



THE OHIO STATE UNIVERSITY

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OFFICE OF STUDENT LIFE

# Counseling and Consultation Service

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Director



## **Who We Are**

- Primary location: Younkin Success Center, 4<sup>th</sup> floor
- Second location: Lincoln Tower, 10<sup>th</sup> floor
- Counseling services to enrolled students
- Consultation for faculty, staff and parents
- Multidisciplinary staff
- Embedded therapists
- Increase in staff
- Clinical services provided in, Cantonese, Hindi, Korean, Malay, Mandarin, Turkish, 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 entitled to up to 10 free sessions per academic year for ongoing therapy
- Group counseling
  - ✓ 30+ groups each semester
- Urgent appointments
- Crisis response
- Care Managers
- Drop-in workshops throughout the semester



## Drop-in Workshops

- Beating Anxiety
- Beating Depression
- Yoga for Mental Health
- Art Space
- Perfectionism
- Relaxation Station
- Mindfulness Stress Management
- Stress and Time Management
- Psychiatry Medication Workshop



## How Students Make an Appointment

- Triage System – “phone screening”
- Students call our front desk at **292-5766**
- Schedule a phone screening appointment
- 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**

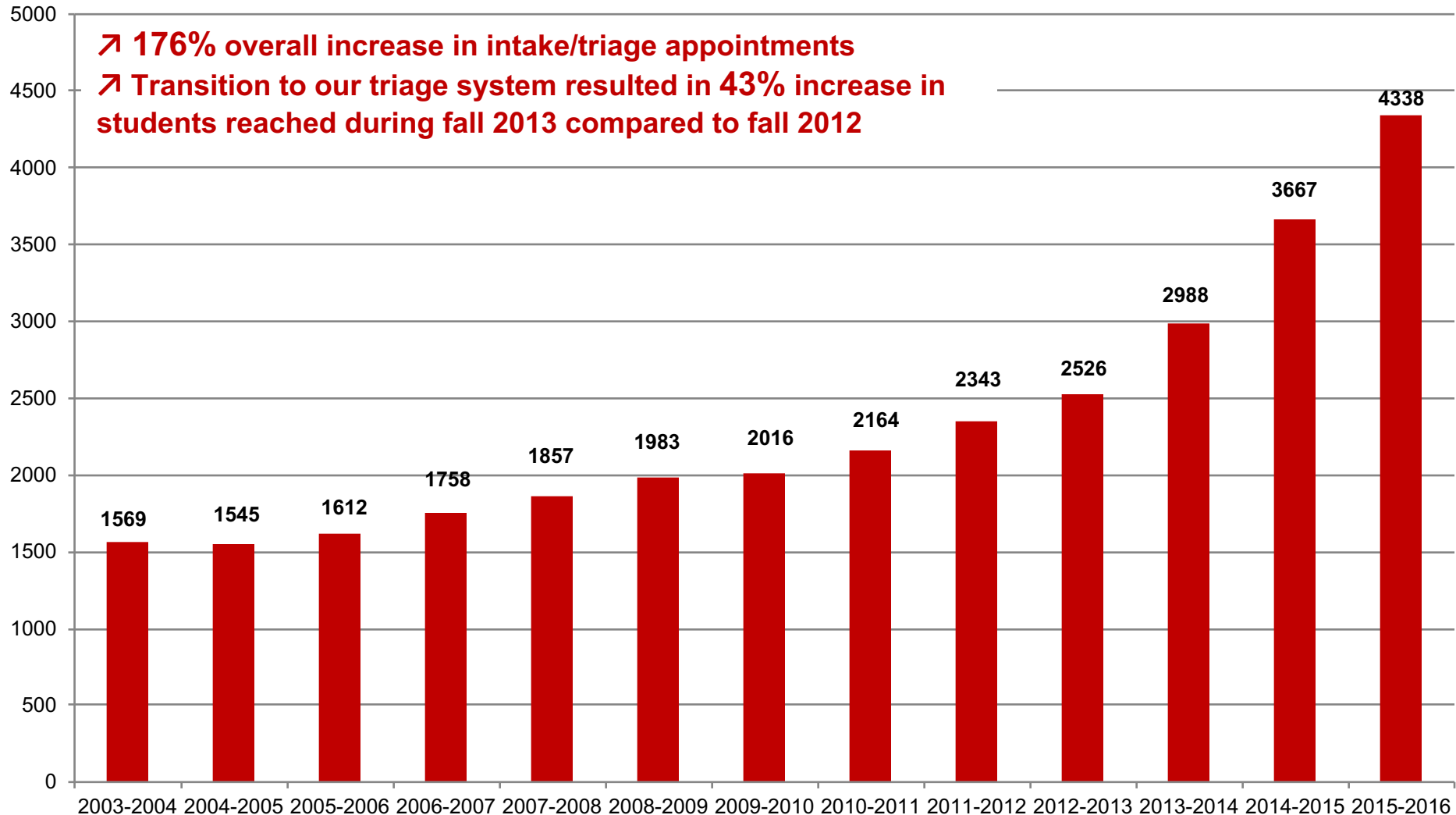
Comparing fall 2016 to fall 2015:

- ✓ 44% increase in number of students seen
- ✓ 93% increase in the number of hospitalizations





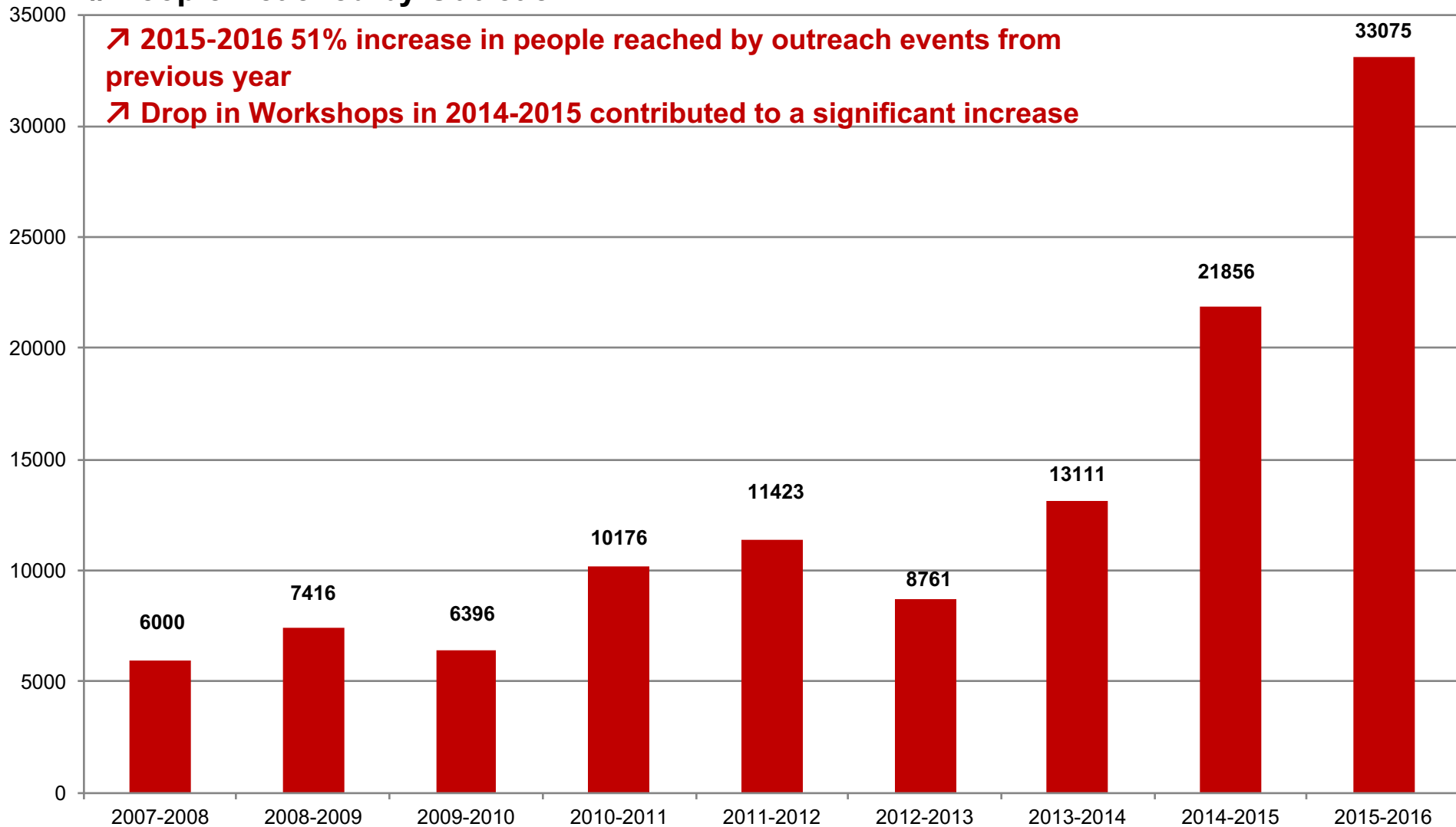
## # Triage & Intakes





## # People Reached by Outreach

↗ 2015-2016 51% increase in people reached by outreach events from previous year  
↗ Drop in Workshops in 2014-2015 contributed to a significant increase





# Common Presenting Concerns

- Anxiety
- Depression
- Relationship problems
- Trauma



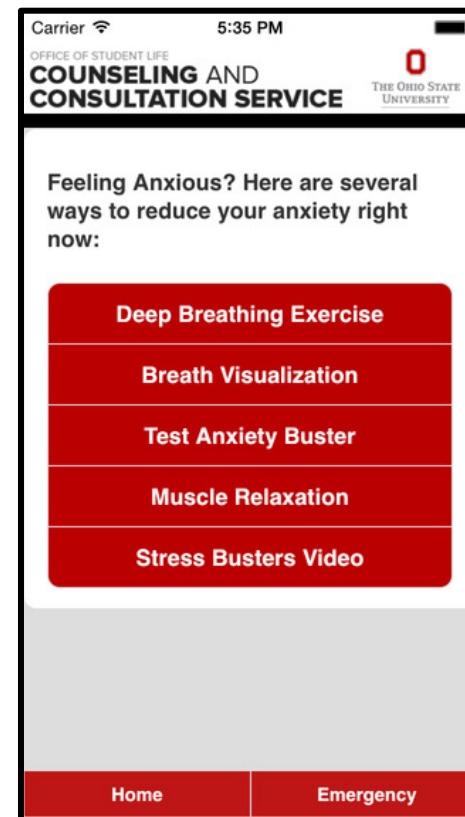
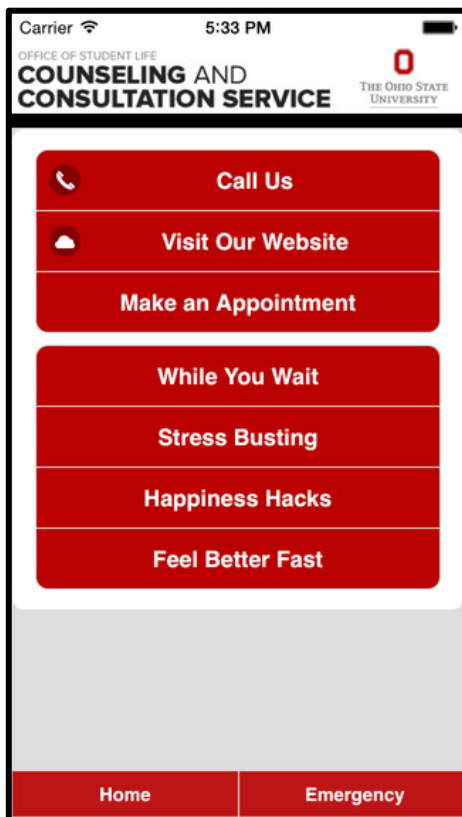
## Stigma Reduction

- RECESS





# OSUCCS App





## Questions and Engaged Discussion

- 4<sup>th</sup> Floor, Yunkin Success Center
- 10<sup>th</sup> Floor, Lincoln Tower
- 614-292-5766
- [ccs.osu.edu](http://ccs.osu.edu)