

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)

CAPS Embedded Counselors Utilization

Fall 2022

751

Total visits



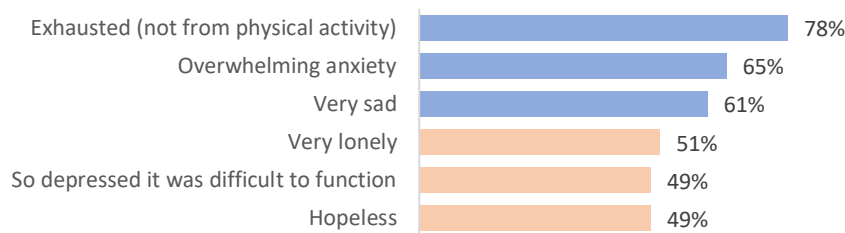
160

Students

4.7

Average visits per student

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



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

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.”



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

“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.”