

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

Sponsor: Executive Committee

37  
38 WHEREAS, the COVID-19 pandemic has exacerbated the prevalence of mental health disorders in graduate students<sup>8</sup>;  
39 and  
40  
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  
43  
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  
47  
48 WHEREAS, many students, in the survey mentioned above, also stated that they feel they have tried to seek help from a  
49 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  
51  
52 WHEREAS, The Ohio State University has ample mental health resources, but there appears to be lackluster outreach  
53 from the university to make graduate students aware of what services are available to them; and  
54  
55 WHEREAS, even if a student is not fit to receive mental health services through The Ohio State University, there are  
56 resources that can connect students to therapy and resources off-campus that are covered by the student health insurance;  
57 and  
58  
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  
61  
62 WHEREAS, the longer an individual sticks with therapy, the better their outcomes are<sup>13</sup>; and  
63  
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>.  
67  
68 THEREFORE, BE IT RESOLVED the Council of Graduate Students recommends that the university includes the  
69 community provider database through CCS on all syllabi to increase accessibility to counseling resources, so that students  
70 may have a tool readily available to find counseling off-campus if need be; and  
71  
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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<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>9</sup> Return to campus results PDF

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

<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>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>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>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](https://healthymindsnetwork.org/wp-content/uploads/2020/07/Healthy_Minds_NCHA_COVID_Survey_Report_FINAL.pdf)

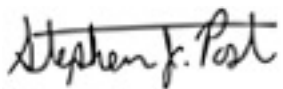
75 THEREFORE, BE IT RESOLVED that The Ohio State University should utilize resources to make embedded clinicians  
76 available in more colleges, thus increasing accessibility for graduate students to clinicians who are aware of the unique  
77 needs of each college; and

78  
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  
81 university sees best fit, create an internal committee to review unmet student needs, so that they can continue to improve  
82 initiatives, programming, and mental health resources on campus; and

83  
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.

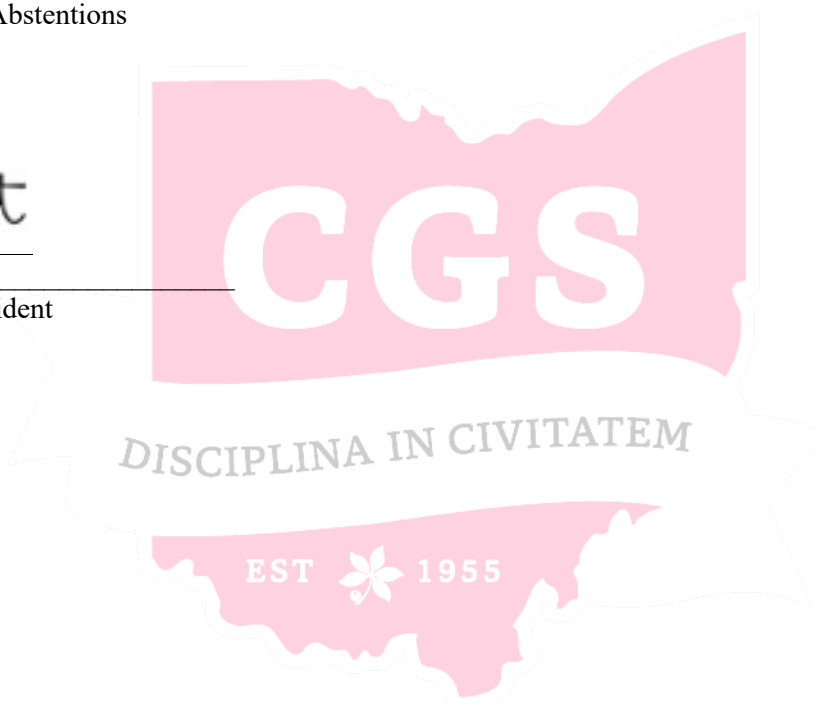
86  
87  
88 Approved: Yes/No  
89 60 Yeas, 0 Nays, 3 Abstentions

90  
91 Date: 2/5/21

92  
93  
94 

95  
96 Stephen J. Post, President

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Council of Graduate Students  
at The Ohio State University

Delegate Name	Delegate Seat	Vote
<b>Arts &amp; Sciences</b>		
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	
Morgan Ross.1655	Communication	Yea
Rob Barry.213	Comparative Studies	
Laura Neese.13	Dance	Yea
Lindsey Hernandez.641	Earth Sciences	Yea
John Bundschuh.8	East Asian Languages & Lit	Yea
Alan Lujan.14	Economics	Yea
Keira Hambrick.25	English	
Jamie Utphall.1	English	Yea
Mary Sagatlova.2	Evolution, Ecology, & Organic Biology	Yea
Erik Scaltitri.1	French & Italian	Yea
Polina Berezina.1	Geography	Yea
Meaghann Dynes.19	Germanic Languages & Lit	
Greyson Teague.78	History	Yea
Yifan Li.8320	History of Art	Yea
Katie Conner.280	Linguistics	
Luke Andrejek.1	Mathematics	
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	
Charlie Mace.103	Physics	Yea
Jay Padayasi.1	Physics	
Daniel Smith.13091	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	
<b>Fisher College of Business</b>		
Matthew Stuckey.56	Business Administration	Yea
Akanksha Sahni.22	Management & Human Resources	

<b>Dentistry</b>		
Michelle Scott.1445	Dentistry	Abstain
<b>Education &amp; Human Ecology</b>		
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
<b>Engineering</b>		
Ali Asghariadib.1	Mechanical & Aerospace Engineering	Yea
Melika Shahhosseini.2	Mechanical & Aerospace Engineering	
Blake Barnett.615	Material Science & Welding Engineering	Yea
Felipe Pacci Evaristo.1	Material Science & Welding Engineering	Yea
Ana Velasquez Giraldo.1	Food, Agricultural, & Biological Engineering	
Ty Drayton.18	Engineering Education	Yea
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	
<b>Architecture</b>		
Brett Wedding.10	Architecture	Yea
Rosie Rabati.1	Architecture	Yea
<b>Food, Agricultural, &amp; Environmental Sciences</b>		
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
<b>Environment &amp; Natural Resources</b>		
Wanderson Novais Pereira.1	Environment & Natural Resources	
Maritza Pierre.77	Environment & Natural Resources	Yea
<b>College of Medicine</b>		
Jessica Blackburn.243	Graduate Medical Science	
Shontiar 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
<b>Health &amp; Rehabilitation Sciences</b>		
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	
<b>College of Nursing; College of Optometry; College of Pharmacy</b>		
Ericka Velez-Bonet.1	Ohio State Nutrition Program	Yea
Annedra Gladney.9	Nursing	
Bryan Remaily.1	Pharmacy	Abstain
Austin DeGroff.23	Optometry	Yea
<b>Public Affairs</b>		
Carrington Conerly.2	Public Affairs	Yea
Caroline Fitzpatrick.271	Public Affairs	Yea
<b>Public Health</b>		
Selasi Attipoe.1	Public Health	Yea
Anthony Bowersock.26	Public Health	Yea
Sarah Hyman.62	Public Health	
Brian O'rourke.130	Public Health	Yea
<b>Social Work</b>		
Megan Espana.5	Social Work	
Marie Rineveld.1	Social Work	Yea
Karla Shockley McCarthy.1	Social Work	Yea
Yitong Xin.93	Social Work	

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