



Healthyhorns Impact Report

2024-2025



Supporting student success by caring for the whole person—every step of the Longhorn journey.



At Healthyhorns, we believe supporting student success means caring for the whole person.

Healthyhorns—the combined health and well-being departments made up of University Health Services, Counseling and Mental Health Center and Longhorn Wellness Center—embodies this approach.

Healthyhorns Organization



Healthyhorns on Campus



Counseling and Mental Health Center

- 17,000+ sq. ft. in the Student Services Building
- 19 CARE counselor offices in schools and colleges
- 3 MindBody Lounges on campus

University Health Services

- 45,000+ sq. ft. in the Student Services Building
- 69 exam rooms
- 6 procedure rooms

Longhorn Wellness Center

- 2,000+ sq. ft. in the Student Services Building
- Includes staff offices, open co-working and lounge space, and grab-and-go wellness supplies, including sleep kits, Narcan and safer sex supplies

This report highlights our impact over the 2024-2025 academic year and reaffirms our commitment to every Longhorn's health, well-being and success.

Healthyhorns Leadership



Chris Brownson, PhD
Associate Vice President
Health and Well-being
LONGHORN SINCE 1989



Marla Craig, PhD
Assistant Vice President
Counseling and Mental Health Center
LONGHORN SINCE 1995



Susan Hochman, MPH, FACHE
Assistant Vice President
University Health Services
LONGHORN SINCE 2010



Katy Redd, MPH, MSW
Executive Director
Longhorn Wellness Center
LONGHORN SINCE 2013

Excellence in Action



Collective Expertise in Student Well-being

Our collective team of professionals brings extensive experience in college health, mental health and health promotion.

Clinical Quality and Safety

Healthyhorns delivers high-quality, evidence-based services and is nationally accredited for safety and excellence.

Public Health Powerhouse

Healthyhorns lends leadership, expertise and innovation to help Longhorns stay safe and healthy.

Helping Students Navigate Their Well-Being

Healthyhorns helps students learn to navigate their own well-being—often for the first time—while creating a welcoming environment where they feel comfortable seeking support.

Key Achievements



Health and Well-Being Leadership Team Impact

Healthyhorns staff led the campus-wide Health and Well-Being Leadership Team, advancing strategic actions to strengthen student well-being across campus. A key achievement was the launch of the Health and Well-Being website, now featured on the main UT Austin website and accessible through Canvas.



Supporting Student Professional Development

In 2024–2025, Healthyhorns offered more than 230 paid and volunteer opportunities for UT students to build professional experience while supporting campus well-being. Across UHS, CMHC and the LWC, students served as peer educators, clinical assistants and more—supporting service delivery and shaping the campus wellness experience.

Healthyhorns College Partnerships Expand Student Well-Being Support

Healthyhorns expanded college-based well-being support through partnerships with the College of Liberal Arts and the College of Natural Sciences. In COLA, the Humanitas Student Well-Being Collective launched in Fall 2024, connecting students to CMHC and Longhorn Wellness Center services. In February 2025, CNS opened a new wellness center in Painter Hall that integrates CMHC Counselors in Academic Residence (CARE) and a food pantry.

Sharing Research on the National Stage

In July 2025, Healthyhorns staff and Student Health Advisory Committee (SHAC) students attended the American College Health Association (ACHA) annual meeting in New Orleans to share expertise, showcase research and engage with college health professionals nationwide. Presentation topics included mental health service utilization among South Asian students, campus wellness sustainability, lessons learned over a decade of the CARE program and the benefits of mindfulness during high-stress periods. These contributions highlight the national reach and impact of Healthyhorns in advancing student health and well-being.

Continuous Accreditation

University Health Services has maintained continuous accreditation by the Accreditation Association for Ambulatory Health Care since 1999, with Counseling and Mental Health Center successfully included under that accreditation for the first time during Spring 2023. The UHS Laboratory has remained accredited by the College of American Pathologists since 1983. Together, these accreditations reflect an ongoing commitment to quality, safety and student-centered care, with preparation underway for the next accreditation cycle in Spring 2026.

Research Output and Impact

Healthyhorns Undergraduate Research Mentorship

The inaugural group of undergraduate researchers developed a series of projects examining mental health risks, barriers and treatment utilization among South Asian undergraduate students at UT and across the U.S, resulting in the following honors and awards.

St. David's Foundation award (\$35,000) to create programming and build partnerships among South Asian religious community leaders to reduce mental health stigma and promote help-seeking

1st prize, Arts, Humanities and Social Sciences in the inaugural Texas Student Research Showdown (\$1,500) for a video summarizing their findings demonstrating differences in suicide risk among Asian ethnic subgroups

Finalist, Outstanding Research Communication Award in the 2025 Capital of Texas Undergraduate Research Conference

Selected Peer-Reviewed Publications by Healthyhorns Staff



Morpeth, J. E., Brownson, C., & Boyer, B. P. (2024).

[Demographic, academic, and clinical characteristics of college students hospitalized for psychiatric crises.](#) Journal of Counseling Psychology.



Morpeth, J. E., Brownson, C., Weppner, C. H., & Pitasky, S. N. (2025). [Voices](#)

[of students in crisis: Qualitative interviews with college students hospitalized for psychiatric distress.](#) Psychiatric Quarterly.



Boyer, B. P., Aguas, A., Klinginsmith, M. G., & Nelson, J.A. (2025).

[Examining social support and belonging as mental health protective factors for college students with adverse childhood experiences.](#) Journal of American College Health.

Selected Conference Presentations by Healthyhorns Staff

Managing Care for Hospitalized Students

Dr. Melissa Eshelman, Trisha Miller, Javier Ungo, LCSW-S, Aly Ramirez, LCSW-S

Southwest College Health Association Annual Meeting
January 2025

A Decade of CARE (Counselors in Academic Residence): Successes, Challenges and Lessons Learned

Laura Dupuis, LCSW-S, Dr. Brittany Boyer, Dr. Ginny Maril

American College Health Association Annual Meeting
May 2025

Nurturing Staff Sustainability and Retention Through Multi-Level Supportive Frameworks

Brittany O'Malley, MPH, Ashleigh Hala

American College Health Association Annual Meeting
May 2025

Examining Trends and Predictors of Students' Knowledge and Use of the 988 Suicide and Crisis Line

Dr. Afroze Shaikh, Dr. Brittany Boyer, Abigail Varghese, Katie Hurley, Derek Pruitt and Dr. Chris Brownson

ACHA Student Voices in College Health Poster Award Winner
May 2025

Healthyhorns Media Mentions

Healthyhorns is proud to be called upon by campus, local and national media as experts on a variety of topics.

Below is a sampling of our staff featured in media articles during this academic year.



After her inspiring talk at the Butler School of Music's convocation in Fall 2024, Niki Luibrand, LCSW-S, PMH-C, the CARE Counselor for the College of Fine Arts, was invited to join the [Butler School of Music podcast](#) to discuss mental health support for music students.



The Daily Texan featured insights from UT students and staff in the article, "[Prioritizing mental health as a student worker](#)" (Sept. 16, 2024). The piece highlights the unique mental health challenges faced by student employees and shares tips and resources from the Counseling and Mental Health Center to support student well-being.



The Daily Texan highlighted useful student tools in the article, "[Six apps every UT student should download](#)" (Oct. 9, 2024). The article recommends apps like Thrive at UT, Cove and LH Eats that help students with mental health, event discovery and dining options.



The Daily Texan highlighted STI awareness in "[Combating stigma, raising awareness of STIs at UT](#)" (Oct. 30, 2024). The article covers efforts to normalize STI testing and reduce stigma, featuring insights from public health specialists and student experiences.



The Daily Texan explored body image culture in "[Body positivity can be counterproductive](#)" (Nov. 21, 2024). The article highlights a shift toward body neutrality, with insights from Longhorn Wellness Center staff who encourage students to focus on what their bodies can do rather than how they look.



The Daily Texan addressed seasonal mental health in the column "[Weaving through the winter blues](#)" (Dec. 3, 2024). The piece discusses how the holiday season can exacerbate feelings of loneliness, fatigue and anxiety, particularly for students with unstable home environments and emphasizes the importance of acknowledging and addressing these emotions.



The Daily Texan highlighted campus psychiatric services in "[Longhorn Essentials: Campus Psychiatric Care](#)" (Feb. 6, 2025). The article outlines how CMHC helps students access medication and psychiatric support through low-cost services, brief assessments and referrals — emphasizing flexibility, affordability and the importance of destigmatizing mental healthcare on campus.



The Daily Texan emphasized the power of structure in the column "[Daily routines make a difference](#)" (Feb. 6, 2025), sharing how establishing consistent daily habits — like scheduled study blocks, self-care breaks and flexible rewards — can combat stress and improve productivity.



The Daily Texan spotlighted a major mental health initiative in "[UT System signs contract for institution-wide mental health modules](#)" (Apr. 7, 2025). The article reports that incoming students across all UT System campuses will have access to these mental health modules starting in fall 2025 — mirroring the existing alcohol and sexual assault trainings. Student Government leaders helped pitch the project, which includes self-care strategies, distress recognition and local support resources.



The Daily Texan promoted sun safety in "[Soak up the sun, not the skin damage](#)" (Apr. 23, 2025). The article shares expert tips from the Longhorn Wellness Center on preventing UV damage with sunscreen, shade and protective clothing.



The Daily Texan featured a student-centered guide in their podcast series Longhorn Essentials on April 24, 2025. The episode, "[Longhorn Essentials: Meditation](#)," explores campus mindfulness resources—from UT Skyspace to MindBody Lounges—and includes insights from a Longhorn Wellness Center expert.



The Daily Texan reflected on personal transformation in the opinion piece "[Ex marks the growth](#)" (June 20, 2025). The column highlights the emotional process of grief, healing and the value of letting go for self-growth, featuring insights from CMHC Clinical Director.

By the Numbers



60,671

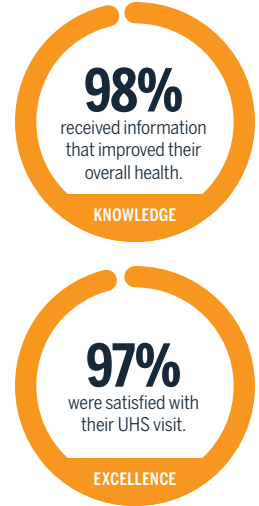
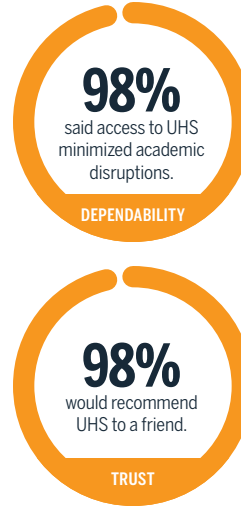
TOTAL ATTENDED VISITS

21,898

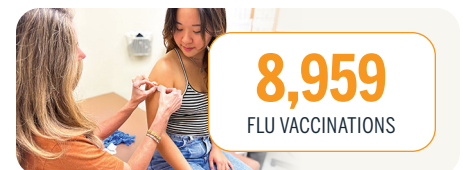
UNIQUE PATIENTS SERVED

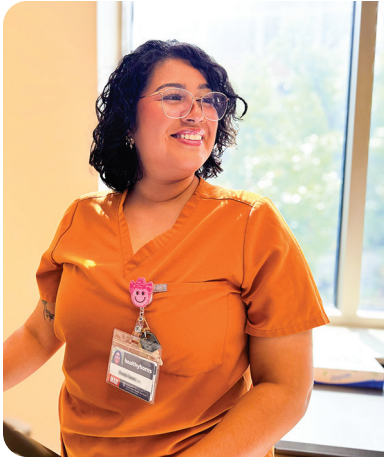
\$1,498,000

IN MEDICAL EXPENSES FOR UT STUDENTS
SUBSIDIZED BY UHS



Patient Visits by Clinical Area





Top Reasons Students Seek Care

- Allergies, colds, upper respiratory infections, flu, sore throats, swollen glands
- Immunizations, TB screenings/ follow-ups and travel health
- Sprains, strains, back pain and extremity injuries
- STI screenings and infections
- Hair, skin and nail concerns
- Annual gynecology exams, contraception and other gynecological concerns
- Eye and ear concerns
- Gastrointestinal problems
- Depression, anxiety, fatigue and other mental health concerns

REASONS SHOWN IN APPROXIMATE RANKED ORDER

UNIVERSITY HEALTH SERVICES

Team Highlights



Welcoming Our New Chief Medical Officer

Dr. Danielle Glade became Chief Medical Officer of University Health Services in May 2025. A former UHS General Medicine physician, she has held faculty and leadership roles at Dell Medical School and practiced pediatrics at Dell Children's and St. David's. Known for calm, collaborative leadership, Dr. Glade now oversees clinical care across UHS.



Long-Term Longhorn in New Leadership Role

In October 2024, Susan Hochman, MPH, FACHE became Executive Director of University Health Services. With over 20 years in college health, Hochman has held key leadership roles at UT Austin since 2010, guiding strategic initiatives, communications and health promotion. She brings a deep commitment to student well-being and a strong track record of campus impact to her role.

2024-2025 UHS Staff Service Awards



Robin Merket, MD
Physician, Sports Medicine
20 YEARS



Vicki Solis
Medical Assistant
20 YEARS



Patrick List, MD
Physician, Sports Medicine
15 YEARS



Stephen Blair, MD
Physician, General Medicine
10 YEARS



Tamela Fraga
Medical Assistant II
10 YEARS



Corey Mladenka
Sonographer, Radiology
10 YEARS

Key Achievements



Easier Access to STI Testing

As of October 2024, University Health Services now offers self-referred walk-in STI testing for students. Students can visit either the STI Nurse Screening Clinic or the Gynecology Clinic and choose their preferred test(s)—no provider appointment needed. This new option makes it easier for students to access drop-in STI testing alongside the scheduled appointment options available at UHS.



Expanded Gynecology Telehealth Hours

Starting October 2024, the Gynecology Clinic offers expanded telehealth hours. Students can now schedule morning, evening and weekend visits for contraception (including IUDs and implants), annual exams, STI testing, UTI evaluations and more—making it easier to get care.



Building Careers Through Clinical Experience

University Health Services' second year (2024-2025) of the Student Clinical Assistant Program offers paid, hands-on clinical experience. Designed for students pursuing careers in healthcare and medical sciences, the program combines education with real-world application. This year, the program expanded to include experience in Sports Medicine.



UHS Named Finalist for National Quality Improvement Award

In Summer 2025, a UHS quality improvement study was named a finalist for the prestigious Bernie Kershner Quality Improvement Award by the American Association for Ambulatory Health Care (AAAHC). This national recognition highlights UHS's dedication to continuous improvement in patient care. Dr. Danielle Glade and Ellyn Lizakowski, FNP, will be representing UHS through virtual and in-person presentations at AAAHC's Achieving Accreditation conference.

Student Testimonials

“ Y’all never disappoint! I never have to wait long, and every doctor I’ve seen has been so kind and understanding. I absolutely love UHS! ”



“ Having a clinic just a short walk from where I need to be for my on-campus commitments is a huge help. ”

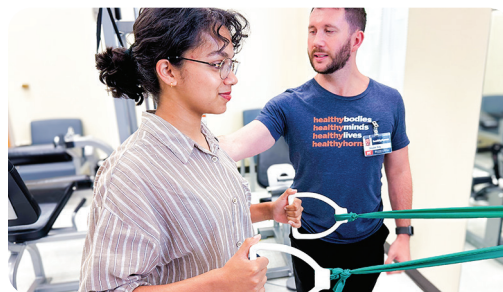
“ My provider was amazing—really attentive and helpful when I had questions about my care. Every visit to UHS has been a great experience, and I always recommend their services to friends and classmates. ”

“ The staff were friendly and welcoming, and it was so convenient to get a flu shot during my visit. My provider has been wonderful—kind, approachable, and great at helping me feel comfortable during appointments. They always take time to explain things clearly and empower me to understand my body and recognize potential concerns. I recommend UHS to all my friends! ”

“ I appreciate the accessibility and affordability of services offered through UHS. ”

“ My PA along with the nurses and front desk staff, were quick, respectful and thorough. They listened carefully, helped ease my concerns and provided solutions right away. ”

“ My provider has always been knowledgeable and encouraging in helping me with my post-surgical physical therapy. I really appreciate her attentiveness to my concerns and her ability to adjust my exercise plan as I progress. Her thoroughness and professionalism mean so much. ”



“ My provider was incredibly professional and skilled—both in answering my questions and during the procedure itself. It was quick, painless and handled with great care. The small details made the experience that much better. ”

“ I’ve had a few general medicine visits for ongoing care, and my provider has been one of the best I’ve worked with in Austin. They listen attentively, take my concerns seriously, and never make me feel rushed—something that can be rare in medical settings. Their compassion and thoroughness have made a huge difference and encouraged me to stay engaged with student health services. ”

By the Numbers



38,057
TOTAL ATTENDED SESSIONS

6,792
UNIQUE STUDENTS SERVED



Visits by Clinical Area



14,482
INDIVIDUAL COUNSELING SESSIONS

9,945
TIMELYCARE SESSIONS

6,628
BRIEF ASSESSMENTS

1,987
GROUP AND WORKSHOP SESSIONS

1,935
CASE MANAGEMENT APPOINTMENTS

1,503
PSYCHIATRY SESSIONS

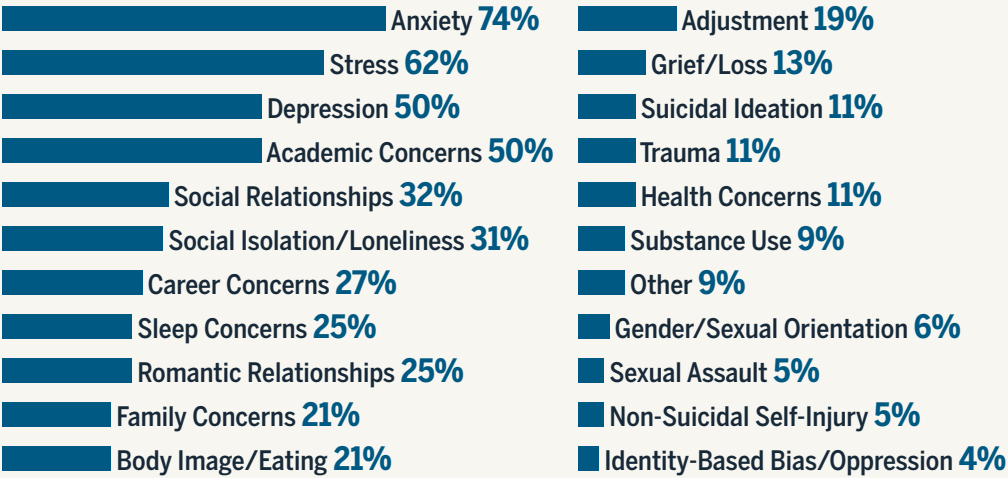
731
CRISIS LINE CALLS

519
CRISIS COUNSELING SESSIONS

326
PSYCHOLOGICAL ASSESSMENT APPOINTMENTS



Reasons Students Seek Care at CMHC



NOTE: MORE THAN ONE PRESENTING ISSUE CAN BE GIVEN.

COUNSELING AND MENTAL HEALTH CENTER

Team Highlights



A New Chapter for Graduate Training at CMHC

Joey Hannah, PhD, became Director of the Training Program at the Counseling and Mental Health Center in fall 2025. A licensed psychologist with a PhD in Counseling Psychology from the University of Florida, Dr. Hannah has been part of CMHC since 2014 and brings extensive experience in clinical training and supervision. His professional interests include anxiety, depression, trauma recovery, grief and loss, and suicide prevention and intervention. In his new role, he leads CMHC's graduate training programs, supporting a cohort of 12-15 trainees each year and continuing the center's long-standing commitment to high-quality training experiences that directly support student well-being.

2024-2025 CMHC Staff Service Awards



Michelle Rivera
Assistant to Assistant Vice President
25 YEARS



Toby LeBlanc, LPC-S
CARE and Medical Withdrawal Coordinator
15 YEARS



Joey Hannah, PhD
Director, Training Program
10 YEARS



Korin Schruben, LCSW
Brief Assessment and Referral Counselor
10 YEARS

Key Achievements



A Decade of CARE at UT Austin

As of fall 2024, Counselors in Academic Residence (CARE) celebrated 10 years at UT Austin. Established in 2014, this transformative program is a partnership between the Counseling and Mental Health Center and the Office of the Provost. It places licensed mental health professionals within schools and colleges, providing accessible mental health support to all students.



Spotlight on TimelyCare

Launched in 2022, TimelyCare provides free, 24/7 virtual mental health and well-being support to students at all UT System institutions. Students can connect with providers who offer support in more than 240 languages. The platform is accessible on campus, throughout Texas, across the U.S., and even abroad.

Student Testimonials

“ Counseling has been one of most meaningful experiences I've ever had. Having someone so caring truly listen and offer support gave me a sense of hope and reassurance I'll never forget. That's what my counselor provided for me. ”



“ I'm finally in a space where I can openly talk, communicate and connect one-on-one with someone about my struggles—without fear of judgment or repercussions. ”

“ There was so much patience and empathy in every conversation, along with deeply thoughtful and productive discussions about what I was experiencing. ”

“ Honestly, the convenience of scheduling and location made it possible for me to seek help—something I'd never done before. Getting support I might not have sought otherwise has greatly improved my overall quality of life. ”

“ My counselor empowers me to take an active role in deciding the best course of action to reach my goals. That sense of ownership makes the process feel collaborative rather than instructional. ”

“ The most helpful part was how easy it was to connect with a mental health professional. Scheduling was simple, stress-free and very flexible. ”

“ Being connected with the right professionals for each situation and receiving a follow-up call when I expressed interest in starting therapy made all the difference. ”

“ People were kind, and the 5th floor felt like a welcoming space. What helped most was feeling heard and realizing I wasn't alone anymore. ”

“ I really appreciate how the counseling is tailored to students and connects us with specific UT resources that are most helpful for our situations. ”

“ What was most helpful was the flexibility in scheduling appointments and how quickly they worked to get me in. Since I meet with a CARE counselor, I was able to stop by during office hours, explain why I wanted an appointment and she was so attentive and understanding—she got me scheduled right away. ”

“ I really appreciate having a counselor located within my college. As a graduate student, I don't often visit other parts of campus, so it's great not having to go far for support. I prefer in-person sessions to telehealth, and having my counselor nearby was a big motivator for me to start counseling. ”

Health Promotion Initiatives



Educational Workshops

132 workshops delivered to students, faculty and staff

95%

of participants said they learned something valuable to support their health and well-being.



Get Kinetic

Residential Physical Activity Program

87%

of participants said they felt more connected to the Kinsolving community after being involved.

Required Online Education for Incoming Students

10,844 incoming first-year students completed two modules addressing substance misuse prevention and sexual assault prevention

75%

agreed that the modules made them more confident in their ability to intervene.

Substance Use Screening Program

85 student participants considered how alcohol or cannabis impacts their academics and well-being

Health Messaging

Healthyhorns Text Program

27,000 students received regular text messages with campus resource updates and tips for staying healthy

68%

of subscribers reported changing a behavior based on a Healthyhorns text.

Bruce the Bat on Social Media

This campaign challenges misconceptions about peers' alcohol use and promotes safer, lower-risk choices

89%

of students who saw the campaign, shared what they learned with friends.

Resource Distribution



Sleep Kits
6,244 students received a sleep kit to promote better rest and encourage healthy sleep habits

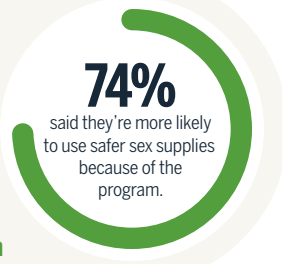


Mental Health Mini Grants
\$10,920 awarded to 24 student organizations to support events and programs promoting student mental health

Safer Sex Supply Distribution

The Play It Safe Post program provides free safer sex supplies in UT residence halls to make safer sex resources more accessible

256 students utilized the program



Naloxone Pickup Point

144 boxes of naloxone, an overdose prevention medication, were picked up from the LWC in collaboration with UT SHIFT's Operation Naloxone program

Student Health Leaders

Student Employees and Interns

26 student staff members helped programs thrive



Longhorn SHARE Peer Support Program

30 peer support specialists helped 1,413 students connect and support one another around shared experiences and mental health goals



Longhorn Wellness Peer Educators

33 workshops delivered to **1,027** student participants

1,350 service hours completed promoting health and well-being across campus

Key Achievements

Well-being Resources in Residence Hall Showrooms

In Fall 2024, LWC partnered with University Housing and Dining to bring well-being resources into residence hall showrooms, helping students set up their rooms for success and learn healthy choices early in college.

Texas Well-being Faculty Ambassadors Program

The initiative expands the reach of Texas Well-being and empowers faculty to lead efforts that promote well-being in classrooms and beyond, helping to build a healthier, more supportive academic environment for all members of the UT community.

In Spring 2025, LWC piloted the program, placing 7 well-being champions across 6 academic schools and colleges.

Longhorns Listen: Suicide Prevention Training

LWC launched Longhorns Listen: Suicide Prevention Training, a new program aligned with a UT System-wide initiative. During 2024–2025, efforts focused on building a strong foundation by training 22 facilitators to lead campus workshops, positioning the program for broader training and impact during the 2025–2026 academic year.

Well-being for Student Organizations

LWC launched Well-being for Student Organizations, a pilot program that supports student organizations in improving the health and well-being of their group and members.

A total of 6 student organizations participated in the pilot, reaching a total of 961 students.

Team Highlights



From Student Government President to Mental Health Policy Fellow

Grace Kelly, 2024–2025 UT Austin Student Government President, became a Mental Health Policy Fellow in Summer 2025. As Student Government President, Kelly helped implement key initiatives like the new mental health and well-being module, which is required for all incoming students. In her current role, she works on various special projects related to student well-being in CMHC and LWC.

Contributions to the Field of College Health Promotion

LWC staff reached over 400 professionals across the nation, sharing insights at professional conferences.

- Brittany O'Malley, MPH, Associate Director, Prevention, is an author of the 2025 American College Health Association's *Organizational Structures for Health Promotion in Higher Education* guide.
- Thea Woodruff, PhD, Well-Being in Learning Environments Coordinator, was the lead author of nationwide online modules for university faculty on supporting student well-being through Vector Solutions.

Campus Collaborations



Sexual Assault Awareness Month

Voices Against Violence partnered with Title IX, Horns Against Hazing, UTPD Victim Services, SHIFT Makers and others to host a Sexual Assault Awareness Month Resource Fair with 200+ participants.



Mindfulness Summit

In collaboration with the Blanton Museum of Art and Native American and Indigenous Studies, this event featured a keynote address, 7 guided mindfulness sessions, 6 independent activities and a community picnic attended by 130 participants.



West Fest Ready Workshops

In partnership with SHIFT, Center for Students in Recovery, Sorority and Fraternity Life, the Interfraternity Council and the Panhellenic Council, these workshops provided education and resources to promote safer experiences during West Fest.

Following the training:

- 94% of students reported confidence in their ability to make a plan to minimize risk if they choose to use alcohol or drugs.
- 92% felt confident stepping in if they see a potentially harmful situation.

Student Testimonials

“ I always feel uplifted, empowered and valued by all LWC staff. They celebrate my wins, grant me grace and time when I need a breather and have cheered me on this entire year. ”

“ After participating in a SHARE community, I felt like I was around people who genuinely wanted to support others. It gave me comfort and made me feel like I could actually manage things that were hard. ”

“ I love how welcoming everyone is in the peer educator program and how we’re all working together to make our campus better. ”

“ I love that the Longhorn Wellness Center provides free resources that promote student health and that they’re constantly working to promote wellness among students. ”

healthyhorns

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

University Health Services
Counseling and Mental Health Center
Longhorn Wellness Center

Division of Student Affairs

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TEXAS
The University of Texas at Austin