Impact Statement
2020-2021

WE ADVANCE LONGHORNS’ HEALTH

43,242 total attended visits in UHS
14,392 unique patients served by UHS

Top Reasons Students seek care at UHS:
1. COVID-19 testing and related concerns
2. Sprains, strains, back pain, extremity injuries
3. STI screening and infections
4. Contraception
5. Hair, skin, nail problems
6. Immunizations, TB screening, travel immunizations
7. Headache, colds, flu, sinus issues
8. Sore throat or swollen glands
9. Depression, anxiety, fatigue
10. Gastrointestinal problems

Because of the global COVID-19 pandemic and remote learning, UHS saw fewer patients during the 2020-2021 year compared to previous years.

Primary Care
16,652 visits (15,139 telehealth)

Urgent Care
5,572 visits (2,334 Respiratory Clinic)

Women’s Health
8,367 visits (5,601 telehealth)

Sports Medicine
2,119 visits (75 telehealth)

Allergy, Immunization & Travel
4,243 visits (141 telehealth)

Laboratory Tests
46,761 tests (13,989 COVID-19 Tests)

UHSmakes visits
45,000+ SQ FT
in the Student Services Building

Lab Tests
69 exam rooms
6 procedure rooms

PCT

Proactive Community Testing Program for Asymptomatic COVID-19 Testing
This program allowed current UT students, faculty and staff to get free asymptomatic COVID-19 tests throughout the pandemic. The team worked tirelessly with key campus departments including the UT Austin High Throughput Testing Core and university leaders to quickly and nimbly adapt many aspects of the program as local and national demands changed.

Developing Our Future Workforce

50 Student Health Advisory Committee Members
1 Nurse Practitioner
1 Student
246 Student Volunteers at PCT
1,723 Student Volunteer Hours at PCT

UHS Staff
Board-Certified Physicians 15
Nurse Practitioners 5
Physician Assistants 5
Integrated Health Counselors 3
Registered Dietitian 1
Registered Nurses 21
Licensed Vocational Nurses 6
Medical Assistants 26
Laboratory and Radiology Techs 10
Physical Therapists 2
Physical Therapist Assistants 2

Because of the global COVID-19 pandemic and remote learning, UHS saw fewer patients during the 2020-2021 year compared to previous years.

688x640 NEW INITIATIVES

Campus Wide COVID-19 Vaccine Distribution
In partnership with several on-campus departments and entities, UHS staff assisted with these efforts throughout the COVID-19 pandemic.

Now Offering the Initiation of Gender Affirming Hormone Therapy
UHS is proud to now provide this service. Additionally, all UHS medical providers receive ongoing training specifically related to LGBTQIA+ healthcare.

Shifted Quickly to Offer Telehealth Services
Because of the COVID-19 pandemic, UHS swiftly and efficiently transitioned from an all-in-person service model to start offering services by telehealth, expanding our ability to meet the healthcare needs of UT students regardless of their location in Texas.

Created and Staffed the COVID-19 Designated Respiratory Clinic (DRC)
This critical unit was pulled together in a short amount of time. UHS staff worked tirelessly to test and treat students with COVID-19 symptoms and those who tested positive for the virus.

Created, Launched and Staffed the Proactive Community Testing Program for Asymptomatic COVID-19 Testing
This program allowed current UT students, faculty and staff to get free asymptomatic COVID-19 tests throughout the pandemic. The team worked tirelessly with key campus departments including the UT Austin High Throughput Testing Core and university leaders to quickly and nimbly adapt many aspects of the program as local and national demands changed.

OUR STAFF ARE UNIQUELY POSITIONED TO MEET STUDENTS’ NEEDS
The Counseling and Mental Health Center (CMHC) serves our diverse campus community by providing high quality, innovative and culturally informed mental health programs and services that enhance and support students’ well-being, academic and life goals.

Reasons students seek care at CMHC:

- 65.9% Stress
- 46.4% Academic Concerns
- 35.4% Social Isolation/Loneliness
- 28.8% Sleep Concerns
- 27.2% Career Concerns
- 25.9% Social Relationships
- 25.0% Family Concerns
- 24.2% Body Image/Caling
- 24.0% Romantic Relationships
- 18.3% Adjustment to New Environment
- 13.2% Suicidal Ideation
- 12.8% Grief/Loss
- 12.2% Trauma
- 11.2% Health Concerns
- 7.8% Sexual Assault
- 7.6% Gender/Sexual Orientation
- 6.9% Other
- 6.8% Substance Use
- 4.5% Non-Suicidal Self-Injury
- 4.3% Identity-Based Bias/Oppression

28,508 total attended sessions at CMHC

5,541 unique patients served by CMHC

Patient Satisfaction
- 96% would recommend CMHC to a friend
- 94% overall satisfaction with their experience at CMHC
- 91% said having access to CMHC helped minimize further disruption to their academics during the COVID-19 pandemic

Groups and Workshops 121 offered

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

Counselors in Academic Residence (CARE) integrated into 15 colleges and schools plus 1 in University Housing and Dining.

CMHC Staff
- DCOS Counselors 6
- CARE Counselors 12
- General Counselors 19
- Integrated Health Counselors 3
- Board-Certified Psychiatrists 4
- Psychiatric Nurse 1
- Fellows 6
- Interns 8
- Practicum Students 11

Diversity Counseling and Outreach Specialists (DCOS)
- 6 specialists and 1,899 students, faculty and staff reached

Professional Training Programs
- 5,622 attended sessions
- 1,971 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 WORK WITH CAMPUS PARTNERS TO DELIVER IMPORTANT HEALTH MESSAGES TO UT STUDENTS

- **Online Learning Modules**: 140 students participated, 8 modules created
- **Staying Well While Social Distancing**: An online tool designed to provide healthy tips to students
- **Healthyhorns Text Program**: 19,062 students subscribed to Healthyhorns texts, 79 text messages sent
- **Signature Events Held Virtually**: Suicide Prevention Week, Relationship Violence Prevention Month and Mental Health Promotion Week
- **Bruce the Bat on Social Media**: 449 followers, 529 followers, 3,601 followers

This campaign 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**: worked with 107 faculty members to embed conditions for well-being in their classrooms
- **Online Modules on Well-Being**: 325 participants, 29 online modules
- **Well-Being in Virtual Learning Environments**: a new online guidebook provided to faculty

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**: created programs, mobilized students, evaluated initiatives and leveraged partnerships with the campus community to advance students’ health

OUR STUDENT INVOLVEMENT IS CENTRAL TO OUR MISSION

- **23 Students**: work or volunteer in our office to make our programs thrive
- **Mental Health Ambassador**: program trained 58 ambassadors representing 52 student organizations
- **Mental Health and Suicide Prevention**: 62 virtual workshops facilitated by LWC professional staff for about 800 participants

WE PROMOTE WELL-BEING FOR ALL STUDENTS

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**: 200 incoming students attended during New Student Orientation
- **BeVocal Bystander Intervention Workshop: Combating Anti-Asian Racism**: 646 students, staff and faculty attended
- **Brief Alcohol Screening and Intervention for College Students (BASICS) and Cannabis Screening and Intervention for College Students (CASICS)**: 69 students completed the program designed for any Longhorn who is thinking about how alcohol or cannabis, or both, is affecting their personal wellbeing or academics
- **Get Yourself Tested (GYT)**: free STI testing to 66 students funded by the Student Services Budget Committee

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