



AMERICAN  
COLLEGE  
HEALTH  
ASSOCIATION

## ACHA Consulting Strengthens Mental Health Services at a Small Liberal Arts College

### Meeting the Growing Demand for Student Mental Health Support

A small liberal arts college faced an urgent challenge: its mental health services were struggling to keep up with rising demand. Without clear leadership, a structured care model, or sufficient on-campus resources, students lacked the support they needed. To address these issues, the college partnered with ACHA Consulting. Through expert guidance, the institution strengthened leadership, transitioned to an on-campus care model, and expanded crisis support—creating a sustainable, student-centered mental health system.

#### THE CHALLENGES

- Increasing demand for mental health services overwhelmed existing resources.
- Leadership gaps and inconsistent coordination led to disorganized care.
- Heavy reliance on external providers limited access to timely on-campus support.
- System inefficiencies left critical student needs unmet.

#### THE KEY FINDINGS

- The college urgently needed to hire a counseling services director to provide clear leadership and oversight.
- The transition to a student-centered, on-campus mental health care model was essential.
- The implementation of a mental health services fee to support expanded offerings was needed.
- Collaboration with local providers needed refinement to improve long-term treatment options.

#### THE RESULTS

- ACHA's recommendations positioned the college to provide accessible, sustainable mental health services tailored to its diverse student body.
- The college is now better able to proactively support student well-being.
- With a structured, adaptable system in place, mental health services can evolve to meet students' changing needs.

Whether you need advice on mental health strategies or more, ACHA Consulting has you covered. Contact us at [consulting@acha.org](mailto:consulting@acha.org).