

Counselors in Academic Residence (CARE) Fact Sheet

College Students and Mental Health Today

- While college can be an exciting time for students, it can also be stressful due to academics, personal matters, transition issues, relationship problems and mental health issues.
- According to an [American College Health Association Survey](#), students identify “stress” as the biggest impediment to academic success; 51% of students felt overwhelming anxiety in the last 12 months while 11% were diagnosed or treated for depression.
- Without adequate support, students experiencing a mental health issue are more likely to receive lower GPAs and/or drop out of college than their peers who do not have such issues.

UT Austin Counseling and Mental Health Center (CMHC)

- CMHC provides individual, group, and crisis counseling; psychiatric consultations; and prevention services that facilitate students' academic and life goals.
- Many clients are struggling academically for non-academic reasons. Stress is the main barrier.
- CMHC services positively impact student success:
 - 88% of clients who considered withdrawing said CMHC services helped them stay in school.
 - 74% of clients reported that counseling is helping improve academic performance/progress.
- CMHC is on the fifth floor of the Student Services Building (SSB).

The Counselors in Academic Residence (CARE) Program

- To enhance mental health services for UT Austin students, CMHC has teamed up with the Provost's Office and six colleges to create the innovative CARE program.
- The program brings mental health services closer to students in a more familiar environment.
- CARE counselors are housed with Dean's staff in the Cockrell School of Engineering, College of Natural Sciences, McCombs School of Business, Moody College of Communication and School of Undergraduate Studies (UGS). The UGS counselor also provides services to students living on the south side of campus. The College of Liberal Arts' counselor is located at CMHC in SSB.
- CARE counselors are psychologists, clinical social workers and licensed professional counselors. They have the same training and qualifications as the other CMHC counselors.
- CARE counselors play a consultative role with academic staff, providing information and education related to mental health issues.
- Academic staff help inform CARE counselors about mental-health related needs of their students, which primes them for the creation of groups, seminars and other programs to help with these academic barriers.
- The partnership includes crisis support for distressed students referred by the Dean's office as well as a streamlined referral process between academic staff and CARE counselors for counseling.

Open Walk-in Office Hours (1 p.m. - 3 p.m., Monday-Friday)

- Informal meetings with clients and staff consultation
- Students can always schedule an appointment to talk to the counselor by calling (512) 471-3515

CARE Sessions (50-minute sessions)

- Available by referral only from academic advisors and staff from the Dean's office
- Six-session limit per year

Groups and Workshops

- Development underway, topics will vary; groups are open to students in all colleges

Crisis Intervention

- Available as needed
- Assess for risk, stabilize, schedule appointment or refer out

Consultation

- One-on-one consultation to faculty and staff
- Available to consult at faculty and staff meetings