



**R-8-23**

**The University of Alabama**

**27<sup>th</sup> Senate 2022-2023**

**Authors:** Madeline Martin, SGA President

**Sponsors:** Speaker Taryn Geiger, Secretary Olivia Frazier

**Endorsements:** Deborah Oberkor, President of Alabama Panhellenic Association, Will Fracchia, President of the Interfraternity Council, Jack Steinmetz, Executive Vice President; Cameron Doyle, SGA Vice President for Academic Affairs; Lauryn Parker, SGA Vice President for Financial Affairs; Collier Dobbs, SGA Vice President for External Affairs; Josie Schmitt, SGA Executive Secretary; Izzy Boyd, SGA Vice President for Diversity, Equity, and Inclusion; Luke Dille, Vice President for Student Affairs; Colin Marcum, SGA Chief of Staff;

**A RESOLUTION COMMENDING THE WORK OF THE UNIVERSITY OF ALABAMA COUNSELING CENTER**

*Be it enacted by the Senate of the Student Government Association assembled.*

WHEREAS, the University of Alabama Counseling Center provides a wide scope of mental health services, crisis, emergency counseling, and campus educational programming.

WHEREAS, the UA Counseling Center has held longstanding, continuous accreditation by the International Association of Counseling Centers, the only international organization that focuses solely on accrediting professional counseling centers on college and university campuses and whose standards and guidelines are recognized widely as benchmarks and best practices in collegiate mental health.

WHEREAS, the mission of the UA Counseling Center is to help students achieve academic success and personal growth through a comprehensive counseling center model focused on providing quality counseling and psychological services, outreach, consultative services, and the training of mental health professionals.

WHEREAS, the UA Counseling Center has successfully collaborated with various departments and student groups to provide innovative programs and services.

WHEREAS, the UA Counseling Center has pioneered innovations in campus-wide suicide prevention education by establishing the Tide Against Suicide program, and also providing technologies, such as WellTrack, MindKare, and Togetherall to enhance mental health services that are available to all students.

WHEREAS, the UA Counseling Center has seen a 7% increase in appointments along with an overall 15% increase in student services this year and is currently staffed with 21.25 FTE mental health professionals whose specialization and expertise are in collegiate mental health and the developmental mental health needs of college students.

WHEREAS, the UA Counseling Center provides outreach in crisis situations, conducts presentations, provides trainings, and holds events totaling over 12000 contacts since August 2022 and has had over 2500 consultation contacts since August 2022.

WHEREAS, the UA Counseling Center has tangible clinical outcomes and has seen the following: improvements better than 66.8% of other centers regarding Depression; improvements better than 70% of other centers regarding Social Anxiety; improvements better than 64% of other centers regarding General Anxiety; improvements better than 64% of other centers regarding Overall Distress; and improvements better than 83% of other centers regarding Academic Distress.

WHEREAS, the UA Counseling Center summary of student outcome and satisfaction surveys over the past 4 academic years to-date have shown the following: 92% of students gained a better understanding of factors that impact their wellbeing; 93% of students learned how to more effectively address their personal problems; 90% of students learned how to understand themselves better; 86% of students indicated that access to counseling services through telehealth helped them better cope with stress related to COVID; 84% of students were better able to stay in school; 86% were better able to adjust to college life; and 71% of students improved their academic performance.

THEREFORE, be it *RESOLVED*, that the Student Government Association Senate commends the diligent, timely, compassionate, and student-centered work The University of Alabama Counseling Center does to best serve the student body daily under the direction of Dr. Vander Wal and leadership of Dr. Ruperto Perez.

*Be it further resolved*, copies of this resolution be sent to: Dr. Greg Vander Wal, Executive Director of the Counseling Center; Dr. Stuart R. Bell, President of the University of Alabama; Dr. Steven Hood, Vice-President for Student Life; of Dr. Ruperto Perez, Associate Vice President for Student Health and Wellbeing; Angel Narvaez-Lugo, The University of Alabama Student Government Advisor; Taryn Gieger, Speaker of the Senate; Caleb Thome, Chief Justice;

*The Crimson White*; and others as may be deemed necessary at a later date.