



# healthybodies

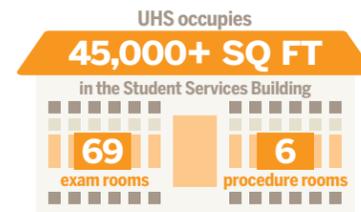
**Impact Statement  
 2019-2020**

## WE ADVANCE LONGHORNS' HEALTH

**55,770**  
 total attended  
 visits in UHS

**19,696**  
 unique patients  
 served by UHS

### Patient Satisfaction



### Top Reasons

#### Students seek care at UHS:

- 1 Allergies, colds, upper respiratory infections, flu
- 2 Immunizations, TB screening, travel
- 3 Sprains, strains, back pain, extremity injuries
- 4 STI screening and infections
- 5 Hair, skin, nail problems
- 6 Contraception
- 7 Sore throat or swollen glands
- 8 Annual gynecological exams
- 9 COVID-19
- 10 Ear or eye problems

- Primary Care**  
21,693 visits (3,869 telehealth)
- Women's Health**  
8,189 visits (1,508 telehealth)
- Allergy & Immunization**  
5,995 visits (105 telehealth)
- Integrated Health**  
1,129 visits (203 telehealth)
- Physical Therapy**  
4,060 visits (381 telehealth)
- Ultrasounds & X-rays**  
2,604 visits
- STI Screening**  
1,351 visits

- Urgent Care**  
5,810 visits
- Sports Medicine**  
3,924 visits (200 telehealth)
- Travel Health**  
214 visits
- Nutrition Services**  
801 visits (356 telehealth)
- Laboratory Tests**  
37,997 tests
- Nurse Triage Calls**  
11,759 calls
- Flu Shots Administered**  
16,114 shots



For 100 years, University Health Services has cared for the health and well-being of UT Austin students. That's a century of treating fevers, coughs, broken bones, depression, strep throat and much more. Always an important fixture in the life of students, UHS was at the core of the campus response to the 1918 flu pandemic and, today, the COVID-19 pandemic.

## WE CARE ABOUT THE HEALTH OF ALL LONGHORNS

Through our public health mission and extension of our services beyond appointments, we lead the way for all faculty, staff and students to stay healthy.

**COVID-19 Testing**  
 4,490 tests

**Clinic**  
 1,869

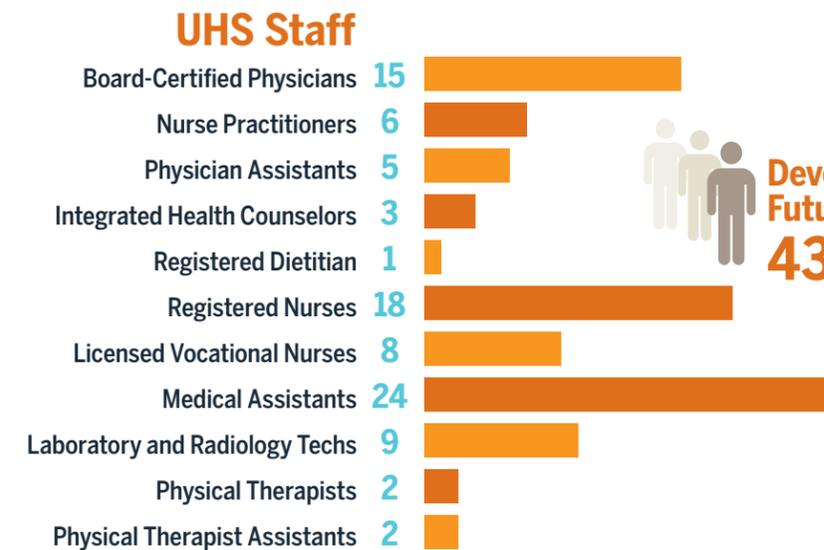
**Proactive Community Testing**  
 2,621

### Measles Immunity Requirement

In response to increasing U.S. measles cases in 2019, UHS implemented a requirement for incoming students to provide proof of immunity to measles. The new requirement provides UHS with quick access to students' immune status, reduces missed class time and ensures that academic progress isn't affected due to exposure to this illness.

The measles, mumps and rubella (MMR) vaccines are about **97%** effective after two doses.

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



**Developing Our Future Workforce**  
**43** Student Health Advisory Committee Members

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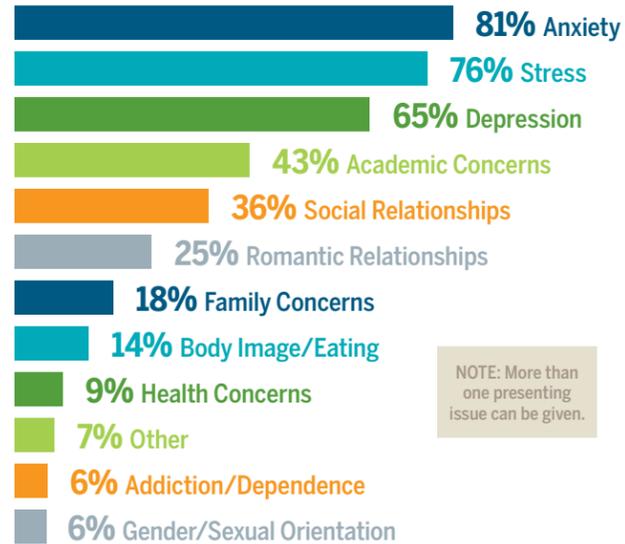
**Impact Statement  
 2019-2020**

# healthyminds

## WE SUPPORT LONGHORNS' MENTAL HEALTH

The Counseling and Mental Health Center (CMHC) serves our diverse campus community by providing high quality, innovative and culturally informed mental health programs and services that enhance and support students' well-being, academic and life goals.

### Reasons students seek care at CMHC:



NOTE: More than one presenting issue can be given.

**26,002**  
total attended sessions at CMHC

**6,402**  
unique patients served by CMHC

### Patient Satisfaction



**Individual Counseling**  
14,536 sessions

**Psychiatry**  
1,656 sessions

**Crisis Counseling**  
676 sessions

**Crisis Line Calls**  
1,508 calls

**Brief Assessments**  
7,381 assessments

**Group Counseling**  
245 sessions

## 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.

• **Groups and workshops** offer a unique setting in which peer interactions facilitate self-improvement and a sense of community.

 **Groups and Workshops**  
118 offered

- Expanded the **case management program** to increase our capacity to successfully connect students with community mental health providers who provide longer-term, specialized care.
- Organized the campus-wide **Mental Health and Well-Being Symposium** including a keynote by Dr. Jean Twenge, an expert panel discussion and an opportunity to receive training about supporting students in distress.
- Launched an **Intensive Outpatient Program for Eating Disorders** through a partnership with the Eating Recovery Center.

• **MindBody Lab** is a self-paced environment designed to help UT students explore resources for improving their emotional and physical health.

 **MindBody Lab**  
698 visits (55 visits 2/25-8/31)

• **Thrive at UT** is a free app designed to help busy students live their best lives. Thrive helps students make small changes in their routine that have powerful, long-term impacts.

 **Thrive at UT expanded to 12 UT System schools**  
95% of UT System students reported that Thrive at UT helped enhance their well-being

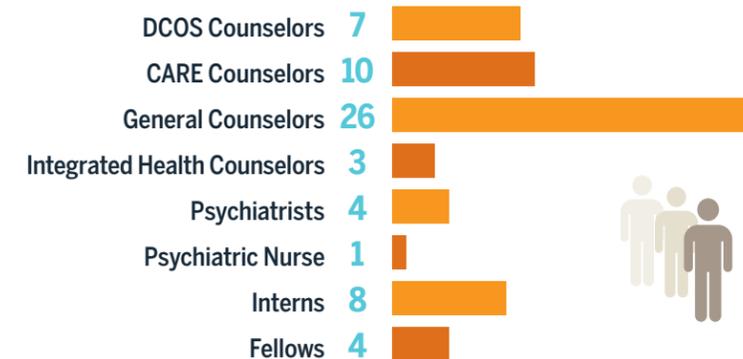
## OUR STAFF UNDERSTAND WHAT IT MEANS TO BE A COLLEGE STUDENT TODAY

 **Counselors in Academic Residence (CARE)** integrated into 15 colleges and schools plus 1 in University Housing and Dining, 3,854 attended visits

 **Diversity Counseling and Outreach Specialists (DCOS)** 7 specialists and 4,059 students, faculty and staff reached

 **Professional Training Programs** 3,175 attended sessions 1,309 unique clients served by Psychology and Social Work Interns, Social Work Fellows and Psychology Practicum Students

### CMHC Staff



 **Developing Our Future Workforce**  
12 Student Volunteers  
10 CMHC Student Advisory Committee Members

healthyminds



**Impact Statement  
 2019-2020**

# healthylives

## WE LAUNCHED A UNIFIED TEAM



Two separate health promotion teams in the Counseling and Mental Health Center and University Health Services came together to become the **Longhorn Wellness Center**. In fall 2019 we held a grand re-opening of our remodeled space and officially launched our new name.

## EVEN DURING A PANDEMIC, WE GREW OUR PROGRAMS AND SERVICES

**95% of Incoming UT Students** completed online health education modules about the prevention of high risk drinking and sexual assault, which remains a high completion rate nationally

**Cannabis Screening and Intervention for College Students** launched virtual sessions in March 2020 complements the established Brief Alcohol Screening and Intervention for College Students (BASICS)

**Healthy Relationships** new content including a workshop and digital poster and video series about healthy relationships

**Get Yourself Tested** free STI testing to **157** students funded by the Student Services Budget Committee

## OUR STUDENT INVOLVEMENT IS CENTRAL TO OUR MISSION

**128 Students** work or volunteer in our office to make our programs thrive

**HSOP Healthy Student Organization Program** worked with **39** student organizations to embed health and wellness practices and was recognized by the Austin City Council

**Mental Health Promotion and Healthyhorns Peer Educators** **110** workshops delivered **2,503** students reached **2,590** hours of volunteer service

**Mental Health Ambassador** program trained **30** ambassadors representing **25** organizations to make positive changes to promote mental health within their student organization

**Signature Events** by **2** sponsored student organizations Relationship Violence Prevention Month, Sexual Violence Prevention Month (Voices Against Violence) and Mental Health Promotion Week (Student Mental Health Alliance)

**Mental Health and Suicide Prevention** **83** workshops facilitated by LWC professional staff for **2,091** participants

## WE DELIVER IMPORTANT HEALTH MESSAGES TO STUDENTS

**Alcohol and Consent Health Communication Campaign** was created in partnership with UT's Center for Health Communication

**Social Norms Campaign Bruce the Bat**  
 Instagram: **437** followers  
 Twitter: **729** followers  
 Facebook: **3,667** followers  
 worked to correct misperceptions about alcohol use on campus and normalize the use of risk reduction strategies as a way to stay safe

**Healthyhorns Text Program** over **12,900** students subscribed  
**86%** of recipients found these messages valuable during COVID-19

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

**Well-being in Learning Environments (WBLE)** works with over **85** faculty members to embed conditions for well-being in their classrooms

**BeVocal's Faculty Advisory Board** developed online learning opportunities and tailored workshops for faculty members to engage in bystander intervention

## WE PROVIDE HEALTH RESOURCES FOR THE CAMPUS

**High Quality Materials** were provided to faculty, staff and students to help them build practices that promote well-being  
**1,000+** gratitude journals, **3,162** sleep kits and **1,729** WBLE guidebooks

## OUR STAFF

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

**12 Full-time Staff** build programs, mobilize students, evaluate initiatives and leverage partnerships with the campus community to advance students' health

healthylives

# healthyhorns

## WE STEPPED UP FOR COVID-19

When a global health crisis emerged at the beginning of 2020, staff from University Health Services, Counseling and Mental Health Center and Longhorn Wellness Center led campus efforts to protect the health and safety of our Longhorn Community. We quickly adapted services to continue providing care for students via virtual platforms, and staff united with partners across campus to create an environment to safely sustain the core functions of the university.



**Telehealth Visits**  
6,622 in UHS, 7,973 in CMHC

## WE STRENGTHENED COLLABORATIVE PUBLIC HEALTH PARTERSHIPS

- UT Health Austin/UT Austin Dell Medical School
- UT Occupational Health Program
- UT Austin High-Throughput Testing Core (HTTC), Center for Biomedical Research Support
- UT Athletics Big Ticket Testing
- Protect Texas Together app
- UT COVID-19 Modeling Consortium
- Center for Youth Mental Health, UT Dell Medical School
- UT's administration of Student Experience in the Research University (SERU) COVID-19 survey
- UT Center for Health Communication
- Austin Public Health
- Texas Department of State Health Services
- Penn State University (state-by-state guide to the rules/laws about telehealth and telemedicine services across state lines)

## WE ADAPTED OUR PRACTICE AND LED OUR CAMPUS

- Established the UHS Designated Respiratory Clinic to safely evaluate patients with COVID-19 symptoms
- Led and participated in dozens of campus-wide committees to create and sustain conditions to safely continue the core functions of the university
- Initiated in-house testing of symptomatic individuals and close contacts
- In collaboration with the HTTC Lab, built UT Proactive Community Testing infrastructure to monitor asymptomatic infections on campus
- Modified our clinical space to facilitate a safer environment for patients and staff



**COVID-19 Dashboard**  
900,000+ views (July-August 2020)

- Expanded hours for CMHC and provided private office spaces for students to meet virtually with a counselor
- In partnership with UT Health Austin, UT Dell Medical School, HTTC Lab, Austin Public Health and UT Occupational Health Program, was among the first higher education institutions to create a public dashboard to track student and faculty/staff COVID-19 cases
- Waived UHS and CMHC summer service extension fees and extended eligibility of May graduates through summer to ensure ongoing access to care

## WE MET THE NEED FOR WELL-BEING

The many adaptations required of our students to stay healthy and safe has put a strain on mental health and well-being. Our Longhorn Wellness Center staff adapted quickly as our campus went virtual:

- Created online health and wellness Canvas modules for faculty to embed in their courses
- Provided creative virtual programming and workshops, including the migration of annual Mental Health Promotion Week and Fuel Up for Finals events online
- Produced "Staying Well While Social Distancing" web content
- Created relevant health messages for social media
- Created a guide for well-being in virtual learning environments

## WE CREATED MENTAL HEALTH GROUPS TO ADDRESS STUDENTS' COVID-19-RELATED CONCERNS

- Weathering the Storm: Discussion Group for Students Struggling with the Impact of the COVID-19 Pandemic
- Far from Home: COVID-19 Discussion Group for International Students
- Living with COVID-19: Discussion Group for Those Who Are Positively Diagnosed
- There for Each Other: Discussion Group for Asian and Asian-American Students Experiencing COVID-19 Related Stigma and Racism
- Coping with the COVID-19 Crisis Workshop
- Caretaking During COVID-19

## WE CREATED SPACES AND IMPROVED SERVICES TO PROMOTE DIVERSITY AND EQUITY IN HEALTH

Healthyhorns units understand that there are nuanced intersections between identities, access, environment and health. As units that promote well-being and provide services to improve health, we are also committed to consistent improvement in our services to all students with an emphasis on creating an inclusive culture of care and health equity on campus.

We convened a Diversity, Equity and Inclusion (DEI) Taskforce in August 2019 with two goals:

- Examining current practices that could create barriers to and disparities in how UT students of color and other marginalized identities access and experience our services and
- Exploring how Healthyhorns units support staff of color and other staff with marginalized identities.

The taskforce brings together representatives from CMHC, UHS, LWC and other joint areas and will continue to meet into the 2020-2021 academic year.

## WE RECOGNIZED MENTAL HEALTH NEEDS OF MARGINALIZED AND UNDERSERVED COMMUNITIES

- 7 identity-based support groups
- 7 Diversity Counseling and Outreach Specialists provide specialized counseling support and outreach to students with marginalized and underrepresented identities
- 8 identity-based, drop-in discussion groups
- Ongoing training and consultation opportunities to clinical and non-clinical staff related to diversity and inclusion issues that impact students



equity



inclusion

