

# healthybodies

**Impact Statement  
 2020-2021**

## WE ADVANCE LONGHORNS' HEALTH

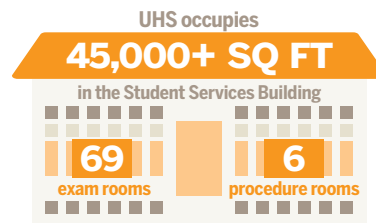
**43,242**  
 total attended visits in UHS

**14,392**  
 unique patients served by UHS

Because of the global COVID-19 pandemic and remote learning, UHS saw fewer patients during the 2020-2021 year compared to previous years.

### Patient Satisfaction

98% overall satisfaction with UHS visit  
 98% would recommend UHS to a friend  
 97% said access to healthcare on campus minimized disruptions to academics



### Top Reasons

Students seek care at UHS:

- 1 COVID-19 testing and related concerns
- 2 Sprains, strains, back pain, extremity injuries
- 3 STI screening and infections
- 4 Contraception
- 5 Hair, skin, nail problems
- 6 Immunizations, TB screening, travel immunizations
- 7 Allergies, colds, URIs, flu
- 8 Sore throat or swollen glands
- 9 Depression, anxiety, fatigue
- 10 Gastrointestinal problems

**Primary Care**  
 16,652 visits (15,139 telehealth)

**Women's Health**  
 8,367 visits (5,601 telehealth)

**Nutrition Services**  
 691 visits (691 telehealth)

**Integrated Health**  
 1,478 visits (1,263 telehealth)

**Physical Therapy**  
 2,218 visits (899 telehealth)

**Ultrasounds & X-rays**  
 1,714 visits

**STI Screening**  
 188 visits

**Urgent Care**  
 5,572 visits (2,334 Respiratory Clinic)

**Sports Medicine**  
 2,119 visits (75 telehealth)

**Allergy, Immunization & Travel**  
 4,243 visits (141 telehealth)

**Laboratory Tests**  
 46,761 tests (13,989 COVID-19 Tests)

**Nurse Triage Calls**  
 10,388 calls

**Flu Shots Administered**  
 8,877 shots

**Proactive Community Testing**  
 138,154 tests administered

## NEW INITIATIVES

**Get The Vax** **Campus Wide COVID-19 Vaccine Distribution**  
 In partnership with several on-campus departments and entities, UHS staff assisted with these efforts throughout the COVID-19 pandemic.

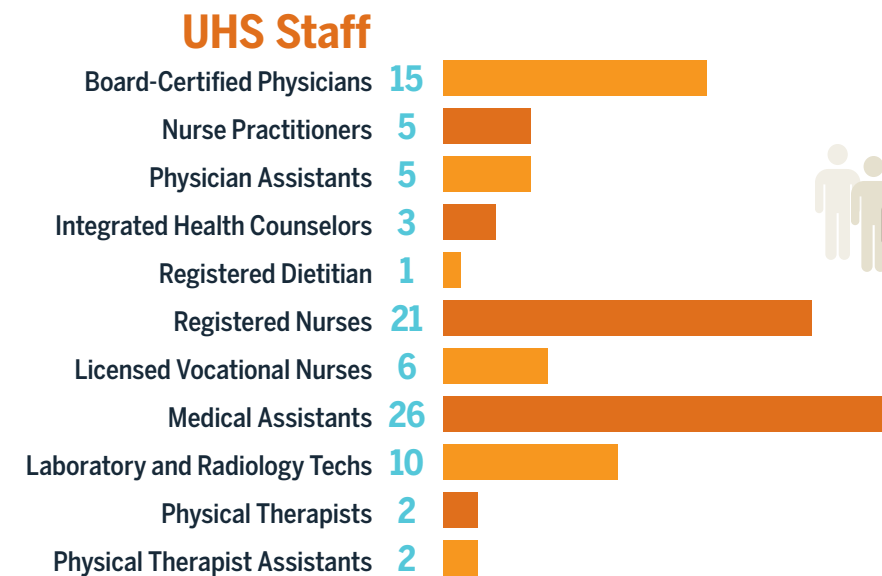
**Now Offering the Initiation of Gender Affirming Hormone Therapy**  
 UHS is proud to now provide this service. Additionally, all UHS medical providers receive ongoing training specifically related to LGBTQIA+ healthcare.

**Shifted Quickly to Offer Telehealth Services**  
 Because of the COVID-19 pandemic, UHS swiftly and efficiently transitioned from an all in-person service model to start offering services by telehealth, expanding our ability to meet the healthcare needs of UT students regardless of their location in Texas.

**Created and Staffed the COVID-19 Designated Respiratory Clinic (DRC)**  
 This critical unit was pulled together in a short amount of time. UHS staff worked tirelessly to test and treat students with COVID-19 symptoms and those who tested positive for the virus.

**PCT** **Created, Launched and Staffed the Proactive Community Testing Program for Asymptomatic COVID-19 Testing**  
 This program allowed current UT students, faculty and staff to get free asymptomatic COVID-19 tests throughout the pandemic. The team worked tirelessly with key campus departments including the UT Austin High Throughput Testing Core and university leaders to quickly and nimbly adapt many aspects of the program as local and national demands changed.

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



**Developing Our Future Workforce**  
 50 Student Health Advisory Committee Members  
 1 Nurse Practitioner Student  
 246 Student Volunteers at PCT  
 1,723 Student Volunteer Hours at PCT

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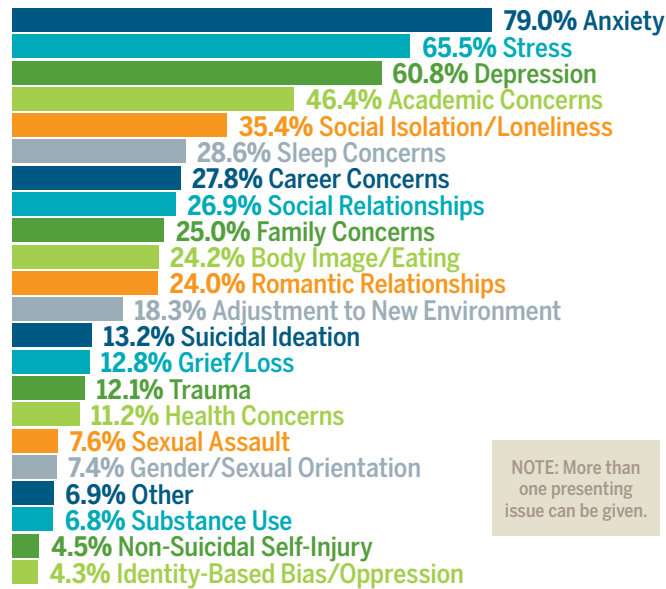
# healthyminds

Impact Statement  
 2020-2021

## 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:



**28,508**  
 total attended sessions at CMHC

**5,541**  
 unique patients served by CMHC

Because of the global COVID-19 pandemic and remote learning, CMHC saw fewer patients during the 2020-2021 year compared to previous years.

### Patient Satisfaction

94% overall satisfaction with their experience at CMHC

96% would recommend CMHC to a friend

91% said having access to CMHC helped minimize further disruption to their academics during the COVID-19 pandemic

**Groups and Workshops**  
 121 offered

**Individual Counseling**  
 15,018 sessions

**Psychiatry**  
 2,385 sessions

**Crisis Counseling**  
 350 sessions

**Crisis Line Calls**  
 1,308 calls

**Brief Assessments**  
 6,076 assessments

**Group Counseling and Workshops**  
 3,425 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.

**MHART (Mental Health Assistance and Response Team)**

In partnership with several other departments on campus, launched the first-ever Mental Health Assistance and Response Team. The pilot program unites mental health professionals and specially trained law enforcement officers in the UT Police Department who will respond to members of the UT community who are experiencing mental health crises.

**BART Online Bookings**

Allowed students to book appointments with the Brief Assessment and Referral Team online.

**MY SSP (Student Support Program)**

The program provided the following services to students who were located domestically (but outside of Texas) and internationally during the pandemic:

- 24/7 real time chat and phone support in 5 core languages: Mandarin, Cantonese (Simplified, Chinese text), Latin American Spanish, French and English.
- Virtual single sessions and scheduled counseling sessions. 200 languages and 160+ countries supported.
- Access to an extensive digital content library.

**Expanding Our Staff**

Hired several additional clinical staff including 3 new CARE counselors, 4 new generalist counselors and 4 new case managers and hired several clinical support staff including an Assistant Director of Marketing and Communication, a Peer Support Coordinator and a Data Analytics Researcher.

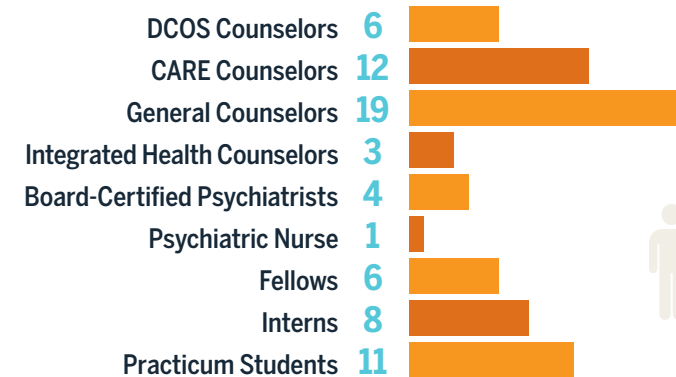
## OUR STAFF UNDERSTAND WHAT IT MEANS TO BE A COLLEGE STUDENT TODAY

**Counselors in Academic Residence (CARE)**  
 integrated into 15 colleges and schools plus 1 in University Housing and Dining, 4,503 attended visits

**Diversity Counseling and Outreach Specialists (DCOS)**  
 6 specialists and 1,899 students, faculty and staff reached

**Professional Training Programs**  
 5,622 attended sessions  
 1,971 unique clients served by Psychology and Social Work Interns, Social Work Fellows and Psychology Practicum Students

### CMHC Staff



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

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# healthylives

Impact Statement  
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## 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**  
**200** incoming students attended during New Student Orientation

**BeVocal Bystander Intervention Workshop: Combating Anti-Asian Racism**  
**646** students, staff and faculty attended

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

**Get Yourself Tested (GYT)**  
 free STI testing to **66** students funded by the Student Services Budget Committee

### OUR STUDENT INVOLVEMENT IS CENTRAL TO OUR MISSION

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

**Mental Health Ambassador** program trained **58** ambassadors representing **52** student organizations

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

**Peer Educators**  
**32** workshops delivered virtually  
**885** students reached  
**350** hours of volunteer service completed

**HSOP Healthy Student Organization Program** worked with **26** student organizations to embed health and wellness practices

## WE WORK WITH CAMPUS PARTNERS TO DELIVER IMPORTANT HEALTH MESSAGES TO UT STUDENTS

**Online Learning Modules**  
**140** students participated  
**8** modules created

**Staying Well While Social Distancing**  
 An online tool designed to provide healthy tips to students

**Healthyhorns Text Program**  
**19,062** students subscribed to Healthyhorns texts  
**79** text messages sent

**91%** of students found HHTXT to be somewhat or very valuable during the COVID pandemic

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

**Bruce the Bat on Social Media**  
**449** followers **529** followers  
**3,601** followers

This campaign 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**  
 worked with **107** faculty members to embed conditions for well-being in their classrooms

**Online Modules on Well-Being**  
**325** participants  
**29** online modules

**Well-Being in Virtual Learning Environments**  
 a new online guidebook provided to faculty

## 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** created programs, mobilized students, evaluated initiatives and leveraged partnerships with the campus community to advance students' health

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