

## BEHAVIORAL ASSESSMENT AND INTERVENTION TEAM (B. A. I. T.)

The Behavioral Assessment and Intervention Team (B.A.I.T.) focuses on at-risk students who are experiencing serious distress or engaging in harmful or disruptive behavior. The Team serves to support students who are at-risk, ensure regular coordinated communication between campus departments, and intervene, if necessary, to ensure student well-being and campus safety.

*Chair:* Vice President for Student Affairs

*Members:* Director of Health and Counseling, Director of Residential Life and Housing, Associate Director for Counseling, Director of Disability Services, Director of Safety and Security.

### Referring a student to B.A.I.T.

Call the Chair of B.A.I.T., Dr. Helen Matusow-Ayres, at 718-636-3639 to provide a verbal report or report an incident using your MyPratt account. Log into your MyPratt account, go to the list of featured services, and click on “Report an Incident” to send the information listed below directly to the Vice President for Student Affairs.

- Name of student
- ID or email (if known)
- Date/Time of incident
- Location
- Description of the incident (as concise and specific as possible)
- Your name and title (if appropriate)
- Your phone number
- Your email address

### Knowing Your Limits: How to protect your wellbeing

In dealing with a distressed person, personal safety and wellbeing are just as important as that of the person in distress. It is important to recognize the limits of what can be done to help someone in distress.

#### What can be helpful:

- Be genuinely concerned and supportive
- Be honest about the time and effort you can afford to spend in helping
- Be aware of personal needs and limitations
- Maintain and respect healthy boundaries

#### What isn't helpful:

- Trying to control how another person is going to respond
- Attempting to force another person to change
- Forcing someone to take action to help themselves

**If you are concerned about immediate safety issues, notify Security for assistance at once. (Security Booth: 718-636-3540)**

### OTHER RESOURCES:

#### Woodhull Medical Center

760 Broadway  
Brooklyn, New York 11206  
718-963-8397

#### Brooklyn Peer Advocacy Center

www.balticstreet.org  
250 Baltic Street  
Brooklyn, NY 11201-6401  
718-875-7744

#### The Samaritans of New York

24 hours / 7 days a week  
Suicide Prevention Hotline  
212-673-3000

#### Health and Counseling Services

Willoughby Residence Hall  
718-399-4542

#### Director for Health and Counseling Services

718-399-4546

#### Associate Director for Counseling

718-687-5980

#### Student Conduct Coordinator

Residential Life and Housing Office  
718-399-4551

#### Security Office

Room 111, Engineering Building  
718-636-3542

#### Security Booth

718-636-3540

#### Vice President for Student Affairs

Main Building, First Floor,  
718-636-3639

# ASSISTING STUDENTS WITH EMOTIONAL AND/OR BEHAVIORAL PROBLEMS: REFERRAL AND SERVICES

**Pratt**

Pratt Institute  
200 Willoughby Avenue  
Brooklyn, NY 11205

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**Pratt**

# ASSISTING STUDENTS WITH EMOTIONAL AND/OR BEHAVIORAL PROBLEMS

## GUIDE AND REFERRAL

Faculty and staff members are often the first ones to notice when a student is having difficulties. Accordingly, this guide is intended to assist faculty and staff members who encounter students with emotional problems and/or those who exhibit disturbing or disruptive behavior. While this guide provides general information and suggestions, please contact Health and Counseling Services (718-399-4542) directly for consults about specific students or situations.

### In general, how do I refer a student for counseling services?

A student does not need to have an emergency, suffer distress, or be disruptive in order to benefit from counseling. Counselors at Health and Counseling Services are happy to meet with students and provide psychotherapy or referrals, as appropriate. If you speak with the student directly about your concerns, please provide him or her with the phone number and location of Health and Counseling Services. The student then can call or come into the office in order to schedule an appointment or request an emergency meeting. Alternatively, you can ask Health and Counseling Services to reach out to the student. After you speak with a counselor, he or she will contact the student directly.

### What are the signs of a crisis or emergency?

- Reference to suicide
- Threat to harm someone else
- Alcohol or drug intoxication
- Agitation
- Paranoid beliefs
- Hearing voices or seeing things that are not real
- Incoherent speech or an inability to communicate intelligibly
- Impulsive or over-excited behavior

### How can I help a student in a crisis or emergency?

Generally speaking, a crisis or emergency represents a high level of risk or danger. As a result, such situations call for prompt—or even immediate—attention. Here are some steps to take. If you are concerned about immediate safety issues, notify the Pratt Safety and Security Department for assistance at once (Security Booth: 718-636-3540). Contact Health and Counseling Services in order to consult about the student

(718-399-4542). Try to maintain control of the situation by staying in communication with the student. Be aware of your own limits and role. If you feel panicked or unsafe, quickly get someone else to help you.

### What if the student is suicidal?

*All suicidal threats and statements must be taken seriously.* In suicidal emergencies, call security (718-636-3540) and Health and Counseling Services (718-399-4542). After normal business hours, contact the Security Booth (718-636-3540). The officer will contact a counselor or Student Affairs professional. If you observe suicidal content in a student's writing or artwork, please consult with Health and Counseling Services (718-399-4542). Depending on the circumstances, the counselor might contact the student directly or provide guidance on how you can talk with the student.

### What are the signs of a student in distress?

Students can exhibit signs of distress behaviorally, verbally, or in their appearance.

#### *Behavioral Signs*

- Isolation or social withdrawal
- Frequent absences or excessive tardiness
- Crying
- Depressed mood
- Distractedness or difficulty concentrating
- Failing grades
- Decrease in academic performance
- Hyperactivity or restlessness
- Nervousness
- Increase in accidents
- Giving away possessions
- Inappropriate behavior in class

#### *Verbal Signs*

- Argumentativeness and irritability
- Expression of bizarre, extravagant, or suspicious ideas
- Poor decision-making
- Inappropriate giggling, laughing, or shouting
- Explicit reference to personal problems
- Expression of feelings of hopelessness or helplessness

#### *Appearance*

- Poor attention to personal hygiene or dress
- Cuts, bruises, or burns evident on body
- Dramatic weight gain or loss
- Excessive fatigue
- Blood shot eyes or bloody nose

### How can I help a student in distress?

Ask to speak with the student privately about your concerns. Express your concerns openly and directly by making observations about what you have noticed. Rather than making assumptions or interpretations of what might underlie the student's difficulties, state specifically what you have noticed in the student's behavior, verbal statements, or appearance. Allow the student to respond to your observations and concerns. Empathize with his/her difficulties in a caring manner. Refrain from making quick judgments or offering immediate advice. Invite the student to meet with one of our counselors. Underscore the private and confidential nature of the visit, and the potential benefits. Follow-up with the student later.

### What is considered disruptive behavior in class?

- Harming another student or professor
- Destroying property
- Impulsive actions
- Hostile or confrontational statements
- Physical or verbal intimidation
- Cursing in class
- Inappropriate material or content used on projects

### What can I do if a student is disruptive?

If you have concerns about the safety of the student, your class, or yourself, **contact security immediately**. You might ask someone else to contact security on your behalf, if necessary. You might consider escorting the student to the security office or the security booth. If the student does not accompany you, go to the Security office to report the incident. After hours, go to the security booth. After the immediate situation has been addressed, please seek consultation from Health and Counseling Services and/or the Coordinator of Student Conduct, and submit an incident report of the disruptive behavior to the Coordinator of Student Conduct.

## RESOURCES

### Security

Engineering Building, Room 111  
718-636-3542

### Security Booth

718-636-3540

The Safety and Security Department provides 24-hour a day protection to the campus. Security officers are charged with enforcement of Pratt's rules and regulations. They are staff employees and are responsible for a full range of services, including response to emergencies, preparation of crime and condition reports, conducting fire drills, and any other situation requiring security assistance.

### Coordinator of Student Conduct

Residential Life and Housing Office  
718-399-4550

The Coordinator of Student Conduct oversees a judicial process that evaluates whether or not Pratt's community standards have been violated, to what extent they have been violated, and if violated, assesses penalties. The judicial process is not a legal process. Rather, it is intended to be an educational process, the goal of which is to protect each person's rights while providing an experience from which those involved can learn. A complete explanation of the Pratt and Residential Life Judicial Process is available from the Office of Residential Life and Housing.

### Health and Counseling Services

718-399-4542

Health and Counseling Services provides short-term psychotherapy, case management, crisis intervention, and outreach services to undergraduate and graduate students. Counseling services are free to all registered students. Common issues addressed in therapy are roommate difficulties, adjustment to home, ongoing symptoms of anxiety and depression, addictions, relationship problems, cultural issues, academic concerns, sexual preferences, identity exploration, and coping with a psychiatric disorder. Records are kept confidentially, separate from students' academic information. The clinical staff consists of psychologists, clinical social workers, a consulting psychiatrist, and social work and psychology interns.

**Counselors are available by appointment as well as daily crisis walk-in times.** Please call the Health and Counseling office for more information. You also can find more information about these services by visiting the Web site of Health and Counseling Services ([www.pratt.edu/health](http://www.pratt.edu/health)), which has a link to Ulifeline, an on-line behavioral support Web site for college students.

#### *Office Hours--Academic Year:*

Monday through Friday, 9 AM–5 PM

Summer: Monday through Friday, 9 AM–4 PM

After hours: A staff person is available for emergencies and can be reached through Security at (718) 636-3540.

Pratt Manhattan: Call (718) 399-4542 for appointments

**If you observe or receive information about a student in serious distress or who is behaving erratically, refer the student to the Behavioral Assessment and Intervention Team.**