COLLABORATIVE RELATIONSHIPS WITH STUDENT ACCESSIBILITY SERVICES
STARK COUNTY COUNSELORS' CONFERENCE
KENT STATE UNIVERSITY AT STARK
MAY 24, 2019

THE SAS AND COUNSELING CONNECTION

• LOCATION?
• HOW MUCH COLLABORATION?
• WHAT KIND OF COLLABORATION?

DEFINITION OF A DISABILITY

• THE AMERICANS WITH DISABILITIES ACT DEFINES DISABILITY AS A PHYSICAL OR MENTAL IMPAIRMENT THAT RESULTS IN A SUBSTANTIAL LIMITATION OF ONE OR MORE LIFE FUNCTIONS (APA, 1996).
COUNSELING STUDENTS WITH DISABILITIES
• Varkula, et al. (2017) compared counseling for students with and without disabilities.
  - There was no difference in the number of visits.
  - Students with disabilities were more likely to self-terminate.*
  - Students with disabilities were more likely to be referred out.*
  *The study’s authors did not examine the reasons why.

PSYCHOLOGICAL DISABILITIES
• At Kent State, “Psychological Disabilities” is the number one category of students registered with SAS.
  • Psychological disabilities
    - Anxiety
    - Generalized Anxiety Disorder
    - Depression

ISSUES CAUSED IN COLLEGE
• Difficulty maintaining concentration
• Difficulty remembering details
• Difficulty screening out distractions
• Difficulty meeting deadlines under pressure
CHALLENGES

- Weiner and Weiner (1996) found that college students with psychiatric disabilities faced specific challenges.
  - Academic (writing papers, studying for exams)
  - Social (connecting with others, joining extracurricular activities)
  - Advocating for themselves (disclosing their disability)
  - Self-esteem
- Many did not recognize their mental illness as a disability.

OTHER HELPFUL SERVICES

- Career services
  - Choosing a major
  - Resume writing
  - Interview skills

KENT STATE'S PROCESS FOR CONNECTING WITH SAS

- The student makes contact with the SAS office.
- The student submits documentation to the SAS office.
- The student schedules and attends a welcome appointment.
- The student requests that his/her/their course accessibility letters be sent to professors.
WHY I NEED COUNSELING

• WELCOME MEETING CONFESSIONS
• THE NON-STOP WEEPER

REFERENCES

• AMERICAN PSYCHOLOGICAL ASSOCIATION. THE COMMITTEE ON DISABILITY ISSUES IN PSYCHOLOGY. (1996 BROCHURE). THE AMERICANS WITH DISABILITIES ACT AND HOW IT AFFECTS PSYCHOLOGISTS. AMERICAN PSYCHOLOGICAL ASSOCIATION, WASHINGTON, DC.