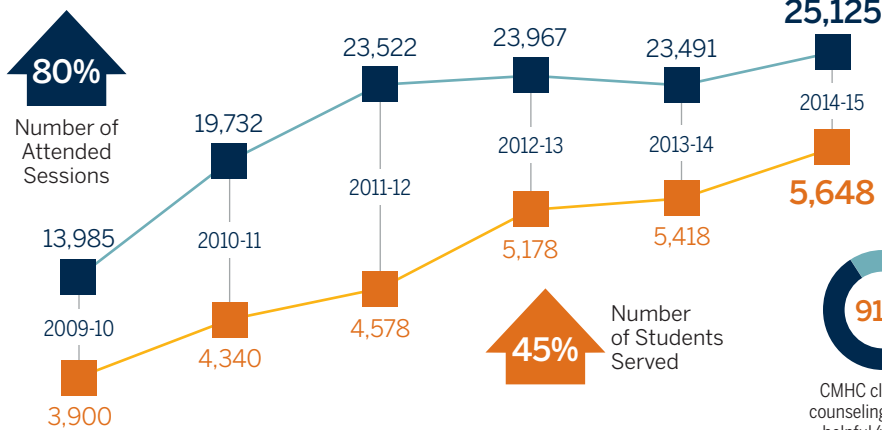
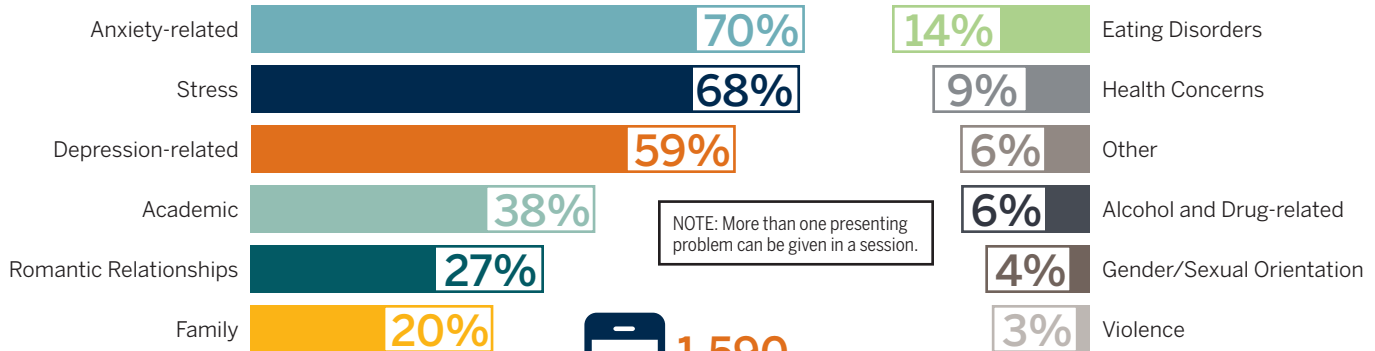


CMHC in the Past 6 Years



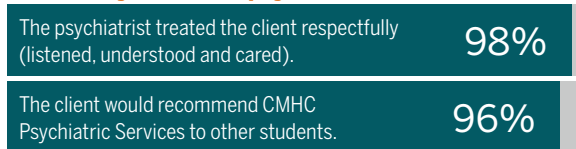
Issues Our Students Seek Help For:



Psychiatric Services

Students served: **610**
 Attended appointments: 2,366

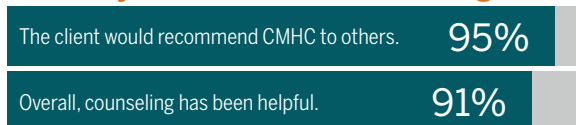
In a survey of CMHC psychiatric clients:



Individual Counseling

Students served: **5,089**
 Attended appointments: 18,978

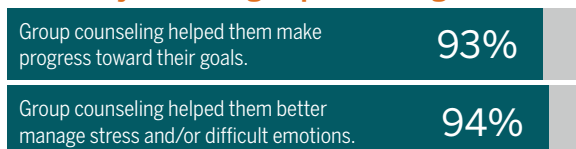
In a survey of CMHC individual counseling clients:



Group Counseling

Number of groups offered: **60**

In a survey of CMHC group counseling clients:



1,590
CMHC Crisis Line
 Crisis Counseling Calls

CARE Program

CMHC has partnered with the Office of the Executive Vice President and Provost and six colleges and schools to create the Counselors in Academic Residence (CARE) program. CARE provides counseling services, consultation, and education related to student mental health issues by embedding a mental health professional in the partnering colleges and schools.



- ### CARE Partners
- Cockrell School of Engineering
 - College of Liberal Arts
 - College of Natural Sciences
 - McCombs School of Business
 - Moody College of Communication
 - School of Undergraduate Studies/ Division of Housing and Food Services

"It's nice to be able to meet with a counselor in my college and talk out my problems with a professional. Knowing I'm not the only one who struggles with these problems is great, and being able to discuss them in more objective terms was very helpful."

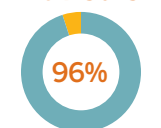


CARE and Students



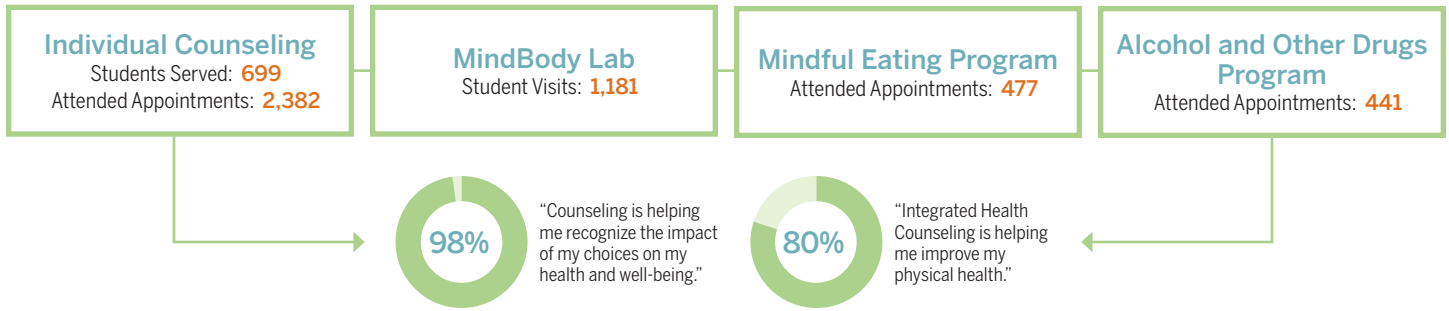
"Coming to counseling has helped me stay in school."

CARE and Academic Advisors



Indicated that CARE counselors have helped them be more effective at helping students.

Integrated Health Program



Prevention and Outreach



22,891

Total Number of Student, Faculty, and Staff Contacts

Mental Health Promotion

106 Mental Health Promotion Workshops
4,295 Participants



Students who participated in Stress Management workshops and reported struggling academically due to stress who said the workshop will help them succeed academically.

CMHC began a new peer education program. The new peer educators took a three-semester course sequence for academic credit and completed over 450 hours of outreach for CMHC.

Voices Against Violence

2,226

Theatre for Dialogue/Get Sexy
Get Consent Attendees

46

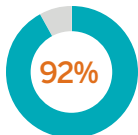
Theatre for Dialogue Performances

15,451

Individuals reached through direct VAV programming



Participants who felt it was very or extremely important to receive clear consent in sexual situations.



Participants who felt moderately, slightly, or extremely comfortable talking about consent in sexual situations after a performance of Get Sexy, Get Consent.



29

student organizations raised over

\$18,000

for the Survivor's Emergency Fund for VAV's fundraising campaign.

VAV was awarded a grant from the Avon Foundation for Women to host peer-led BeVocal bystander intervention workshops.

VAV was selected for a 2015 "Best of Austin" award by the Austin Chronicle recognizing multi-faceted promotion of consent on campus.

Suicide Prevention Program



430 Suicide Prevention Week and Be That One Attendees
45 Workshops

Participants felt prepared to help a suicidal friend:

Before **49%**

After **88%**

Have you ever received information from your university about suicide prevention? "Yes" responses from students:

UT **57%**

National Average **46%**

CMHC Social Media



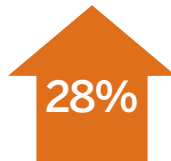
Followers Growth



"Likes" Growth



CMHC Website



CMHC website visits 2 months after launching a new mobile-friendly site.

Top 3 CMHC Web Pages

1. **Self Esteem**
2. **Healthy Relationships**
3. **Grief and Loss**

Professional Training Programs

Psychology and Social Work Interns, Psychiatry Residents, Psychology Practicum Students, Psychiatric Nurse Practitioner Students, and Psychiatric Pharmacy Resident

18 Part-time and full-time trainees received training and provided services to UT students, including psychiatric medication management, individual and group counseling, crisis intervention services, and prevention and outreach activities.

1,246 Students Served

3,165 Sessions Attended