

Student Affairs Update - Mental Health Services

Presentation to Academic & Student Affairs Committee
Board of Trustees

December 4, 2025



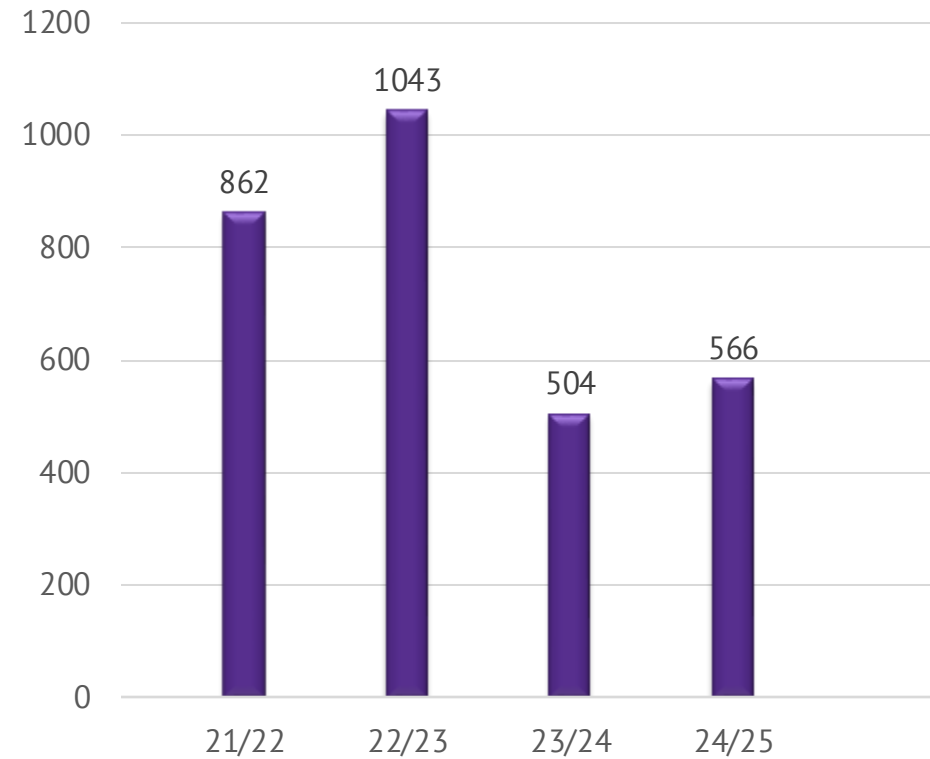
The Center for Counseling and Mental Health Wellness: What's New...

- **Shmoody wellness app**
 - Mental health app that offers mood-based action plans and support to help students manage anxiety, depression, and stress
- **IM ALIVE Mental Health Fair**
 - Educational event hosted annually on campus to promote suicide prevention
- **Hope Nation Campus Grant**
 - Grant funded by the Tennessee Department of Mental Health to offer trauma-informed care for students

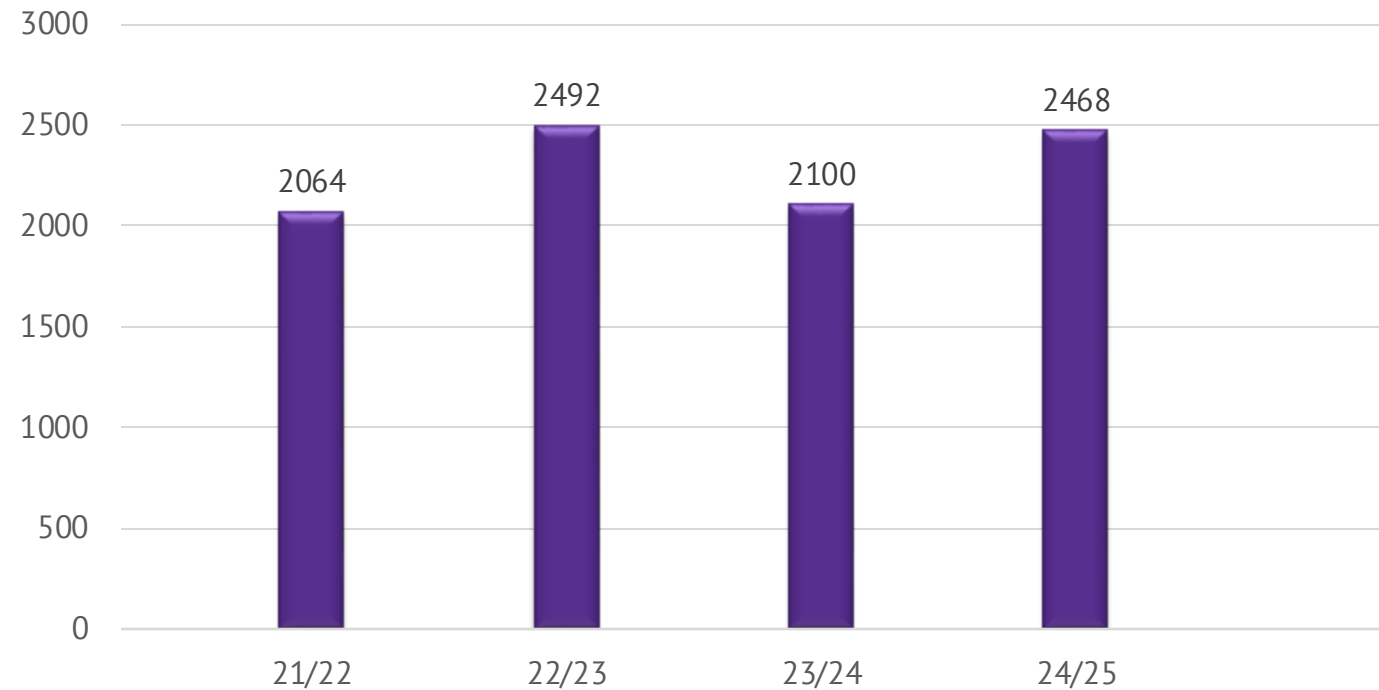


Student Utilization of Counseling & Mental Health Services (2021–2025)

- Average age of students who utilize services is **18-24**
- **Seniors** utilize services more than any other classification
 - Heightened stress from academic pressure, career uncertainty, and major life transitions.



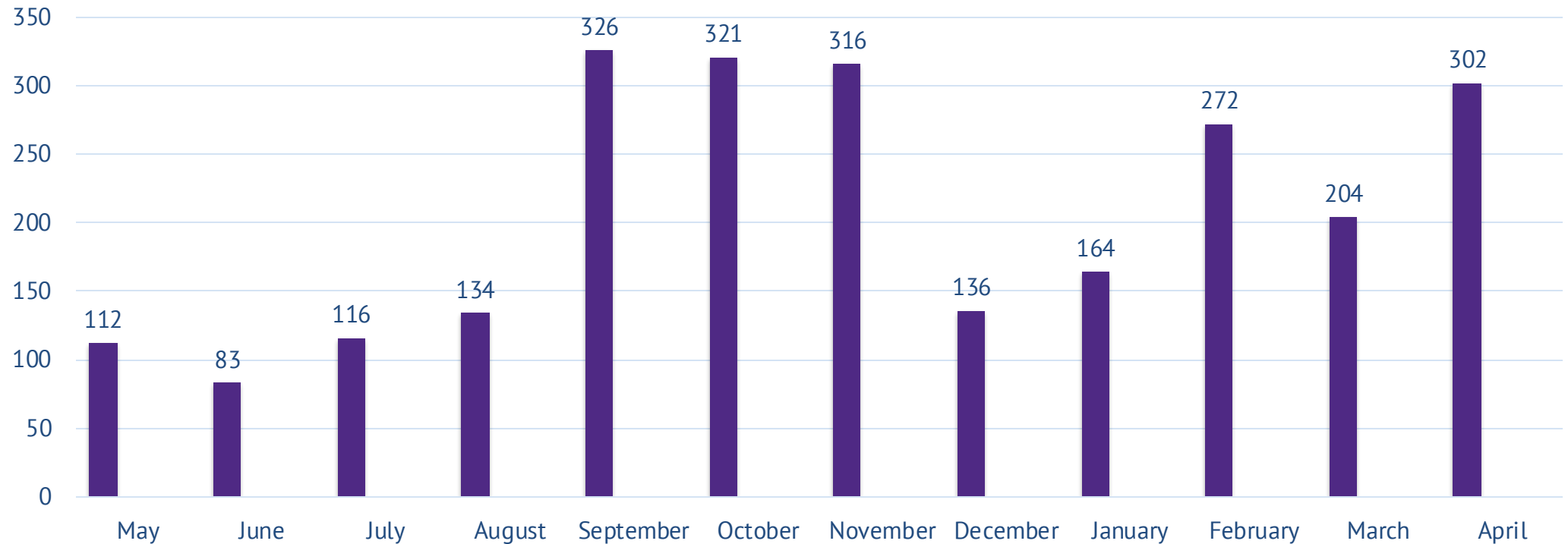
***Number of counseling sessions per academic year for academic years 2021/2022 through 2024/2025**



*Please note that a session is defined as an attended one 50-minute non-crisis time frame with a counselor in a clinical setting.



Monthly distribution of appointments for year 2024-2025



The top three academic schools that utilize services are: Arts & Sciences at 13.2%, Fine Arts at 9.7%, and Emerging and Integrative Studies at 6.7%.



Reasons for clinical sessions at appointment check-in

Reason for Visit AY 2024-2025	Total Percent AY 2024-2025	Reason for Visit Fall 2025	Total Percent for Fall Semester 2025 as of October 22, 2025
Supportive/Coping/Life Management	30%	Supportive/Coping/Life Management	33%
Continuity of Care	27%	Continuity of Care	28%
Mood (Anxiety or Depression)	23%	Mood (Anxiety or Depression)	17%
Relationship	5.4%	Relationships	4.0%
Immediate Crisis Appointment	3.2%	Immediate Crisis Appointments*	11.4%
Trauma (emotional response to an event such as a crime, accident, natural disaster, or other distressing event)	2.2%	Trauma (emotional response to an event such as a crime, accident, natural disaster or other distressing event)	1.6%
Grief/Loss	1.4%	Grief/Loss	2.2%

Loneliness continues to be a serious college epidemic per the Surgeon General (see above: supportive, coping, life management)
There was only 1 appointment made at the counseling department for 2024/2025 academic year for substance misuse issues

*National trends indicate a growing preference for on-demand and immediate access appointments. Resources were expanded to include daily on-call coverage, increased hotline hours, group counseling, WellTrack Boost self-guided tools and a Crisis Intervention Intern



Campus Care: Innovative Mental Health Solutions

Question Persuade and Refer (QPR) Suicide Prevention Workshops

- *Training sessions that teach students how to recognize suicide warning signs and refer peers to help.*

WellTrack Boost

- *A self-guided digital mental health toolkit offering CBT-based resources for anxiety, depression, and stress management.*

Shmoody App

- *Mental health app that offers mood-based action plans and support to help students manage anxiety, depression, and stress.*

Hope Nation Campus

- *A trauma-informed care initiative offering options to help students process emotional distress.*

Charlie Health Partnership

- *Provides virtual outpatient therapy for students needing higher-level mental health care.*

Trauma Recovery Support Group

- *A peer-led group where students explore trauma impacts and learn coping strategies in a supportive environment.*

Community Night Partnership with the Center for Addiction and Prevention Services

- *Collaborative events that promote recovery, peer support, and substance misuse prevention through engaging campus activities.*



