

healthyhorns

Impact Statement 2023-2024



University Health Services
Counseling and Mental Health Center
Longhorn Wellness Center



healthybodies

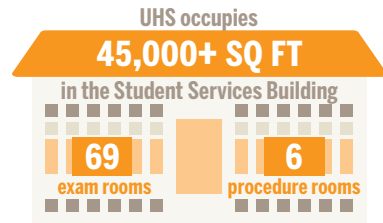
ADVANCING LONGHORNS' HEALTH

University Health Services (UHS) is an on-campus medical facility providing comprehensive healthcare, public health education, campus-wide immunization clinics and leadership in emergent health issues.

58,297
total attended visits at UHS

\$1,389,000
in medical expenses for UT students subsidized by UHS.

21,372
unique patients served by UHS



Patient Satisfaction

- 98%** said access to healthcare on campus minimized academic disruptions.
- 97%** would recommend UHS to a friend.
- 97%** received information that improved their overall health.
- 96%** were satisfied with their UHS visit.

Top Reasons Students Seek Care at UHS

- Sprains, strains, back pain and extremity injuries
- Immunizations, TB screenings/ follow-ups and travel health
- Allergies, colds, upper respiratory infections, flu, sore throats and swollen glands
- STI screenings and infections, contraception
- Hair, skin and nail concerns
- Annual gynecology exams and other gynecological concerns
- Eye and ear concerns
- Depression, anxiety, fatigue and other mental health concerns

- Laboratory Tests**
57,027 tests (7,136 point-of-care tests)
- Primary Care**
20,804 visits (3,369 telehealth)
- Flu Vaccines**
9,673 shots
- Nurse Triage Calls**
8,888 calls
- Gynecology**
8,005 visits (1,200 telehealth)
- Allergy, Immunization & Travel**
6,834 visits (432 telehealth)
- Urgent Care**
5,695 visits

- Physical Therapy**
5,598 visits
- Sports Medicine**
4,464 visits
- Ultrasounds & X-rays**
3,009 visits
- STI Screenings**
1,697 visits
- Integrated Mental Healthcare**
1,422 visits (842 telehealth)
- Nutrition Services**
769 visits (496 telehealth)
- COVID-19 Vaccines**
669 shots

NEW INITIATIVES AND ACCOMPLISHMENTS

- Partnering with Dell Medical School to Strengthen Pediatric Training**
As part of an ongoing collaboration, UHS partnered with the Dell Medical School Pediatric Residency Program to enhance adolescent medicine training. In the 2023-2024 year, UHS supported 22 residents through coordinated teaching and clinical care.
- Integrating Interpersonal Violence Prevention in UHS Clinics**
Starting in Spring 2024, all UHS clinics began providing interpersonal violence prevention resources at check-in.
- Enhancing Efficiency in Study Abroad Medical Clearances**
UHS improved the study abroad medical clearance process, enabling hundreds of students to complete requirements more efficiently and enabling earlier program registration. Through these asynchronous visits, students can submit information and receive feedback without needing a real-time appointment.
- Creation of Negative Pressure Room**
UHS staff established a negative pressure suite in the Urgent Care clinic, a critical measure in minimizing the spread of airborne infectious diseases. By maintaining lower air pressure inside, the room prevents contaminated air from escaping into other clinics, safeguarding both patients and healthcare workers. This dedicated space prioritizes patients requiring such containment measures, improving the management of diseases like tuberculosis, measles, chickenpox and COVID-19.

MEDICAL STAFF OVERVIEW



STUDENT VOLUNTEERS

Developing Our Future Workforce
37 Student Clinic Volunteers
28 Student Health Advisory Committee Members



healthyminds

SUPPORTING STUDENT MENTAL HEALTH ON THE 40 ACRES

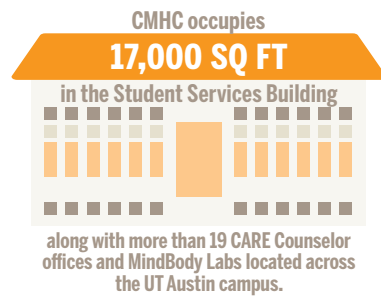
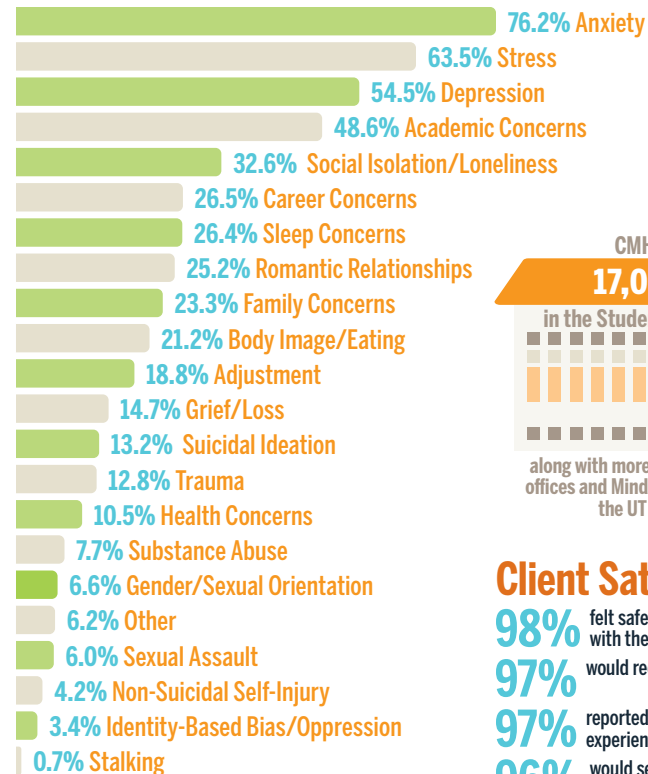
The Counseling and Mental Health Center (CMHC) provides support through assessment and referral, group and individual counseling, psychiatry and well-being services.

28,312
total attended sessions

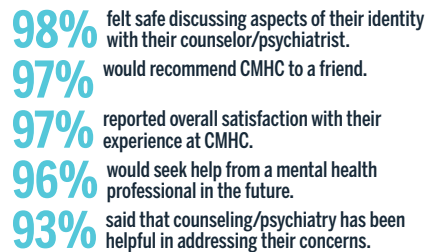
5,443
unique clients served

Reasons Students Seek Care at CMHC:

Note: More than one presenting issue can be given.



Client Satisfaction



- Individual Counseling**
15,125 sessions
- Brief Assessments**
6,205 assessments
- Group Counseling and Workshops**
118 groups/workshops
2,076 sessions
- Psychiatry**
1,727 sessions
- Case Management**
1,482 sessions
- Crisis Line Calls**
1,046 calls
- Crisis Counseling**
542 sessions
- TimelyCare**
5,527 sessions
1,443 unique students

TimelyCare Counseling
3,115 sessions, 930 unique clients

TimelyCare Psychiatry
1,351 sessions, 350 unique patients

TimelyCare TalkNow
941 sessions, 485 unique students

TimelyCare Health Coaching
120 sessions, 49 unique students

NEW INITIATIVES AND ACCOMPLISHMENTS

- Launch of TimelyCare Platform Across 14 Institutions**
The UT System enlisted CMHC mental health experts to implement TimelyCare, a virtual mental health platform, across all 14 UT System institutions, enhancing mental health resources at UT Austin and systemwide.
- Marking 30 Years: Social Work Internship Program**
The social work internship program celebrated its 30th anniversary, training nearly 120 students since 1993.
- Expansion of Counselors in Academic Residence (CARE) Program**
The CARE program expanded with new positions, and this year CARE Counselors saw a record 1,288 unique counseling clients and engaged 5,055 students through outreach.

CLINICIAN OVERVIEW



SELECTED PROGRAM UTILIZATION

- Counselors in Academic Residence (CARE)**
6,484 sessions
CARE is integrated into 19 colleges, schools and departments across campus
- Counseling and Community Outreach Specialists (CCOS)**
6,407 students, faculty and staff reached
- Graduate Trainee Programs**
3,363 sessions
1,156 unique clients served by psychology and social work interns, social work fellows and psychology practicum students
- Mental Health Assistance and Response Team (MHART)**
94 encounters with 53 UT community members



healthylives

PROMOTING WELL-BEING FOR ALL STUDENTS

The Longhorn Wellness Center (LWC) creates a culture of student and campus well-being. Health promotion at UT Austin started in the early 1980s and has evolved over the past four decades. In 2018, the prevention and outreach teams of University Health Services and the Counseling and Mental Health Center merged to form the Longhorn Wellness Center. In Spring 2024, the Longhorn Wellness Center officially became a department within the Division of Student Affairs.

HIGH QUALITY PROGRAMS

- Mindfulness Workshops**
1,970 students participated
74 workshops
97% of participants understood how to integrate mindfulness into their daily lives after attending.
- Get Kinetic**
100% of participants said they felt more connected to the Kinsolving community after being involved in this physical activity program.
- Substance Use Screening Program**
68 participants considered how alcohol or cannabis affected their academics and well-being through these brief screening programs.

- Required Education for Incoming Students**
11,200 first year students completed two modules addressing substance misuse prevention and sexual assault prevention.
2,900 graduate students completed a module on sexual assault prevention.
85% felt more confident in their ability to intervene around concerning behavior after completing the modules.
- Well-Being in Learning Environments Workshop Growth**
80 student well-being workshops reaching over 3,000 faculty, staff and graduate students.

HEALTH PROMOTING RESOURCES

- Healthyhorns Sleep Kits**
5,440 kits provided to support better rest and healthier sleep habits.
- Mental Health Mini Grants**
\$8,960 awarded to 24 student organizations for events and programs related to mental health.
- Play It Safe Post**
89% reported greater intentions to use condoms during sexual activity after using the free safer sex supplies in residence halls program.
- New Naloxone Pickup Point**
200 doses distributed from an overdose prevention medication pickup point (established October 2023) in the LWC in collaboration with the UT SHIFT Operation Naloxone program.

STUDENT INVOLVEMENT

- Student Employees and Interns**
23 student staff members helped programs thrive.
95% agreed that working at the LWC supported their growth as a whole person.
- Healthy Student Organization Program**
29 participating groups adopted well-being strategies as a way to promote healthier group cultures.
- Longhorn SHARE Project**
34 peer support specialists led conversations with students about shared experiences and well-being goals.
- Longhorn Wellness Peer Educators**
44 workshops provided by peer educators with 1,007 student participants and 960 service hours completed.

HEALTH MESSAGING

- HealthyhornsTXT Program**
31,398 students subscribed to this program that sends regular messages about campus resources and tips for staying healthy.
82% of student subscribers changed their behavior based on HealthyhornsTXT.
- Bruce the Bat on Social Media**
3,400 Facebook followers
913 Instagram followers
This program challenges misconceptions about peers' alcohol use and normalizes the use of risk reduction strategies to stay safe.

CAMPUS COLLABORATIONS

- Mindful Backpacking Trip**
Collaborated with Recreational Sports to lead 21 students through guided mindfulness activities on a weekend hiking and camping trip.
- Take Back the Night**
100 attendees
Partnered with Title IX Office to host this annual event aimed at raising awareness about the movement to end sexual violence. The event featured country music performer Julie Williams.
- Mindfulness Summit**
200 attendees
Partnered with the Blanton Museum of Art to host this event, featuring a keynote address, 7 mindfulness activities, 5 interactive adventures, and a community picnic.
- West Fest Ready Workshops**
84% of workshop attendees agreed that they felt more prepared to keep themselves and others safe during West Fest.

healthyhorns

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

University Health Services
Counseling and Mental Health Center
Longhorn Wellness Center

Division of Student Affairs

© 2024 Healthyhorns • healthyhorns.utexas.edu



TEXAS

The University of Texas at Austin