Response and Intervention for Students in Crisis (RISC) at Phillips School of Nursing @ Mount Sinai Beth Israel
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Introduction
What we know:
- Nursing classrooms have become more and more diverse over recent years. This increase in ethnic, cultural and racial diversity is also associated with socio-economic status and the particular issues that plague certain groups.
- Studies have also found that nursing students report and increase in stress levels due to assignments and clinical environments. Hence, nurse educators must be able to recognize and identify student problems in the clinical and classroom setting so that appropriate interventions can be taken.
- Furthermore, behavioral disorders among college students are increasing in prevalence and severity. When untreated, behavioral disorders have the potential to negatively impact academic success, productivity, substance use, and social relationships.
- In addition to the high prevalence of behavioral disorders, widespread alcohol use on campuses has been documented.

Methods
Goals:
(a) develop a policy and action plan for effectively dealing with students in crisis,
(b) enhance student, faculty, and staff awareness of the impact of behavioral health problems on student success, and available resources for students in distress, and
(c) provide immediate services (counseling, referral) for students in distress.

Methodology:
- A team of faculty and staff will be especially selected and trained in Mental Health First Aid (MHFA)
- A consultant will work with the program coordinator on policy and procedure development, quantitative and qualitative data collection.
- Two pre- and post-test surveys will be developed, one designed for the faculty/administration and the other for students to assess the effectiveness of the proposed program.

Results
Evaluation Plan:
- Success of the program will be determined by evaluation of student and staff feedback.
- Depending on periodic evaluation results, policy will be amended; and if the program is successful, the school will continue the services.

Results:
- The proposed program will develop and implement a crisis intervention and management program; create and train a designated team of faculty and staff on how to recognize and respond to students experiencing symptoms of behavioral health problems and/or who may be in crisis; and provide services to students who may be experiencing distress in the classroom of clinical setting.
- The results of this one-year pilot program will be disseminated to other colleges regionally and nationally through presentations, for example, at the American Association of Colleges of Nursing, the National League for Nursing, and the New York State Council of Hospital-based School of Nursing.

Conclusions
- The literature revealed that crisis intervention models would promote help-seeking behaviors in college students and minimize the stigmatization and negative attitudes these students face when dealing with mental health issues.
- The proposed program supports PSON’s mission to improve student learning in higher education by piloting a crisis management program that will promote academic success and emotional well-being for nursing students.
- Lack of appropriate treatment for students with behavioral and/or alcohol and drug use disorders pose significant challenges for nursing students.
- In spite of these challenges, schools of nursing present great opportunities for improving prevention, identification and treatment of behavioral disorders in nursing students.

References: