



TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER.

Student Government Association

TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER

Senate Resolution 20.17

(Stating the sentiments of the Student Senate regarding extending the availability of Cognitive Behavioral Therapy (CBT) to all campuses: Follow-up to SR 20.11)

WHEREAS, the mental health of students is of paramount importance to Texas Tech University Health Sciences Center,

WHEREAS, interventions have been called for to address the mental health crisis in graduate education,¹

WHEREAS, the prevalence of depression is three times higher in medical students compared to the general population,²

WHEREAS, CBT is a proven treatment for multiple psychiatric disorders,^{3,4,5}

WHEREAS, the Texas Tech University Department of Psychology offers discounted CBT for TTU & TTUHSC students,

WHEREAS, this discounted CBT is not currently available at all regional campuses,

WHEREAS, the passing of SR 20.11 demonstrated the support of senators from Lubbock, senators from all regional campuses, the presidents of the medical school classes, and the members of the Student Wellness Committee for bolstered mental health services at all TTU campuses,

THEREFORE BE IT RESOLVED, that in the event that Dr. Korinek and the Program of Assistance do receive additional funding, we ask that TTUHSC establish partnerships with local providers for each regional campus to make CBT equally available across all campuses, including similar financial discounts.

BE IT FURTHER RESOLVED, that this resolution be spread upon the Journal and that copies be sent to **Lori Rice-Spearman**, Interim President of Texas Tech University Health Sciences Center; **Alan Korinek**, Director of the Employee Assistance Program and Program of Assistance for Students; and **Erin Justyna**, Assistant Provost for Student Affairs; and to the students of Texas Tech University Health Sciences Center.

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TEXAS TECH UNIVERSITY
Passed the Senate, 07 APRIL 2020

CC: Journal



Tobi Saliu

President, Student Senate

Read First Time: 07 April 2020
Reported from Committee:
Read Second Time:

¹Evans, Teresa M., et al. "Evidence for a mental health crisis in graduate education." *Nature biotechnology* 36.3 (2018): 282.

²Heiman, Noa, Rachel Davis, and Brian Rothberg. "A deeper understanding of depression and suicidality among medical students." *Medical teacher* 41.6 (2019): 711-713.

³Driessen, Ellen, and Steven D. Hollon. "Cognitive behavioral therapy for mood disorders: efficacy, moderators and mediators." *Psychiatric Clinics* 33.3 (2010): 537-555.

⁴Foroushani, Pooria Sarrami, Justine Schneider, and Neda Assareh. "Meta-review of the effectiveness of computerised CBT in treating depression." *BMC psychiatry* 11.1 (2011): 131.

⁵Shafran, Roz, et al. "Mind the gap: Improving the dissemination of CBT." *Behaviour research and therapy* 47.11 (2009): 902-909.