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Meeting of the

*Academic &  
Student Life  
Committee*

December 7, 2023





# Agenda

- I. Committee Chair's Remarks**
- II. Action Items**
  - A.** Nina and Ken Botsford Bicentennial Professorship in Neurodegenerative Diseases
  - B.** Arts & Sciences Research Professorship in Democracy and Equity
  - C.** Renaming the Distinguished Professorship in Emergency Medicine the Robert E. O'Connor Distinguished Professorship in Emergency Medicine
- III. Executive Vice President & Provost's Remarks**
- IV. Discussion Items**
  - A.** The 2030 Plan: The Path to Research Preeminence
  - B.** The Changing Landscape of College Athletics

# Action Items

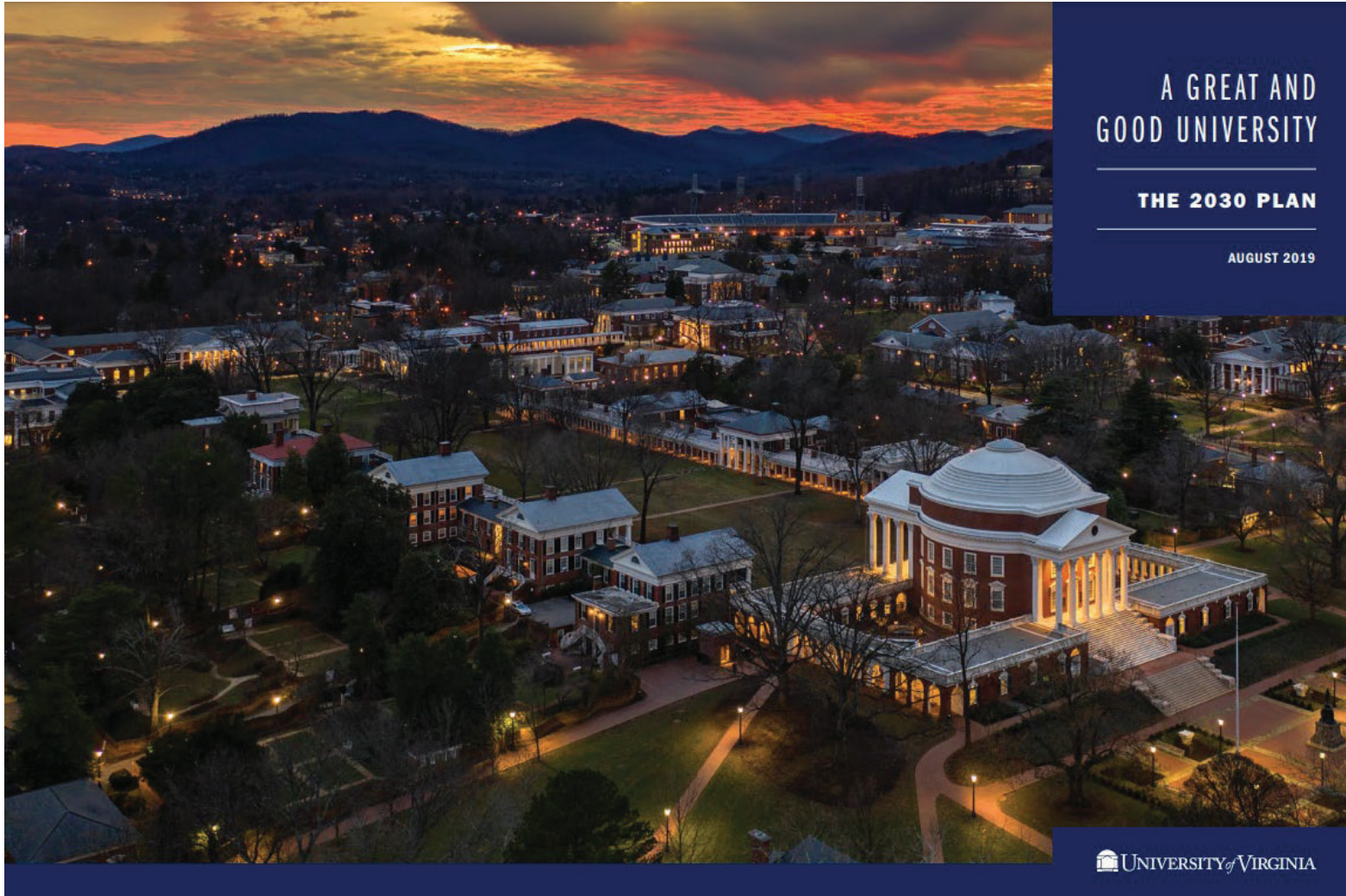


# Executive Vice President & Provost's Remarks



# Discussion Items





A GREAT AND  
GOOD UNIVERSITY

THE 2030 PLAN

AUGUST 2019

 UNIVERSITY of VIRGINIA

## STRATEGIC GOALS

**I.**

**STRENGTHEN  
OUR  
FOUNDATION**

**II.**

**CULTIVATE THE  
MOST VIBRANT  
COMMUNITY IN  
HIGHER  
EDUCATION**

**III.**

**ENABLE  
DISCOVERIES  
THAT ENRICH AND  
IMPROVE LIVES**

**IV.**

**MAKE UVA  
SYNONYMOUS  
WITH SERVICE**

## III. **ENABLE DISCOVERIES THAT ENRICH AND IMPROVE LIVES**

Enable faculty and students to work across traditional boundaries.

Become an international leader in several distinct and critical areas of research.

Shed new light on enduring and profound questions.

Approach all learning as an opportunity for discovery.



## The Path to Research Preeminence

1. Launch the Precision Medicine Challenge
2. Launch the Digital Technology & Society Challenge
3. Launch the Environmental Resilience Challenge
4. Launch the Brain/Neuroscience Challenge
5. Launch the Biotechnology Institute
6. Create Seed Funding for Interdisciplinary Research
7. Launch the Democracy Institute
8. Substantially Upgrade Alderman Library
9. Make strategic investments in research infrastructure

# *Autism Research*

**Micah Mazurek and  
Kevin Pelphrey**

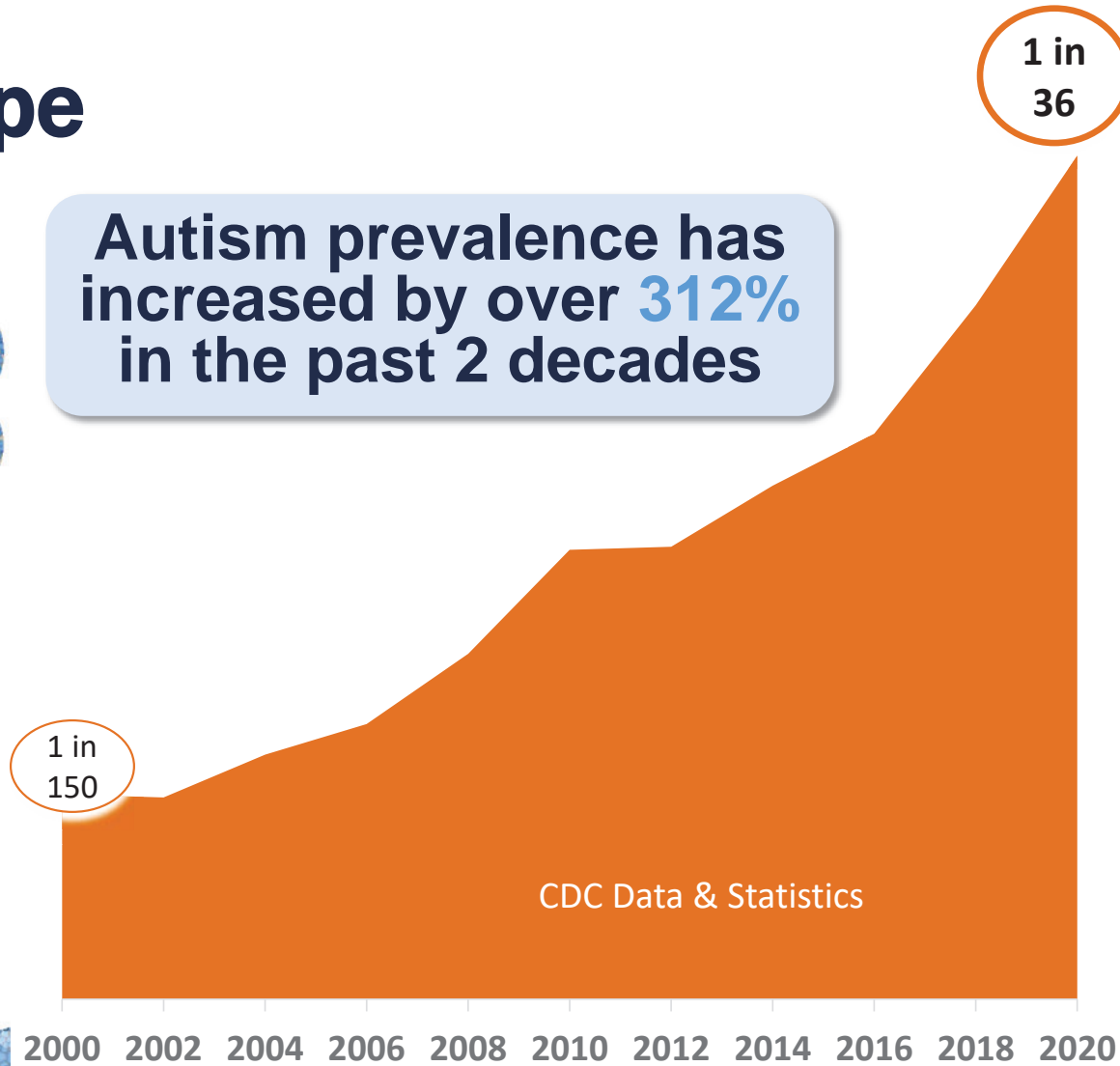


UNIVERSITY  
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# The Autism Landscape



Autism prevalence has increased by over **312%** in the past 2 decades



# Community-Driven Research Priorities



Community Goals & Priorities



# Supporting Transformative Autism Research (STAR)



A centralized system for autism research & resources for individuals, families & professionals.

# TRANSFORM OUTCOMES. TOGETHER.

We're bringing together researchers, professionals, and community organizations to improve the lives of individuals with autism and their families. Autism DRIVE gives you access to ground-breaking autism research and innovative models for care, support, and education.

## JOIN AUTISM DRIVE

Connect to upcoming studies at UVA and resources across the state relevant to you.



## FIND RESOURCES

Access autism-focused resources available in Virginia and online.





# Autism Research Highlights

## Interdisciplinary Research



SCHOOL of EDUCATION  
and HUMAN DEVELOPMENT

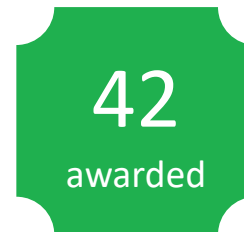
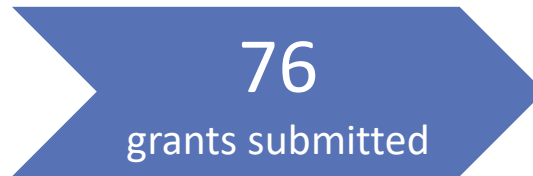
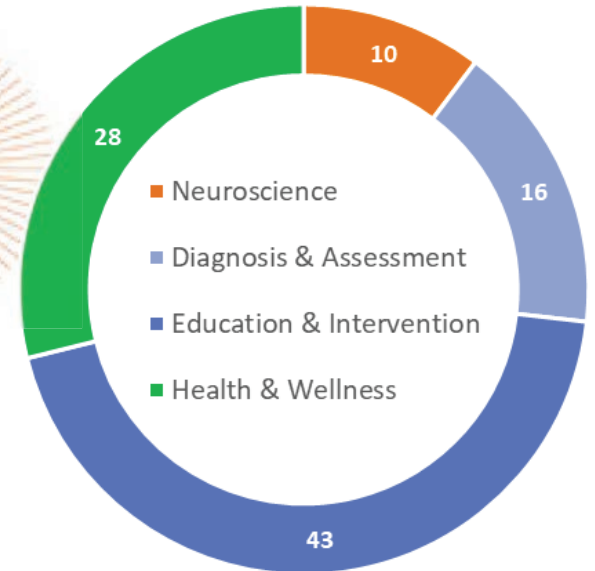
SCHOOL of MEDICINE

ENGINEERING

SCHOOL of DATA SCIENCE

SCHOOL of NURSING

COLLEGE and GRADUATE SCHOOL  
of ARTS & SCIENCES



# Next-Level Discovery & Impact: Key Focus



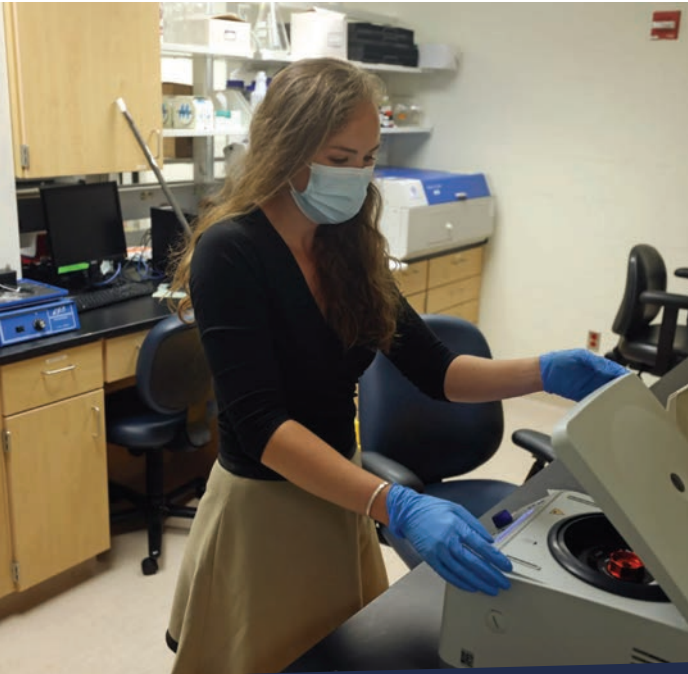
## Understanding “Autisms”

Underlying neurobiology,  
heterogeneity, & subtypes

Earlier & more accurate  
identification

Personalized & more  
effective treatments



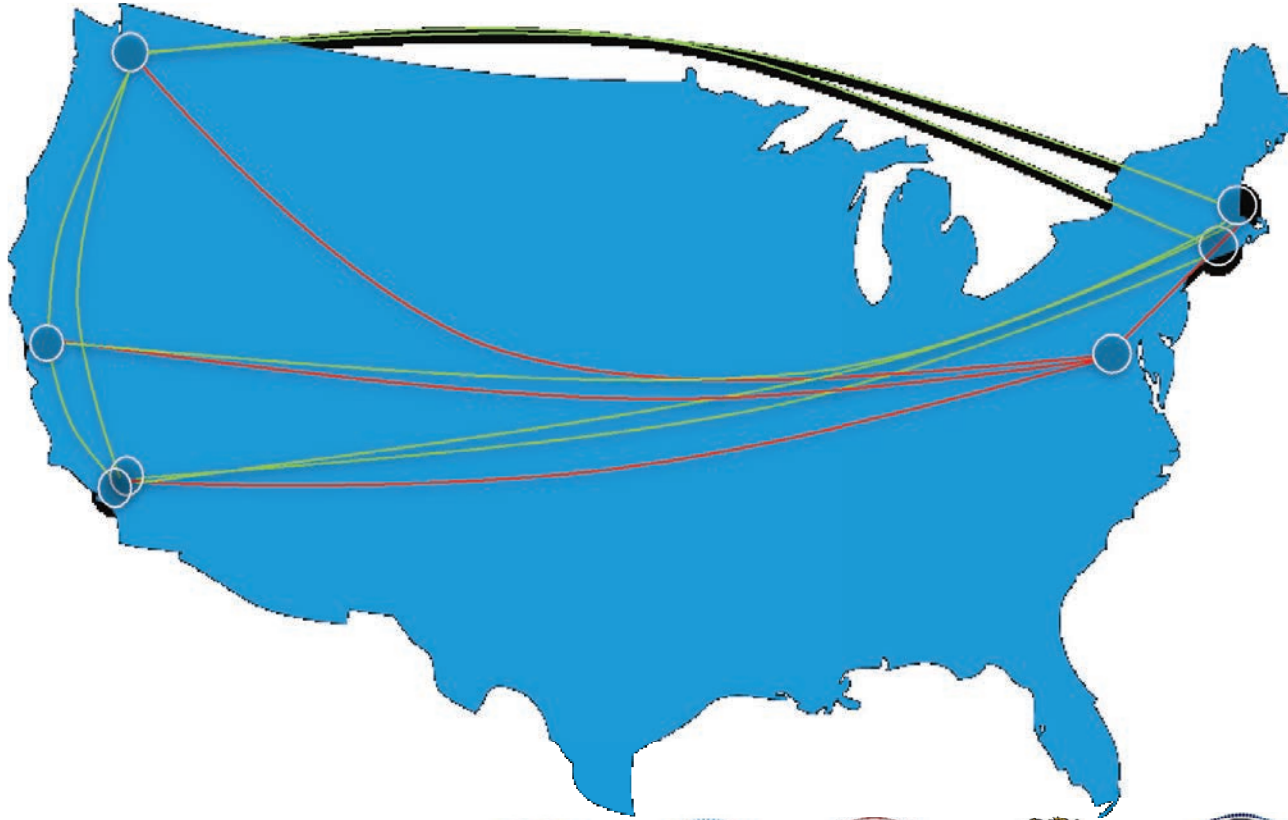


**Undergraduates engage in cutting-edge multidisciplinary research.**

**Genetics and brain imaging for earlier and more accurate diagnosis.**



# NIH Autism Center of Excellence (ACE): Girls' Neurogenetics Network (\$13 million; 1 of 9 funded)



Integrating genetics, brain imaging, and clinical phenotyping to enable precision medicine for autism.



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# *Grand Challenge: Digital Technologies & Healthy Youth Development*

Nancy Deutsch and  
Bethany Teachman



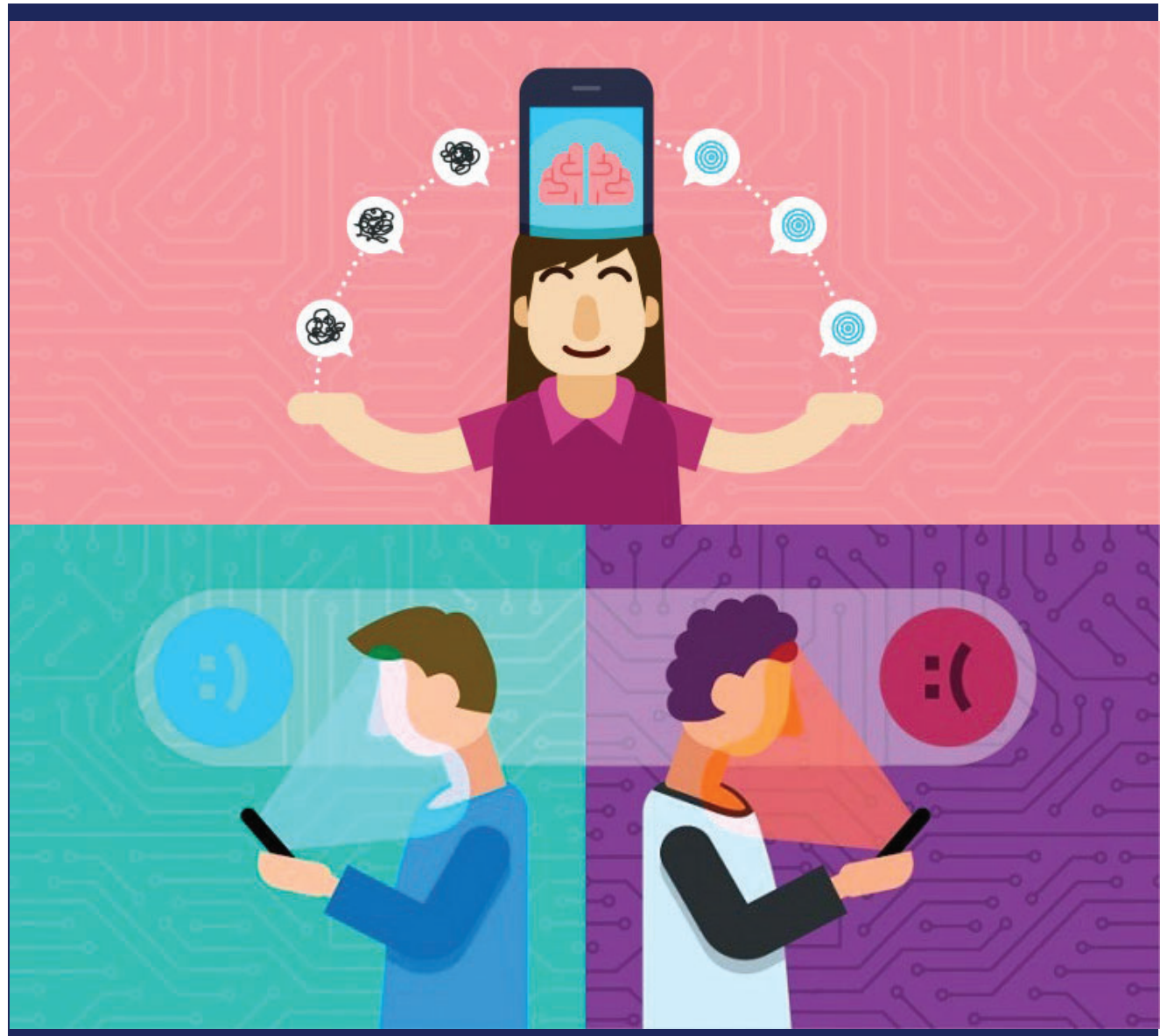
# Initial Focal Area: Youth Mental Health



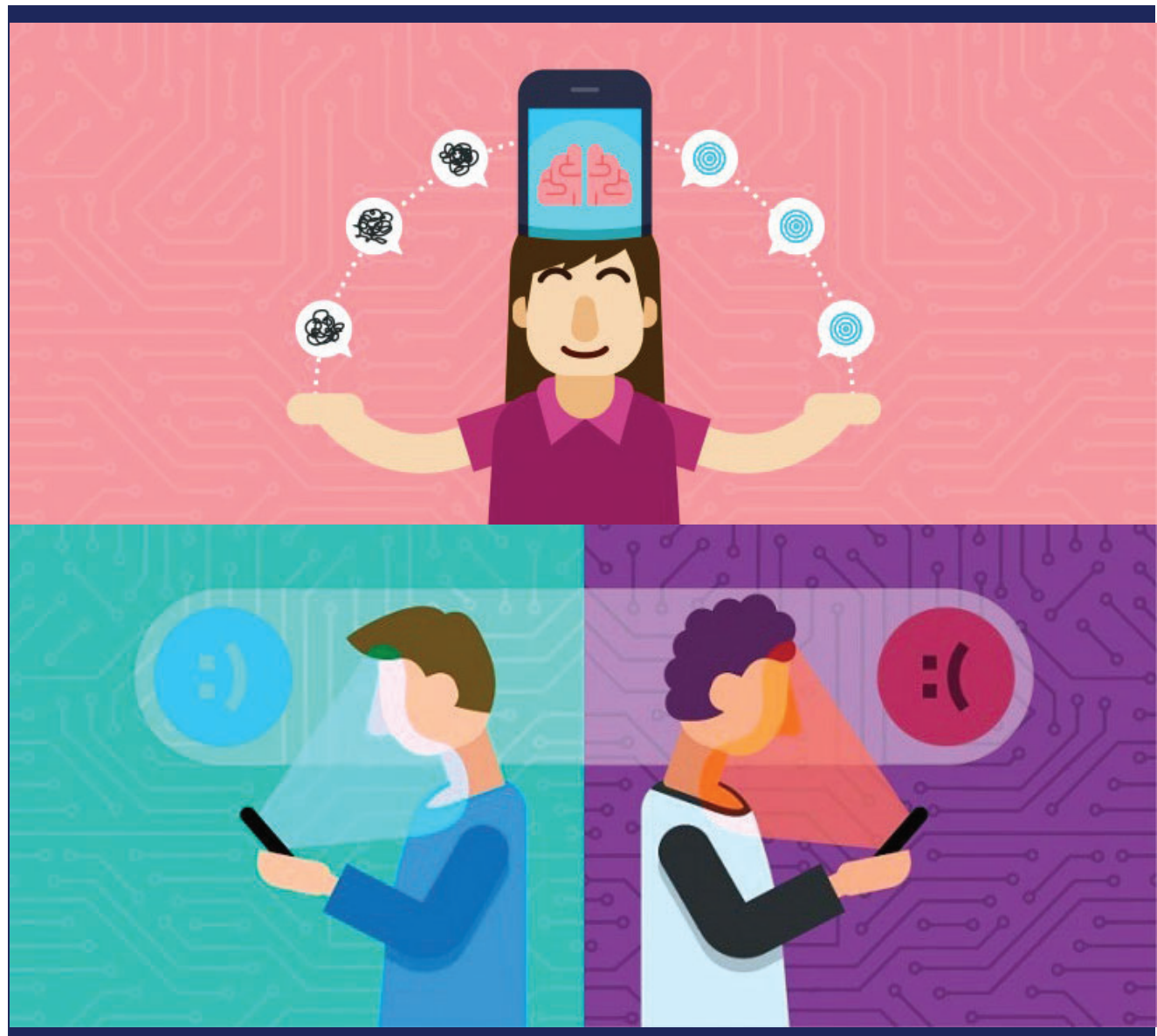
**1) Understand how digital technology hurts and helps youth mental health**

**2) Harness digital technology to get youth help when & where they need it most**

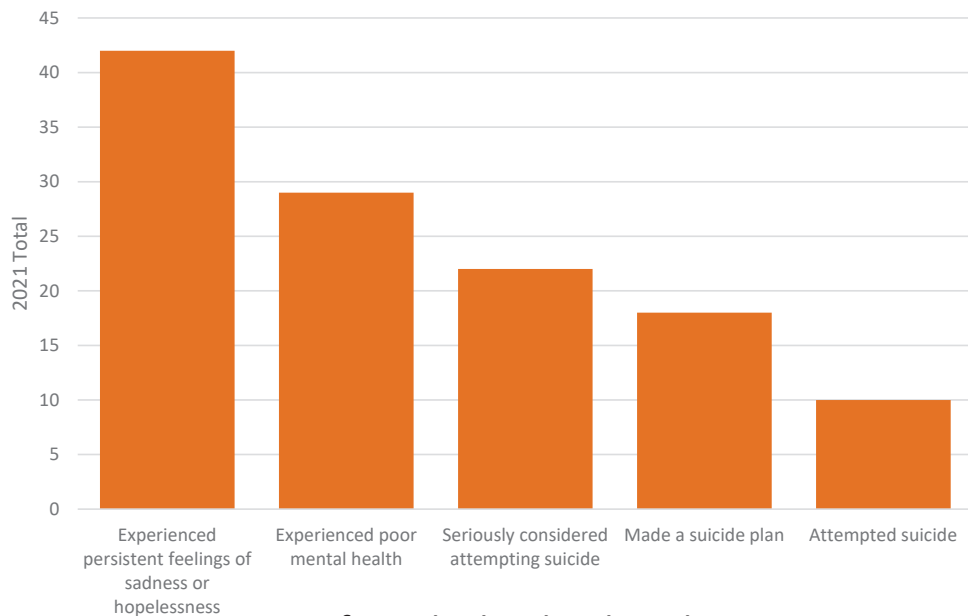
# From Fear to Facts to Fixes



# From Fear to Facts to Fixes

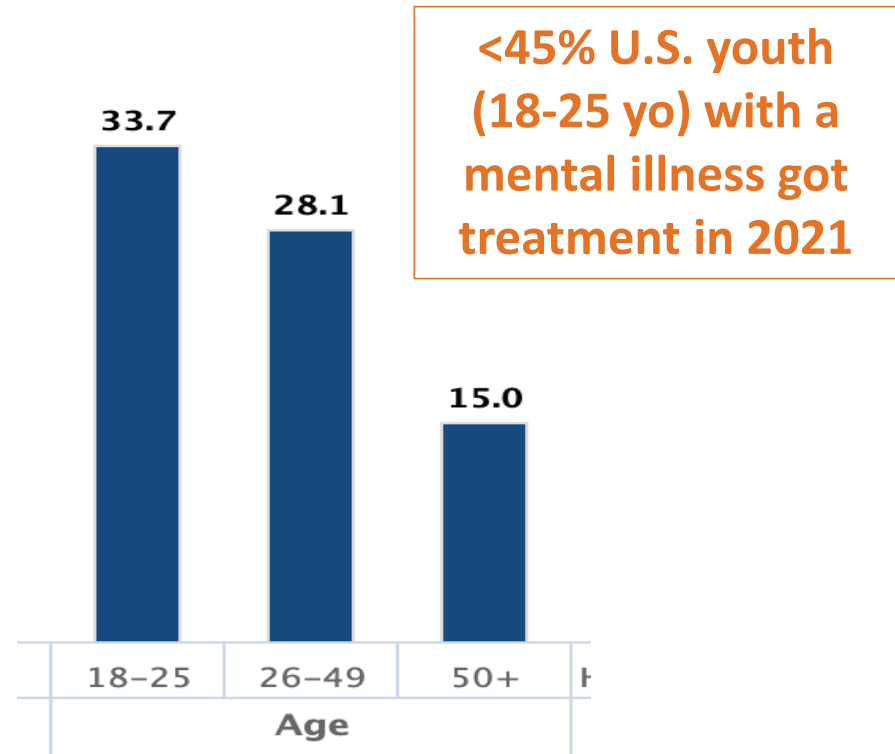


# Youth are struggling & not getting the help they need...



2021 Total  
 % of U.S. high school students with mental health difficulties in 2021

[https://www.cdc.gov/healthyyouth/data/yrbs/pdf/YRBS\\_Data-Summary-Trends\\_Report2023\\_508.pdf](https://www.cdc.gov/healthyyouth/data/yrbs/pdf/YRBS_Data-Summary-Trends_Report2023_508.pdf)



% of U.S. adults with a mental illness in 2021

SAMHSA data; [https://www.nimh.nih.gov/health/statistics/mental-illness#part\\_2539](https://www.nimh.nih.gov/health/statistics/mental-illness#part_2539)

# Not a new problem but it has gotten worse...

The New York Times

## *E.R. Visits for Teenage Girls Surged During the Pandemic*

The proportion of teen girls visiting emergency rooms in mental health crisis rose 22 percent in the pandemic's second year, while the proportion of teen boys visiting declined.

Share full article



A study showed a particularly sharp rise of hospitalizations for eating disorders and suicidal behavior among teen girls. Tim Gruber for The New York Times

By Ellen Barry

July 12, 2023

f 23

OCTOBER 7, 2023

Editors' notes

Twit

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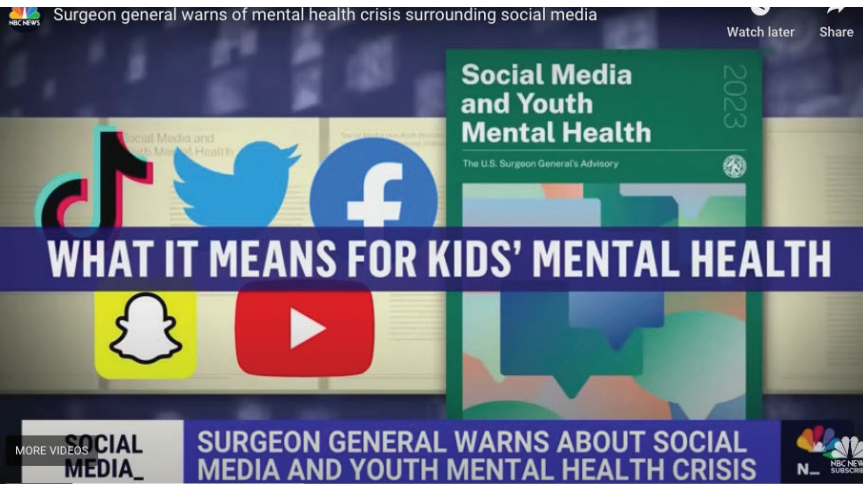
Email

## A decade of data describes nationwide youth mental health crisis

by Mayo Clinic Staff, Mayo Clinic News Network







MIND & BODY

# New report on teens and mental health: How screen time impacts kids

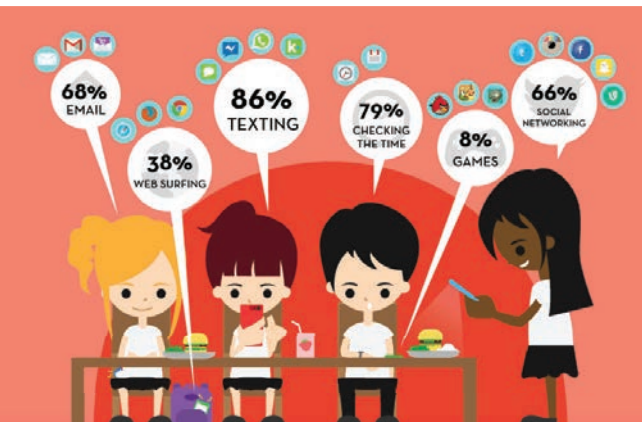
## The truth about teens, social media and the mental health crisis

April 25, 2023 · 9:28 AM ET

Heard on All Things Considered

IDEAS • PARENTING

## Stop Debating Whether Too Much Smartphone Time Can Hurt Teens, and Start Protecting Them



**Social Media**  
a 'Silent Killer' of  
your Mental Health

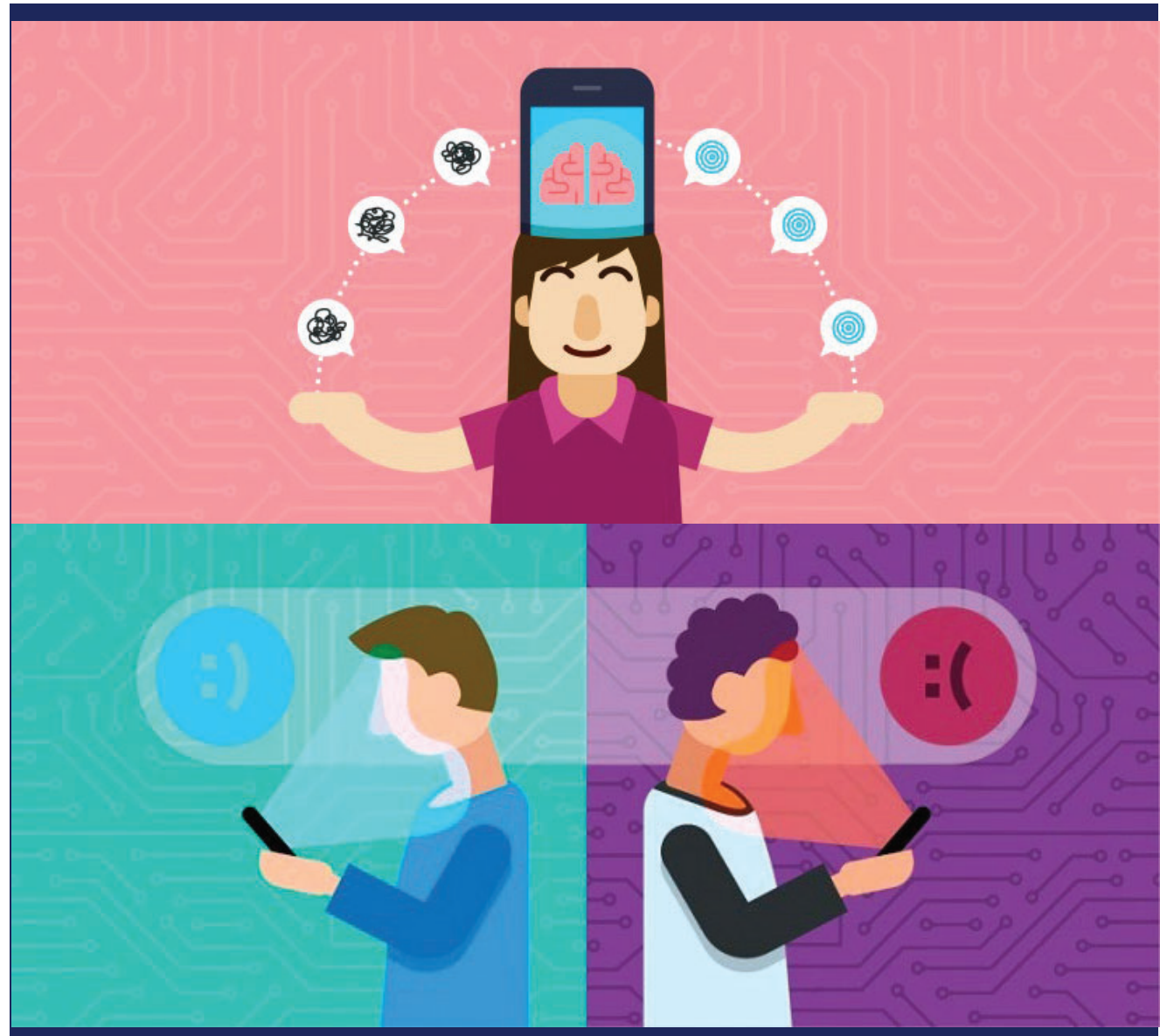
## Social media is driving teen mental health crisis, surgeon general warns

Advisory calls attention to growing concerns about the link between social media use and depression and anxiety in children and adolescents.



The surgeon general's warning about social media comes as the rates of teenage depression, sadness and hopelessness have skyrocketed over the past decade. Carol Frenn / Getty Images

# From Fear to Facts to Fixes



# Digital technology is not only part of the problem ...it should also be part of the solution

## Why youth aren't getting the help they need

- Costs
- Logistics
- Stigma
- Limited access to providers
- Lack of access to evidence-based treatments
- Fear and avoidance

**Clinics alone  
are not  
enough**



# Digital technologies can address many barriers to accessing care

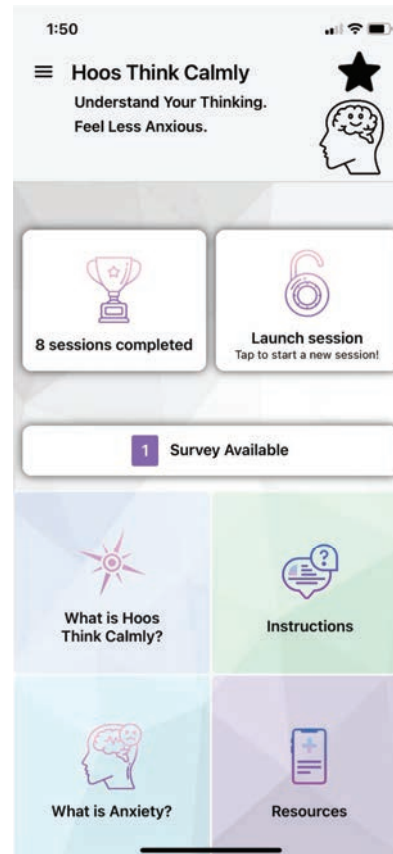
- Costs
- Logistics
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- Fear and avoidance

**...but most are untested!**

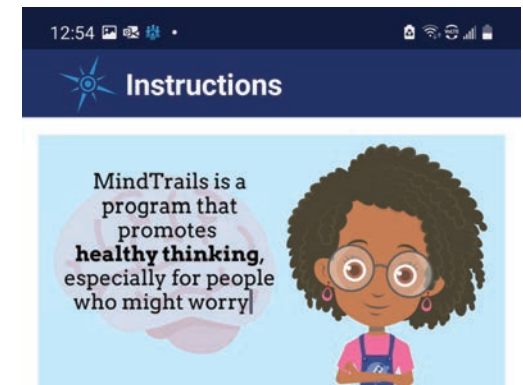
# UVA is poised to help solve the youth mental health crisis

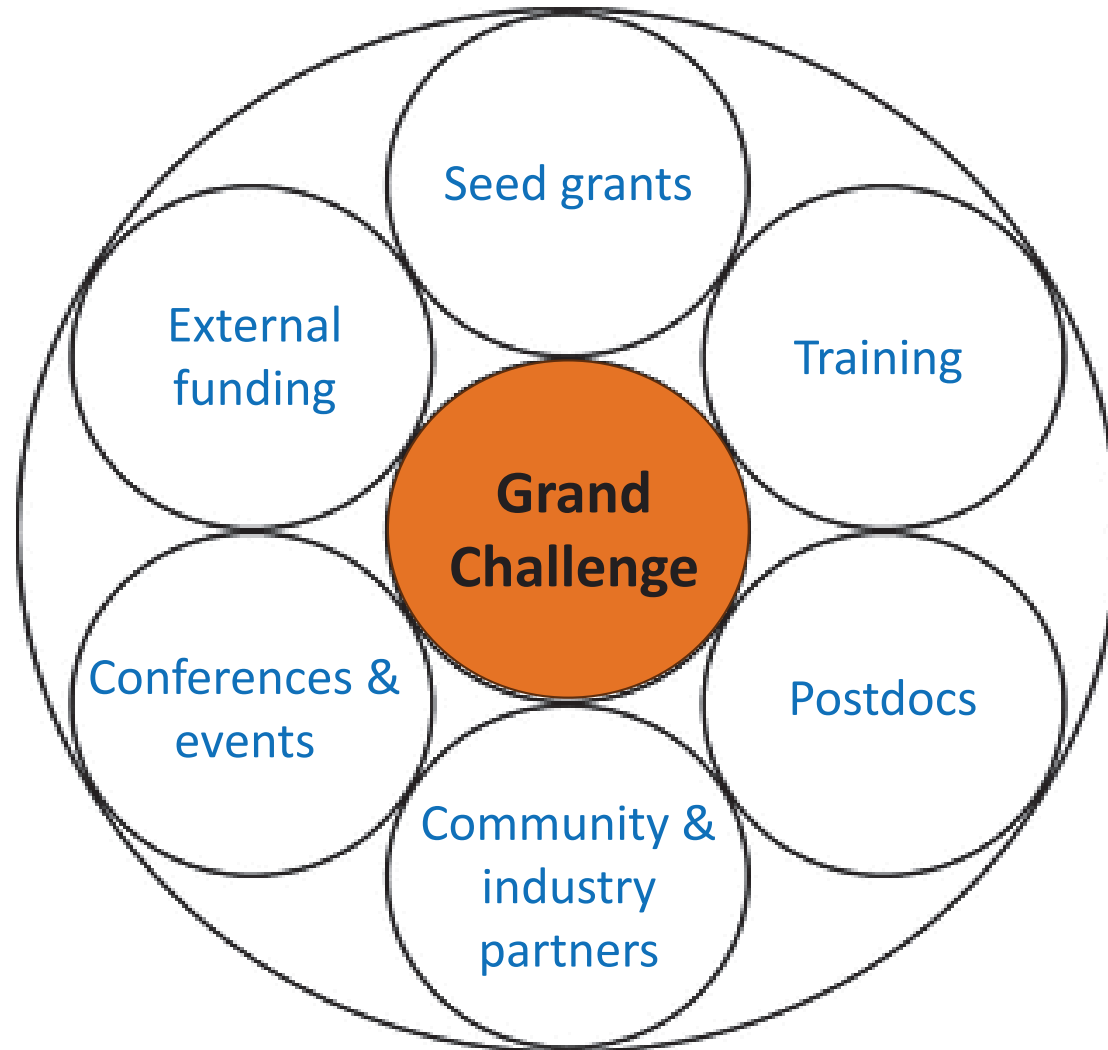


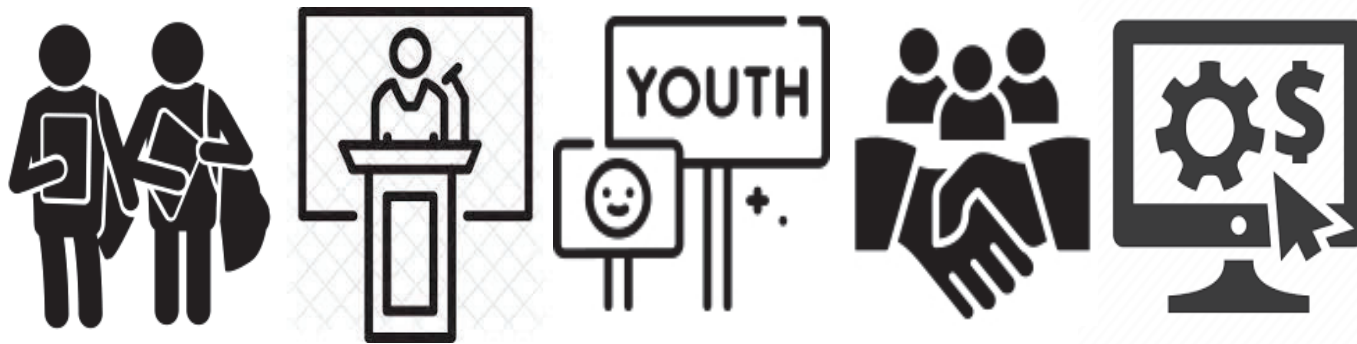
Analysis of texts to help prevent youth suicide



Mobile apps to reduce high school & college students' anxiety







**Together, UVA will make digital technology work for youth instead of against them**



# Questions



# *The Changing Landscape of College Athletics*

Carla Williams



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# UVA Athletics: Sports Psychology

- Mission: Promote mental well-being, safety, and optimal performance in all aspects of student-athlete (SA) life. We respect and maintain our SA's confidentiality, autonomy, and resiliency. We provide confidential one-to-one meetings for members of all Division I sport teams to optimize their experience in their roles as members of our community, as students, and as athletes.

# Sports Psychology

Licensed Clinical Psychologists

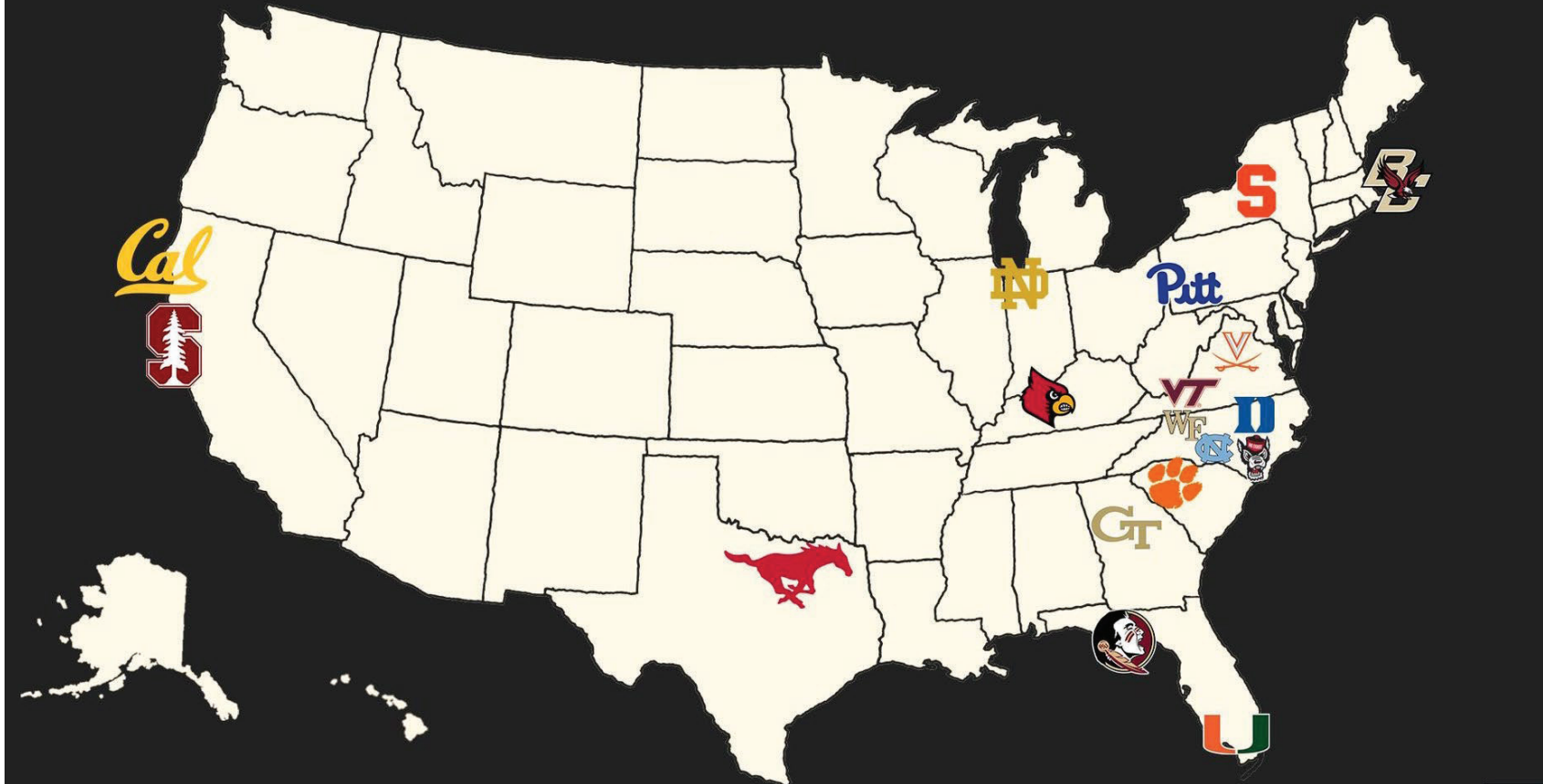
(July 2022 – June 2023)

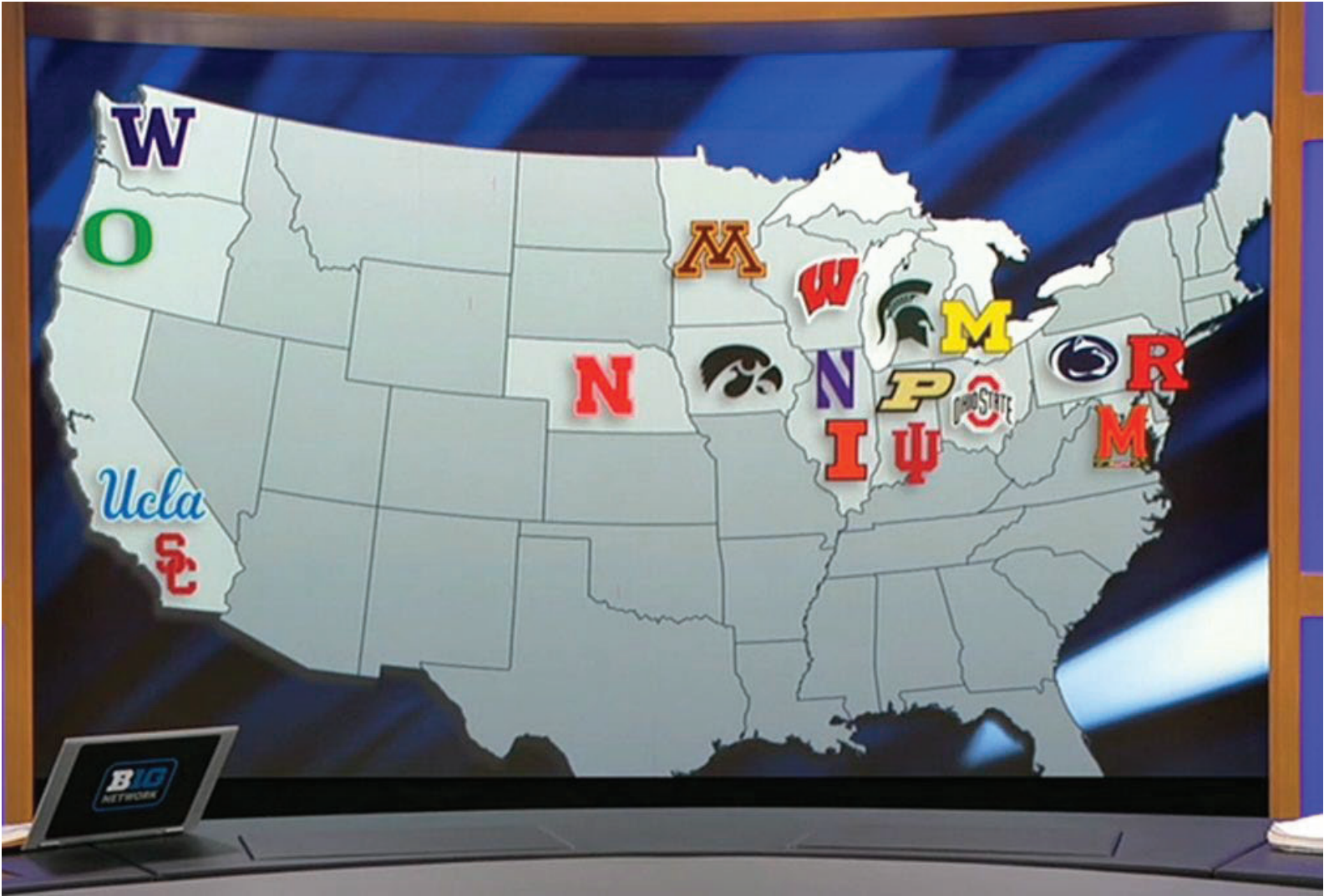
- Primary service is 1:1 confidential counseling.
- Group sessions:
  - Athletic performance (1:1, small group and team)
  - Psychoeducational
  - Mental health team meetings
  - Onboarding for 1st years, mid-years, transfers
  - Team Captains' meeting
  - Coaches and Staff
  - Most prevalent athletic performance topics
  - Most prevalent mental health topics
  - Consult with SA leadership groups including SAAC, SAM, BOSS, and Athletes for Equality.

# Sports Psychology

- SAs face unique challenges related to their responsibilities as students and athletes while balancing development as a young person.
- Unique needs of SAs related to the 11/13 tragedy.
- Additional services/support provided as a result of the tragedy.

# ATLANTIC COAST CONFERENCE IN 2024 SEASON











# Cav Futures/Collectives

- A collective is an organization formed to benefit student athletes, usually at a specific institution. The models vary somewhat, but the basic premise of most is that an alum, or group of alums, form a company to provide NIL opportunities to student athletes of that institution. (BCS.com 2023)
- Cav Futures (cavfutures.com) established in March 2021 and Cav Futures Foundation (cavscare.org) established in January 2023

# Questions



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*Thank You*

