Be Well: Wellness Resources on Campus

Intro to CAPS

What is CAPS?

- Counseling and Psychological Services
- The Counseling Center is here to support your growth and development and to help you flourish while pursuing your personal and educational goals.
- We are located in John Wooden West, behind the John Wooden Center (campus gym) facing the intramural field

Why come to CAPS?

- Issues common to students
  - Academic concerns
  - Career-related questions and stressors
  - Roommate conflict
  - Adjustment concerns (academic, relocation, others)
- Stressors for particular groups of students
  - Survivors of trauma
  - International students
  - UndocuScholars
  - LGBTQ and gender identity spectrum students
  - Graduate Students of Color... and many others
- We also offer psychotherapy for more serious issues such as
  - Depression
  - Anxiety
  - Coping with trauma and loss
  - Eating disorders
  - Suicidal behavior

CAPS Services:

- Self Help Support
- Coping Through the Quarter
- Therapy Groups
- Individual Counseling and Psychotherapy
- Crisis Intervention
- Psychiatric Consultation
- Referral to Longer-Term Services (outside CAPS)
- Campus Assault Resources and Education (CARE) Program Services
Wellness Skills Groups:

- **Wellness Skills Groups** are designed to help students enhance wellness and develop personal, academic and social *skills*
- To sign up for a group, or for more information, call CAPS at (310) 825-0768 or visit us at John Wooden West
  - Finding Focus
  - Break the Cycle of Anxiety
  - Sleep Soundly
  - Make Peace with Food
  - Mindful Pathways to Wellness
  - Overcoming Procrastination
  - Progress (Not Perfection)
  - Getting What You Want: Interpersonal Effectiveness Skills
  - Taming Your Inner Critic

Coping Through the Quarter

- Five-session skills group
- Support for a variety of concerns including academic stress, anxiety, procrastination, & interpersonal issues
  - Relaxation skills
  - Time Management
  - Problem Solving
  - Thought Awareness
  - Radical Acceptance and Self-Compassion

Counseling and Psychotherapy Services

- CAPS clinicians provide *brief counseling* and psychotherapy to clarify your concerns, work toward the resolution of difficulties, and work to improve functioning within the areas of concern
- Sessions are typically less than an hour
- Scheduled with a specific staff counselor
- Referral to longer-term care for more serious concerns as needed

Group Services

- CAPS provides the opportunity to work with others sharing common concerns in a group counseling format
- CAPS offers theme-focused groups such as
  - Groups for Depression and Anxiety
  - Eating management
  - Grief and bereavement
  - Survivors of trauma
  - Popular groups
  - Finding Focus - designed to help students with attention and concentration difficulties
• Graduate student psychotherapy group – support for interpersonal concerns

Urgent Services
• Crisis counselors are available for phone consultation 24 hours a day, 7 days a week, by calling the CAPS main phone line at 310-825-0768

Additional Treatment Resources
• Community-based services covered by SHIP
• Long-term treatment
• Intensive treatment
• Substance use and addictions
• Out-of-area referrals
• Assistance using private health insurance
• Low-fee referrals to community clinicians

Getting Started
• Stop by our office to set-up a brief screening appointment Monday – Friday 9:00am-4:00pm
• Complete online questionnaires
• Takes from 15 min to 1hr
• Brief screener will work you with you to determine next steps

Eligibility and Fees
• All students
  • Up to 3 sessions during Academic Year
  • 3 additional sessions during summer
  • Wellness Skills Groups, Coping Through the Quarter & other workshops
  • Emergency psychiatric evaluation
• SHIP students
  • Up to 3 additional visits during AY
  • Therapy groups
  • Psychiatric services
• Brief Screening Appointments are no cost to students with or without SHIP
• Prepaid for students with SHIP
• $15 per session without SHIP
• Medications covered by SHIP

More info: caps.ucla.edu