

Dear Faculty and Teaching Assistants,

In response to the recent tragedies of the Borderline shooting and wildfires, the Division of Student Affairs would like to share some resources that may be helpful as you assist your students during this very difficult time. While disasters can impact individuals in deep and different ways, our entire campus is experiencing various forms of grief and mourning. Faculty and teaching assistants are very important in this phase of recovery for the campus. You are in a role that may assist students in regaining some sense of normalcy with both their lives and schoolwork. Many students will feel safer by reestablishing a sense of routine. Others will be helped by a referral to campus counseling services for support (**Counseling and Psychological Services, 805-437-2088, located in Bell Tower East 1867**). If you observe anyone who seems **in distress**, please let them know how much you care and file a [CARE Report](#). Additional campus resource information is listed at the end of this email.

**We encourage faculty and teaching assistants to consider the following suggestions:**

- 1.** Acknowledge recent events and their impact on students, our campus, and the larger community. Let students know that you understand that they may be experiencing many different feelings that can be challenging to process alone. Suggest that they reach out to others. Perhaps observe a few minutes of silence at the start of the first class. For smaller classes, if you are considering allowing time for students to voice their feelings and sense of loss, it is recommended that you do not prolong the discussion and that you distribute the documents attached here.
- 2.** Students who are grieving and processing the trauma would be helped psychologically by having reasonable flexibility with turning in assignments and being able to meet with you if you are able to offer extended office hours or additional review sessions.
- 3.** Encourage your students as well as your colleagues to reach out. Don't experience this tragedy alone. There is a natural relief in talking to others, especially trusted loved ones. We can all be resilient if we help the process along.
- 4.** Monitor your own stress level and take care of yourself. Don't ignore your own feelings (e.g., anxiety, grief, and anger). Get appropriate sleep, nutrition, and exercise. Talking to friends, family members, religious leaders, and mental health counselors can help. It is okay to let your students know that you are sad, but that you believe things will get better.

**For Faculty and Teaching Assistants if students wish to have a discussion**

During this time of grief and recovery, students may want to discuss their feelings about these tragic events. If your students desire a discussion, we advise you follow the approach below.

In order to help in understanding what some members of our community may be experiencing, please note that common reactions to an act of violence include: shock, disbelief, fear, guilt, grief, confusion, depression, shame, sense of loss, irritability, lack of sleep, anxiety, apprehension, mistrust, anger, and difficulty concentrating. These emotional responses are often linked and take place over time and may not happen in any particular order. These emotions can affect student behavior, ability to function and complete assignments, ability to process and recall information and overall sense of well-being. The intensity and ways we express reactions vary based on personal experience, general mental health, stress factors in our lives, coping style, ability to self-monitor our emotional state, and our support network. Students who have had a past traumatic experience or personal loss, who suffer from depression or other mental illness, or who have special needs may be at greater risk for more severe reactions than others.

### **Preparation (in case discussion is requested)**

The focus on any meeting should be to help our students learn how to take care of themselves for the remainder of the semester and encourage them to use the resources available on campus to achieve this goal. We suggest keeping “self-care” as the center of any discussion framework.

Review the *When Terrible Things Happen* handouts.

### **During the Meeting**

- 1.** Acknowledge the magnitude of the tragedy and the impact that it is having on our campus and our community.
- 2.** Expect that many questions will be raised. Don't take on the responsibility to have or know all the answers. Clarify facts, when necessary, based on your knowledge from the sheriff's press release, but be brief.
- 3.** Primarily allow a space for students to express their feelings, but not engage in cross-discussion. Keep in mind that such discussions may be sensitive and even traumatizing for some students. Do not prolong the discussion. Limits and boundaries will help create a safe environment for all.
- 4.** Make sure that the discussion remains supportive and respectful of all students.
- 5.** Be sure to share campus resources provided below. It is vital that each student knows how to access support and professional services if needed.
- 6.** If desired, comment on the process of grief and recovery (refer to handouts as needed). All students and members of our community are experiencing trauma, which impacts our biological functioning. It disrupts sleep cycles, energy levels, ability to concentrate and process information, and emotional regulation. Reassure students that these changes are expected and

that recovering from a trauma requires passage through stages, which we all go through at our own pace.

### **CAMPUS RESOURCES:**

Counseling and Psychological Services (805) 437-2088

*Additional counselors will also be available and located around campus November 26 – 28 from 12:00 noon to 3:00 p.m.*

Dean of Students office (805) 437-8512

Basic Needs Program

- Website: [www.csuci.edu/basicneeds/](http://www.csuci.edu/basicneeds/)
- [Self-Referral Form](#)
- [Community Referral Form](#)

[Kognito for Students, Faculty & Staff](#)

[Recognize & Refer Handbook](#)

[University FAQ page](#)

### **ADDITIONAL RESOURCES:**

#### **Available 24 Hours**

24/7 Phone Counseling (805) 437-2088 (option 2)

24/7 Text Support (text 'Hello' to 741741)

Emergency/Police/Paramedics 911

### **OFF CAMPUS RESOURCES:**

**Borderline website:** events/memorials/fundraisers in support of the victims:

<https://www.borderlinebarandgrill.com/>

#### **Roundtable**

In difficult times, our community must band together for healing and comfort. The recent tragedy in Thousand Oaks (Borderline Bar & Grill) hits very close to home for many of us in Ventura County, and we want to help. We are offering a free therapist-led support group every Monday for 8 weeks, beginning November 12th, 2018, from 6:30-8:00 p.m at our Camarillo office:

1000 Paseo Camarillo suite 225, Camarillo, CA 93010

For questions and concerns, please call us at (805) 388-3835.

#### **Engage**

Free individual and group therapy for those impacted by the tragedies.

Walk in support from 9am-6pm; Community support groups from 6-7:30

660 Hampshire Road, Suite 102,

Westlake Village

805-497-0605

#### **Give An Hour**

Find free individual therapy in the aftermath of a tragedy. Go to [giveanhour.org](http://giveanhour.org) and enter your information to find support in your location.

**Ventura County DA's Office**

Survivors of the shooting are also eligible to have up to 40 sessions of counseling paid for through the [Victims of Crime Program](#). Please also call: (805) 654-3622 or visit <https://victims.ca.gov/> for eligibility information.

**2-1-1**

We recommend calling 2-1-1 which will connect you with community resources to assist you in identifying housing options fitting your specific need.