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Recognizing & Helping Students in Distress

Student Mental Health Needs

- **>60% of students meet criteria for one or more mental health problems.**
- **$\frac{3}{4}$ of students report moderate or severe psychological distress.**
- **Mental health issues such as anxiety, depression, eating disorders and substance use are associated with lower GPA and higher probability of dropping out of college.**
- **Students of color have the lowest rates of mental health service utilization.**

Healthy Minds Study (HMS, 2021); National College Health Assessment, American College Health Association, 2021.

Why CSI Students Seek Counseling

- **STRESS!** academic, financial, family, etc.
- **Trauma/Loss**
- **Adjustment to college/Academic struggles**
- **Relationship difficulties/ Interpersonal violence**
- **Identity/ self-esteem**
- **Mental health issues: depression, anxiety, bipolar disorder, eating disorders, substance use**

Counseling Center Services

www.csi.cuny.edu/counseling

- **Individual, Group and Couples Counseling – in person and teletherapy**
- **Drop-in sessions**
- **Crisis Management**
- **Medication Evaluation & Management**
- **Consultation/Referrals**
- **Outreach – orientation, psychoeducational workshops, events**



Inspiring excellence in student mental health care

Meet the Counselors

<https://www.csi.cuny.edu/students/counseling-center/staff>



**Dr. Ann Booth,
Psy.D., Director**



**Mary Murphy,
LMHC, Associate
Director**



**Dr. Daphney Rene,
LCSW, Psy.D.**



**Dr. Sergey Profis,
Ph.D.**



**Danielle DePalma,
LCSW**



**Dr. Kimberly
Montagnino, Ph.D.**

Meet the Counselors

<https://www.csi.cuny.edu/students/counseling-center/staff>



**Catherine
McMenamin, LCSW**



**Dr. Winnie Eng,
Ph.D.**



**Kathleen Cilione,
NP, Psychiatric
Nurse Practitioner**

PLUS

- **10 Part-time Counselors**
- **7 Pre-Doctoral Externs and Fellows**
- **2 Support Staff**

Signs & Symptoms of Student Distress

- **Aggressiveness, agitation, hyperactivity**
- **Listlessness/Sleeping in class**
- **Decline in academic performance/attendance**
- **Talk of suicide /death such as: "No one cares about me." "Life isn't worthwhile." "People are better off without me."**
- **Noticeable sadness, tearfulness, distraction, weight loss, social withdrawal**
- **Strange behavior or speech**
- **Troublesome content in an academic paper**
- **Decline in physical appearance/hygiene**

Signs of a Mental Health Crisis

- **Signs of being under the influence of alcohol or drugs**
- **Loss of contact with reality**
- **Stalking or highly disruptive behavior**
- **Inappropriate communications**
- **Suicide plan or threats to harm others**
- **Destruction of property /criminal acts**
- **Extreme anxiety resulting in panic reactions**
- **Inability to communicate**

Approaching a Student

- **Approach student with an attitude of respect and concern**
- **Meet in a safe and private environment**
- **Express concern in an honest and direct manner: Say you "noticed" or "observed" that the student "appears" to be upset, very distracted etc.**
- **Listen, empathize, and provide non-judgmental support**
- **Refrain from giving advice**

Addressing Concerns about Counseling

- **Speak positively about counseling:** *“Many students I’ve known have found it useful.”*
- **“It’s free!” – no insurance needed**
- **Know and express your own limitations (time, training, objectivity):** *“I am not a professional counselor.”*
- **Assure confidentiality:** *“What you share with a counselor is confidential, it is not on your record. Information cannot be released to anyone (parents, friends, instructors) without your written permission.”*

Managing your own Reactions

- Emotions may come up for you- worried, scared, offended, upset, etc.
- Be prepared for a range of responses, including the potential of a defensive response.
- Maintain your cool, take some deep breaths perhaps.
- Present options/recommendations.
- Allow student to make the decision.
- If you take that burden off of you, then you will feel better.

How to Refer Students

Call (718) 982-2391 or visit the Counseling Center in 1A-109 during office hours M-F 9-5
Email counseling@csi.cuny.edu

If urgent situation, ask to speak to the Counselor on Duty

Depending on level of concern/ involvement, may escort student to the Counseling Center

Describe your concern about a student's mental health

If student is present, have them speak with counselor to schedule an appointment

NOTE: After a referral, Counseling staff can neither confirm nor deny whether a student has visited or is being seen due to confidentiality laws.

Mandated Counseling/ Assessment

If the student is violent, actively suicidal, intoxicated, has severe loss of emotional control or gross impairment in thinking ability:

**Call Public Safety at (718) 982-2111
or 911 off-campus**

Faculty **Cannot Mandate Counseling or Assessment.**

The Counseling Center does not reach out to students and require them to come.

**Campus Assessment Referral and Evaluation System
(CARES Team)**

Any member of the college community can reach out to the CARES Team to report a concern about a student by completing an [On-line Reporting Form](#)

The CARES team can and may mandate a risk assessment by the Counseling Center.

Counseling Center Process

Walk-in/Urgent Concerns

- No appointment needed within office hours
- Walk-in paperwork (5-10 minutes)
- Meet with a counselor (20-30 minutes)
- Referral to intake, other offices, hospital or close case

Intake sessions

- Appointment scheduled in advance
- Intake paperwork (10-15 minutes)
- Meet with a counselor (50 minutes)
- Will be matched with a counselor for weekly appointments
- May be referred for Medication Evaluation

Sessions are offered both in-person or virtual

All services are free and confidential to currently enrolled CSI students, PT or FT

Additional Counseling Resources

**718-982-2391 (ProtoCall counselors
available afterhours)**

CRISIS TEXT LINE: Text CUNY to 741741

TOGETHERALL for CUNY:

**[https://account.v2.togetherall.com/register/
student](https://account.v2.togetherall.com/register/student)**

www.instagram.com/csicounseling

www.twitter.com/csicounseling

Free Apps:

<https://nycwell.cityofnewyork.us>