



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE

College Student Mental Health

Micky M. Sharma, Psy.D.

Director

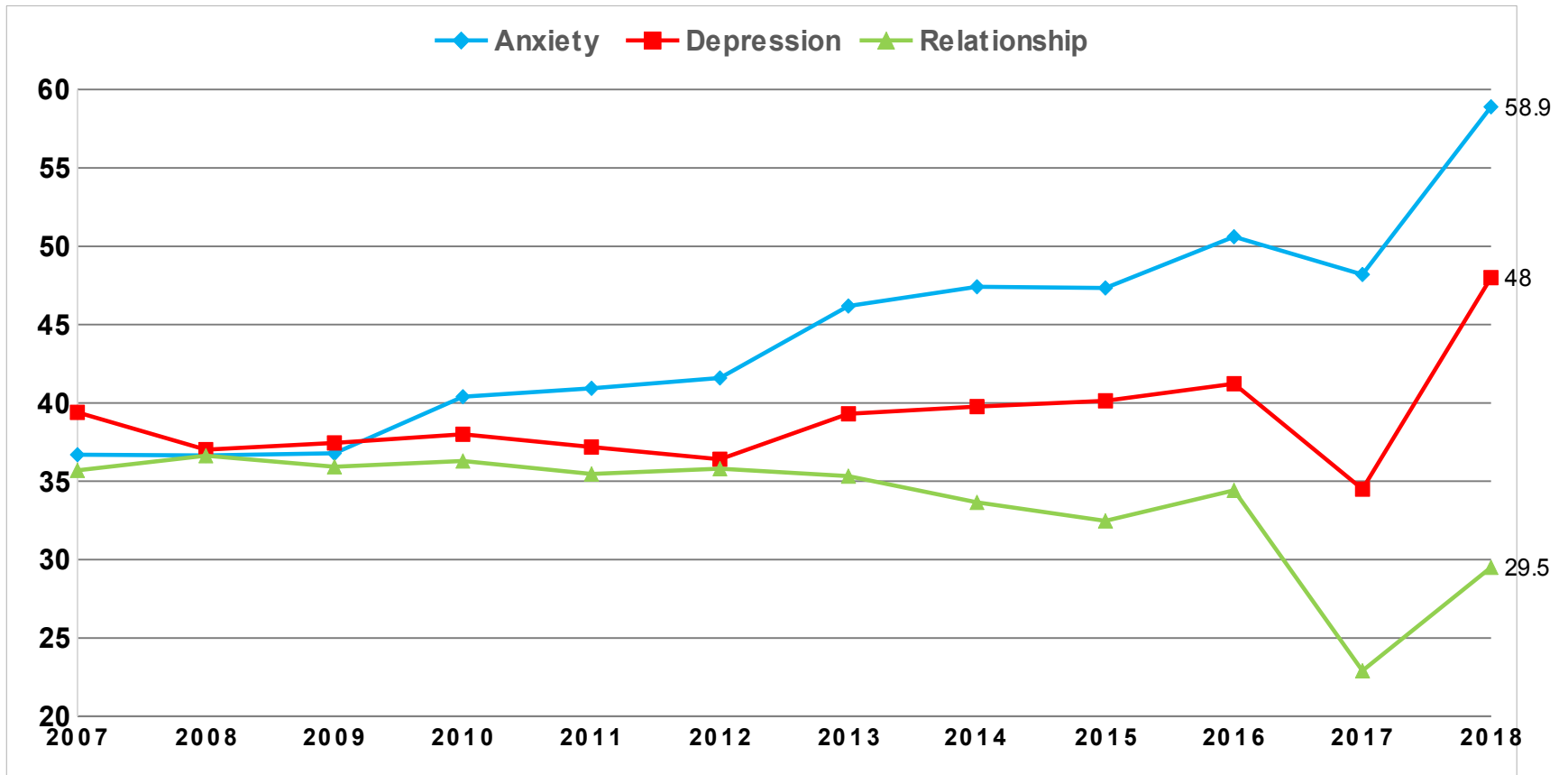


Agenda

1. College Student Mental Health
2. Levels of Distress
3. CCS Services



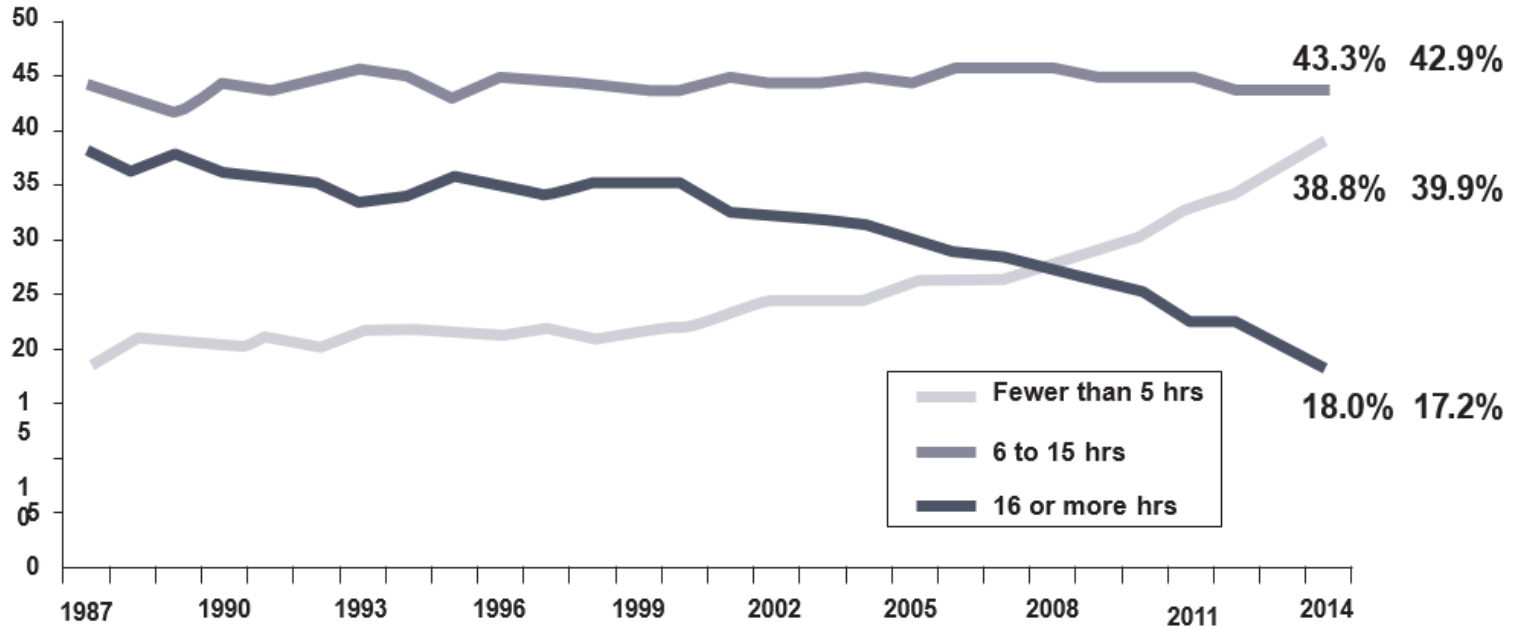
PRESENTING PROBLEMS OF CLIENTS



Reetz, D.R., Bershad, C., LeViness, P., & Whitlock, M. (2017). The 2016 Association for University and College Counseling Center Directors Annual Survey. CO: AUCCCD

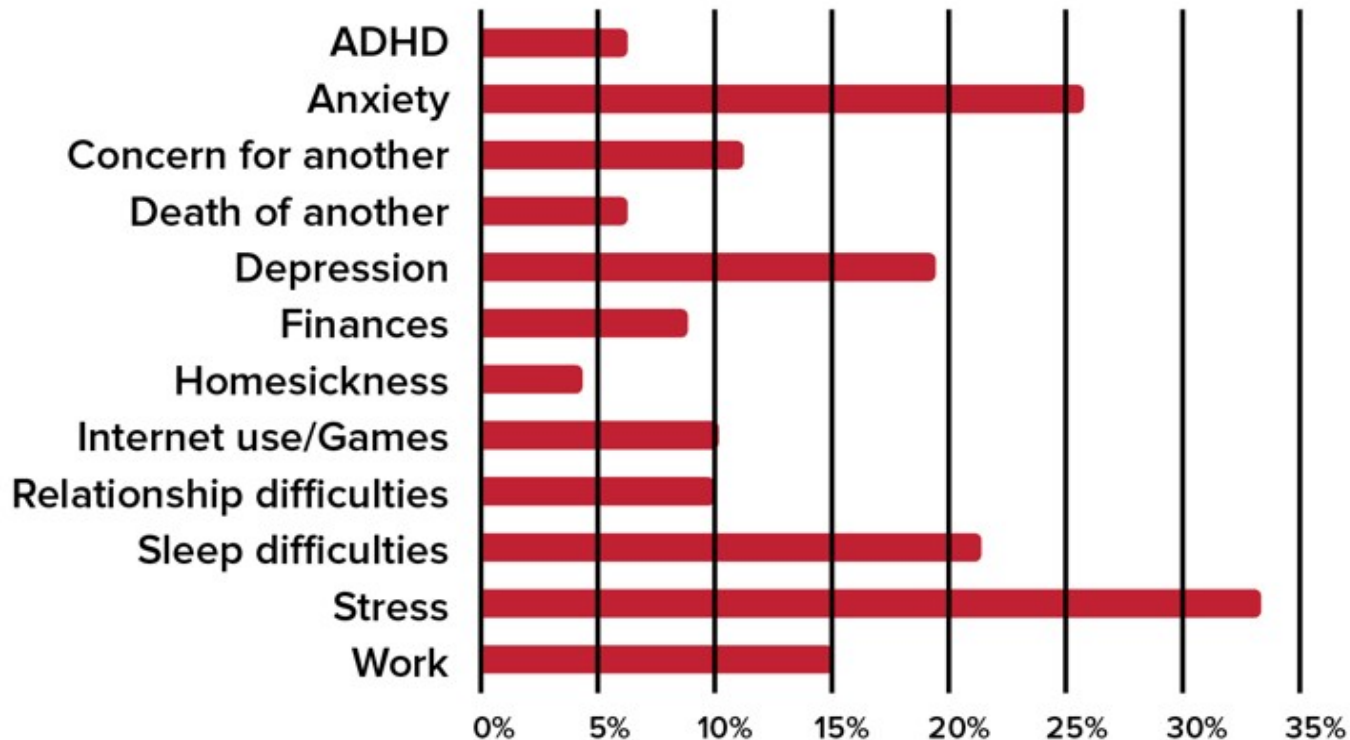


TIME SPENT SOCIALIZING WITH FRIENDS (HOURS PER WEEK), 1987-2014





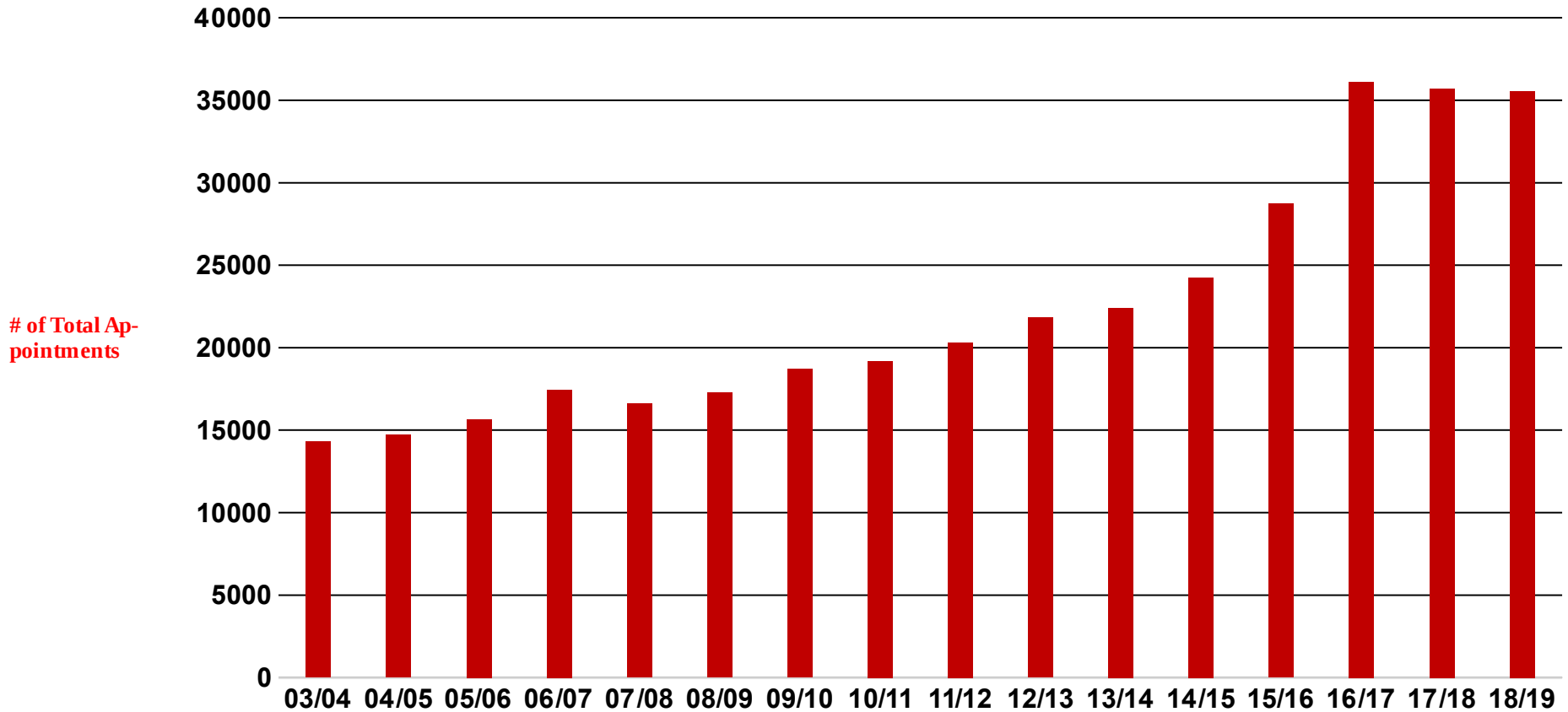
FACTORS AFFECTING ACADEMIC SUCCESS – STUDENT BODY



*American College Health Association: National College Health Assessment II, 2018

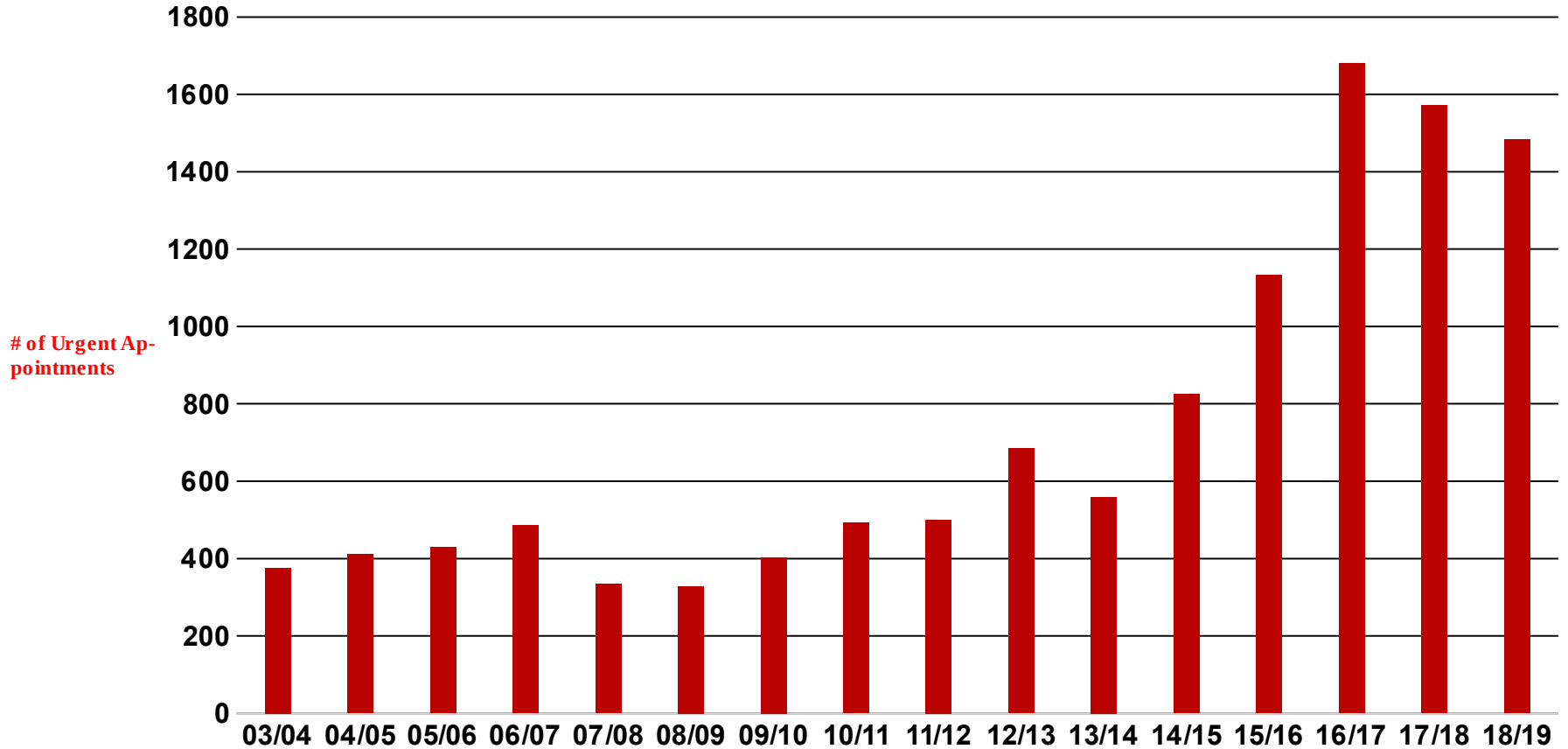


GROWTH IN GENERAL APPOINTMENTS AT OHIO STATE





GROWTH IN URGENT APPOINTMENTS AT OHIO STATE





Common Areas of Concern

- Anxiety
- Depression
- Relationship Problems
- Substance Use
- Eating Concerns
- Trauma
- Identity Exploration
- Academic Performance
- Grief or Loss
- Adjustment to a New Environment
- Stress Management



A Range of Needs and Options

Multimodal resources for mental health-related concerns are provided to meet a student's need with a service that matches.



If Students are Experiencing...

MILD

- Difficulty getting work done
- Showing up late for class/missing class periodically
- Mild changes in mood
- Not turning in assignments on time
- Feelings of being overwhelmed
- Procrastination
- Test anxiety
- Adjustment to a new environment
- Problems Making friends



Resources

- Student Wellness Center
- CCS Workshops
- SMART Lab
- Dennis Learning Center
- Career Counseling and Support Services
- Let's Talk
- OSU CCS App
- Peer Assistance Line
- Emotional Fitness Blog



If Students are Experiencing...

MODERATE

- Excessive absences
- Significant increase or decrease in sleep/appetite
- Increase in use of drugs and/or alcohol
- Panic attacks
- Not taking care of self/neglecting personal hygiene
- Withdrawing from friends and family
- Frequent crying spells
- Anxiety or mood changes significantly interfering with life



Resources

- CCS (phone consultation)
- Psychological Services Center
- Couple and Family Therapy Clinic
- Wilce Student Health
- Student Advocacy
- Disability Services
- Harding Hospital outpatient clinic
- Community Provider Database

***Use multiple resources while getting connected!**



If Students are Experiencing...

SEVERE

- Violence
- Unpredictable angry outbursts
- Inability to communicate clearly
- Threats to harm self or others
- Loss of contact with reality
- Extensive and dangerous substance use
- Unable to take care of basic needs



Resources

- OSU Wexner Medical Center
 - Specialized mental health services
- Community Provider
- OSU Police Department (614-292-2121)
- Counseling and Consultation Service provides crisis consultation for students by calling 614-292-5766
 - Urgent screening at CCS by appointment
 - If calling outside regular office hours, press 2 to be connected to a counselor

If you or someone you know is in an imminent danger to themselves or someone else, go to the nearest ER or call 911.



Unsure of the Right Resource - Let Us Help

- Phone consultation with CCS
- Students schedule online at: go.osu.edu/phonescreening
- A therapist will contact student during the scheduled appointment time
- Brief consultation with a therapist (10-15 minutes)
- A clinical recommendation will be provided for services to best fit the needs of the student



Our Mission

To promote the well-being and academic success of students through access to diverse mental health services and outreach, while providing a multidisciplinary training program.



Services are Confidential

- Information will not be shared with others, including family, faculty, and staff
- Exceptions to confidentiality
- Release of information signed
- Immediate threat of harm
- When required by law
- Abuse/neglect reporting



Multimodal Services Provided

- Brief Individual Counseling
- Group Counseling
- Psychiatry
- Couple's Counseling
- Outreach and Workshops
- Crisis Support and Debriefing
- Community Referral & Linkage
- Drop-in consultation for students (Let's Talk)
- Consultation for Faculty, Staff and Loved Ones
- Urgent Appointments (by appointment)
- After Hours On-Call Support 24/7 614-292-5766, option 2



Our Staff

- Multidisciplinary staff
- Care Team
- Embedded therapists
- Services provided in multiple languages by cultural specialists
- Training program



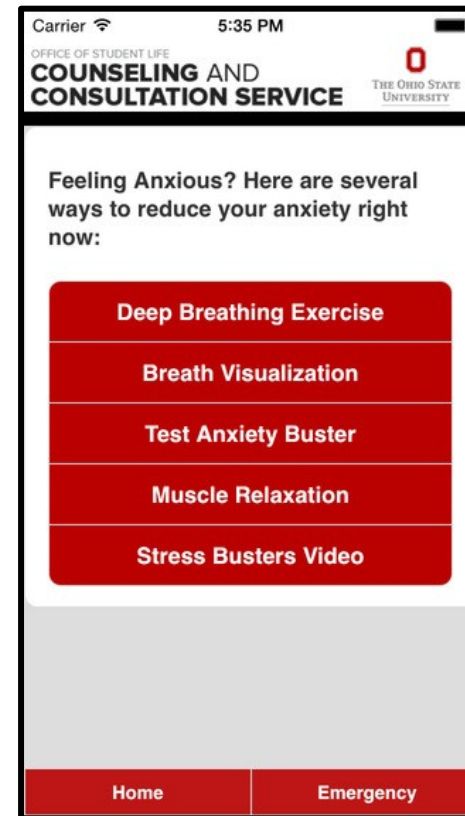
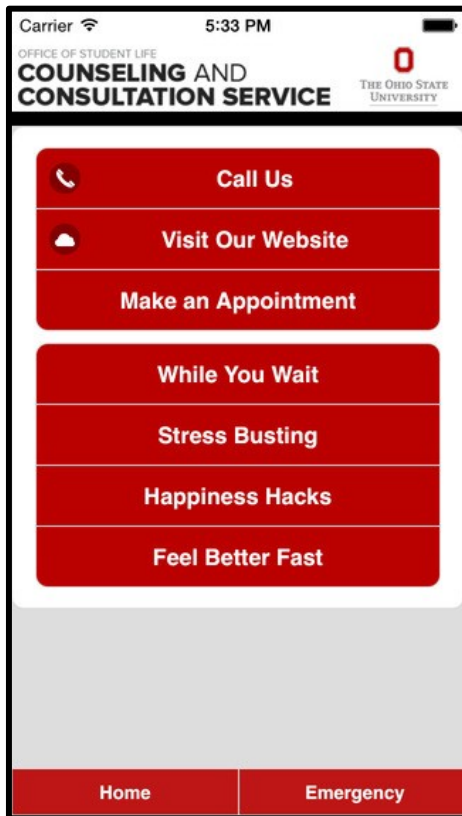
Drop-In Workshops

- Beating Anxiety
- Art Space: Creativity for Body, Mind, and Soul
- Surviving College 101
- The Art of Allowing: Letting go of Perfectionism
- Building Mastery: Skills for a Drama Free Life
- Dance It Off: Mindfulness for the Body
- Psychiatry Drop In Workshop
- Food Strategies for Mental Health
- Yoga for Mental Health

Full schedule: go.osu.edu/ccsworkshops



OSUCCS App





A Culture of Care

This encompasses a full, concentrated environment by the entire university community to outreach to one another.

A Culture of Care requires faculty, staff, and students to look out for one another.

(Suicide and Mental Health Task Force, 2018)



CCS Locations

Younkin Success Center

1640 Neil Ave 4th Floor

Columbus, OH 43210

Monday-Thursday 8am-8pm

Friday 8am-5pm

Lincoln Tower

1800 Cannon Dr, 10th floor

Columbus, OH 43210

Monday-Friday 8am-5pm

Phone: 614-292-5766

Website: CCS.OSU.EDU