



# reCAPS

**Counseling & Psychological Services**  
**University of California, Santa Cruz**

## New “Embrace Your Life” Group

Many students come to CAPS every year looking for help with all sorts of issues, from anxiety to school stress to depression to problems with relationships to low self-esteem. Even when the reasons students come to us are different, there are some common ways to heal and grow that can have a positive impact. With this in mind, CAPS has created a new three-meeting group, Embrace Your Life, which provides tools to build self-awareness, self-acceptance, and commitment to taking action to make positive change. Each of the hour-long meetings is designed to help students learn and grow in ways that can

help them deal with just about any issue more effectively.

The Embrace Your Life series is based on a similar program piloted at California Polytechnic State University (Cal Poly). Students who were in the group at Cal Poly reported getting a lot out of it.

Embrace Your Life is a curriculum-driven group with structure and specific learning objectives. It includes journaling and other exercises to enhance learning. Unlike some groups, sharing about personal experiences is not the emphasis, so participants don't need to feel pressure to talk.

Three different three-meeting series are being offered at CAPS: 1/28, 2/4, and 2/11 (Thursdays) from 3:30 to 4:30 pm; 2/9, 2/16, and 2/23 (Tuesdays) from 11 am to noon; and 2/18, 2/15, and 3/3 (Thursdays) from 3:30 to 4:30 pm. Participants need to come to all three meetings in a series.

CAPS also started a new ongoing group this quarter called Connect and Thrive, which, like Embrace Your Life, aims to help students deal with a variety of issues. For more information about Embrace Your Life, Connect and Thrive, or other CAPS groups, call CAPS at 831-459-2628 or visit our [website](#).



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## All About CAPS

Counseling & Psychological Services (CAPS) offers confidential mental health services to registered UCSC students all year 'round:

- Helpful workshops and trainings around campus
- A variety of therapy and support groups
- Brief individual and couples counseling
- Referrals to on- and off-campus resources
- Crisis services (in person Mon-Fri 8 am-5 pm; by phone 24/7 at 831-459-2628)

To make an appointment, call 831-459-2628 or stop by (Student Health Center, East Wing, 2nd floor) weekdays between 8 am and 5 pm. To learn more, visit our [website](#), check out the [CAPS blog](#), and like us on [Facebook](#)!

## Upcoming Events

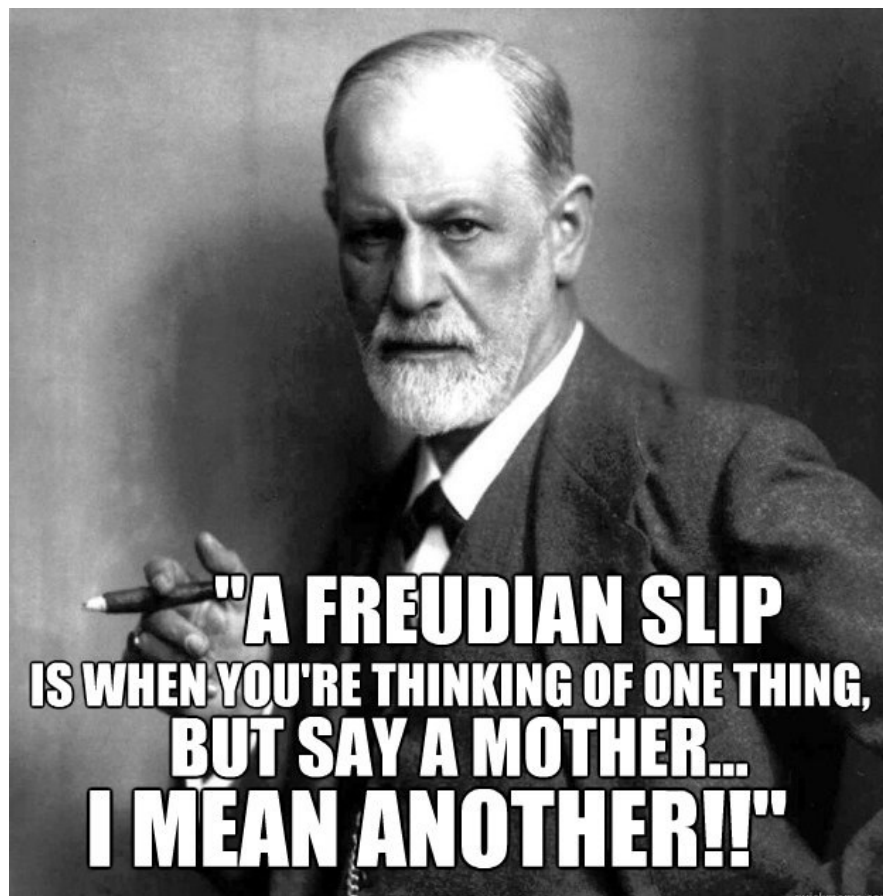
**LET'S TALK:** Let's Talk, a drop-in service where you can have a brief, confidential chat with a CAPS counselor, continues in winter quarter. It's free, and you don't need an appointment—just walk in! Let's Talk is held 2:00 to 4:00 pm on Tuesdays at the Cantu Center and 12:30 to 2:30 pm on Wednesdays at the Graduate Student Commons, Room 208 (across from the Bay Tree Building). Also, stay tuned for a new Let's Talk time at the Cove recovery space at Kresge College—day and time to be announced soon. All registered undergraduate and graduate students are welcome at all locations of Let's Talk. Read more about it and find out the latest schedule on the CAPS [website](#) and [Facebook](#) page or by calling CAPS at 831-459-2628.

**WELLNESS SERIES:** These weekly hour-long workshops are designed to give you helpful info and tools for being mentally healthier. Topics include self-compassion, mindfulness, healthy thought patterns, and time management/avoiding procrastina-

tion. Workshops are held at CAPS on Wednesdays from 3:30 to 4:30 pm. They are free, and you don't need an appointment—just walk in! Check our [website](#) and [Facebook](#) page or call CAPS at 831-459-2628 to find out which workshop is being offered each week.

**STRESS LESS WORKSHOPS:** These 90-minute workshops, led by CAPS' peer educators, provide valuable tips on stress management and include an interactive and fun relaxation exercise. No sign-up required. Check our [website](#) and [Facebook](#) page or call CAPS at 831-459-2628 for the latest info on when and where workshops will be held.

**THE COVE ANNIVERSARY OPEN HOUSE:** The Cove recovery space at UCSC is celebrating its 1-year anniversary with an open house on Tuesday, January 26th. Free snacks and drinks will be provided. See page 3 for more info.





## The Cove Recovery Space Celebrates 1-Year Anniversary

In fall 2014, Slugs for Health and Growth (SHG), UC Santa Cruz's recovery community, was launched. This group came together after a couple years of planning by a committee of staff, faculty, and students as part of efforts to improve and expand services and connection for students who are in recovery from a substance addiction, affected by the addiction of a loved one, or allies of people in recovery.

A dedicated space for SHG was opened in January 2015. This space, called the Cove, is located at Kresge College, Building 393, Suite 153 (on the Piazzetta) and provides a safe and substance-free place where SHG members and guests can study, socialize, and hold events and meetings or just hang out and have some tea or a snack. Student

volunteers are there every day and early evening to show visitors around and provide information.

In spring 2015, the Cove offered a weekly Let's Talk drop-in consultation time with a CAPS counselor who specializes in alcohol and other drug issues. CAPS is going to be offering Let's Talk at the Cove again for winter and spring quarters, with the day and time to be announced. These consultations provide information about CAPS services, SHG, and anything addiction or substance related, but students can stop by to chat about any issue—it doesn't have to be just substance related. Call CAPS at 831-459-2628 for more info.

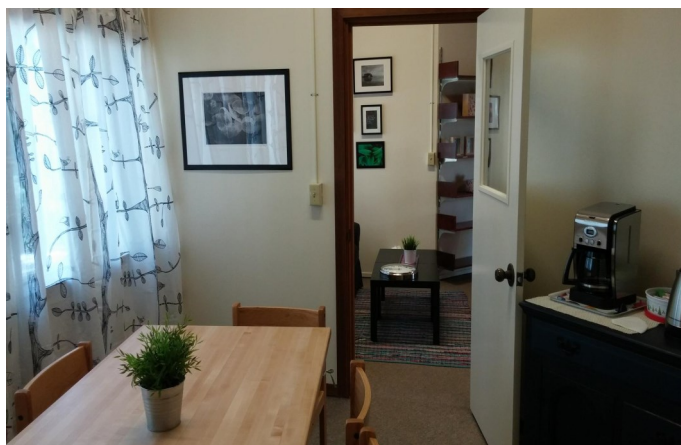
The Cove will be holding an open house on Tuesday, January 26th, from 2 to 6 pm to celebrate its

1-year anniversary. Stop by for free snacks and to learn more about the Cove and SHG.

In more exciting recovery news, the annual California United Collegiate Recovery Conference will be held at UC Santa Cruz in the fall of 2016. SHG will be seeking volunteers to help prepare for and staff the conference. Stay tuned for more information!

To learn more about the Cove open house and recovery resources and upcoming events, visit <http://healthcenter.ucsc.edu/shop/students-in-recovery/index.html> or contact Jorge Bru, health educator with a focus on alcohol and other drug issues, Student Health Outreach and Promotion (SHOP), at 831-459-1417 or [jbbru@ucsc.edu](mailto:jbbru@ucsc.edu).

Below: Jorge Bru of SHOP (front left) and students at the Cove, March 2015. Top right, a view of the lounge space at the Cove and bottom right, a view of the kitchen space at the Cove in spring 2015.



## Say No to Stalking

January is National Stalking Awareness Month. Unfortunately, stalking is a big problem, with more than 7 million U.S. residents being stalked every year. Most stalking victims are being harassed by someone they know.

Stalking is a crime. While stalking is often done intentionally to bother or intimidate the victim, sometimes a stalker doesn't realize that what they are doing is wrong. Examples of stalking (and thus, behaviors to avoid!) include continuing to try to contact someone who has told you or demonstrated that they don't want contact from you, showing up at places where someone does not want you to be, spying on or following someone, taking photos of videos of someone secretly, giving

unwanted gifts or notes, and making unwanted calls or texts. Sometimes people engage in these behaviors because they can't accept that the person they are stalking doesn't share their romantic or friendly feelings. Although being rejected is hard for anyone, it's important to recognize that stalking is not okay, and most of the time, it will end up causing problems for both you and the other person.

What can you do if you are being stalked? First, it's important to tell others and seek help. Talk to staff at the Campus Advocacy, Resources, and Education (Care) Office (831-502-CARE) or the Title IX Office (831-459-2462) to get support, advice, and help with judicial or legal processes. Keep a log of all

## Contact CAPS:

Student Health Center  
East Wing, 2nd Floor  
Phone: 831-459-2628  
(24/7 crisis help)  
<http://caps.ucsc.edu>

stalking behaviors, and save any emails, texts, or voice messages you receive from the stalker. If possible, have a phone with you when you're out by yourself in case you need to call for help. Consider getting a no-contact order and/or a restraining order against the stalker. The UCSC Title IX Office or Conduct Office (831-459-1738) can help with this process.

For more information and resources, visit the [Stalking Resource Center website](#).

## Dear CAPS,

*How can I tell if I am really depressed versus just feeling down?*

—Blue

People often use the word *depressed* to mean “sad,” “upset,” or “down.” When used clinically (e.g., by a therapist, doctor, etc.), the term *depressed* has a more specific meaning. There are many good websites that can give you information about what clinical depression looks like. Some of these include [WebMD](#) and the [Mayo Clinic](#).

Feeling sad or down in itself doesn't necessarily mean someone is clinically depressed. Symptoms must occur most of the day every day for 2 weeks or more for a depression diagnosis to be given. Some of the primary symptoms of clinical depression are low mood, irritability, loss of interest or pleasure in

things that used to bring pleasure, sleep changes (i.e., too much sleep or trouble falling or staying asleep), changes in appetite (low appetite is most common, but increased appetite can also occur), slowed thinking and movements, low energy, feelings of worthlessness or guilt, trouble concentrating or remembering things, unexplained health issues, and thoughts of death or suicide.

Depression can be mild, moderate, or severe and can cause problems in day-to-day functioning. For some people, a difficult life event or situation can trigger depression, but for others, it can seemingly come out of nowhere. The tendency to get depressed can run in families. Some people get depressed just once and then don't experience depression again, while others may experience multiple depressive episodes throughout their life.

Unfortunately, depression is fairly common. The good news is that it can be treated through therapy, lifestyle changes (e.g., exercise, self-care, social support, doing “pleasurable” things, gratitude practice, charity/volunteer work), and medication or some natural remedies.



If you are concerned that you may be depressed, contact us at CAPS (831-459-2628) or talk to your doctor about your symptoms.