

Introduction

Early identification and timely support of college students with mental health concerns improves patient outcomes. Many students with such concerns present to college medical clinics; referral to mental health resources typically involves coordination with a separate counseling center, either co-located within the same building or located elsewhere on the university campus. Embedding counseling services within a medical clinic supports a patient-centered medical home. This poster describes a university experience with embedding a counseling center psychologist within the medical clinic to enhance team-based and patient-centered care.

Program Design

- Student Health and Wellness (SHW) leadership identified a psychology staff member to serve in the embedded position and initiated the program on 9/30/19.
- The embedded psychologist occupies a consultation room within the medical clinic 2.5 days per week on a consistent schedule, providing direct care to students as well as 1:1 consultation to medical providers.
- An appointment schedule for the embedded psychologist (denoted as MH Consultant) is included within the medical services appointment system (Medicat). Medical providers can easily view available reservations for student appointments or provider consultation.

Identification and Referral Process

Identify

- Annual depression screening (PHQ-9 score ≥ 5)
- Other identified mental health need

Refer

- Schedule patient with MH Consultant
- Brief introduction to MH Consultant before discharge, when feasible
- Time to appointment based on symptom severity, patient preference, and MH Consultant availability

MH Consultant Visit

- Rapid assessment of mental health issue and stressors
- Brief interventions
- Referral to resources with bridge support when needed

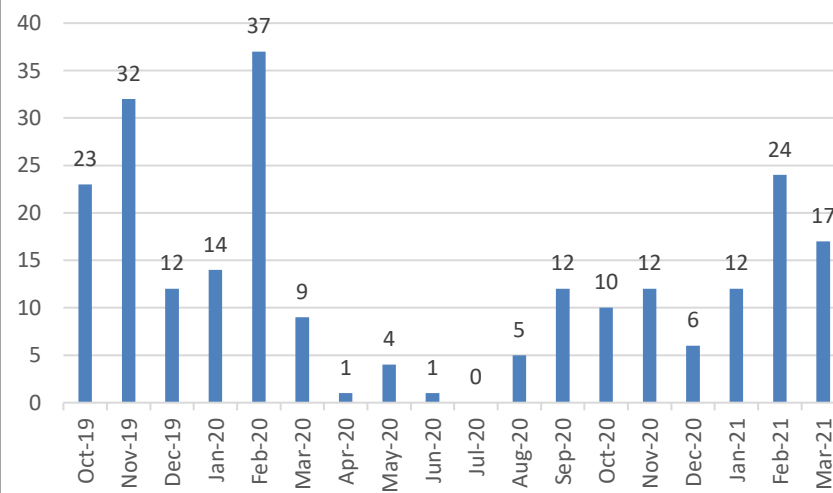
Results

Demographics	UVA Student Population:	
	Unique students N=211 N (%)	Fall 2019 ^a N=25,018 N(%)
Gender		
Male	73 (34.6)	11,593 (46.3)
Female	138 (65.4)	13,419 (53.6)
Race/Ethnicity		
Asian	18 (8.5)	3082 (12.3)
Black or African American	11 (5.2)	1545 (6.2)
Hispanic	10 (4.7)	1542 (6.2)
Multi-race	7 (3.3)	1060 (4.2)
Non-Resident Alien	22 (10.4)	2513 (10.0)
White	132 (62.6)	14,154 (56.6)
Other/Unknown	11 (5.2)	1133 (4.5)
Academic level		
Graduate	86 (40.8)	8,007 (32.0)
Undergraduate	121 (57.3)	17,011 (68.0)
Other/Unknown	4 (1.9)	
Citizenship		
US citizen	186 (88.2)	NA
Non-US citizen/Unknown	25 (11.8)	NA
Greek affiliation		
Yes	33 (15.6)	2802 (11.2) ^b
No	178 (84.4)	22,216 (88.8) ^b

^a source: UVA Institutional Research and Analytics

^b source: UVA Fraternity and Sorority Life website estimates 35% of undergraduate population is affiliated

MH Consultant Student Encounters
10/1/2019 - 3/30/2021



Discussion

- Mental Health consultations were immediately utilized by the medical providers resulting in 211 unique student referrals (231 total student visits) during the study period.
- 13 students had follow-up visits with the MH Consultant for bridge support.
- The medical provider/ MH Consultant collaboration was enhanced by having a consistent staff person as the MH Consultant who was readily available for both warm client hand-offs and provider consults.
- All Medical Services referrals were directed to the MH Consultant, rather than general intake services within SHW Counseling and Psychological Services (CAPS), thus decreasing CAPS demand.
- The decline in MH Consult encounters during 2021-2022 academic year was likely due to the pandemic and a shift to more telehealth services. Mental health screenings were performed less consistently during telehealth medical visits, and warm hand-offs were not possible with this platform. In addition, the university experienced a decline in overall enrollment during the pandemic.

Future Directions

- While there were no reported adverse events or student complaints, student satisfaction with the MH Consultation process and visit warrants further study.
- Informal feedback from medical providers regarding the embedded position has been positive; a future survey would characterize the specific benefits.
- Medical and Mental Health trainees sponsored by the respective units may benefit from learning within the embedded model and training opportunities will be explored.
- As the entire SHW Department moves into a new, larger building during the summer of 2021, the impact of proximity between the medical services provider and the MH Consultant will be reassessed.

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