**RESOLUTION 2021-015** 1 2

## A RESOLUTION TO IMPROVE GRADUATE STUDENT AWARENESS AND ACCESS TO COUNSELING AND CONSULTATION SERVICES

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Sponsor: Executive Committee

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WHEREAS, the Council of Graduate Students (CGS) is the representative body of all graduate students enrolled at The Ohio State University as established by Article 2, Section 1 of the CGS Constitution; and

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11 WHEREAS, the Council is vested with the authority to voice graduate student concerns and needs to the university; and

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13 WHEREAS, The Ohio State University's fundamental values and goals embrace the nurturing and growth of every 14 student<sup>1</sup>; and

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16 WHEREAS, mental health education and resources are especially important for college aged individuals because roughly three-quarters of all lifetime mental illnesses are onset by an individual's mid-20's2; and 17

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19 WHEREAS, models of care at high onset periods, such as late adolescence and early adulthood, are imperative to reduce 20 the burden and repercussions of mental disorders<sup>3</sup>; and

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22 WHEREAS, Graduate students are more likely to have multiple familial and financial responsibilities, and generally operate in an environment with less guidance requiring significant self-motivation in structuring progress through 24 graduate programs<sup>4</sup>; and

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26 WHEREAS, a 2015 study of 81 universities found that less than 41% of graduate students with an apparent mental health problem received treatment in the past year<sup>5</sup>; and IN CIVITATEM

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29 WHEREAS, a 2018 study across 234 institutions found that graduate students were more than 6 times as likely to 30 experience anxiety and depression compared to the general population<sup>6</sup>; and

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32 WHEREAS, this study also showed that improved work-life balance as well as strong, positive mentoring relationships each significantly correlate with better mental health outcomes<sup>5</sup>; and

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35 WHEREAS, Ohio State University has reported a 69% increase in students seeking mental health services from 2014 to 36 2019 compared to an approximate 4% increase in enrollment<sup>7</sup>; and

Council of Graduate Students

<sup>1</sup> Mission, Vision, Values and Core Goals. (2017, October 04). Retrieved January 20, 2021 https://oaa.osu.edu/mission-vision-values-and-core-goals

<sup>3</sup> de Girolamo G., McGorry P., & Sartorius N. (eds) Age of Onset of Mental Disorders. Springer, Cham. https://doi.org/10.1007/978-3-319-72619-9 1

<sup>&</sup>lt;sup>2</sup> Kessler RC, Amminger GP, Aguilar-Gaxiola S, Alonso J, Lee S, Ustün TB. Age of onset of mental disorders: a review of recent literature. Curr Opin Psychiatry. 2007 Jul;20(4):359-64. doi: 10.1097/YCO.0b013e32816ebc8c. PMID: 17551351; PMCID: PMC1925038.

<sup>&</sup>lt;sup>4</sup> Hyun, Jenny K, et al. "Graduate Student Mental Health: Needs Assessment and Utilization of Counseling Services," Journal of College Student Development, vol. 47 no. 3, 2006, p. 247-266. Project MUSE, doi:10.1353/csd.2006.0030

<sup>&</sup>lt;sup>5</sup> Sarah Ketchen Lipson, Sasha Zhou, Blake Wagner III, Katie Beck & Daniel Eisenberg (2016) Major Differences: Variations in Undergraduate and Graduate Student Mental Health and Treatment Utilization Across Academic Disciplines, Journal of College Student Psychotherapy, 30:1, 23-41, DOI: 10.1080/87568225.2016.1105657

<sup>&</sup>lt;sup>6</sup> Evans, T., Bira, L., Gastelum, J. et al. (2018). Evidence for a mental health crisis in graduate education. Nat Biotechnol 36, 282-284. https://doi.org/10.1038/nbt.4089

<sup>&</sup>lt;sup>7</sup> Binkley, C, & Fenn, L. (2019, Nov 25). Colleges struggle with soaring student demand for mental health counseling. *The Associated Press*. https://www.dispatch.com/news/20191125/colleges-struggle-with-soaring-student-demand-for-mental-healthcounseling#:~:text=More%20college%20students%20are%20turning,three%20dozen%20public%20universities%20found.

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38 WHEREAS, the COVID-19 pandemic has exacerbated the prevalence of mental health disorders in graduate students<sup>8</sup>; 39 and

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41 WHEREAS, according to The Ohio State University Return to Campus Survey, graduate students had the highest reported 42 levels of anxiety, and the second highest levels of depression, compared to undergraduate and professional students<sup>9</sup>; and

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44 WHEREAS, according to the CGS Health, Wellness, and Safety Committee check-in survey, many graduate students 45 mentioned anecdotally that on-campus counseling resources are often inaccessible due to long wait times, inability to 46 provide the type of rigorous therapy that is needed, or no capacity to take on more clients<sup>10</sup>; and

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48 WHEREAS, many students, in the survey mentioned above, also stated that they feel they have tried to seek help from a counseling service on campus, but have had little success, therefore leaving a general feeling of inaccessibility to mental 50 health services<sup>8</sup>; and

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52 WHEREAS, The Ohio State University has ample mental health resources, but there appears to be lackluster outreach from the university to make graduate students aware of what services are available to them; and

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55 WHEREAS, even if a student is not fit to receive mental health services through The Ohio State University, there are resources that can connect students to therapy and resources off-campus that are covered by the student health insurance;

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59 WHEREAS, therapy has been shown to increase well-being, independent of modality and level of professional therapist 60 training<sup>11,12</sup>; and

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62 WHEREAS, the longer an individual sticks with therapy, the better their outcomes are 13; and

64 WHEREAS, the extenuating circumstances brought on by the ongoing COVID-19 (coronavirus) pandemic has caused an 65 uptick in both graduate and undergraduate students in need of mental health services while making access to these 66 resources more difficult<sup>14</sup>.

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68 THEREFORE, BE IT RESOLVED the Council of Graduate Students recommends that the university includes the community provider database through CCS on all syllabi to increase accessibility to counseling resources, so that students may have a tool readily available to find counseling off-campus if need be; and

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72 THEREFORE, BE IT RESOLVED that The Ohio State University should increase marketing about mental health 73 services that are available to students so that students may be aware of where they can seek mental health resources; and

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## at The Ohio State University

<sup>8</sup> Chirikov, I., Soria, K. M, Horgos, B., & Jones-White, D. (2020). Undergraduate and graduate students' mental health during the COVID-19 pandemic. UC Berkeley: Center for Studies in Higher Education. https://escholarship.org/uc/item/80k5d5hw

<sup>&</sup>lt;sup>9</sup> Return to campus results PDF

<sup>&</sup>lt;sup>10</sup> CGS Health, Wellness, and Safety Committee Google Survey

<sup>&</sup>lt;sup>11</sup> Smith, M. L., & Glass, G. V. (1977). Meta-analysis of psychotherapy outcome studies. *American Psychologist*, 32(9), 752–760. https://doi.org/10.1037/0003-066X.32.9.752

<sup>&</sup>lt;sup>12</sup> Barth, J., Munder, T., Gerger, H., Nüesch, E., Trelle, S., Znoj, H., . . . Cuijpers, P. (2016). Comparative efficacy of seven psychotherapeutic interventions for patients with depression: A network meta-analysis. Focus, 14(2), 229-243. doi:10.1176/appi.focus.140201

<sup>&</sup>lt;sup>13</sup> Leichsenring F, Rabung S. (2008). Effectiveness of long-term psychodynamic psychotherapy: A meta-analysis. *JAMA*.; 300(13):1551–1565. doi:10.1001/jama.300.13.1551

<sup>&</sup>lt;sup>14</sup> The Healthy Minds Network and the American College of Health Association. (2020). The impact of COVID-19 on college student well-being. https://healthymindsnetwork.org/wp-content/uploads/2020/07/Healthy Minds NCHA COVID Survey Report FINAL.pdf

75 THEREFORE, BE IT RESOLVED that The Ohio State University should utilize resources to make embedded clinicians 76 available in more colleges, thus increasing accessibility for graduate students to clinicians who are aware of the unique needs of each college; and

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79 THEREFORE BE IT RESOLVED that the Council of Graduate Students officially recommends that Counseling and 80 Consultation Services or the Ohio State University Mental Health and Suicide Prevention Task Force, whoever the university sees best fit, create an internal committee to review unmet student needs, so that they can continue to improve initiatives, programming, and mental health resources on campus; and

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84 BE IT FINALLY RESOLVED CGS calls upon The Ohio State University to push to make mental health services more 85 accessible to graduate students.

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88	Approved: Yes/No	
89	60 Yeas, 0 Nays, 3 Abstentions	
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91	Date: 2/5/21	
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0.4	Stephen f. Post	
	, ,	
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96	Stephen J. Post. President	



Council of Graduate Students at The Ohio State University

Delegate Name	Delegate Seat	Vote		
Arts & Sciences				
Benjamin Mertus.3 Anthropology				
Robin Gordon.215	Arts Administration, Education, & Policy			
Greg Jameson.61	Biophysics			
Maddy Lomax-Vogt.2	Chemistry	Yea		
Alexander Milder.3	Chemistry	Yea		
Ashweta Sahni.16	Chemistry	Yea		
Kye Stachowski.7	Chemistry	Yea		
Matthew Maynard.228	Classics	1 Ca		
Morgan Ross.1655	Communication	Yea		
Rob Barry.213	Comparative Studies	1 Ca		
Laura Neese.13	Dance	Yea		
Lindsey Hernandez.641	Earth Sciences	Yea		
John Bundschuh.8		Yea		
Alan Lujan.14	East Asian Languages & Lit Economics	Yea		
Keira Hambrick.25		I ca		
	English English	Yea		
Jamie Utphall.1	English  Evalution Feel and & Organic Biology	Yea Yea		
Mary Sagatelova.2	Evolution, Ecology, & Organic Biology			
Erik Scaltitri.1 Polina Berezina.1	French & Italian	Yea		
	Geography	Yea		
Meaghann Dynes.19	Germanic Languages & Lit	<b>1</b> 7		
Greyson Teague.78	History	Yea		
Yifan Li.8320	History of Art	Yea		
Katie Conner.280	Linguistics			
Luke Andrejek.1	Mathematics N CIVITALEM	**		
Kacey Clark.3684	Mathematics	Yea		
Andrew Wilson.3787	Microbiology			
Swetha Rajasekaran.11	Molecular Genetics	**		
Kelsey Pinckard.6	Molecular, Cellular, & Developmental Biology	Yea		
Robert Dahlberg-Sears.1	Music	Yea		
Zari Mahmoudi.4	Near Eastern Languages & Cultures	Abstain		
Jenna Greve.41	Ohio State Biochemistry Program	Yea		
Todd DeRose.28	Philosophy			
Jahmour Givans.2	Physics C444			
Charlie Mace. 103	Physics Fladuate Studelits	Yea		
Jay Padayasi.1	Physics			
Daniel Smith.13091 at 111E	Political Science			
Ekaterina Tikhonyul.1	Slavic & East European Languages & Cultures	Yea		
Story Edison.22	Sociology			
Kendra Dickinson.130	Spanish & Portuguese			
Riley DeBacker.2	Speech & Hearing	Yea		
Bethany Frick.70	Speech & Hearing			
Morgan Heyde.9	Statistics	Yea		
Kumar Somnath.1	Statistics			
Aviva Neff.336	Theatre	Yea		
Robert Cremins.3	Women's, Gender, & Sexuality Studies			
Fisher College of Business				
Matthew Stuckey.56	Business Administration	Yea		
Akanksha Sahni.22	Management & Human Resources			

Dentistry					
Michelle Scott.1445	Dentistry	Abstain			
Education & Human Ecology					
Christian Hines.350	Teaching & Learning				
Ho-Chieh Lin.2532	Teaching & Learning	Yea			
Xinyue Lu.2092	Teaching & Learning	Yea			
Doricka Menefee.18	Teaching & Learning	Yea			
Javonte Lipsey.25	Human Sciences				
Derek Walton.425	Human Sciences				
Steph Charles.211	Educational Studies				
Paul Gregor.32	Educational Studies				
Noor Khalayleh.1	Educational Studies				
Goran Stevanovski.	Educational Studies	Yea			
	Engineering				
Ali Asghariadib.1	Mechanical & Aerospace Engineering	Yea			
Melika Shahhosseini.2	Mechanical & Aerospace Engineering	1 Ca			
Blake Barnett.615	Material Science & Welding Engineering	Yea			
Felipe Pacci Evaristo.1	Material Science & Welding Engineering  Material Science & Welding Engineering	Yea			
Ana Velasquez Giraldo.1		I ca			
Ty Drayton.18	Food, Agricultural, & Biological Engineering	Yea			
3 3	Engineering Education				
Om Prakash Bedant.1	Electrical & Computer Engineering	Yea			
Jacob Compaleo.2	Electrical & Computer Engineering				
Krutant Mehta.337	Electrical & Computer Engineering	***			
Ada Barach.8	Computer Science & Engineering	Yea			
Pouya Kousha.2	Computer Science & Engineering	Yea			
Garrett Tatum.71	Civil Engineering	Yea			
Archit Datar.10	Chemical Engineering	Yea			
Ashwin Kane.314	Chemical Engineering				
<u> </u>	Architecture				
Brett Wedding.10	Architecture	Yea			
Rosie Rabati.1	Architecture	Yea			
Foo	d, Agricultural, & Environmental Sciences				
Nathaniel Neiden.22	Plant Pathology & Agriculture				
Jordan Hartman.635	Horticultural & Crop Science				
Ellia La.18	Food Science & Technology	Yea			
Sarah Haines.241	Environmental Sciences	Yea			
Dominique Nagasawa (magistrado.1)	Entomology	Yea			
Benjamin Duran.83	Animal Sciences	Yea			
Colby Gregg.186	Agricultural Communication, Education, & Leadership	Yea			
	Environment & Natural Resources				
Wanderson Novais Pereira.1	Environment & Natural Resources				
Maritza Pierre.77	Environment & Natural Resources	Yea			
College of Medicine					
Jessica Blackburn.243	Graduate Medical Science				
Shontiara Johnson.8278	Graduate Medical Science	Yea			
Lauren Riley.865		Yea			

Roy Chang.1541	Biomedical Sciences Graduate Program	
Paul Consiglio.4	Biomedical Sciences Graduate Program	
Shane O'Neil.175	Neuroscience Graduate Program	Yea
	Health & Rehabilitation Sciences	
Adam Culiver.1	Health & Rehabilitation Sciences	Yea
Steph Fanelli.18	Health & Rehabilitation Sciences	
Madison Mize.29	Health & Rehabilitation Sciences	
Megan Zib.1	Health & Rehabilitation Sciences	
College of	f Nursing; College of Optometry; College of Pharmacy	y
Ericka Velez-Bonet.1	Ohio State Nutrition Program	Yea
Annedra Gladney.9	Nursing	
Bryan Remaily.1	Pharmacy	Abstain
Austin DeGroff.23	Optometry	Yea
	Public Affairs	
Carrington Conerly.2	Public Affairs	Yea
Caroline Fitzpatrick.271	Public Affairs	Yea
	Public Health	
Selasi Attipoe.1	Public Health	Yea
Anthony Bowersock.26	Public Health	Yea
Sarah Hyman.62	Public Health	
Brian O'rourke.130	Public Health	Yea
	Social Work	
Megan Espana.5	Social Work N CIVITATEM	
Marie Rineveld.1	O D CLIMI III	Yea
Karla Shockley McCarthy.1	Social Work	Yea
Yitong Xin.93	Social Work	

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Council of Graduate Students at The Ohio State University