CMHC in the Past 6 Years

Issues Our Students Seek Help For:

- Anxiety-related: 70%
- Stress: 68%
- Depression-related: 59%
- Academic: 38%
- Romantic Relationships: 27%
- Family: 20%
- Eating Disorders: 14%
- Health Concerns: 9%
- Other: 6%
- Alcohol and Drug-related: 6%
- Gender/Sexual Orientation: 4%
- Violence: 3%

NOTE: More than one presenting problem can be given in a session.

Psychiatric Services

Students served: 610
Attended appointments: 2,366
In a survey of CMHC psychiatric clients:
- The psychiatrist treated the client respectfully (listened, understood and cared). 98%
- The client would recommend CMHC Psychiatric Services to other students. 96%

Individual Counseling

Students served: 5,089
Attended appointments: 18,978
In a survey of CMHC individual counseling clients:
- The client would recommend CMHC to others. 95%
- Overall, counseling has been helpful. 91%

Group Counseling

Number of groups offered: 60
In a survey of CMHC group counseling clients:
- Group counseling helped them make progress toward their goals. 93%
- Group counseling helped them better manage stress and/or difficult emotions. 94%

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

CMHC Crisis Line

1,590 CMHC Crisis Line Crisis Counseling Calls

CMHC clients say counseling has been helpful/valuable. 91%
CMHC clients would recommend CMHC services to other students. 95%
CMHC clients initially considering a withdrawal who reported that CMHC services helped them remain in school. 93%


“Coming to counseling has helped me stay in school.”

CARE and Students

100%

“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 Academic Advisors

96%

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

**Prevention and Outreach**

22,891 Total Number of Student, Faculty, and Staff Contacts

**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:
- 95%

Participants who felt moderately, slightly, or extremely comfortable talking about consent in sexual situations after a performance of Get Sexy, Get Consent:
- 92%

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.

**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 66%
- “Likes” Growth 16%

**CMHC Website**

- Top 3 CMHC Web Pages
  1. Self Esteem
  2. Healthy Relationships
  3. Grief and Loss

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

**Integrated Health Program**

- Individual Counseling
  - Students Served: 699
  - Attended Appointments: 2,382
- MindBody Lab
  - Student Visits: 1,181
- Mindful Eating Program
  - Attended Appointments: 477
- Alcohol and Other Drugs Program
  - Attended Appointments: 441

**CMHC Website**

**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