

2025

AMPLIFY CENTER

The University of Texas at Austin Dell Medical School

Austin Community College District

Amplify Center: Growth, Impact, and Early Intervention Outcomes

ABOUT

Amplify Center is the first young adult–specific mental health clinic of its kind in Texas, created to intervene early in the course of mental illness. Amplify serves the **"missing middle"** - young people who need more intensive, coordinated, or non-medical supports than traditional outpatient therapy alone, but who do not meet eligibility criteria for the public mental health system. Through **early identification and proactive intervention**, Amplify works to ensure young people receive care before needs escalate, reducing the risk of long-term hospitalization and involvement with the justice system.

Amplify Center is fully integrated into the Mulva Clinic at UT Health Austin, an emerging world-class center for treatment and research. **Amplify is open to young adults ages 16–29**, with all individuals screened and assessed using standardized measures before being connected to individualized care. Services include a range of clinical and non-clinical supports designed to meet young adults where they are. With a strong foundation in place, Amplify is looking toward the future- continuing to evolve, innovate, and expand how we support young people reach their priority goals and improve their mental wellness.

WE ARE THANKFUL TO OUR MANY INCREDIBLE DONORS & SUPPORTERS!



KEY MILESTONES

2023
LAUNCH & EARLY IMPACT

Amplify opened its doors to Austin Community College students ages 18–29, expanding access to timely, developmentally responsive mental health care. Amplify established itself as a trusted, student-centered resource focused on early intervention and engagement.

2024
EXPANSION & ACCESS

Amplify expanded services to include the Collaborative Care Model and hired a Peer Support Specialist who uses their lived experience to support clients navigate life and reach goals. This year also marked a major milestone as Amplify began accepting insurance for therapy services, significantly increasing access to care.

2025
GROWTH AND INTEGRATION

Amplify hired additional therapists, expanded services to the broader public, and was fully integrated into UT Health Austin as part of the Mulva Clinic. This year focused on operational alignment and improving the intake process to ensure a seamless client experience within the UTHA system.

2026
INFRASTRACTURE & FUTURE READINESS

Amplify transitioned to the EPIC electronic health record system, which will enhance care coordination, data quality, and continuity of services. With a strong operational foundation in place, Amplify is focused on sustainability, innovation, and expansion.

AMPLIFY SERVICE OFFERINGS

OUTREACH & SCREENING

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

COMMUNITY NAVIGATION

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

THERAPY

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

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.

WORKSHOPS & GROUPS

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

VOCATIONAL SUPPORT

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

PEER SUPPORT

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



Since opening, Amplify has:

SCREENED

364

ENROLLED

277

young people

Following the public launch in March 2025, Amplify experienced an increase in demand, demonstrating both unmet need and community responsiveness to the model.



Average monthly screens **doubled** post public launch



Average monthly enrollments increased by **67%** post public launch.

Who Amplify serves is changing

No Change | Decreased | Increased

Pre Public Launch

Average age: 23

Race

- White **49%**
- Hispanic **39%**
- Black or African American **16%**
- Asian **11%**
- American Indian **6%**
- Middle Eastern or North African **1%**
- Native Hawaiian **1%**

Gender

- Female **53%**
- Male **31%**
- Gender Diverse **18%**

Post Public Launch (Mar 2025)

Average age: 23

Race

- White **45%**
- Hispanic **34%**
- Asian **19%**
- Black or African American **13%**
- American Indian **4%**
- Middle Eastern or North African **2%**
- Native Hawaiian **0%**

Gender

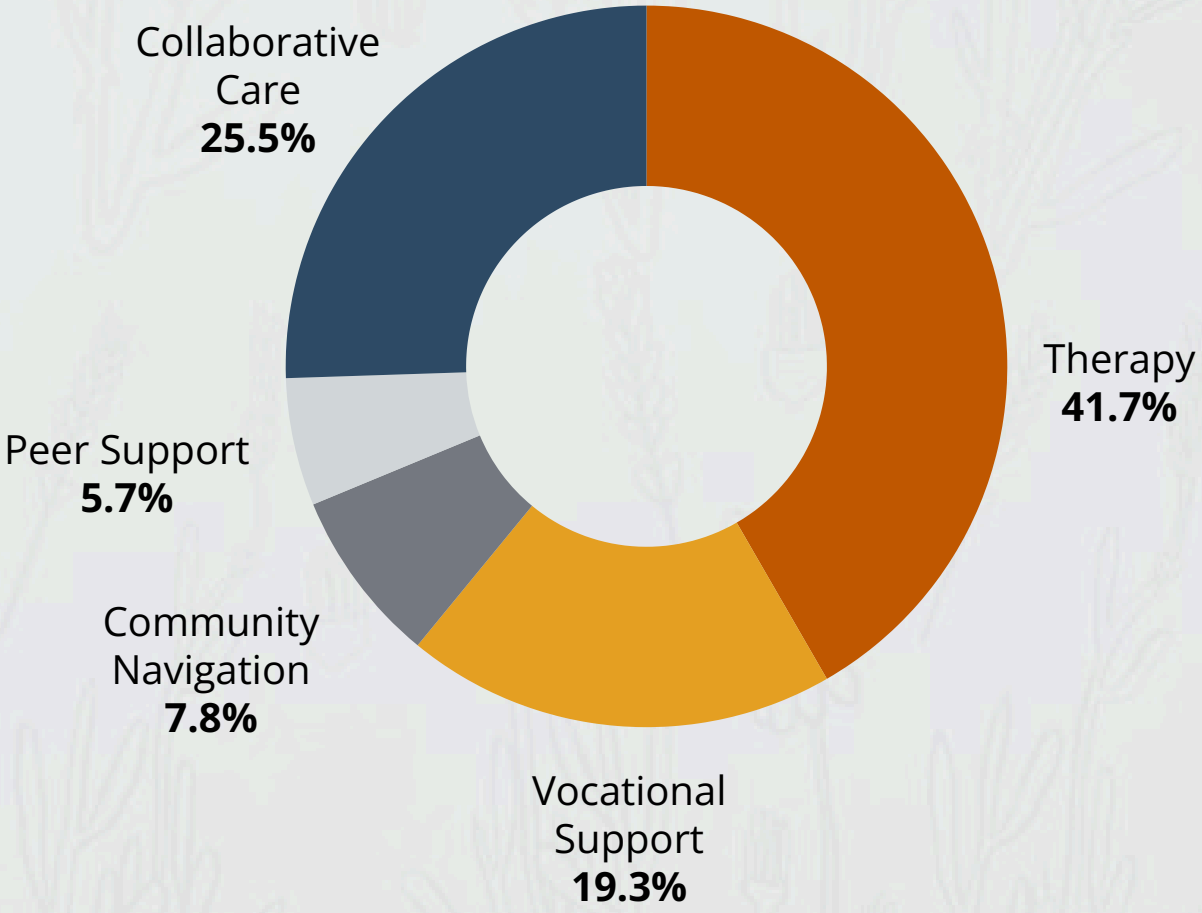
- Female **60%**
- Male **28%**
- Gender Diverse **15%**

Slight Changes in Reasons for Seeking Care

Top 5 Reasons

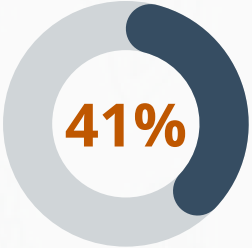
Pre 2025 Public Launch		Post 2025 Public Launch
Trouble concentrating or motivation 80%		Trouble concentrating or motivation 77%
Feeling sad or down 78%		Feeling sad or down 78%
Fears or worries 72%		Fears or worries 66%
Tiredness, low energy or problems sleeping 67%		Tiredness, low energy or problems sleeping 58%
Relationships 59%		Mood Changes 48%

Service Types Accessed Since March 2025





Enrolled in one service



Enrolled in two or more services

Over the last year client's reported improvements in key areas of wellness after 90 days of enrollment.

Percent Improved across Experience:



Well-Being

Measured by the Warwick-Edinburgh Mental Wellbeing Scale

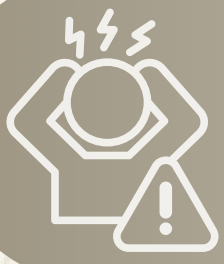
80%



Depression

Measured by the Patient Health Questionnaire-9

64%



Anxiety

Measured by the General Anxiety Disorder-7

62%



Psychological Distress

Measured by the CORE-10

60%

SATISFACTION - POST

At 90 days of enrollment, client feedback reflects comfort, satisfaction, and strong willingness to recommend Amplify.

"This has been one of the best things to happen to me. I am so grateful for all the time and energy put into my life."



95% Would suggest Amplify to a friend



90% Overall satisfied with Amplify



95% Felt comfortable at Amplify



90% Received help for the things they wanted to

"The staff here have given me a huge chance at recovery. I have high hopes for the future of Amplify."

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

Contributions to Science, Practice & Policy

Publications

Amplify Pilot Study Published in *Psychiatric Services in 2025*: *An Evaluation Pilot Study of Amplify, a headspace-Inspired Early Intervention Clinic, https://pubmed.ncbi.nlm.nih.gov/40167143/*

Publication Currently Under Review in the *Journal of Emerging Adulthood:* *The Deep Overwhelm: Young Adult Community College Student Mental Health Needs*

Outreach & Education

- **85** emails sent to community partners advertising Amplify's expansion to the public
- **15** invited presentations detailing Amplify design & how to make referrals to community partners
- Established direct referral partnerships with **4** local organizations to increase Amplify access