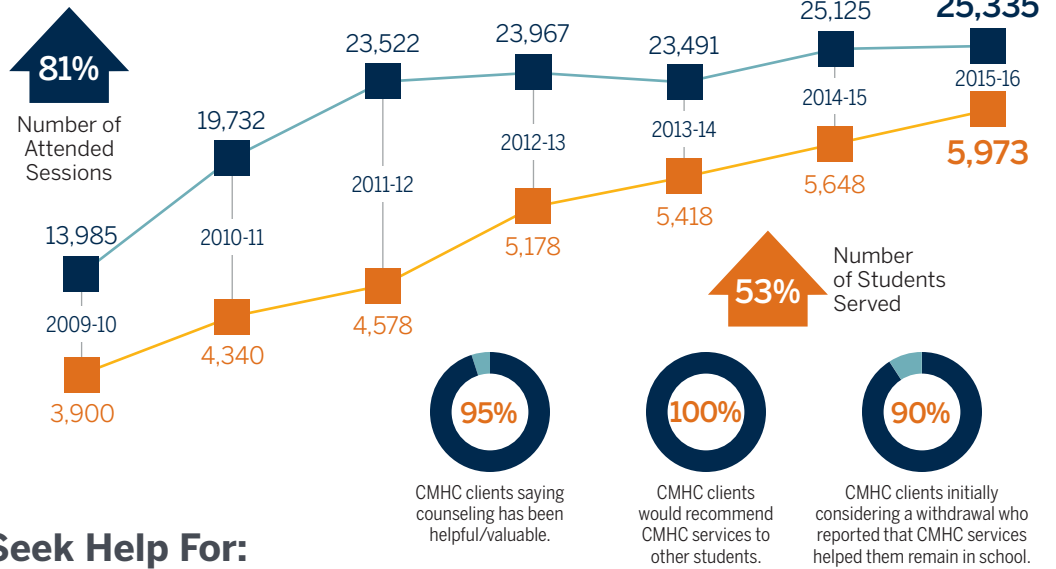




1,183
Crisis Appointments



1,512
CMHC Crisis
Line Calls



CMHC clients saying counseling has been helpful/valuable.

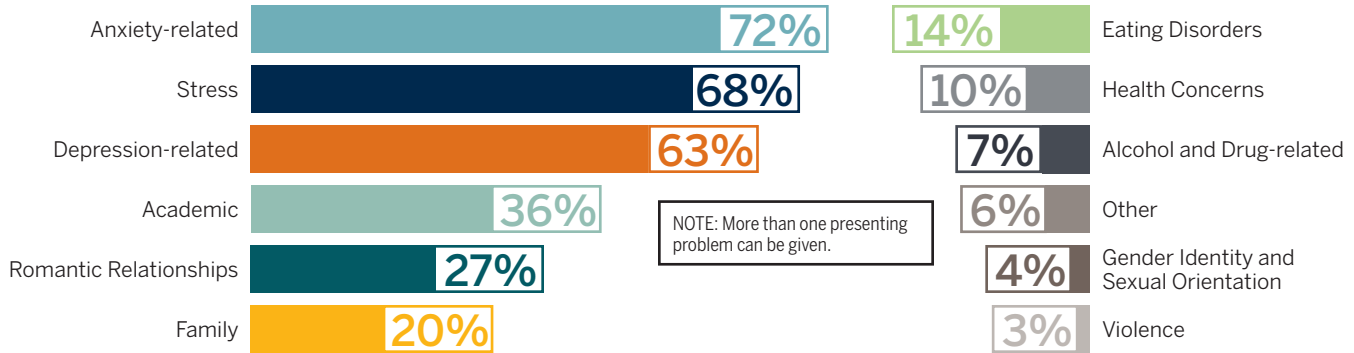


CMHC clients would recommend CMHC services to other students.



CMHC clients initially considering a withdrawal who reported that CMHC services helped them remain in school.

Issues Our Students Seek Help For:



Individual Counseling

Students served: **5,304**
Attended appointments: 17,480

In a survey of CMHC individual counseling clients:

The client would recommend CMHC to others. **100%**

Overall, counseling has been helpful. **95%**

Psychiatric Services

Students served: **613**
Attended appointments: 2,544

In a survey of CMHC psychiatric clients:

The psychiatrist treated the client respectfully (listened, understood and cared). **96%**

The client would recommend CMHC Psychiatric Services to other students. **97%**

Group Counseling

Number of groups offered: **75**

In a survey of CMHC group counseling clients:

Group counseling helped them make progress toward their goals. **92%**

Group counseling helped them better manage stress and/or difficult emotions. **92%**

CARE Program

The Counselors in Academic Residence (CARE) program provides counseling services, consultation, and education related to student mental health issues by embedding a mental health professional in the partnering colleges and schools.

"I don't think I'd pursue counseling if the CMHC did not provide this resource. Being able to see someone so easily has been a huge impact in helping me seek treatment."



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

CARE was approved for expansion into six more schools in May 2016



660
CARE Referrals
from Faculty and Staff

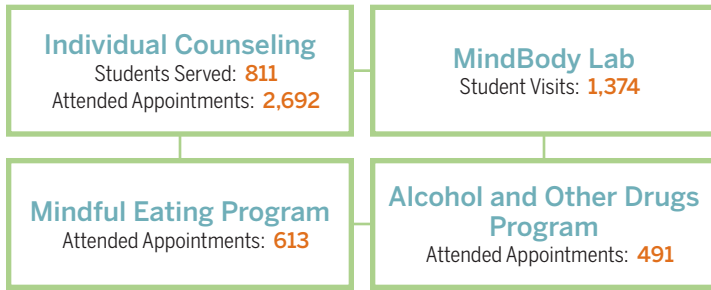


of UT academic advisors indicated that CARE counselors have helped them be more effective at helping students.



of students indicated that having a counselor in their area helped them attend counseling sessions.

Integrated Health Program



Diversity Coordinators



Diversity coordinators provide specialized mental health services and open discussion groups to reach underserved and marginalized populations. The diversity coordinators also provide outreach and consultation for faculty, staff, and students.

Prevention and Outreach



25,830

Total Number of Student, Faculty, and Staff Contacts

Voices Against Violence

50

Theatre for Dialogue performances

2,328

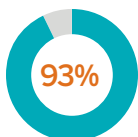
Theatre for Dialogue and *Get Sexy, Get Consent.* attendees

15,041

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, very, or extremely comfortable talking about consent in sexual situations after a performance of *Get Sexy, Get Consent.*



VAV engaged student peer educators who delivered *Interrupting Rape Culture* workshops.

10 peer educators
28 workshops
810 participants

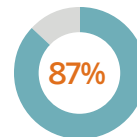
MasculinUT

is a healthy masculinities project that encourages healthy dialogue and discussion about what it means to be a man and to question assumptions like "men will be men" as it relates to violent behaviors.

Suicide Prevention and Mental Health Promotion

133
Workshops

5,724
Participants



Students who participated in peer-led resilience workshop who indicated that the workshop has helped to expand their perception of success.

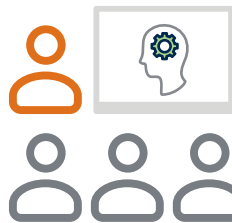
Participants felt prepared to help a suicidal friend:

Before

57%

After

97%



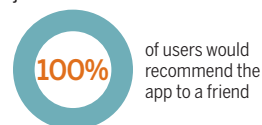
CMHC Peer Educators

CMHC peer educators promote mental health on campus. They take 3 semesters of course work where they learn about public health and positive psychology.

28 peer educators
1,960 hours of volunteer service



CMHC launched a new iPhone app. **Thrive at UT** is designed to enhance student well-being. The app was downloaded by over 1,000 students in just the first month.



Professional Training Programs

Psychology and Social Work Interns, Psychiatry Residents, Psychology Practicum Students, Psychiatric Nurse Practitioner Students, and a 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.

1,397 Students Served

3,537 Sessions Attended