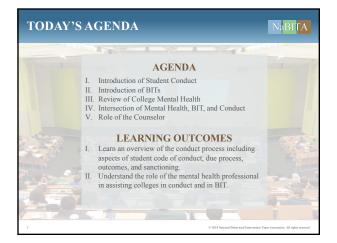
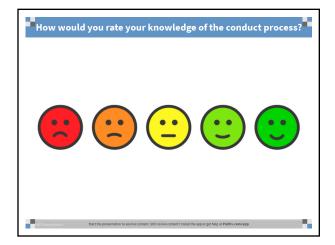
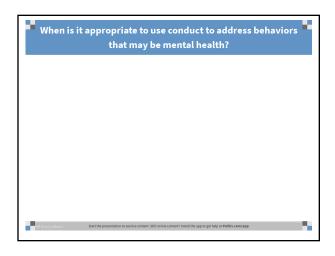
# CONDUCT MEETS COUNSELING: CONDUCTMENT CONFLICT OR COOPERATION? Description: This presentation explores the complexities of mental health and conduct processes while also providing practical solutions for counselors and conduct officers involved in this process. Core for Calegate Mend Health (CMB) Annual Report 2017



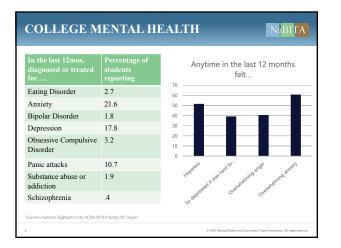














# COLLEGE MENTAL HEALTH

- The lifetime prevalence *rates of "threat-to-self*" characteristics (non-suicidal self-injury, serious suicidal ideation, and suicide attempts) *increased for the seventh year in a row* among students seeking treatment.
- Anxiety and depression are the most common presenting concerns (as assessed by clinicians) and are the only presenting concerns that have demonstrated a clear growth trend over the last 4 years.

### Center for Collegiate Mental Health (CCMH) Annual Report 2017

## **COLLEGE MENTAL HEALTH**

### NaBITA

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### What this data means...

- As more students enroll in college with mental health concerns, behavioral issues may arise with these students that may or may not stem from these mental health concerns.
- Colleges may feel compelled to lower academic and/or behavioral standards because the student is experiencing mental health difficulties. When this happens, the behaviors are ignored and often continue, becoming increasingly difficult to management.
- Other times, colleges react to strongly, or in a punitive way to signs of mental health concerns instead of through accommodations and/or support.

# **IDENTIFICATION**

# NaBITA

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- We are concerned with addressing behavior, not targeting those with mental illness.
- We are concerned with aggression, threats, intimidation, hoarding of weapons and isolation that lead to an act of violence.
- Those with mental illness are more likely to be the victims of violence, not perpetrators. (Choe, Tepin, Abrams; 2008).

# COLLEGE MENTAL HEALTH

- Who are the students you are concerned about on your campus?
- What types of behaviors or issues tend to be problematic on your campus?

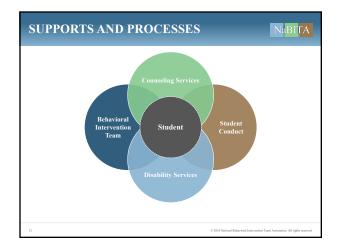


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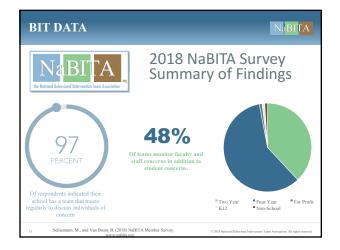
# THAT'S RIGHT.... THESE PLUS OTHERS NaBITA

Students who may attempt suicide Students who threaten to harm other students Domestic violence situations Students with weapons on campus Students who concern faculty >Disruptive behavior in classroom >Threat to professor >Aggressive to other students or unexplained aggression >Projects or papers that contain violent or threatening

content which is not part of a class assignment

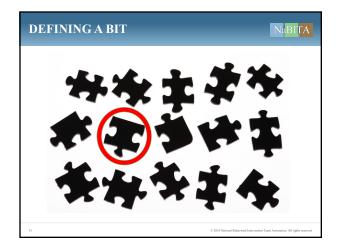




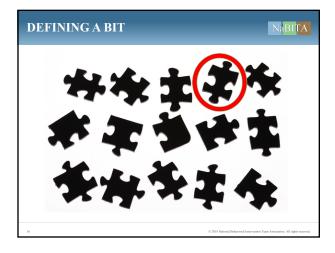




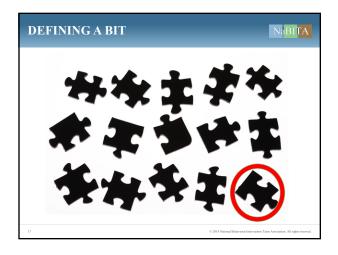




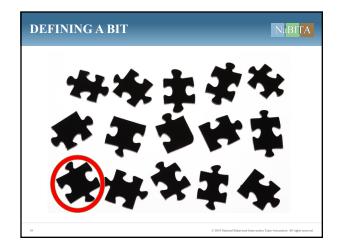












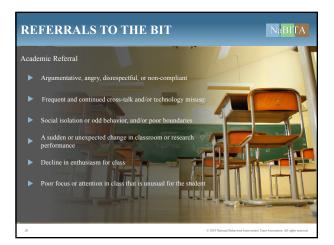


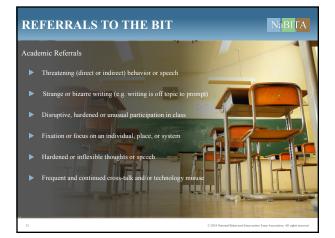
# **DEFINING A BIT**

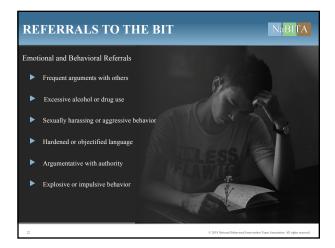
# NaBITA

- We are concerned with supporting students, addressing behavior, and creating a safe community, not targeting those with mental illness.
- We are concerned with students in distress, students experiencing life stressors, concerning behavior, aggression, threats, intimidation, etc.
- Those with mental illness are more likely to be the victims of violence, not perpetrators.

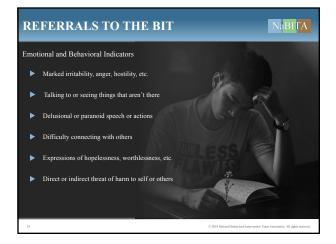
### Choe, Tepin, Abram

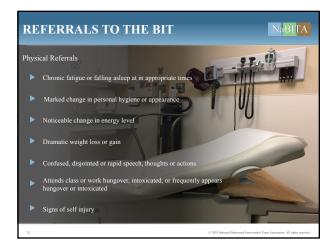






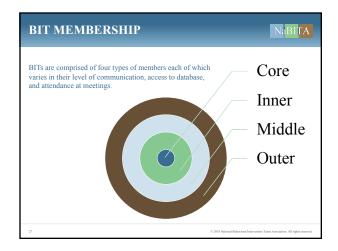
# REFERRALS TO THE BIT Enotional and Behavioral Referrals e motions that are extreme for the situation b casing or bullying (receiving or giving) b cocial withdrawal, isolation, loneliness, etc. c Change in typical personality b Repetitive or anxious behaviors b Panic or worry over relatively common troubles



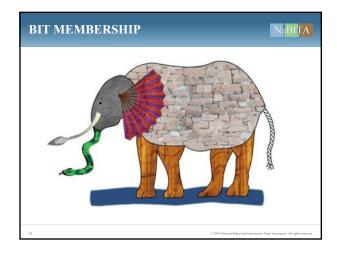




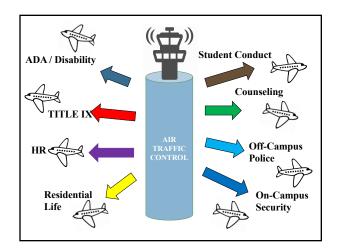














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Useful guidelines for BIT/CARE team when working with counseling staff. Use of information by conduct (and others) is provided by NaBITA's new Whitepaper: *The Role of the Counselor on the BIT* 

Counseling centers provide a critical role as core members of BIT/TAT teams. Nationally close to 75% of cases discussed involve a psychological aspect.

It's important to note:

- Counselors do not jeopardize confidentiality simply by having membership on a team or sitting in on a team meeting.
- Clearly, confidentiality is the bedrock of the counseling profession and is the most complex issue pertaining to their role on BIT/TAT teams.



## **ROLE OF THE COUNSELOR**

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"Disconnected and Silent": The counselor will not attend the BIT meeting, consult on cases or be involved in any way. As a result of the limits of confidentiality, the counselor is not allowed to offer any information and therefore does not need to attend. They prefer to work in the confidential counseling center and view BIT work as outside their scope or role as a school employee. Alternatively, the counselor attends the BIT meeting but refuses to participate actively. They acquiesce to attendance as it is a job requirement, but share nothing and take nothing away from the meeting. Needless to say, this is not the most enlightened approach.

2 "Consulting Counselor": The counselor attends the meeting and speaks only in hypotheticals. They consult on cases and share information about general mental health topics (e.g., the risk of a suicidal student after an inpatient hospitalization, the best treatment approaches for eating disorders or how Autism Spectrum Disorder responds to medication). They do not talk about active or past clients with the BIT or make diagnoses of students being evaluated by the BIT.

## **ROLE OF THE COUNSELOR**

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**3** "Sharing Helper": The counselor makes use of an Expanded Informed Consent (EIC) that students can choose to sign allowing counselors to have a wider latitude to share information with the BIT when the counselor determines it would be in the best interests of the client. Sometimes the counselor will inform the client of the decision to share before doing so. The counselor shares information as outlined in the informed consent to support the work of the BIT and keep the community safe while also valuing the confidential nature of the relationship with clients. The counselor may go so far as to offer the team hypothetical hypotheses around concerning behaviors related to mental health or share informal assessments about student subjects of the BIT who are not clients.

## **ROLE OF THE COUNSELOR**

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"Out on the Limb": The counselor may or may not use the EIC, knowing that they may risk censure but probably not loss of licensure. If they use the EIC, they use it more expansively and share information with the team that is not just in the best interest of the client, but also for protection of the community. This professional speaks in hypotheticals that are obviously not hypothetical, uses the "cannot confirm or deny" code, backchannels information, and is often willing to share contact confidentiality information about whether someone is known to the counseling center and is attentive to their treatment program. ...cont'd

"Out on the Limb" Cont'd: They may hear a roadmap for an intervention by the team about a client and simply signal assent or objection without offering much more, or may help to frame a roadmap for a student without letting the team know the student is a client. They mean well in trying to strike a balance between ensuring their client is safe and also sharing with the BIT in a way that reaches beyond what the client would typically be comfortable with (regardless of the presences of an EIC).

# **ROLE OF THE COUNSELOR**

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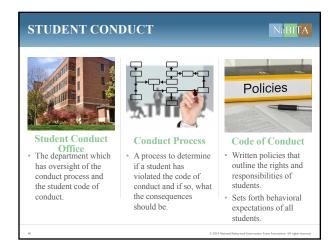
"Unconditionally Open": Some counselors may not give their client a choice about an EIC, or don't create an EIC with the client, or act in violation of the terms of an informed consent. The counselor shares everything they know about a client with the BIT, usually without the knowledge of their client, without any deference to their license or state laws. They see job security as paramount and comply with whatever is required by the BIT, or they imaginatively view the BIT as a "treatment team" within the bounds of their confidentiality. ...cont'd

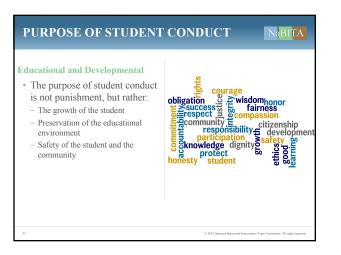
# **ROLE OF THE COUNSELOR**

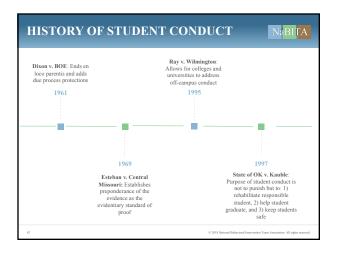
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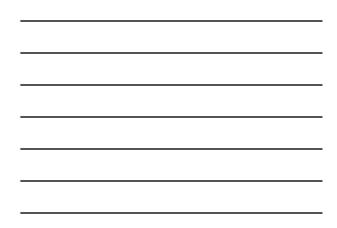
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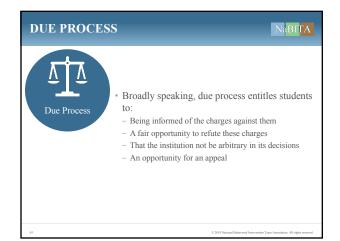
"Unconditionally Open" Cont'd: This counselor may earnestly believe that ethical rules were framed for private practitioners, not those in a campus context, where overzealous protection of information can get people killed. Or the counselor may have convinced themselves that their administrative role, governed by FERPA, supersedes their ethical duties as a therapist. Sometimes a clinical director who serves on the team uses the rationalization that they do not have a treating role, but shares information known to their supervisee counselors.

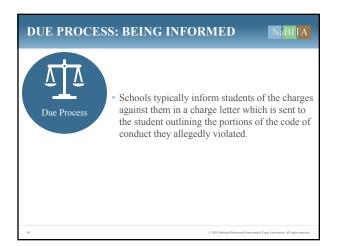


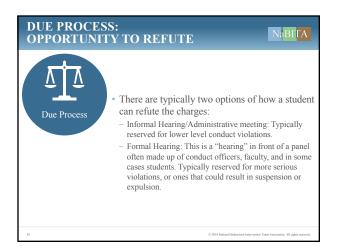


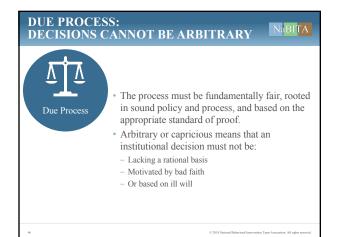


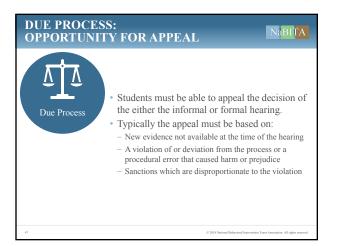






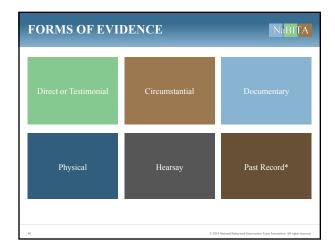




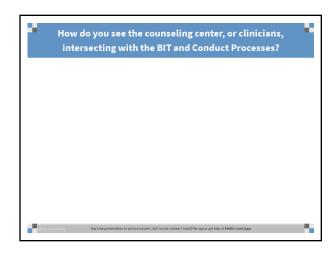
















### Support

- Students may seek counseling or other support services as result of the stress/distress experienced during the conduct process.
- Empathy and forming a relationship can go along way in helping the student feel connected.
- Balance empathizing w/condoning the behavior



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# **ROLE OF THE COUNSELOR**

### Education

- As the authority on mental health issues on campus, you have a responsibility to each others about the topic.
- Provide education sessions on gatekeeper training, identifying red flags, how mental health impacts behavior, strategies for addressing mental health related behavior, etc.



# **ROLE OF THE COUNSELOR**

### Collaboration

- The counseling center should take an active role in collaborating with both the BIT and conduct.
- Clinicians do not jeopardize confidentiality simply by having BIT membership or working with the conduct office on cases.



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### Assessment

- BITs conduct threat and violence risk assessment as part of their overall approach to prevention and intervention.
- Student conduct investigates, adjudicates, determines responsibility, and issues sanctions for threats made to members of the community.
- Clinicians can perform assessments as mandated by BIT or sanctioned by conduct.



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# PSYCH, THREAT AND VIOLENCE RISK ASSESSMENTS

**Assessment:** Short term (1-2 meetings) to determine the risk and share these results back to the referral source.





**Treatment:** Longer term (at least 5-6 meetings) to change behaviors of concern.

## PSYCH, THREAT AND VIOLENCE RISK ASSESSMENTS

**Psychological Assessment:** Focus on diagnosis of a mental health problem and suggestions for treatment. May be related to level of care (hospitalization).



# Diagnosis

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**Threat and Violence Risk Assessment:** Focus on determining dangerousness/lethality of an individual to harm/kill or destroy a person, system or location.

# PSYCH, THREAT AND VIOLENCE RISK ASSESSMENTS NaBITA

When	Who
• When the individual has crossed the elevated threshold on the rubric.	• Anyone on the BIT with adequate training and knowledge.
<ul> <li>When the student has been found responsible for violating the code of conduct.</li> <li>When you need more information related to the individual's likelihood of engaging in violence or other concerning behavior</li> </ul>	<ul> <li>Someone with the ability to gather information and build rapport.</li> <li>Case managers, clinicians, conduc etc., tend to be good at it.</li> <li>On vs. Off Campus</li> </ul>
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ON CAMPUS ASSESSMENTS
<ul> <li>Resistance from on-campus providers</li> <li>There are some counselors and psychologists who aren't comfortable with "mandated" anything it comes to their clients.</li> <li>The common arguments against this is typically based on two ideas: <ul> <li>Client autonomy: that all clients must choose to enter treatment or assessment willingly.</li> </ul> </li> </ul>
Nearly every community practitioner and even college counseling centers utilize some form of mandated assessment: anger management, AOD, etc.
<ul> <li>That there is a conflict of interest as it is unclear if therapist is working for the client or for the school.</li> </ul>
College campus practitioners are not like private practitioners, you do serve both entities and you do have the greater good of the community needs to take into account.

# IMPLEMENTING MANDATED ASSESSMENTS

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### Tips for Establishing a Process

- · BITS/Conduct should share information with the assessor beforehand so that they know what led to the assessment and the behaviors that are concerning:
- BIT referrals, incident reports, witness statements, etc.
- Past relevant conduct history
- Academic transcripts, GPA, current schedule
- Housing records
- Follow up contact numbers for relevant and involved individuals

# IMPLEMENTING MANDATED ASSESSMENTS

### Tips for Establishing a Process

- BITs/Conduct should be clear about the intent of the mandated assessment and what they are looking for as a result
   Psychological assessment? Connection to counseling?
- Psychological assessment? Connection
   Assessment of harm/risk?
- What documentation do they need at the completion of the assessment?
- Standardized form?
- Letter from the assessor? What should it include?

## IMPLEMENTING MANDATED ASSESSMENTS

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- Tips for Establishing a Process
- Creating a detailed informed consent is key to ensuring a solid process.
- Develop a clearly worded informed consent which outlines for the student what will happen and how the results will be shared and used.



• The well defined and clearly outlined informed consent must be done prior to the assessment.

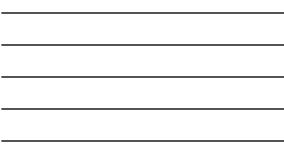
# IMPLEMENTING MANDATED ASSESSMENTS

# NaBITA

### Components of an Informed Consent

- The scope of your assessment.
- The tests, costs, and time involved in completing.
  Limit access to raw test data to qualified individuals with client written consent.
- Outline who receives the results.
- List information that will be collected (past therapy, past inpatient, past court involvement, arrests, felonies, etc.)
- Clearly spell out what happens if the student no-shows the appointment, and what happens if the assessment returns high risk, or failed clearance results.

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# MANAGING

# NaBITA

### Counseling

X —

When working with someone who is trying your patience, being hostile or being unmotivated:

Your goal should be to assist the person to move towards a higher stage of change, maintain positive momentum or gain a better understanding of their current situation and their decision to make a change.

# MANAGING NaBITA Conduct Courts view conduct codes and honor codes as "essential functions" of the university and are not subject to accommodation. Be sensitive to what led to the conduct (possibly a mental health issue), but be firm with the expectations related to appropriate conduct. Never discipline a student for a mental health

issue - always focus on the behavior or conduct.

# MANAGING

# NaBITA

### Conduct

• Failure to comply with conduct expectations may result in disciplinary action.

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Keep your Counseling Director • informed of any behavior or conduct situations you believe may be related to a mental health issue, even if the Counseling Director can't share information with you.



	NaBITA
QUESTIONS??	
Thank you!!!	
Makenzie and Dave	
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