Embedded Counselors Brief

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)

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.

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.”

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