**Appendix C. Benchmarking data from Georgia Tech, peer institutions, and national organizations based on publicly available websites, reports, and telephone interviews with administrators conducted in October 2017.**

**Table 1. Student mental health experiences for Georgia Tech and 11 peer and near-peer institutions.**

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| **Institution** | **Top mental health issues** **faced by students on campus** | **Reported concerns** (undergraduate students) | **Reported concerns** (graduate students) | **Mental health-related initiatives** (preventive) | **Mental health-related initiatives** (treatment) | **Parameters** **for measuring** **student well-being and/or impact of programs** |
| Georgia Tech | Anxiety; depression; relationships | Lack of comfort with faculty/staff to openly discuss concerns; inadequate measures to address student grievances; academics; finding a job; competitive campus environment; finances; emotional health | Research advisor relationship;financial stress;academic concerns | Let's Talk; Peer Coaching Program; Campaign to Change Direction; Diversity Film Series; Tech Ends Suicide Together; QPR training | Collegiate Recovery Program | Counseling Center Assessment of Psychological Symptoms (CCAPS); Client Satisfaction Survey completed once each semester |
| Carnegie Mellon |  |  |  | Mental Health First Aid; Community Health Assessment; Stress Management | Smoking cessation; sleep |  |
| Cornell | Depression; stress; anxiety | Academics; climate of concern about racial bias |  | Let’s Talk; Partnership with Jed Foundation to adopt the “air force” model. Adopted a component 7 goal framework |  | Survey undergraduates every year |
| **Institution** | **Top mental health issues** **faced by students on campus** | **Reported concerns** (undergraduate students) | **Reported concerns** (graduate students) | **Mental health-related initiatives** (preventive) | **Mental health-related initiatives** (treatment) | **Parameters** **for measuring** **student well-being and/or impact of programs** |
| Emory |  |  |  | Stress and Biofeedback Clinic; Black Mental Health Ambassadors | ReSTART Collegiate Recovery Program |  |
| MIT |  |  |  | Mind-Hand-Heart Initiative; CARE Team |  |  |
| Purdue | Depression; anxiety | Failure in academics and relationships |  | Workshops and seminars focus on prevention, education, relationships, and self-awareness; THRIVE workshops in residence halls; statewide “Campaign to Change Direction” | Almost doubled counseling center staff over past three years, and center now reports to student life rather than health center; police have crisis intervention team; access to professional crisis line; behavioral intervention team in dean of students; | Worked with a consultant to measure intake process and other programs |

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| **Institution** | **Top mental health issues** **faced by students on campus** | **Reported concerns** (undergraduate students) | **Reported concerns** (graduate students) | **Mental health-related initiatives** (preventive) | **Mental health-related initiatives** (treatment) | **Parameters** **for measuring** **student well-being and/or impact of programs** |
| Stanford |  |  |  | iThrive: Emotional Well-being; eight satellite offices around campus; Student Health 101 Magazine; workshops; trainings; roundtable discussions; groups; and lectures provided through the CAPS | Confidential support team; Bridge Peer Counseling |  |
| UC Berkeley |  |  |  | Let’s Talk; QPR; Look for the Signs; Be Well @ Cal; Mental Health Handbook for Faculty/Staff/Family; ten satellite offices around campus | Crisis text line | Anonymous online screenings“Just in Case” mobile app |
| U. Illinois at Urbana-Champaign | Anxiety; depression | Academic pressures; finances |  | Kognito Suicide Prevention Training; ADHD Program; Perfectionism Series; Recognition, Insight, Openness Program | Trauma Response Team | CCAPS outcomes for clinical work; new instrument for measuring outreach and prevention services with IRB approval |

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| **Institution** | **Top mental health issues** **faced by students on campus** | **Reported concerns** (undergraduate students) | **Reported concerns** (graduate students) | **Mental health-related initiatives** (preventive) | **Mental health-related initiatives** (treatment) | **Parameters** **for measuring** **student well-being and/or impact of programs** |
| University of Michigan |  |  |  | QPR; Leaders at their Best; Suicide Prevention; Student Advisory Board; Wolverine Support Network (peer support); MiTalk, CAPS app; 13 satellite offices around campus |  |  |
| University of Pennsylvania |  | Academic pressures; forced leave of absence policy (consisting of two semesters) after serious academic crisis | Access to mental health resources is a concern | iCARE Gatekeeper Training; Personal Wellness and Career Workshops; Wellness Check-Up; Penn Wellness Partners & Ambassadors; two independent faculty-run task forces; Penn Benjamins; reach-a-peer helpline; Student Intervention Services (professional full-time team reports to provost for student life) | Sexual Trauma, Treatment and Prevention Team | Data analysis of counseling and psychological services every month; collect data on referral from iCARE; Every student visiting health services given depression screening |

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| **Institution** | **Top mental health issues** **faced by students on campus** | **Reported concerns** (undergraduate students) | **Reported concerns** (graduate students) | **Mental health-related initiatives** (preventive) | **Mental health-related initiatives** (treatment) | **Parameters** **for measuring** **student well-being and/or impact of programs** |
| UT Austin |  | Academics; intimate relationships; sleep difficulties |  | Voices Against Violence; Be That One - Suicide Prevention; Be Vocal – Bystander Training; Get Sexy, Get Consent; Theater for Dialogue; Thrive at UT app; Mind-Bod Lab; Diversity coordinators: staff members act as liaisons to student groups that are marginalized on campus;engaging faculty through funded pilot program for increasing wellness within classroom environment | Care in Academic Residence Program (CARE) counselors embedded in 13 satellite offices around campus | Academic outcomes; satisfaction survey for services; symptom inventories in electronic health records to measure progression; non-user survey started this year, for students who have been referred but who did not attend counseling; controlled study of faculty engagement project comparing academic progress among groups and out-groups |
| National Average from 2016 AUCCCD Survey | Anxiety; depression; relationship issues | Overwhelmed by all they had to do  |  |  |  |  |

**Table 2. Counseling and psychiatric services for Georgia Tech and 11 peer and near-peer institutions**

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| **Institution** | **Counseling staff: student ratio** (full-time) | **# New students visiting Counseling Center** (per year) | **Total Counseling Center hours** (most recent ~two years) | **Avg. # sessions per client** | **Limit on # of counseling sessions** | **Number & types of therapy groups** (operating regularly) |
| Georgia Tech | 1:1578 | 1,400 new clients in 2016-2017.  | 13,195 hours in 2016-2017.  9,671 individual appointments (not counting groups)  | 6.9 sessions | 16 (but limit is currently suspended) | Up to 15 groups usually:Interpersonal Process Groups, Circle of Support (suicide survivor group); QWEERTY (queer student support); Graduate Women's Group; Graduate Men's Group; Undergraduate Men's Group; Mind Over Mood; Tech Support (adjustment group); Social Anxiety Group; Seeking Balance (substance use support); Graduate These Support Group; Journey in Healing (sexual assault survivor group); Grief and Loss Group; Students of Color Group; DBT Skills Group |
| Carnegie Mellon | 1:821 |  |  |  | Referral for longer term, more intensive, or in need of frequent visits | No group program |
| Cornell | 1:730 | Steady increase over the past 15 years |  |  | No limit but they space out sessions; students who are stable and want to be seen weekly are referred out to community  | >10 groups:Acceptance and Commitment Therapy for Anxiety and Depression; Adjusting to Cornell; Anxiety/Depression Management through Body Mindfulness; Bereavement Group; Bipolar Support Group; Cornell Healthy Eating Program Groups; Graduate Women's Therapy Group; The Having Feelings Group; International Student Support Group; Life-Altering Illness Support Group; Moving Forward: After Sexual Violence Support Group (for women); Positive Action through Interaction: A Co-ed Graduate Student Group; Relationships: An Undergraduate Therapy Group; Social Strategies Group |
| Emory | 1:1230 |  |  |  | Seven sessions past intake | Groups vary by semester. Fall under the following categories: Interpersonal Process Groups; Population-Specific Groups; Support Groups; Skills Groups |

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| **Institution** | **Counseling staff: student ratio** (full-time) | **# New students visiting Counseling Center** (per year) | **Total Counseling Center hours** (most recent ~two years) | **Avg. # sessions per client** | **Limit on # of counseling sessions** | **Number & types of therapy groups** (operating regularly) |
| MIT | 1:1035 |  |  |  | Brief therapy model | ADHD Information and Skill Group; Asian Women’s Group; Graduate Co-ed Group; Graduate Men’s Group: Graduate Women’s Group; Imposter Syndrome Workshop; Making Peace with Food; Mental Health Matters (students of color); Mindfully Working with Emotions; Returning Student Group, Undergraduate Group; Social Skills Lab; Thesis Coaching Group; Transgender Support Group; Women of Color Support Group |
| Purdue | 1:1732 (by end of 2017 will be 1:1540) | 3,509 | 23,378 | 5.5 (includes indiv. & group sessions) | 12 per year | 36 including:Understanding Self & Others Therapy Groups; Dialectical Behavior Therapy (DBT) Group; Advanced Depression Process Group, Anxiety Toolbox; Advanced Anxiety Process Group; International Student Support Group; Trans and Gender Non-Binary Group; ADHD Solutions Group; GAME Group; THRIVE Resiliency Hour; Recognition, Insight, Openness (RIO) Group, Getting Unstuck |
| Stanford | 1:1090 |  |  |  | No limit, but longer term charged insurance up to $187 | RIVER skills workshops (Recognition, Insight, Values, Experience, and Reflection); WISE MIND DBT Skills group (Dialectical Behavioral Therapy-based group); Mindfulness Guided Meditation; International Graduate Students Group; El Centro RIVER skills workshops (Recognition, Insight, Values, Experience, and Reflection) |
| UC Berkeley | 1:1180 |  |  |  | Eight per year, only the first five are free | Managing Stress, Anxiety & Depression; Mindfulness for Stress Reduction & Resilience; Mindfulness Meditation Managing Emotions Skills; Healthy Relationships; From Self-Criticism to Kindness; Exploring; Majors/Careers for International Students; Graduate Women’s Support; Queer Women of Color Support; Women of Color Support Circle; Graduate Men’s Support; Men of Color Support; Understanding Self and Others |

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| **Institution** | **Counseling staff: student ratio** (full-time) | **# New students visiting Counseling Center** (per year) | **Total Counseling Center hours** (most recent ~two years) | **Avg. # sessions per client** | **Limit on # of counseling sessions** | **Number & types of therapy groups** (operating regularly) |
| U. Illinois at Urbana- Champaign | 1:1200 (aiming for 1:1000) |  |  |  | Referral beyond “a few sessions” | Anxiety Group; Binge Eating Disorder Group; Black Men's Group; Grief and Loss Group; Dialectical Behavior Therapy; Discovery Group; Disordered Eating and Body Image Group; Exploration Group; Expressive Arts; Gay, Bisexual, and Questioning Men’s Group; General Therapy Groups; Graduate Women’s General Therapy Group; International Students General Group; Mandarin Process Group; Men’s Group; Mindfulness Meditation Group; Older Students’ Therapy Group; Women’s Empowerment Group; Women’s General Therapy Group; Women of Color Therapy Group |
| University of Michigan | 1:1177 |  |  |  | No limit listed | Understanding Self & Others (Grad. & UG groups); Our Voices: Undergraduate Black Women; LatinX Voices – Undergraduate; GBQQ Undergraduate Group; Mindfulness for Stress Reduction; Graduate Women’s Group; Graduate Interpersonal Men’s Group; Autism Spectrum Group; Progress not Perfection; Self-Compassion Group; Queer Women’s Group; Grief and Loss Group; Friends/Family of Addicts Group; Eating & Body Image Skills Group; Coping Skills; Social Anxiety Group; Sexual Assault Survivor Group; Black Graduate Woman’s Group |

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| **Institution** | **Counseling staff: student ratio** (full-time) | **# New students visiting Counseling Center** (per year) | **Total Counseling Center hours** (most recent ~two years) | **Avg. # sessions per client** | **Limit on # of counseling sessions** | **Number & types of therapy groups** (operating regularly) |
| University of Penn.  | 1:752 |  |  |  | They use a short-term counseling model to stabilize students so they can be successful academically -generally within five-seven sessions. They refer out long-term issues or issues for which expertise is lacking.  | ~20:Body Love for Women and Femmes of Color; Cultivating Calm; Coping Strategies for Internship/Job Search Eating Concerns Art Therapy Group; Graduate Women's Support Group; International Peer Support Group;Interpersonal Growth Groups; Mindfulness-Based Stress Reduction Course; Mindfulness-Based Cognitive Therapy (MBCT); Mindfulness Meditation Drop-In ; Returning Students Group; Support for Survivors of Sexual Assault; Support for Women of Color Survivors; Support for Male Survivors of Sexual Assault; Survivors of Childhood Sexual Abuse; Tell Us Your Story |

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| --- | --- | --- | --- | --- | --- | --- |
| **Institution** | **Counseling staff: student ratio** (full-time) | **# New students visiting Counseling Center** (per year) | **Total Counseling Center hours** (most recent ~two years) | **Avg. # sessions per client** | **Limit on # of counseling sessions** | **Number & types of therapy groups** (operating regularly) |
| UT Austin | 1:1150 | 6,000 | 26,000 | Three | Six-eight per year, but can be negotiated depending on need; use “Equity model,” which means that some students need more services to reach same potential (vs. “equality” model of the past, in which every student had access to the same number of sessions). Students who can access appropriate outside resources are asked to use those. Students in greater need are kept in counseling center. | Drop-In Meditation Group; Asian American Voices Group; Student Advocate Discussion Group; Finding Our Voice: A Women of Color Group; International Student Discussion Group; Black Voices: Supportive Group; Latin Voices: Supportive Group; Anxiety & Stress Relief through Mindfulness; MBCT for Depression; Management; Making Peace through Self-Compassion; Overcoming Anxiety with Yoga and Mindfulness; T-Time: A Supportive Space for Trans Students; Queer Women’s Support Group; Queer/Gay/Bisexual Men’s Group; Big Bodies. Radical Love; Group for Black Women; Support around Major Medical Conditions; Grief & Loss Support Group; Support for Survivors of Interpersonal Violence; Support for Survivors of Familial Abuse; Latina Support Group; Graduate Student Support Group; Dissertation Support Group; Adjusting to College: Training Series; Building a Stronger You: DBT Skills-Based Group; Living with Anxiety: Acceptance-Based; Food and Feelings: Mindful Eating Group; Coping with Life Creatively; Managing Substance Use; Quitters Tobacco Cessation Class; Personal Exploration Groups |
| **Institution** | **Counseling staff: student ratio** (full-time) | **# New students visiting Counseling Center** (per year) | **Total Counseling Center hours** (most recent ~two years) | **Avg. # sessions per client** | **Limit on # of counseling sessions** | **Number & types of therapy groups** (operating regularly) |
| National Average from 2016 AUCCCD Survey | The average student-to-paid clinical staff ratio reveals a consistent and inverse relationship to total student body size. The mean professional counseling staff-to-student ratio for a university with 25-30K students is 1:2567 |  |  | The mean average number of sessions for universities surveyed with an enrollment of 25-30K students is 5.7 | 11.9% of universities limit counseling services; 42.2% limit with flexibility; 45.9% do not limit counseling services |  |

**Table 3. Staffing, clinical services and student health relationship for Georgia Tech and 11 peer and near-peer institutions**

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| **Institution** | **Mental health staff composition** | **Clinical services** | **Relationship between Counseling and Psychiatry/Student Health Center** |
| Georgia Tech  | 16 psychologists1 social worker(Psychiatry Clinic has 5 psychiatrists and 3 master’s-level case managers)Trainees:2 postdoctoral fellows3 psych. doctoral interns4 prac. counselors | * Individual Counseling
* Couples Counseling
* Group Counseling
* Consultations
* Referral Services and Case Management
* Outreach and Workshops
* Testing and Assessment
* Mandated Alcohol and Other Drug Evaluations
* Career Counseling
* Collegiate Recovery Program
* Psychiatric Services
 | Separate from Student Health Center. |
| Carnegie Mellon  | 9 psychologists2 social workers5 licensed counselors1 mar./fam. therapist1 psychiatric residentTrainees1 psych. postdoctoral fellow5 psych. doctoral interns2 prac. counselors | * Consultation
* Individual Therapy
* Outreach and Education
* Referrals
 | Separate from Student Health Center |
| Cornell  | 18 psychologists12 social workers2 psychiatrists2 psychiatric NPsTrainees:1 Psych Post-Doc | * Individual Counseling
* Group Counseling
* Crisis Intervention
* Psychiatry
* Referral Services
 | Embedded in Cornell Health – Student Health Services |

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| Institution | Mental Health Staff Composition | Clinical Services | **Relationship between Counseling and Psychiatry/Student Health Center** |
| Emory  | 8 psychologists4 social workersTrainees:2 psych. postdoc. fellows2 psych. doctoral interns2 post-MSW fellows | * Individual and Couples Counseling
* Group Counseling
* Stress and Biofeedback Clinic
* Referral Services
* Consultation
 | Embedded in Emory Student Health Services |
|  |  |  |  |
| MIT  | 6 psychologists5 social workers9 psychiatrists 4 psychiatric NPs | * Evaluations and Consultations
* Brief Treatment (counseling/psychotherapy and medication)
* Referrals to Non-MIT Medical Clinicians
* Urgent Care
* Let's Chat: Informal, Free, Confidential Consultations (2 hours daily)
* Group Counseling
* Consultation about a Community Member
* Help for Departments, Labs, and Centers Dealing with Traumatic Events
 | Embedded in MIT Medical Student Health Center |
| Purdue  | 17 psychologists5 social workers2 MH counselors2 psychiatrists2 psychiatric NPsTrainees:1 Psych Post-Doc3 Psych Doc Interns3 Prac Counselors | * Individual and Couples Counseling
* Group Counseling
* Psychiatry
* AOD Program
* Referral Services
* Psychological Testing
* Case Management
 | Separate from Student Health Center |
| Stanford  | 10 psychologists4 social workers1 mar./fam. therapist7 psychiatristsTrainees:5 psych. postdoc. fellows1 doctoral intern | * Crisis Counseling
* Individual Therapy
* Medication Assessment and Management
* Group Therapy
 | Embedded in the Vaden Health Center (Division of Student Affairs) |

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| **Institution** | **Mental health staff composition** | **Clinical services** | **Relationship between Counseling and Psychiatry/Student Health Center** |
| UC Berkeley  | 29 psychologists4 social workers1 mar./fam. therapist5 psychiatrists3 psychiatric NPsTrainees:5 postdoctoral fellows3 psych. doctoral interns4 social work fellows | * Short-term Individual and Couples Counseling
* Crisis Drop-in for Urgent Concerns
* Group Counseling
* Workshops
* Psychiatry
* Career Counseling and Assessments
* Outreach and Consultation
* Online Resources
* Referrals for Longer-term Counseling
 | Embedded in Tang Center for University Health Services |
| U. Illinois at Urbana- Champaign  | 21 psychologists8 social workers2 licensed counselors1 mar./fam. therapistTrainees:4 Psych Doc Interns1 Social Work Intern5 Prac Counselors | * Individual and Couples Counseling
* Group Counseling
* Alcohol and Other Drug Programs
* Referral Services
* Consultation
 | Separate from Student Health Center |
| University of Michigan | 21 psychologists17 social workers2 psychiatristsTrainees:2 psych. postdoc. fellows3 psych. doctoral interns2 social work fellows5 social work interns2 prac. counselors | * Individual and Couples Counseling
* Group Counseling
* Psychiatry
* Referral Services
* Crisis Services
* Case Management
 | Separate from Student Health Center |

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| --- | --- | --- | --- |
| **Institution** | **Mental health staff composition** | **Clinical services** | **Relationship between Counseling and Psychiatry/Student Health Center** |
| University of Pennsylvania  | 21 psychologists12 social workers6 psychiatrists1 psychiatric resident2 psychiatric NPsTrainees:4 psych. postdoc. fellows5 psych. doctoral interns5 prac. counselors | * Individual and Couples Counseling
* Group Counseling
* Crisis Management
* Psychiatry
* Sexual Trauma Response
* Referral Services
 | Separate from Student Health Center |
| UT Austin  | 10 psychologists20 social workers7 licensed counselors5 psychiatristsTrainees:4 psych. doctoral interns2 social work interns5 prac. counselors | * Short-Term Individual Counseling
* Group Counseling
* Medication and Psychiatric Services
* Consultation
* Referral Services
* Survivors of Sexual Assault
* Mindful Eating Resources
* Integrated Health
 | Separate from Student Health Center |
| **National Average** from 2016 AUCCCD Survey |  | Schools surveyed by the AUCCCD offer the following services* 97.5% Personal Counseling
* 92.2% Consultation
* 86.2% Workshops
* 77.9% Suicide Prevention Programming
* 75.2% Couples Counseling
* 74.3% Therapy Groups
* 64.3% Structured Groups
* 45.7% Sexual Assault Prevention
* 48.8% Psychiatry Services
* 44.8% AOD Prevention
* 37.8% Sexual Assault Advocacy
* 33.5% Psychological Testing and Assessment
 | 52.9% of schools’ counseling services are housed in the health center. 59.1% of directors reported their centers were neither clinically nor administratively integrated with a health service. Another 20.4% reported being both clinically and administratively integrated. Only clinically integrated was reported by 9.0% and only administratively integrated by 11.4%. |