IMPACT REPORT
UNIVERSITY OF CALIFORNIA SANTA CRUZ STUDENT HEALTH SERVICES
Providing high-quality services to promote physical and emotional well-being focused on diverse student needs.

Medical
- Illness or Injury Care
- Preventive Care
- Immunizations
- Prescriptions
- Herbal Remedies
- Medical Tests
- Radiology
- Optometry
- Labs

Mental Health
- Counseling
- Psychiatry
- Workshops
- Educational Groups
- Relaxation Station

Sexual Health & Party-Safe
- STI Testing
- Contraception
- PrEP HIV Medication
- Party-Safe Strategies
- Pregnancy Prevention
- College Life Balance
- Healthy Communication

Wellness
- Navigating Well-Being
- Self-Care Education
- Peer-Led Classes
- Volunteering
- Nutrition
- Life skills

Support
- Advocacy for Violence Survivors
- Case Management for Medical/Mental Health
- Peer-Led Support
- Recovery
- LGBTIQ

47K+ appointments*
55% of student body served (Health Center, CAPS, & Psychiatry)
32K+ labs performed
1,200+ x-rays performed

97% of surveyed students would be satisfied returning for future care
81% of surveyed students say their visit helped prevent their health concern from becoming a barrier to their academic success

*excludes CARE
**MEDICAL CLINIC**

We are a Patient Centered Medical Home, nationally accredited by the Accreditation Association for Ambulatory Health Care, Inc.

26,500 clinic visits

26% increase in clinic visits since 2012

"I've been seeing my doctor for multiple years and appreciate the way she listens, explains my options, and considers my healthcare holistically. She is an excellent physician and I am sincerely grateful I can receive care from her through the UCSC health center."

**PHARMACY**

Providing students with integrative care advice, prescriptions and supplies at a low cost

43,000 pharmacy transactions

23,000 prescriptions filled

3,700 herbal & natural products dispensed

"Pharmacy staff are very friendly. Services are pretty fast, I don't wait for very long to pick up my prescriptions. Overall great service!"

**PUBLIC HEALTH & RISK REDUCTION**

52 patients on PrEP HIV Prevention

8,500 STI tests

6,100 immunizations

*See SHOP's section for more information on risk reduction for sexual health, drug & alcohol use, etc.

**OPTOMETRY & NUTRITION**

550 dietitian visits, a 47% increase since 2012

1,540 optometry visits, a 304% increase since 2014
# MENTAL HEALTH

## COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

Groups, workshops, brief therapy, drop-in consultations, crisis intervention, referrals, & educational outreach

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<tr>
<th>12,500 visits, a 65% increase since 2012</th>
<th>98% agree that CAPS is a necessary part of UCSC</th>
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<tbody>
<tr>
<td>665 crisis visits</td>
<td>12 weekly counseling or drop-in groups</td>
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<td>99% seen for intake within 14 days</td>
<td>69% had first follow-up within 14 days</td>
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<tr>
<td>7 days average wait time for a routine intake appointment</td>
<td>703 case management visits</td>
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“This year I realized how important mental health is. CAPS was great in assisting me and guiding my mental development. My therapist has been very helpful and this is certainly a service that offers real value for people. Thank you so much for your help and your time. The work you do is very important. Our society needs to change and value personal fulfillment and mental health over money.”

## PSYCHIATRY

Medication services to address mental health concerns

| 2,900 visits, a 58% increase since 2012 | 5 sessions per client (average) | 6 days average wait time for intake session (best average in UC System) |

"My psychiatrist has been the best help I have ever gotten. She is the main reason I go to CAPS feeling confident that I will receive the treatment I need. I cannot thank her enough."
CAMPUS ADVOCACY RESOURCES & EDUCATION (CARE)

Confidential support and resources for survivors (and their significant others) of sexual assault, dating/domestic violence, and stalking

270 individuals seen

1,180 total services provided

200 crisis interventions

249 Advocacy Liaison Sessions

"[Without CARE] I don't think I would still be on this campus. I know for some people it may feel stressful or scary to come to CARE, but I have never felt more comfortable than I have when I go to CARE... being in the lobby feels good and safe."

STUDENT HEALTH OUTREACH & PROMOTION (SHOP)

Information, education, resources and support on issues related to alcohol and other drugs, sexually transmitted infections and sexual health, mental health and other concerns relevant to college students

3,700 visits/contacts

330 HIV tests

850 Birth Control Patrol visits, a 98% increase in the past year

660 alcohol & drug support visits, a 33% increase in the past year

148,000 condoms & safer sex supplies distributed

6 peer-led recovery groups

10,000 Social media posts viewed & shared

"Coming from a South Asian household, sexual health and alcohol and other drug education were taboo topics. My community has often omitted this information to impose their own idea of wellness, but that definition of wellness did not translate well for me in college. SHOP has given me tools to deconstruct the stigma around these topics and has equipped me with a strong definition of wellness and self-care. SHOP’s peer-to-peer model of disseminating information made learning about sexual health and alcohol and drugs much more tangible and realistic to my needs. Navigating college, my wellness and mental health would have been impossible had it not been for SHOP’s dedication and love for UCSC students. I am excited to empower my peers with the skills SHOP has given me!"