Fact Sheet 2016-2017

Issues Our Students Seek Help For:

- Anxiety-related: 74%
- Stress: 70%
- Depression-related: 62%
- Academic Concerns: 37%
- Relationship Concerns: 27%
- Romantic Relationships: 25%
- Family Concerns: 20%
- Eating Disorders: 15%
- Health Concerns: 11%
- Other: 7%
- Alcohol and Drug-related: 6%
- Gender Identity and Sexual Orientation: 5%
- Violence: 3%

Individual Counseling

- Students served: 5,541
- Attended appointments: 18,011

In a survey of CMHC individual counseling clients:
- I would recommend CMHC services to other students: 95%
- Overall, counseling has been helpful: 96%

Psychiatric Services

- Students served: 668
- Attended appointments: 2,889

In a survey of CMHC psychiatric clients:
- My psychiatrist treated me respectfully (listened, understood & cared): 96%
- I would recommend CMHC Psychiatric Services to other students: 94%

Group Counseling

- Number of groups offered: 81
- In a survey of CMHC group counseling clients:
  - Group counseling has helped me make progress toward my goals: 91%
  - Group counseling helped me better manage stress and/or difficult emotions: 89%

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 departments’ partnering colleges and schools.

13 CARE Partners
- Cockrell School of Engineering
- College of Education
- College of Fine Arts
- College of Liberal Arts
- College of Natural Sciences
- Dell Medical School
- Division of Housing and Food Services
- McCombs School of Business
- Moody College of Communication
- School of Architecture
- School of Nursing
- School of Undergraduate Studies
- Steve Hicks School of Social Work

Crisis Appointments

- 1,208

CMHC Crisis Line Calls

- 1,549

Number of Students Served

- 93%

Number of Attended Sessions

- 62%

I was initially considering a withdrawal but CMHC services helped me remain in school.

1,208

Having a counselor located in my college was important in helping me attend counseling sessions.

763

Students Served

4,780

Students Attended Workshops

1,208

Faculty and Staff Attended Workshops

915

CARE Referrals from Faculty and Staff
### Integrated Health Program

<table>
<thead>
<tr>
<th>Program</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual Counseling</td>
<td>Students Served: 756, Attended Appointments: 2,508</td>
</tr>
<tr>
<td>MindBody Lab</td>
<td>Student Visits: 1,253</td>
</tr>
<tr>
<td>Mindful Eating Program</td>
<td>Attended Appointments: 545</td>
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<tr>
<td>Alcohol and Other Drugs Program</td>
<td>Attended Appointments: 320</td>
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### Prevention and Outreach

- **Total Number of Student, Faculty, and Staff Contacts**: 23,176

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<td>1,220 Theatre for Dialogue and Get Sexy, Get Consent, attendees</td>
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### Diversity Coordinators

- **Total number of students, faculty, and staff reached in workshops and outreach events**: 3,204

- **Diversity Coordinators**: 5

- Diversity Coordinators provide specialized mental health services and open discussion groups to reach undeserved and marginalized populations. The Diversity Coordinators also provide outreach and consultation for students, faculty, and staff. Additional funding was secured bringing the total Diversity Coordinators to 7 starting in 17/18.

### Prevention and Outreach

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### Suicide Prevention and Mental Health Promotion

- **Workshops**: 168
- **Participants**: 5,942

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

### CMHC Peer Educators

- **CMHC peer educators promote mental health on campus. They take 3 semesters of coursework where they learn about public health and positive psychology.**
- **48 peer educators to date**
- **3,360 hours of volunteer service to date**

### Professional Training Programs

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<tr>
<td>Psychology and Social Work Interns, Psychiatry Residents/Trainees,</td>
<td>Part-time and full-time trainees received training and provided</td>
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<tr>
<td>Psychology Practicum Students, Psychiatric Nurse Practitioner Students,</td>
<td>services to UT students, including psychiatric medication</td>
</tr>
<tr>
<td>and a Psychiatric Pharmacy Resident</td>
<td>management, individual and group counseling, crisis intervention services,</td>
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<tr>
<td></td>
<td>and prevention and outreach activities.</td>
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<tr>
<td></td>
<td>19 Students</td>
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<td></td>
<td>1,584 Served</td>
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<td>4,871 Sessionsattended</td>
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CMHC was awarded a 3-year grant from the Hogg Foundation to create a program called **Well-being in Learning Environments**. The project will work with faculty to embed conditions for well-being into the classroom.

CMHC’s **Thrive at UT iPhone app** has been downloaded by 3,500 students. The app was designed to enhance student well-being.

CMHC worked together with Student Government and University Unions to open a new **MindBody Lab** in the Student Activity Center.