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ASPIRE SUMMARY

ASPIRE is a training clinic at the University of Georgia focused on holistic wellness, serving clients in both the Athens community and at UGA. ASPIRE offers excellent experiential learning opportunities for UGA undergraduate and graduate students. Students serve as ASPIRE service providers under supervision from UGA faculty in the disciplines of therapy, financial planning, nutritional sciences, and law. ASPIRE also facilitates an undergraduate internship program for students who are pursuing a future career in the mental health field.
2022 DIRECT SERVICE

- Total clients served: 141
- Average number of sessions attended: 9
- Clients who pursued more than one service type: 21
2022 SERVICE PROVISION

Therapy
Individuals 56
Couples 8
Families 1

Financial Planning
Individuals 31
Couples 5

Nutrition Education
Individuals 20

Legal Problem Solving
Individuals 4
Group 1
ASPIRE reached clients in 13 distinct Georgia counties in 2022. As the clinic returned to in-person operations, the majority of clients were located in Athens-Clarke or neighboring counties. Additionally, ASPIRE continued to serve clients via telehealth services on an as-needed basis.
The ASPIRE Clinic served clients across the lifespan. Clients ranged in age from 13 to 72.

ASPIRE also served clients from racially and ethnically diverse backgrounds.
The ASPIRE Clinic served clients of diverse gender and sexual identities, as well as varying relationship statuses.
In 2022, ASPIRE clients seeking therapy services paid an average of $15 per session. The typical cost of therapy sessions nationally ranges from $70-$250 per session (average = $100) comparatively. Through reduced cost services, ASPIRE saved its clients approximately $82,000 in mental health care expenses in 2022.
Financial planning and nutrition services are offered pro bono, which also provided significant savings to ASPIRE clients in 2022.

- Financial planner 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 approximately $42,000 for well-being services in the domains of financial planning and nutrition.

Combined with therapy savings, ASPIRE clients collectively saved nearly $124,000.

As the average reported income for ASPIRE clients was approximately $32,000, these savings allowed individuals and families to access services without undue financial burden.
ASPIRE continued its efforts to support undergraduate student mental health care through grant funds from the UGA Parents Leadership Council. Undergraduate students were eligible to receive up to six therapy sessions at no cost.

Students who received grant support said:

"It has been a huge weight off my shoulders. I have been able to get treatment for anxiety [and] depression without making these issues worse by spending a lot of money."

"I feel like I can manage my anxiety better using the coping skills [from therapy]."

"[Therapy] helped me work through my emotions and find some clarity and direction in my life. "

2022 UGA STUDENT THERAPY GRANT
Services at the ASPIRE Clinic are provided by outstanding graduate and undergraduate students.

A total of 42 students served as service providers and trainees in 2022. 7 undergraduate students also interned at ASPIRE in 2022, 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, School of Social Work, and College of Education.
"I learned how to explain financial information to clients and how to build relationships with them. I am very thankful for this experience."
-Financial Planning Service Provider

"This experience reinforced me in my degree and helped me be more confident [with] less feelings of imposter syndrome."
-Nutrition Service Provider

"I thoroughly enjoyed my experience [at ASPIRE] and don't know what could be done to improve it. I gained increased confidence and better interpersonal skills."
-Financial Planning Service Provider
Dr. Megan Ford, ASPIRE Director, was part of a UGA team who received $94,746 from the UGA Presidential Interdisciplinary Seed Grant program in 2021 to form an Interdisciplinary School-Based Health Center. The Clarke Middle Health Center (CMHC) celebrated its opening in Fall 2022. The CMHC is temporarily located between Alps Elementary and Clarke Middle Schools. A permanent location is planned to be complete in 2024.

Services at the CMHC include preventive health care and care of acute and chronic health conditions, mental health counseling and referrals to legal, social work and other support services, free of charge. Partnering in its creation were the Clarke County School District, the University of Georgia, and the Augusta University/University of Georgia Medical Partnership.
In 2022, doctoral students in the Marriage and Family Therapy Program at UGA had the opportunity to complete their clinical internship at ASPIRE. The goal of a doctoral-level clinical internship is to receive advanced training in a specific clinical practice. As such, two doctoral students were able to offer specialized therapy services targeted to treat specific populations and presenting issues through ASPIRE.

Christine Hargrove offered specialized therapy services to individuals, couples, and families with ADHD. Additionally, she received training in the provision of financial therapy.

Avery Campbell provided specialized couples therapy for first responder couples. She also received training in the provision of Narrative Exposure Therapy: an evidence-based exposure treatment for individuals with Post-Traumatic Stress Disorder.
ASPIRE's Outreach Team of undergraduate interns are dedicated to spreading the word about ASPIRE and developing outreach efforts to reach UGA and the greater Athens-Clarke County community.

In 2022, our Outreach Team represented ASPIRE at:

- #BeWellUGA Fest
- Clarke County School District Family Fun Day
- Clarke County School District Bridging the Gap Community Forum
- Student Care & Outreach Essential Needs Resource Fair
- National Alliance on Mental Health on Campus UGA
In 2022, the ASPIRE Lab team presented a poster of their original research findings at the Financial Therapy Association Annual Conference in Denver, CO. The study explored the influence of the working alliance on the financial planning client's experience and outcomes. Clients at the ASPIRE Clinic reported on their view of the working alliance with their financial planner, their financial management behaviors, and their financial self-efficacy.

The findings suggested that working alliance and financial self-efficacy influence the improvement of financial management behaviors and vice-versa. These results highlight the importance of incorporating pedagogy to improve the working alliance between the training professional and client in financial planning programs.

"[In the ASPIRE LAB], I was able to conduct research in a practical, client-centered setting. I gained insight into the research process that most undergraduates don’t get the opportunity to experience. I was also extremely grateful for the opportunity to travel and present at the annual Financial Therapy Association conference."

–Hailey Maxwell, ASPIRE Undergraduate Research Assistant
Thank you to the generous donors who supported ASPIRE this year!

In 2022, we received $820 in donations.

If you are interested in supporting the ASPIRE Clinic and its work, scan the QR code below to give to the ASPIRE Clinic Fund.
Thank you to all who continue to invest in the success of ASPIRE! We look forward to another successful year.

-Dr. Megan Ford
ASPIRE Director & Assistant to the Dean for Applied Interdisciplinary Programs

Want to keep up with ASPIRE in 2023?
Follow us on social media or visit our website!
www.fcs.uga.edu/aspireclinic
Instagram: @ugaaspireclinic