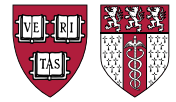


Harvard University
Health Services

HARVARD
UNIVERSITY



Health Services

Annual Report

Fiscal Year

2025

(July 2024 - June 2025)

A photograph of the Harvard University Health Services building facade, showing the name 'HARVARD UNIVERSITY' and 'Health Services' on the wall, along with the Harvard crest logo. The building has a modern design with large windows and a concrete facade.

HARVARD UNIVERSITY
Health Services

huhs.harvard.edu

Message from the Executive Director

Dear community members, friends, and supporters,

I am delighted to share the Harvard University Health Services (HUHS) annual report for fiscal year 2025.

This report highlights some—but certainly not all—of the efforts and achievements of our staff, both clinically and administratively. As you review this document, I hope you enjoy learning about the mental health and specialized care we provide to our student athletes; the robust Healthy Minds Study we completed in partnership with the Office of Student Affairs; the incredible emergency medical services provided by students through CrimsonEMS; and more.

This year has been a challenge, but HUHS is privileged to support our campus community through these uncertain times. As a health care provider for both students and employees, we remain committed to serving your needs.

Whether you have had a finger splinted in our Urgent Care, received a massage at our Center for Wellness and Health Promotion, or developed a long-term therapeutic partnership with one of our primary care providers, you—the patient—are at our core. The thousands of Harvard University Group Health Plan members and those who choose HUHS as their primary source for health care are a testament to the excellence we provide at the Smith Campus Center, the Longwood Medical Area, the Law School Clinic, or any of our vaccine clinics or outreach events.

Thank you for entrusting HUHS to care for you now, and for many years to come.

Sincerely,



Giang T. Nguyen, MD, MPH

Associate Provost for Campus Health and Wellbeing
Henry K. Oliver Chair of Hygiene
Executive Director, Harvard University Health Services



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About HUHS

Harvard University Health Services (HUHS) is a campus-based health care organization devoted exclusively to members of the Harvard community— students, faculty, staff, eligible postdoctoral fellows, retirees, and their families. Our work includes multi-specialty ambulatory medical care, behavioral and mental health services, health insurance plan oversight, massage and acupuncture, health education, campus public health, immunization compliance, cross-campus engagement, and promotion of overall wellbeing.

HUHS has four locations across Harvard University’s Cambridge and Boston campuses, including the main location in the Smith Campus Center, satellite clinics at Harvard Law School and in the Longwood Medical Area, and (in partnership with Harvard Athletics) the Sports Medicine service at the Dillon Field House.

On behalf of the University, HUHS manages two self-funded health insurance plans, the Harvard University Group Health Plan (HUGHP, for University employees and their

dependents) and the Student Health Insurance Plan (SHIP, for students and their dependents). HUHS also offers dental insurance for students.

For Harvard University students, a Student Health Fee (SHF) covers most care provided by HUHS at no additional cost. This includes in-person and telemedicine care, internal medicine, numerous specialty care services, counseling and mental health, and urgent care. Health insurance (such as SHIP) is used to defray the cost of care not covered under the SHF, such as medical services received outside of HUHS, prescription drugs, and blood tests. Collectively, the Student Health Fee and SHIP constitute the Harvard University Student Health Program (HUSHP).

At HUHS, we empower our patients to lead healthier lives, act as informed consumers of health services, and obtain state-of-the-art health care. Additionally, we provide the most current public health information and expertise on health issues to the Harvard University community.

Our Mission

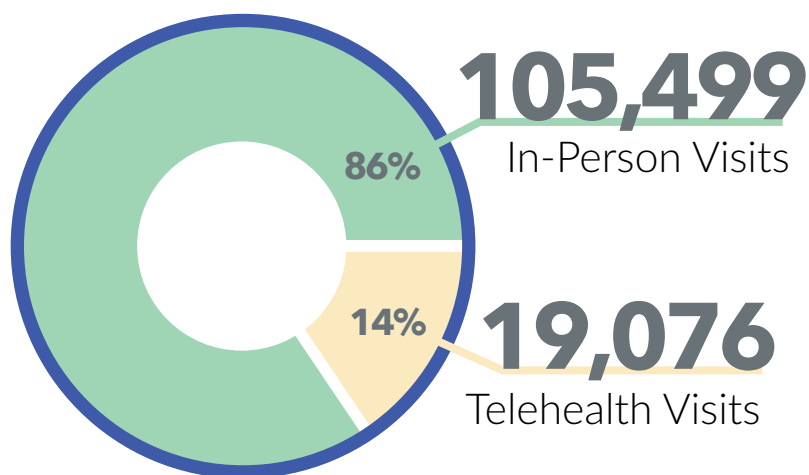
HUHS nurtures the health of the Harvard community through compassionate delivery of high-quality, equitable care and advancement of overall wellbeing.

HUHS By the Numbers

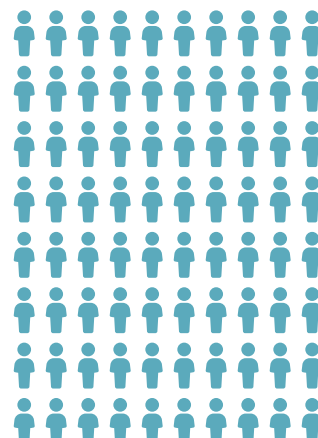


124,575

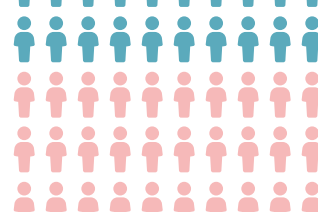
Total Patient Visits



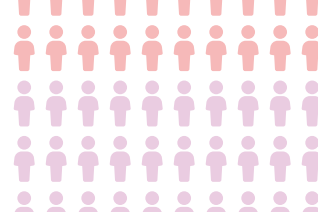
41,189
Internal Medicine
Visits



19,279
Urgent Care Visits



18,949
CAMHS Visits



7,395
Wellness Visits



5,826
TimelyCare Visits



52

Physicians



18

Nurse
Practitioners



21,598

Health Plan Member
Services Interactions



125,963

Student Immunizations
Verified



145

CAMHS Group Meetings

The Voice of the Patient

Providing high-quality, compassionate care is the centerpiece of our mission. We are honored to serve the Harvard community.

Throughout the year, we receive patient feedback through Press Ganey, directly to clinical leadership, and in correspondence with our Patient Advocate, Mallory Finne. These patient observations often speak to the exemplary care given to patients by an HUHS provider or shown to those who have interacted with an HUHS staff member.

Comments have been edited for brevity, grammar, and/or de-identification.



“I always speak very highly of my experiences at HUHS. I've been a patient for years, and everyone I've met has been wonderful... My physical therapist is amazing; so kind, helpful, and pleasant to work with. I can't say enough good things about the patient experience working with her and her department.” *[Physical Therapy]*

“Thank you for being so supportive and caring—it really meant a lot to me and turned one of the worst days of my life into something much better. You even made me laugh. Thank you from the bottom of my heart!” *[as shared with Urgent Care Provider and Patient Advocate]*

“I was so pleasantly surprised with my interaction. I wish I had taken note of the representative's name. She was very patient and took the time to research my questions and give me a thorough answer. My whole experience was excellent!” *[Member Services]*

“Cannot speak highly enough of the entire HUHS law school team. From scheduling to taking vitals to being seen by my provider, it was such an easy and smooth experience. They knew I had class shortly after my appointment, and all worked quickly to make sure I was seen and taken care of to get to class on time. Genuinely so impressed and grateful!” *[Law School Clinic]*

“I usually never fill out surveys. But this was the best experience I have ever had with a medical provider in my life... I have some really obsessive tendencies about my health... I was so worried someone would feel like I am being silly or wasting their time, but my provider emphasized how glad he was that I got it checked out, and encouraged me to come back should I need anything else... He was also so respectful and kind... If I could have him for every single one of my medical concerns, I would be so relieved. He is truly wonderful.” *[Internal Medicine]*

“I was having a mental health crisis, and when I called the CAMHS hotline, the woman I talked to was able to help get me in sooner before the holiday break started. I really appreciated her help because I was able to meet with a psychiatrist and get started with a new medication over the break before the next term starts.” *[CAMHS]*

“The Behavioral Health team is one of the best and most professional departments at the clinic. Each staff member is notable in their sensitivity to those who come to the desk. These patients, in particular, may come with a variety of problems that need special care. I have sometimes come in tears, and they have calmed me down while carrying on with their work. They have good judgment.” *[Behavioral Health]*

CrimsonEMS



For more than a decade, a cadre of mostly undergraduates has provided emergency medical support to the Harvard community. CrimsonEMS is a student-run organization and a service line at Harvard University Health Services, making appearances at Convocation, Commencement, and other large-scale Harvard events. The dedicated students either come to Harvard as licensed emergency medical technicians (EMTs) or take part in a fully-subsidized EMT training course taught by Pro EMS, Cambridge's primary transporting 911 agency.

"It's hard sometimes to respect an 18-year-old just because they are wearing a uniform," said Sue Fitzgerald, RN, Assistant Director of Nursing at HUHS and Clinical Liaison for CrimsonEMS. "We were very fortunate that over those first nascent years of the program, we had support from Harvard University Police Department basically saying, that person is licensed and certified to do this and they have the authority to work."

New members of CrimsonEMS attend classes at the Pro EMS Center for Medics, a state-of-the-art simulation lab training facility. They learn the basics of emergency care and receive skills in CPR, prehospital trauma support, and emergency pediatric care. They simulate a high acuity low occurrence (HALO) event—like a natural disaster—and do at least one ride along in an ambulance each semester. Once training is complete, they can begin working in the field.

"My role is to teach them, support them, and help them navigate the system," said Stelios Maheras, MD, Chief of

Urgent Care at HUHS, and Clinical Director for CrimsonEMS. "This is not easily translated to the field, especially as they work with their peers. I encourage them to take a practical approach to their training and translate that into a community event dealing with the medical, social, and mental health aspect."

"That first interaction with a peer is tricky, and they do a fair amount of role-playing," said Sue on preparing CrimsonEMS students for fieldwork. "It's no different than anyone's first clinical experience. This is a real person, not a mannequin, and you have to make sense of your conversation."

The emergency medical education is comprehensive, and the peer-to-peer support is essential, not only in the field but within the ranks of the student-run organization. Technical and medical support are always on hand through Sue, Stelios, and Pro EMS, but the internal mentorship and accountability work among members are key components to the success and respect the organization has garnered.

"We're also teaching them to be leaders," said Sue. "One of the happiest parts of my job is writing a letter of recommendation for medical school or a scholarship program, because I have seen their work."

Said Stelios, "You watch them evolve from when they first step foot in the field as freshmen and sophomores, and then at 21 as part of the CrimsonEMS leadership team running this organization, seeing that progress is both rewarding and inspiring."

Q & A with CrimsonEMS Chief

Alex O'Donnell '26 has been a member of CrimsonEMS since his first year at Harvard.

"I worked as an EMT for about a year in New York City and I loved it. When I came here, I really wanted to join CrimsonEMS to continue that work, care for my peers, and build a community with other students who are interested in EMS."

Now Chief of CrimsonEMS, Alex holds an important leadership role among this community. As presiding officer, he is the point-person between CrimsonEMS, HUHS, the wider Harvard organization, and outside agencies; leads the Admission Committee for EMTs in the fall; and ensures his peers have the support to effectively carry out the CrimsonEMS mission.

Describe CrimsonEMS in your own words. How do you see your role on campus?

We think of CrimsonEMS as having three key missions.

The first is standby coverage at events, that is how a lot of people on campus get to know us. The second is training EMTs. The third is our education and outreach component.

We teach both non-certification and certification CPR classes. We certify hundreds each year whether it's because they need it for their job, or just because they want to have it. In addition, we do non-certification CPR education to over 1,000 people each year.

This year, a big accomplishment for us was that we were part of the first-year orientation curriculum. All 1,700 of the first-years received CPR education from us.

Who are the students who make up CrimsonEMS?

CrimsonEMS has two entry points. I came in as what we call a transfer as I was already certified as an EMT. Our transfer members bring significant outside experience. They have been volunteer firefighters, EMTs, were in the military, or were combat veterans.

Then we have students who gain experience working with us. We train 10 to 20 EMTs each year and spend the following year helping them get comfortable.



The 2025-2026 CrimsonEMS class stands in front of Widener Library. "I think students know if I'm at the football game, CrimsonEMS is going to be there. If I'm at intramurals, CrimsonEMS is going to be there. Our brand on campus has been revitalized." -Alex O'Donnell '26

We see a really diverse group of students. Some have no professional interest in medicine and want to work in a software company after graduation. Then students who are really interested in medicine and want to experience what it is like to care for patients, and also want to care for their community.

Talk about the experience of working directly with your peers when on duty. How do you navigate that when you are out at events?

I think by and large it's an advantage. It helps us connect with them.

When we deal with students in stressful situations, we can explain to them the college's resources and can understand their perspective as a student. I think it helps us build trust with our patients and care for them better.

What has been the most valuable experience working with CrimsonEMS?

For me, it's been the opportunity to get involved in training and planning events.

Q & A with CrimsonEMS Chief

What is special about CrimsonEMS is that everywhere else you are a frontline provider. Your job is to staff and run coverage for events, but you don't necessarily have the perspective of the bigger picture. CrimsonEMS gives our most interested and experienced members the opportunity to look at that other side. How do you train EMTs? How do you credential EMTs? How do you decide when they're ready to provide care independently? How do we plan for big events?

We work the Harvard-Brown football game. It is a big event for us. We had between 15- 20,000 spectators and there was a tailgate beforehand with about 5-10,000 spectators. Ten of our members covered the stadium and the tailgate.

We work hand in hand with our partners at Pro EMS for this event, but getting to be involved in the discussions and planning has been the most meaningful part for me.

Do you want to continue in the medical field once you graduate?

Yes, I want to be a physician, and I'm very interested in an emergency medical direction. Kind of like what Dr. Maheras does. An EMS physician who provides medical direction, that's my dream.

Harvard Heroes

Each year as campus quiets down following Commencement festivities, Harvard University shines a light on its exemplary employees. On June 12 in Sanders Theatre, the 2025 Harvard Heroes ceremony honored 65 high-performing staff members before a packed assortment of friends, family, and peers. Among the recipients, were two employees at HUHS: Internal Medicine physician and team leader Marie Haley, MD, and Jason Ward, Director of Health Plan Operations and Member Services.

An annual University-wide program, Harvard Heroes recognizes those whose achievements and efforts align with the University's mission. Honorees are nominated and selected by their peers.

Prior to the larger event in June, HUHS honored its heroes in a more intimate gathering. Executive Director Giang Nguyen, MD, announced the honorees with heartfelt personal anecdotes supplied by peers during HUHS' annual staff meeting held in Loeb Hall.

Of Dr. Haley, who has since retired after 35 years of service at HUHS, Dr. Nguyen said, "There is no one person at HUHS today who, in action not words, cares for our whole



community like [Marie]. She has the rare talents of being an excellent clinician and a great administrative problem solver."

Mr. Ward was described as "...a person [who] shines bright as a 'best supporting actor in a leading role.' Supporting because he consistently places the needs of the department, the organization, and the plan members above all."

Dr. Haley and Mr. Ward received a standing ovation and were presented with certificates.

HUHS - Harvard Athletics Partnership

Balancing rigorous academic demands with varsity athletic commitments can put a strain on student-athletes. Established in 2017, Crimson Mind and Body is a collaborative effort between Harvard University Health Services and Harvard Athletics to support the physical, mental, and emotional wellbeing of student-athletes. Using an integrated model of care, the program includes a team physician, a sports dietitian, athletic trainers, and mental health providers.

Megan Willette, LMHC/CMPC, Mike Hinckley, LMHC/CMPC, and two rotating interns support 42 athletic teams—around 1,200 student-athletes—through individual counseling; tailored team workshops on topics like sustaining confidence, reducing performance anxiety, and managing stress. They also provide a series for graduating seniors on the process of transitioning out of their sport careers and what they may expect going through that experience.

“I think we do a good job of destigmatizing and demystifying,” said Mike of the program. “We want to make mental health care feel like, ‘this is me taking care of myself, to play well, but also to be able to function well in life.’”



From left, 2025-2026 interns Rachel Schreiberstein and Jay Dieterle; and Crimson Mind and Body mental health counselors Mike Hinckley, LMHC, and Megan Willette, LMHC.

Talk about Crimson Mind and Body and its role in supporting student-athletes.

MEG: Crimson Mind and Body was established by clinicians before I arrived. Melissa Nauman and Darryl Lemus did a lot of work getting both departments (HUHS and Athletics) to recognize the need for and value of this specialized program. When I started in January 2022, I recognized areas where we could develop programming and support to address the needs across our student-athlete community. Athletes are often one of the last populations to reach out for help. The “muscle through” mentality that serves them for sport can take a toll on their mental health, and by the time they do reach out, oftentimes their daily functioning is already affected. Our goal is to create spaces where people can feel safe, supported, and genuinely comfortable turning to our team for care.

MIKE: We are both licensed mental health counselors and certified mental performance consultants, so we are able to work with our student-athletes along the spectrum of mental health concerns to mental performance challenges. Often, our work is in the middle of that spectrum where, for example, underlying anxiety is showing up for a student-athlete in their social life, in the classroom, and on the field. We also work with many teams as a whole via workshops on mental health or mental performance topics that the players or coaching staff identify as an area where they could improve the mental aspect of

HUHS - Harvard Athletics Partnership

their student-athlete experience. Additionally, we run a few different programs like the Captain's Circle for leadership development and support, the Student-Athlete Wellness Leaders (SAWLs) aimed at training at least one member of each team on the mental health resources on campus, and the Crimson Comeback Program that is a mentor-mentee model for supporting injured athletes going through long-term injuries and recovery.

MEG: We recognize the top-down impact: when coaches are equipped with psychologically informed coaching strategies, it positively influences both team cohesion and individual athlete experience. An NCAA report highlighted that, post COVID, the number one stressor for college coaches was the mental health of their athletes, but it's not an area they receive formal training in. Our goal is to create opportunities where coaches can ask questions and seek guidance on how to best support an athlete or manage broader team dynamics.

Were you both student athletes? How has that informed your work?

MEG: I played college soccer and basketball, and that experience gives me a deep appreciation for what it truly takes to be a college athlete—something that's often misunderstood by anyone outside that world. Many Harvard athletes devote more than 40 hours a week to their sport, whether they're in season or not. Having that shared experience of juggling both academic and athletic demands allows us to understand their realities on a more authentic level.

As therapists, this insight is essential. It helps us see how deeply their commitments shape their identity- not only as student-athletes but as whole people navigating intense pressures and high expectations. We've also seen firsthand how an athlete's psychological wellbeing and mental performance skills can ultimately determine whether an individual or a team reaches their full potential.

MIKE: I played basketball in college and always struggled with the mental side of the game, so I started reading everything I could to improve myself, and it worked! I also witnessed teammates struggling with mental health and often felt like the counselors they found did not understand their athlete's

identity or experience. This is what sparked my journey into graduate school for counseling and sport psychology.

With Crimson Mind and Body, I think we do a good job of being relatable, personable, and approachable. We know everyone's experience is unique to them, but we can relate to some degree.

Has there been a particularly rewarding experience while being in this program and working with athletes at Harvard?

MIKE: I worked with a male athlete and at the end of our meeting, he said, 'Man, this is really helpful. I honestly would never have come to the counseling center had I not known there was a program specifically for student-athletes.' It meant a lot to me because this is exactly what some of my teammates and friends in college were struggling with: the feeling that there was nobody who could understand.

MEG: There are far too many meaningful moments with individual athletes to choose just one. I'm consistently impressed by Harvard student-athletes—their authenticity, vulnerability, and growth mindsets. Working with them is genuinely rewarding and such a privilege. I truly value the therapeutic relationships we're able to build within this community.

In addition to individual work, our team workshops have also been powerful. One men's team reached out for support after recognizing they weren't meeting their potential and overall satisfaction was low. After meeting with the coaches and captains, we co-created a four-session series tailored to their needs. The workshops included structured, sometimes uncomfortable conversations, clear guardrails, shared ownership, and collaboratively defined goals, expectations, and boundaries.

With their enjoyment and sense of alignment improved significantly, not long after, the team won an Ivy League Championship. One athlete later referred to the experience as "team therapy," mentioning it in a captain's circle and recommending it to another team. That referral led to a similar, successful intervention with a second group. It's moments like these—individual or team-wide—where you see real growth, connection, and change that make this work deeply meaningful.

HUHS - Harvard Athletics Partnership

What would you like to develop within the program in the future?

MIKE: We started an injured athlete mentor-mentee program last year. It would be great if that was a default part of the injury recovery process. If you're going to go through surgery, you automatically get assigned a mentor. It's not just an option if you're struggling, because that may be a barrier to some who don't want to admit to themselves that they're struggling. At the Ivy League-Big Ten Concussion Symposium, it was mentioned that mental health symptoms during recovery were the strongest predictor of longer recovery outcomes. So, not only is this good for your mental health in the moment, but also for your physical recovery.

Do you connect with other university-based student mental health clinicians?

MEG: All of the Ivy League clinicians who specifically work with athletes, either in the mental performance skills or mental health counseling departments, meet once a month. We've created a really wonderful cohort where we share ideas, support, and discuss best practices. So, when there are adversity, questions, or obstacles, we can discuss them with a familiar and safe group.

We now have a representative from the Ivy League office joining, so getting his perspective is invaluable when it comes to how we can best advocate for the student-athletes' wellbeing in and out of the athletic arenas.

Q&A with Our Sports Dietitian



"If they're not fueling well, they're not going to practice well," Amanda Waldron at the fueling station. Located in Palmer-Dixon where Harvard varsity athletes receive strength and conditioning support, the area is stocked with nutritious snacks for athletes to grab before and after workouts.

Amanda Waldron, MS, RDN, CSSD, LDN, knows the pressures of being a student-athlete. A former cross-country athlete at the College of Holy Cross, Amanda is the only sports dietitian at Harvard University Health Services (HUHS). Part of the HUHS-Harvard Athletics Sports Medicine team, she works with all 42 varsity teams. Through one-one-one counseling and group workshops, Amanda supports the wellbeing and development of student-athletes.

Q&A with Our Sports Dietitian

How do you work with the athletes and what topics do you address?

I work with student-athletes who may have trouble with their fueling, have questions about how to eat around practices or games, or who may need nutrition therapy based on a medical condition. They can reach out to me directly for one-on-one counseling. Alternatively, during beginning of the year physicals, we might identify student-athletes at risk of eating concerns, allergies, or bone stress injuries.

I also do team talks where I chat with a team about basic sports nutrition principles like macronutrients, how to build a plate, and the dangers of underfueling and supplements.

Do teams come to you with specific topics or concerns?

I always ask the team what they are interested in, just to hear what is on their mind, then I will develop a workshop.

Occasionally, a coach will come to me with an idea. Maybe the team has been having trouble with their pre-game meals, or they have noticed some athletes are talking about food in an unhelpful way. In that situation, I will design a workshop that caters to those concerns.

I have also done team fueling plans. I helped the swim and dive team as they prepared for the Ivy League Swimming Championship. It was not individualized, but an outlining of their day. If you have prelims at this time, then you should have meals and snacks around this time, and this is when you should focus on recovery.

You have a large portfolio. How do you manage your schedule?

I have an intern! Last year, we started a partnership with Merrimack College which has a sports nutrition focused dietitian internship. The intern can help me with team talks and get some practice with nutrition counseling.

How much do you collaborate with the Crimson Mind and Body Team?

We do a lot of referrals back and forth. If there's someone that comes to me having concerns around disordered eating, I might see if they're seeing anyone in Counseling and Mental Health Services (CAMHS) and suggest that they reach out to Crimson Mind and Body. Or, if I hear that an athlete is having performance anxiety or any other mental health concern, I always make sure that I recommend that they reach out to Mike and Meg to get support.

They have also done a great job. If they work with an injured athlete who has nutrition concerns while out of their sport. They will say, 'maybe you should see Amanda' and we can chat about nutrition for injury and recovery.

How does being a former student-athlete inform your work?

When you are counseling athletes, you want to bring in the athlete mentality of always trying to be better and perform better in your sport. I can tap into that and use some of it in my counseling.

I try to connect when they are feeling overwhelmed with classes, schedules, and their sport. This is really difficult. I know from my own experience, that if we're not fueling well, we're probably not going to perform the way that we want. I want to help them find a nice balance so that nutrition doesn't feel overwhelming.

How would you like to build on athletic nutrition at Harvard?

There has been a big push on campus and in athletics for improving mental health, which is awesome. Nutrition is not always part of that conversation, but it does play a role in mental health. If you are not feeling well or there is increased anxiety or depression, your nutrition can worsen which can exasperate your mental health. Both play a role in the athlete's performance. That is something I would want to expand on.

Inaugural HUHS Open House

More than 100 students, faculty, staff, and retirees attended the first HUHS Fall Open House on Wednesday, October 9, 2024, in the Smith Campus Center Clinic. The two-hour tabling event was open to the entire Harvard community and highlighted the breadth of services provided by HUHS.

The event featured HUHS departments and University partners:

- Care Coordination
- Center for Wellness and Health Promotion
- Counseling and Mental Health Services (CAMHS) and TimelyCare
- CrimsonEMS
- Harvard University Dining Services (HUDS)
- Harvard University Retirees Association (HURA)
- Health Information Services
- LGBTQ+ Health Support
- Member Services and Blue Cross Blue Shield of Massachusetts (BCBSMA)
- Nutrition
- Office for Equity, Diversity, Inclusion and Belonging (OEDIB)
- Patient Advocate
- Physical Therapy
- Specialties



Attendees were eager to learn more about how HUHS and its services intersect with the wider University. They appreciated the opportunity to meet some of the many people dedicated to their care and the community's overall health and wellbeing.

Organized by the Communications and Marketing team in conjunction with the Fall Open House Planning Committee, the inaugural event showcased HUHS' expansion, reach, and availability to the Harvard community.

Around HUHS



Our hardworking Internal Medicine team pauses for a quick photo during Sports Physicals Day 2024. At this annual event, hundreds of Harvard student-athletes receive their required preseason physical screenings, ensuring they are cleared to participate in their sport.



The Harvard Sports Medicine team and CrimsonEMS members are on hand to keep the community healthy during sporting events like the always entertaining, sometimes rambunctious, Harvard-Yale game.



Fear not, the Emotional Support Staff have arrived! HUHS is so lucky to have amazing administrative professionals, like these five Behavioral Health and CAMHS team members.



Hey, Central Services! This incredible team manages to keep HUHS running smoothly while also bringing humor and kindness to everything they do.



As we gather for a group photo following our 2024 Annual Meeting, we reflect on a year of both achievements and challenges. Throughout it all, we've relied on each other's support, allowing us to continue providing the care our patients depend on.

Healthy Minds

Harvard students reported higher flourishing and lower rates of anxiety and depression than the national average in the 2025 Healthy Minds survey. More than 5,900 undergraduate and graduate students participated in Harvard's April 2025 survey. Open to all degree-seeking Harvard students, Healthy Minds solicited feedback on the mental health experiences, services, and resources available to students.

"We had done smaller surveys, but we did not have a comprehensive, University-wide mental health survey," said Robin Glover, Associate Provost for Student Affairs, in an interview with the *Harvard Gazette*. "The data tell us that the vast majority of students are aware of the mental health resources offered and are accessing them."



Harvard students scored better than the national average on several measures related to awareness of mental health resources and belonging on campus.

- 89 percent of students indicated general awareness of the mental health care services available to them
- 83 percent saw themselves as part of the Harvard community
- 79 percent of students are satisfied with the mental health services they receive

Harvard University Health Services partnered with the Office of Student Affairs to administer the survey. The Office of Institutional Research and Analytics provided technical support. HUHS and the Provost's Office of Student Affairs have previously collaborated on mental health initiatives, notably the 2022 We're All Human campaign which responded to findings of the 2020 Task Force on Managing Student Mental Health.

While the survey showed positive strides, there were areas for improvement. Harvard students showed higher binge drinking (29 percent of Harvard students reported binge drinking versus the 26 percent national benchmark) and 45 percent reported feeling isolated on campus.

In a *Harvard Gazette* interview, Barbara Lewis, MD, Senior Director of Student Mental Health and Chief of Counseling and Mental Health Services (CAMHS), noted the individual alcohol and substance abuse consultations offered by the Center for Wellness and Health Promotion may be an underpromoted resource.

As for the rate of students who report isolation, Associate Provost for Campus Health and Wellbeing and HUHS Executive Director Giang Nguyen, MD, observed that struggles to form connection are not unique to students or Harvard.

Healthy Minds

"There is a national epidemic of isolation and loneliness," said Dr. Nguyen to the Harvard Gazette. "The question is — what do we do about it? How can we help students not feel isolated and alone?"

There are opportunities to connect through the more than 500 student groups within Harvard College. Additionally, the Center for Wellness and Health Promotion manages Harvard on the Move, a group that promotes community wellbeing through physical activity, CAMHS provides confidential support groups, and the CrimsonZip app can help connect Harvard community members who have shared activities and interests.

Said Dr. Nguyen, "Because we are in a university setting, we have a unique opportunity to build patterns of belonging and promote connection. This is an area we will want to explore moving forward."

The Healthy Minds survey was launched by the University of Michigan in 2007; Harvard was one of several colleges and universities that participated in the national program in 2025. Former participants include Stanford University, MIT, Tufts University, and Boston University.

HUHS Leadership

Executive Committee Members, FY2025

Robert Carroll

Chief Financial Officer

Kim Eng

Deputy Executive Director and Chief
Administrative Officer

Maria Francesconi, NP

Senior Director of Nursing and Health Promotion

Mitch Hamilton

Director of Medical Information Systems

David Kearns

Director of Human Resources and Central
Operations

Barbara Lewis, MD

Senior Director of Student Mental Health

Giang Nguyen, MD, MPH

HUHS Executive Director; Associate Provost
for Campus Health and Wellbeing

Laurie Nicolas, MS

Chief Health Equity Officer

Kathy Niknejad, MD

Chief Medical Officer and Physician-in-Chief

Cherrelle Norris, MS

Director of Communications and Marketing
(through February 2025)

Christian Presley, JD, RN

Compliance Officer



Acknowledgments

I am immensely proud to be part of the dedicated, mission-driven team at HUHS. Despite the complexity of this year, our incredible staff have continued to provide exemplary, high-quality care and support to the Harvard community. I am thankful for their leadership and commitment to the HUHS mission.

Additionally, our work could not be done without our highly engaged student volunteers and supportive campus partners. Students participate in numerous HUHS-supported activities including CrimsonEMS, Student Peer Counseling, Wellness Educators, Active Minds, and others. Much of our work is also done in partnership with Harvard Central Administration and many Schools; these collaborations help to ensure successful implementation of our campus-wide efforts and ensures that our clinical work is responsive to campus needs.

Finally, I thank our generous donors who help us through their immense generosity. This investment in the health and wellbeing of our community is a priority we are proud to share and continue. Contributions from financial donors enable HUHS to implement various projects and services, including:

- CAMHS Cares 24/7 Support Line
- TimelyCare
- Wellness Coaching
- Physical Activity Project/Crimson Zip
- Student Athlete Mental Health Services

It was through the generosity of Dr. Henry K. Oliver that HUHS was created over 125 years ago, and continued generosity will help to sustain this important work for the next century and beyond.

– Giang T. Nguyen, MD, MPH