**Areas Identified as Impacting Academic Functioning:**
- Stress
- Anxiety
- Sleep Difficulties
- Finances
- Depression

**IMPACTS OF COVID-19**
- 89% are experiencing stress or anxiety as a result of COVID-19
- 85% say that focusing on school and work has been most difficult
- 76% have trouble maintaining a routine
- 63% find it challenging to stay connected to others
- 60% are finding it more difficult to access mental health care

**In the Past 12 Months, Students Reported Experiencing:**
- 54% Very Low Food Security
- 46% Loneliness
- 27% High Levels of Stress
- 19% Anxiety Diagnosis

**National College Health Assessment III - Spring 2020 (Cal Poly Pomona)**

**Active Minds Survey, 2020**
- 86% reported high levels of concern on the impact on their health or their family's health
- 84% indicated concern about impact on their academic future
- 79% indicated concern about their ability to succeed in an online academic environment

**7,746 '19-'20 Student Interactions with Counseling and Psychological Services**
**875 '19-'20 Mental Health Related Interactions with the Integrated Care Network**

**1,374 '19-'20 Student Interactions with Basic Needs Program**
**763 CalFresh Outreach Program Applications Processed**

**1,105 '19-'20 Attendees to Mental Health Related Workshops**
**169 '19-'20 Mental Health Group Visits**

*CPP Student Wellbeing & Engagement Survey - Spring 2020*
RECOGNIZING STUDENTS IN DISTRESS

To assist our students in maintaining their mental health and maximizing their intellectual wellbeing, it is important to identify difficulties as early as possible. Often, there are indicators that a student is experiencing distress long before a situation escalates to a crisis. Examples of concerning behavior include:

**Behavioral and Emotional Indicators:**
- Direct statements indicating distress, family problems, or loss
- Angry or hostile outbursts, yelling, or aggressive comments
- More withdrawn or animated than usual
- Expression of severe anxiety or irritability
- Expression of hopelessness or worthlessness; crying or tearfulness
- Lack of response or outreach from instructor or advisors
- Shakiness, tremors, fidgeting, or pacing

**Physical Indicators:**
- Appearing exhausted or noticeably different in appearance
- Excessive fatigue, exhaustion, falling asleep in class repeatedly
- Visible changes in weight; statements about change in appetite or sleep
- Noticeable cuts, bruises, or burns (self-harm behaviors)
- Disorganized speech, rapid or slurred speech, confusion
- Frequent or chronic illness

**Academic Indicators:**
- Changes in class attendance or quality of schoolwork
- Written or artistic expression of unusual violence, morbidity, social isolation, despair, or confusion; essays or papers that focus on suicide or death
- Continual seeking of special provisions (extensions on papers, make up exams)

**Recognizing Signs of Substance Abuse:**
- Appearing hungover, intoxicated, or high in class
- Appearing excessively sleepy or hyperactive, or exhibiting mood swings
- Lack of engagement
- Smelling of alcohol or marijuana
- Frequent injuries

**HOW YOU CAN HELP**

Do not ignore concerning behavior - respond to it. Talk to the student privately, in a direct and matter-of-fact manner, indicating concern. Early feedback, intervention, and/or referral can prevent more serious problems from developing.

- Initiate discussion with the student in a private meeting free of distraction
- Remain calm, listen non-judgmentally, engage with empathy, and be genuine
- Show care and concern for the student and base the conversation on what you have observed - give examples of behaviors the student has exhibited and worry you
- Offer support and assistance: summarize the essence of what the student told you as a way to clarify the situation
- Encourage positive actions by helping the student define the problem and generate coping strategies
- Discuss options: refer the student to campus departments or offices that have the necessary expertise and personnel to help
- If you are uneasy about meeting with the student, consult with your department chair, supervisor, or appropriate staff in Counseling and Psychological Services or the CPP Behavioral Intervention Team

Counseling & Psychological Services
(909) 869-3220
Press 2 after hours

Disability Resource Center
(909) 869-3333

Behavioral Intervention Team
(909) 869-5286

Survivor Advocacy Services
(909) 869-3102

Student Health & Wellness Services
(909) 869-4000

cpp.edu/healthwellbeing