

STATE OF **WELLNESS & MENTAL HEALTH** TOWNHALL



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Closing

Welcome, WE'RE HERE TO SUPPORT U



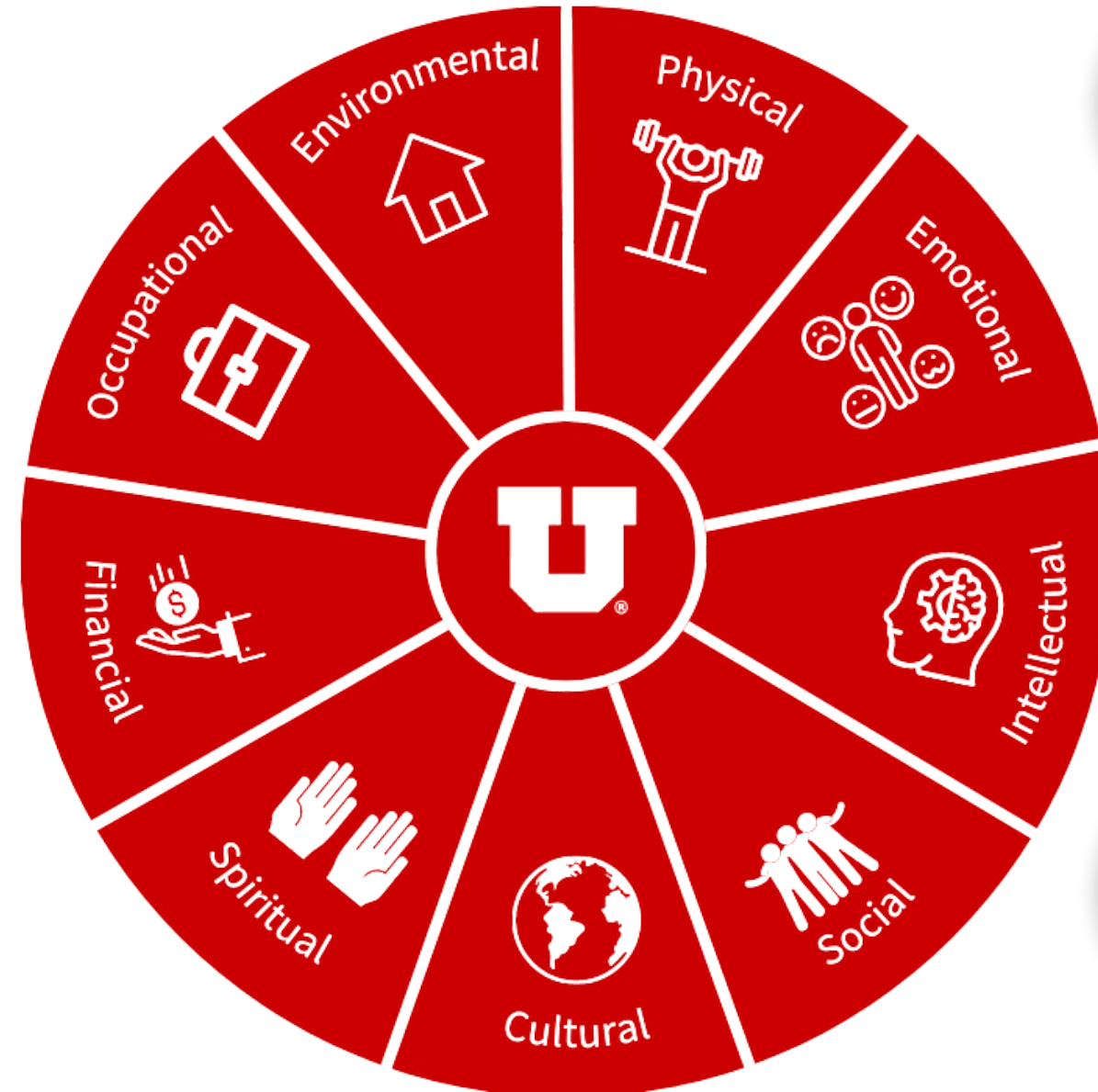
Access

An ability to obtain health & wellness services such as prevention, diagnosis, treatment, and management of diseases, illness, disorders, and other health-impacting conditions.



Education

Provide education of available programs, services and initiatives available for prevention, treatment and management of diseases, illnesses, and other health-impacting conditions.



Outreach

Provide diverse and comprehensive health and wellness workshops or events that either deliver services or disseminate information as a tool to help expand access to well-being services, practices or products to all students.



Treatment

A right to access high-quality, diverse and comprehensive medical and wellness services for all students regardless of race/ethnicity, age, disability, gender identity, sexual orientation, socioeconomic status, or geographical background.

LEADERSHIP TEAM



Sherrá Watkins, Ph.D, LCMHCS, LCAS, CRC

Associate VP of Student Health & Wellness



Scott M. McAward, Ph.D

University Counseling Center



John MacDonald, MS

Campus Recreational Services



Christine Anderson, EdS, CRC, LVRC

Center for Disability & Access



Mark A Pfitzner, MD, MPH

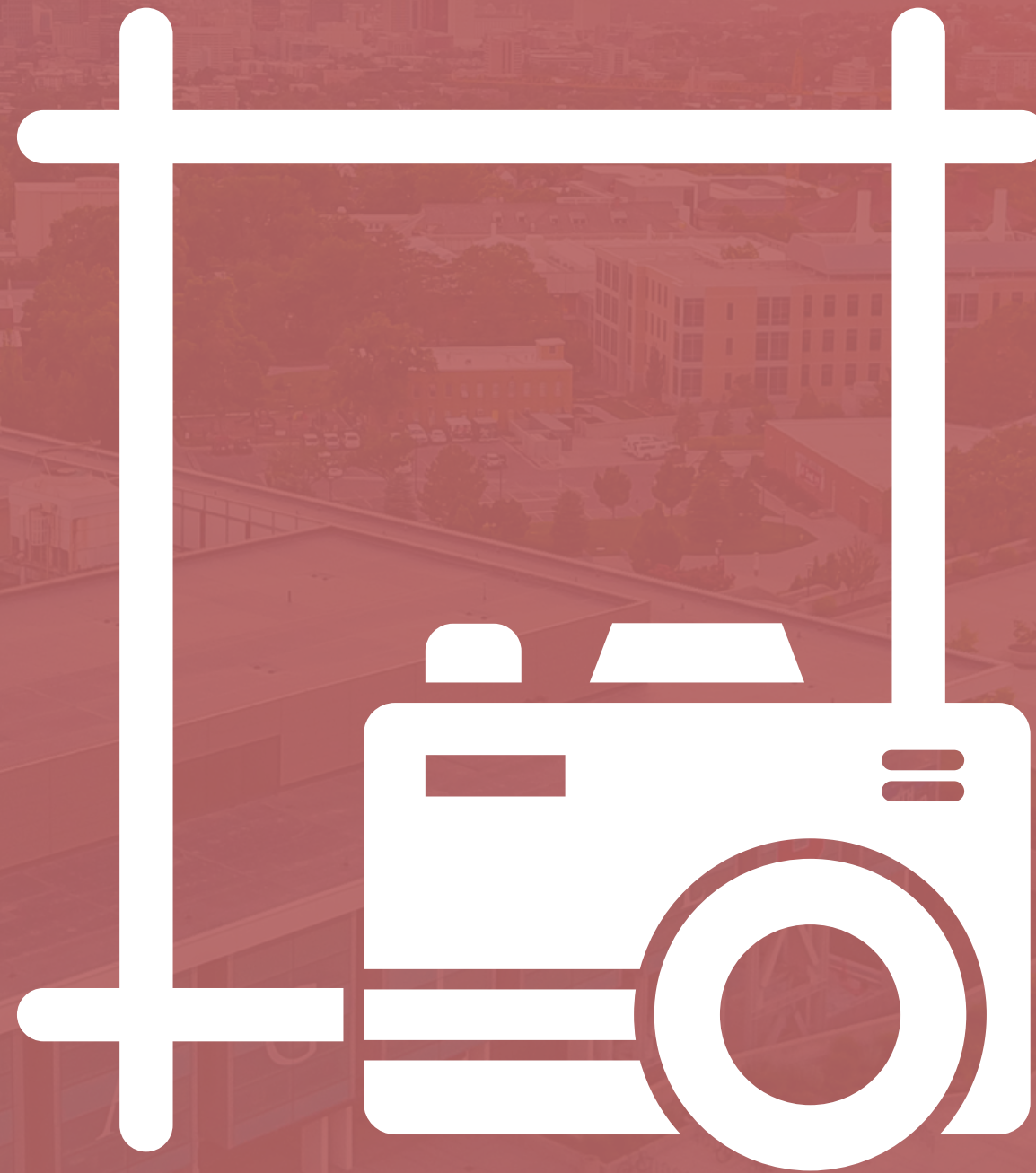
Student Health Center



Brittany Badger Gleed, PhD(c), CHES

Center for Campus Wellness

PLEASE NOTE:



HEALTH & WELLNESS

Chronic Diseases, Disabilities,
Learning Disabilities, Alcohol,
Drugs, IPV and Sexual Assault

TGNC = Transgender and Gender-Non-Conforming | Cis Men | Cis Women

CAMPUS CLIMATE

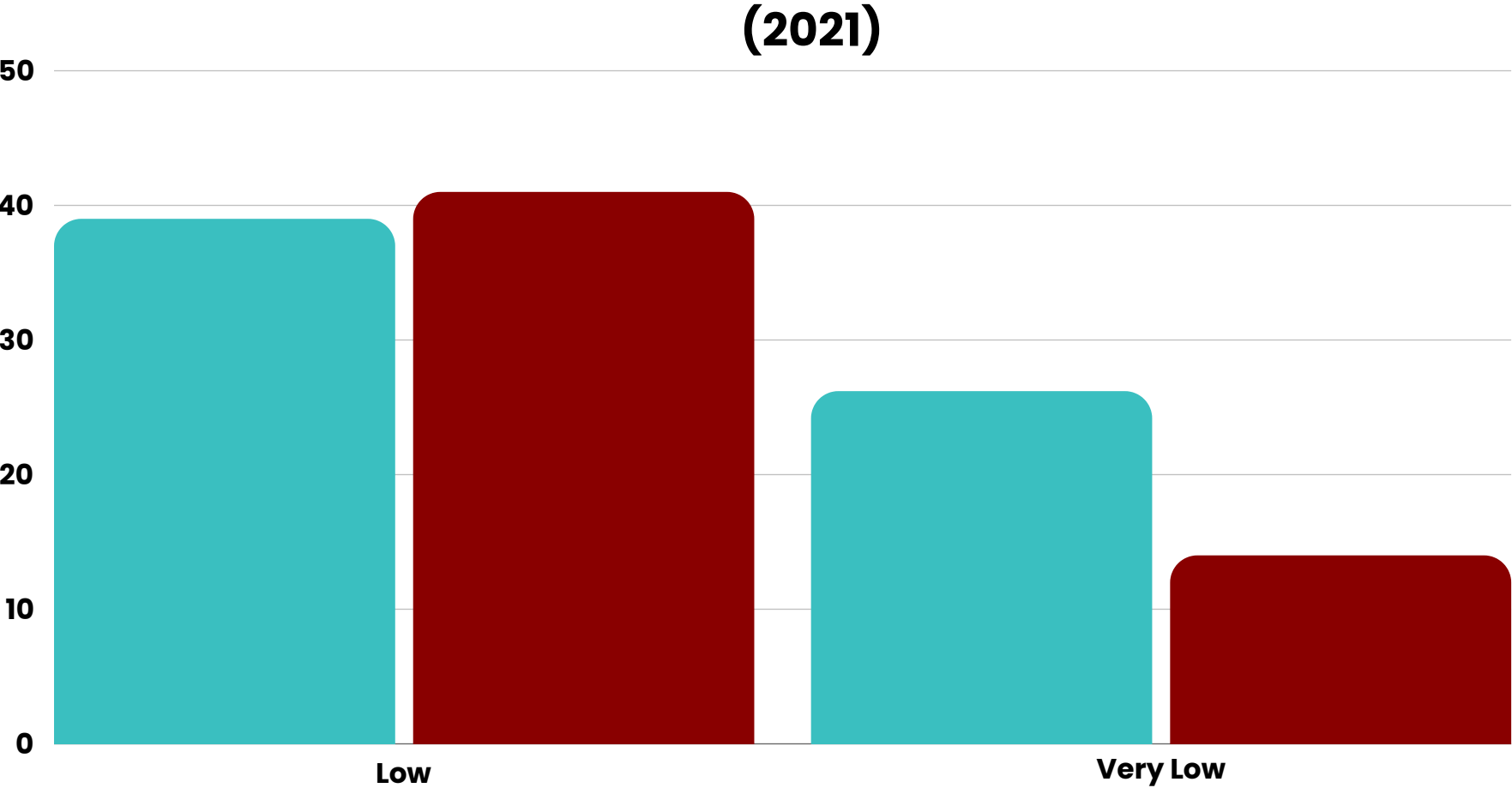
(2021)

- 86.7% of college students surveyed (92.6% cis men, 85.2% cis women, and 69.4% TGNC) described their health as good, very good or excellent.  **4.9%**
- 66.6% of students surveyed (67.8% cis men, 67.6% cis women, and 46.0% TGNC) feel that they belong at The U.  **1.3%**
- 48.4% of students surveyed (52.5% cis men, 47.2% cis women, and 42.0% TGNC) feel that students' health and well-being is a priority at The U.  **8.2%**
- 54.4% of students surveyed (59.6% cis men, 52.2% cis women, and 48.0% TGNC) feel that the campus climate encourages free and open discussion of students' health and well-being.  **3.0%**
- 40.9% of students surveyed (42.2% cis men, 40.7% cis women, and 34.0% TGNC) feel that we are a campus where we look out for each other.  **3.4%**

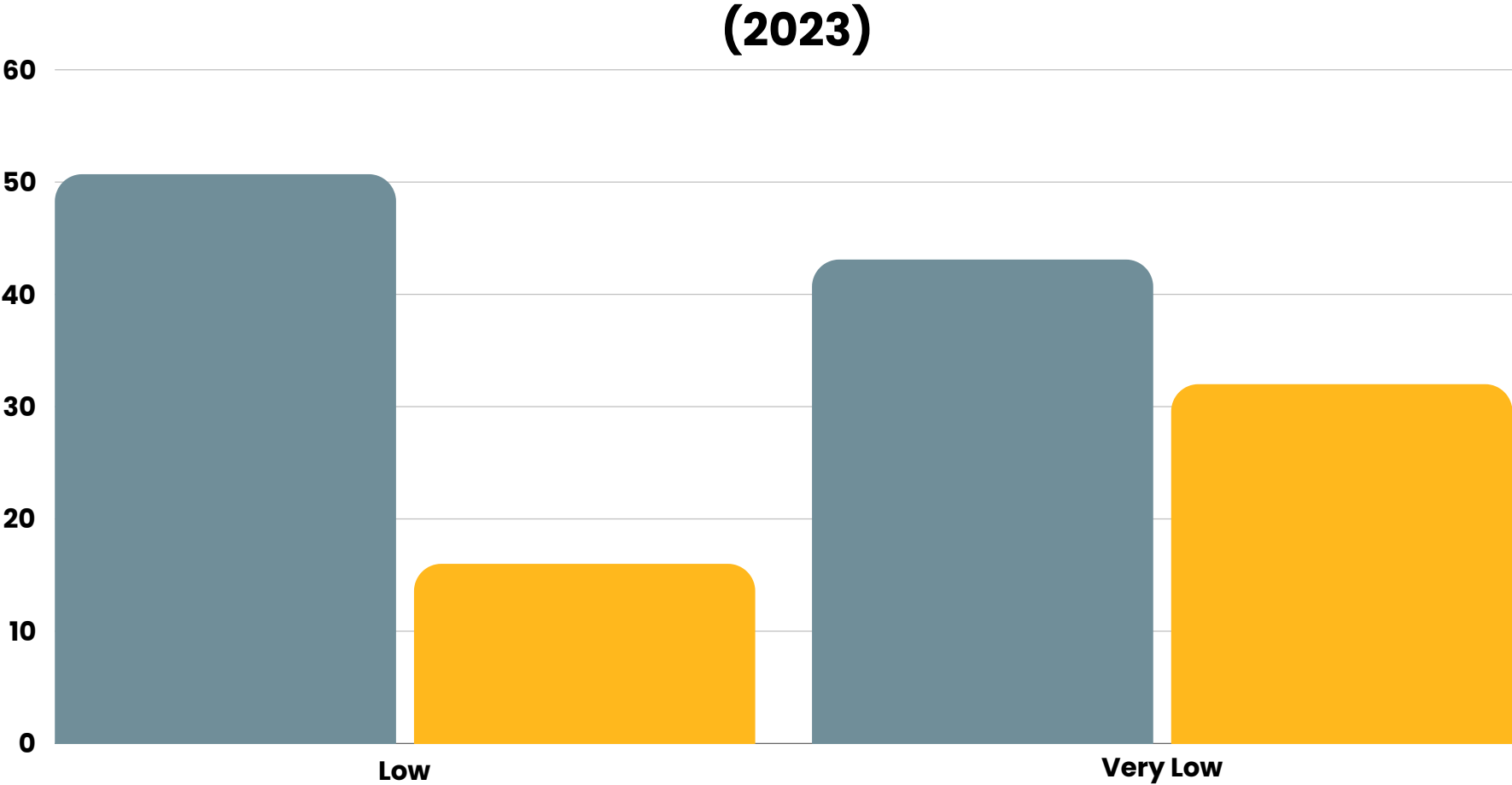
CAMPUS CLIMATE

- 89% of college students surveyed (12% disagree) believe my school actively works towards combating racism within the campus community.
- In the past 12 months, students have reported being treated unfairly at TheU because of the following:
 - Race/Ethnicity – 8% (Yes)
 - Cultural Background – 8% (Yes)
 - Gender – 13% (Yes)
 - Sexual Orientation – 7% (Yes)

FOOD SECURITY



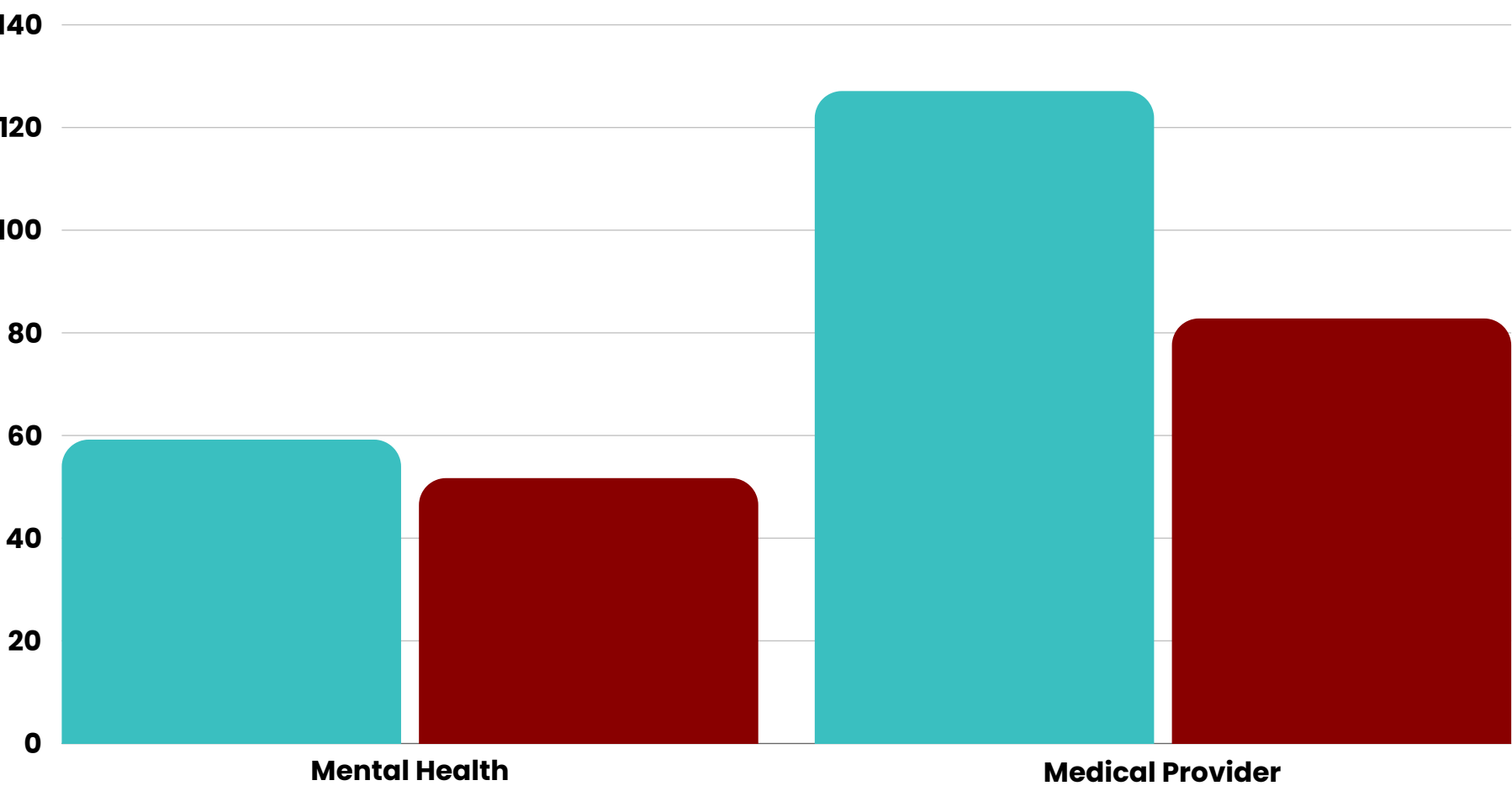
	CIS-GENDERED	TGNC
LOW 	39	41
VERY LOW 	26.2	14



	CIS-GENDERED	TGNC
LOW 	50.7	16
VERY LOW 	43.1	32

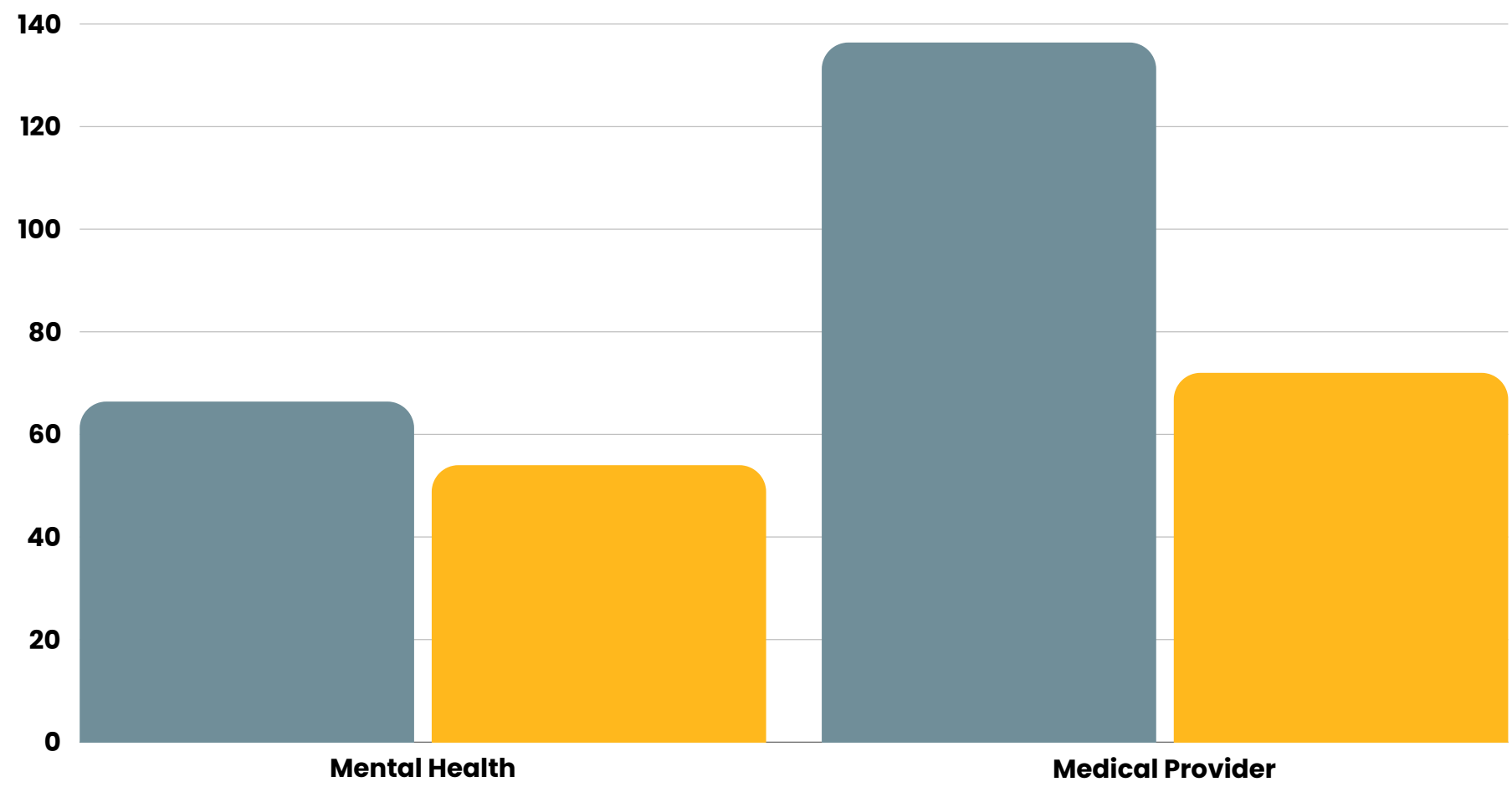
HEALTHCARE UTILIZATION

(2021)



	CIS-GENDERED	TGNC
MENTAL HEALTH	59.2	51.7
MEDICAL PROVIDER	127.1	82.8

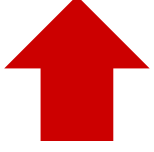
(2023)



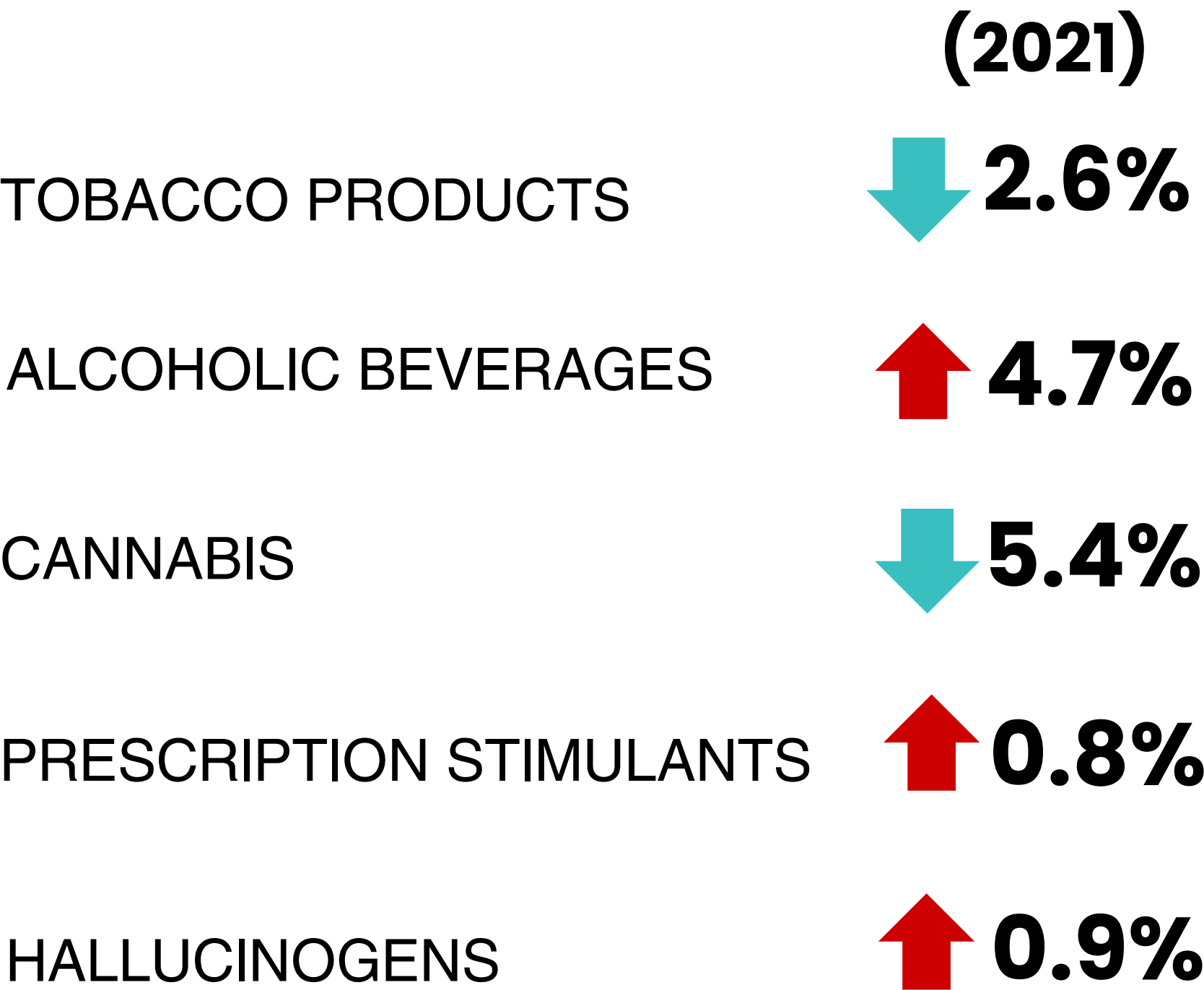
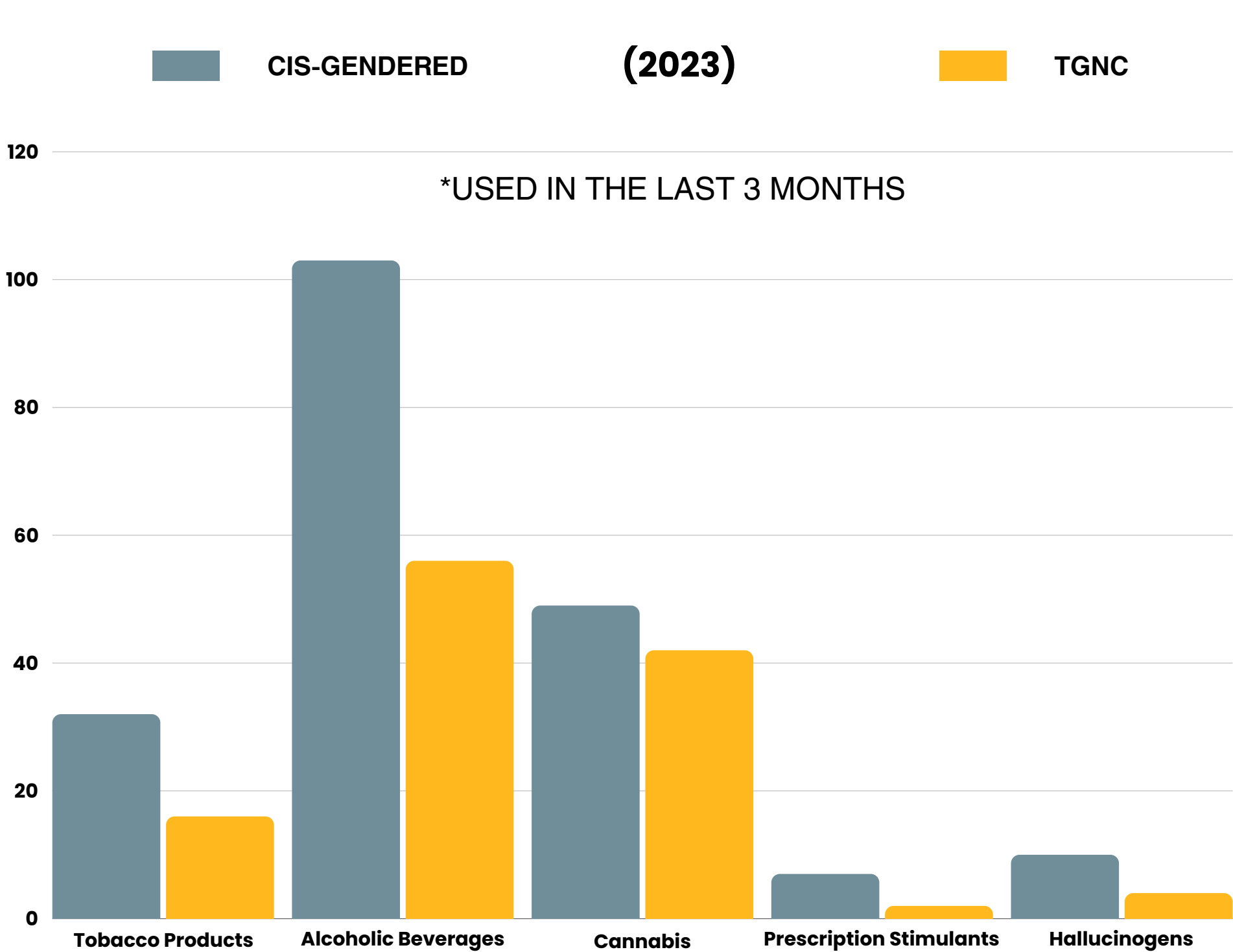
	CIS-GENDERED	TGNC
MENTAL HEALTH	66.4	54.0
MEDICAL PROVIDER	136.4	72.0

VIOLENCE, ABUSIVE RELATIONSHIPS & PERSONAL SAFETY

(2021)

- 12.5% of college students surveyed (11.7% cis men, 12.7% cis women, and 18.0% TGNC) experienced a **verbal threat** in the last 12 months.  **2.4%**
- 6.8% of students surveyed (2.4% cis men, 8.9% cis women, and 8.0% TGNC) experienced **sexual touching without their consent** in the last 12 months.  **3.0%**
- 5.2% of students surveyed (0.9% cis men, 7.3% cis women, and 10.0% TGNC) experienced **being a victim of stalking** in the last 12 months.  **2.5%**
- 74.9% of students surveyed (87.5% cis men, 70.4% cis women, and 48.0% TGNC) reported feeling **very safe** on their campus (**daytime**).  **7.4%**
- 23.9% of students surveyed (49.7% cis men, 10.5% cis women, and 12.0% TGNC) reported feeling **very safe** on their campus (**nighttime**).  **5.8%**

TOBACCO, ALCOHOL & OTHER DRUG USE



SEXUAL BEHAVIOR

Within the last 12 months:

(2021)

- 89.1% of students surveyed (84.7% cis men, 92.1% cis women, and 84.2% TGNC) reported: **Yes, used a method of contraception** to prevent pregnancy the last time they had vaginal intercourse.  **6.4%**
- 3.8% of students surveyed (5.7% cis men, 2.6% cis women, and 5.3% TGNC) reported: **No, did not want to prevent pregnancy** to prevent pregnancy the last time they had vaginal intercourse.  **3.4%**
- 6.0% of students surveyed (7.0% cis men, 5.0% cis women, and 10.5% TGNC) reported: **No, did not use any method to** prevent pregnancy the last time they had vaginal intercourse.  **2.5%**
- 10.3% of students surveyed (10.7% cis men, 9.6% cis women, and 6.3% TGNC) reported they **had unprotected sex when drinking alcohol**.  **3.7%**
- 1.8% of students surveyed (0.5% cis men, 2.1% cis women, and 3.1% TGNC) reported someone **had sex with me without my consent when drinking alcohol**.  **0.1%**

CHRONIC DISEASES

<i>*Top medical conditions as of Fall 2022 (NCHA)</i>	TheU NCHA, Spring 2022	College students reported ever being diagnosed with the following:	Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months
Allergies - Environmental	24.8%	26.3%	20.7%
Asthma	17.3%	16.6%	34.1%
Migraine Headaches	12.5%	13.3%	48.9%
Chronic Pain	8.6%	9.1%	70.0%
Hypertension	3.2%	2.8%	60.7%
Diabetes	2.2%	1.1%	81.8%
Autism Spectrum	1.2%	2.6%	42.3%

SLEEP

Over the last 2 weeks, students reported the following average amount of sleep (excluding naps):

(2021)

- 39.6% of students surveyed (36.0% cis men, 40.3% cis women, and 50.0% TGNC) reported getting **less than 7 hours of sleep** on weeknights.
- 59.5% of students surveyed (63.4% cis men, 58.6% cis women, and 50.0% TGNC) reported getting **7 to 9 hours of sleep** on weeknights.
- 0.9% of students surveyed (0.6% cis men, 1.1% cis women, and 0.0% TGNC) reported getting **10 or more hours of sleep** on weeknights.

↑ **2.9%**

↓ **2.8%**

↓ **0.1%**

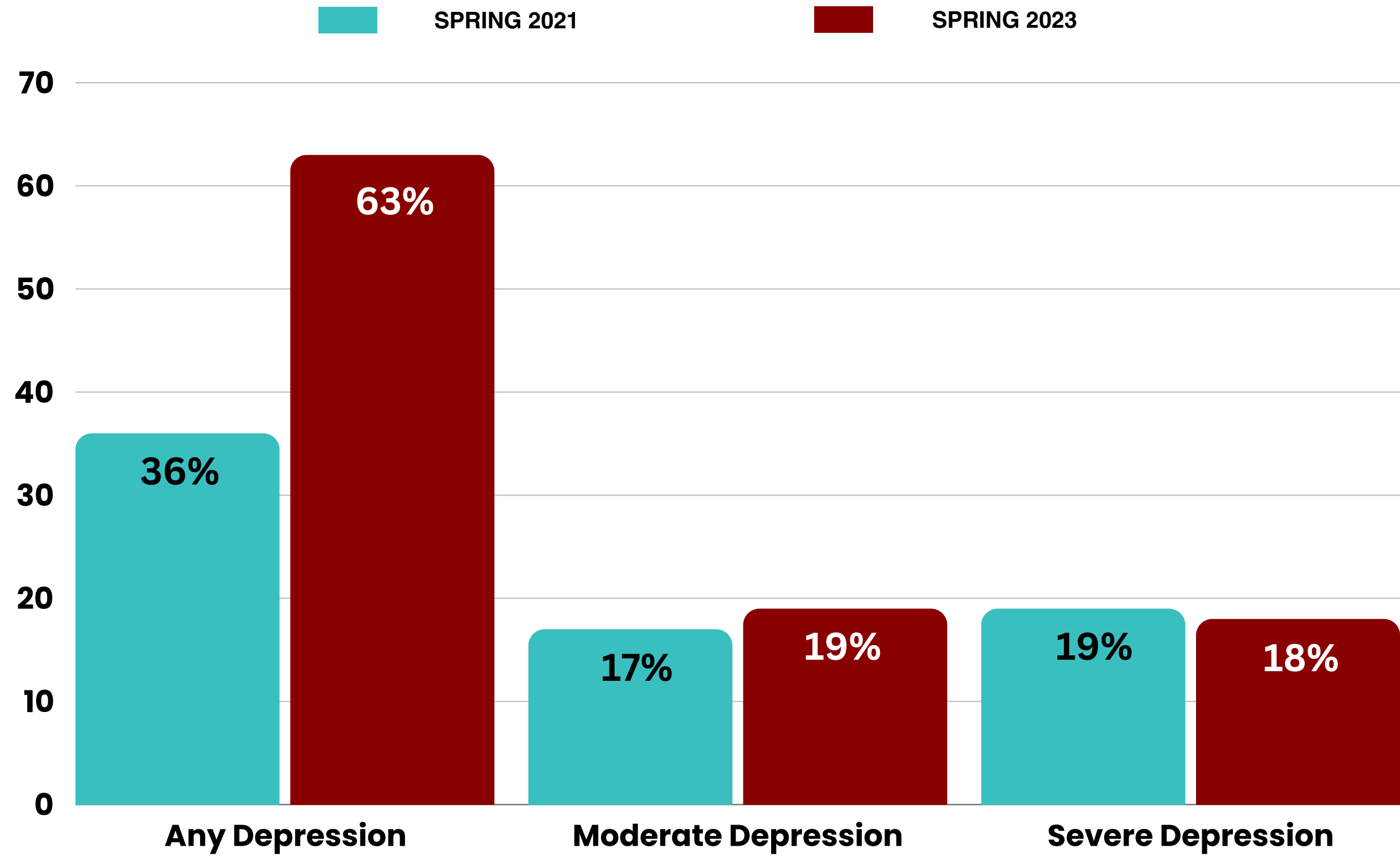




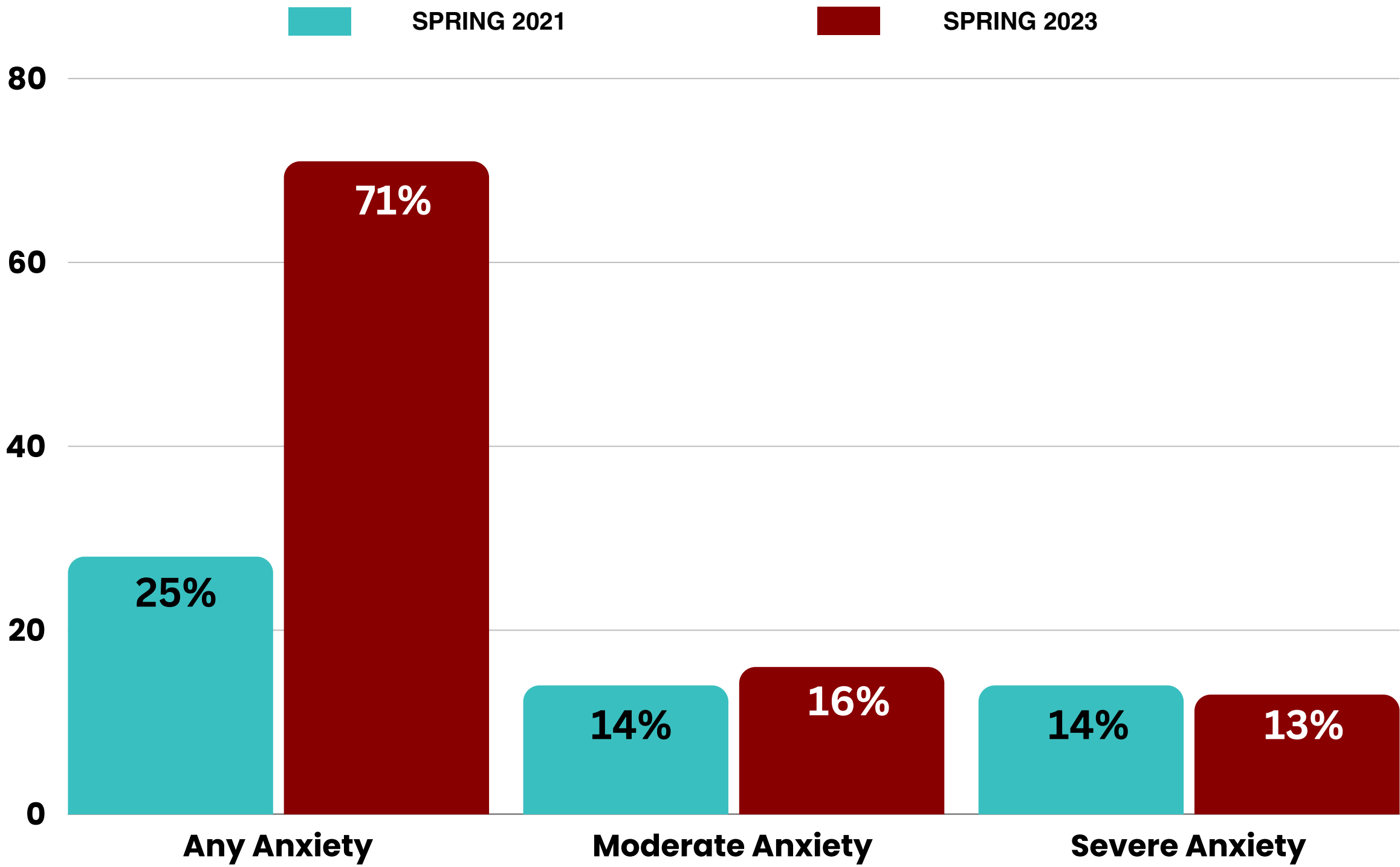
MENTAL HEALTH

Anxiety, Depression, Loneliness,
Suicidal Thoughts, Eating Disorders

DEPRESSION



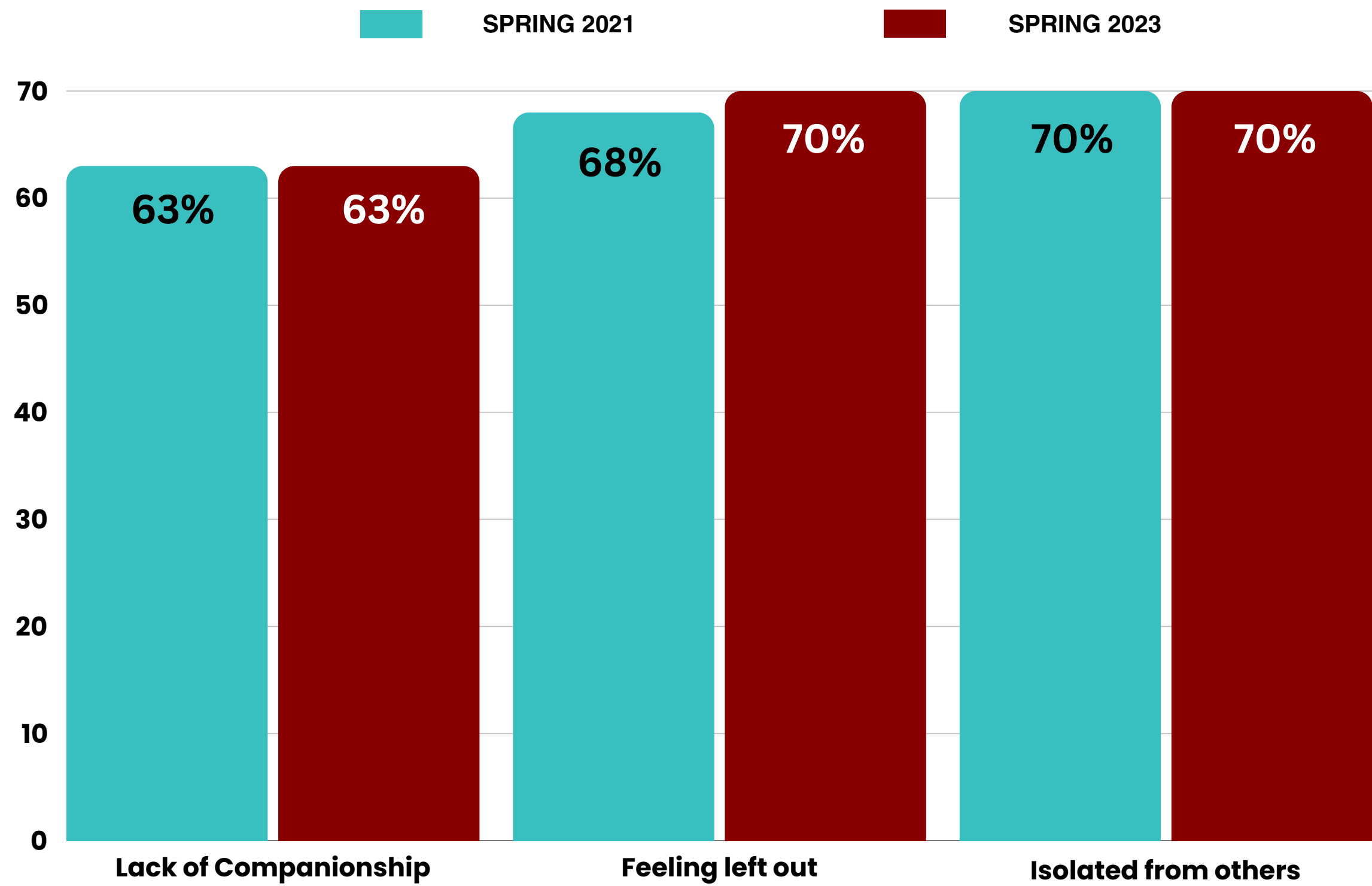
ANXIETY



Healthy Minds Survey

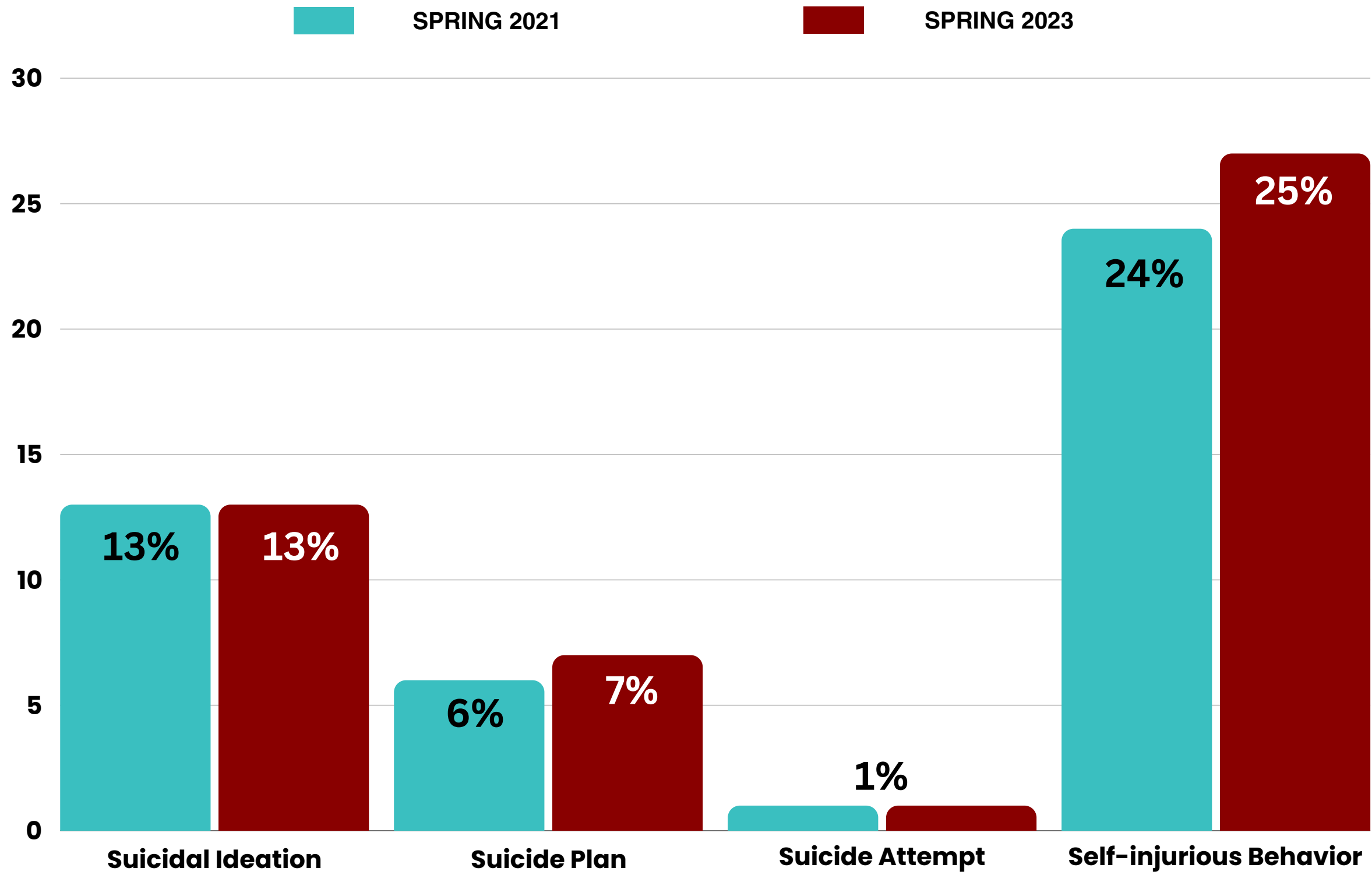


LONELINESS

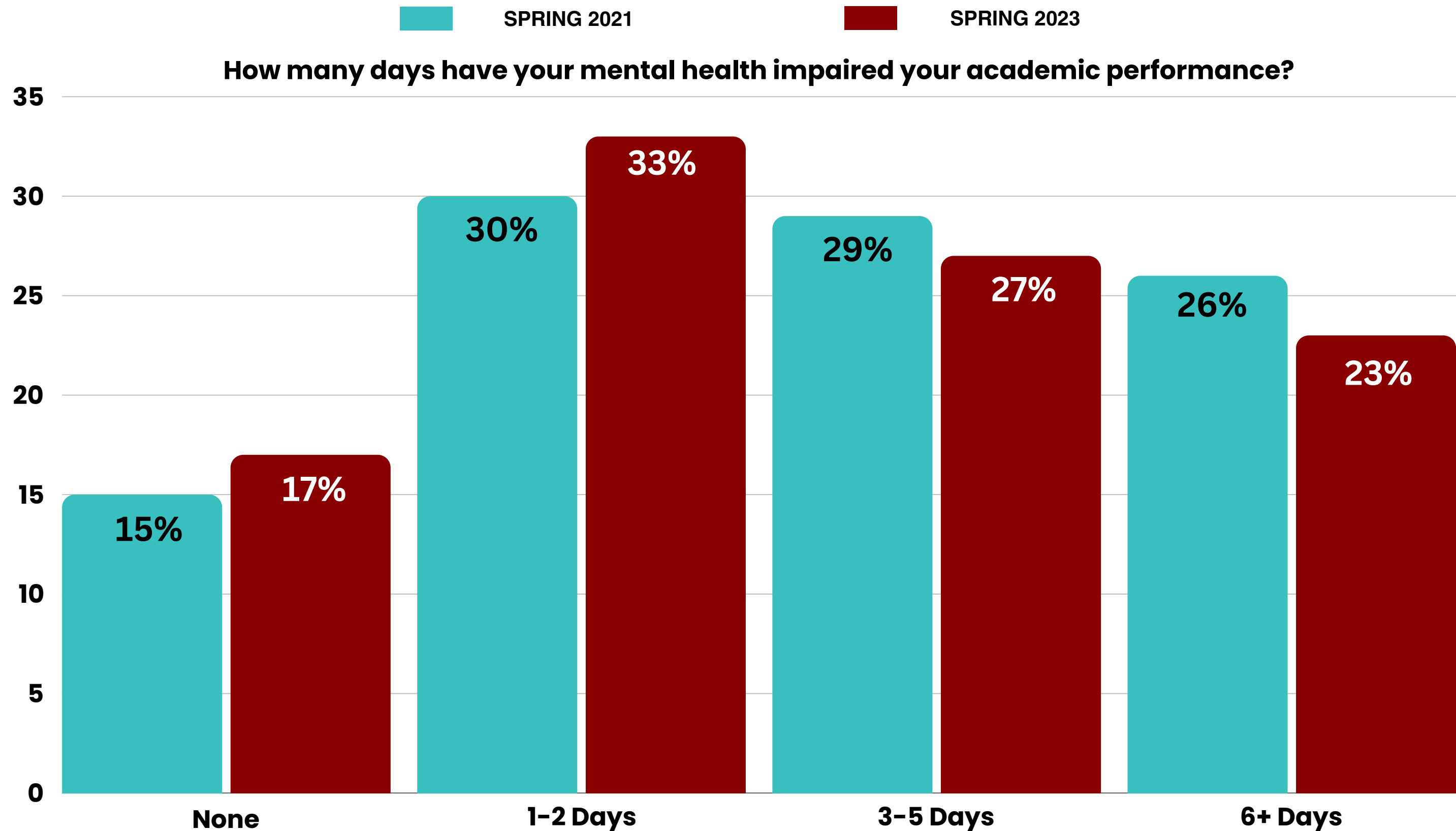


Healthy Minds Survey

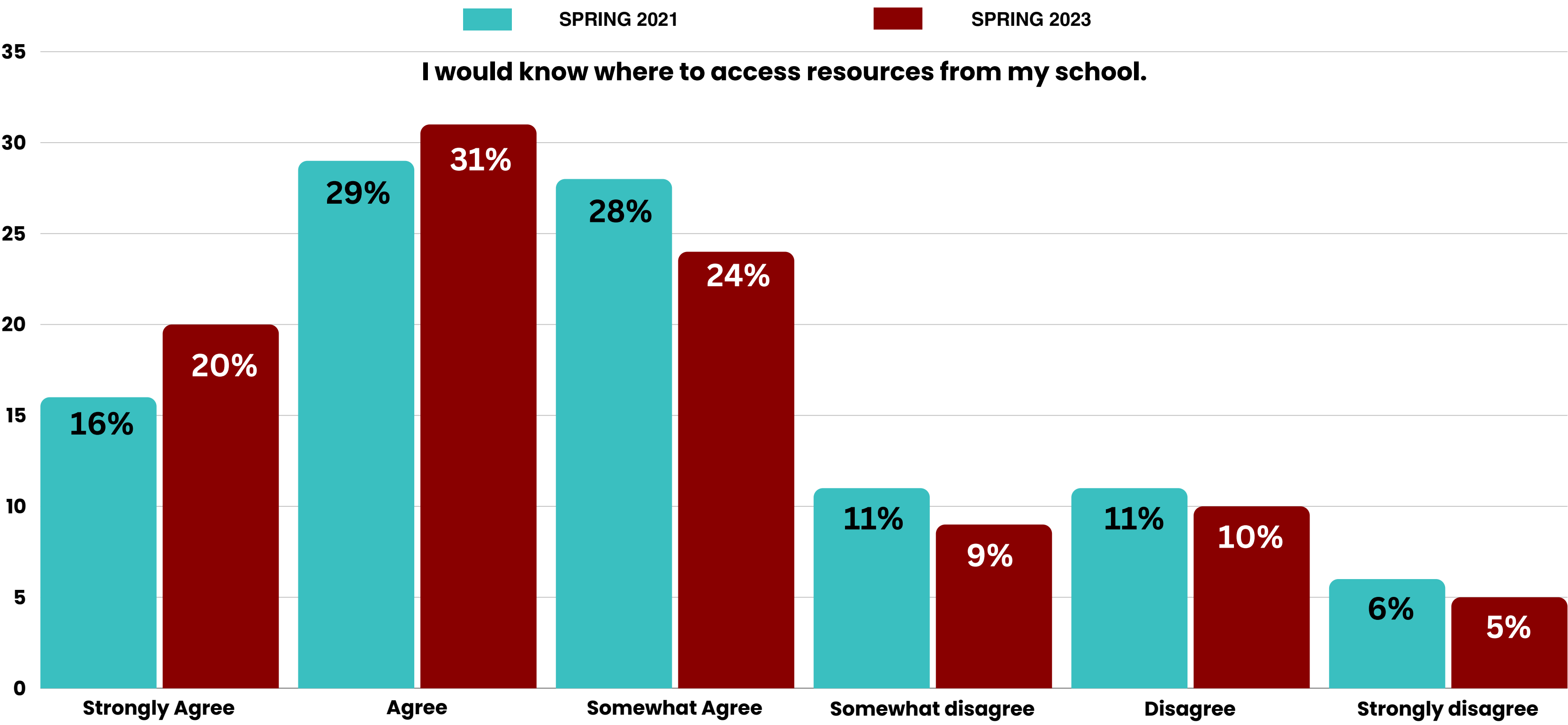
SUICIDAL BEHAVIORS



ACADEMIC IMPAIRMENT

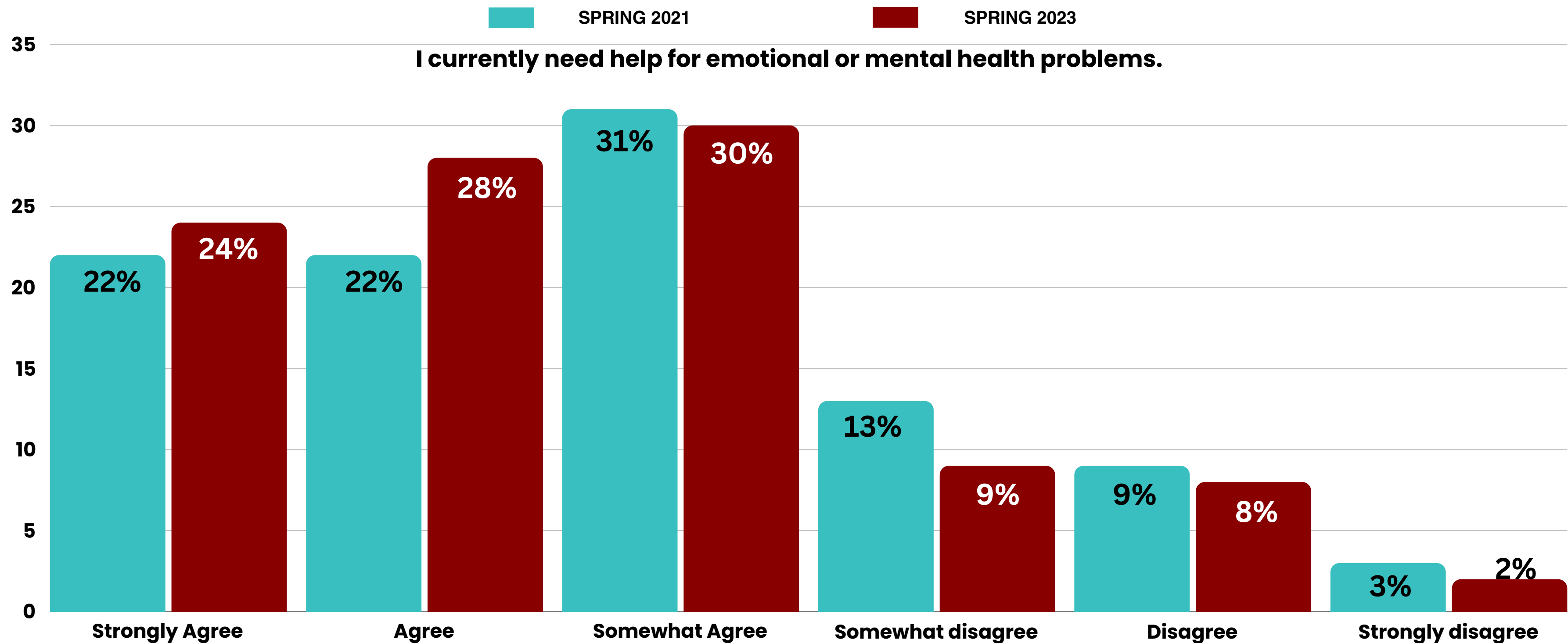


KNOWLEDGE OF CAMPUS MENTAL HEALTH RESOURCES

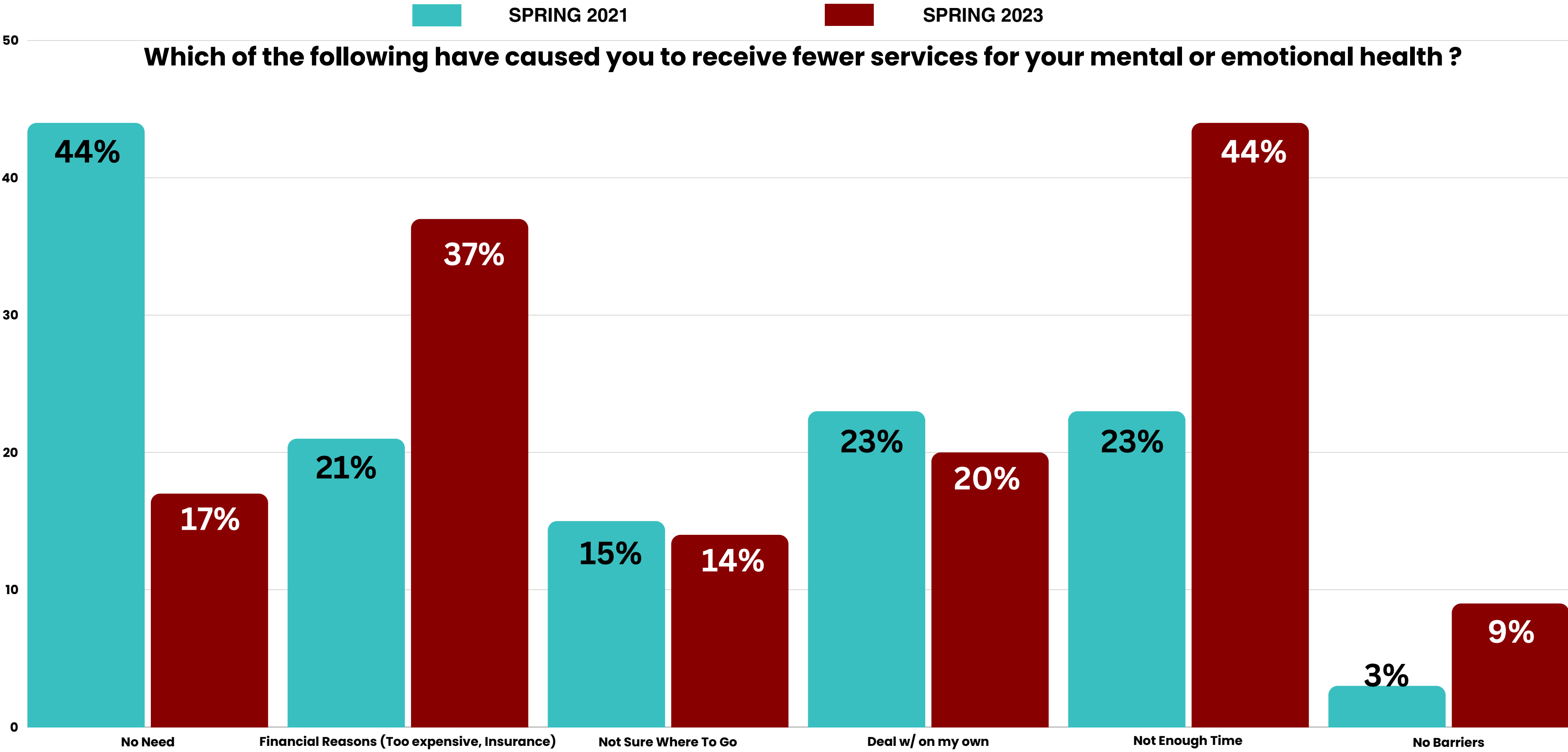


I would know where to access resources from my school.

CURRENT NEED OF CAMPUS MENTAL HEALTH RESOURCES



BARRIERS TO MENTAL HEALTH CARE



Which of the following have caused you to receive fewer services for your mental or emotional health ?

HEALTH & WELLNESS DEPARTMENTS

Student Health Center
Campus Recreation Services
University Counseling Center
Center for Campus Wellness
Center for Disability & Access
Mental Health 1st Responders (MH1)*

STUDENT HEALTH CENTER

SERVING STUDENTS & THEIR FAMILIES

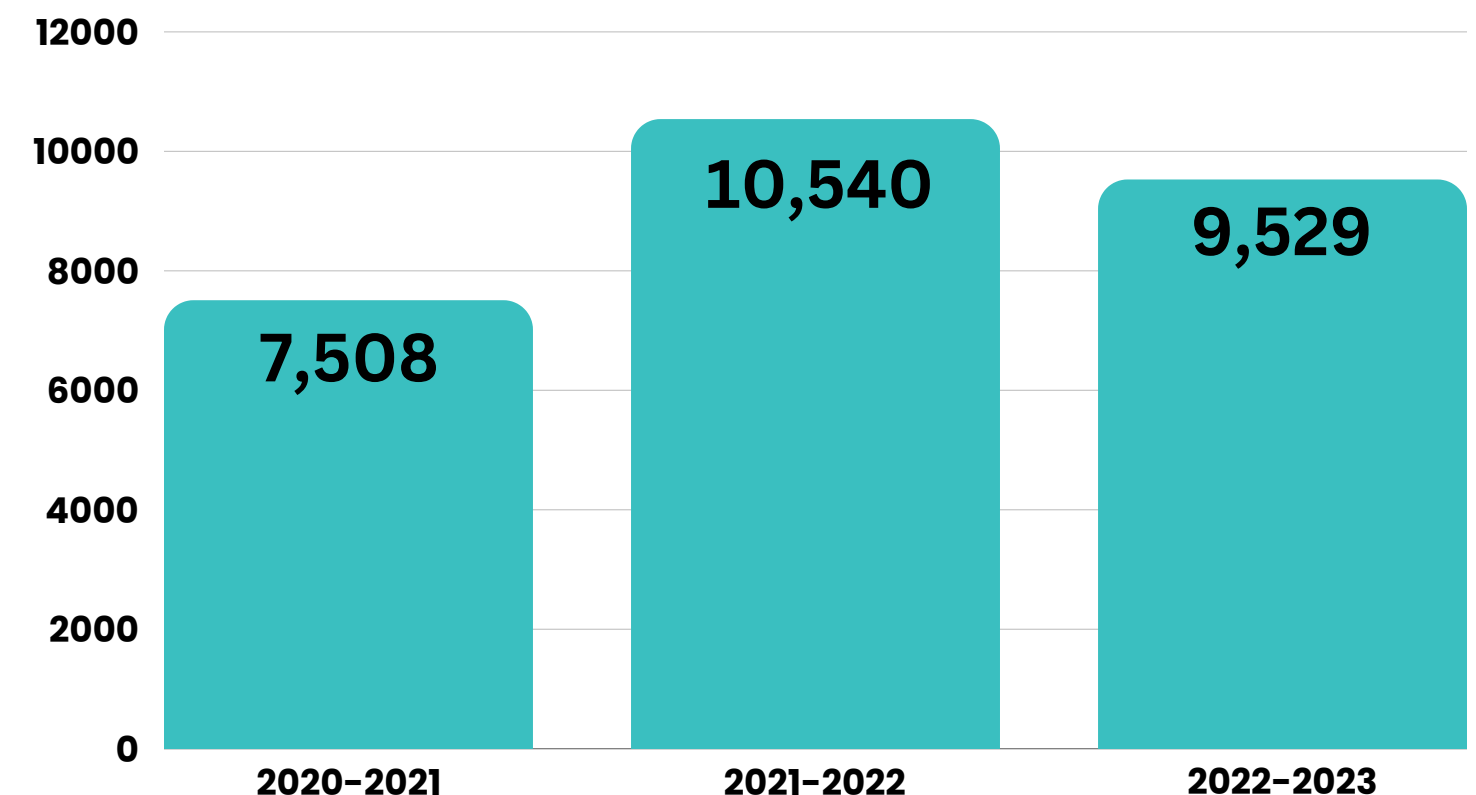
- A primary care clinic for students, spouses, and dependents
- Sick and well care with appropriate referral to subspecialty care
- Adult and child immunizations
- University Healthcare Pharmacy and Radiology on site

In Network provider for the University of Utah Student Health Insurance Plan administered by United Healthcare Student Resources:

- Fully Affordable Health Care Act Compliant (Gold Level)
- www.uhcsr.com/utah for more information
- Open enrollment at beginning of each semester or for a qualifying event



SHC Appointments By School Year



STUDENT HEALTH CENTER

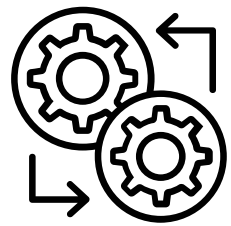


Specialized Care

- Sports Medicine
- Travel Clinic
- Psychiatry
- Pediatric Care
- Internal Medicine

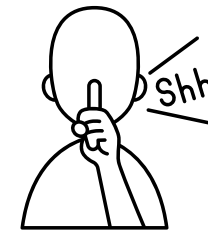
STUDENT HEALTH CENTER

NEW RESOURCES



Mental Health Integration

- Mental Health in Primary Care Rotation
 - Psychiatry residents in Primary Care rotation in Mental Health offer an in-clinic consultation for up to 3-4 visits with the student then returning to their normal SHC provider for continued care, or being referred to UCC for additional care or referral to a community resources for long-term psychiatric care.
- The three most common diagnoses for Student Health Center visits are **ADHD**, **Anxiety**, and **Depression**.
- Medication management for mental health diagnoses is available through Student Health Center providers.



New Quiet Space

- Coming soon to the Student Services Building, new quiet space is being added where students can log on to telehealth visits.



Opportunities for Growth

- With a growing student population there is an increased need for Student Health space. We are reviewing options and making plans for growth.

CAMPUS RECREATION SERVICES

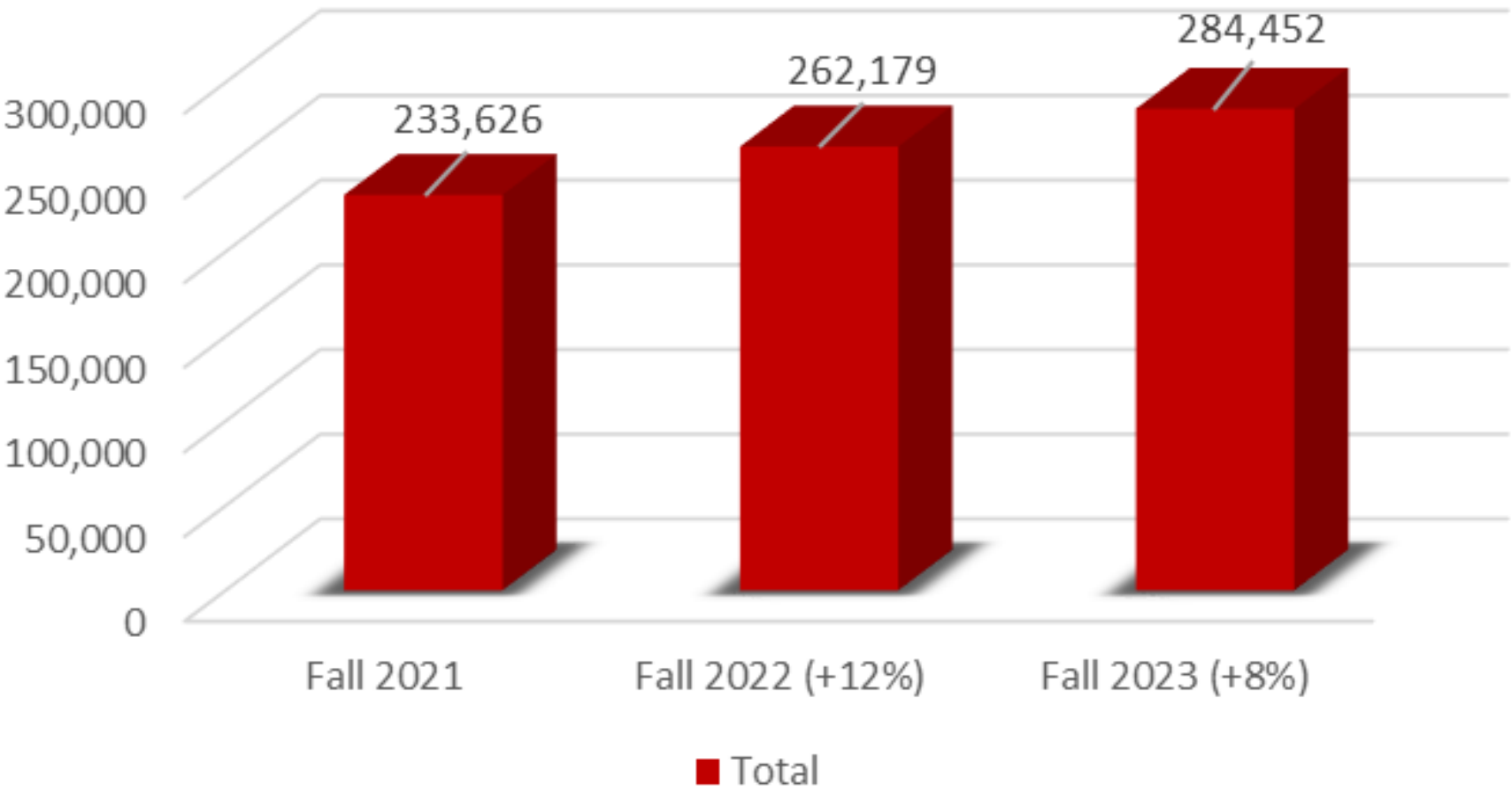


Current Trends

662,235 Swipes into the Student Life Center +9% over FY22

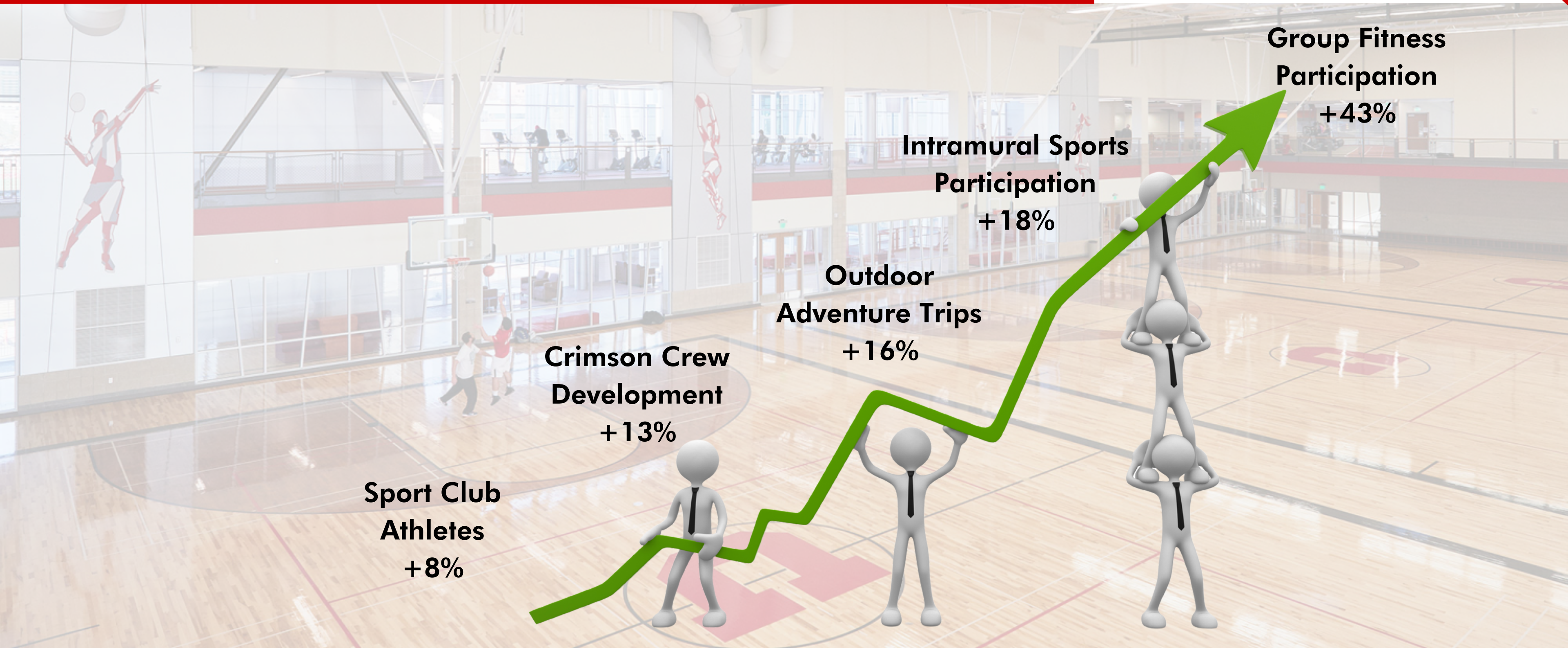
604,866 Swipes , +12% over FY21

Fall 21-23 ESLC Swipe Access



CAMPUS RECREATION SERVICES

Current Trend - Participation Fall 2022 - Fall 2023



CAMPUS RECREATION SERVICES

WHAT'S TRENDING?



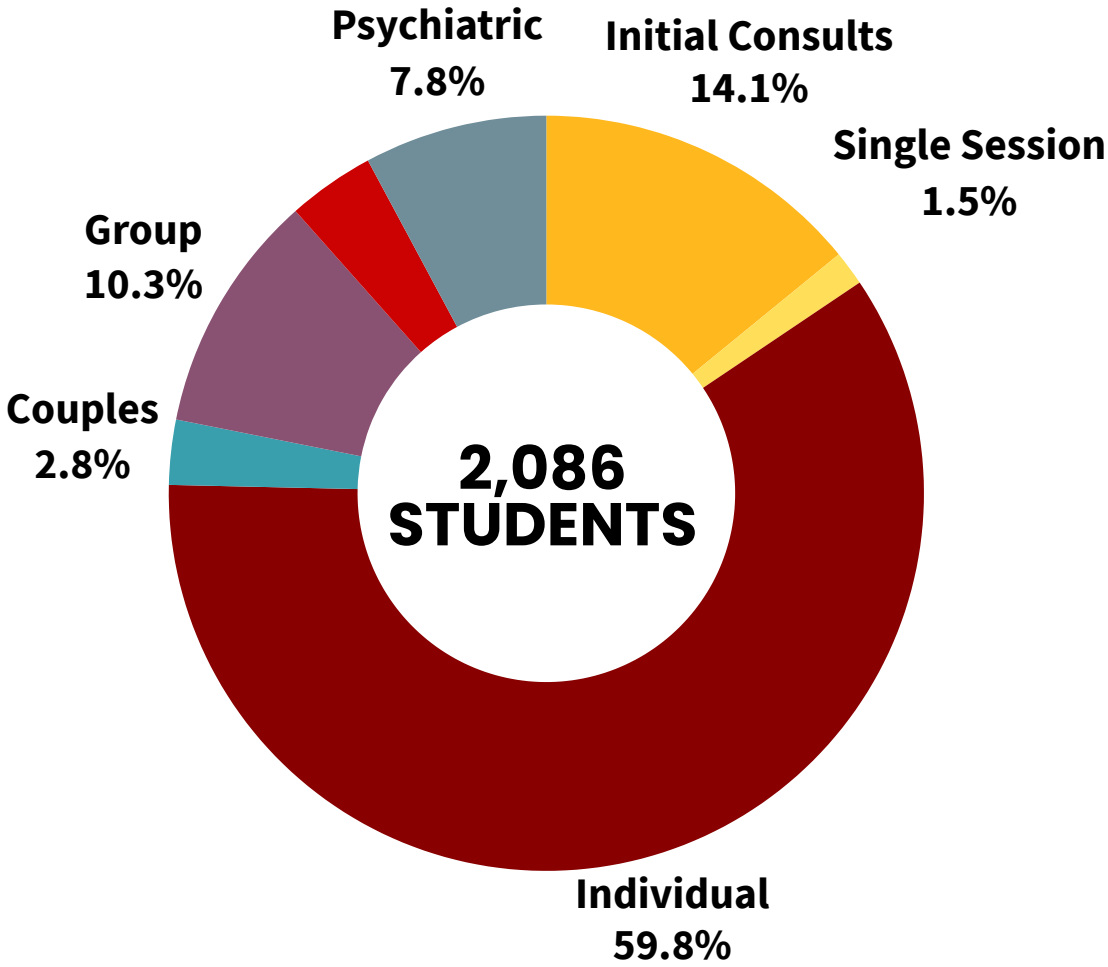
CAMPUS
U
RECREATION®



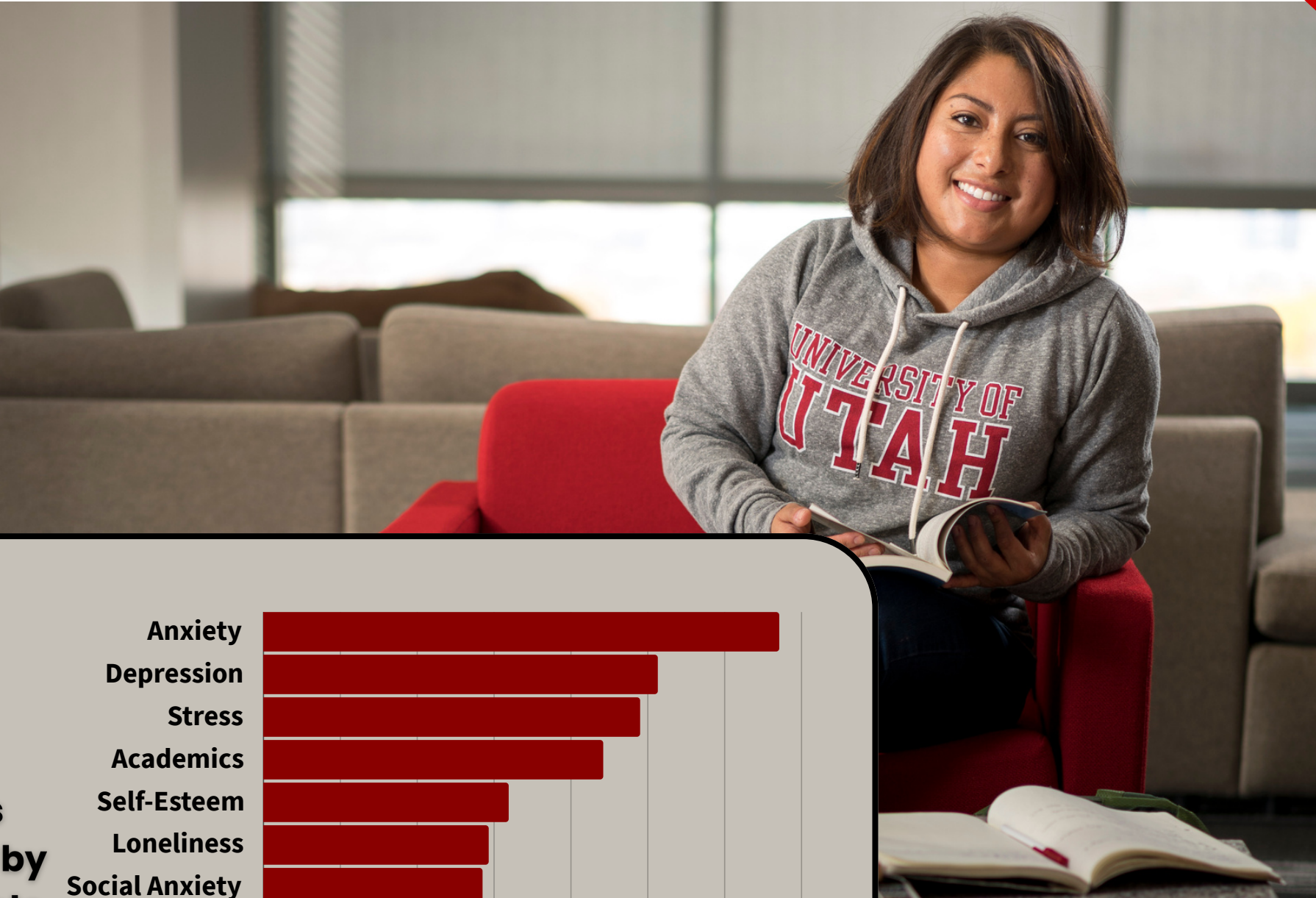
UNIVERSITY COUNSELING CENTER

Current Trend

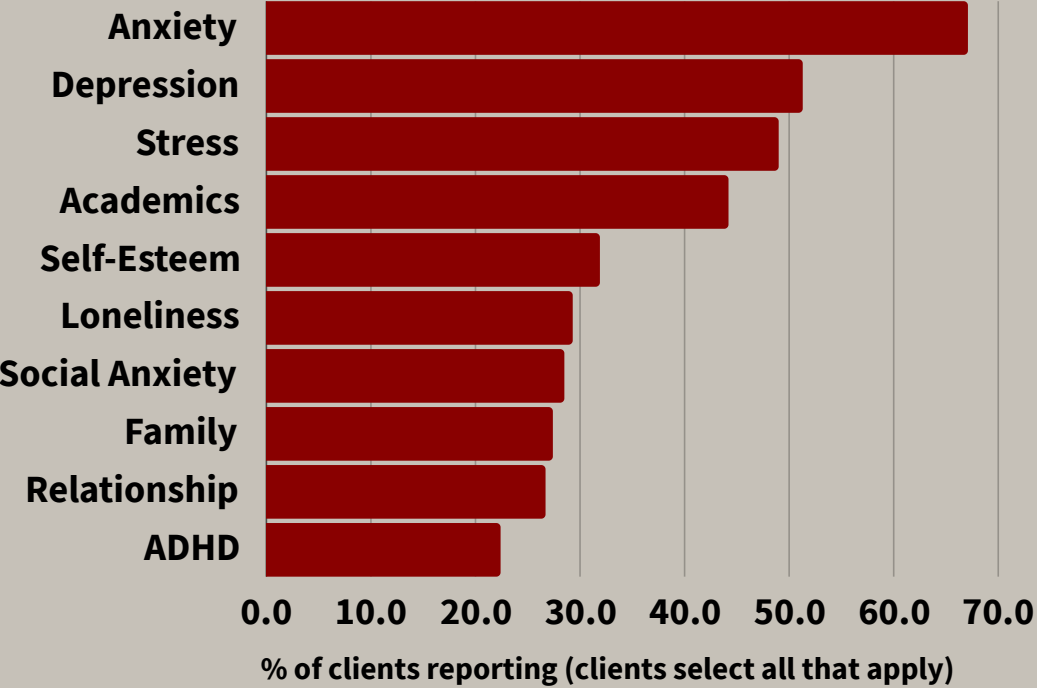
Students Served Current Academic Year to Date



Breakdown by type of appointment provided



Top 10 concerns reported by UCC clients



UNIVERSITY COUNSELING CENTER

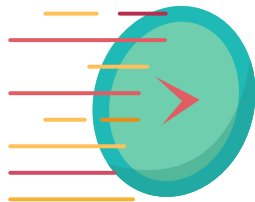
TRENDS & INITIATIVES

Initial Consultation Model

56%
Reduction in wait time for an
Initial Appointment

Primary non-crisis entry point is now an “Initial Consult” appointment focused on a brief assessment and referral to best matched service. This has resulted in greater access and significant reduction in wait times. Most students able to be seen for initial consult within 1-2 days.

Single Session



Introduced in Fall 2022, Single Session appointments are offered daily and are an one-time only meeting with a counselor that are ideal for students that present with a brief, particular concern, or ambivalence seeking mental health services.

Women’s Resource Center Clinical Integration



The clinical services of the Women’s Resource Center is being integrated with the University Counseling Center to provide greater access and more seamless navigation between both mental health support services.

Mental Health Peer Educators (MHPE)



Mental Health Peer Educator (MHPE) program launched in Fall 2023. The MHPEs, in partnership with other campus offices, engage the campus community in discussions of mental health with the aim of addressing common clinical concerns as well as preventative initiatives.

Suicide Prevention Peer Program



In development for the 2024-25 Academic Year, in collaboration with partner offices, is a broad, peer based, suicide prevention program.

24/7 Virtual Care



All U students have free access to TELUS Student Support. This service provides access to self-help mental health resources, on-line chat, telephone support, telemental health, crisis services and referrals to in person counseling. This service is available 24/7 around the globe, and available in multiple languages.

CENTER FOR CAMPUS WELLNESS

HEALTH PROMOTION - EDUCATION - VICTIM-SURVIVOR ADVOCACY - SUPPORT - RECOVERY



9% Increase in Safer Sex Supply Orders

11% Increase in VSA Clients Supported

500+ MHFA Certified

2/3 Wellness Coaching provided virtually

52% Increase in Peer-led Outreach

CENTER FOR CAMPUS WELLNESS

NEW RESOURCES & PROGRAMS



VICTIM-SURVIVOR ADVOCACY

Clinical Mental Health
Services

New Healing and
Community Events



SKILLS WORKSHOPS

Mental Health First Aid +
QPR

90-min Essential MH Skills



WELLNESS NAVIGATION

Peer Resource Navigation

Expanded Wellness
Coaching



PEER PROGRAMS

Peer Navigators

Advocacy Liaisons (PALS)

Peer Health Education



HARM REDUCTION (HR)

Naloxone and Fentanyl
Strips

HR and Recovery Coaching

SMART Meetings

CENTER FOR DISABILITY & ACCESS

DEDICATED TO PROVIDING THE OPPORTUNITY FOR SUCCESS AND EQUAL ACCESS THROUGH ACCOMMODATIONS

Reasonable accommodations are required



Individually determined - no automatic standard set of accommodations



Goal is to give student the opportunity to demonstrate abilities and equal access to the learning environment



Accommodations NOT designed to:

give an advantage

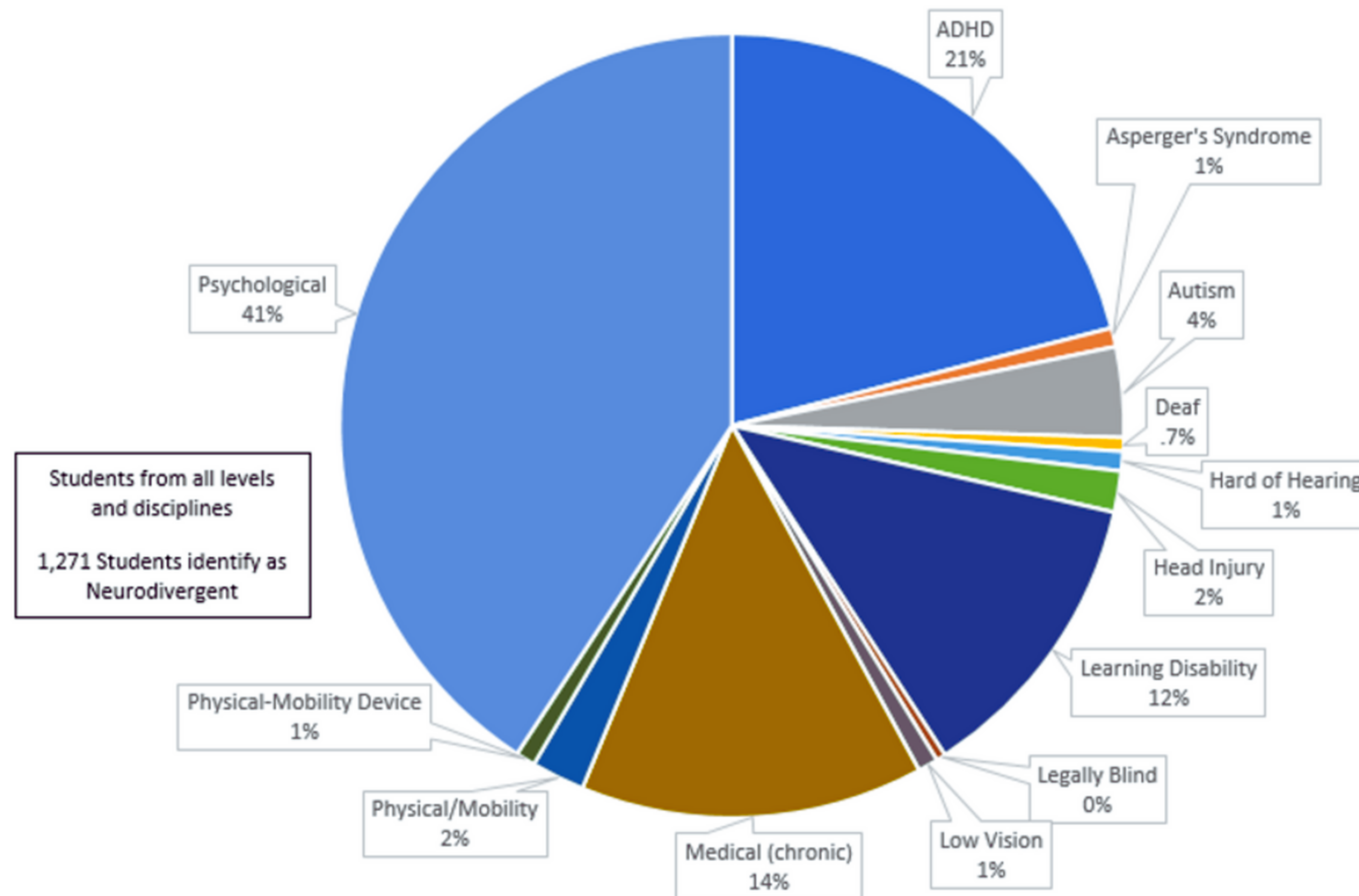
alter a fundamental aspect
of the course

weaken academic rigor



CENTER FOR DISABILITY & ACCESS

Percentage of Disabilities, Academic Year 2022-2023



Students from all levels and disciplines.

Categories of disabilities:

- Physical
- Psychological
- Cognitive
- Medical
- Sensory Impairment

CENTER FOR DISABILITY & ACCESS

NEW RESOURCES



UReach CDA students engage in weekly mentoring sessions



Recruitment- Students who are interested in being paired with a mentor

Hiring – Additional Mentors to assist students



Growth – Expanding UReach
– programming and workshops



MENTAL HEALTH 1ST RESPONDERS (MH1)

Innovative Programming

Since Jan. 2021, MH1 provides after-hours mobile mental health crisis support for University of Utah students that live in the Housing & Residential Education (HRE) residence halls or HRE off-campus housing.

Scope of Service:

Currently only providing after-hours, crisis support to students living in the HRE residence halls or HRE off-campus housing.

MH1 is part of the Huntsman Mental Health Institute (HMHI)



MENTAL HEALTH
FIRST RESPONDERS



mh1.utah.edu



385-321-5356



Kahlert Village, Room 1330



Torrence.Wimbish@utah.edu

Hours for Spring 2024:
Sun – Sat @ 4pm–2am

MENTAL HEALTH 1ST RESPONDERS (MH1)

- **ONLY** for HRE students in the HRE residence halls
- 7 days a week/ 4pm-2am
- Office located in the residence halls/ Kahlert Village
- Offered at **no cost** and mobile
- Assessment
- Stabilization
- Diversion
- Interventions/ Coping skills
- Groups/ Workshops
- Associated with Utah Crisis Line, SafeUT app, 988
- Referrals
 - Campus partners
 - Community partners
 - Inpatient or Receiving Center
- Dual response w/ HRE
- Work closely with UCC & WRC
- Follow-up case management by HRE





HUNTSMAN MENTAL HEALTH INSTITUTE

RECEIVING CENTER

The Receiving Center at Huntsman Mental Health Institute helps adults ages 18 and older get help during a mental health crisis 24 hours a day, seven days a week. Visitors are supported by a skilled team of mental health care professionals who help patients receive care and create a connection to community resources.

The interventions are short, highly intensive, and focused on resolving mental health crises in the least restrictive manner possible. This approach leads to better patient outcomes with lower cost to an emergency room visit due to reduction of unnecessary inpatient care.

Care is individualized to the needs of each guest and may include:

- Crisis evaluation focused on understanding individual needs.
- Psychiatric assessment of a person's mental health condition.
- Medication prescribing, if needed, for stabilizing symptoms.
- Solution focused therapy, peer support, and case management.
- Recommendations for next steps and connection to ongoing support.
- Crisis observation, if needed, for up to 23 hours.
- Patients are supported by a team of psychiatrists, physician assistants, advance practice nurses, social workers, certified crisis workers, certified peer specialists, and psychiatric technicians.

HUNTSMAN MENTAL HEALTH INSTITUTE | 801.587.7988

501 Chipeta Way, Salt Lake City, UT 84108 | healthcare.utah.edu/hmhi



MENTAL HEALTH 1ST RESPONDERS (MH1)

MH1 Video

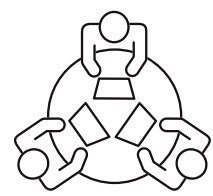
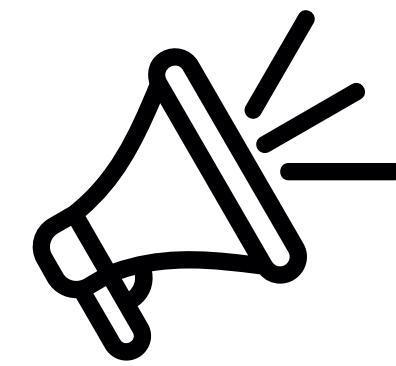
<https://www.youtube.com/watch?v=yUP1Dzd4ynY&t=1s>



Centering students'
journeys towards
"Wellness, Healing
and Wholeness..."



CALL TO ACTION....



One-Stop Shop: relocation of CDA to the SSB that will bring together UCC, CCW and CDA. Along with drop-in sites for Financial Wellness, BNC & Telemedicine (SHC).



Use technology to connect students to decentralized resources (i.e., reduce to one EMR & create digital referral system).



Data Collection: Conduct student focus groups to obtain qualitative data. Also, conduct User Experience Surveys (2025-2026).



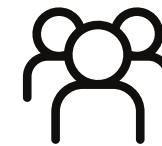
Evaluate recruitment, onboarding, retainment, methods, and salary equity for staff.



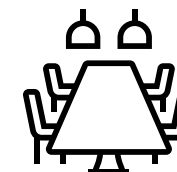
Create services and resources that **develop** Spiritual Wellness.



Create pilot program for Health Literacy (i.e., in-person & Canvas course) for student 2023-2024. Expand in future years.



Create Student Advisory Board for Student Health and Well-being oversight.



Revise JED Committee into a long-term Staff & Faculty Student Health and Well-being committee.

TOWNHALL

**WE WOULD
LIKE TO
HEAR FROM
YOU...**



SURVEY

We Want To Hear From You!



**THANK YOU
SO MUCH**

