

Student Wellness Program (SWP) at UAMS



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Hard Stuff is Universal

1 in 5 people have a psychiatric disorder each year

Lifetime prevalence is 46%

Antidepressants most prescribed drugs in the US for ages 20-59

Spring 1992

Resource

- Read this [blog](#) called “*Feel Your Emotions—Don’t Feed Them or Fight Them*”

SWP Clinical Services

- Counseling/Psychotherapy
- Medication management
- Free
- First appointment within one-two weeks
- Urgent appointments right away
- Confidential
- Little Rock: Call 686-8408 or email studentwellness@uams.edu
- North Campus: Call 479-713-8313 or email NWWellnessProgram@uams.edu



How SWP Works

- You call or email and get scheduled
- Therapist completes an intake
- Referral for psychiatrist if needed
- Appointments can be in person or virtual
- If you are in crisis and need to be seen emergently, we can see you the same day
- For after hours emergencies, call or text the National crisis line ([988](https://www.988lifeline.org/)) or go to the nearest emergency room

How SWP Works

- Providers in the clinics will never be involved in grading or ranking you
- No insurance is needed or billed
- Only potential costs:
 - Medications (sent to your pharmacy of choice)
 - If specialized testing in the community is needed (eg, ADHD)
- Confidential
 - Separate record keeping system
 - Exceptions: imminent risk of harm to self or others, suspicion of child abuse



Mediplex Building, First Floor

Behind Burger King on Markham and next to the Fire Station

Interactive Screening Program (ISP)

- First contact with the professional through an anonymous online platform
- Fill out assessments and describe what's going on
- Feedback within about one business day
- Access on our website: studentwellness.uams.edu



Common Presenting Problems

- Stress
- Anxiety
- Depression
- Trauma
- Substance concerns
- Eating and body image concerns
- ADHD*
- Adjustment issues
- Grief
- LGBTQI+ concerns
- Cultural differences
- First generation
- Academic problems
- Test anxiety
- Relationship problems
- Family issues

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