



## Barriers

- Availability**
  - Generally
  - Hours & Wait Times
  - CAPS & Dzirasa
- Logistical**
  - Difficulty Navigating Resources
  - No Time / Too Busy / Too tired
  - Coordinating Therapy / Scheduling
  - Location / Parking
  - Insurance / Cost
  - Short-Term CAPS
- Perceptions**
  - Cost-Benefit of Getting Care
  - Utility of Services Provided
  - Trust in CAPS
  - Confidentiality

## Ideas for Improvements

- Classes & Rotations**
  - Clear, Timely Sharing of Expectations
  - Balancing Workload
- Programming**
  - Career Mentorship
  - Wellness Space & Events
- Culture**
  - Address Negativity
  - Building Community Within & Between Classes & Programs
  - Build inclusion for marginalized voices & identities
- Structures**
  - Cost of Attendance
  - Professional Integration of Programs
- Mental Health Access**
  - Availability - Cost - Stigma
  - CAPS Improvement
  - Promotion & Communication of Resources
  - Sick / Mental Health Days
- Coping**
  - Impostor Syndrome - Insecurities - Pressure to Perform

## Updates on Services to Support HPE Students

- Health Services**
  - CAPS Counselor, Lia Gilmore physically present in Trent Semans (Room 4012) to provide mental health services and referrals. Tuesday 11-7, Wednesday 11-7, Thursday 9-5
- Learning Support**
  - Ongoing discussions about accommodations; assessing student learning needs; testing center accessibility.
- Community Building**
  - Wednesday Wellness Workshops kicked off 1/17/24 and have included [DukeArts Create workshops](#), Galanos G-Briefs, Gagliardi G-Briefs, Koru, Culinary Nutrition

