

Embedding a Mental Health Provider in Your College

David Wirt, M.Ed., LPCC-S

Embedded Mental Health Therapist
College of Food, Agricultural, and Environmental
Sciences

Steven M. Neal, Ph. D.

Professor and Associate Dean for Academic Programs
College of Food, Agricultural, and Environmental
Sciences



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE
COUNSELING AND CONSULTATION SERVICE



Challenges from a CFAES Perspective:



- How do we best serve our students regarding mental health?
 - Safety of our students is a primary concern.
 - What are our options?
- How do we best respond to student crisis needs in our college?
- Should we hire someone in house or partner with the counseling center?
- Where should we locate that service?
- How do we best serve ALL of our students from undergraduate through graduate students?



Since 1/2/2019: Embedded counselor placed in CFAES



The Ohio State University CFAES Embedded Mental Health Counselor



David L. Wirt, M.Ed., LPCC-S
Agricultural Administration Building 100Y
614-292-5766
wirt.9@osu.edu
ccs.osu.edu

Appointments Available Monday – Friday 8:00 AM – 5:00 PM

CFAES

 **THE OHIO STATE UNIVERSITY**
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AND ENVIRONMENTAL SCIENCES



Learning Objectives



Participants will be able to:

- Learn about trends in student mental health and how we are expanding options to address these at Ohio State
- Understand what having an embedded mental health provider working directly in their college can look like and how it can reduce barriers to seeking help



College Student Mental Health Today



- Levels of distress have steadily increased for the past 8 years
- Anxiety and Depression continue to be the most common concerns for students seeking support
- 54.4% of all students seen at counseling centers have had previous mental health treatment
 - Care needs have become more pronounced
 - Students come to colleges expecting higher levels of care



Common Areas of Concern

- Anxiety
- Depression
- Relationship Problems
- Substance Use
- Eating Concerns
- Trauma
- Identity Exploration
- Academic Performance
- Grief and Loss
- Adjustment to a New Environment
- Stress Management
- And many, many more



A Range of Needs and Options



- There is a range of need from lower adjustment-based concerns to higher acuity that requires immediate intervention
- Multimodal resources for mental health concerns need to be available to meet a student's need with a service that matches



At Ohio State We Provide a Range of Options:

- Outreach and prevention
- Self help tools on the website and app
- Peer Support Line
- Drop in workshops
- Group Therapy
- Individual Therapy
- Psychological Testing
- Psychiatry
- Community and Campus Referrals
- ...and more

But what about barriers?



Challenges from student perspective:

- It takes too long to get in
- The Counseling Center seems too far away
- The Counselor may not know my college/my major
- I don't know if my needs are "Bad" enough
- Stigma surrounding mental health care
- "I'm used to seeing my therapist at home weekly or more"



What is an “embedded” Counselor?



- Relatively new model in college mental health
 - Iowa: 2012 (part time), OSU first hired 2 in 2016-17
 - One split time with one embedded in 10% each in Dentistry, Nursing, Public Health and the College of Veterinary Medicine
 - Second embedded 40% Optometry/40% Pharmacy
- Defined roles can vary from University to University and even college to college within a university
 - In the Big Ten Schools: OSU, Michigan, Iowa
- Essentially a dedicated counselor within a specific college or unit who’s focus is treatment and prevention of mental health issues for their students, and includes outreach and training to faculty, staff, and others.



Reasons for Development of Embedded Model



- Growing number of mental health crisis on college campuses and increase in demand
- Certain populations with higher risk
 - Graduate Students
 - International Students
 - Highly competitive/ highly intensive courses of study
 - Identified ongoing mental health concerns
- Certain populations have increased barriers to help-seeking
- Underserved populations
- Main focuses of work are treatment, stigma reduction, accessibility, and prevention
- Becoming a part of the fabric of a college, a department, or a residence hall or program
- Meet the needs of students, faculty, and staff where they are at



Embedded At Ohio State Currently

- College of Food, Agricultural, and Environmental Sciences
 - College of Engineering
 - Fisher College of Business
 - College of Optometry
 - College of Pharmacy
 - Residence Life
 - Office of Diversity and Inclusion
 - College of Dentistry
 - College of Social Work
 - College of Law
 - College of Nursing
-
- **Trending: Increased demand for this model and increased dedicated time in each college**



OSU Counseling and Consultation Service



- Remains an option for any student in any college at OSU
- 42 Psychologists, Psychiatrists, Counselors and Social Workers
- 17 Trainees
- 3 Part time staff (including Oxley the Therapy Dog)
- 11 Support Staff
- 24/7 Emergency Care Line (Proto Call) which utilizes the same phone number as CCS
- Primary on campus therapy option for approximately 61,000 undergraduate, graduate, and professional students on the Columbus campus
- Access: Triage via telephone – Urgent/Assessment – Ongoing Service
- Offers individual counseling, group counseling, workshops, outreach and more
- Also provides support and backup to the embedded counseling team



What does the Embedded Counselor time split look like?



At CFAES:

- 80 % of time working in the college
- 20% of the time working within University as a whole (counseling center/REACH)
- More flexibility in access for students, faculty, and staff
 - Office is located within the Academic Programs office
 - Easier to make “hot” or “warm” referrals as needed
 - Students can access quickly and face to face with shorter wait times.
- One dedicated counselor available to a college of approximately 2300 undergraduate students and 500 graduate students.



What Embedded service time look like?



- Half or more of each week serving individual students in therapy session
 - Access: Students access counselor directly most of them via email
 - Triage usually face-face but can be via telephone - Diagnose and treatment plan – Ongoing sessions with flexibility of structure to reduce barriers to treatment
- Consultation with faculty and staff as needed
- Presence as a staff member in meetings and activities
- Outreach to students, faculty, and staff on relevant mental health topics of concern
- Outreach to learning communities, student organizations and others
- Students are more likely to recognize the counselor and seek help



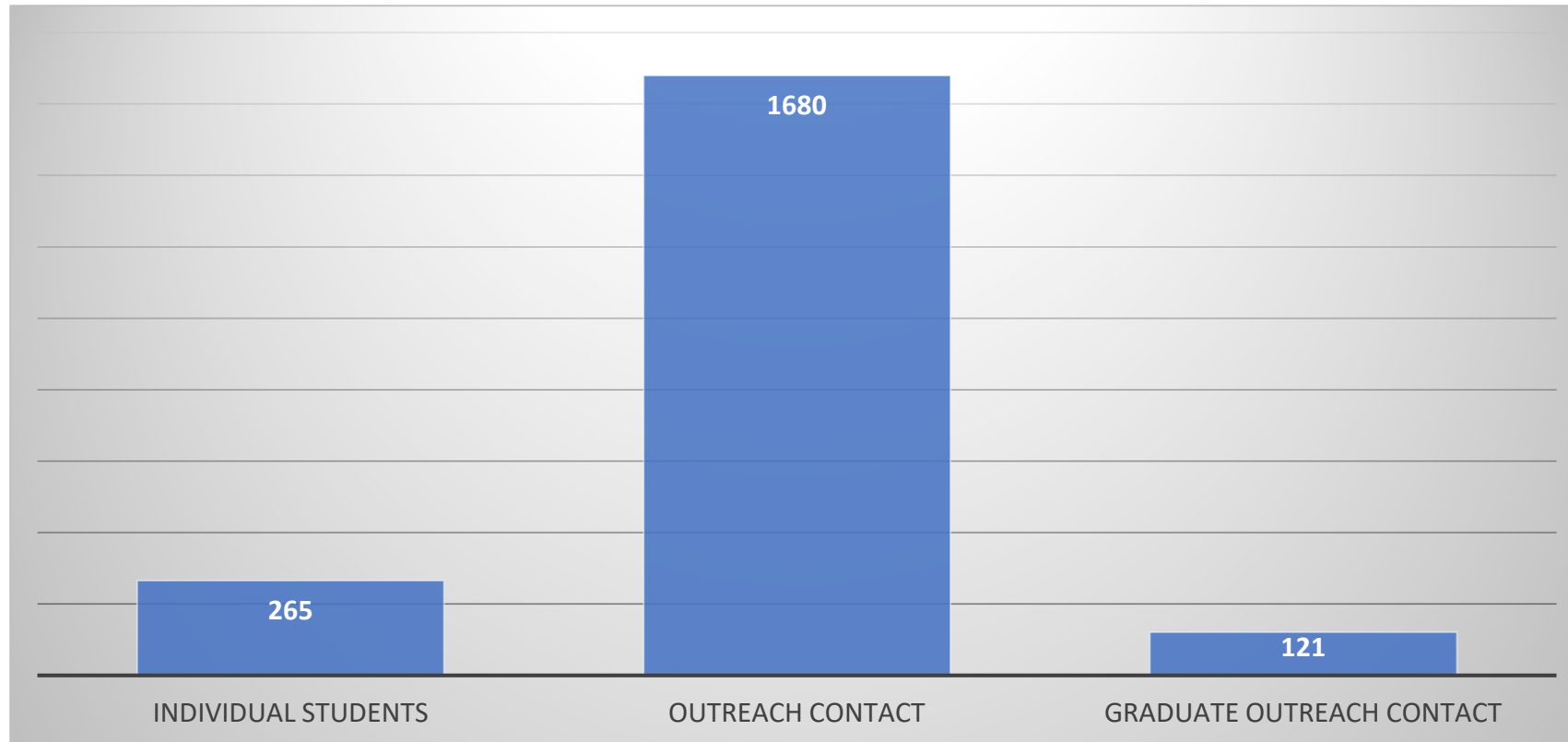
Collaboration with Counseling and Consultation Services



- Embedded counselors report to CCS Director of Satellite Operations
- Embedded counselors attend staff meetings with main CCS staff weekly
- Remote consultation as needed
- Regular meetings with Academic Affairs staff and Student Affairs staff
- Regular consultation with all placements/point persons involved with Embedded programs
- Regular team meetings with Embedded counseling team
- Embedded counselor is a facilitator for OSU's REACH suicide prevention program
- Embedded counselors participate in other CCS committees and subcommittees
 - Stigma Reduction
 - Outreach Committee
 - LPCC Supervision of Supervisors
- Crisis response by Embedded Counselor with back up and support from CCS Clinical Staff

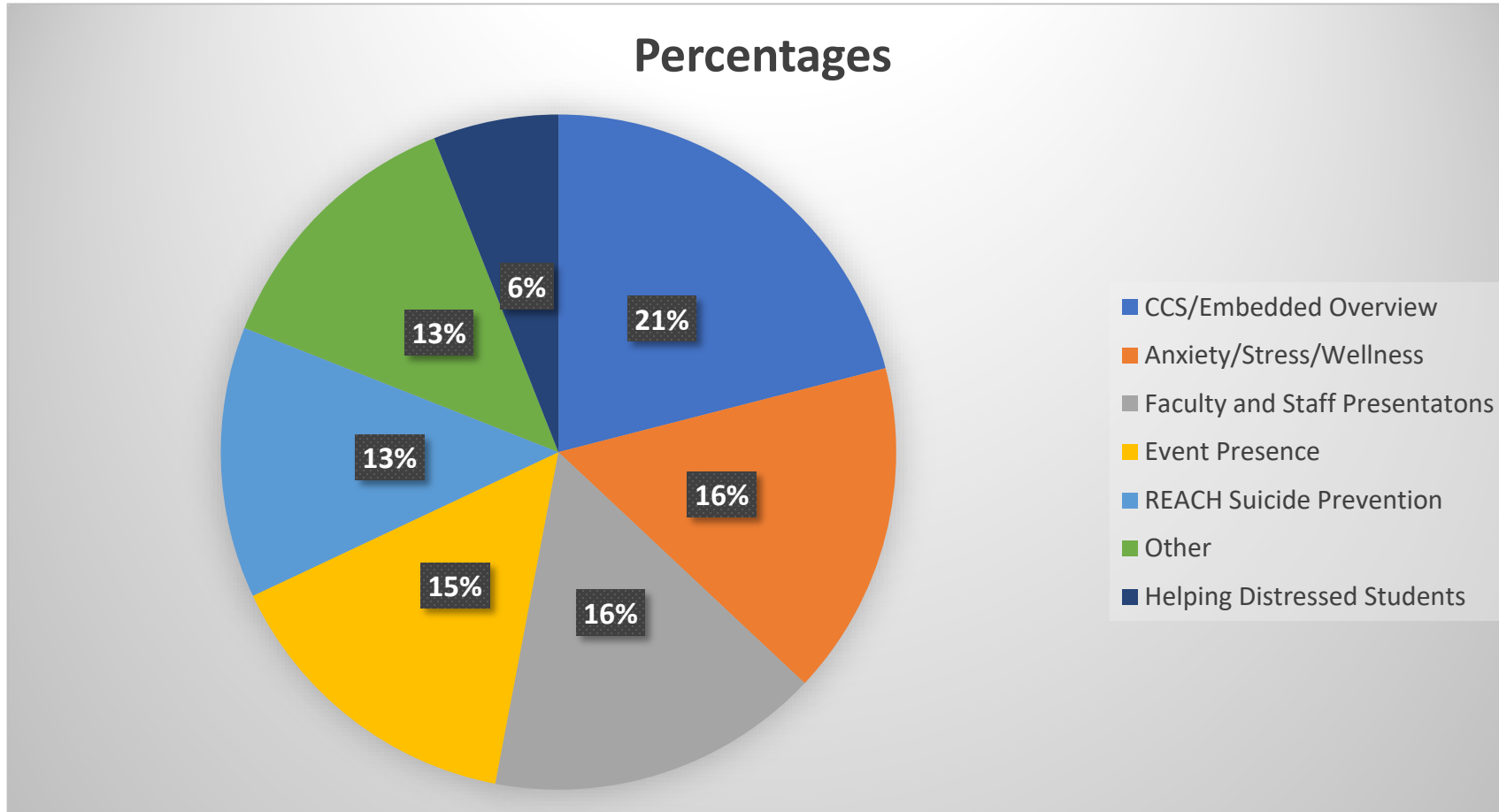


Numbers served in 2019 Spring and Fall Semester





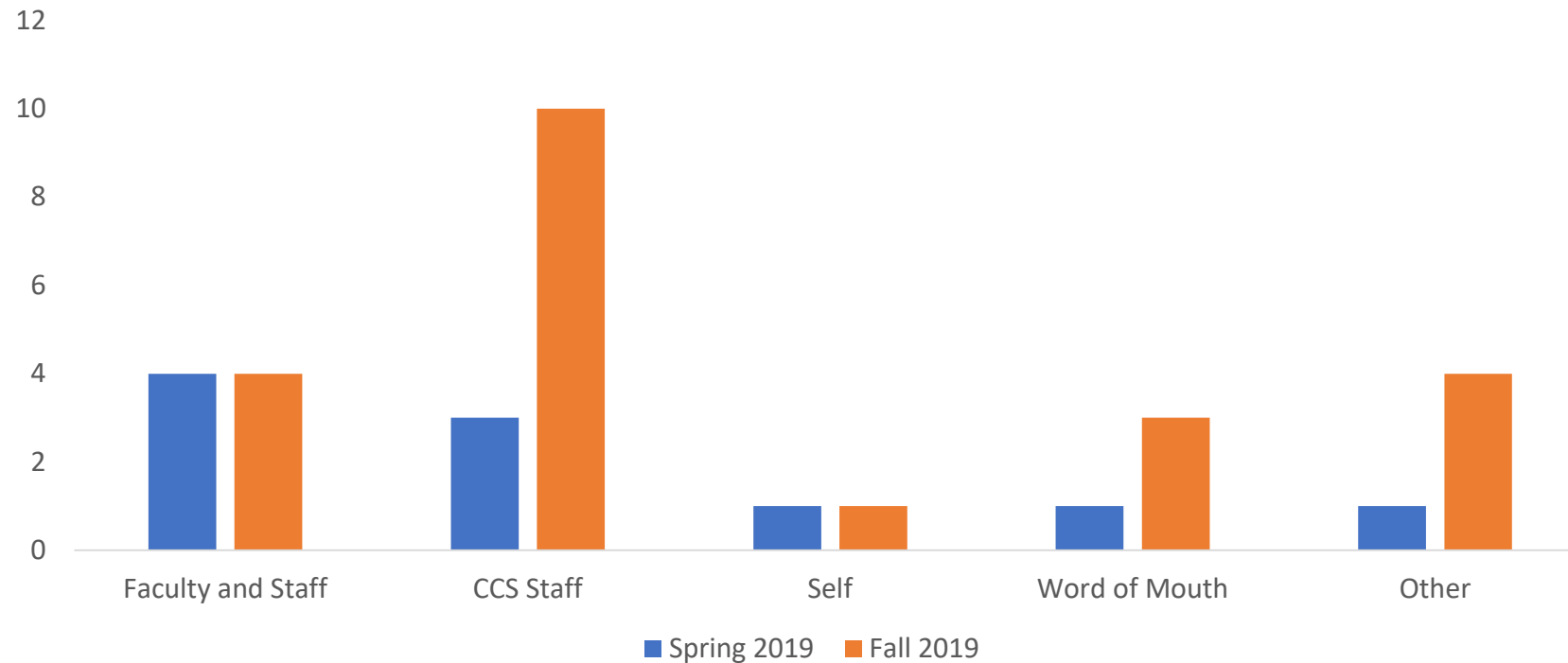
Outreach Categories:



- CCS/Embedded Overview
- Anxiety/Stress/Wellness
- Faculty and Staff Presentatons
- Event Presence
- REACH Suicide Prevention
- Other
- Helping Distressed Students

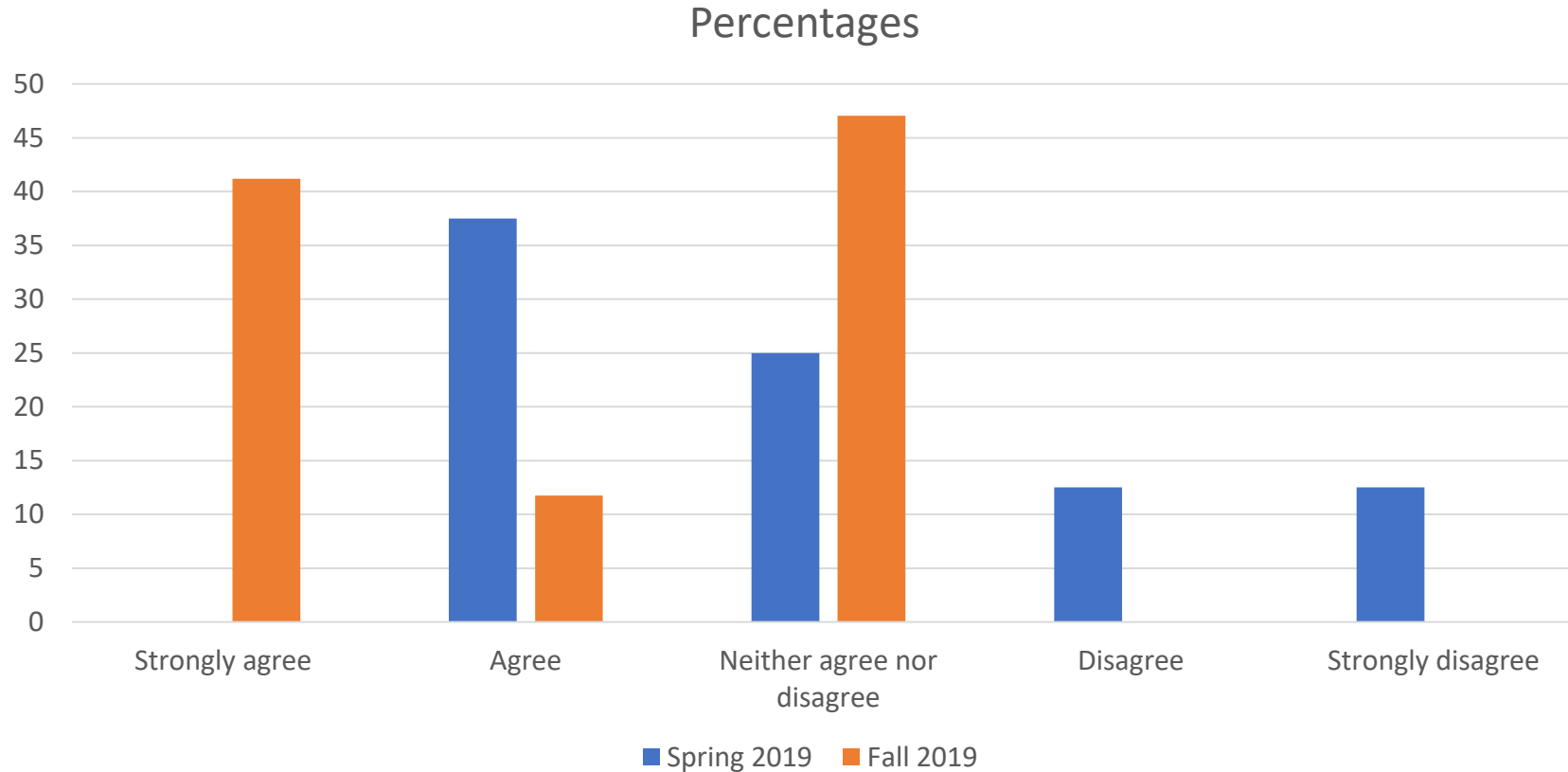


How did you find out about your embedded counselor? Please select all that apply



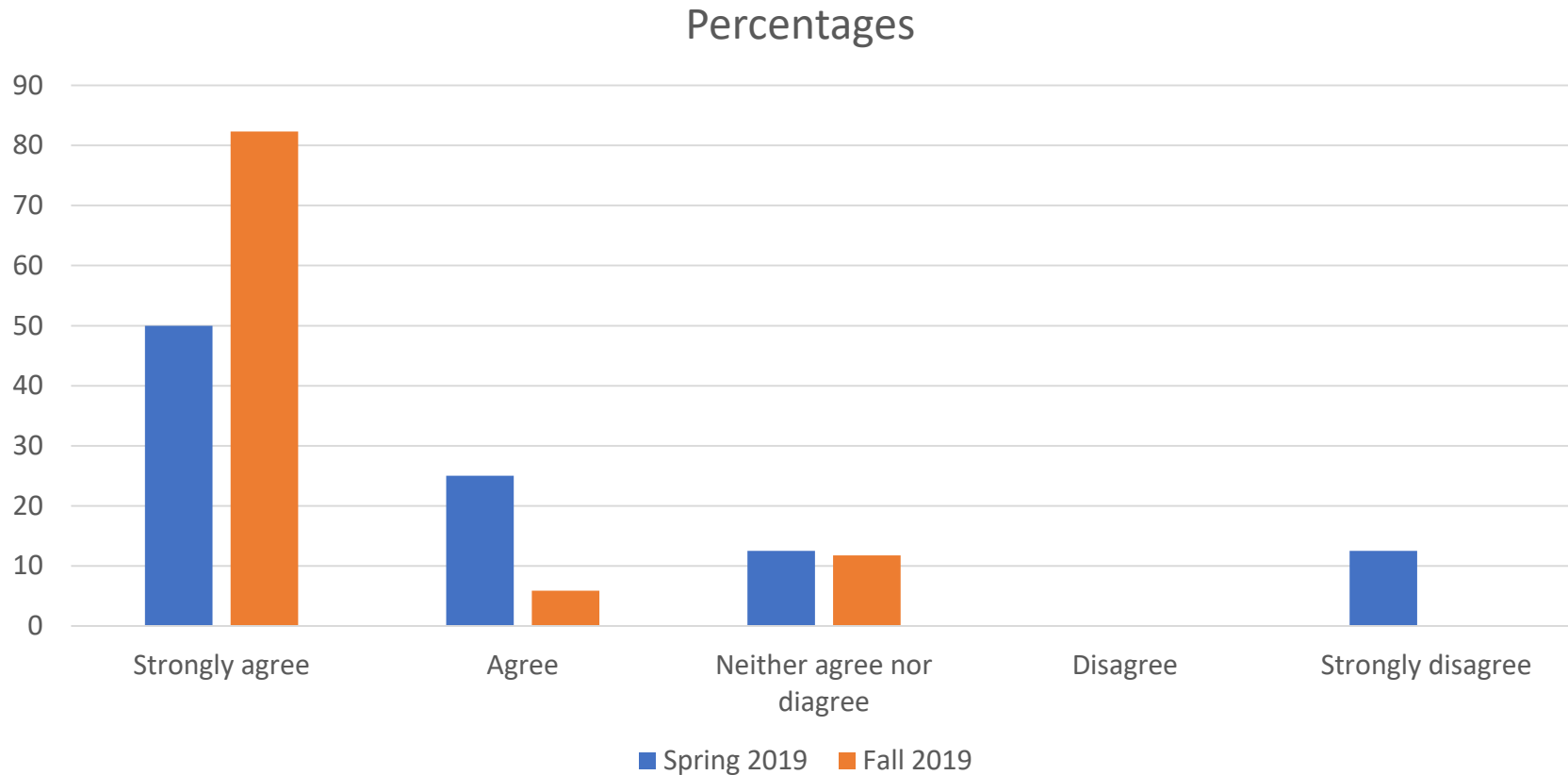


Stigma surrounding mental health care in my college has been reduced due to the college having a counselor



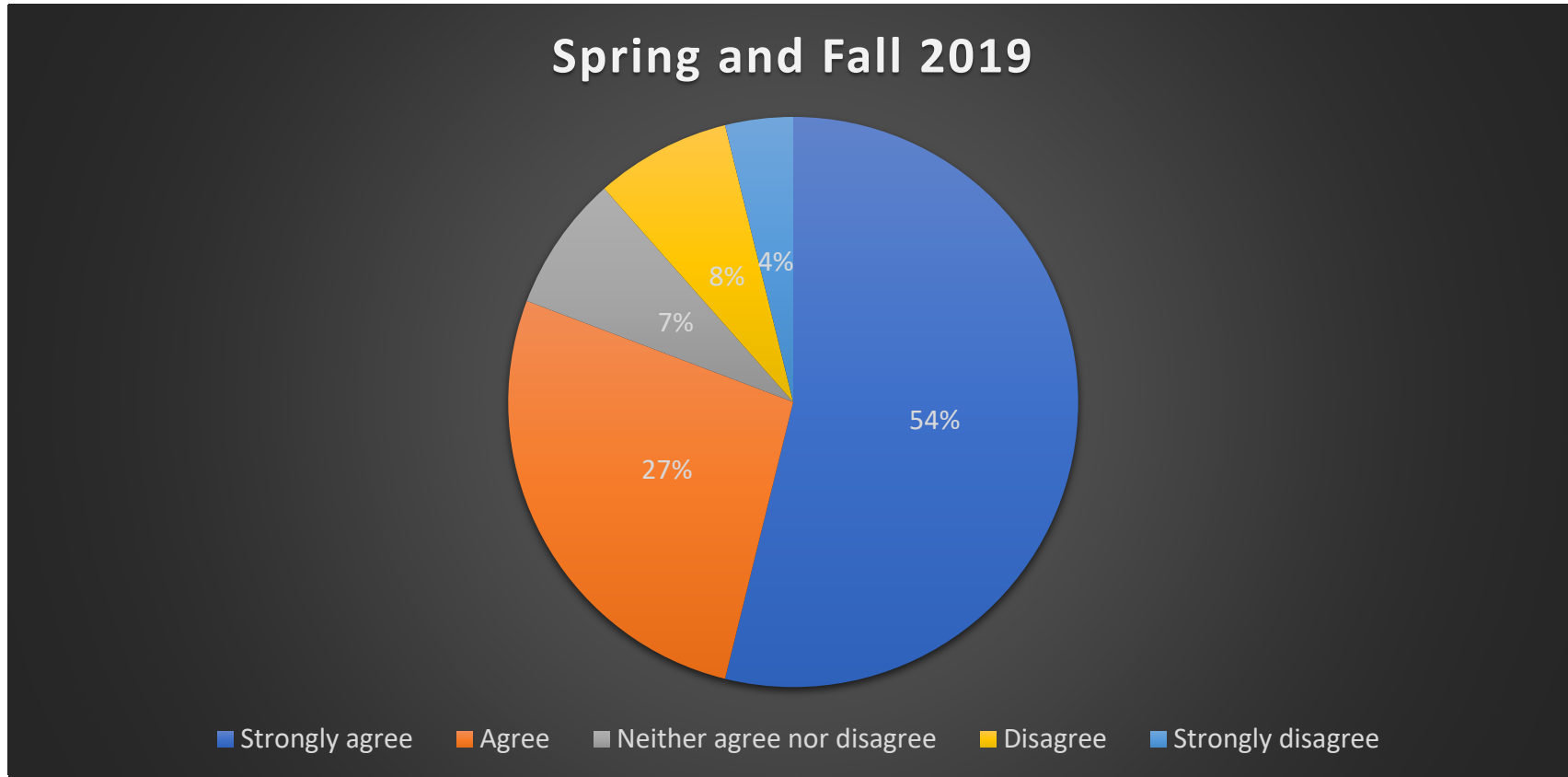


There were decreased barriers to seeking mental health treatment due to having access to a counselor



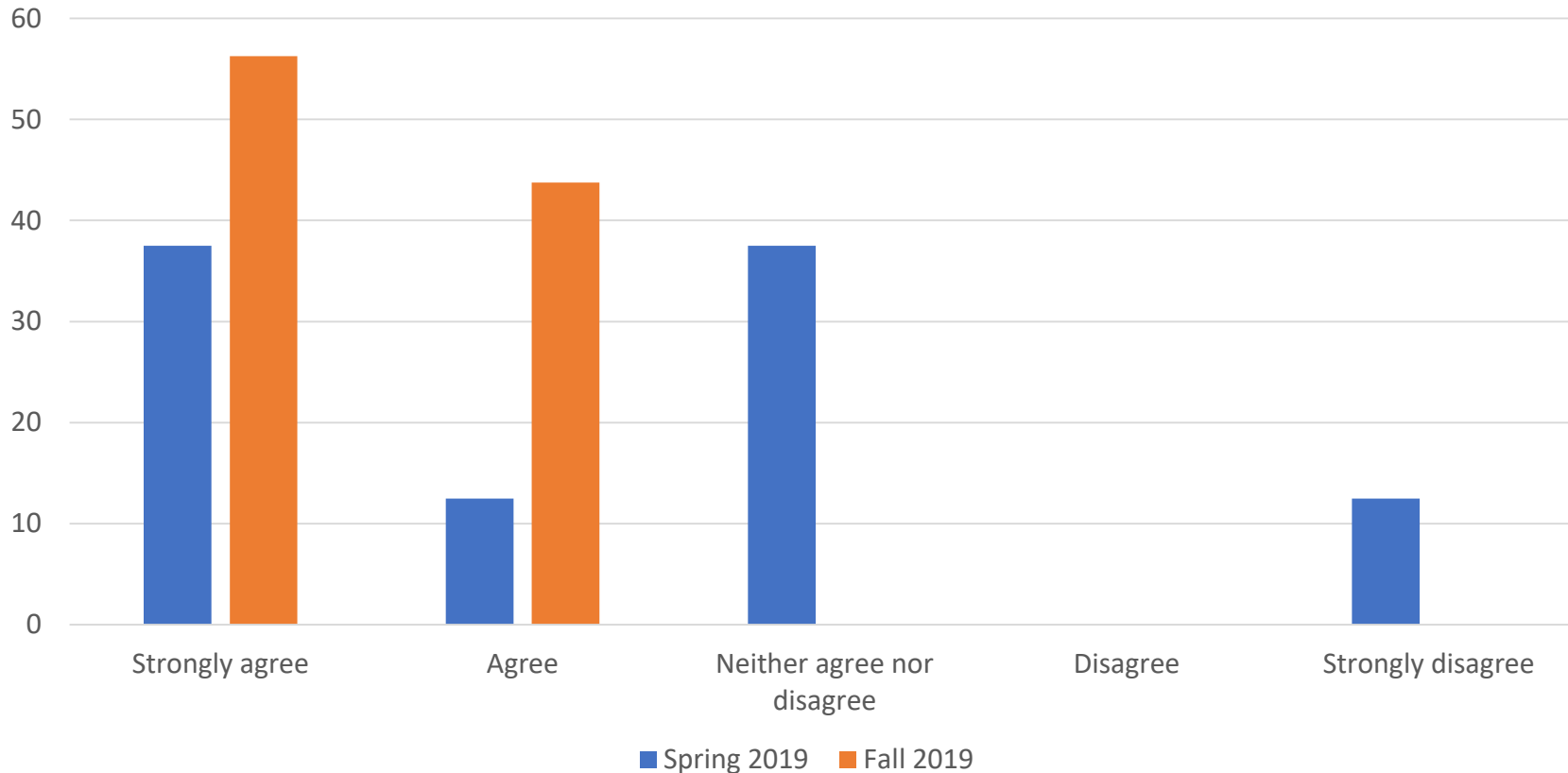


I was able to schedule an appointment with my counselor within a reasonable time frame



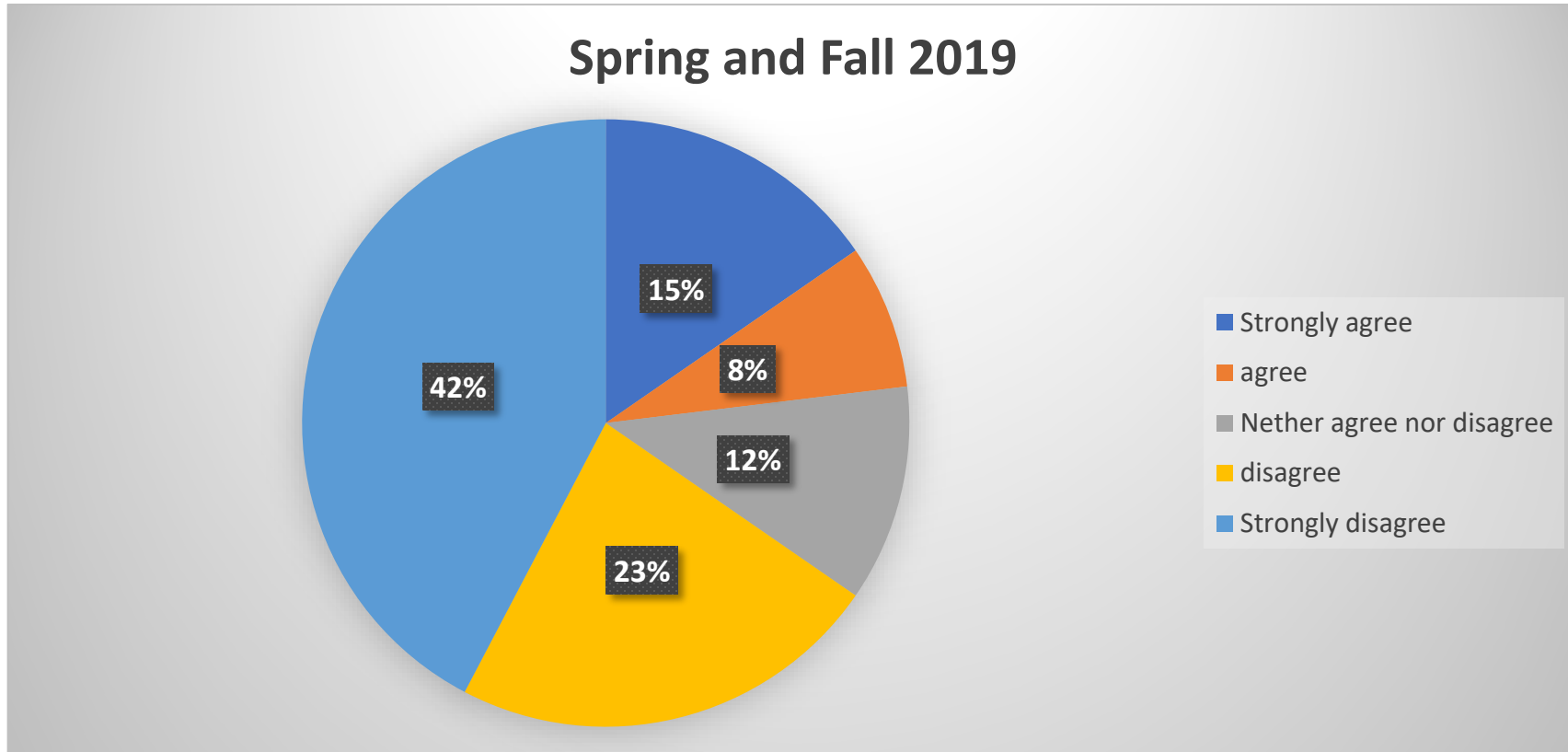


The counselor was aware of unique stressors or nuances of my program/setting due to being embedded within it





The counselor's office being located at my college actually deterred me from reaching out at first (e.g., I was fearful of being seen by other students/faculty/staff)



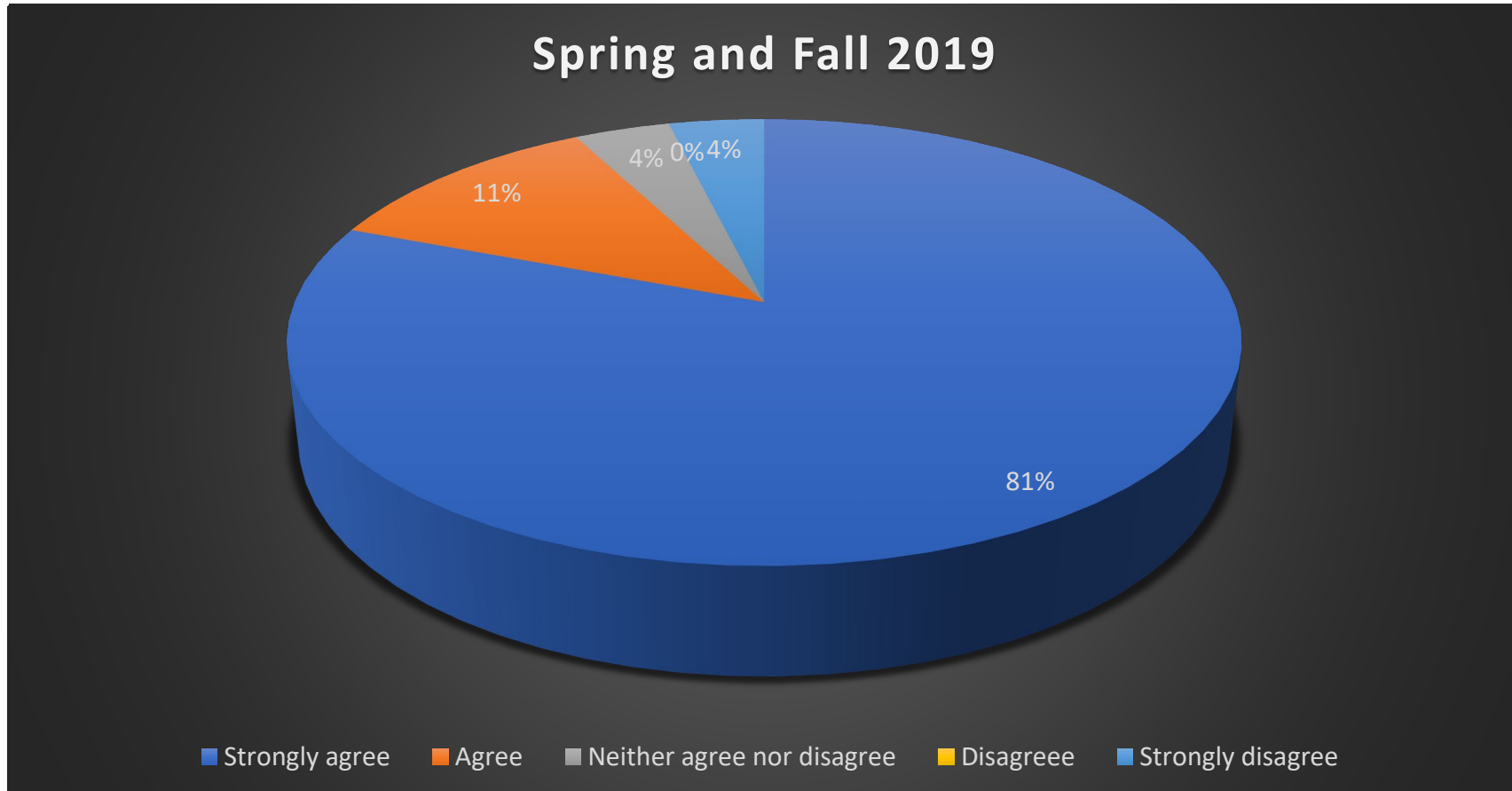


Qualitative Evaluation and Outcomes:

- “Dave Wirt is a friendly and helpful counselor, he gets all my praises”
- “David has been great and I look forward to continuing to see him. Great listener and sensitive”
- “David is doing a great job at teaching me how to handle my anxiety. The service is helping me with school”
- “Helpful”
- “I feel like I can talk with him about anything and I always feel better about the stressors after I leave his office”
- “David was amazing and really help me through a tough time. He helped me gather my thoughts about the situation I was in, and that alone helped me process everything much better”
- “David is a great counselor and continues to try to help me to deal my anxiety and depression”



I felt more supported by my college/program due to the fact they have a counselor





Questions?



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Oxley, The Therapy Dog

Animal Assisted Activities Specialist

Phone: 614-292-5766

Oxley, The Therapy Dog

Title: Animal Assisted Activities Specialist

Phone: 614-292-5766

Therapeutic Style:

Oxley takes the stance of unconditional positive regard with every interaction. He values inclusivity in his activities and aspires to spread comfort and joy to everyone he meets. He works as part of an animal assisted activities team with CCS psychiatrist [Dr. LaRae Copley](#). He uses his natural gentleness to comfort others and is often spotted "being silly."

Supervision Style:

While Oxley does not serve in an official capacity as a supervisor, he certainly teaches those around him to connect with abandon, be in the moment, and to see the positivity in all situations.

Professional Interests:

Oxley is interested in any activity that allows him to meet new people and encourage them to play.

Education background:

Oxley has been preparing most of his days for his role on CCS's [Animal Assisted Activities](#) team. He has completed multiple courses in obedience and worked with a professional dog trainer to complete Therapy Dog International certification. He continues to volunteer within the larger Columbus community to keep his skills sharp.

Personal Interests:

Oxley loves to meet new people and dogs at any moment. He is always up for a walk as much as a nap. Little can interrupt a good game of fetch, but usually it would involve food.

My Pronouns:

He/him/his





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Email: wirt.9@osu.edu

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Therapeutic Style:

I employ an eclectic style to counseling. I listen first and work to help the student find workable solutions to their issues. I try to match clinical style to each student's unique personality and treatment needs to provide the best possible outcomes.

Supervision Style:

I am supportive by nature and want to help a supervisee develop to be their best self as a counselor. I will offer challenges and other viewpoints to help with the supervisee's global development as needed.

Professional Interests:

I enjoy helping students with a variety of concerns including, but not limited to, Depression, Anxiety, Stress, PTSD, and OCD. I am a civilian mental health provider with extensive training on how to help our active military and veterans as a Tier III STAR Behavioral Health Provider. I am a certified REACH Suicide Prevention trainer, Open Doors facilitator, and have been most recently trained in components of the DICE program with the Office of Multicultural Affairs. I am a member of the American Counseling Association.

Groups and Liaison Roles:

I am very excited to be the Embedded Counselor for the College of Food, Agricultural and Environmental Sciences.

Educational Background:

I have a Bachelor of Science in Psychology from The Ohio State University, Master of Science in Education from the University of Dayton, and have completed the post master's degree program in Clinical Counseling, also thru the University of Dayton.

Personal Interests:

I am very much a Buckeye as an alum and fan of Ohio State. I enjoy time with family, watching the Buckeyes, TBDITL, UD Flyers Basketball, and sports in general. I enjoy many types of music and musical acts. I enjoy laughing and watching comedies in my spare time.

My Pronouns:

He, Him, His





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