

# Student Well-being

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*Director of Student Care and Outreach*



UNIVERSITY OF  
GEORGIA

# What we know?

- 33.5% of undergraduates and 40% of graduate students reported having anxiety that negatively impacted their academic performance (ACHA, 2021)
- 23% of undergraduates and 41.1% of graduate students reported receiving psychological or mental health services within the last 12 months (ACHA, 2021)
- 72.3% of undergraduates and 76% of graduate students scored in the range of Moderate or Severe Psychological Distress (ACHA, 2021)

# What we know?

- For ten years, suicide rates have increased for people ages 18–25 (NAM, 2021)
- 30% of young adults have had a diagnosable mental illness (NAM, 2021)
- Many times, its between the ages of 18–25 when the first signs or behaviors of concern present themselves
- ACHA estimates that almost 11% of college students report some type of self-harm

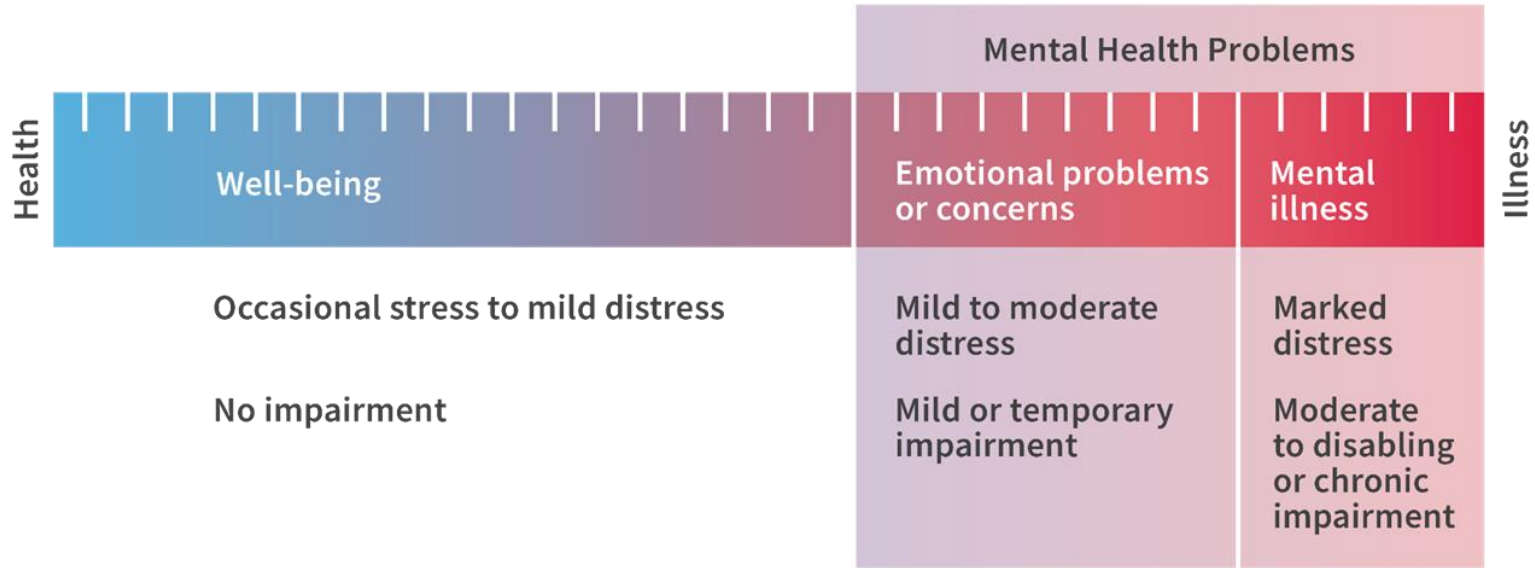
# Trends and Context

- Increased concern and fear
- Financial stressors and basic needs
- Ever growing expectations of “support”
- Parental involvement and understanding
- The signs of distress are no longer one size fits all

# Common College Stressors

- Academics
- Navigating bureaucracy
- Creating structure in a new environment
- When expectations and reality don't align
- Finding a sense of belonging
- Finances or a change in financial circumstances

# Mental Health Continuum



Graphic source: [University of Michigan](https://www.umich.edu/psychiatry/mental-health-continuum)



The Jed Foundation

# THE FIVE DIMENSIONS OF WELL-BEING



**PURPOSE**



**COMMUNITY**



**SOCIAL**



**PHYSICAL**



**FINANCIAL**



**SCO**

Student Care & Outreach

**WELL-BEING  
RESOURCES**

**UHC**

University Health Center,  
CAPS, Fontaine Center

**REC SPORTS**

Recreational Sports

**DRC**

Disability Resource Center  
and Testing Services



# CAMPUS MENTAL HEALTH SERVICES

- **Aspire Clinic\***
  - Individual, group, family, couples, pre-marital therapy
  - Financial, Nutrition, and Legal Problem-Solving services are also available
  - Request services on their website or by calling 706-542-4486
- **Center for Counseling and Personal Evaluation\***
  - Individual, couples, family therapy, and psychological evaluations
  - 706-542-8508
- **Counseling and Psychiatric Services**
  - Brief individual, group, couples counseling, psychiatric services, case management support
  - 24/7 on-call and walk-in services can be accessed by calling CAPS at 706-542-2273
- **Psychology Clinic\***
  - Individual and family therapy, psychological assessments (for children only)



\*Indicates training clinic

*Services are provided by graduate clinicians in training supervised by university faculty to ensure clinicians are providing quality services.*

*Sessions may be observed or recorded. Recorded sessions are only viewed by select people and clients are informed of how recordings are used. Please discuss with clinician any questions you may have.*

*Services available to UGA and Athens community.*



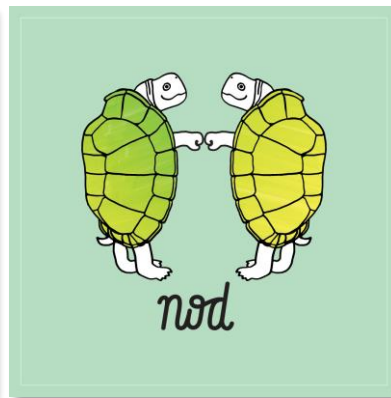
## COUNSELING & PSYCHIATRIC SERVICES (CAPS)

- Primary source of student mental health care on campus
- Individual, group and psychiatric services
- 24/7 Crisis intervention
- Referrals and transition of care assistance
- *Consultation for faculty/staff, parents, and students*
- *Connect with us before, during and after*

706-542-2273

[caps.uga.edu](https://caps.uga.edu)





# DIGITAL RESOURCES

*self-care at your fingertips*

**STUDENT CARE  
& OUTREACH**  
*the hub of care and  
support*

*Have a  
great year!*

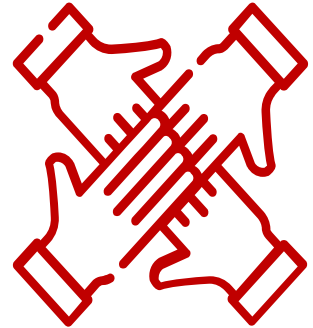


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# HUB OF CARE & SUPPORT

Student Care & Outreach (SCO) often serves as the starting point for students, families, faculty, and staff who are navigating stressful events:

- Academic issues
- Financial Issues
- Substance abuse
- Change in financial situation
- Emotional distress
- Mental health resources
- Death of a family member or friend
- Social and adjustment issues
- Complex family issues



# SCO: Hub of Care and Support

- Work to explore and reduce barriers (cultural, financial, access) to engaging with support and resources
- Manage instructor notifications to inform consideration
- Oversee the Hardship Withdrawal Process
- SCO oversees **Embark@UGA**, an initiative to engage students who have experienced foster care, homelessness and/or are at risk of homelessness.
- Houses Community of Care Coordinators and Patient Navigator
- Designated as Confidential Support Resources



# WHAT DOES THAT MEAN?

- Student is struggling with “something” and can’t figure out what. Has friends, does well in school, but just can’t get it together.
- Student is overwhelmed.
- A student comes to SCO to share their concerns for a friend who is drinking too much.
- Sudden death in the family derails student’s engagement in class.
- Student is interested in pursuing therapy



# Campus-wide Case Management Team

- Integrated university-wide network of care
- Goal of facilitating student success by harnessing university resources through coordinated communication
- Breaking down silos of information to provide collaborative care
- Meet weekly to triage complex student needs

Student Care & Outreach

Academic Advising

Counseling and Psychiatric Services

Disability Resource Center

Division of Academic Enhancement

Engagement, Leadership, & Service

Fontaine Center

Graduate School

Office of Institutional Diversity

Office of Student Financial Aid

Office of Student Transitions

UGA Police

University Health Center

University Housing





## Behavioral Assessment and Response Council

- Determine appropriate response to students who exhibit threatening behavior to themselves and/or others
- Empowered to take necessary steps in response to a student's behavior including support measures, tailored interventions, and temporary restrictions
- Meet weekly as a group with ongoing case management coordinated through Student Care and Outreach

Associate Dean of Students

Associate Vice President for Public Safety

Associate Vice President for Student Well-being

Academic Advising

Counseling and Psychiatric Services

Dean of Students

Disability Resource Center

Office of Legal Affairs

Office of Student Conduct

Student Care and Outreach

UGA Police

University Housing



# Community of Care Coordinators

- Promoting student engagement with new and existing well-being resources
- Increasing awareness of resources and referral pathways among faculty, staff, and students
- Providing proactive, targeted programming
- Identifying needs through collaboration with campus and community partners



# Emergency and Support Funds

- Coordinated effort across campus to streamline the student process to seek funding
- Students request support funds through Student Care and Outreach in coordination with the Office of Student Financial Aid
- Students can be awarded funds from various support funds including 10 funds connected to specific schools and colleges



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## **Available Funds**

- UGA Student Emergency Fund
- Graduate Student Emergency Fund
- VPSA Student Emergency Fund
- Sunshine Fund
- Embark@UGA Support Fund
- CAES Student Emergency Support Fund
- College of Engineering Student Support Fund
- FACS Student Emergency Support Fund
- Grady College Student Emergency Support Fund
- International Student Emergency Fund
- Odum School of Ecology Emergency Support Fund
- SPIA Student Emergency Support Fund
- Terry College of Business Emergency Support Fund
- Warnell School Student Emergency Support Fund

# sco.uga.edu



UGA STUDENT AFFAIRS UNIVERSITY OF GEORGIA ACCESSIBILITY



Student Care and Outreach  
Student Affairs  
UNIVERSITY OF GEORGIA



HOME

CRISIS

ABOUT US

CARE

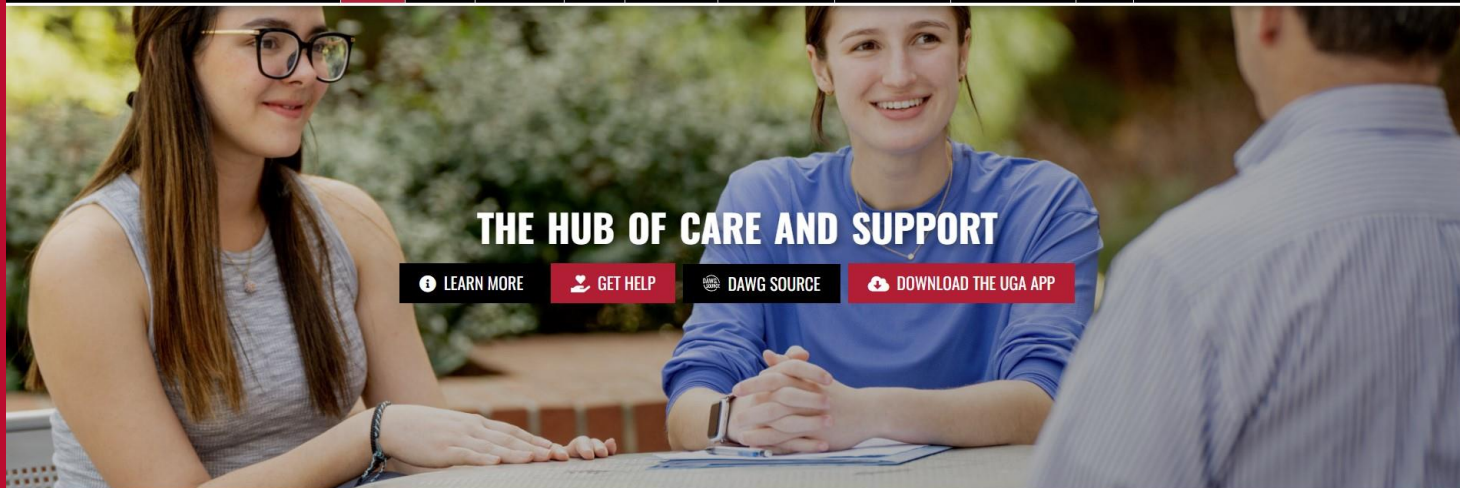
OUTREACH

EMBARK@UGA

DAWG SOURCE

SUPPORT FUNDS


GIVE



## THE HUB OF CARE AND SUPPORT

 LEARN MORE

 GET HELP

 DAWG SOURCE

 DOWNLOAD THE UGA APP





# Supporting Your Students

- **Balance being direct and compassionate**
- **Notice changes in behavior or appearance**
- **Trust your gut**
- **Have a go-to list of resources**
- **Refer, report, consult**
- **Avoid creating silos of information**
- **Don't be a martyr – it's not about you**



# Training Opportunities

- QPR (Question–Persuade–Refer) Suicide Prevention Training
  - Approximately two hour session
- Mental Health First Aid (MHFA)
  - Approximately eight hours (six hours in-person)

#BeWellUGA



# Contact Us



## VISIT US

318 Tate  
Student Center  
*open for walk-ins  
M-F, 8am-5pm*



## CALL US

706-542-8479



## EMAIL US

[sco@uga.edu](mailto:sco@uga.edu)



## COMPLETE ONLINE FORM

[sco.uga.edu](https://sco.uga.edu)





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# Questions?

[cvsmith1@uga.edu](mailto:cvsmith1@uga.edu)