

2023

AMPLIFY CENTER

The University of Texas at Austin Dell Medical School

Austin Community College District

YEAR IN REVIEW REPORT

January 2024

ABOUT

Amplify Center is the first of its kind in Texas. Amplify Center is a young adult-specific clinic designed to intervene in the early phases of mental illness. Amplify serves the "missing middle;" those who need more intensive or non-medical interventions beyond what traditional therapy offers, but who do not qualify for the public mental health system (i.e., Integral Care) due to eligibility restrictions. The long-term goal of Amplify is to reduce the number of individuals whose mental illnesses go untreated. **The goal of early intervention is to divert individuals from future long-term hospitalization and interactions with the justice system.**

Amplify Center is a clinical service of UT Health Austin. **During our pilot year (2023), Amplify was only open to Austin Community College students ages 18-29.** All young adults who are referred to care are screened and assessed using standardized assessments before being connected to appropriate services. In 2024, we are excited to be expanding our team, service offerings & eligibility to the broader community.

We are thankful to our many incredible donors & supporters!



YEAR 1 AMPLIFY SERVICE OFFERINGS

OUTREACH & SCREENING

Increase access to mental health care for individuals who have untreated mental health needs.

WORKSHOPS & GROUPS

Grow your social network, process life, learn new skills, & have fun in tailored support, skills & community exploration groups.

COMMUNITY NAVIGATION

Identify needs, secure resources & make connections via our community navigation services. Teach self advocacy and other adult skills.

VOCATIONAL SUPPORT

Develop your career path, adopt practices for vocational success, & navigate challenges via our vocational services.

THERAPY

Manage stress & mental health while improving well-being via our evidence-based psychotherapies.

PSYCHIATRIC CONSULT

Short-term tailored psychiatric care & referral to community providers.

COMING IN YEAR 2

PEER SUPPORT

A certified specialist who, through the lens of lived mental health experience, provides connection, teaches coping skills, and resource navigation.

COLLABORATIVE CARE

A team-based approach using a primary care provider, a behavioral health care manager, and a consulting psychiatrist to identify and support psychiatric and medical needs.

74 young people participated in Amplify during our first year of operation provided by 3.5 FTE clinicians.

Demographics

Average age: 23

52% White, 47% Hispanic/Latino, 18% Black, 11% Asian, 7% Native American, 1% Middle Eastern, 1% Native Hawaiian Pacific Islander

52% Female, 30% Male, 11% Non-binary/Agender, 10% Transgender

49% Heterosexual, 22% Bisexual, 11% Gay or Lesbian, 10% Questioning, 7% Asexual, 7% Pansexual, 6% Queer

Symptoms at Enrollment

80% Feeling sad or down

78% Trouble concentrating or motivation

71% Fears or worries

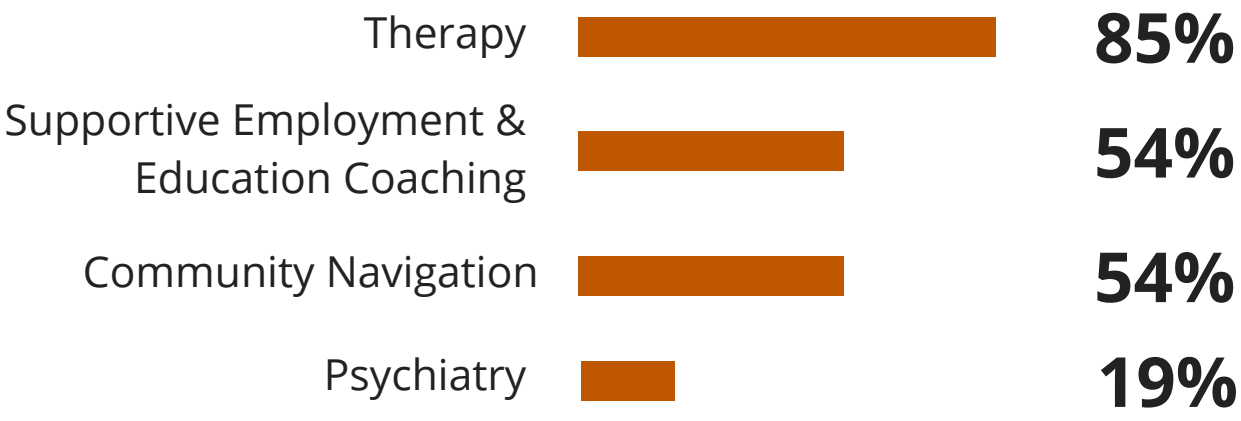
69% felt these made it very or extremely difficult to function



The Amplify Team provided **1,281 services** in 12 months.

Most participants engaged in **2 different service lines.**

Therapy was the most used service.



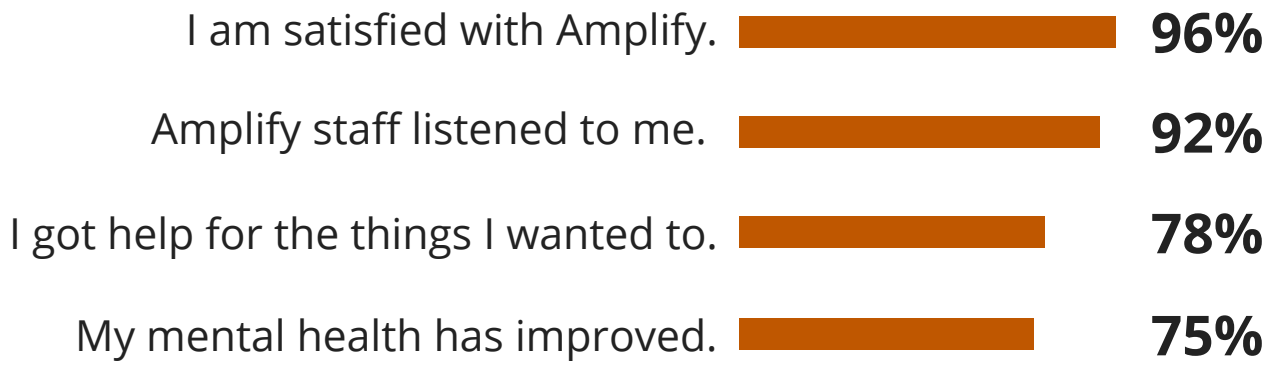
Amplify participants have good things to say.

"Amplify is just about exactly what I was hoping for and had more ways to help me than I thought. Even when sometimes I feel like I am not getting quite exactly the help I was hoping for, I am able to express that in a safe environment as well as be helped in understanding what exactly is going on. "

"I noticed that a lot of the work I've been doing is from my own personal decisions to make change happen, but the sessions do help in getting me into a healthier mindset to where it doesn't feel like I'm my own enemy as badly. "

Amplify participants appreciate Amplify.

After 60 days:



Amplify preliminary outcomes are positive.

72% experienced less mental health related distress from intake to 60-days enrolled.

85%

with suicidal thoughts at intake reported a reduction at 60-days enrolled.

52%

improved in their work, school & daily functioning at 60-days enrolled.

68%

in Supported Employment + Education Coaching achieved their work &/or school goal.

Contact Deborah Cohen, Ph.D., MSW to learn more. dacohen@austin.utexas.edu