Embedded Counselors Brief

As mental health among UA students continues to be a concern (in line with national trends), the need for expanding campus mental health support remains as pressing as ever. In the Fall of 2021, CAPS did just that by providing 4 cultural centers with 0.5FTE counselors to support students

Key Insights:

☑ CAPS embedded counsellors have seen 160 students, with 4.7 average visits per student in the first 7 weeks of the Fall 2022 semester.
☑ Students feel more comfortable with counselors with shared identities or who understand their socio-cultural backgrounds
☑ Financial cost has been a major barrier for accessing mental health care, and embedded counselors help in addressing that problem (by providing **FREE** services)

Select mental health symptoms reported by UA students since August 2021:

- Exhausted (not from physical activity): 78%
- Overwhelming anxiety: 65%
- Very sad: 61%
- Very lonely: 51%
- So depressed it was difficult to function: 49%
- Hopeless: 49%

*Data Source: Health & Wellness Survey 2022 (N=5,352)*

Student Voices

“Now I see more [CAPS] liaisons at the cultural centers. So, I think that that’s making access easier for a lot of people.”

“Embedded counselors in cultural centers seems like a great resource especially for specific populations and issues”

“When looking for care and resources, <Cultural center> was going to be one of the first places I was going to go to because I felt like they understand who I am, my background.”

Based on the Mental Health Equity Report 2022 (N=134):

- 44% Students reported not seeking help from a counselor or a therapist because they felt they would not understand or identify with their sociocultural backgrounds, or personal identities

- 80% Students reported financial cost as top barrier to accessing mental health services

Students from the LGBTQ+ community, students with disabilities, first generation students, and international students reported cost as a barrier more often