**NEW INITIATIVES AND ACCOMPLISHMENTS**

**COVID-19 Vaccine Clinic**
UHS implemented an in-house COVID-19 vaccine clinic for students, faculty and staff.

**Developed a Blended Service Model**
UHS continued to develop a blended model of both in-person care and telehealth provider visits with referrals for onsite lab, radiology and nursing visits, as needed.

**New Nutrition Workshops**
UHS offered several new nutrition workshops on topics including meal planning, grocery shopping and cooking; intuitive and mindful eating; emotional eating; nutrition for polycystic ovarian syndrome; nutrition for heart health and diabetes; and sustainable nutrition for a healthy planet.

**Increased Access to STI Screening Nurse Visits**
UHS increased access to STI screening nurse visits by doubling the number of appointments available per day.

**OUR STAFF ARE UNIQUELY POSITIONED TO MEET STUDENTS’ NEEDS**

### UHS Staff
- Board-Certified Physicians: 15
- Nurse Practitioners: 5
- Physician Assistants: 4
- Integrated Health Counselors: 4
- Registered Dietitian: 1
- Registered Nurses: 17
- Licensed Vocational Nurses: 3
- Medical Assistants: 13
- Laboratory Techs: 5
- Radiology Techs: 2
- Sonographer: 1
- Physical Therapists: 2
- Physical Therapist Assistants: 1

### Developing Our Future Workforce
- Student Health Advisory Committee Members: 40
- Student Volunteers at Proactive Community Testing: 223
- Student Volunteer Hours at Proactive Community Testing: 2,239

**OUR STAFF ARE UNIQUELY POSITIONED TO MEET STUDENTS’ NEEDS**

**Top Reasons Students seek care at UHS:**
1. COVID-19 testing and related concerns
2. Sprains, strains, back pain and extremity injuries
3. Allergies, colds, URIs and flu
4. Hair, skin, nail concerns
5. Immunizations, TB screenings and travel vaccinations
6. Contraception
7. STI screening and infections
8. Sore throats and swollen glands
9. Eye and ear concerns
10. Depression, anxiety and other mental health concerns

**Impact Statement 2021-2022**

**Healthybodies**

**WE ADVANCE LONGHORN’S HEALTH**

- 51,143 total attended visits in UHS
- 18,768 unique patients served by UHS

**Primary Care**
- 20,998 visits (10,919 telehealth)

**Gynecology**
- 8,023 visits (1,572 telehealth)

**Nutrition Services**
- 617 visits (51 telehealth)

**Integrated Health**
- 1,401 visits (1,273 telehealth)

**Physical Therapy**
- 4,660 visits

**Ultrasonounds & X-rays**
- 634 visits

**STI Screening**
- 1,959 visits

**Urgent Care**
- 3,808 visits

**Sports Medicine**
- 3,077 visits

**Allergy, Immunization & Travel**
- 5,966 visits (250 telehealth)

**Laboratory Tests**
- 46,515 tests (13,874 COVID-19 Tests)

**Nurse Triage Calls**
- 10,333 calls

**Flu Shots Administered**
- 12,171 shots

**Proactive Community Testing**
- 142,865 tests administered
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.

Expanding Our Staff
Hired additional clinical and administrative staff.

Mental Health Conversations
A simulation platform that allows faculty, staff and students to practice having life-saving conversations with students who are experiencing distress and/or suicidal ideation. 84% of participants said they could speak with a fellow student in psychological distress after the training (as opposed to 45% before the training).

Expanded CARE Program
Hired additional clinical staff in the Counselors in Academic Residence (CARE) program to address the growing demands in the colleges and schools.

MHART
In partnership with several other departments on campus, launched the first-ever Mental Health Assistance and Response Team (MHART) in Fall 2021. After one year of service, the program continues to unite mental health professionals and specially trained law enforcement officers in the UT Police Department who respond to members of the UT community who are experiencing mental health crises.

Continued to Provide Student Access to My SSP
Through the My Student Support Program (My SSP), UT students can access mental health services and well-being resources 24/7 via the app, the web or the phone regardless of their current location. Providers also speak a multitude of different languages.

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

Counselors in Academic Residence (CARE) integrated into 17 colleges and schools plus 1 in University Housing and Dining, 5,404 attended visits

CMHC Staff
Triage Counselors 6
Case Managers 4
DCOS Counselors 7
CARE Counselors 17
General Counselors 12
Integrated Health Counselors 4
Psychiatrists 1
Psychiatric Nurse 1
Interns 8
Practicum Students 9

Diversity Counseling and Outreach Specialists (DCOS)
7 specialists and 2,107 students, faculty and staff reached

Professional Training Programs
4,678 attended sessions
1,694 unique clients served by Psychology and Social Work Interns, Social Work Fellows and Psychology Practicum Students

Developing Our Future Workforce
10 CMHC Student Advisory Committee Members
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
300 incoming students attended during New Student Orientation

Voices Against Violence
93% of students felt confident explaining consent to a friend after attending a Voices Against Violence training

Get Yourself Tested (GYT)
free STI testing to 262 students funded by the Student Services Budget Committee

Brief Alcohol Screening and Intervention for College Students (BASICS) and Cannabis Screening and Intervention for College Students (CASICS)
88 students completed the program designed for any Longhorn who is thinking about how alcohol or cannabis or both are affecting their personal well-being and academics

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

STUDENT INVOLVEMENT IS CENTRAL TO OUR MISSION

21 Students worked or interned in the LWC to make our programs thrive

Peer Educators
hosted 71 workshops, delivered to 2,802 student participants and completed 73 hours of condom distribution and 520 service hours

Mental Health Ambassador
program trained 57 ambassadors representing 52 student organizations

Healthy Student Organization Program
worked with 31 student organizations to embed health and wellness practices into their programming

WE DELIVER IMPORTANT HEALTH MESSAGES TO OUR STUDENTS

Healthyhorns Text Program
24,621 students subscribed to Healthyhorns texts of subscribed students found HHTXT to be somewhat or very valuable

Signature Events
Suicide Prevention Week, Relationship Violence Prevention Month, Mental Health Promotion Week and mindfulUT Week

Bruce the Bat on Social Media
720 followers 531 followers 3,496 followers
Bruce the Bat 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
138 active faculty collaborators across 12 colleges
Students described 69% of Well-being in Learning Environments faculty as “extremely supportive of their mental health” compared with 45% of non-Well-being in Learning Environments faculty.

Launched Mental Health Conversations
A simulation platform that allows faculty, staff and students to practice having important and life-saving conversations with students who are experiencing distress and/or suicidal ideation.

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

WE LAUNCHED NEW INITIATIVES

Longhorn SHARE Project
Informal, non-clinical peer support where students with similar experiences can connect authentically and learn from each other.
Early impact: In its first year, the SHARE project established a training program that began with 10 student leaders and 9 weekly peer support communities.

mindful UT
mindful UT supports the mental health of UT students with mindfulness through a healing and equity-centered lens. This is accomplished through mindfulness-based classes, workshops and trainings.
Early impact: 94% of students said that learning about mindfulness helped them better manage stress and/or difficult emotions.
healthyhorns

Enhancing the health and well-being of UT Austin students' bodies, minds and lives in support of their academic and personal goals