

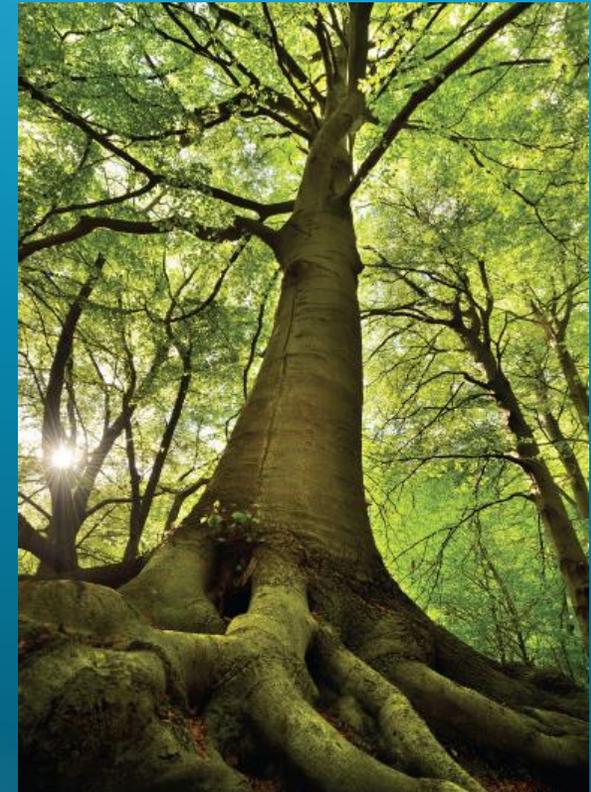
UHCL
Counseling and
Mental Health
Center

Mental Health Matters

DR. CINDY COOK - DIRECTOR

Connect * Empower * Thrive

The mission of UHCL Counseling and Mental Health Center is to help students fulfill their goals by fostering connections with and among members of the university community, facilitating the discovery and realization of power in their strengths and developing the ability to address emotional and psychological challenges.



Successes and Utilization of Services

Direct Services

- ▶ 618 Total Students served in direct counseling services, 8% student body
- ▶ 4,924 Total direct service contacts (12%↑)
- ▶ 550 Telehealth Therapy Sessions (individual, couples, group)
- ▶ 2,945 Individual Therapy sessions (3.8%↑)
- ▶ 139 Group Therapy Sessions (83%↑)
- ▶ 96 Couples Sessions (.1%↑)
- ▶ 350 Psychiatry sessions (15%↑)
- ▶ 115 Calls answered by ProtoCall crisis services
- ▶ Average wait time until initial consultation = 2.34 business days (down from 2.99)

Outreach and

Self-Directed Services

- ▶ Together all peer support platform has 162 users (157% increase over last year).
- ▶ 35%↑ in outreach events - 218 outreach activities that reached 6,915 students, staff, faculty
- ▶ Second Annual Fresh Check Day with over 300 participants, double last year
- ▶ Welltrack Boost App: 128 new users this year with 1213 logins (1051 total users)
- ▶ 76 on-line mental health screenings
- ▶ 15 C.E.r.T trainings for 348 faculty, staff, students
- ▶ 30 Let's Talk events
- ▶ Connecting to College (CtC) support group for students with ASD
- ▶ 418 MindSpa appointments

Other Successes

- ▶ JED Campus Fundamentals program and Healthy Minds Study
- ▶ Installation of “Josh’s Bench” for suicide awareness
- ▶ Continued accreditation from IACS and APA
- ▶ Contribution to Center for Collegiate Mental Health (CCMH)



New staff!

**2024-2025
Doctoral Interns**

Kendall Smith
Julie Grunhaus
Kyana Bellon



Dr. Taylor
McCoy
Psychologist



Dr. Katie Piercy
Staff Therapist
(Half Time)



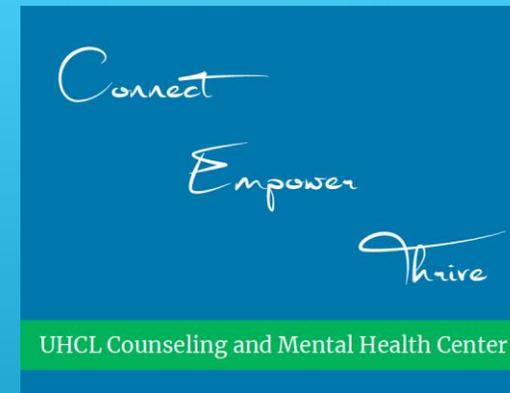
Therapy Works!!

Outcomes and Satisfaction

- ▶ **97%** experienced an increase in the quality of their life functioning
 - ▶ **90-96%** experienced a reduction in symptoms, dependent on the number of sessions
 - ▶ **94%** experience reduction in negative thinking
 - ▶ **91-93%** experience better problem solving/decision making skills; improved coping skills; improved relationships; improved self-esteem
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- ▶ **99%** of clients report being satisfied with their therapist.
 - ▶ **95%** of psychiatry patients report satisfaction with psychiatry services after evaluation and 100% after follow up.
 - ▶ **87%** of group therapy clients report being satisfied with their group therapy experience.
 - ▶ **93%** felt telehealth services (if used) were definitely or possibly as effective as in-person services.

Therapy Works!!

Saving Lives

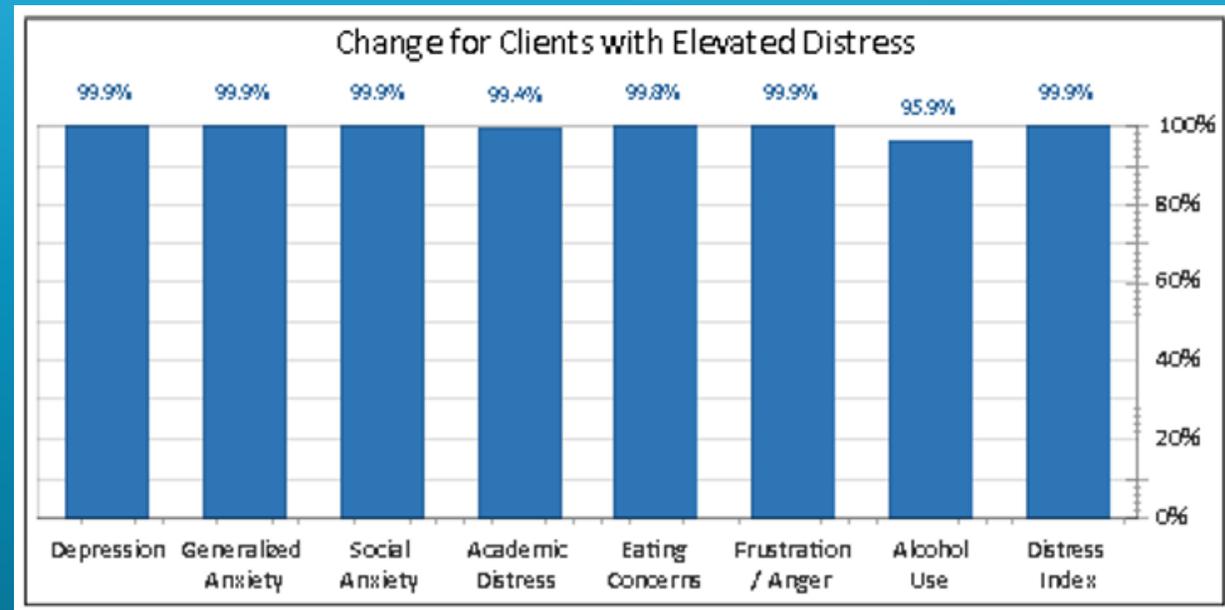


- ▶ 43% of clients report having seriously considered suicide prior to therapy
- ▶ 14% have attempted in the past
- ▶ 37% reported at least some suicidal ideation when they first came in
- ▶ 79% of those decreased their score on suicidal ideation at post-treatment
- ▶ 15% of clients reported at least some thoughts of hurting others at the beginning of treatment. Of those, 77% decreased their scores after treatment.

Therapy Works!!

UHCL Compared to National Data

- Outcome results on the repeated symptom assessment (CCAPS) compared to the national outcome data for the last two years with 3 CCAPS administrations indicate for UHCL clients who start out with elevated distress on all 8 of the CCAPS subscales, **the average change our clients show in reducing their symptoms is greater than the change achieved by 96-99.8% of 297 counseling centers in the national sample.**



Therapy Works!!

Improves Student Retention

- ▶ **96%** of clients report that the services they received helped improve their academic performance
- ▶ **69%** of clients report that the services they received helped them stay enrolled.
- ▶ **98%** said that telehealth services helped them feel supported by/connected to UHCL as a whole.
- ▶ **93%** of clients during the Fall 2023 Semester who attended at least 4 therapy sessions either graduated or enrolled for the following semester. 88% from Spring 2024 either graduated or enrolled in summer or fall 2024.

Opportunities, Initiatives, Challenges

New Initiatives

- ▶ JED Campus Fundamentals
 - ▶ Substance use, screenings
- ▶ Peer Wellness Ambassadors
- ▶ Thrive Together Wellness Fair
- ▶ ASD Assessment (if funded)
- ▶ STAIR Trauma Treatment

Ongoing Initiatives

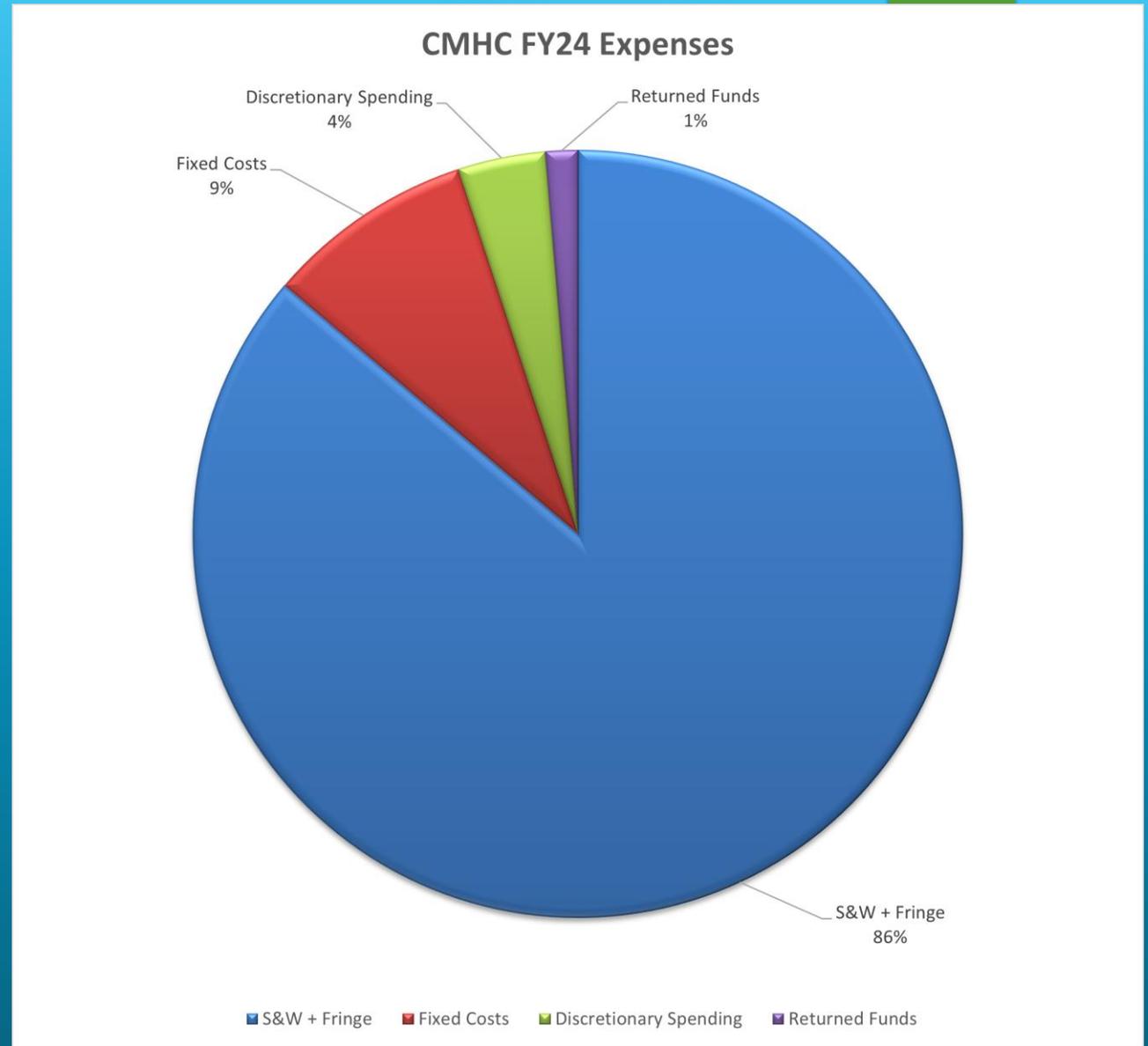
- ▶ Continue C.E.r.T. Training
- ▶ Continuing to expand outreach programming
- ▶ Continue to market Togetherall and WellTrack Boost
- ▶ Continue to meet demand with Collaborative Care model for clinical services



Budget Overview

▶ 3 Cost Centers

- ▶ Student Fees – Primary cost center
- ▶ State Fees (FYI funds) – Supports doctoral internship program
- ▶ Sales and Service – Income from psychiatry, no show fees, and assessments



New Funding, Funds Swept, Impact of Cuts

New One-Time Funding

- ▶ Funding for increased psychiatry – renewed contract with provider
- ▶ Supplemental salary funding for psychologist – used to reclassify position that became vacant to psychologist

Funds Swept

- ▶ \$15,750 swept, all from salary (was earmarked for Togetherall)

5% Budget Cut (\$49,198)

- ▶ Since only 4% of budget is discretionary, would have to come from cutting staff or fixed contracts like psychiatry

Current Funding Requests

2 One-Time Funding Requests for 2024-2025
and 3 for 2025-2026

FY 2025

- ▶ Togetherall Peer Support Platform (\$13,500)
- ▶ ASD Assessment tools (\$4,500)

FY 2026

- ▶ Increased funds for psychiatry (\$24,000)
- ▶ Togetherall Peer Support Platform (\$13,500)
- ▶ Peer Wellness Ambassadors – (\$26,000) - Collaborative request with CRWC and Health Services



Peer Wellness Ambassadors

Collaborative project with CRWC and Health Services

4 Peer Wellness Ambassadors per year

- ▶ Provide wellness workshops, presentations, and events on a variety of topics
- ▶ Lead and support campus-wide campaigns (in person and social media or online) to raise awareness on issues such as mental health, substance abuse, sleep hygiene, nutrition, exercise/movement, and suicide prevention

Funding Needed (\$26,000)

- ▶ \$20,700 student worker wages and benefits; \$5,300 M&O for training, outreach supplies, and materials