

# healthyhorns

Impact Statement 2021-2022



University Health Services  
Counseling and Mental Health Center  
Longhorn Wellness Center

# healthybodies

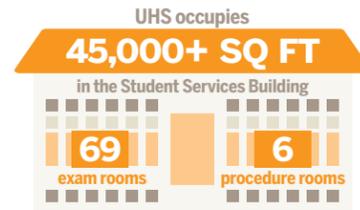
Impact Statement  
 2021-2022

## WE ADVANCE LONGHORNS' HEALTH

**51,143**  
 total attended visits in UHS

**18,768**  
 unique patients served by UHS

### Patient Satisfaction



### Top Reasons

#### Students seek care at UHS:

- 1 COVID-19 testing and related concerns
- 2 Sprains, strains, back pain and extremity injuries
- 3 Allergies, colds, URIs and flu
- 4 Hair, skin, nail concerns
- 5 Immunizations, TB screenings and travel immunizations
- 6 Contraception
- 7 STI screening and infections
- 8 Sore throats and swollen glands
- 9 Eye and ear concerns
- 10 Depression, anxiety and other mental health concerns

- Primary Care**  
20,998 visits (10,919 telehealth)
- Gynecology**  
8,023 visits (1,572 telehealth)
- Nutrition Services**  
617 visits (511 telehealth)
- Integrated Health**  
1,401 visits (1,273 telehealth)
- Physical Therapy**  
4,660 visits
- Ultrasounds & X-rays**  
634 visits
- STI Screening**  
1,959 visits

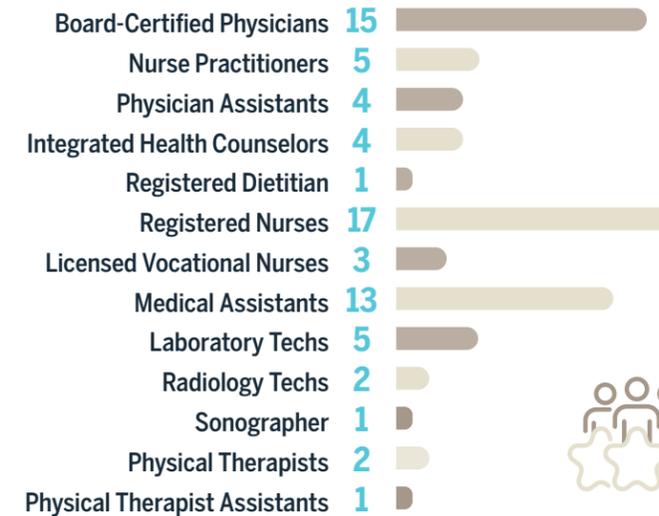
- Urgent Care**  
3,808 visits
- Sports Medicine**  
3,077 visits
- Allergy, Immunization & Travel**  
5,966 visits (250 telehealth)
- Laboratory Tests**  
46,515 tests (13,874 COVID-19 Tests)
- Nurse Triage Calls**  
10,333 calls
- Flu Shots Administered**  
12,171 shots
- Proactive Community Testing**  
142,865 tests administered

## NEW INITIATIVES AND ACCOMPLISHMENTS

- Get The Vax COVID-19 Vaccine Clinic**  
UHS implemented an in-house COVID-19 vaccine clinic for students, faculty and staff.
- Developed a Blended Service Model**  
UHS continued to develop a blended model of both in-person care and telehealth provider visits with referrals for onsite lab, radiology and nursing visits, as needed.
- New Nutrition Workshops**  
UHS offered several new nutrition workshops on topics including meal planning, grocery shopping and cooking; intuitive and mindful eating; emotional eating; nutrition for polycystic ovarian syndrome; nutrition for heart health and diabetes; and sustainable nutrition for a healthy planet.
- Increased Access to STI Screening Nurse Visits**  
UHS increased access to STI screening nurse visits by doubling the number of appointments available per day.

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

### UHS Staff



### Developing Our Future Workforce

**40** Student Health Advisory Committee Members  
**223** Student Volunteers at Proactive Community Testing  
**2,239** Student Volunteer Hours at Proactive Community Testing

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# healthyminds

Impact Statement  
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## WE SUPPORT LONGHORNS' MENTAL HEALTH

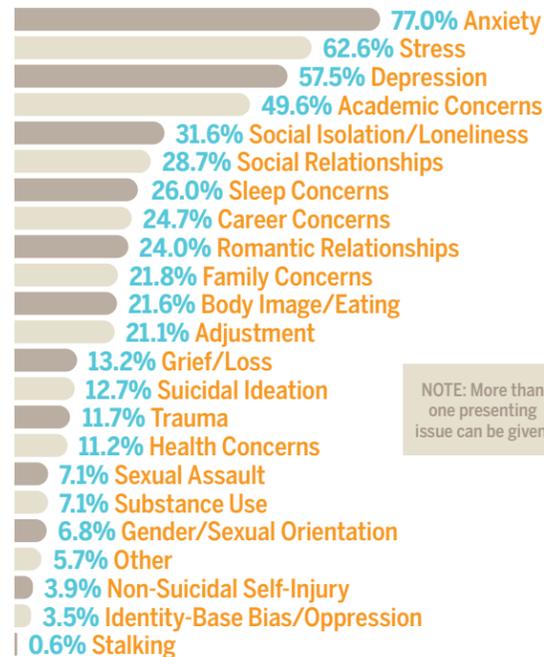
The Counseling and Mental Health Center (CMHC) is committed to providing high-quality care to patients of all ages, races, ethnicities, physical abilities or attributes, religions, sexual orientations and gender identities/expressions.

**28,017** total attended sessions at CMHC  
**6,386** unique clients served by CMHC

### Client Satisfaction



### Reasons students seek care at CMHC:



NOTE: More than one presenting issue can be given.



## OUR SERVICES HELP LONGHORNS FLOURISH

While CMHC continues to offer high-quality, individual counseling appointments, we are proud to offer other services that meet the different needs of our students, faculty and staff.

- Expanding Our Staff**  
Hired additional clinical and administrative staff.
- Mental Health Conversations**  
A simulation platform that allows faculty, staff and students to practice having life-saving conversations with students who are experiencing distress and/or suicidal ideation.  
**84%** of participants said they could speak with a fellow student in psychological distress after the training (as opposed to **45%** before the training).
- Expanded CARE Program**  
Hired additional clinical staff in the Counselors in Academic Residence (CARE) program to address the growing demands in the colleges and schools.
- MHART**  
In partnership with several other departments on campus, launched the first-ever Mental Health Assistance and Response Team (MHART) in Fall 2021. After one year of service, the program continues to unite mental health professionals and specially trained law enforcement officers in the UT Police Department who respond to members of the UT community who are experiencing mental health crises.
- Continued to Provide Student Access to My SSP**  
Through the My Student Support Program (My SSP), UT students can access mental health services and well-being resources 24/7 via the app, the web or the phone regardless of their current location. Providers also speak a multitude of different languages.

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

- Counselors in Academic Residence (CARE)**  
integrated into **17** colleges and schools plus **1** in University Housing and Dining, **5,404** attended visits
- Diversity Counseling and Outreach Specialists (DCOS)**  
**7** specialists and **2,107** students, faculty and staff reached
- Professional Training Programs**  
**4,678** attended sessions  
**1,694** unique clients served by Psychology and Social Work Interns, Social Work Fellows and Psychology Practicum Students
- Developing Our Future Workforce**  
**10** CMHC Student Advisory Committee Members

Triage Counselors	6
Case Managers	4
DCOS Counselors	7
CARE Counselors	17
General Counselors	12
Integrated Health Counselors	4
Psychiatrists	4
Psychiatric Nurse	1
Fellows	3
Interns	8
Practicum Students	9

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**Impact Statement**  
 2021-2022

# healthylives

## WE PROMOTE WELL-BEING FOR ALL STUDENTS

### WE DELIVER HIGH QUALITY PROGRAMS AND SERVICES

 **97% of Incoming UT Students** completed online health education modules about the prevention of high risk drinking and sexual assault

 **Mindfulness Sessions**  
**300** incoming students attended during New Student Orientation

 **Voices Against Violence**  
**93%** of students felt confident explaining consent to a friend after attending a Voices Against Violence training

 **Get Yourself Tested (GYT)**  
 free STI testing to **262** students funded by the Student Services Budget Committee

 **Brief Alcohol Screening and Intervention for College Students (BASICS) and Cannabis Screening and Intervention for College Students (CASICS)**  
**88** students completed the program designed for any Longhorn who is thinking about how alcohol or cannabis or both are affecting their personal well-being and academics

 **Mental Health and Suicide Prevention**  
**62** virtual workshops facilitated by LWC professional staff for about **800** participants

### STUDENT INVOLVEMENT IS CENTRAL TO OUR MISSION

 **21 Students** worked or interned in the LWC to make our programs thrive

 **Peer Educators** hosted **71** workshops, delivered to **2,802** student participants and completed **73** hours of condom distribution and **520** service hours

 **Mental Health Ambassador** program trained **57** ambassadors representing **52** student organizations

 **Healthy Student Organization Program** worked with **31** student organizations to embed health and wellness practices into their programming

## WE DELIVER IMPORTANT HEALTH MESSAGES TO OUR STUDENTS

 **Healthyhorns Text Program**  
**24,621** students subscribed to Healthyhorns texts  
**95%** of subscribed students found HHTXT to be somewhat or very valuable

 **Signature Events**  
 Suicide Prevention Week, Relationship Violence Prevention Month, Mental Health Promotion Week and mindfulUT Week

 **Bruce the Bat on Social Media**  
 **720** followers  **531** followers  **3,496** 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**  
**138** active faculty collaborators across **12** colleges  
 Students described **69%** of Well-being in Learning Environments faculty as "extremely supportive of their mental health" compared with **45%** of non-Well-being in Learning Environments faculty.

 **Launched Mental Health Conversations**  
 A simulation platform that allows faculty, staff and students to practice having important and life-saving conversations with students who are experiencing distress and/or suicidal ideation.

## OUR STAFF

The Longhorn Wellness Center staff are professionals with experience in health promotion and population-level approaches to health and wellness.

 **13 Full-time Staff**

## WE LAUNCHED NEW INITIATIVES

 **Longhorn SHARE Project**  
 Informal, non-clinical peer support where students with similar experiences can connect authentically and learn from each other.  
 Early impact: In its first year, the SHARE project established a training program that began with **10** student leaders and **9** weekly peer support communities.

 **mindful UT**  
 mindful UT supports the mental health of UT students with mindfulness through a healing and equity-centered lens. This is accomplished through mindfulness-based classes, workshops and trainings.  
 Early impact: **94%** of students said that learning about mindfulness helped them better manage stress and/or difficult emotions.

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

Healthyhorns Impact Statement © 2022

University Health Services  
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Longhorn Wellness Center

Division of Student Affairs



# TEXAS

The University of Texas at Austin