WE ADVANCE LONGHORN’S’ HEALTH

University Health Services (UHS) is the on campus medical facility offering comprehensive healthcare services, public health education, campuswide immunization clinics and leadership for emergent health issues.

**Top Reasons Students Seek Care at UHS**

1. Sprains, strains, back pain and extremity injuries
2. Allergies, colds, upper respiratory infections and flu
3. Hair, skin and nail concerns
4. Immunizations, TB screenings/follow-ups and travel health
5. Sore throats and swollen glands
6. STI screenings and infections
7. Contraception
8. Eye and ear concerns
9. Depression, anxiety, fatigue and other mental health concerns
10. Annual gynecology exams and other gynecological concerns

**Impact Statement 2022-2023**

**New Initiatives and Accomplishments**

**Accreditation Excellence in Quality Care and Laboratory Standards**

UHS achieved accreditation from AAHC, passing a triennial assessment ensuring quality care and safety. Additionally, the UHS Laboratory received bi-annual accreditation from CLIA exceeding CLIA standards.

**Largest International Student Clinic to Date**

In partnership with Texas Global, the Allergy Immunization and Travel Health team immunized over 700 international students, meeting Fall 2023 medical clearance requirements. This annual effort, spanning years, culminated in the largest ever clinic this year, emphasizing UHS’s commitment to student health.

**COVID-19 Campus Education and Testing Initiatives**

As Protect Texas Together and Proactive Community Testing (PCT) concluded, UHS took the lead in providing campus education and asymptomatic COVID-19 testing for students.

**Our Staff are Uniquely Positioned to Meet Students’ Needs**

**UHS Staff**

- Board-Certified Physicians: 15
- Nurse Practitioners: 5
- Physician Assistants: 4
- Integrated Health Counselors: 3
- Registered Dietitians: 2
- Registered Nurses: 19
- Licensed Vocational Nurses: 1
- Medical Assistants: 19
- Laboratory Techs: 5
- Radiology Techs: 2
- Sonographer: 1
- Physical Therapists: 2
- Physical Therapist Assistants: 2

**Developing Our Future Workforce**

- Student Health Advisory Committee Members: 35
- Student Clinic Volunteers: 39

**UHS Occupies**

- Total: 45,000+ sq ft in the Student Services Building
- Exam rooms: 69
- Procedure rooms: 6
- Medical Assistants: 19
- Radiology Techs: 2
- Physical Therapists: 2
- Physical Therapist Assistants: 2

**Patient Satisfaction**

- Would recommend UHS to a friend: 98%
- Very satisfied with their UHS visit: 97%
- Said access to healthcare on campus alleviated disruptions to academics: 95%

**Total Attended Visits at UHS**

- 56,171 total attended visits
- $1,215,206 in medical expenses for UT students subsidized by UHS
- 20,576 unique patients served by UHS

**Primary Care**

- 21,920 visits (6,009 telehealth)

**Gynecology**

- 8,313 visits (1,578 telehealth)

**Nutrition Services**

- 1,200 visits (831 telehealth)

**Integrated Health**

- 1,243 visits (835 telehealth)

**Physical Therapy**

- 5,182 visits

**Ultrasound & X-ray**

- 591 visits

**STI Screening**

- 1,874 visits

**Urgent Care**

- 4,994 visits

**Sports Medicine**

- 4,043 visits

**Allergy, Immunization & Travel**

- 6,811 visits (442 telehealth)

**Laboratory Tests**

- 54,292 tests

**Nurse Triage Calls**

- 9,329 calls

**Flu Vaccine**

- 10,763 shots

**COVID-19 Vaccine**

- 1,145 shots

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The Counseling and Mental Health Center (CMHC) provides support through assessment and referral, group and individual counseling, psychiatry and well-being services.

29,795 total attended sessions at CMHC
5,742 unique clients served by CMHC providers

Reasons Students Seek Care at CMHC:
- 62.2% Anxiety
- 52.9% Depression
- 46.6% Academic Concerns
- 33.7% Social Isolation/Loneliness
- 26.0% Disruption
- 24.7% Career Concerns
- 24.5% Romantic Relationships
- 22.5% Family Concerns
- 21.9% Body Image/Eating
- 19.2% Adjustment
- 13.7% Trauma
- 13.4% Grief/Loss
- 12.3% Suicide Ideation
- 11.2% Health Concerns
- 7.2% Substance Use
- 6.8% Gender/Sexual Orientation
- 6.0% Sexual Assault
- 5.9% Other
- 4.8% Non-Suicidal Self-Injury
- 3.3% Identity-Based Bias/Oppression
- 1.0% Stalking

Individual Counseling 15,765 sessions
Psychiatry 1,992 sessions
Crisis Counseling 654 sessions
Crisis Line Calls 1,122 calls
Brief Assessments 6,624 assessments
Case Management 1,472 assessments
Group Counseling and Workshops 133 groups/workshops
2,166 sessions

Client Satisfaction
- 98% would recommend CMHC to a friend.
- 98% said they had a problem with their mental health in the future, they would seek help from a mental health professional.
- 97% said they felt safe discussing aspects of their identity with their counselor/psychiatrist.
- 96% reported overall satisfaction with experiences at CMHC.
- 95% said their counseling/psychiatry has been helpful in addressing their concerns.

OUR SERVICES HELP LONGHORNS FLOURISH

The Counseling and Mental Health Center consistently strives to develop innovative services and programs that adapt to the evolving needs of our student community.

CMHC Achieves Accreditation Excellence
Achieved its first-ever accreditation from the Accreditation Association for Ambulatory Health Care (AAAHC), underscoring its leadership in college mental healthcare. This national recognition signifies that CMHC exceeds satisfactory standards, marking an important milestone in their commitment to excellence.

CARE Program Expansion
The CARE Program expanded, introducing a dedicated counselor for UT for Me students and the Graduate School. UT for Me supports Pell-eligible students in succeeding and becoming change-makers in college. This partnership strengthens the connection between mental health and academics, delivering tailored support in convenient, accessible locations.

New McCombs Wellness Center
In Fall 2022, McCombs School of Business partnered with CMHC to open the McCombs Wellness Center in the CBA North Building. It provides printed resources, MindBody Lab tours, a yoga space and counseling, enhancing mental health services for students, faculty, and staff, promoting well-being and accessibility on campus.

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

CMHC Staff
- BART Counselors 6
- Case Managers 4
- DOS Counselors 7
- CARE Counselors 16
- General Counselors 16
- Integrated Health Counselors 3
- MHART Counselors 2
- Psychiatrists 1
- Psychiatric Nurse 1
- Psychiatric Fellows 1
- Psychiatric Resident 1
- Psychology and Social Work Interns 8
- Social Work Fellow 1
- Practicum Students 6

Counselors in Academic Residence (CARE) 6,484 sessions
CARE is integrated into 17 colleges and schools plus 1 in University Housing and Dining, 1 in the UT for Me program and 1 in the Graduate School.

Diversity Counseling and Outreach Specialists (DCOS) 12,239 students, faculty and staff reached

Graduate Trainee Programs 2,897 sessions
1,008 unique clients served by Psychology and Social Work Interns, Social Work Fellows and Psychology Practicum Students

Mental Health Assistance and Response Team (MHART) 187 encounters with 85 UT community members
Impact Statement 2022-2023

WE DELIVER IMPORTANT HEALTH MESSAGES TO OUR STUDENTS

Healthyhorns Text Program
33,500 students subscribed
93% of subscribed students found HHTXT to be valuable.
74% of students changed their behavior based on a text they received from HHTXT.

Signature Events
• Suicide Prevention Week
• Relationship Violence Prevention Month
• Sexual Violence Prevention Month
• Mental Health Promotion Week
• mindful UT Week
• UT Sleep Week (new)

Bruce the Bat on Social Media
3,402 followers
848 followers
714 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 PROMOTE WELL-BEING FOR ALL STUDENTS

WE DELIVER HIGH QUALITY PROGRAMS AND SERVICES

AlcoholEdu
98% of students agreed that AlcoholEdu prepared them to help someone who may have alcohol poisoning.

Sexual Assault Prevention for Undergraduates (SAPU)
79% agree that SAPU made them more confident in their ability to intervene when they see concerning behavior.

Voices Against Violence
94% of students felt confident explaining consent to a friend after attending a Voices Against Violence training.

Get Kinetic
81% of students who participated in Get Kinetic said they are more likely to participate in physical activity in the future, and more than half feel more connected to the kinesthetic community after being involved.

Healthyhorns Sleep
4,280 sleep kits distributed

Mindfulness Workshops
2,350 students participated
94 workshops
98% agree that the workshop helped them understand how to integrate mindfulness into their daily lives.

BASICS and CASICS
86 students completed the program
Bart-Mahal Screening and Intervention for College Students (BASICS) and Cannabis Screening and Intervention for College Students (CASICS) programs help Longhorns consider how alcohol or cannabis affect their academics and well-being.

Play It Safe Post
85% of students who use Play It Safe Post, a program providing free safer sex supplies to students in residence halls, said they are more likely to use condoms during sexual activity.

STUDENT INVOLVEMENT IS CENTRAL TO OUR MISSION

Student Employees and Interns
35 students made LWC programs thrive
100% of student employees/interns agree that working at LWC supports their growth as a whole person.

Mental Health Ambassadors
39 ambassadors and 42 student organizations

Peer Educators
63 workshops with 1,110 student participants
111 hours of condom distribution
1,501 service hours

Longhorn SHARE Project
29 peer support specialists
24 weekly peer support communities
SHARE communities represent a diverse range of topics related to common student mental health and interpersonal concerns, shared experiences or wellness goals.

Healthy Student Organization Program
18 student organizations
HSOP worked to embed health and wellness practices into the student organization’s programming.

WE WORK WITH FACULTY AND STAFF TO IMPROVE STUDENT WELL-BEING

Well-Being in Learning Environments
155 active faculty collaborators across 13 colleges and schools

LWC STAFF
13 full-time professionals
LWC staff are professionals with experience in health promotion and population-level approaches to health and well-being.

WE LAUNCHED NEW INITIATIVES

Longhorn SHARE Project
6 full-day Mental Health First Aid trainings
125 staff and faculty certified

UT Sleep Week
Launched UT Sleep Week, offering students educational opportunities, resources and active learning experiences. Collected data to inform future sleep and rest programs.

West Fest Collaboration with SHIFT
Collaborated with SHIFT, UT Interfraternity Council and Sorority and Fraternity Life to provide harm reduction presentations to 19 fraternities (1,357 students) before Spring 2023 West Fest. Produced educational materials and content.

Mental Health Mini Grants Pilot
Initiated Mental Health Mini Grants in April 2023 for student organizations, funding initiatives promoting mental health.

Awarded 6 organizations a total of $1,700.

Longhorn Welcome Signature Event
Partnered with New Student Services to host the inaugural Longhorn Welcome event, “The Wellness Zone.” Hundreds of students explored wellness spaces and social activities.
### Who We Are

#### Race and Ethnicity

<table>
<thead>
<tr>
<th>Race</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>Asian</td>
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<tr>
<td>Black or African American</td>
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<tr>
<td>Unknown</td>
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</tbody>
</table>

#### Sex, Gender Identity and Sexual Orientation

- **74.6%** women
- **4.6%** transgender, non-binary or another gender identity
- **24.6%** men
- **20%** LGBTQIA+2

#### Language, Culture and Religion

- **31.5%** are from a cultural or ethnic minority group
- **22.3%** are from an immigrant family
- **29%** speak language(s) in addition to English
- **52.1%** have a religious or spiritual practice

#### Other Demographic Characteristics

- **28.3%** were first-generation college students
- **18.7%** live with a disability
- **2.4%** are military veterans
- **36.6%** have worked at Healthyhorns for 5+ years

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1. Data source: Healthyhorns Human Resources (May 2023; n = 222). Human Resources data is drawn from university records, which use federal categories for sex (male, female, unknown). 0.8% of staff were in the unknown category at the time the data was collected.
2. Data source: Healthyhorns optional staff identities survey (Feb-Mar 2023; n = 184).