



reCAPS

Counseling & Psychological Services
University of California, Santa Cruz

New Space for UCSC Recovery Community

The fall of 2014 saw the launch of Slugs for Health and Growth, UC Santa Cruz's community for students who are in recovery from a substance addiction, affected by the addiction of a loved one, or allies of people in recovery. This group came to fruition 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 in and impacted by recovery at UCSC.

Some exciting news for the community is the recent opening of a dedi-

cated space all its own. This space, called The Cove, is located in Kresge College, Building 393, Suite 153 (on the Piazzetta). The Cove provides a safe and substance-free lounge and meeting room where Slugs for Health and Growth members can study, socialize, and hold events or just hang out and have some tea or a snack. An open house was held on April 7th to show off the space to students, staff, and faculty. Anyone interested in learning more about the recovery community is welcome to stop by The Cove.

Student volunteers are there every day and early evening to show you around and provide info.

Starting this quarter, The Cove will offer a weekly drop-in consultation hour with a CAPS counselor who specializes in alcohol and other drug issues. Consultations are provided to students so they can get information about CAPS services, Slugs for Health and Growth, and anything addiction or substance related. Call Lorena Ho, Psy.D., at 831-502-8028 for more information.

According to Dr. Ho, "We are truly excited to see this space open. Meg Kobe of SHOP and others have been working hard for 3 years to obtain this space for students in recovery. I think it's essential for the recovery community to have a regular, safe place on campus to organize and socialize. Having the physical space creates so much potential for cultivating relationships,

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All About CAPS

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

- Brief individual, couples' and group counseling
- Awesome workshops and trainings around campus
- 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 us at 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](#)!



The Cove, UCSC's space for the recovery community.

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awareness, and activities to promote overall well-being.”

Some of the events that the recovery community has hosted or is planning this year are wellness nights, crafting events, hikes, and movie nights. Slugs for Health and Growth are proof that you don't need alcohol or other drugs to have a good time.

For more information about the recovery community, visit <http://healthcenter.ucsc.edu/shop/students-in-recovery/index.html> or call Jorge Bru, health educator with a focus on alcohol and other drug issues, Student Health Outreach and Promotion (SHOP) at 831-459-1417.

Interested in Sober Housing on Campus?

This past year, UC Santa Cruz began offering a sober housing option for students in recovery. Now's your chance to request Sober & Clean Recovery Housing for 2015–2016! This option will be offered at Redwood Grove and Cowell College. **Any student requesting sober housing must be sober and in active recovery.** To select this option:

- Sign up for on-campus housing during the Priority Housing Application Period: April 13th–20th.
- Select the Sober & Clean housing option (fill out the drop-down application)
- Select either Redwood Grove or Cowell College

Once the Priority Housing Application Period is over, Kathy Cooney for Redwood Grove or Seth Hodge for Cowell will contact you to go over the process for forming a household as a part of the Early Selection process. General information regarding the housing sign-up process can be found [here](#). If you have any additional questions regarding this process, please contact Kathy Cooney (kmcooney@ucsc.edu) or Seth Hodge (shodge@ucsc.edu).

Dear CAPS,

A friend contacted CAPS because he wanted counseling, and CAPS recommended he see an off-campus therapist. Why is that?

—Curious About CAPS

Great question! While CAPS is available to all registered UCSC students, there are times when individual counseling through CAPS is not the right fit for a student's concerns. CAPS works with each student who contacts us to assess the specific circumstances and recommend the treatment plan that will best help the student deal with the problem at hand.

CAPS, like most college counseling centers, uses a “brief model,” meaning we provide screenings to assess risk and determine what services would be most helpful, and we offer brief individual and couples counseling, group counseling,

workshops, drop-in Let's Talk consultations, and crisis services. Brief counseling (anywhere from one or two to a handful of meetings) is most helpful for addressing specific problems and goals, such as coping better with stress, addressing a relationship issue, reducing the symptoms of short-term depression, or getting support after a trauma. Brief counseling may also be the first step in helping a student create a plan for longer-term treatment.

For students with longstanding mental health issues, such as severe or recurrent depression, chronic anxiety, bipolar disorder, or schizophrenia, brief therapy is usually not enough to facilitate significant improvement. It generally takes time to effectively treat long-term psychological issues. CAPS is not set up to provide long-term care but rather, to provide short-term care and recommend additional resources when needed.

Another time CAPS may refer a student for off-campus services is when the person needs a specialized service CAPS does not provide, such as intensive drug or alcohol treatment and comprehensive psychological testing. Finally, we may recommend off-campus treatment when the wait for an intake appointment at CAPS is too long—often students can get appointments off campus within a few days to a week. There are many great private therapists and counseling agencies in downtown Santa Cruz that are easily accessible by bus, and CAPS can provide info on which one might be a good fit for a student.

If you are seeking help addressing a mental health or personal concern, call or stop by CAPS to set up a phone appointment. Call us at 831-459-2628 to learn more.

Wellness Tip: Animals!

Lots of people connect with animals. Interacting with them can be a great stress reducer: Research shows it can increase oxytocin (a brain chemical related to bonding) and dopamine (the “happiness” brain chemical) while lowering cortisol (a steroid hormone released during stress). Petting an animal can lower blood pressure and improve feelings of well being.

However, because most pets other than registered service and support animals aren’t allowed on campus (small pets, such as hamsters, fish,

and birds, are sometimes allowed with permission), how can a stressed student find a way to hang with a dog, cat, or other four-legged friend? If you live off campus, maybe your landlord allows pets. ([These](#) are some local pet-friendly places). However, even if you can’t live with Fido or Snowball, there are some other ways to reap the rewards of time with animals:

1. Attend a library-sponsored Pause for Paws dog therapy event, usually occurring around finals week. Students get a chance to hang out with trained therapy dogs to de-stress before exams. Check the [library Facebook page](#) and

[CAPS Facebook page](#) near finals for upcoming events.

2. Plan Skype dates with your family to see and talk to your pets back home.

3. Volunteer at an animal shelter. Try the [Santa Cruz County Animal Shelter](#) or search online for other volunteer opportunities.

4. Visit a dog park (http://www.yelp.com/search?cflt=dog_parks&find_loc=Santa+Cruz%2C+CA) and befriend the owners and their pooches.

5. Watch cute animal videos like [this one!](#)



APPLY NOW FOR CAPS VOLUNTEER PROGRAMS FOR 2015–2016

Interested in volunteering for CAPS in the 2015–2016 academic year? Interested in mental health and stigma reduction? Want to make a difference? The deadline is fast approaching for submitting applications for participation in the CAPS Peer Education Program (PEP) and the CAPS Student Advisory Board (SAB) for the upcoming year. Check our [web page](#) for details, and “like” our [Facebook page](#) to see updates. Completed applications must be received by 5 pm on Monday, April 20th. Mark your calendars and check on line for more information!

Below: This year's CAPS Peer Educators.



Contact CAPS:

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

Upcoming Events

CAPS DROP-IN GROUPS: CAPS offers a number of support, discussion, and therapy groups during the academic year. While many of our weekly groups are full for spring, CAPS offers five drop-in groups students can check out any time with no appointment or commitment. These groups are the Queer Men's Group (Mon, 5:30–7:00 pm, Cantu Center), Women of Color Support Group (Wed, 2:00–3:30 pm, CAPS central office), Queer and Questioning Women's Group (Wed, 5:00–6:30 pm, Cantu Center), Men of Color Group (Thurs, 3:30–5:00 pm, Bay Tree Building, 3rd Floor), and Finding Focus, a series of workshops to address problems with concentration and focus, whether you have ADHD or not (Thurs 4/23, 4/30, 5/7, 5/14, and 5/21, Writing Center, Kresge Study Center Building). Check out our [groups web page](#) or call us (831-459-2628) during business hours for the latest group information.

CANDLELIGHT VIGIL: Students, faculty, and staff are invited to a special event on Wednesday, April 15th from

7 to 9 p.m. at the Porter Squiggle to remember those lost to suicide and affected by mental health issues. There will be an opportunity for every attendee to light a candle, write messages of hope or memorial, or create artwork for display by candlelight. Information on suicide prevention, mental health awareness, and CAPS services will be available. CAPS staff will also be present on site for consultation. Sponsored by CAPS and Porter College.

LAUNCH OF CAPS' RELAXATION

STATION: The official launch of CAPS' relaxation station is Thursday, April 23rd, at 4:15 pm. Try our cushy reclining massage chair and various relaxation recordings and apps to de-stress. Come by to use the relaxation station in a private area of the waiting room at the CAPS central office (Student Health Center, East Wing, 2nd floor—above the pharmacy).