My experience yesterday at UT (UHS) was probably the most positive experiences I’ve ever had in a doctor’s office. The nurses were super helpful and I could tell really cared. I felt very confident that I was getting good medical care. I had initially planned to avoid going to the doctor unless I went home, but after this experience I will definitely be back.

I had never received help before and it was like someone threw me a life jacket and compass while I was trying to keep my head above water. It’s helped gain some control I’ve never had before and I actually see a future without this problem.

Being a peer educator has been one of the greatest opportunities in my life and I have enjoyed the support of the LWC and being a part of their mission.

University Health Services
Counseling and Mental Health Center
Longhorn Wellness Center
healthybodies

69,265 total visits to all UHS clinics
24,135 unique patients served by UHS

Top Reasons Students Seek Care at UHS
- Allergies, colds, upper respiratory infections, flu
- Annual GYN exams
- Concussions
- Contraception
- Depression, anxiety, fatigue
- General and sports physicals
- Sprains, strains, back pain, extremity injuries

Laboratory Tests 56,482
Ultrasounds and X-rays 3,642
Nurse Triage 11,159

where Longhorns become healthyhorns

Urgent Care 5,370 visits
Sports Medicine 5,071 visits
Integrated Health 1,692 visits
STI Screening 1,728 visits
Nutrition Services 751 visits

UHS Staff
15 Board-Certified Physicians
42 Nursing Staff
6 Physician Assistants
7 Nurse Practitioners
1 Registered Dietitian
8 Laboratory and Radiology Techs
2 Physical Therapists
2 Physical Therapist Assistants
50 Administrative and Support Staff
34 Student Employees

10 Student Physical Therapy Volunteers
25 Student Clinic Volunteers
53 Student Health Advisory Committee Members

70+ Campus Partnerships across campus to support students and the University’s academic mission, including joint research with faculty and collaborations on health initiatives

99% said the UHS provider treated them with respect
98% said they would recommend UHS to a friend
97% were satisfied with their overall UHS experience
97% were satisfied with the UHS provider

98% said access to healthcare on campus minimized disruptions to academics

Patient Satisfaction

UHS occupies 45,000+ sq ft in the Student Services Building with 69 exam rooms & 6 procedure rooms

Impact Statement 2018-2019

69,265 total visits to all UHS clinics
24,135 unique patients served by UHS

Primary Care 26,284 visits
Women’s Health 10,208 visits
Allergy & Immunization 8,732 visits
Physical Therapy 5,752 visits
Travel Health 484 visits

Top Reasons Students Seek Care at UHS
- Allergies, colds, upper respiratory infections, flu
- Annual GYN exams
- Concussions
- Contraception
- Depression, anxiety, fatigue
- General and sports physicals
- Sprains, strains, back pain, extremity injuries

Laboratory Tests 56,482
Ultrasounds and X-rays 3,642
Nurse Triage 11,159

where Longhorns become healthyhorns

Urgent Care 5,370 visits
Sports Medicine 5,071 visits
Integrated Health 1,692 visits
STI Screening 1,728 visits
Nutrition Services 751 visits

UHS Staff
15 Board-Certified Physicians
42 Nursing Staff
6 Physician Assistants
7 Nurse Practitioners
1 Registered Dietitian
8 Laboratory and Radiology Techs
2 Physical Therapists
2 Physical Therapist Assistants
50 Administrative and Support Staff
34 Student Employees

10 Student Physical Therapy Volunteers
25 Student Clinic Volunteers
53 Student Health Advisory Committee Members

70+ Campus Partnerships across campus to support students and the University’s academic mission, including joint research with faculty and collaborations on health initiatives

99% said the UHS provider treated them with respect
98% said they would recommend UHS to a friend
97% were satisfied with their overall UHS experience
97% were satisfied with the UHS provider

98% said access to healthcare on campus minimized disruptions to academics

Patient Satisfaction

UHS occupies 45,000+ sq ft in the Student Services Building with 69 exam rooms & 6 procedure rooms

Impact Statement 2018-2019
The University of Texas at Austin
Counseling and Mental Health Center
Division of Student Affairs

Impact Statement 2018-2019

healthyminds

28,463 total sessions attended at CMHC
7,286 unique patients served by CMHC

Individual Counseling
12,345 sessions

Psychiatric Services
2,635 sessions

Crisis Appointments
927
Crisis Line Calls
1,520
Brief Assessments
8,111 sessions
Group Counseling
84 groups

Diversity Counseling and Outreach Specialists (DCOS)
7 specialists and over 6,825 students, faculty, and staff reached

DCOS provide counseling, support, and outreach for student populations with marginalized and underrepresented identities.

94% of students served said CMHC helped them stay in school

97% would recommend CMHC psychiatry services to other students
97% would return to the counselor if they needed help again

Professional Training Programs
2,324 students served
5,596 sessions attended

by Psychology and Social Work Interns, Social Work Fellows, Psychiatry Residents/Fellows, Psychology Practicum Students, and Psychiatric Nurse Practitioner Students

Counselors in Academic Residence (CARE)
14 colleges & schools
4,854 visits

Crisis Line Calls
1,520
Brief Assessments
8,111 sessions

Crisis Appointments
927

95% said having a counselor located in their college helped them attend counseling

104% Number of attended sessions over the last 9 years

2009-10
13,985
2012-13
23,967
2015-16
25,335
2018-19
7,286

28,463

20% Sessions Attended
40% Students Served

Sessions Attended
Students Served

76%
Anxiety

72%
Stress

63%
Depression

35%
Academic

26%
Romantic Relationships

22%
Family

16%
Body Image/Eating

10%
Health Concerns

7%
Addiction/Dependence

7%
Gender/Sexual Orientation

6%
Violence

100%
would recommend CMHC services to a friend

NOTE: More than one presenting issue can be given.

CARE Partners

The CARE program embeds mental health professionals in partnering academic colleges and schools to provide counseling services, consultation, and education related to student well-being.
The University of Texas at Austin
Longhorn Wellness Center
Division of Student Affairs

Impact Statement 2018-2019

healthylives

27,725 total students reached
12 total full time staff
142 total student staff and volunteers

Longhorn Wellness Center
addresses priority health issues by using multi-level, evidence-based prevention strategies such as peer education, social marketing, social norms initiatives, environmental change strategies, and strategic campus partnerships.

Healthy Student Organization Program
29 medals awarded

Well-being in Learning Environments
60 faculty participated
5,000 students impacted

Healthyhorns and Mental Health Peer Educators
2,312 students reached
2,710 service hours

BASICS
102 students completed

AlcoholEdu and Sexual Assault Prevention for Undergraduates
85% incoming students completed

Suicide Prevention and Mental Health Promotion Workshops
4,191 students reached

Voices Against Violence Outreach
1,922 students reached

BeVocal Bystander Intervention
37 total workshops

Mental Health Ambassadors
30 students

Hydration Stations
13 newly installed

Sunscreen Dispensers
7 newly installed with 48,000 applications

Healthy Sexuality Resources
19,007 student contacts

Healthyhorns Text
13,776 subscribers

Sleep Kits
2,684 distributed

Professional Presentations
16

Awarded at UT’s Healthy Interprofessional Education Showcase:
★ Best in Community Engagement
★ Best in Interprofessional Education Team
★ Best in Visual