

# CAPS Psychiatry Utilization and Need

As mental health issues continue to affect UA students (in line with national trends), there remains a significant need for CAPS Psychiatry services. This report will review some key insights and utilization data to demonstrate this need and the value of on-campus psychiatry for UA students.

**~25%**

of all CAPS visits are Psychiatry visits

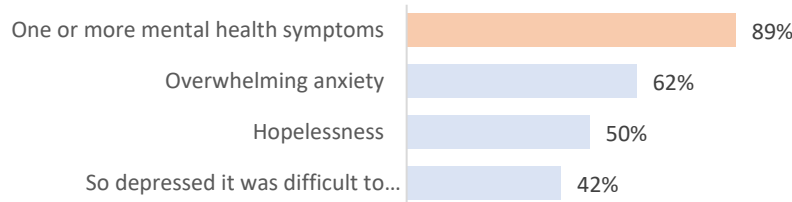
**~28%**

of all students using CAPS have used Psychiatry Services

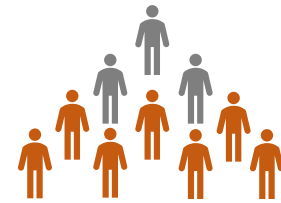
## Key Insights:

- ✓ On average, around a quarter of all CAPS visits per year are Psychiatry visits, and almost a third of all CAPS clients use Psychiatry services.
- ✓ Downward trends in psychiatry utilization reflect circumstances around COVID-19 challenges as well as loss of Psychiatry staff, not decreased demand. In a conservative estimate, the data suggests that as many as 12% of students (~4,700 main campus enrolled) who may need services but have not used them could benefit from CAPS Psychiatry.
- ✓ While Campus Health provides medication management for some students to manage mental health, this support only offsets a small amount of the overall demand, and has decreased in recent years as a result of challenges presented by COVID-19

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



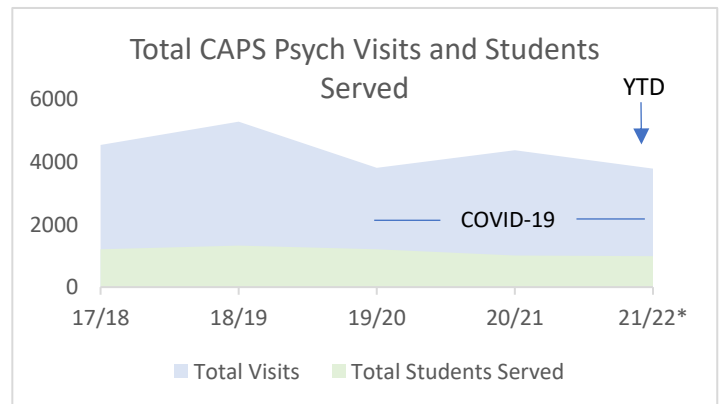
Data Source: 2022 Annual Health and Wellness Survey, Campus Health Service (n=4,968)



**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






Using a conservative estimate\*, the Health and Wellness data (a representative sample of UA students) suggest that

**12%** of UA students **could benefit from Psychiatry services (nearly 4,700 students).**








\*Estimated by taking the proportion of students with most severe mental health symptoms (68% - so depressed it was difficult to function, overwhelming anxiety, hopelessness, tremendous stress, suicidal ideation, and symptoms making it very difficult to go about daily activities), multiplying that proportion by a conservative 20% (based on Psychiatry visits composing 25% of all CAPS visits), and identifying that proportion of the overall sample. Even if only a small fraction of those students wanted and could use CAPS Psychiatry services, the demand would be higher than the current resources can support.

FALL Visits (July 1 - Dec 31)






Psych Visits	2017	2018	2019	2020	2021	
MD Initial	338	367	285	202	293	
MD Med Check	1646	2175	1941	1861	1853	
Psych Same Day Crisis	49	39	87	31	40	
MD Hospital Discharge	0	0	3	1	2	NA
MD Assessment of Risk	1	1	2	1	0	NA
MD Counseling	10	3	3	0	0	NA
<b>TOTAL VISITS</b>	<b>2044</b>	<b>2585</b>	<b>2321</b>	<b>2096</b>	<b>2188</b>	
Total Students	784	954	922	754	746	

SPRING Visits (Jan 1 - June 30)

Psych Visits	2018	2019	2020	2021	2022*	
MD Initial	393	274	223	192	191	
MD Med Check	2067	2356	1212	2058	1378	
Psych Same Day Crisis	32	69	58	27	27	
MD Hospital Discharge	0	4	0	3	3	NA
MD Assessment of Risk	3	0	0	0	1	NA
MD Counseling	5	1	1	0	0	NA
<b>TOTAL VISITS</b>	<b>2500</b>	<b>2704</b>	<b>1494</b>	<b>2280</b>	<b>1600</b>	
Total Students	919	1005	849	763	654	

\*Spring 2022 is TO DATE (1/1/2022 - 4/22/2022)

ANNUAL view (July 1 - June 30)

Psych Visits	17/18	18/19	19/20	20/21	21/22*	
MD Initial	731	641	508	394	484	
MD Med Check	3713	4531	3153	3919	3231	
Psych Same Day Crisis	81	108	145	58	67	
MD Hospital Discharge	0	4	3	4	5	NA
MD Assessment of Risk	4	1	2	1	1	NA
MD Counseling	15	4	4	0	0	NA
<b>TOTAL VISITS</b>	<b>4544</b>	<b>5289</b>	<b>3815</b>	<b>4376</b>	<b>3788</b>	
Total Students	1210	1327	1212	1012	989	

\*Annual 2022 is TO DATE (7/1/2021 - 4/22/2022)

Medication Management at Campus Health - total students prescribed psych meds

	2017	2018	2019	2020	2021	2022*
Fall	223	215	177	93	122	NA
Spring	232	188	181	117	95	110
Annual	330	307	239	152	197	

\*Spring 2022 is TO DATE (1/1/2022 - 4/22/2022) and Annual is TO DATE (7/1/2021 - 4/22/2022)