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**UGA ASPIRE | 2021 ANNUAL REPORT**
ASPIRE SUMMARY

The ASPIRE Clinic is a holistic wellness training clinic at the University of Georgia. In 2021, the ASPIRE Clinic continued to serve clients across Georgia, many concentrated in Athens-Clarke county and at UGA, while navigating the ever-changing landscape brought on by the COVID-19 pandemic. Operations and services were provided remotely through the Summer of 2021. In Fall 2021, ASPIRE transitioned to a hybrid model, serving clients both online and in-person.

The ASPIRE Clinic offers experiential learning opportunities for undergraduate and graduate students. Students work under supervision as service providers in the fields of marriage and family therapy, financial planning, nutritional sciences, and law. ASPIRE also offers undergraduate internships for students with aspirations to work in the mental health field.
2021 Direct Service

- Total clients served: 203
- Average number of sessions attended: 10
- Clients who pursued more than one service type: 7%
2021 Service Provision

Marriage & Family Therapy 146
  Individuals 81
  Couples 31
  Families 11
  Premarital Counseling 23

Financial Planning & Counseling 47

Nutrition Education 16

Legal Problem Solving 14

In 2021, clients seeking nutrition services increased by 78% and clients seeking financial planning increased by 24%, as compared to 2020.
In-person and Telehealth Services

ASPIRE Clinic service providers reached clients in 19 counties, thanks to the ongoing opportunity to provide telehealth services throughout the state.

Through secure platforms including TheraNest and Zoom, clients met with service providers within the comfort of their homes, decreasing barriers to receiving holistic wellness services such as cost, travel time, and health risks.
The ASPIRE Clinic served clients across the lifespan. Clients ranged in age from 12 to 69.

The chart on the left displays the racial and ethnic diversity of clients receiving services at the ASPIRE Clinic.
The ASPIRE Clinic served clients of diverse gender and sexual identities, as well as varying relationship statuses.

Clients attended services individually, as well as with family members, including partners. 77 clients received services as a couple or family.
ASPIRE clients seeking therapy services paid an average of $20 per session. This is compared with therapy session fees that range from $70 to $250 nationally, averaging around $100. Through reduced cost services, ASPIRE saved its clients approximately $257,000 in mental health care expenses in 2021.
Financial planning, nutrition, and legal problem-solving services are offered pro bono and provided significant savings to ASPIRE clients.

- Financial planner and attorney fees can vary widely, but on average, cost approximately $200/hour.
- Additionally, the average cost to meet with a nutritionist is $100/hour.

Taking these rates into account, the ASPIRE Clinic saved clients and their families approximately $40,000 total.

Combined with therapy savings, ASPIRE clients collectively saved nearly $300,000 towards holistic wellness services.

As the average income for ASPIRE clients was approximately $43,000, these savings allowed families to access services without undue financial burden.
Through a student therapy subsidization grant, undergraduate students were eligible to receive 6 free sessions of therapy. Funds for the subsidization of undergraduate student mental health care costs were supported by a grant from the UGA Parents Leadership Council. Students who received these services said:

"My anxiety and overall mood has improved. I do not feel alone or helpless."

"I really enjoyed my experience and learned a lot through my sessions."

"I personally would not be able to afford these services if they were not free or cost reduced so it makes all the difference."

Students rated their service providers as very effective and reported feeling very comfortable in the ASPIRE environment.
Services at the ASPIRE Clinic are provided by outstanding graduate and undergraduate students at the University of Georgia.

A total of 56 students served as service providers and student trainees in 2021. An additional 3 undergraduate students interned at ASPIRE, providing expanded outreach and administrative support. ASPIRE provides unmatched experiential learning opportunities to students inside and outside of FACS & maintains ongoing partnerships with the UGA School of Law and the School of Social Work. ASPIRE launched a new partnership in 2021 with the Department of Counseling and Human Development Services in the College of Education, welcoming students from their Professional Counseling and Counseling Psychology programs.
"I have learned more about how to effectively connect with clients and practice empathy."
-Financial Planning Service Provider

"[ASPIRE] has caused me to approach people's concerns and issues with patience and more humility."
-Nutrition Service Provider

"I became better at identifying the goals of the clients and helping the clients to meet the goals. I learned to be more open, to ask for help from the clinic team. It is the collaborative skill that I gained."
-Marriage & Family Therapy Service Provider
Beyond providing one-on-one client services, student service providers at ASPIRE provided workshops to the UGA community and local population, including:

- **Financial Planning 101**
- **Money Matters: 101 Financial Literacy & Money Management for International Students**

On average, participants of these workshops stated they would "definitely use" the information they learned from the workshops and rated student service providers as highly knowledgeable (average of 4.5 out of 5) and responsive (averaging 4.85 out of 5).

ASPIRE also engaged students in FACS more broadly in 2021. Students in the Textiles, Merchandising, and Interiors department utilized ASPIRE for a class project on renovation & presented redesign plans for the clinic's second story. (Photo by Peter Frey)
Welcome to ASPIRE's New Administrative Assistant

In 2021, the ASPIRE Clinic welcomed Chrisy Mramor as our full-time administrative assistant. Chrisy manages the front office, including coordinating communications and client services, maintaining daily clinic operations, and much more!

Undergraduate Internship Updates

During the Fall of 2021, the ASPIRE undergraduate internship program underwent a redesign! To promote experiential learning, interns now serve as important members of ASPIRE's outreach team. Interns Callie Riback (top) and Anna Worden (bottom) maintained and grew the ASPIRE Clinic's social media accounts and engaged in outreach efforts at UGA and within the Athens-Clarke community.
ASPIRE undergraduate interns developed outreach efforts at UGA and throughout the greater Athens-Clarke County community.

Back to School Support Tools
Shareable resource for faculty, students, and staff during the start to the 2021 academic year.

#BeWellUGA Fest
Sharing ASPIRE services and well-being resources with the UGA community, sponsored by Student Affairs.

Nutrition Mythbusters Zoom Panel
Five ASPIRE nutrition service providers discussed nutrition myths, fad diets, and the role social media plays in health and nutrition trends.
The ASPIRE Lab engages in innovative primary and secondary research to promote integrated holistic wellness theories, inquiries, and interventions.

**Current Study**

*The Use of the Working Alliance Inventory in Financial Planner-Client Relationships*

Purpose: Assessing the benefits of understanding perceived working alliance between financial planners and their clients.

**Previous Study**

*The Holistic Wellness Study: 2014-2019*

Exploring the connection between mental health, relational, financial, nutrition, and legal well-being in a clinical population.

Number of Participants

Version 1

Version 2

Version 3

10 Service Provider Participants

36 Client Participants
Thank you to the donors who supported ASPIRE this year! In 2021, we received $1,100 in donations. The ASPIRE Clinic was also awarded $5,000 through the UGA Parents Leadership Council grant program.

Megan Ford, the ASPIRE Clinic Coordinator (Co-PI), was part of a UGA team who received a $94,746 UGA interdisciplinary seed grant to launch an Interdisciplinary School-Based Health Center program in 2021. Partnering in its creation are the Clarke County School District, the University of Georgia, and the Augusta University/University of Georgia Medical Partnership.

If you are interested in donating to support the ASPIRE Clinic and its work, check out the Giving page on our website or scan the QR code:
Thank you to all who continue to support the mission of ASPIRE! We look forward to another successful year of providing holistic care to the University of Georgia, Athens-Clarke County community, and beyond.

Megan R. Ford, ASPIRE Clinic Coordinator

Want to keep up with ASPIRE in 2022? Check out our new website!

www.fcs.uga.edu/aspireclinic