Resolution Number: 201-2023

Title: Supporting the mental health of dental students

Reference Committee Assignment: Membership and Professional Issues

Sponsor(s): Kenny Tran
Alternate Delegate
Midwestern-Arizona

Financial Impact: None

Board of Trustees Comments: The Board recommends a yes vote.

Reference Committee Comments:

Background: There is currently no policy regarding ASDA's position on how schools should support the social, mental, and emotional health of dental students. There is no research or comprehensive studies regarding mental health resources in dental schools. The pandemic has exacerbated the prevalence and consequences of poor mental health among dental students, highlighting the importance of providing wellness resources. Schools have implemented special wellness support programs and funded mental health services for students, recognizing the need to support students' mental health.

There remain inadequacies, such as some programs not providing resources that are easily accessible during a dental student's schedules. Students face difficulties finding free time to use these resources or would need to request excused time off. For this reason, all institutions should support and promote greater access to mental health programs for students through a 24/7 mental telehealth service. A 24/7 mental telehealth service can be accessed at any time to accommodate students' schedules. It also addresses the fear of stigma associated with using mental health resources since students would access it privately. Correspondingly, dental schools should promote the telehealth service among other mental and emotional resources in an effort to raise awareness and reduce said stigma overall. Increasing awareness and accessibility to mental health programs will benefit students' overall wellness and help reduce stigma. Therefore, be it

RESOLUTION

Resolved, The American Student Dental Association encourages dental school administrations to create, grow, and actively promote mental wellness and support programs for students that includes, but is not limited to, a 24/7 mental telehealth service.

SAMPLE