



CAPS Assistance Funds Brief

As mental health issues continue to affect UA students (in line with national trends), the need for CAPS services remains as pressing as ever. With cost remaining one of the top barriers to accessing CAPS services, student assistance funds are a critical part of CAPS offerings.

147 

students used assistance funds in '21/'22 year to-date

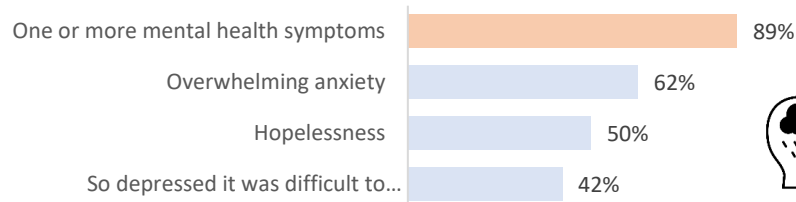
42% 

of students using assistance funds were funded by the Lindens (n=62)

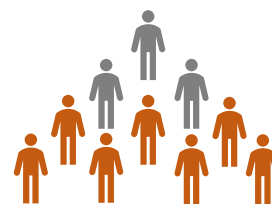
Key Insights:

- ✔ Cost remains one of the top barriers for UA students seeking CAPS services. **37%** of UA students who said they needed mental health services in the past year but did not seek help listed financial barriers as one of the main reasons (Health and Wellness Survey, 2022). Focus groups with students also indicate that cost is one of the most important barriers for help seeking.
- ✔ **Assistance funds help students access services they would not otherwise be able to use.** **71%** of students who used assistance funds said it was very or somewhat unlikely that they would have gotten care for their mental health services without these funds (Assistance Funds Survey, 2022).
- ✔ Assistance funds are important for equity in access to CAPS services. **69%** of students using assistance funds identified as BIPOC, indicating that the funds are going to populations who disproportionately experience financial barriers to mental health services.
- ✔ Need for access to mental health services remains high. **89%** of UA students reported one or more mental health symptoms in the past year, and **73%** of those students have not used any mental health services during that time.

Select mental health symptoms reported by UA students in the past year



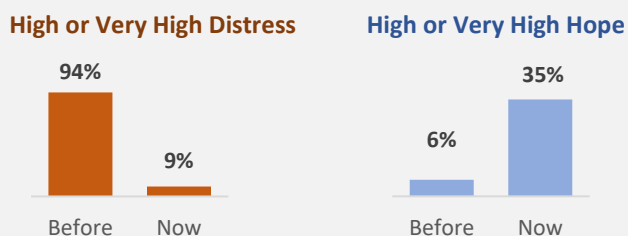
Data Source: 2022 Annual Health and Wellness Survey, Campus Health Service (n=4,968)



73% of students reporting one or more mental health symptoms in the past year **have not used any mental health services** during that same timeframe

Key Findings from the 2022 Student Assistance Funds Survey *N=31, 21% response rate (April 2022)*

Changes in Distress and Hope before and after using CAPS (assistance funds users)



91% of students using assistance funds said that the availability of funds was **somewhat or very important in their decision to seek help**

“My experience with CAPS helped me pull through rough times in my life. I appreciated the efforts made by the people of CAPS as they gave me a positive outlook to life. They helped me believe that I can change as an individuals and made me more proud of who I was as an individual. Thank you to those who have provided the assistance funds!”

-Assistance Funds Survey Respondent, 2022

More Student Voices from the 2022 CAPS Assistance Funds Survey:

“Without the CAPS funds, I would not have been able to afford paying for my mental health. i was going through a very difficult hardship during pharmacy school and having access to a counselor helped me get back on my feet during a low part of my life.”

“It made getting help a lot less stressful.”

“I haven't seen a doctor in over 10 years prior to having the help of assistance funds. I'm very grateful to have these resources.”

“Thanks to this fund, I was able to consult with a wonderful counselor, who helped me a lot.”

“I am so glad that I was granted the funds. [My provider] make sure that I don't have to pay for any of our sessions which lowered the financial burden that I was (am still) going through on top of the mental one.”

“One of the reasons I was extremely distressed in the fall semester when I first reached out to CAPS was how I did not realize that as a grad assistant I could receive health insurance. I had previously been undocumented and I did not have access to healthcare when I was a grad student at another state. I had assumed it would be the same. I also understand that my supervisor failed to share that with me during onboarding in my position. I experienced several health issues at the beginning of the fall semester and not having insurance was very stressful. I also felt like a failure for not having been more resourceful with knowing I would have health insurance, it just didn't cross my mind that this would be available for grad students. So when I shared how this was stressing me out during my appointment and I learned I could be eligible for assistance it felt like a HUGE weight was lifted off my shoulders. Like this was a win for me, I could access mental health services, and it helped me so much!”

It really helped. I was in a time of extreme distress and was losing a lot of motivation to do anything in my life. It really helped to be able to talk to someone and not have to worry about burdening them.