

THE CENTER FOR WELL-BEING

Opening Fall 2019



The Center for Well-Being



UNIVERSITY OF
St. Thomas

RESHAPING HEALTH CARE

WE'RE EXCITED TO ANNOUNCE THE OPENING OF OUR NEW CENTER FOR WELL-BEING IN THE FALL OF 2019.

The new center will be home to five existing health and wellness services offering integrated health care services. Collaborating at the center will be:

- Counseling and Psychological Services
- Health Services
- Project for Mindfulness and Contemplation
- Violence Prevention and Awareness
- Wellness Center

WHY ARE WE CENTRALIZING CARE?

Nationally, there is a mental health crisis. It's growing fastest among young people and St. Thomas mirrors the trend. We are committed to meeting the highest standards of practice in health and wellness for our students. The best outcomes for health care are emerging from an integrated model addressing wellness from prevention and early detection, to ongoing coordination of care.

At St. Thomas, we experienced a 400 percent increase in mental health related health services appointments and an increasing demand for counseling services in the last two years. Many students seeking individual counseling had to wait for weeks, and the demand for mental health services is growing.

**ONE
IN FIVE**

young adults in the
U.S. experience
mental illness.

10%

of patients follow through
on a mental health referral
when that service is
not located in the
same facility.



OUR INTEGRATED SOLUTION

REMOVES BARRIERS TO MENTAL HEALTH TREATMENT

Students will come to the center for all their care, so there will be no distinction between those seeking help for physical or mental health issues.

OFFERS COORDINATED CARE

Providers from our health, counseling and wellness centers will work together on behalf of students to offer a more robust set of prevention, care and intervention services.

We will integrate mental health, substance abuse and primary care services to produce the best outcomes for students' health and well-being.

Every student will be treated holistically. That means looking beyond the immediate concern to factors that might be impacting a student's health, such as sleep, nutrition, stress, spirituality, physical activity, violence and substance abuse.

TEACHES RESILIENCE AND PROMOTES HEALTHY BEHAVIORS

We will build a robust resiliency program that integrates and strengthens current practices around wellness, violence prevention, substance abuse, sleep, and mindfulness and contemplation.

WHAT ARE OUR GOALS FOR THE CENTER?

Short term, we believe integrated health services will result in improved health and increased retention of students. Care provided by health, wellness and counseling providers will result in fewer missed classes, improved retention and on-time graduation.

Long term, our hope is that students will benefit from lasting health. We're caring not only for students today, but also for our future alumni and workforce.

65%

of students said counseling services helped them stay in school.

67%

of students said it helped with their academic performance.



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For our students to succeed academically and live happy, productive lives, it is imperative that we proactively care for their health and well-being.”

- **Madonna McDermott**,
St. Thomas Executive
Director of Health,
Wellness and Counseling

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