



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE

Counseling and Consultation Service

Micky M. Sharma, Psy.D.

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
- Increase in staff
- Clinical services provided in 9 languages
- Training program
- IACS Accreditation



Services Provided

- Individual counseling
 - ✓ Enrolled students are eligible for up to 10 free sessions per academic year
- Group counseling
 - ✓ 30+ groups each semester
- Urgent appointments
- Psychiatric Services
- Care Managers
- Multicultural focus



Services Provided (cont'd)

- Consultation
- Crisis response
- ProtoCall
- Outreach
- Drop-in workshops throughout the semester



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



Drop-in Workshops

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



Post-Workshop Survey Result

Q. Please think about the Counseling and Consultation Service (CCS) workshop you attended two weeks ago and answer the following question:

	<u>Agree + Strongly Agree</u>	
• Over the past few weeks I have felt stress	87.7%	
• Over the past few weeks I have remembered, or considered skills or strategies I learned about in the workshop I attended.	68.9%	
	<u>YES</u>	<u>NO</u>
• I have used a skill or strategy that I learned about in the workshop I attended	77.7%	22.3%



How Students Make an Appointment

- Triage System – “phone screening”
 - Acuity based screening process
- 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



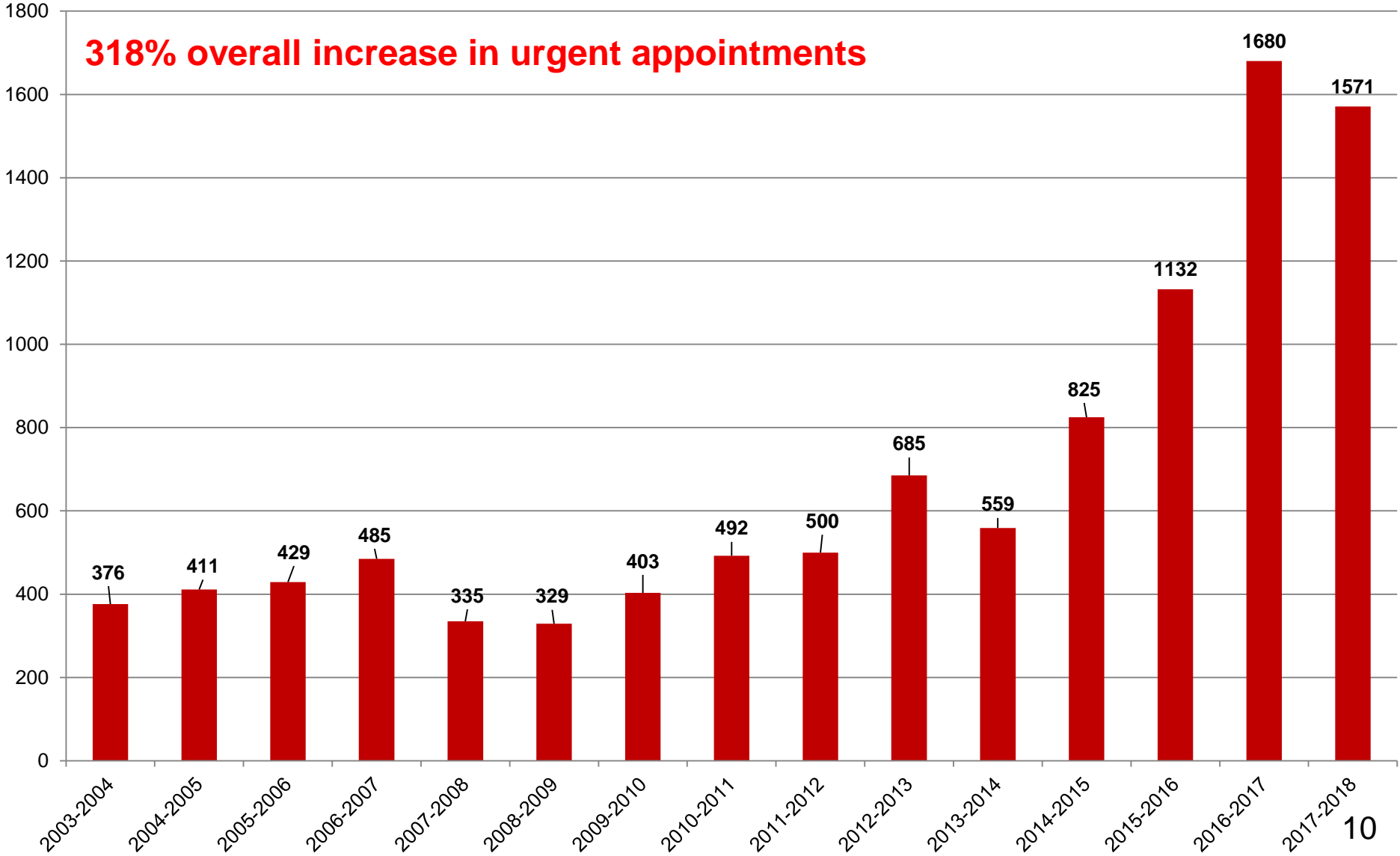
Mental Health Need

- **CCS Data – Increases in last two years:**
 - Number of clients +9%
 - Number of post hospitalization appointments +20%
- **NCHA Data – 2017 Survey:**
 - So depressed it was difficult to function 39%
 - Overwhelming anger 41%
 - Overwhelming anxiety 61%



Urgent Appointments - Emergency Session

318% overall increase in urgent appointments





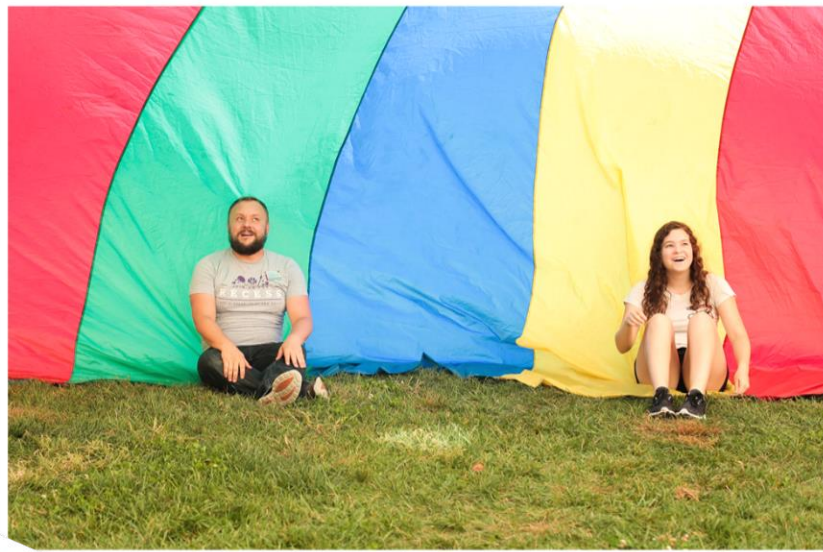
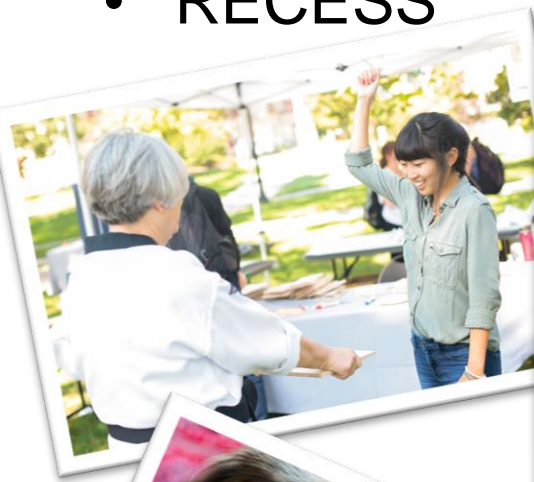
Common Presenting Concerns

- Anxiety
- Depression
- Relationship problems
- Trauma



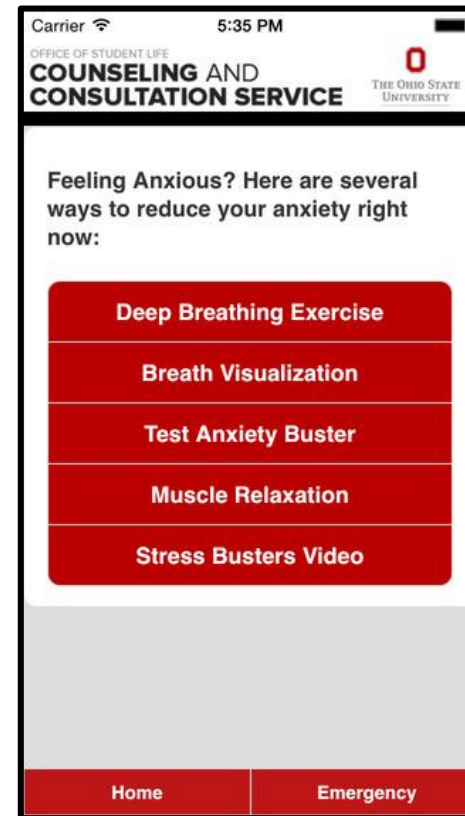
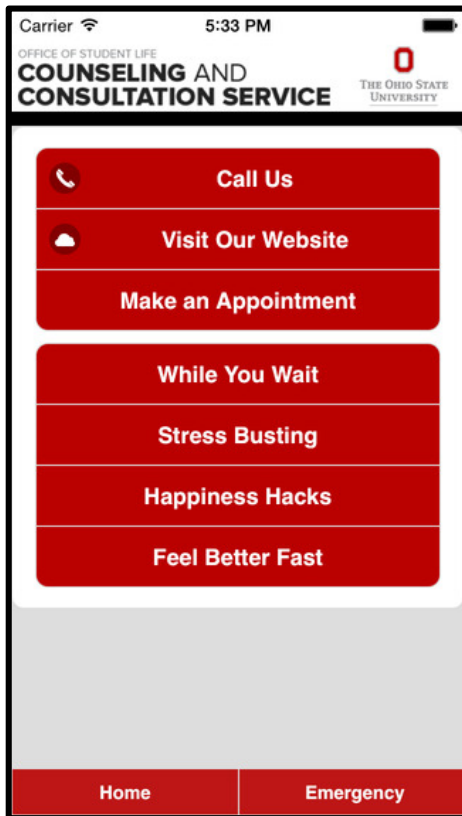
Stigma Reduction

- RECESS





OSUCCS App





Questions and Engaged Discussion

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