

## **SPRING SESSION 2018**

**Crisis Intervention - 01:202:370**  
**Monday - Wednesday 6:40 PM – 8:00 PM**  
**Lucy Stone Hall – B267**  
**Instructor: Antonia Winstead, MSW**

### Contact Information:

Livingston Campus - Lucy Stone Hall  
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Office Hours: Tuesday 5:30 PM – 6:30 PM; Wednesday 5:30-6:30 PM - By Appointment Only

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## **COURSE DESCRIPTION**

This class presents the latest skills and techniques for handling real crisis situations. Specifically, it presents a six-step model for dealing with people in crisis: Defining the Problem: Ensuring Client Safety, Providing Support, Examining Alternatives, Making Plans, and Obtaining Commitment. Using this model, the class will then build specific strategies for handling a myriad of different crisis situations - in many cases providing the dialogue that you might use as a nurse, minister, police officer, counselor, or other practitioner. At the end of this course, you will have developed skills and strategies that you can take out of the classroom and into your respective profession of choice.

## **COURSE OBJECTIVES**

At the completion of this course, students are responsible for:

- 1) An increased knowledge of handling crisis situations
- 2) An increased understanding of the current initiatives in the field of trauma and crises and the ability to translate this to your professional field of choice

## **REQUIRED READING**

1) Crisis Intervention Strategies by Richard K. James & Burl E. Gilliland 8<sup>th</sup> edition (2017, 2013). Cengage Learning. ISBN: 9781111186777

2) Throughout the course you may also be required to read numerous journal articles, for which you will be responsible. Most will be provided to you, others you will be expected to retrieve. This will be mandatory and if I believe students are not retrieving the articles, there will be quizzes on the material. The articles that are provided will be posted on Sakai.

## **COURSE REQUIREMENTS**

### *1) Attendance & Participation*

Participation and attendance are required and mandatory. Every unexcused missed class session will result in a deduction of 10 points off your final grade. You are expected to have the material read for the respective class. Failing to provide sufficient answers to posed questions will result in a score of zero for that day's participation. Students are expected to fully participate in the lectures and will be called on regularly. Exams will ONLY be rescheduled for an emergency and ONLY with appropriate documentation.

Students are expected to attend all classes; if you expect to miss a class please use the university absence reporting website <https://sims.rutgers.edu/ssra/> to indicate the date and reason for your absence. An email is automatically sent to me. This system was never meant to replace department or instructor policies on absences and make-up work. Please note that my policy is that no missed class is excused and it will result in a 10 point deduction.

### *2) Reading Material*

If participation and feedback on readings suffers, pop quizzes will be given sporadically.

### *3) Newspaper Article Review/Presentation*

The first grade will be a write-up and presentation of a newspaper article dealing with an issue pertinent to crisis intervention. This article can range anywhere in the topic of how to handle crisis situations, crisis training and specific situations, for example, PTSD, Suicide, Sexual Assault, Domestic Violence, Addiction, Depression, Unexpected Death, Violence in the Workplace or School or Natural Disasters. If someone presents a newspaper article on something before you, please refrain from choosing the same article. Hard copy newspaper articles can be searched, as well as outlets like the New York Times and the Washington Post, which would allow you to search by key word. **NO WIKIPEDIA. The article should be attached to a 1 to 2 page type-written summation.**

Students should outline the problem or topic in the article and depending on the content, they should offer suggestions, opinions or remedies. DO NOT SIMPLY REGURGITATE THE ARTICLE. The class should also pay attention to grammar, spelling and content, as this contributes to your grade. A sign-up sheet will be provided early in the semester and late assignments will not be accepted. Presentation of this newspaper article and your opinions and suggestions are expected to last **TEN MINUTES. Time yourself prior to your presentation.** Also, once a day is chosen, it cannot be changed. Write down your date, if you miss it for any reason you will receive a zero for that grade.

### *4) Final Exam and Midterm Exam*

The exams will be multiple choice or essay, depending on the size of the class. You will

know this within the first two weeks of class. The final exam may or may not be cumulative.

## **COURSE GRADING**

Newspaper Article 20%

Midterm Exam 25%

\*Attendance and in class participation 20%

Final Exam 35% <http://finalexams.rutgers.edu/>

\*Students will work together to outline all text chapters for class presentations

***The last day for this class is Monday, May 1, 2017***

## **GRADING SCALE**

**A** 100 -- 90

**B+** 89 -- 86

**B** 85 -- 80

**C+** 79 -- 76

**C** 75 -- 70

**D** 69 -- 60

**F** 59 and below

## **DISABILITY OFFICE**

Students with disabilities are responsible for having the appropriate documentation from the disability office, and providing it to the instructor at the beginning of the semester. Full disability policies and procedures are at: <http://disabilityservices.rutgers.edu/> Students with disabilities requesting accommodations must follow the procedures outlined at: <http://disabilityservices.rutgers.edu/request.html>

## **ACADEMIC DISHONESTY**

Academic dishonesty will not be tolerated and any violation will be reported to the Dean of Students. No excuse will ever be tolerated for academic dishonesty, but it is even more important that students understand the repercussions of this unethical behavior. Academic dishonesty includes cheating, the fabrication or invention of information used in an assignment, plagiarism, facilitating the academic dishonesty of others or denying access to materials and resources. General Academic Integrity Link:

<http://academicintegrity.rutgers.edu/>

Take a 20 minute interactive-tutorial on Plagiarism and Academic Integrity:

<http://www.scc.rutgers.edu/douglass/sal/plagiarism/intro.html>



2/14/2018 – Wed.

**VIDEO**

2/19/2018 – Mon.

Chapter 9-Sexual Assault and Chapter 10 – Partner Violence

2/21/2018 – Wed. – Chapter 11 Chemical Dependency (Part 1)

Chapter 11 – Chemical Dependency (Part 2)

2/26/2018 – Mon.

2/28/2018 – Wed.

Chapter 12- Personal Loss

3/05/2018 - Mon.

Chapter 13- Crisis in Schools

**3/7/2018 - Wed. MIDTERM**

**3/12/2018 THROUGH 3/16/2018 SPRING BREAK – Presentations Begin**

Chapter 14- Violent Behavior in Institutions

3/19/2018 – Mon.

Chapter 15 – Crisis Hostage Negotiation

3/21/2018 – Wed.

Chapter 16- Human Services Workers in Crisis

3/26/2018 – Mon.

Chapter 17 – Disaster Response

3/28/2018 – Wed. –

4/02/2018 – Mon.

PRESENTATIONS

4/04/2018 - Wed.

PRESENTATIONS

4/09/2018 - Mon.

PRESENTATIONS

4/11/2018 – Wed.

PRESENTATIONS

4/16/2018 - Mon.

PRESENTATIONS

4/18/2018 – Wed.

PRESENTATIONS

4/23//2018 - Mon.

PRESENTATIONS

4/25/2018 - Wed.

**FINAL EXAM REVIEW**

**4/30/2018 - Mon. (Last day of class)**

**FINAL EXAM – Follow Rutgers University exam schedule. You will be responsible for knowing the date and time of your final exam.**

<http://finalexams.rutgers.edu/>

**NOTE: Please be advised - this syllabus is subject to changes as the Professor deems necessary**

#### Student-Wellness Services:

##### Case Web App

<http://codu.co/cee05e>> <http://codu.co/cee05e>

Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.

##### Counseling, ADAP & Psychiatric Services (CAPS)

(848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901/  
[rhscaps.rutgers.edu/](http://rhscaps.rutgers.edu/)

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.

##### Violence Prevention & Victim Assistance (VPVA)

(848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 /  
[vpva.rutgers.edu/](http://vpva.rutgers.edu/)

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.

##### Disability Services

(848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce

Kilmer Avenue, Piscataway, NJ 08854 / <https://ods.rutgers.edu/>

The Office of Disability Services works with students with a documented disability to determine the eligibility of reasonable accommodations, facilitates and coordinates those accommodations

when applicable, and lastly engages with the Rutgers community at large to provide and connect students to appropriate resources.

Scarlet Listeners

(732) 247-5555 / <http://www.scarletlisteners.com/>

Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.