

Counseling and
Psychological Services
Division of Student Affairs



OUR MISSION

CAPS promotes the well-being of the diverse campus community by balancing high quality mental health services and clinical training with accessibility to foster student success through self-discovery, learning, and interpersonal engagement

...

ONLINE & IN-PERSON

APA Accredited
Training

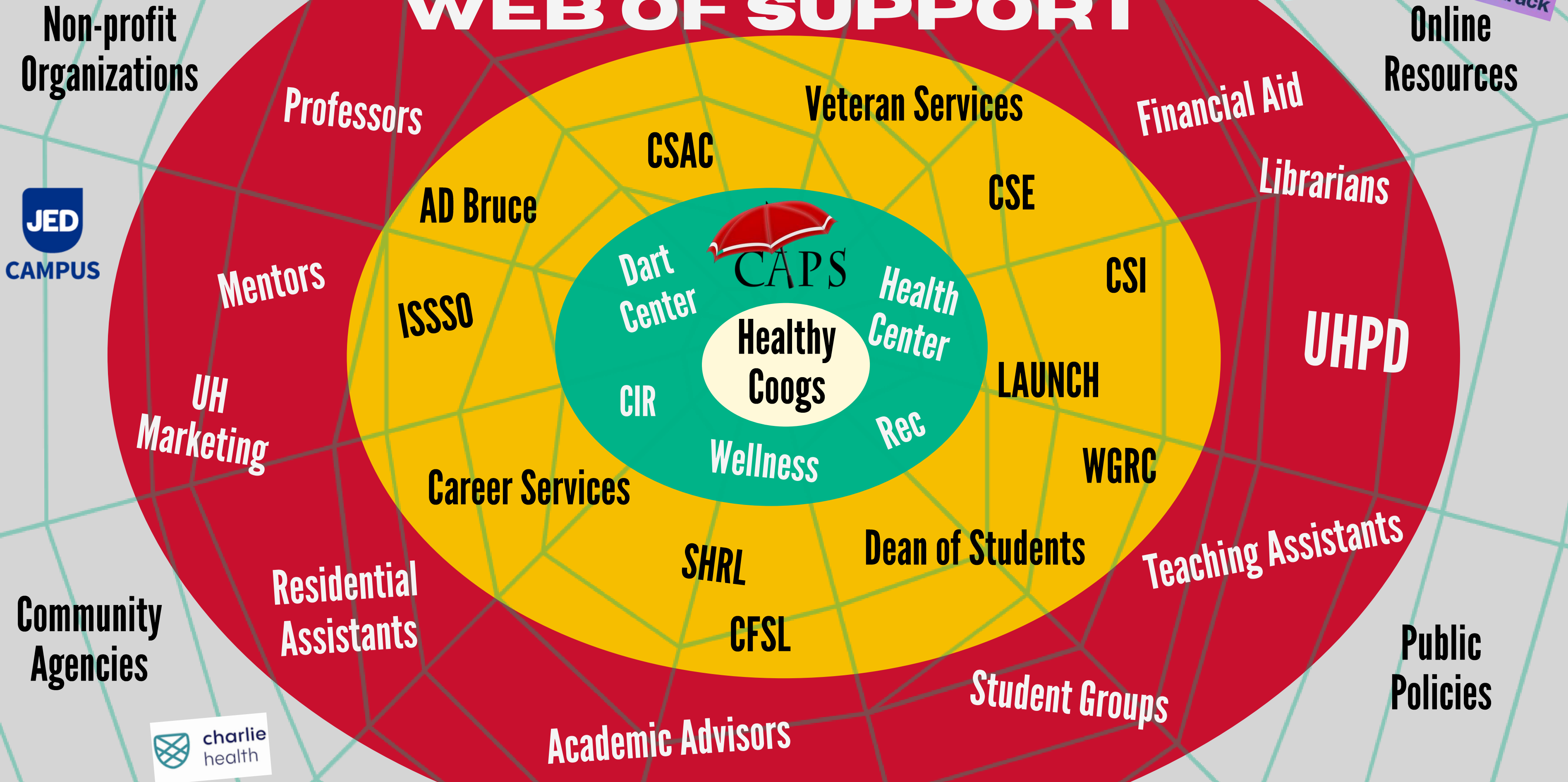
Outreach Services

IACS Accredited
Clinical Services

24/7 Services



COOGS CARE WEB OF SUPPORT



CAPS External Review

- 1) Increase staffing to 35 clinical FTE to expand clinical capacity by targeting masters-level clinicians from the Houston community, adding embedded counselors and expanding the training program.*
- 2) Launch a 24/7/365 service option for all students (not just athletes) using a contracted service provider.*
- 3) Reconceptualize and update faculty, staff, and student training in mental health awareness and impact.*

CAPS Staffing

Clinical Load Index (CLI) =

The annual caseload of a typical full-time clinician working 40-hour a week with 24 clinical hours

**Counseling Center Utilization
(Students attending sessions)**

+

**Counseling Center Clinical Capacity
(Expected clinical hours when fully
staffed)**

+

University Enrollment



CAPS Staffing

Low CLI: < 57

Weekly counseling, no waitlist, no restrictions

Medium: 57-127

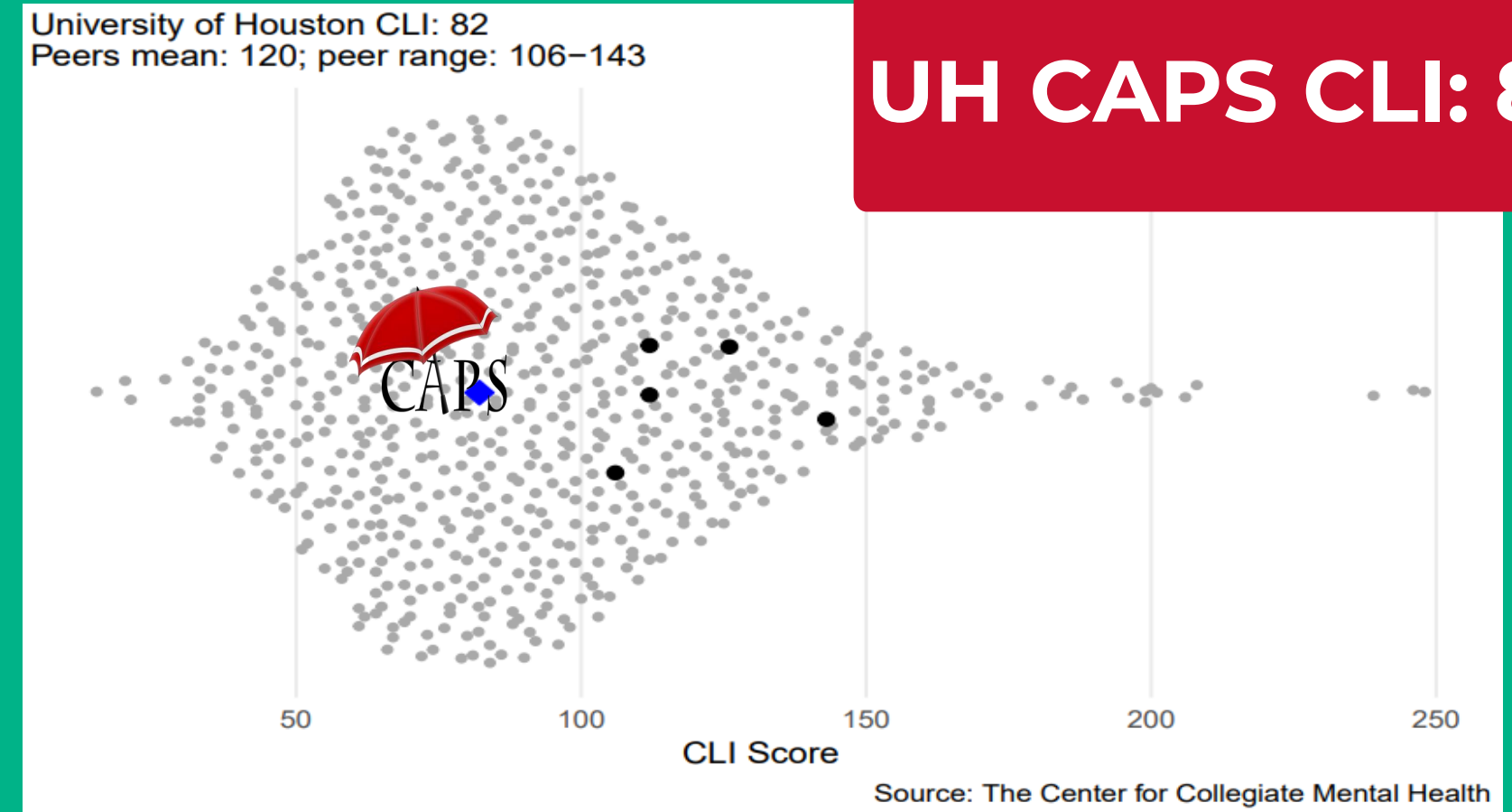
Increasing need for managing demand, e.g., Stepped Care Model, not everyone can be served through individual counseling, possibility of waitlist during peak periods

High: >147

Higher focus on case mgt and referrals, greater restrictions on length/frequency of individual counseling, focus on serving many by offering less

UNIT CHALLENGES

UH CAPS CLI: 82



Peers Mean: 120; Peer Range: 106 – 143

- Texas A&M
- UT Austin
- Ohio State
- Florida International
- Penn State



SCAN TO JOIN

togetherall



Mental Health Support

Anonymous. Online Community. 24/7.
With self-help courses & resources.

togetherall.com

**Reaching those not
seeking other support**

89%
Are not seeking support
on campus

68%
are not seeking any formal
mental health support

24/7 SERVICE OPTIONS

 **welltrack boost**



UNIT CHALLENGES



Mental Health Trainings

 Counseling and Psychological Services
Division of Student Affairs

 UH Wellness
Division of Student Affairs

MENTAL HEALTH TRAININGS for STUDENTS



Mental Health
Bystander
Intervention



You Can Help a Coog



QPR
Suicide Prevention

Need Help?
Start Here

CoogsCARE



YEAR 3 KICKOFF

SAVE THE DATE: JANUARY 27, 2025

WE ALL HAVE A PART IN PREVENTING SUICIDE AT UH

COMMUNITY
MENTAL HEALTH
RESOURCE FAIR

Inviting all UH Students, Faculty, Staff and Alumni!
Meet community mental health providers,
campus and area resources

Free Food,
Resources,
Self-Care Stations,
Wellness Booths,
& More



Bottom Line

1) Increase staffing to 35 clinical FTE

- To offer more treatment, we must decrease our CLI by increasing our staffing.
- Move from serving 4% to 8% of the student population.
- More access points and coverage across the university.
- Clinicians available after business hours and provide mobile response at the scene.

2) Launch a 24/7/365 service option for all students

- Continue to offer Togetherall and WellTrack Boost.
- *Covered/Bridge to Care* psychotherapy sessions . These are paid (covered) sessions to community providers for those students who economically disadvantaged.

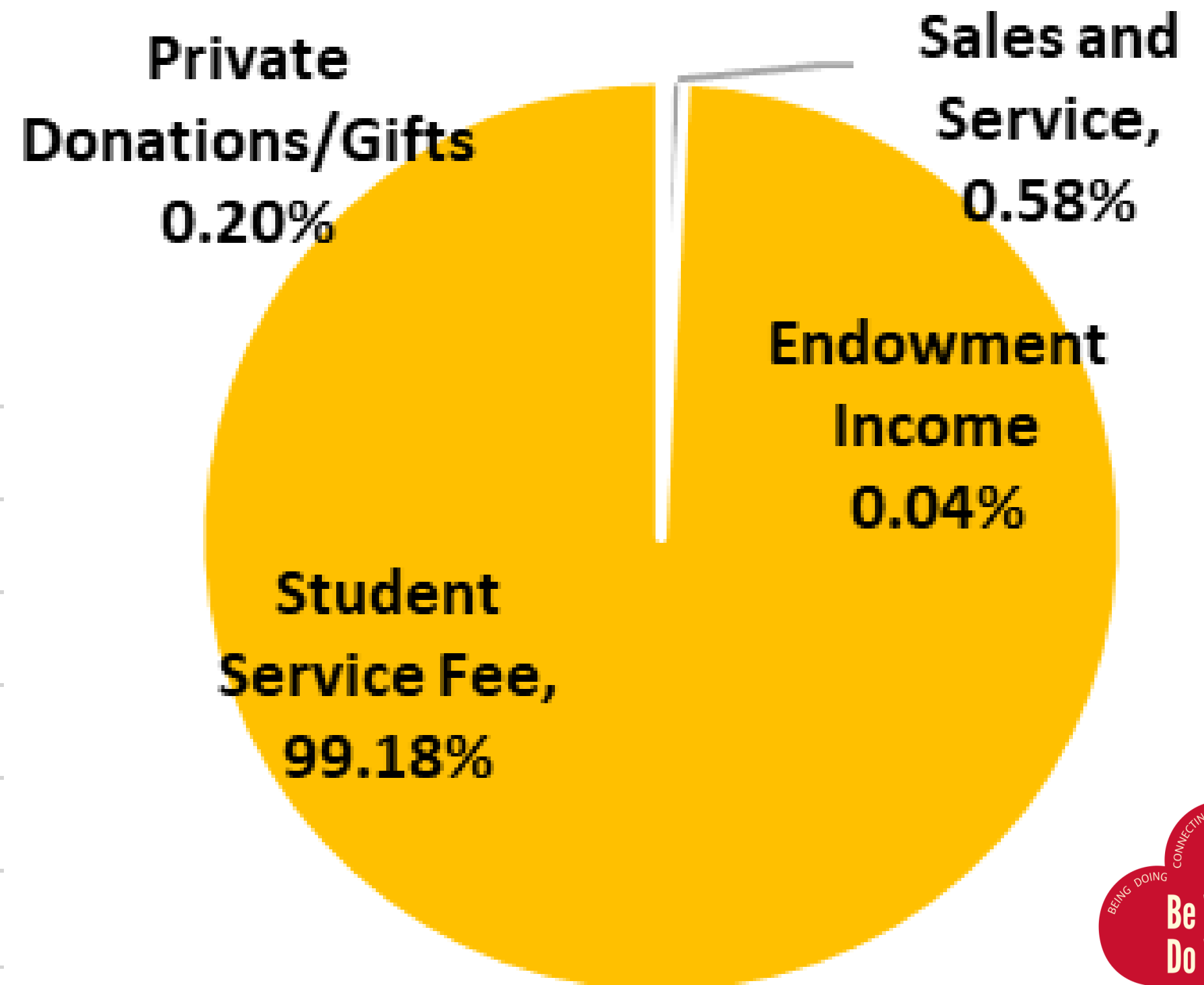
3) Reconceptualize and update faculty, staff, and student training in mental health awareness and impact.

- Resources needed for the Mental Health Training Series, JED 3yr Kick-Off Annual Community Mental Health Resource Fair.

FY 25 Budget

Row Labels	Sum of Current Budget
Endowment Income	1,578
Private Donations/Gifts	9,000
Sales and Service	25,550
Student Service Fee	4,367,832
Grand Total	4,403,960

Type of Fund	FY 25 Budget
Endowment Income	0.04%
Private Donations/Gifts	0.20%
Sales and Service	0.58%
Student Service Fee	99.18%
Grand Total	100.00%



Budget

Student Service Fee Prior Year and Current Year Budget and Actuals

Budget Node	FY24 Budget	FY24 Actuals	Variance	FY25 Budget
Salary and Wage	\$ 2,422,050	\$ 2,243,441	\$ 178,609	\$ 3,904,635
Maintenance & Ops	380,763	350,738	30,025	157,636
Travel & Business	38,500	33,797	4,703	56,500
Admin Charges	156,908	157,679	(771)	249,061
TOTAL	\$ 2,998,221	\$ 2,785,655	\$ 212,566	\$ 4,367,832



CAPS off to our Coogs!



Thank You SFAC!

