

STUDENTS AT RISK: A GUIDE TO SYMPTOMS AND RESPONSES

PROBLEM	SYMPTOMS	RESPONSE
Pregnancy	Changes may include: emotional fragility, sleeplessness, absences from classes and/or work. Physical symptoms may include fatigue and nausea. An unintended pregnancy is usually perceived by the student as a crisis.	Express concern about observed behavior. Refer to Health Education Services: FREE pregnancy test, assistance with medical, and emotional issues. <ul style="list-style-type: none"> • Health Education Services 687-8949 207 Village C West • Pregnancy information line 687-5254 • Emergency pager (10am-10pm) 668-8588 (for students only)
Eating Disorders	Chronic eating and weight concerns; body image concerns. Symptoms may include binge eating, restricted eating, frequent trips to the bathroom (after eating for self-induced vomiting), laxative use, diuretic abuse (water pills to lose weight), relentless exercise, preoccupation with food and weight.	Express concerns about observed behaviors; focus on person's health, not physical appearance. Recommend: <ul style="list-style-type: none"> • Counseling Services 687-6985 Mary Quigley, MSW. • Nutritional Assessment 687-8942 Carol Day, R.N., C.N.S., M.S.N. • Appointment at Student Health Center 687-2200 Joan Riley, NP Jim Marsh, M.D.
Sexual Assault and Relationship Violence	Symptoms may include: shock, denial, fear, mood swings, irritability, disturbances in eating and sleeping habits, inability to concentrate or relax. On- or off-campus counseling is available regardless of how much time has passed since the sexual assault.	Recommend: <ul style="list-style-type: none"> • Sexual Assault and Health Issues Coordinator 687-0323 Jennifer Schweer • DC Rape Crisis Center 333-RAPE • Counseling Services 687-6985 Doctor on call 444-PAGE

STUDENTS AT RISK: A GUIDE TO SYMPTOMS AND RESPONSES

PROBLEM	SYMPTOMS	RESPONSE
Long standing Alcohol or Drug Use	Problems with physical health (including black-outs), physical injuries from drinking or drug use, academic or job difficulty, chronic tardiness or absences, unexplained drop in grades, friction with professors), loss of motivation (especially with marijuana), difficulty in social functioning (including friends and family), adjudications or DWIs.	Express concern about observed behaviors. Refer to Center for Personal Development. Recommend: <ul style="list-style-type: none"> • Center for Personal Development: 687-8944 Patrick Kilcarr, Ph.D.
Alcohol Emergency Acute Intoxication	Intoxication with alcohol — slurred speech agitation, often followed by vomiting, listlessness, loss of consciousness (passing out).	Do not try to reason with an intoxicated individual. <ul style="list-style-type: none"> • If the individual is aggressive or violent: CALL DPS: 687-4343 • If individual is listless or unconscious: CALL GERMS: 687-4343
Depression	Changes in behavior — loss of motivation , hopelessness, despair, loss of interest in everyday activities, loss of concentration, loss of sexual interest. Changes in sleep patterns — loss of sleep (trouble falling asleep, an early morning wakening) or excessive sleep. Changes in appetite — loss of appetite with weight loss; or excessive eating with weight gain.	Talk with student; make note of observed signs and symptoms. Ask student directly if s/he is feeling suicidal. Recommend: <ul style="list-style-type: none"> • Counseling Services: 687-6985 • Clinician on call from CAPS 444-PAGE