



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE

Counseling and Consultation Service

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Director



Who We Are

- Primary location: Younkin Success Center, 4th floor
- Second location: Lincoln Tower, 10th floor
- Counseling services to enrolled students
- Consultation for faculty, staff and parents
- Multidisciplinary staff
- Embedded therapists
- Clinical services provided in Cantonese, Hindi, Korean, Malay, Mandarin, Spanish and Yoruba
- Training program



Services Provided

- Individual counseling
- Couples counseling
- Group counseling
- Psychiatric services
- Consultation
- Outreach
- Residence Life liaisons
- ProtoCall



Services Provided

- Individual counseling
 - ✓ Enrolled students are eligible to up to 10 free sessions per academic year for individual therapy
- Group counseling
 - ✓ 30+ groups each semester
- Urgent appointments
- Crisis response
- Care Managers
- Drop-in workshops throughout the semester



Drop-in Workshops

- Beating Anxiety
- Art Space
- Perfectionism
- Building Mastery: Skills for a Drama Free Life
- Dance It Off: Mindfulness for the Body
- Mind Full Skills for Stress Management
- Psychiatry Workshop
- Yoga for Wellness



How Students Make an Appointment

- Triage System – “phone screening”
- Students schedule online at: go.osu.edu/phonescreening
- A therapist will contact the student during the scheduled appointment time
- Brief screening with a therapist (10-15 minutes)
- Recommend services to best fit the needs of the student



Services are Confidential

- Information students share – including attendance
- Information will not be shared with others, including family
- Exceptions to confidentiality
 - Release of information signed
 - Immediate threat of harm
 - When required by law



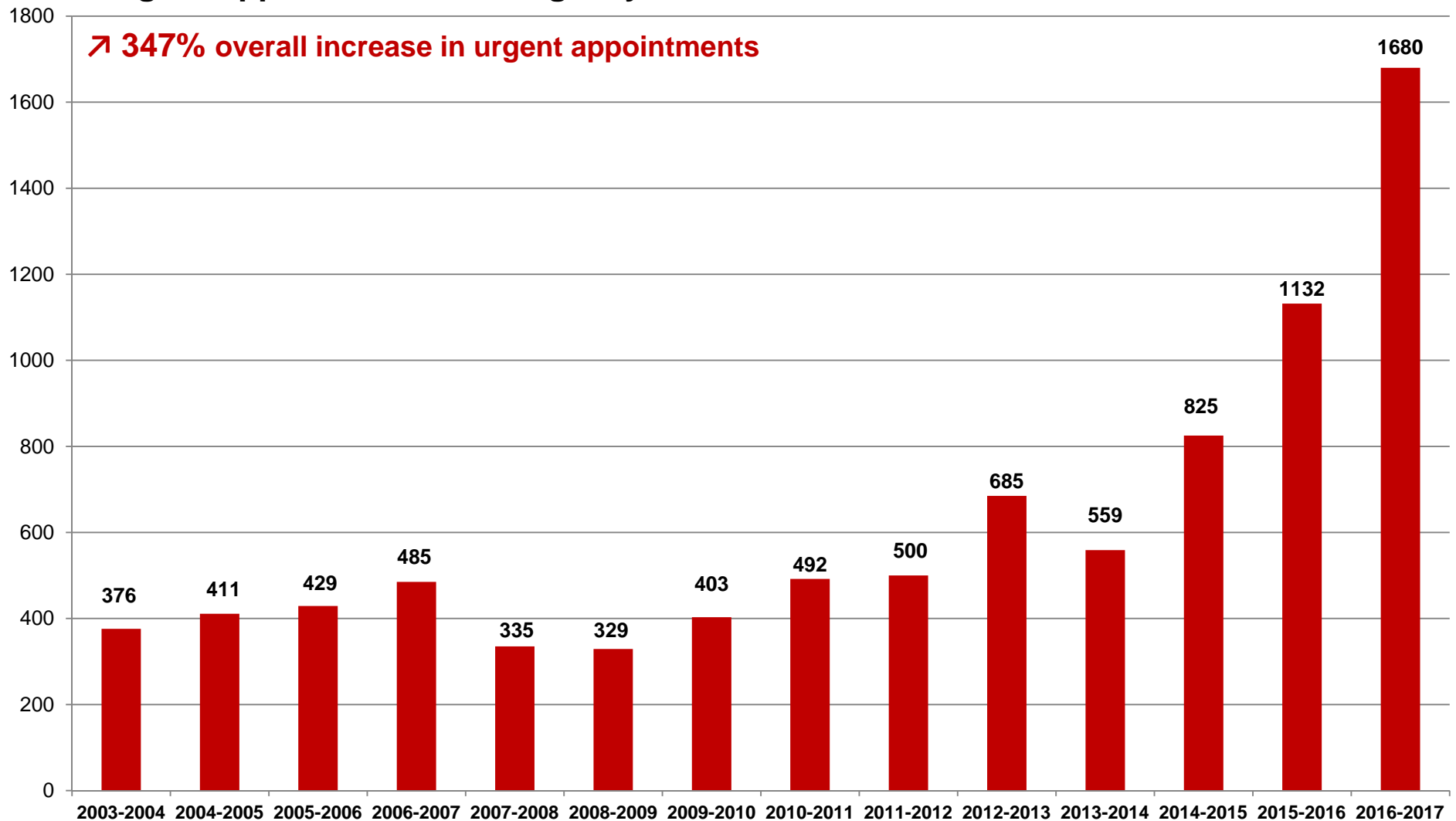
Increase in Services

CCS Data – Increases in last two years:

- ✓ Number of clients +26%
- ✓ Number of students receiving a 1st counseling appointment +40%
- ✓ Number of URGENT appointments +50%

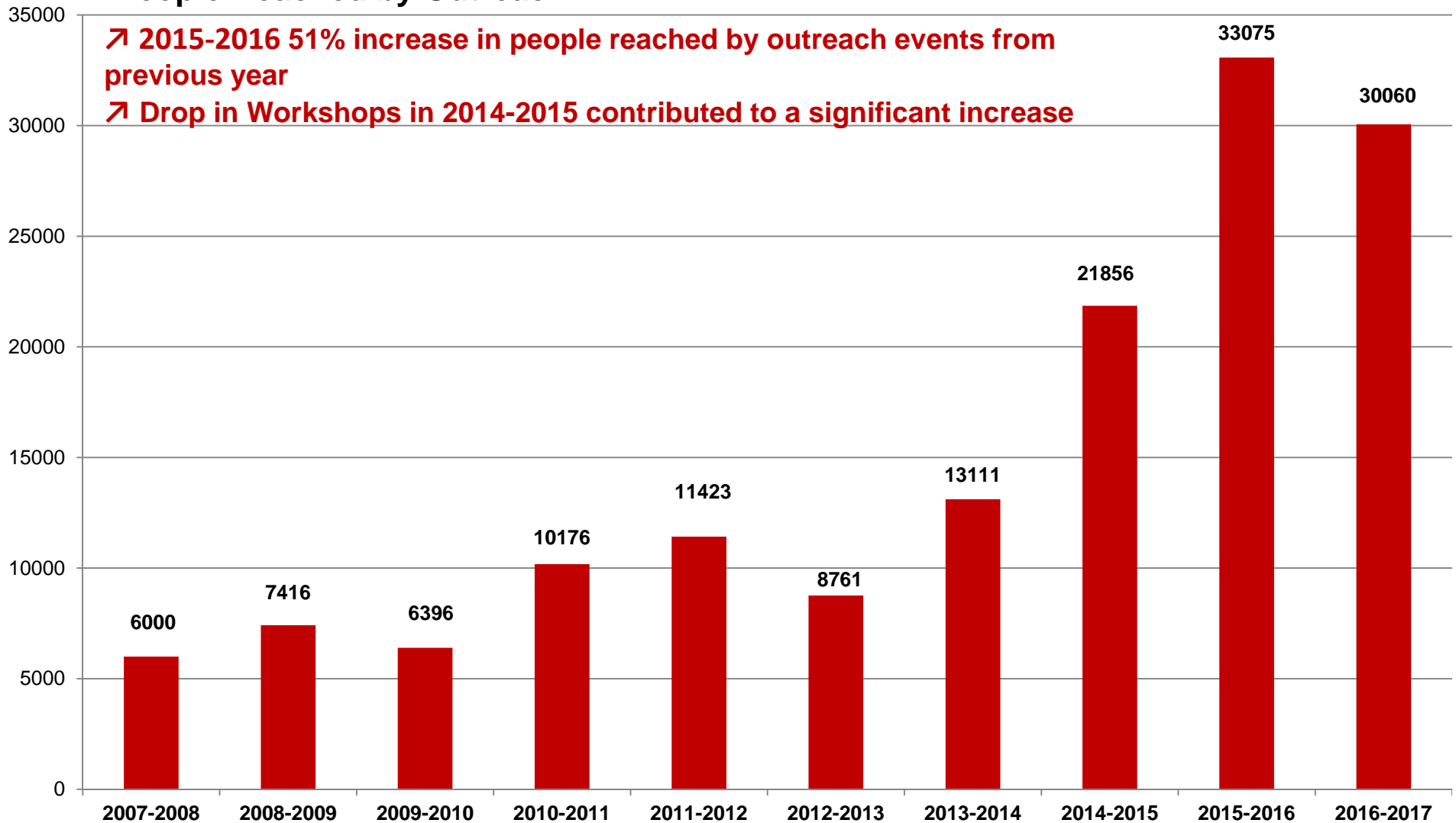


Urgent Appointments - Emergency Session





People Reached by Outreach



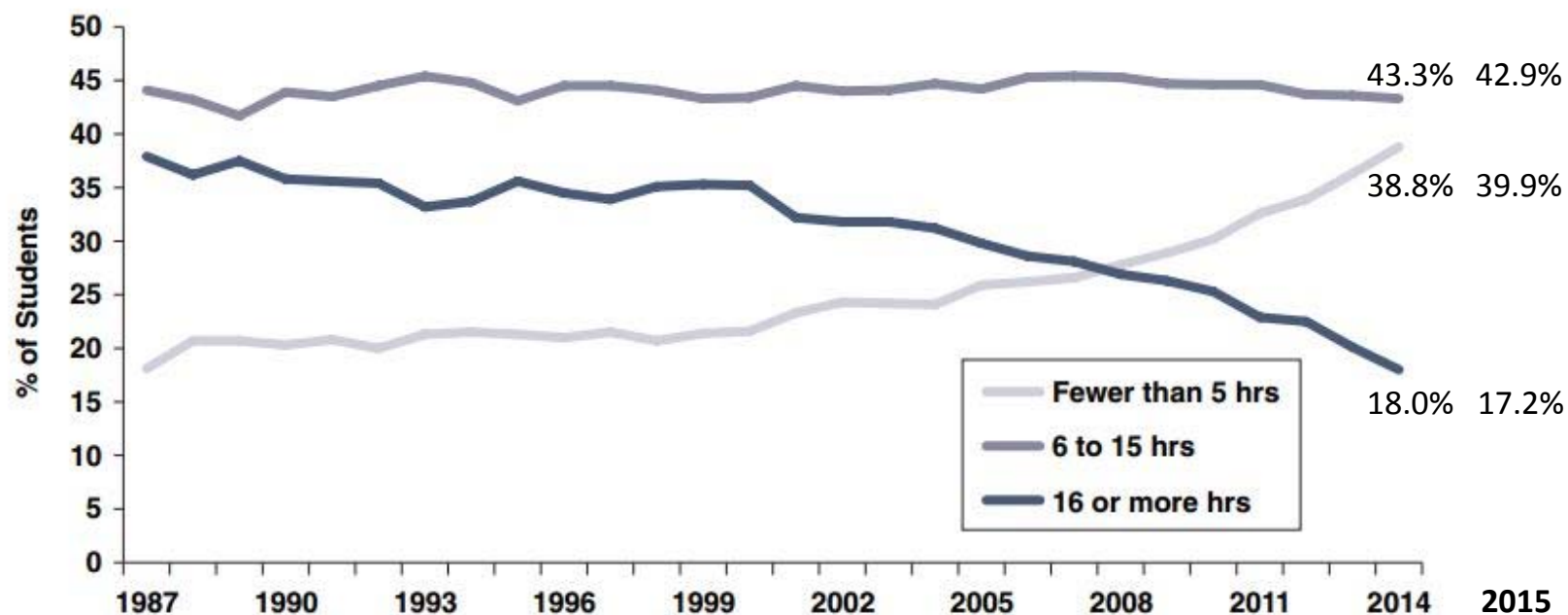


Common Presenting Concerns

- Anxiety
- Depression
- Relationship problems
- Trauma



Figure 6. Time Spent Socializing with Friends (Hours per Week), 1987–2014

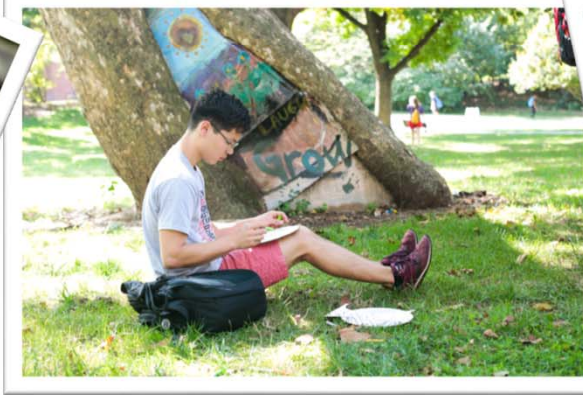


Eagan, K., Stolzenberg, E. B., Bates, A. K., Aragon, M. C., Suchard, M. R., & Rios-Aguilar, C. (2015). *The American freshman: National norms fall 2015*. Los Angeles: Higher Education Research Institute, UCLA.



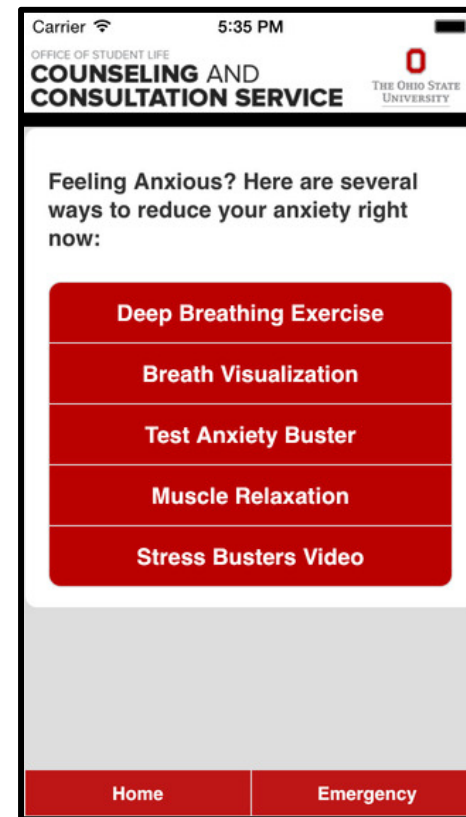
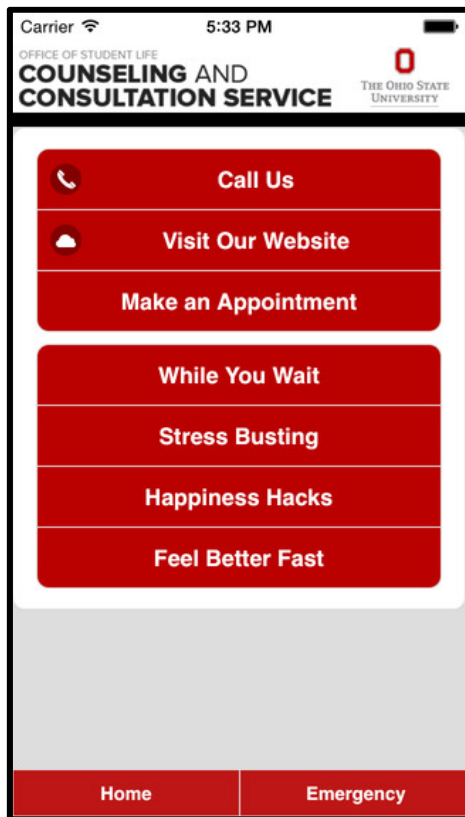
Stigma Reduction

- RECESS





OSUCCS App





Questions and Engaged Discussion

- 4th Floor, Yountkin Success Center
- 10th Floor, Lincoln Tower
- 614-292-5766
- ccs.osu.edu