

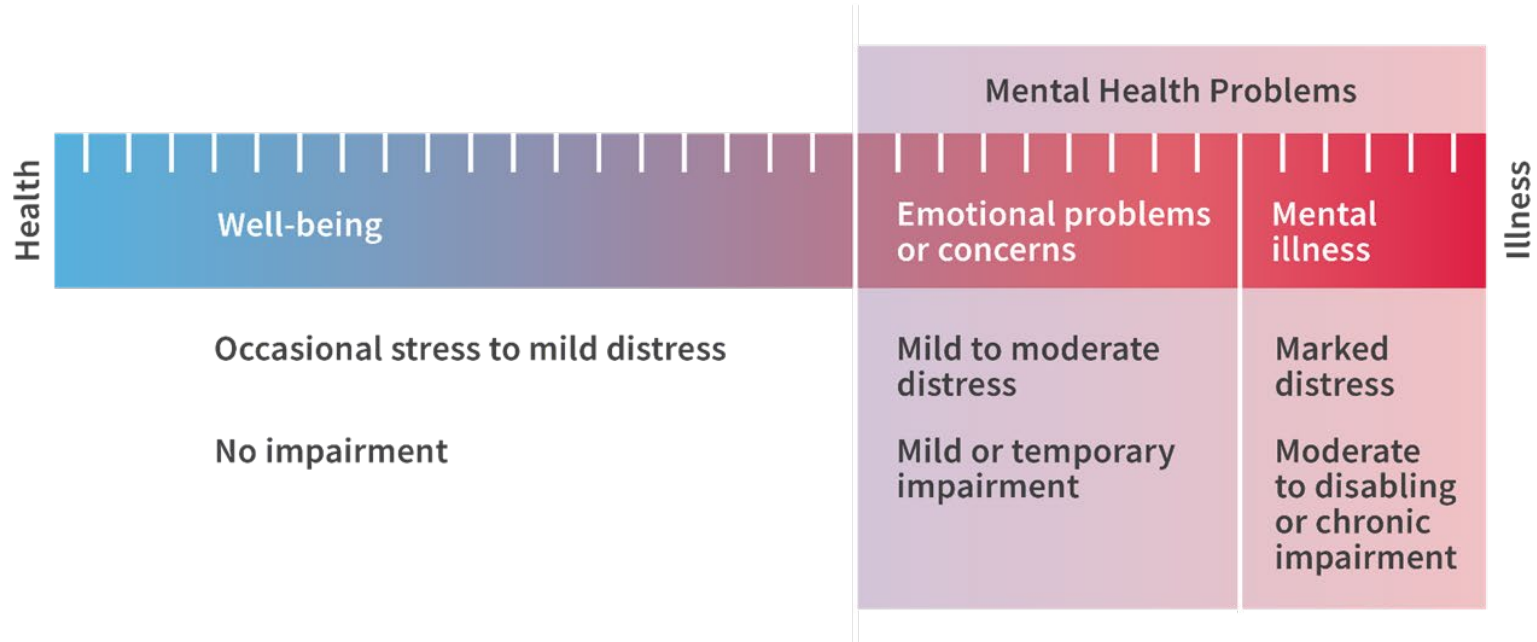
Student Well-Being at UGA

Carrie Smith
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

Student Affairs

UNIVERSITY OF GEORGIA

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

#BeWellUGA



DISABILITY RESOURCE CENTER (DRC)
ensuring equal educational opportunities



UNIVERSITY HEALTH CENTER

your medical home away from home



COUNSELING & PSYCHIATRIC SERVICES (CAPS)

on-campus support for both academic & personal life goals

Counseling and Psychiatric Services

- Changed their model of care in Fall 2023 in order to reduce wait times
- Individual counseling
- Single Session Therapy
- Group Counseling
- Psychiatric Services
- Transition of Care to Community Resources
- 24/7 Crisis Support



THE FONTAINE CENTER

home to health promotion & wellness programs



REC SPORTS

a wide range of physical activities to promote healthy living



THE FONTAINE CENTER

home to health promotion & wellness programs



REC SPORTS

a wide range of physical activities to promote healthy living



well-being.uga.edu



DIGITAL RESOURCES

self-care at your fingertips



STUDENT CARE & OUTREACH

the hub for care and support

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



Emergency and Support Funds

Coordinated effort across campus to streamline the student process to seek funding

Non-School Specific Funds

Sunshine Fund

UGA Student Emergency Fund

Graduate Student Emergency Fund

VPSA Student Emergency 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

Odum School of Ecology Emergency Support Fund

School of Public Health Support Fund

SPIA Student Emergency Support Fund

Terry College of Business Emergency Support Fund

Warnell School Student Emergency Support Fund



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



Student Support Team

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

Student Care & Outreach
Disability Resource Center
Graduate School
Office of Inclusive Excellence
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

Dean of Students

Disability Resource Center

Equal Opportunity Office

Office of Legal Affairs

Office of Student Conduct

Student Care and Outreach

UGA Police

University Health Center

University Housing

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
- 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 Training

- **Three-part program** that provides training for UGA students, faculty, and staff, and is designed to **increase awareness** of mental health well-being needs while training members of the community **to offer appropriate support and response**
 1. QPR (90 minutes) or Mental Health First Aid (6 hours)
 2. Sexual Assault Awareness Training (60 minutes)
 3. Well-being Resources and Campus Supports (90 minutes)

#BeWellUGA



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