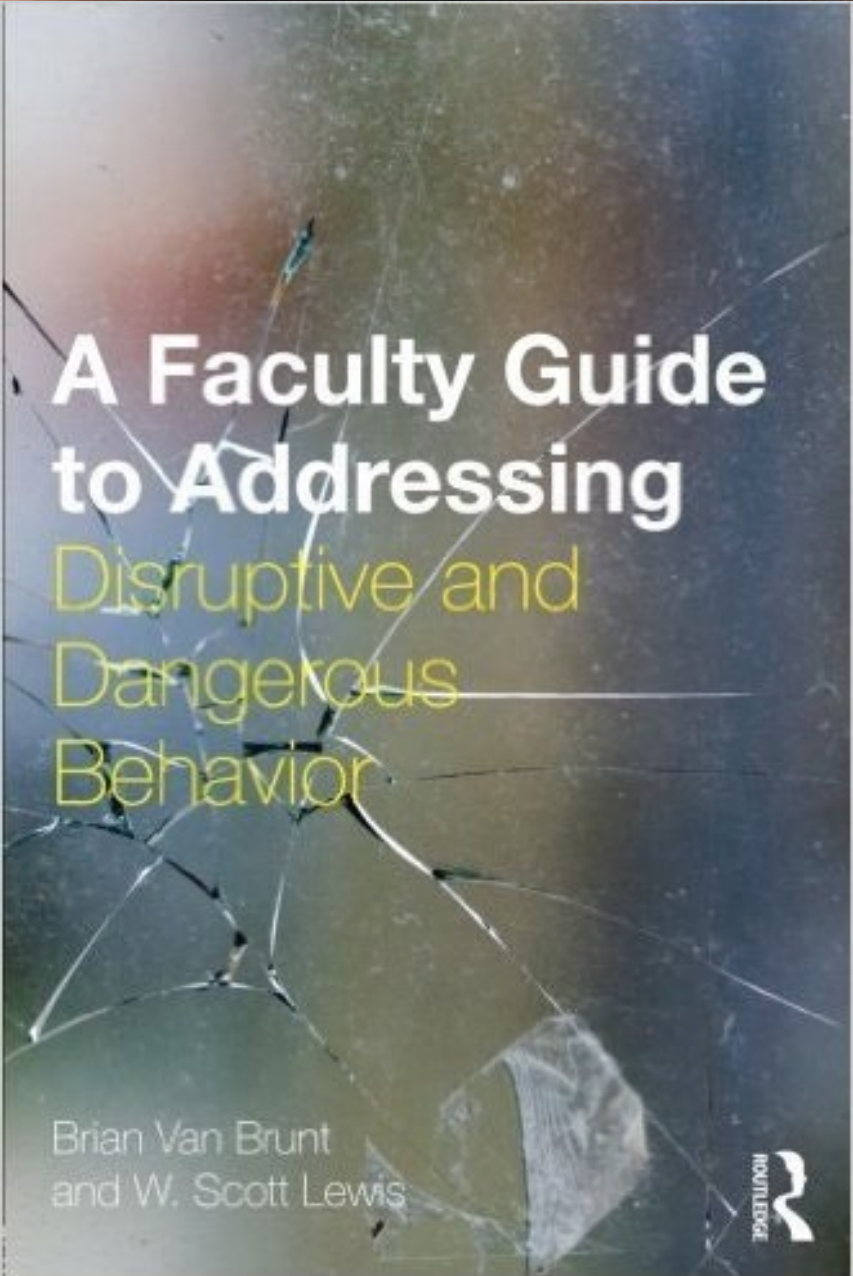






# **A Staff Guide to Addressing Disruptive and Dangerous Behavior on Campus**

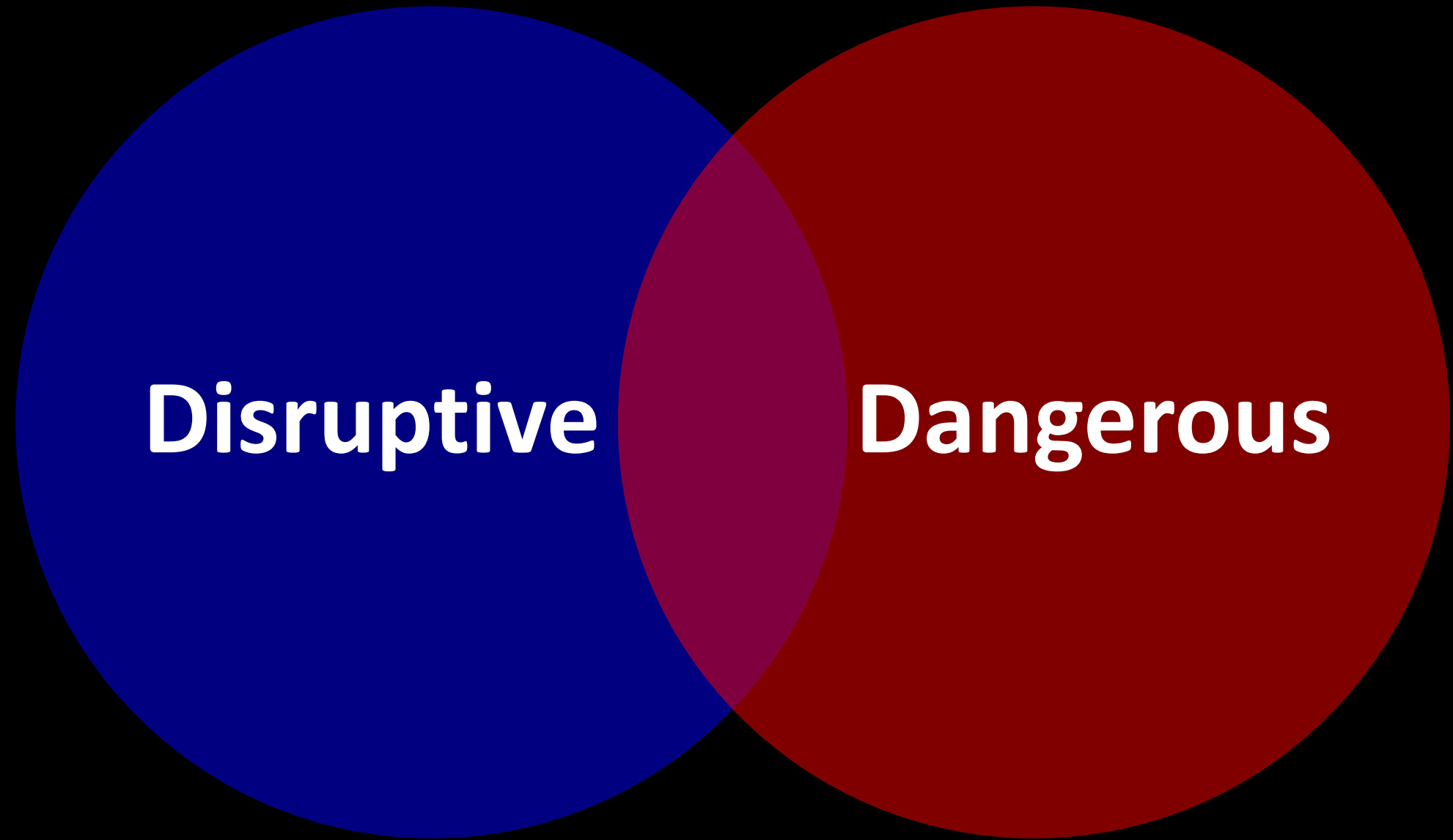
Brian Van Brunt  
and Amy Murphy



# **A Faculty Guide to Addressing Disruptive and Dangerous Behavior**

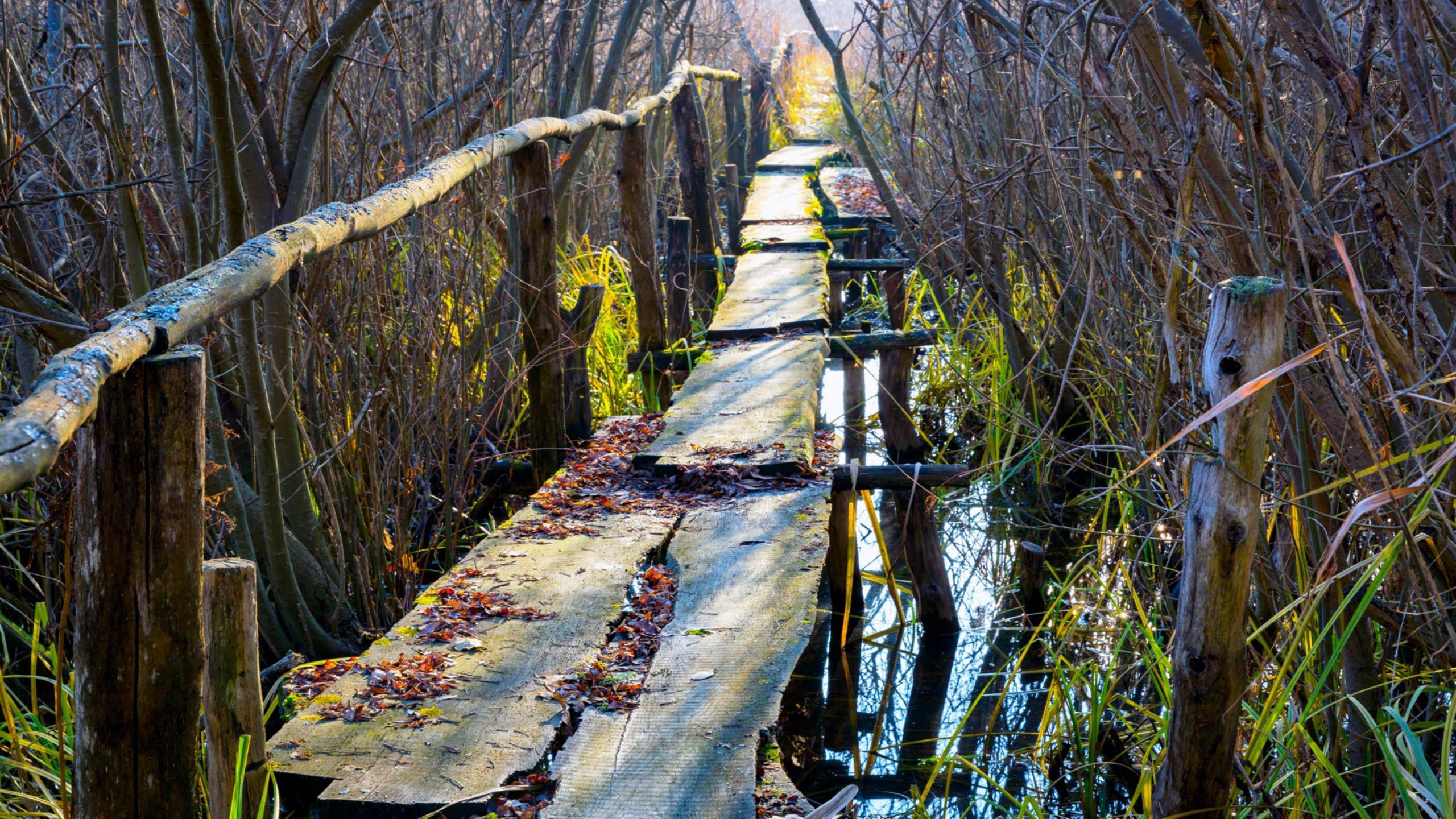
Brian Van Brunt  
and W. Scott Lewis





# **BUILDING CONNECTION**









# HOW WE HELP



A photograph of a red running track with yellow lane markings. A silver hurdle is positioned in the foreground. The text "Help the student overcome obstacles" is overlaid in white, bold, sans-serif font.

**Help the student  
overcome obstacles**

A hand holding a black pen is positioned over a spiral-bound notebook. The notebook has a grid pattern and the word 'Translate' is written in cursive. A yellow paperclip is at the top of the notebook. To the left is a silver binder clip. To the right is a pair of glasses and a small blue notepad with an orange paperclip. The background is a light-colored wooden desk.

Translate

**Help them understand  
expectations**

# Be an advocate



# Inspire hope



# Make a U-Turn!



- “Why” questions. They tend to make people defensive
- Quick reassurance, saying things like, “Don’t worry about that”
- Advising — “I think the best thing for you is to move to assisted living”
- Patronizing — “You poor thing, I know just how you feel”
- Preaching — “You should...” Or, “You shouldn’t...”
- Interrupting — Shows you aren’t interested in what someone is saying

# Agenda

- ✓ Temperature Check
- ✓ Helping Skills
- ✓ Mental Illness
- ✓ General Student Skills
- ✓ Content/Process
- ✓ Person -Centered
- ✓ Community Engagement

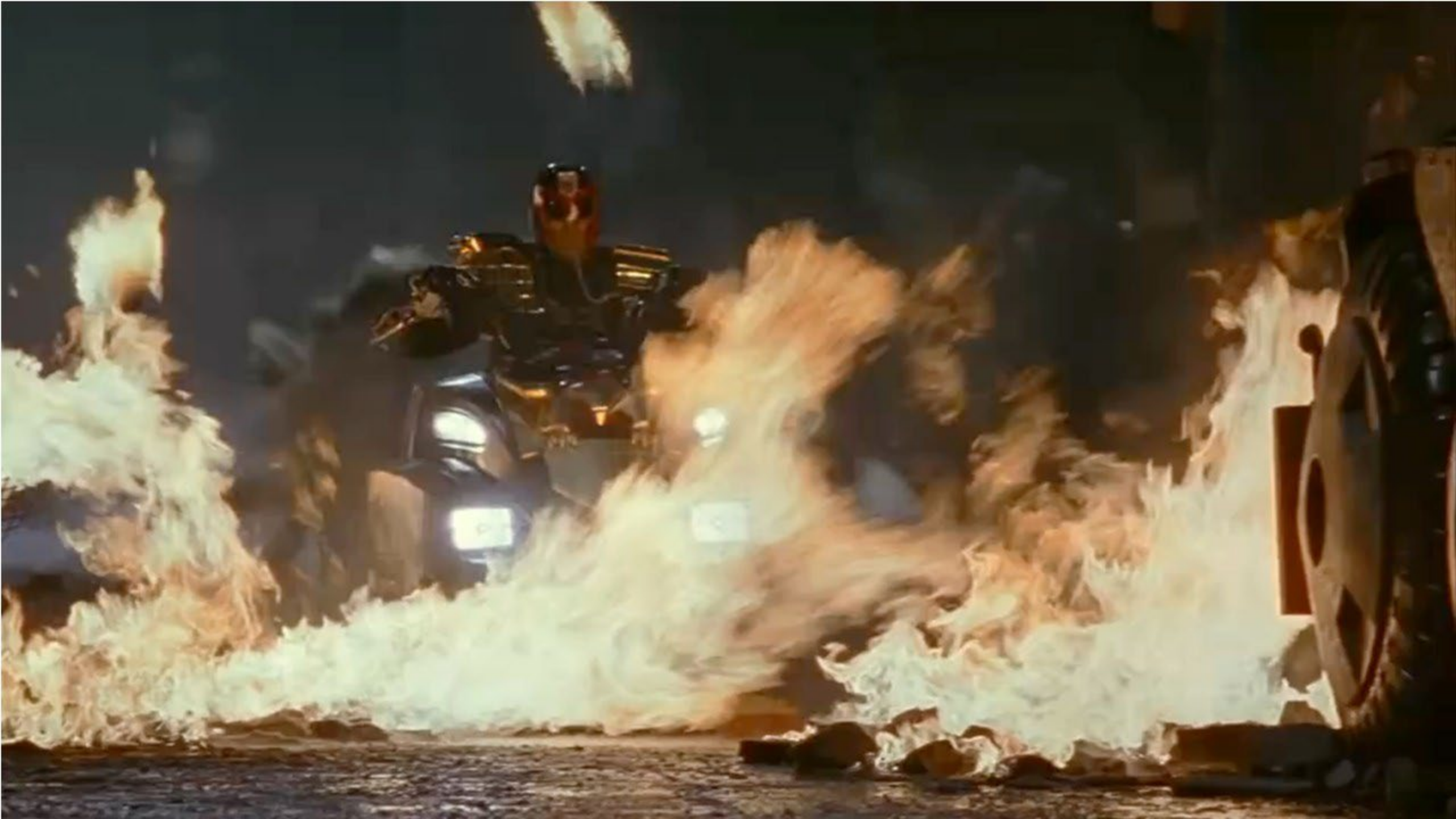


Black Rock City, Nevada



# What Doesn't Work



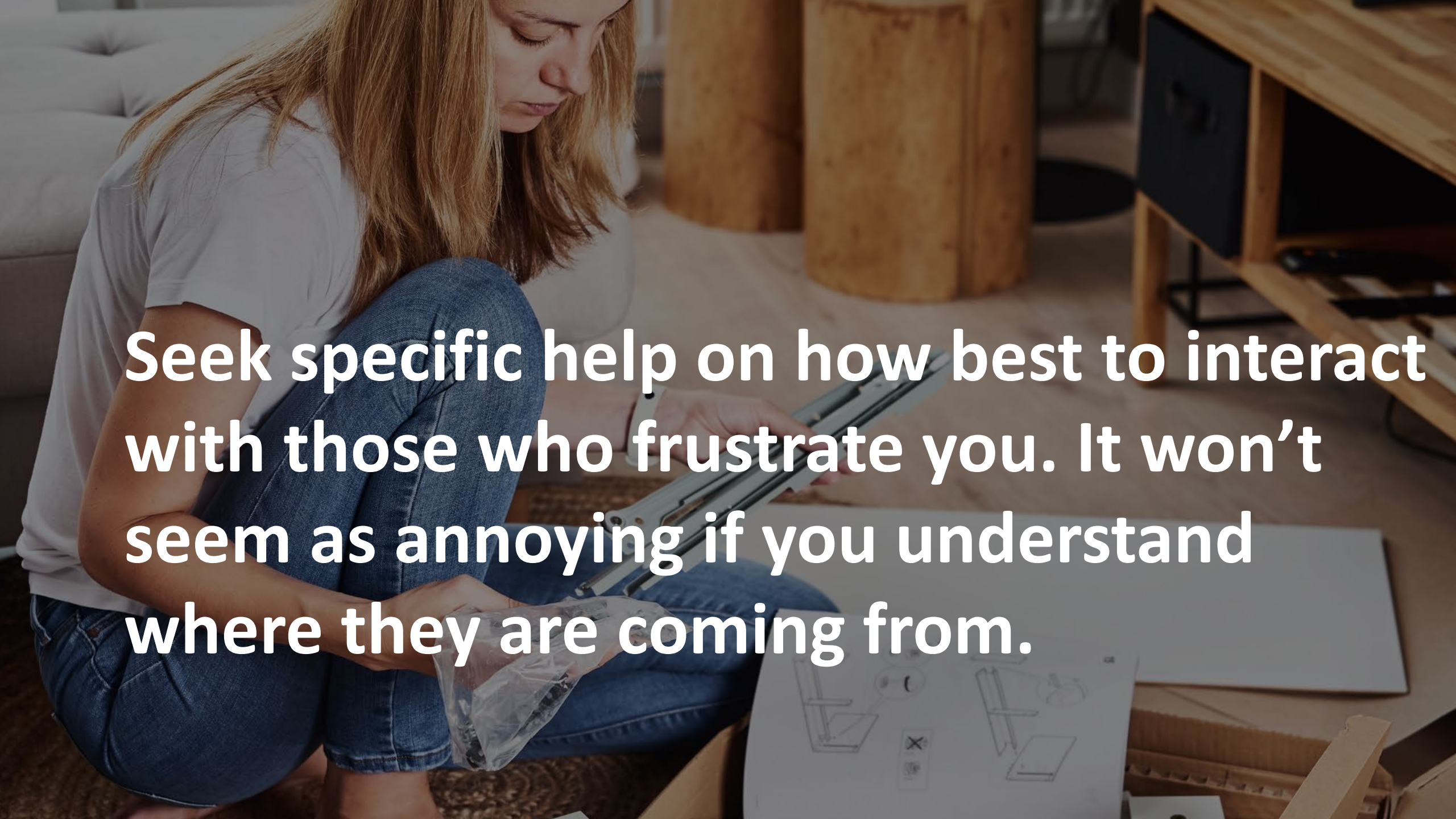




Try to keep directions  
simple, to the point.  
Think small pieces.  
Check in to see if they  
understand before  
moving on to next piece.

Offer referral to  
support services that  
can help them  
manage their  
behavior over time.



A woman with long blonde hair, wearing a white t-shirt and blue jeans, is sitting on the floor in a living room. She is looking down at a piece of furniture she is trying to assemble, with a frustrated expression. She is holding a clear plastic bag of screws. In front of her is a large sheet of paper with assembly instructions and diagrams. To her right is a cardboard box. In the background, there is a wooden coffee table and a wooden desk with a black chair. The text is overlaid on the image in a large, white, sans-serif font.

**Seek specific help on how best to interact with those who frustrate you. It won't seem as annoying if you understand where they are coming from.**

**Remember they aren't  
doing this just to  
frustrate you; this is  
the way they are.**





# Realistic Fears

**“I’m not ready for this test”**

**“I didn’t study enough”**

**“I didn’t ask for enough help”**

**“I’m too worried to study”**

# Unfounded Fears

**“My instructor will think I’m dumb”**

**“I used to be smart, but not now”**

**“I can’t do this perfect”**

**“I’ll never learn this, its too hard”**



Take a Shower



Read a Favorite Book



See a Movie



Go for a Walk



Exercise/Workout



Play a Video Game



Have Emergency Number



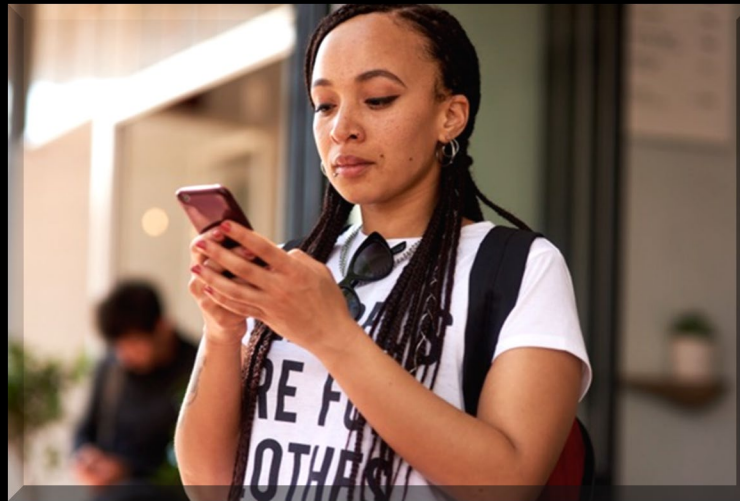
Online Support/Helpline



988 Hotline



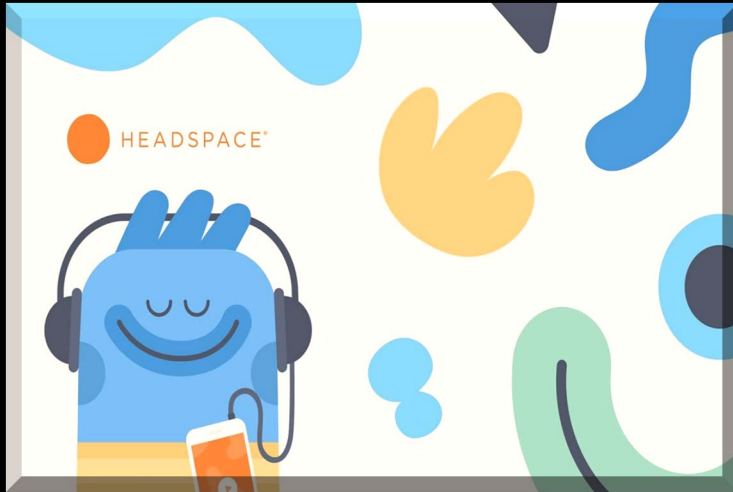
Club sports



Text a friend



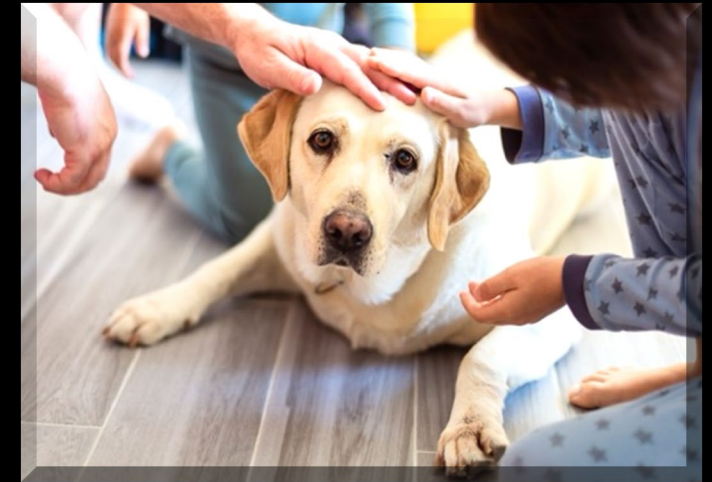
Meditation Class



Mindfulness App



Have a Healthy Snack



Find a Furry Friend



Listen to Music/Podcast



Make a Favorite Meal/Snack



Use a Distraction Toy

# Harm reduction

Approaching change through a progressive reduction of harmful behaviors rather than approaching change in an absolute or abstinence-based manner.

Removing obstacles & encouraging positive future behavior in a manageable, small-step process.





# Solution Focused

Cognitive Behavioral Therapy (CBT) approach to helping. CBT is goal-directed change focused on future-oriented choices that move individuals forward.

The past is de-emphasized and lengthy discussions of what didn't work instead is replaced with what does work and how to move forward with change.

# Finances

- ✓ Knowing how to budget
- ✓ Balancing large deposits
- ✓ Fixed income planning
- ✓ Awareness of scams
- ✓ Conversations with family
- ✓ Impulsive buying
- ✓ Tracking/payee relationship





# Treatment

- ✓ Tracking appointments
- ✓ Crisis vs on-going care
- ✓ Transportation and co-pay
- ✓ Treatment rupture
- ✓ afterhours emergency care
- ✓ Release of information
- ✓ Coordination of care

# Social Connection

- ✓ Encouraging friendships
- ✓ How to make friends
- ✓ Finding social outings
- ✓ Ups and downs of friends
- ✓ Finding common activities
- ✓ Overcome difficulties





# Medication

- ✓ Choosing correct meds
- ✓ Managing appointments
- ✓ Time release/shots
- ✓ Managing side effects
- ✓ Cost and budgeting
- ✓ Unexpected shortages
- ✓ Controlled substances

# Referrals



**Counseling**



**Career Services**



**Health Care**



**Academic  
Support**



**Faculty**



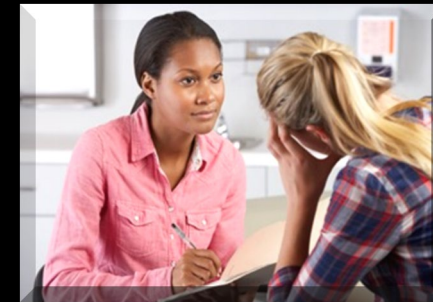
**Coaching Staff**



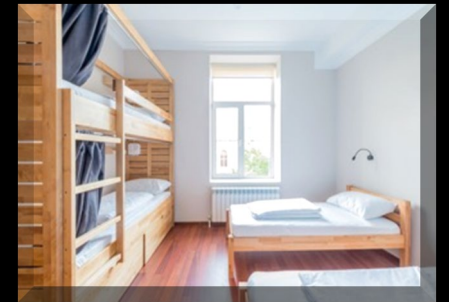
**Parents**



**Disability  
Services**



**Case  
Management**



**Residence Life**

# Agenda

- ✓ Temperature Check
- ✓ Helping Skills
- ✓ Mental Illness
- ✓ General Student Skills
- ✓ Content/Process
- ✓ Person -Centered
- ✓ Community Engagement



Lukla, Nepal



**Know the rules**

# Introduce yourself





**Identify obstacles**



**Do your best work first**



**Prioritize your work**



Success story



**Keep it in perspective**



**Get enough sleep**



**Not all stress is bad**



**Stop before you spiral**

A white Starbucks paper cup with the green Siren logo is centered in the frame. The cup is partially filled with coffee. In the foreground, a large pile of dark brown, roasted coffee beans is scattered across the surface. The background is a dark, out-of-focus wooden surface. The text "Limit caffeine" is overlaid in white, bold, sans-serif font on the left side of the cup.

**Limit caffeine**




**Take breaks**



**Don't let things pile up**



**Limit distractions**



**STAY  
FOCUSED**



**Keep eyes on the goal**

# Agenda

- ✓ Temperature Check
- ✓ Helping Skills
- ✓ Mental Illness
- ✓ General Student Skills
- ✓ Content/Process
- ✓ Person -Centered
- ✓ Community Engagement



New Orleans, Louisiana

**What's happening on top?**



**What's going on underneath?**



**TOP: PROCESS**



**BOTTOM: CONTENT**



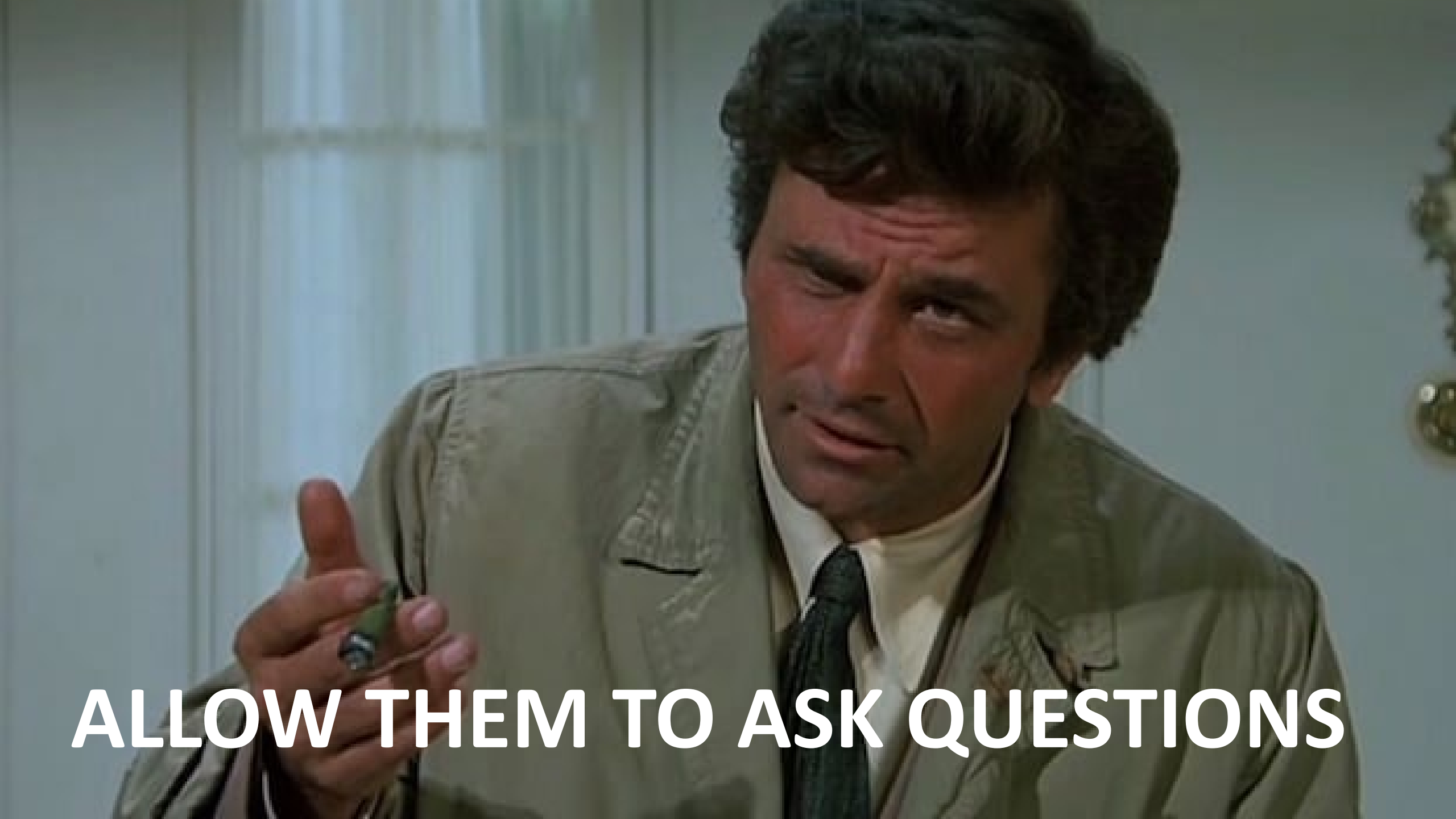
**SLOW DOWN THE PACE**



**No speeches**



**N  
O  
D  
E  
B  
A  
T  
E**



**ALLOW THEM TO ASK QUESTIONS**

# Agenda

- ✓ Temperature Check
- ✓ Helping Skills
- ✓ Mental Illness
- ✓ General Student Skills
- ✓ Content/Process
- ✓ Person -Centered
- ✓ Community Engagement



Las Vegas, NV



# Humanistic Counseling

Genuineness and  
congruence

Unconditional positive  
regard

Empathy and perceptions  
of empathy

Carl Rogers

“I remember in my boyhood, the bin in which we stored our winter’s supply of potatoes was in the basement, several feet below a small window. The conditions were unfavorable, but the potatoes would begin to sprout —pale white sprouts, so unlike the healthy green shoots they sent up when planted in the soil in the spring. But these sad, spindly sprouts would grow two or three feet in length as they reach towards the distant light of the window. But under the most adverse circumstances, they were striving to become. Life would not give up, even if it could not flourish ...”

“The clue to understanding their behavior is that they are striving, in the only ways that they perceive as available to them, to move toward growth, toward becoming. To healthy persons, the results may seem bizarre and futile, but they are life’s desperate attempt to become itself. This potent constructive tendency is an underlying basis of the person-centered approach.”



# Agenda

- ✓ Temperature Check
- ✓ Helping Skills
- ✓ Mental Illness
- ✓ General Student Skills
- ✓ Content/Process
- ✓ Person -Centered
- ✓ Community Engagement



Las Vegas, Nevada



# Draw from Experience





**Build a Network**

**Mental Health Resources**

**Improve Social Interactions**

**Financial Support**

**Academic/Work Progress**

# Mental Health

# Outpatient Therapy



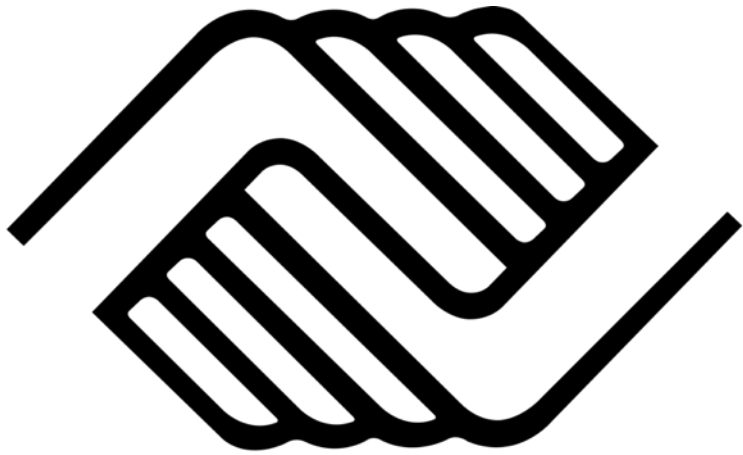


# Group Therapy



# Social Club

# Volunteer Organizations



**BOYS & GIRLS CLUB**



**AmeriCorps**

**ASPCA<sup>®</sup>**



# Online Therapy

# Academic Support



# Tutoring



# Career Counseling

# Job-Based Employment





# School-Based Accommodations

# Music Lessons



# Social Support

# Friends



# Family



# Siblings



# Intramural Sports





# Online Gaming



# Martial Arts



# Art Night



# Cooking Class



# Hiking Group

# Community Support

# Animal Shelter





# Big Brother/ Big Sister

# Homeless Shelter





# Nursing Home

# Religion



# Youth Groups

# Choir



# Social Justice

