The Department of Student Care & Well-Being, a multifaceted team composed of well-being initiatives, BARC, and Care Team Services exists to provide unique interventions to the diverse student body of Baylor University. These three specialized areas walk alongside students to empower well-being outside the classroom through education, connection, and care.

Care Team Services is a team of case managers who connect students to resources both on and off campus and offer holistic care through creating trusting relationships.

Well-Being Initiatives promotes holistic health and balance among students at Baylor through education, awareness, and prevention in relation to the nine dimensions of wellness.

The Beauchamp Addiction Recovery Center (BARC) exists to foster a community of support for students affected by addiction, to encourage recovery, and to reduce stigma.

TOP 5 REFERRAL AREAS OF CONCERN
*Each referral may have multiple areas of concern

- Excessive Absences: 276
- Illness/Health Related: 478
- Academic Concerns: 1,114
- Anxiety, Depression, Stress: 873
- Other Care: 258

2,622 Total Referrals
2,277 Unique Students Served
2.57 Average Number of Touchpoints Per Student

STUDENT QUOTE
In reference to her case manager

“She is always the first person to remind me that I am going to be okay. I hope I can make that kind of difference in people’s lives one day. I feel confident about what I want to do with my life, and for the first time in my four years here, I feel hopeful about it.”

Students who are a Potential Threat to Harm (themselves or others)
As the complexity of mental health concerns continues to rise across college campuses, our office partners with Baylor Police and Waco Police to keep our students and campus safe. This year we placed 39 students under the Policy on Threats or Harm to Self or Others which allowed us to get each of these students the immediate mental health support needed so that no harm was done to themselves or campus.
WELLNESS BY THE NUMBERS

2,734 people served through the delivery of direct health promotion programs and initiatives. 
Topics: Dimensions of wellness, stress management, sleep health, physical wellness, and substance use prevention.

13,905 individuals reached with health education information and resources via social media.

968 members of the Baylor community engaged through outreach events (tabling). 
Topics: heart health, nutrition, hydration, healthy relationships, self-care, and caffeine awareness.

270 Baylor faculty, staff, and students completed the Mental Health First Aid training.

“MOVING FORWARD

• Care Team: Strengthen our knowledge and skillset on how to best support college students with eating disorders.
• Well-Being Initiatives: Continue to create and provide programs and resources that promote holistic well-being.
• BARC: To raise awareness about the valuable resources available at the BARC for the Baylor community.

BEAUCHAMP ADDICTION RECOVERY CENTER

BARC BY THE NUMBERS

*Due to staffing changes, numbers only include Spring

665 BARC visitors this semester seeking support through peer recovery support groups, 1-1 recovery coaching, and events.

356 newcomers engaged through events and 53 newcomers connected with the BARC for resources or programming.

36 Peer Recovery Support meetings were held at the BARC.

425 people took part in the Opioid Overdose Education and Prevention (Naloxone Training) sessions.

1,050 students engaged during Collegiate Recovery Week

52 individual connections with students to learn about resources and recovery coaching including 34 first-time visitors.

“*The BARC has been amazing to learn more about! I have loved studying in between classes and being able to interact with different people.”

“"I enjoyed learning techniques to better care for my physical well-being and I plan to apply it to my weekly routine.”"