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IMPLEMENTING THE HEALTHY UNIVERSITY APPROACH TO MENTAL HEALTH AT AUGUSTA UNIVERSITY

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Implementing the Healthy University Approach to Mental Health at Augusta University

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ABSTRACT

In university systems, there is a lack of knowledge and understanding of student perceptions and utilizations of campus mental health services. This lack of knowledge can be expanded by evaluating the state of campus mental health services, interviewing clinical staff, and by evaluating the needs of students. The objective of this study is to use Healthy University programming to devise health initiatives to benefit the mental health of students at Augusta University. Student needs will be evaluated by surveying their perceptions and utilizations of campus mental health services. Survey data will be collected anonymously through Qualtrics. Clinical staff at Student Counseling and Psychological Services (SCAPS) will be interviewed privately. The evaluation of SCAPS will be completed by reviewing student utilization data which will be collected by SCAPS in yearly reports. Self-reported student mental health and perceptions of SCAPS will be analyzed by using statistical tests and multivariate regression analyses. With the data collected, health initiatives will be theorized to strengthen SCAPS so that the mental health services provided will continue to benefit Augusta University students and serve their needs effectively.

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