

Subject: Monday Matters: Counseling Services

Date: Monday, August 16, 2021 at 8:00:53 AM Eastern Daylight Time

From: Dodge, Gail

To: Dodge, Gail

CC: Whitfield, Tiffany L., Glenn, Cassie

Dear Colleagues:

After an extraordinarily difficult year we head into Fall 2021 with the hope that we can return to a more normal campus life. However, the latest developments with the ongoing pandemic have required us to return to masking requirements indoors for all students, staff, and faculty starting today. In addition, vaccination is required for students, faculty, and staff as detailed in [President Hemphill's recent message](#). I think we are all feeling the acute disappointment of seeing the case numbers, death rates, and hospitalizations rising again.

One of our goals this coming year is to continue to improve our communication to students regarding resources that are available to them on campus and on-line. Dr. Cassie Glenn (Psychology) is the Project Director/Co-Principal Investigator for ODU's federally funded Campus Suicide Prevention Grant (Co-PD/PI: Dr. Angela Holley in the Office of Counseling Services). Check out the [Monarchs THRIVE](#) website, which has suicide Prevention Resources. A major goal of this grant is to increase students' awareness of mental health resources on campus. The PIs have worked with ODU's Office of Counseling Services (OCS) to develop language ([see below](#)) for faculty to share with students (e.g., through their Blackboard courses and/or syllabi).

Thank you in advance for everything you do to support our students and help them thrive at ODU during the coming year.

Best Regards,
Gail

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[Blurb about OCS for Blackboard courses and syllabi:](#)

ODU's Office of Counseling Services (OCS, 1526 Webb University Center) is a university agency with competent, diverse, and multidisciplinary professional staff. We are committed to supporting the emotional well-being, social development, and academic progress of all students at Old Dominion University.

College life can be a wonderful time of self-discovery, but for many, it is also a time when the awareness of mental health conditions increases. OCS services are available to assist with addressing mental health concerns that a student may be experiencing. You can learn more about the broad range of confidential mental health services available on campus via our website at: <http://www.odu.edu/counselingservices>. All services are free to ODU students.