

# Behavioral Health – Strategies to Treat Addiction and Student Mental Health

**Health System Board**  
February 29, 2024

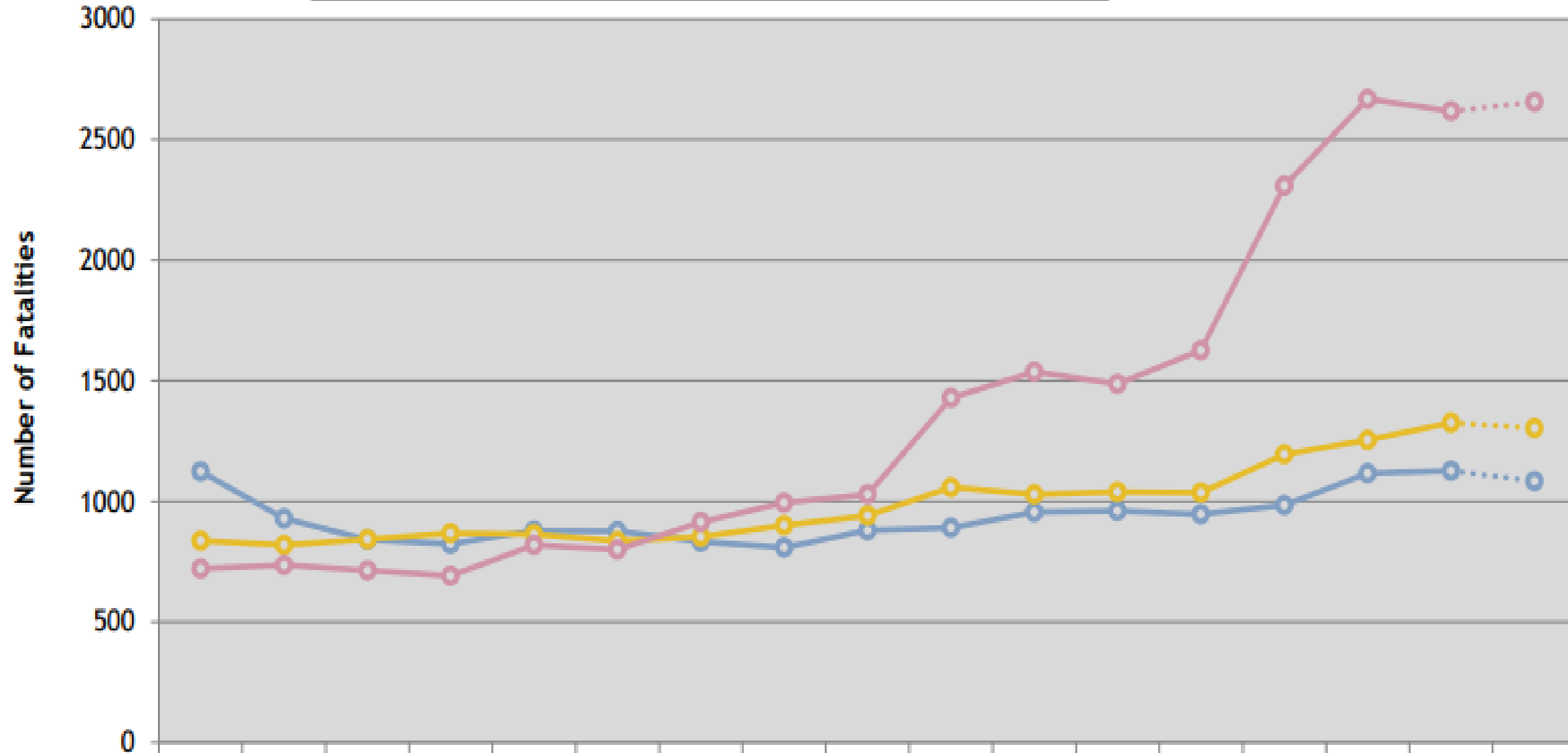
# UVA ADDICTION PROGRAM

The Department of Psychiatry



# Prevalence of Substance Abuse is Growing Exponentially

Total Number of Motor Vehicle, Gun, and Drug Related Fatalities by Year of Death, 2007-2023\*  
Data for 2023 is a Predicted Total for the Entire Year



	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023*
Motor Vehicle Related	1124	928	841	823	878	877	832	808	879	890	955	960	947	984	1116	1127	1083
Gun Related	836	818	843	868	863	835	852	901	940	1058	1028	1038	1036	1195	1255	1326	1304
Fatal Drug Overdose	721	735	713	690	819	799	914	994	1028	1428	1537	1486	1627	2309	2669	2619	2657

# Clinical Services: workforce training

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## Office-Based Addiction Treatment (OBAT)

- multidisciplinary approach offering medication management, therapy, care coordination, and psychoeducation
- Training and education of clinicians to **increase access and decentralize treatment**

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## Office -Based Addiction Treatment (OBAT) For teens

- **No other outpatient treatment program for teens in Virginia that offers medications and therapy**
- **Group & Individual therapy**

# Addressing Barriers to care

## Social Medicine in Opioid Use Disorder Treatment

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- \$50,000 grant from America's Essential Hospitals, to address barriers to treatment for patients with Opioid Use Disorder, related to:
  - *Housing instability*
  - *Food insecurity*
  - *Lack of reliable transportation*
- Program has distributed over \$10,000 to 40+ within UVA in the community through The Haven.

# In the Community: meeting people where they are

## Street Medicine: Addiction Recovery & Treatment (SMART)

- \$1.3 million, 5 years, funded through Virginia's Opioid Abatement Authority grant
- SMART offers Comprehensive treatment & Harm Reduction program for substance use
- In collaboration with the Haven, a day homeless shelter

Comprehensive Harm Reduction Partners:  
The Haven  
Community Members in substance use work  
Charlottesville PD and Fire  
City Administrator

# SMART program: Harm reduction

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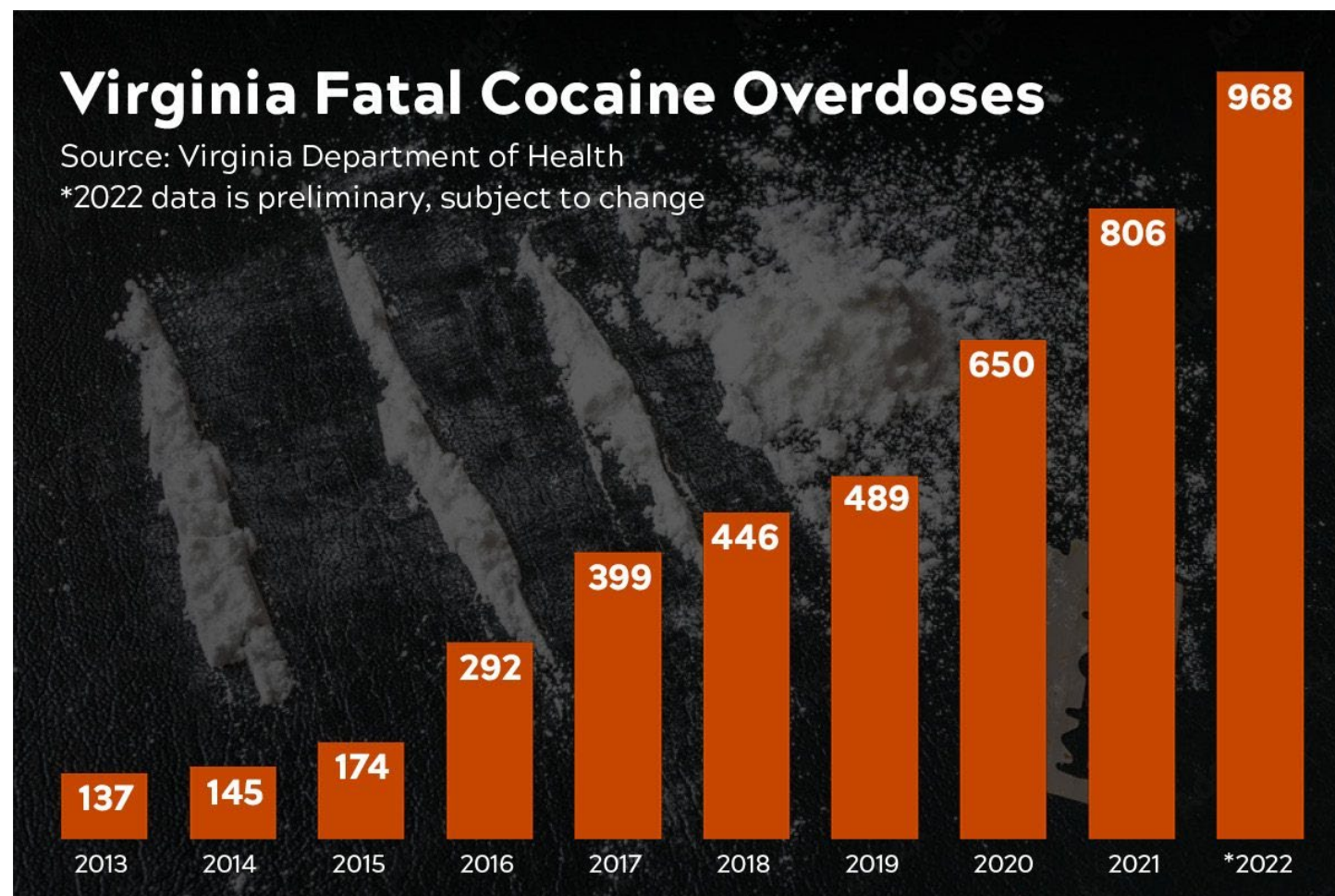
Ongoing discussion with city officials,  
Charlottesville Fire Department in ideal  
placement



**Vending machines that will  
dispense Narcan, clean  
needles and first aid kits to  
the community**

# In our Research Center

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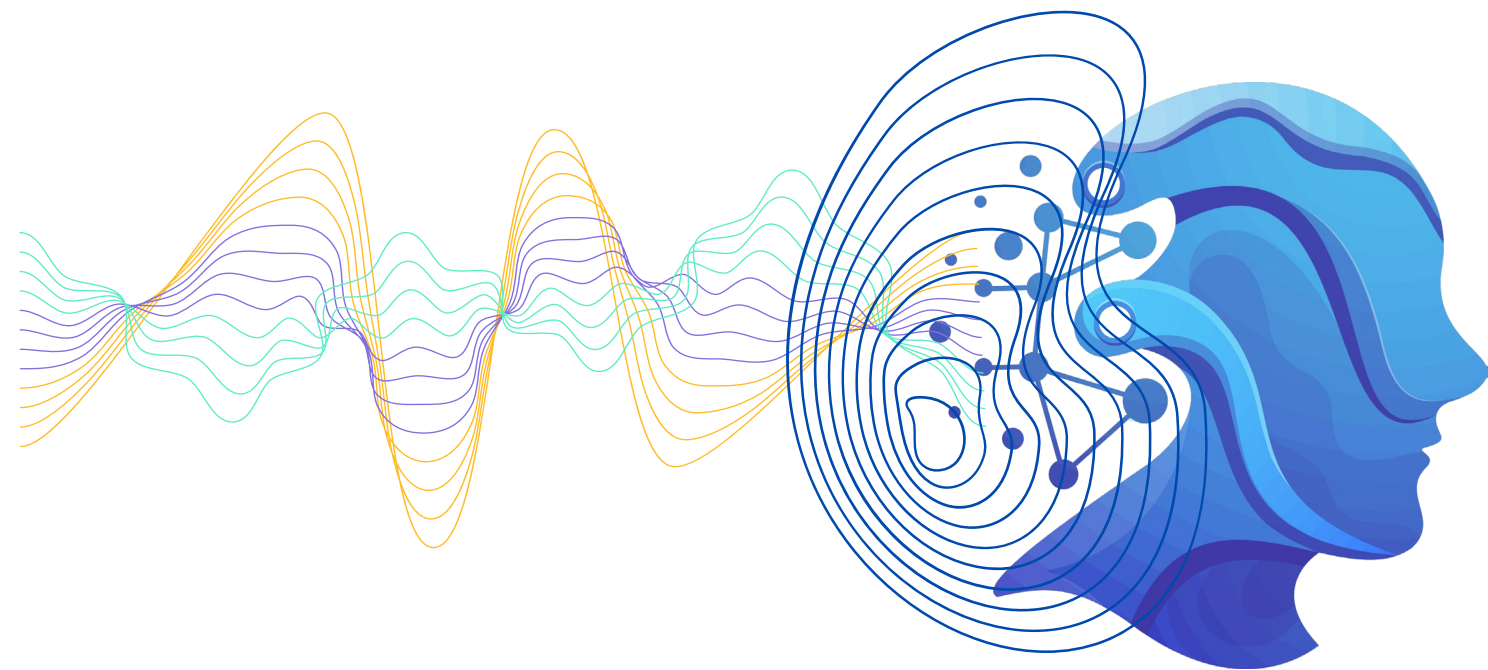


Research  
Initiatives to  
Target New  
Threats



# Low-Intensity Focused Ultrasound to reduce cocaine cravings

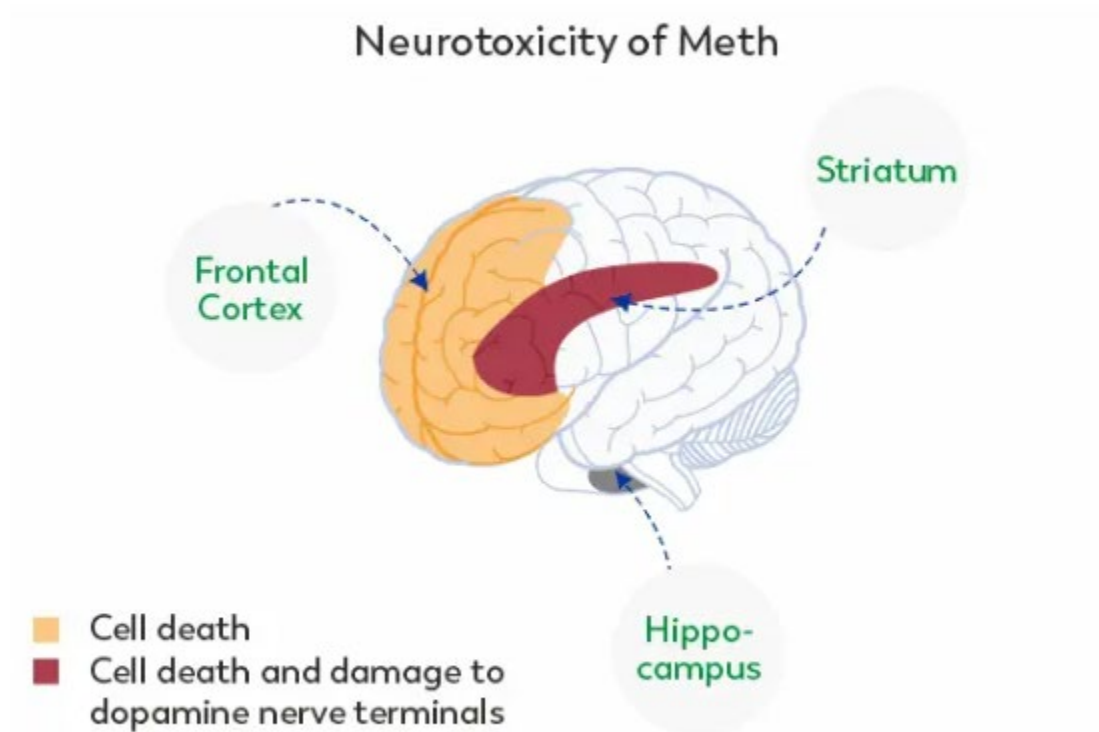
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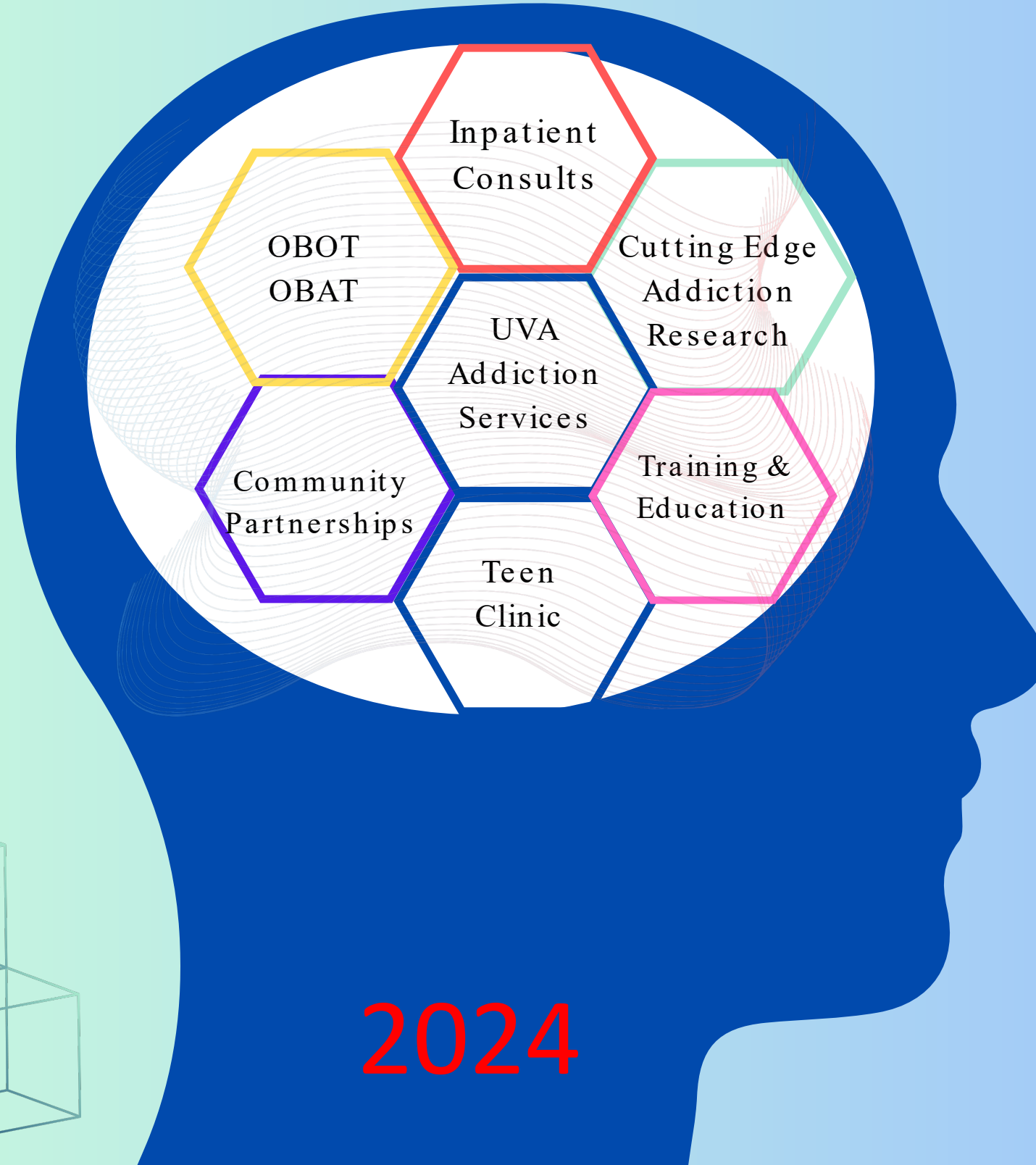
- With LIFU we can manipulate brain activity with high spatial precision and avoid collateral effects and regions
- \$5million grant from NIDA
- 2 years
- Collaboration with Virginia Tech, with support from other UVA School of Medicine departments

# Multi-Site Trial for the Treatment of Methamphetamine Use Disorder

- NIDA funded \$1.2M grant
- **Primary objective:** Evaluating efficacy of extended-release naltrexone plus bupropion XL compared to matched injectable and oral placebo
- 16-week trial with 12-week treatment phase

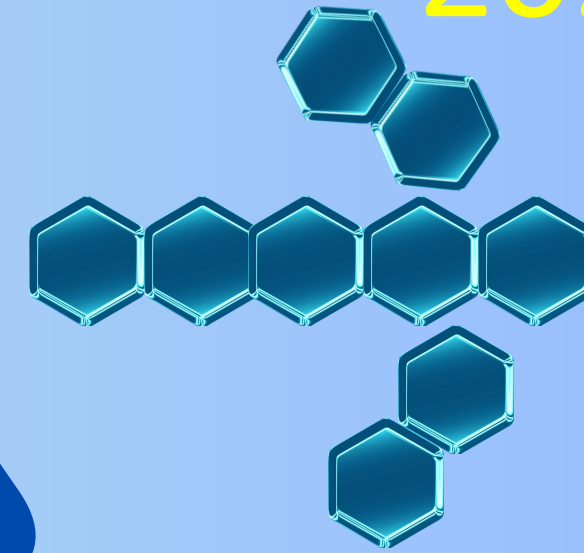


2019



2024

2025



# Student Mental Health Services

## The Department of Student Health & Wellness

University of Virginia Health System Board  
February 29<sup>th</sup>, 2024



# Multidisciplinary Team Approach for Student Mental Health Services

## Mental Health

Getting Started

Our Services >

Emergency Care >

Substance Use and Addiction Concerns >

CAPS Resources >

CAPS FAQs

Training Opportunities

Meet our Team

### 2023 SHW Mental Health Services and Access

UVA Department of Student Health and Wellness

<p style="text-align: center; border: 2px solid orange; padding: 5px;">“I’d like to proactively promote my mental health and well-being and find tools to help me grow and flourish at UVA.”</p>	<p><b>Online Self-Help Tools</b> TimelyCare’s Self-Care Journeys nurture students health and well-being. From yoga sessions to audio meditations, these assets help manage everyday struggles.</p> <p style="text-align: center; background-color: #1a3d54; color: white; padding: 2px 5px; border-radius: 10px;">TimelyCare</p>	<p><b>Peer Health Education</b> The Peer Health Educators (PHEs) are a diverse group of students trained to empower their peers to practice holistic health and well-being in a positive, and nonjudgmental manner.</p> <p style="text-align: center; background-color: #1a3d54; color: white; padding: 2px 5px; border-radius: 10px;">PHE Webpage</p>	<p><b>WahooWell</b> WahooWell consists of a confidential well-being survey and two or more confidential, one-on-one meetings with a well-being facilitator. Available to all students.</p> <p style="text-align: center; background-color: #1a3d54; color: white; padding: 2px 5px; border-radius: 10px;">Schedule a Session</p>	<p><b>Well-being Guides</b> A joint students-and-staff effort, this digital hub includes different well-being guides with helpful info and tips, on- and off-Grounds resources, and searchable terms.</p> <p style="text-align: center; background-color: #1a3d54; color: white; padding: 2px 5px; border-radius: 10px;">Explore Well-being</p>
<p style="text-align: center; border: 2px solid teal; padding: 5px;">“I’ve identified some mental health and well-being concerns and would like to actively engage with a professional to discuss.”</p>	<p><b>Counseling &amp; Psychiatry</b> Counseling &amp; Psychological Services offers individual, couples, + group therapy, embedded care services in the Schools, psychiatric care, and “Let’s Talk” drop-in consults.</p> <p style="text-align: center; background-color: #1a3d54; color: white; padding: 2px 5px; border-radius: 10px;">Learn More</p>	<p><b>Medical Services</b> Medical Services providers offer primary care appointments for management of mild to moderate anxiety or depression, including medication management.</p> <p style="text-align: center; background-color: #1a3d54; color: white; padding: 2px 5px; border-radius: 10px;">Schedule Online</p>	<p><b>Recovery Programming</b> Whether you’ve been sober for 30 minutes or 30 years, the Collegiate Recovery Program (CRP) is here for you! Join an encouraging, fun community with regular meetings and events.</p> <p style="text-align: center; background-color: #1a3d54; color: white; padding: 2px 5px; border-radius: 10px;">CRP Website</p>	<p><b>Telehealth Care</b> Students have access to 24/7 “TalkNow” on-demand service for mental health concerns, 12 free telehealth sessions/year, and psychiatric care through TimelyCare.</p> <p style="text-align: center; background-color: #1a3d54; color: white; padding: 2px 5px; border-radius: 10px;">TimelyCare</p>
<p style="text-align: center; border: 2px solid #8b4513; padding: 5px;">“I am in crisis and need help now.”</p>	<p style="text-align: center; font-weight: bold; margin: 0;">ACCESSING CAPS EMERGENCY ASSESSMENTS AND/OR CONSULTATION.</p> <ul style="list-style-type: none"> <li>• <b>If you are in immediate danger of harming yourself or others, or are having a medical emergency, DIAL 911.</b></li> <li>• <b>Timely Care 24/7 TalkNow</b> allows students to connect with a mental health professional any time of day, either by phone or video. Students can use TalkNow to discuss any concern, from conflicts with roommates to mental health crises. Staff are happy to assist 24 hours a day, 7 days a week. Download the <a href="#">TimelyCare app</a> to get started.</li> <li>• <b>CAPS On-Call:</b> During business hours (M-F, 8am-5pm) students in crisis can walk-in to CAPS at 550 Brandon Avenue or call 434-243-5150 to speak with an on-call counselor.</li> <li>• <b>Concerns Regarding a Student:</b> If you are concerned about a student, you can call 434-243-5150 24 hours a day, 7 days a week and ask to speak with the on-call counselor. Consultation regarding concerns about students is available to UVA students, faculty, administrators, staff, parents, and other concerned community members.</li> </ul>			

# Mental Health Services

In-person and virtual

- **Individual Counseling Sessions**
- **Group Therapy**
- **School Dedicated Embedded Counselors**
- **Medical Services Embedded Counselors**
- **Individual Psychiatry Sessions**
- **Case Managers**
- **Collegiate Recovery Program**
- **Multidisciplinary Teams**
  - **Eating Disorder Treatment Team**
  - **Substance Use Disorder Treatment Team**



**TOP QUALITY  
VIRTUAL CARE  
ANYTIME, ANYWHERE.**



**TALKNOW**   **SCHEDULED COUNSELING**   **PSYCHIATRY**

**DOWNLOAD THE TIMELYCARE APP TO ACCESS  
OR LEARN MORE AT [timelycare.com/uva](https://timelycare.com/uva)**

# CAPS Visits & Distinct Students

