

Content Warning: Suicide Ideation

All situations presented are based on real cases that have already been handled. No danger is present

Scenario 1

At night, Grad on Call (GOC) Jose David Melendez attempted to make contact with Resident Bugs Bunny. GOC Melendez knocked on Resident Bunny's door and announced himself as building staff. There was a delay in response but Resident Bunny did answer the knock. GOC Melendez re-iterated that he was building staff, and there was another delay as Resident Bunny was preparing to come to the door (light noise of shuffling things around was heard).

Resident Bunny opened the door, GOC Melendez stated that he wanted to come talk to the resident and if it was okay if he came inside to chat. Resident Bunny consented, and said it was okay to close the door for the conversation. GOC Melendez sat in a chair across from Resident Bunny, who sat on their bed. GOC Melendez fully introduced himself as a building supervisor over at Wonderland, and proceeded to ask Resident Bunny the following questions from the CARE checklist.

How has the semester been so far?

--- Resident Bunny said that Extreme Walking 201 is stressful right now and that they are planning on dropping it soon. They said that they were put on academic probation last semester, so they don't want to stress out over this. They said that this is the main cause of stress at the moment, but that they do have some easy classes. They are going to class, but Extreme Walking 201 is too hard for them at the moment. GOC Melendez asked Resident Bunny what they were majoring in, and they said Airbending.

What does your support group look like? Are you getting support with your stress?

---Resident Bunny said that they don't know what support looks like at the moment. They said that they only feel support from their partner, Lola Bunny at the moment, who's down south

---GOC Melendez was curious as to how far south the distance was, and that is when they mentioned the city of Neverland. GOC Melendez stated that he wasn't from the area, and that could have been a reason why he had some confusion. Resident Bunny asked where GOC Melendez was from, and he said he was from Miami, FL. Resident Bunny smiled and laughed a little, and asked why GOC Melendez came to a new state. GOC Melendez briefly stated that he was here for graduate school.

---GOC Melendez reiterated that there are people here who are able to support Resident Bunny, like the staff on the floor, university staff, and GOC Melendez himself. GOC Melendez proceeded to shift the conversation around

Are you thinking about, or have you thought about killing yourself?

---Room turned quiet. Resident Bunny's facial expression changed completely, and their eyes appeared bigger. Resident Bunny silently said no, and appeared closed off

Have you ever thought about it before, or ever attempted it?

---No, with a slow head nod

Are you thinking about hurting yourself?

---No, with a slow head nod. Resident Bunny maintained a firm, and blank facial expression while being asked these questions.

GOC Melendez acknowledged that the conversation turned heavy and that he wanted to be direct since he was concerned. Resident Bunny stated that they talked to someone today, and that they were able to talk through some issues. GOC Melendez praised Resident Bunny for seeking out guidance from staff and offered additional resources in case. GOC Melendez talked about Counseling & Psychological Services (CAPS), left the phone number for CAPS on a nearby desk, and Resident Bunny stated that they already had CAPS programmed into their phone. GOC Melendez additionally left his business card next to the CAPS phone number, and let Resident Bunny know about that just in case.

GOC Melendez acknowledged that things are challenging at the moment, and that he's able to support in any way. GOC Melendez mentioned that Resident Bunny could speak to their RA if anything comes up, and Resident Bunny rolled their eyes after hearing this. Since Resident Bunny was firm in their "no" response, GOC Melendez began to close the conversation. Resident Bunny asked GOC Melendez if he could turn off the lights on his way out. As GOC Melendez was leaving, he noticed that Resident Bunny wiped tears off of their eyes. GOC Melendez slowed down to see if Resident Bunny would say anything else, but they remained quiet. GOC Melendez turned off the lights as Resident Bunny requested, exited, and closed the door. GOC Melendez exited the building, notified full-time on call about the interaction, and checked to see if anything additional needed to be done.

Scenario 2

- 1) In the afternoon, Graduate Supervisor (GS) Jose David Melendez knocked on room X??? in an attempt to connect with Resident Rice Krispies
- 2) Resident Krispies was coming from the far end of the hall and noticed that GS Melendez was knocking on the door
- 3) Resident Krispies stated to GS Melendez "If you're looking for Krispies, that's me"
- 4) GS Melendez said hello and that he's glad to see Resident Krispies. GS Melendez gave his name to Resident Krispies and they were able to read GS Melendez's name tag in that moment
- 5) GS Melendez asked Resident Krispies how they were as they approached the door
- 6) Resident Krispies said "To be honest, not too well"
- 7) GS Melendez said that he's sorry to hear that and that he's here to support Resident Krispies
- 8) GS Melendez asks if he could come into Resident Krispies' room to speak with them and Resident Krispies said that it was okay
- 9) GS Melendez sits in the middle of the room on a desk chair, and Resident Krispies sits across from him on a desk chair as well

10) GS Melendez re-introduced himself to Resident Krispies, stating that he was a Graduate Supervisor within the building
11) GS Melendez thanked Resident Krispies for being able to talk to him, and for communicating with his supervisor, a Building Manager, before this interaction
12) GS Melendez and Resident Krispies are the only ones in the room for the duration of the conversation

12) GS Melendez stated that he received a report that said that Krispies was having suicidal thoughts and that he wanted to check-in with him about that. GS Melendez asked if that's why Krispies was feeling bad

13) Krispies stated that their thoughts have been all over the place, and that they are currently worried about a relative

14) Krispies stated that their relative isn't doing too well at the moment, and that they are worried for the relative's well-being

15) Krispies said that this relative is being looked over by nurses in Neverland and that it hurts thinking about them at the moment

16) Krispies said that they were hoping to be with family in Wonderland over the break, but that they are now going to be in Neverland over the break to be with the relative instead. Krispies said that they will still be with family, but under different circumstances

17) Krispies said that he will be at IU for the next couple of days and that a friend will be picking them up soon in order to travel to Neverland. They plan on arriving to their destination soon

18) Krispies stated that it's hard for them to have a good time at the moment because they feel guilty knowing that the relative isn't in the best shape

19) Krispies said they go through different waves of feeling neutral, high feelings of content, and high feelings of sadness

20) Krispies stated that they had previous ideation with suicide and their relative's current state had reactivated the thoughts in their own mind lately

21) GS Melendez asked Krispies the following questions for clarification and to make sure he's accurately understanding Krispies at the moment

"Have you had suicidal ideation lately?" - Krispies said yes

"Were there any plans attached to previous suicide ideation?" - Krispies said that they have never thought of a plan, they just did what came to mind in that moment.

"Do you currently have suicide ideation?" - Krispies said no, but their relative situation has made them feel all over the place. Krispies has thoughts of wishing the people who are supposed to be taking care of the relative the same pain that they are feeling. Krispies says this is an example of how their emotions/thoughts are all over the place. GS Melendez took a moment to remind Krispies that he's here for them and that he wants to support them as best as possible

22) Krispies stated that they attempted suicide in middle school

23) Krispies stated that they didn't have plans, they just did what they felt in the moment.

24) Krispies stated that they would write "worthless" on their arm and that it would have different meanings

25) Krispies said that they would see "worthless" on the arm and actually think that, but there were times where they would see that word and they would tell themselves "No, I am not worthless. I am

here and I am worthy"

26) Krispies went on to express the idea that the words and thoughts inside their head would remain the same, but the context of those words could change with different meanings

26) Krispies said that they had previous attempts with suicide, but nothing at the current location

27) GS Melendez acknowledged that there were a lot of things being mentioned and took a moment to pause the conversation for a breather

28) GS Melendez checked-in with Krispies and asked if they felt comfortable continuing to speak

29) Krispies said that they feel better being able to talk about this

30) GS Melendez informed Krispies that they can take a break from talking at any moment and that he wants to make sure Krispies feels comfortable through this

31) Krispies said a teacher brought them to CAPS and that they were able to speak to someone by the name of Nature Valley

32) Krispies said that they go to a therapist back home and that they are hoping to continue that

33) Krispies said that today was helpful

34) Krispies said that they are looking forward to taking a shower in a bit since he was a little sweaty from previous activity and that it's a good way to cool off

35) GS Melendez gave Krispies his business card and highlighted the contact information that was present. GS Melendez also checked to see if Krispies had CAPS' contact number, which they did

36) GS Melendez informed Krispies that they can contact him at any moment this weekend if he needed anything

38) GS Melendez and Resident Krispies walk out of the room and head to the water fountain together

41) Resident Krispies talks about how their main support system is family right now and that they are looking forward to going back home

42) GS Melendez thanked Krispies for their time

43) GS Melendez connected with Building Manager afterwards and gave a brief overview of his conversation with Krispies

44) GS Melendez said that it was challenging navigating the conversation with all the thoughts that were being presented by Krispies, but that Krispies does seem okay at the moment

Scenario 3

Graduate Supervisor/Graduate on Call, Jose David Melendez, got a call from RA Pizza Delivery late at night that RA Blue Gatorade needed to talk to him. GS Melendez invited them to his room and they arrived shortly after. RA Gatorade was crying and could barely speak, RA Delivery left and RA Gatorade entered GS Melendez's apartment.

RA Gatorade mentioned to GS Melendez that they were seconds away from attempting to overdose on cereal. RA Gatorade had the cereal in their hand ready to consume, but they called the suicide hotline and that stopped them from consumption. RA Gatorade was saying that they wished they took the "easy way out" and just took the cereal and that they were mad that they called for help. GS Melendez offered comfort and support to RA Gatorade and was transparent in what actions he was taking.

GS Melendez called the Full Time Staff on Call (FTOC) to let them know about the situation and they advised on some next steps to take. The CAPS emergency hotline was called and RA Gatorade was able to speak with someone about the situation. RA Gatorade was descriptive when speaking with CAPS. While RA Gatorade was speaking with CAPS, FTOC followed up with GS Melendez and informed the Associate Director on Call (ADOC), about the situation.

After RA Gatorade finished speaking with CAPS, IU Police was called and they came to speak with RA Gatorade. RA Vitamin Water escorted IU Police to GS Melendez's apartment, and they stayed in the elevator lobby while officers spoke. Officers XX & XX came to the apartment to speak with RA Gatorade and collected information about the situation. IU Police determined that RA Gatorade should speak with a doctor for an evaluation and with Gatorade's okay, they escorted them to the hospital. RA Water accompanied RA Gatorade. GS Melendez followed up with FTOC about the situation and assured them that he is feeling calm about the situation.