

# healthyhorns

Impact Statement 2022-2023



University Health Services  
Counseling and Mental Health Center  
Longhorn Wellness Center

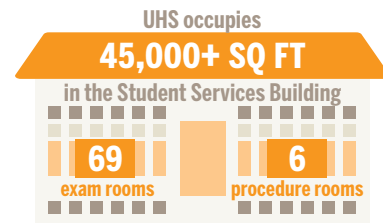


**Impact Statement  
 2022-2023**

# healthybodies

## WE ADVANCE LONGHORNS' HEALTH

University Health Services (UHS) is the on campus medical facility offering comprehensive healthcare services, public health education, campuswide immunization clinics and leadership for emergent health issues.



### Patient Satisfaction

- 98%** would recommend UHS to a friend.
- 97%** were satisfied with their UHS visit.
- 95%** said access to healthcare on campus minimized disruptions to academics.

### Top Reasons Students Seek Care at UHS

- 1 Sprains, strains, back pain and extremity injuries
- 2 Allergies, colds, upper respiratory infections and flu
- 3 Hair, skin and nail concerns
- 4 Immunizations, TB screenings/ follow-ups and travel health
- 5 Sore throats and swollen glands
- 6 STI screenings and infections
- 7 Contraception
- 8 Eye and ear concerns
- 9 Depression, anxiety, fatigue and other mental health concerns
- 10 Annual gynecology exams and other gynecological concerns

**56,171**

total attended visits at UHS

**\$1,215,206**  
 in medical expenses for UT students subsidized by UHS.

**20,576**

unique patients served by UHS

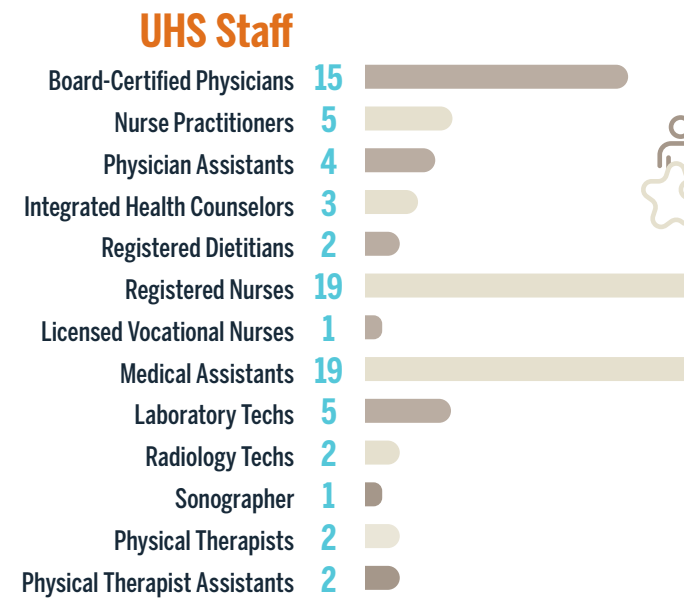
- Primary Care**  
21,920 visits (6,009 telehealth)
- Gynecology**  
8,313 visits (1,578 telehealth)
- Nutrition Services**  
1,200 visits (831 telehealth)
- Integrated Health**  
1,243 visits (835 telehealth)
- Physical Therapy**  
5,182 visits
- Ultrasound & X-ray**  
591 visits
- STI Screening**  
1,874 visits

- Urgent Care**  
4,994 visits
- Sports Medicine**  
4,043 visits
- Allergy, Immunization & Travel**  
6,811 visits (442 telehealth)
- Laboratory Tests**  
54,292 tests
- Nurse Triage Calls**  
9,329 calls
- Flu Vaccine**  
10,763 shots
- COVID-19 Vaccine**  
1,145 shots

## NEW INITIATIVES AND ACCOMPLISHMENTS

- Accreditation Excellence in Quality Care and Laboratory Standards**  
 UHS achieved accreditation from AAAHC, passing a triennial assessment ensuring quality care and safety. Additionally, the UHS Laboratory received bi-annual accreditation from CAP, exceeding CLIA standards.
- Largest International Student Clinic to Date**  
 In partnership with Texas Global, the Allergy Immunization and Travel Health team immunized over 700 international students, meeting Fall 2023 medical clearance requirements. This annual effort, spanning years, culminated in the largest ever clinic this year, emphasizing UHS's commitment to student health.
- COVID-19 Campus Education and Testing Initiatives**  
 As Protect Texas Together and Proactive Community Testing (PCT) concluded, UHS took the lead in providing campus education and symptomatic COVID-19 testing for students.

## OUR STAFF ARE UNIQUELY POSITIONED TO MEET STUDENTS' NEEDS



**Developing Our Future Workforce**  
 35 Student Health Advisory Committee Members  
 39 Student Clinic Volunteers

healthybodies



**Impact Statement**  
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# healthyminds

## WE SUPPORT LONGHORNS' MENTAL HEALTH

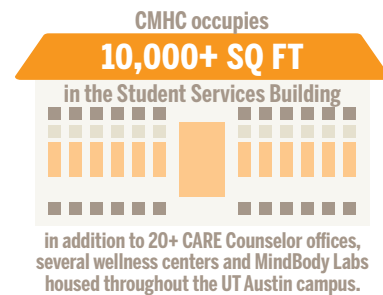
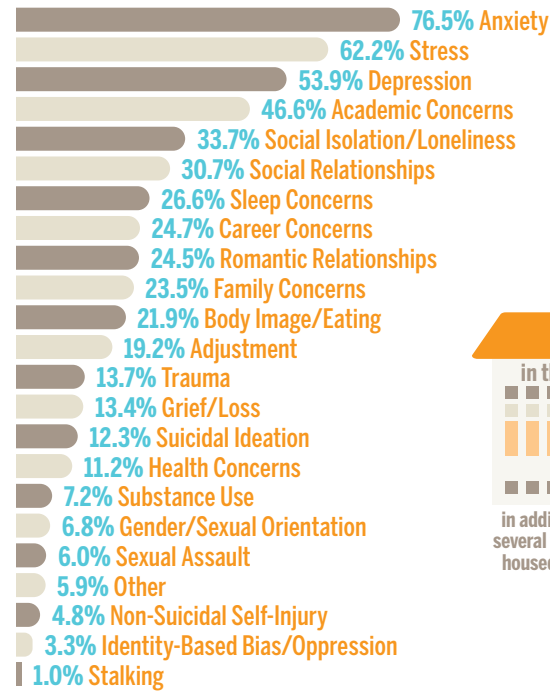
The Counseling and Mental Health Center (CMHC) provides support through assessment and referral, group and individual counseling, psychiatry and well-being services.

**29,795**  
 total attended sessions at CMHC

**5,742**  
 unique clients served by CMHC providers

### Reasons Students Seek Care at CMHC:

Note: More than one presenting issue can be given.



- Individual Counseling**  
15,765 sessions
- Psychiatry**  
1,992 sessions
- Crisis Counseling**  
654 sessions
- Crisis Line Calls**  
1,122 calls
- Brief Assessments**  
6,624 assessments
- Case Management**  
1,472 sessions
- Group Counseling and Workshops**  
133 groups/workshops  
2,166 sessions

### Client Satisfaction

- 98%** would recommend CMHC to a friend.
- 98%** said if they had a problem with their mental health in the future, they would seek help from a mental health professional.
- 97%** said they felt safe discussing aspects of their identity with their counselor/psychiatrist.
- 96%** reported overall satisfaction with experience at CMHC.
- 95%** said their counseling/psychiatry has been helpful in addressing their concerns.

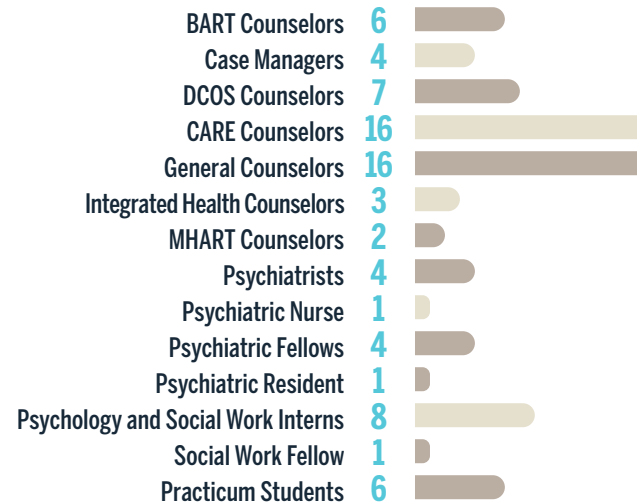
## OUR SERVICES HELP LONGHORNS FLOURISH

The Counseling and Mental Health Center consistently strives to develop innovative services and programs that adapt to the evolving needs of our student community.

- CMHC Achieves Accreditation Excellence**  
Achieved its first-ever accreditation from the Accreditation Association for Ambulatory Health Care (AAAHC), underscoring its leadership in college mental healthcare. This national recognition signifies that CMHC exceeds satisfactory standards, marking an important milestone in their commitment to excellence.
- CARE Program Expansion**  
The CARE Program expanded, introducing a dedicated counselor for UT for Me students and the Graduate School. UT for Me supports Pell-eligible students in succeeding and becoming change-makers in college. This partnership enhances the connection between mental health and academics, delivering tailored support in convenient, accessible locations.
- New McCombs Wellness Center**  
In Fall 2022, McCombs School of Business partnered with CMHC to open the McCombs Wellness Center in the CBA North Building. It provides printed resources, MindBody Lab tours, a yoga space and counseling, enhancing mental health services for students, faculty, and staff, promoting well-being and accessibility on campus.

## OUR STAFF UNDERSTAND WHAT IT MEANS TO BE A COLLEGE STUDENT TODAY

### CMHC Staff



- Counselors in Academic Residence (CARE)**  
**6,484** sessions  
CARE is integrated into **17** colleges and schools plus **1** in University Housing and Dining, **1** in the UT for Me program and **1** in the Graduate School
- Diversity Counseling and Outreach Specialists (DCOS)**  
**12,239** students, faculty and staff reached
- Graduate Trainee Programs**  
**2,897** sessions  
**1,008** unique clients served by Psychology and Social Work Interns, Social Work Fellows and Psychology Practicum Students
- Mental Health Assistance and Response Team (MHART)**  
**187** encounters with **85** UT community members

healthyminds



**Impact Statement**  
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# healthylives

## WE PROMOTE WELL-BEING FOR ALL STUDENTS

### WE DELIVER HIGH QUALITY PROGRAMS AND SERVICES

**AlcoholEdu**  
**98%** of students agreed that AlcoholEdu prepared them to help someone who may have alcohol poisoning.

**Sexual Assault Prevention for Undergraduates (SAPU)**  
**79%** agree that SAPU made them more confident in their ability to intervene when they see concerning behavior.

**VAV** **Voices Against Violence**  
**94%** of students felt confident explaining consent to a friend after attending a Voices Against Violence training.

**Get Kinetic**  
**81%** of students who participated in Get Kinetic said they are more likely to participate in physical activity in the future, and more than half feel more connected to the Kinsolving community after being involved.

**Healthyhorns Sleep**  
**4,280** sleep kits distributed

**Mindfulness Workshops**  
**2,350** students participated  
**94** workshops  
**98%** agree that the workshop helped them understand how to integrate mindfulness into their daily life.

**BASICS and CASICS**  
**86** students completed the program  
 Brief Alcohol Screening and Intervention for College Students (BASICS) and Cannabis Screening and Intervention for College Students (CASICS) programs help Longhorns consider how alcohol or cannabis affect their academics and well-being.

**Play It Safe Post**  
**85%** of students who use Play it Safe Post, a program providing free safer sex supplies to students in residence halls, said they are more likely to use condoms during sexual activity.

### STUDENT INVOLVEMENT IS CENTRAL TO OUR MISSION

**Student Employees and Interns**  
**35** students made LWC programs thrive  
**100%** of student employees/interns agree that working at LWC supports their growth as a whole person.

**Mental Health Ambassadors**  
**39** ambassadors and **42** student organizations

**Peer Educators**  
**63** workshops with **1,110** student participants  
**111** hours of condom distribution  
**1,501** service hours

**SHARE** **Longhorn SHARE Project**  
**29** peer support specialists  
**24** weekly peer support communities  
 SHARE communities represent a diverse range of topics related to common student mental health and/or interpersonal concerns, shared experiences or wellness goals.

**HSOP** **Healthy Student Organization Program**  
**18** student organizations  
 HSOP worked to embed health and wellness practices into the student organization's programming.

### WE DELIVER IMPORTANT HEALTH MESSAGES TO OUR STUDENTS

**Healthyhorns Text Program**  
**33,500** students subscribed  
**93%** of subscribed students found HHTXT to be valuable.  
**74%** of students changed their behavior based on a text they received from HHTXT.

**Signature Events**

- Suicide Prevention Week
- Relationship Violence Prevention Month
- Sexual Violence Prevention Month
- Mental Health Promotion Week
- mindful UT Week
- UT Sleep Week (new)

**Bruce the Bat on Social Media**  
**3,402** followers  
**848** followers  
**714** followers  
 Bruce the Bat works to correct misconceptions about alcohol use on campus and normalize the use of risk reduction strategies as a way to stay safe.

### WE WORK WITH FACULTY AND STAFF TO IMPROVE STUDENT WELL-BEING

**Well-Being in Learning Environments**  
**155** active faculty collaborators across **13** colleges and schools

**SHARE** **Longhorn SHARE Project**  
**6** full-day Mental Health First Aid trainings  
**125** staff and faculty certified

### LWC STAFF

**13** full-time professionals  
 LWC staff are professionals with experience in health promotion and population-level approaches to health and well-being.

### WE LAUNCHED NEW INITIATIVES

**UT Sleep Week**  
 Launched UT Sleep Week, offering students educational opportunities, resources and active learning experiences. Collected data to inform future sleep and rest programs.

**West Fest Collaboration with SHIFT**  
 Collaborated with SHIFT, UT Interfraternity Council and Sorority and Fraternity Life to provide harm reduction presentations to **19** fraternities (**1,357** students) before Spring 2023 West Fest. Produced educational materials and content.

**Mental Health Mini Grants Pilot**  
 Initiated Mental Health Mini Grants in April 2023 for student organizations, funding initiatives promoting mental health. Awarded **4** organizations a total of **\$1,700**.

**Longhorn Welcome Signature Event**  
 Partnered with New Student Services to host the inaugural Longhorn Welcome event, 'The Wellness Zone.' Hundreds of students explored wellness spaces and social activities.

healthylives

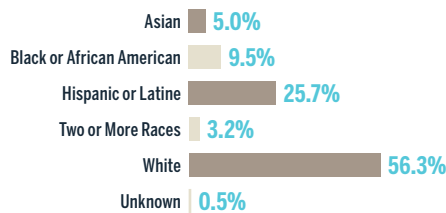
# healthyhorns

Enhancing the health and well-being of UT Austin students' bodies, minds and lives in support of their academic and personal goals

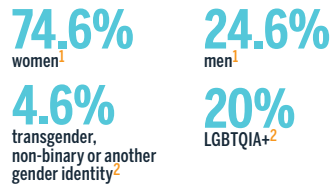
## Who We Are

Healthyhorns staff represent a variety of identities, backgrounds, experiences and perspectives that enrich the clinical and professional expertise we bring to our work with UT students.

### Race and Ethnicity<sup>1</sup>



### Sex, Gender Identity and Sexual Orientation



### Language, Culture and Religion<sup>2</sup>

**31.5%**  
are from a cultural or ethnic minority group

**22.3%**  
are from an immigrant family

**29%**  
speak language(s) in addition to English

**52.1%**  
have a religious or spiritual practice

### Other Demographic Characteristics

**28.3%**  
were first-generation college students<sup>2</sup>

**18.7%**  
live with a disability<sup>2</sup>

**2.4%**  
are military veterans<sup>1</sup>

**36.6%**  
have worked at Healthyhorns for 5+ years<sup>2</sup>

<sup>1</sup> Data source: Healthyhorns Human Resources (May 2023; n = 222). Human Resources data is drawn from university records, which use federal categories for sex (male, female, unknown). 0.8% of staff were in the unknown category at the time the data was collected.

<sup>2</sup> Data source: Healthyhorns optional staff identities survey (Feb-Mar 2023; n = 184).

