

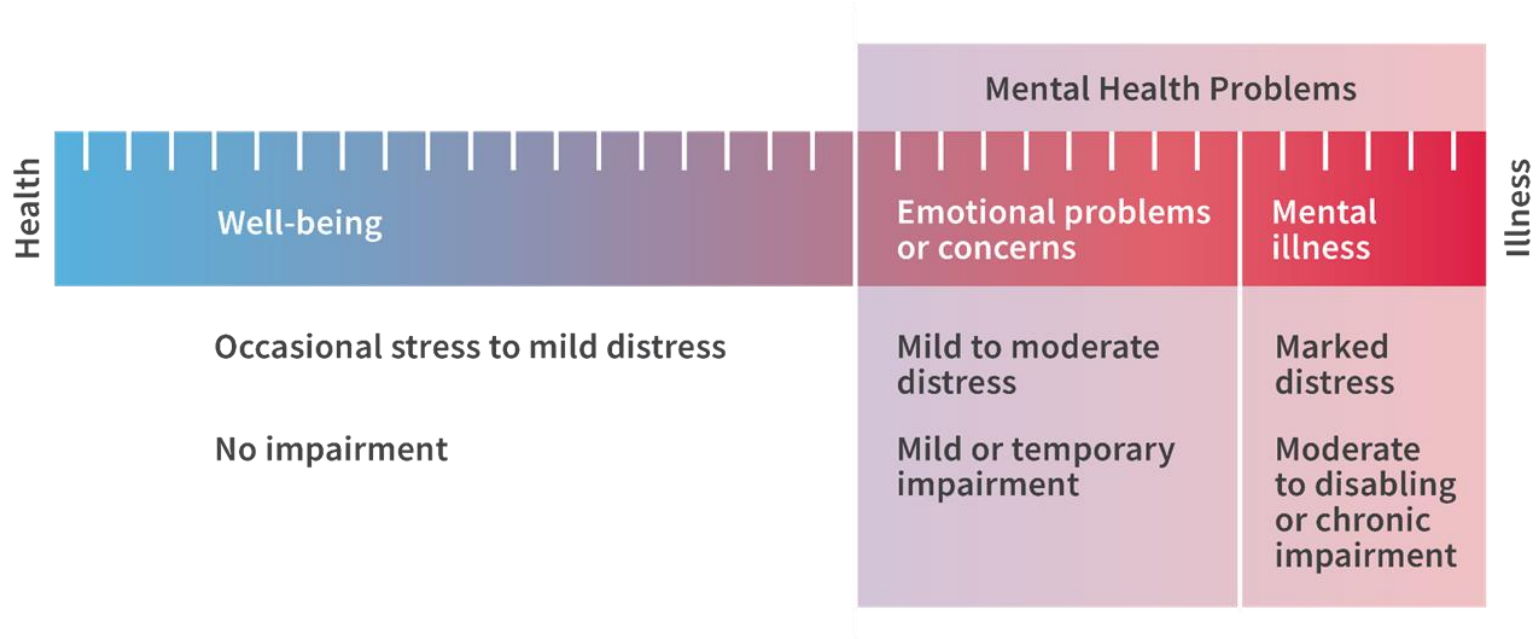
Student Well-Being at UGA

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Director of Student Care and Outreach



UNIVERSITY OF
GEORGIA

Mental Health Continuum



Graphic source: [University of Michigan](https://www.umich.edu/jed)



The Jed Foundation

Mental Health and Young Adults

- **36.2%** of young adults aged 18–25 **experience a mental health challenge** each year (Source: SAMSHA, 2023)
- Among college students, **36%** have been **diagnosed with anxiety** and **30%** have been **diagnosed with depression** (Source: Healthy Minds Study, 2023)
- **13.6%** of adults 18–25 had serious **thoughts of suicide** in the past year (Source: SAMSHA, 2023)
- **42.7%** of young adults aged 18–25 perceived an **unmet need for mental health services** (SAMHSA, 2021).

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

THE FIVE DIMENSIONS OF WELL-BEING



PURPOSE



COMMUNITY



SOCIAL



PHYSICAL



FINANCIAL



Well-Being Resources
UNIVERSITY OF GEORGIA

SUPPORTING STUDENT WELL-BEING, ANY TIME, ANY PLACE

**STUDENT CARE
& OUTREACH**

**UNIVERSITY
HEALTH CENTER**

**WELL-BEING
RESOURCES**

**RECREATIONAL
SPORTS**

**ACCESSIBILITY
AND TESTING**

well-being.uga.edu



well-being.uga.edu



DIGITAL RESOURCES

self-care at your fingertips

SCO: Hub of Care and Support

- Starting point for students navigating stressful events
- Provide support and guidance to faculty and staff supporting students
- 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
- 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



Embark@UGA

An initiative to support students who have experienced foster care, homelessness, or are at risk of homelessness



Individual Support

*Case management,
financial resources,
building a network, skills
and exposure*



Tailored Programming

*Social and educational
events*



Community Building

*Connecting individuals
who have similar life
experiences to support
and grow together*



Contact

*embark@uga.edu
sco.uga.edu/embarkuga/*



UGA Student Food Pantry

Managed by Student Care and Outreach

Hours/Location

Tate 146
Open from 10 AM – 4 PM
Monday–Friday

What We Do

*A full-service food pantry
providing access to a variety
of food items.*

*Available to all UGA
Students*

No visit limits

Get Involved

*Volunteer opportunities
available to staff, faculty
and students*

*Shifts from 9 AM – 5 PM
(sign up through Engage
Georgia)*

*Consider donating items to
the pantry*

Contact

ugapantry@uga.edu
well-being.uga.edu/food-pantry



To sign up for a volunteer shift, scan here



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 11 funds connected to specific schools and colleges



Emergency and Support Funds

Non-School Specific Funds

UGA Student Emergency Fund
Graduate Student Emergency Fund
VPSA Student Emergency Fund
Sunshine Fund
Embark@UGA Support Fund
International Student Emergency Fund

School and College Funds

CAES Student Emergency Support Fund
College of Engineering Student Support Fund
FACS Student Emergency Support Fund
Franklin College of Arts and Sciences/SCO Emergency Fund
Grady College Student Emergency Support Fund
Mary Frances Early College of Education Support 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
College of Public Health Support Fund



Student Support 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

Accessibility and Testing

Graduate School

Office of Academic and Community

Engagement

Office of Student Financial Aid

University Health Center

University Housing

University of Georgia Police

Legal Affairs



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

Dean of Students

Accessibility and Testing

Office of Legal Affairs

Office of Student Conduct

Student Care and Outreach

UGA Police

University Housing

University Health Center

How Can Faculty/Staff Help?

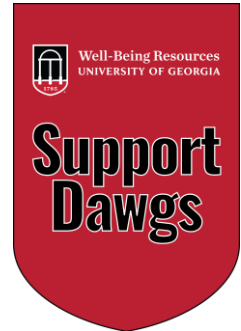
- Encourage students to ASK FOR HELP when they need it
- See something, say something:
Be a champion for resources on campus and in the community
- Contact SCO with questions or to consult
- Don't withhold information
- Engage in training opportunities to be better able to respond to concerns, questions, crises, etc.
- Model behavior and create structures/policies that are consistent with promoting and enhancing well-being

#BeWellUGA

Support Dawgs

A three-part program that prepares faculty, staff and students with knowledge and training to be effective referral agents.

- Launched Spring 2024
- Multiple student groups and units have completed the certificate
- Several hundred students have completed suicide prevention training
- Monthly and on-demand trainings available





Support Dawgs Faculty/Staff

1. **QPR or Mental Health First Aid**: Learn to recognize and respond to signs of mental illness in MHFA (8 hours) or signs of suicide in QPR (90 minutes)
2. **Sexual Assault Awareness Training**: Learn to recognize and respond in situations related to relationship and sexual violence (60 minutes)
3. **Well-Being Resources and Campus Supports**: In-depth presentation of the resources and supports UGA offers (2 hours)

Register for trainings through PEP



WELL-BEING HUBS



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



COMPLETE ONLINE FORM

sco.uga.edu

Questions?

cvsmith1@uga.edu