Providing high quality services to promote physical and emotional well-being focused on diverse student needs.

<table>
<thead>
<tr>
<th>Medical</th>
<th>Mental Health</th>
<th>Sexual Health &amp; Party-Safe</th>
<th>Wellness</th>
<th>Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illness or Injury Care</td>
<td>Counseling</td>
<td>STI Testing</td>
<td>Self-Care Education</td>
<td>Violence</td>
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<tr>
<td>Preventive Care</td>
<td>Psychology</td>
<td>Contraception</td>
<td>Nutrition</td>
<td>Recovery</td>
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<tr>
<td>Prescriptions</td>
<td>Psychiatry</td>
<td>PrEP HIV Medication</td>
<td>Peer-Led Classes</td>
<td>LGBTIQ</td>
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<tr>
<td>Herbal Remedies</td>
<td>Educational Groups</td>
<td>Party-Safe Strategies</td>
<td>Volunteering</td>
<td>Case Management</td>
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<tr>
<td>Medical Tests</td>
<td>Workshops</td>
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<tr>
<td>Labs &amp; Immunizations</td>
<td>Relaxation Station</td>
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<tr>
<td>Radiology</td>
<td>Case Management</td>
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<tr>
<td>Optometry</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Statistics</th>
<th>Description</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>46K+</td>
<td>appointments*</td>
<td>96%</td>
</tr>
<tr>
<td>54%</td>
<td>of student body served (Health Center, CAPS, &amp; Psychiatry)</td>
<td></td>
</tr>
<tr>
<td>30K+</td>
<td>labs performed</td>
<td>90%</td>
</tr>
<tr>
<td>1,300+</td>
<td>x-rays performed</td>
<td></td>
</tr>
</tbody>
</table>

*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

25% increase in clinic visits since 2012

"[My practitioner] was extremely warm and caring, and I honestly could not thank her enough for everything she did during my visit. I was taken care of by others as well...and they were also extremely helpful. The reasons behind my visit were already pretty distressing, but they all made me feel welcome and more at ease. I am so grateful that I was met by these people at the clinic, and I could not have asked for a better experience."

Pharmacy

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

43,000 pharmacy transactions

24,000 prescriptions filled

3,700 herbal & natural products dispensed

"The pharmacy is so wonderful! Everyone has been so helpful...[the staff] made me feel so welcomed and went out of their way to help me during my darkest hours. I wouldn’t be here without them."

Public Health & Risk Reduction*

60 patients on PrEP HIV Prevention

11,000 STI tests

6,500 immunizations

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

Optometry & Nutrition

560 dietitian visits, a 50% increase since 2012

1,400 optometry visits, a 374% increase since 2014
Mental Health

Counseling & Psychological Services (CAPS)

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

11,400 visits, a 52% increase since 2012

98% agree that CAPS is a necessary part of UCSC

540 crisis visits

12 weekly counseling or drop-in groups

99.8% * seen for intake within 14 days

71% * had first follow-up within 14 days (median=10)

6 days* average wait time for a routine intake appointment

CAPS student volunteers

"[CAPS is] a vital part in maintaining and encouraging retention among students of various backgrounds, abilities, emotional, physical, mental and spiritual capacities and walks of life. I wouldn't know where or how I would have ended up if it wasn't for CAPS and my off-campus referral."

Psychiatry

Medication services to address mental health concerns

2,800 visits, a 48% increase since 2012

7 days
• average wait time for intake session*
• average wait time between 1st & 2nd appointment**

4
• sessions per clients (average)
• full time staff

"[After my appointment] the medication kicked in. I felt better and more calm and sedate. I also want to say that I feel EXTREMELY better today. I woke up positive and strong mentally and happy and my confidence rose by 1000%. Thank you again for your help and the help from CAPS because I don’t know what would have happened to me if I didn’t ask for help."

*In 2017-2018, these were the best score among all the UCs
**In 2017-2018, this was the best score among UCs, with the next highest UC having 16 days
**Campus Advocacy Resources & Education (CARE)**

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

- **230** visits, a 50% increase in the past 12 months
- **1,400** total services provided
- **10,000** students, staff & faculty at in-person trainings

"CARE has really helped me regain autonomy over myself especially on this campus. [Without CARE] I don't think I would still be on this campus, let alone progressed as much as I have with the aftermath of those events.

I have never felt more comfortable than I have when I go to CARE ... I don't have this fear following me. I definitely love and appreciate CARE so much for what it has done for me and how it has helped me grow."

**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.

- **3,600** visits
- **360** HIV tests
- **132,000** condoms & safer sex supplies distributed
- **430** Birth Control Patrol visits
- **500** alcohol & drug support visits
- **6** peer-led recovery groups

“I grew up in a traditional Mexican household with very conservative parents. Any topics related to sex or sexual health wasn’t something that my family liked to talk about. So coming to UCSC I didn’t really have a lot of knowledge on contraception and what it means to practice safe sex. SHOP created a culturally sensitive, sex-positive space for me to actively have a conversation about these issues. By having SHOP as a resource on campus, I am confident that many other students, regardless of the communities that they represent, will have a safe space to learn, grow and be empowered.”