



reCAPS

Counseling & Psychological Services
University of California, Santa Cruz

Relation-Check: Six Questions to Find out if Your Partnership Is Healthy

By Julia Dunn

Throughout college, a sizeable number of students get into committed relationships. Ordinarily, relationships can be great—but not if those relationships are toxic. Students who lead busy lives may not notice right away if their relationship is draining them or negatively impacting their well-being. It is important to evaluate your relationship every so often to make sure your partner is enhancing your life rather than making you miserable. The following six questions can guide you through this self-reflection.

1. Do you usually feel **energized** when you're with your partner?

Pay attention to your physical and emotional energy when you're with your partner. If you typically feel drained or exhausted with them, that may point to a problem in your relationship. However, if you feel supported and happy much of the time you and your partner are together, that's a healthy relationship!

2. Does your partner **support** your success in school, work, and other important areas of your life?

Think about the last time you scored an A+ in a tough class or got a job you really wanted. Was your partner cheering for you? If they weren't, this may be a concern. In a healthy relationship, your partner should not discourage you from achieving your goals, and even if you and your partner don't full-on celebrate each accomplishment in some fancy way (a spontaneous ice cream trip after writing a great essay or finishing a tough assignment never hurts), you should not feel as though your partner is keeping you from success academically or otherwise. Ideally, your partner should care about your progress toward the milestones that are important to you.

3. Are you able to **work as a team**?

Relationships are inherently a form of teamwork. You should be able to work together in different situations, and you should feel safe with your partner

In This Issue

Relation-Check	1
Dear CAPS: Drug Overdose	2
Restorative Justice Program	3
CAPS Volunteer Positions	3
Upcoming Events	4
WellTrack Self-Help Tool	5

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](#)!

Continued on p. 2



Continued from p. 1

when doing so. If things fall apart whenever you try to solve a problem or work on something as a team, this could indicate a need for a personal check-in about your relationship.

4. Is your partner one of your **best friends**?

If your partner isn't someone you like, respect, talk to, and have fun with, your relationship will probably fall flat; plus, why *wouldn't* your significant other be a best friend? *Liking* as well as loving your partner signifies a great relationship, mainly in that you always have your friendship to strengthen the bond and increase the joy between you. That said, it's healthy for you and your partner to have other close friends, too.

5. Is there **consistency** between you and your partner?

If you are constantly questioning your partner's feelings for you because they treat you erratically, this

is a pretty big problem. You might be in an unhealthy relationship if your partner alternates between showing you affection and apathy or indifference. More seriously, if your partner is manipulative or controlling, this is unhealthy. While both partners making *reasonable* compromises for each other is part of any relationship, a partner who coerces you into things you don't want or forces you to limit or change important aspects of your life for them is acting abusively. A good relationship shouldn't cause you to question your worth.

6. Are you **free to communicate**?

If your partner suppresses your voice or makes you feel that your thoughts and emotions are unwelcome, this could definitely be a red flag. Open and respectful communication is the root of any relationship, and it is crucial that you and your partner feel comfortable communicating, even if it is challenging at times. Each partner deserves equal respect and care by the other,

and the more you build healthy and productive communication together, the better the relationship will be.

If you answered an enthusiastic "yes!" to these questions, you are likely in a healthy relationship! If not, you may want to re-evaluate your love life, or at least give it some thought. Many students ultimately meet their lifelong partner in college, so why waste time with the wrong person? What's the point of being in a relationship if your partner brings you down instead of up?

Note: Relationship toxicity can take form in ultimately serious or abusive ways. If you feel you might be in a dangerously toxic relationship, contact CAPS (831-459-2628) or the Campus Advocacy, Resources & Education (CARE) Office (831-502-CARE [2273]) for help.

Julia Dunn is a 2nd-year College Ten student double majoring in Biology and Literature (Creative Writing: Poetry) and has been a member of the CAPS Student Advisory Board for 2

Dear CAPS,

Some people I know use "hard" drugs. I'm afraid one of them might overdose. How would I know?

—*Fearful Friend*

Drugs can be dangerous (especially when mixed with other drugs or alcohol), and you want to learn the signs of overdose and what to do if one occurs. That said, it's important to remember that the most common drug on which people "overdose" is alcohol. The signs of alcohol poisoning include confusion, vomiting, slow or irregular breathing, seizures, pale or blue skin and lips, low body temperature, and loss of

consciousness. Alcohol poisoning is an emergency and can cause death. If you suspect alcohol poisoning, call 911 and prepare to give emergency personnel information about the situation. If someone is vomiting and "out of it," make sure they are sitting up or placed on their side to prevent choking. A common and potentially fatal mistake is leaving someone with alcohol poisoning alone to "sleep it off."

The signs of overdose on opioid drugs (e.g., heroin, oxycodone, methadone) include extreme sleepiness, breathing problems, pale and clammy skin, blue or gray lips and nails, and small pupils. Overdose on cocaine, meth, or other "speedy"

drugs can result in rapid heart rate, paranoia, agitation, hallucinations, delusions, high body temperature, trouble breathing, and seizures.

As with alcohol poisoning, it is vital to call 911 to get help if you believe someone has overdosed. Also, death can be prevented in opioid overdoses if the person receives CPR and the medication naloxone soon after opioid overdose is suspected while waiting for emergency medical personnel to arrive. Naloxone can be purchased at the UCSC pharmacy and is covered by SHIP insurance. Read more about opioid overdose and naloxone [here](#).

UCSC Restorative Justice Program Launched This Year

In the fall of 2015, UC Santa Cruz launched a new program for students affiliated with campus housing called the Restorative Justice Program. Offered through the Dean of Students' office, the program provides a system to address offensive and harmful actions and build support within communities. It is derived from ancient, traditional practices of community conservation and cohesion.

The general idea of the program is that after someone has caused harm to one or more people, those involved would come together for a transformative, collaborative experience of safely discussing the incident and its impact, with the

goal of reaching mutual solutions for whoever caused the harm to make things right. "The process can be deeply satisfying with profound effects," says Vicki Duval, the program coordinator, and the benefits can be far-reaching.

Someone who has been harmed has the opportunity to make their voice heard and is given a vital role in the participatory justice process. They can express themselves regarding their experience and get answers, be an integral part of decision-making, and feel more empowered and safe.

The benefits of this program are not just for those who have been harmed. People who have caused harm get the chance to learn how

their actions affect others, develop accountability and remorse, give back to their community, regain trust, repair relationships, and build motivation to avoid repeating the same actions. This has the potential to reduce harmful incidents on campus and increase safety. All involved have the chance to learn and grow, as well as improve conflict resolution and communication skills, which can be carried into any area of life.

Unlike many other justice processes, which are mandatory and tend to keep people apart, this program is voluntary and brings people together. Rather than a third party making a decision about how a

Continued on p. 4

Apply Now for CAPS Volunteer Programs!

Interested in mental health and wellness? Consider applying to be a volunteer for CAPS in the 2016–2017 academic year through one of our two student programs. Applications for the Peer Education Program (PEP) and the Student Advisory Board (SAB) can be found on the CAPS website now!

Peer Educators help plan and facilitate stress management workshops and other outreach events for students

throughout the academic year. SAB members provide student perspectives and feedback to CAPS about its services, outreach, and operations and may also assist with some outreach events.

Check the CAPS [website](#) for details, and "like" our [Facebook page](#) to read more about these programs and fill out an application. The application deadline for both PEP and SAB is 5 pm on Friday, April 29th.



This year's Student Advisory Board members (left) and PEP volunteers (right).

Continued from p. 3

situation should be resolved, the parties involved make those decisions.

Although this program is mainly geared toward students living in campus housing, many issues can be addressed in which one person or group is experiencing harm. Those issues are divided into two types of cases: those that violate University policies and those that do not. For those that do violate policies, Restorative Justice can be used in conjunction with official judicial processes. For situations in which a policy has not been violated, Restorative Justice can be used on its own.

Restorative Justice can be effective for small or large groups that want to discuss difficult issues. The intention of this process is to provide a safe format for expression, allow all voices to be heard, build understanding, improve communication,

strengthen relationships, and, when appropriate, find resolutions that serve all parties equally.

Community building is another feature of the program. One way this can happen is that newly forming groups can engage in a Restorative Circle process to begin establishing ways to collaborate and grow.

Another useful feature of the program is that individual students can get one-on-one coaching to learn skills for peacefully resolving issues. “Perhaps you have a challenging situation with a roommate that you want to handle yourself, but you don’t know how to approach the conversation,” says Vicki. She notes that she can provide these skills. The program also offers one-on-one anger management training.

Vicki has a Master’s Degree in Restorative Justice & Conflict Resolution and has spent 17 years developing and directing Restorative Justice programs in collaboration with

the Santa Cruz County Probation Department, local schools, Juvenile Hall, and County Jail and Court. She joined UCSC in the fall. “If you are living with a situation that feels uncomfortable, disruptive, or in any way harmful to your well-being ... please contact me for a private meeting where we will discuss your situation and determine the most effective way to transform it,” says Vicki. “... You have a much better chance of improving a challenging situation when you address it rather than avoid it.”

Contact Vicki Duval at 831-459-3451 or vduval@ucsc.edu.



Upcoming Events

WHAT'S YOUR EMOJI? Drop by the Student Health Center on Monday, April 18th, between 10 am and 1 pm to learn more about your moods, take a short mood screening, and get a free gift and donuts. Plus, you can register to win one of eight mini emoji pillows! Check our [Facebook](#) page or call CAPS at 831-459-2628 for more info.

LET'S TALK: Drop in to have a brief, confidential chat with a CAPS counselor. Let's Talk is held 2:00 to 4:00 pm Tuesdays at the Cantu Center, 12:30 to 2:30 pm Wednesdays at the Graduate Student Commons, Room 208, and Thursdays from 1 to 2 pm at the Cove recovery space at Kresge (Building 393, Suite 153). All registered UCSC students are welcome at all locations

of Let's Talk. Let's Talk is not set up to handle crises—if you are experiencing a mental health crisis, go to the CAPS main office during business hours or call CAPS at 831-45-2628 any time. Read more on our [website](#).

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 procrastination. 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 the schedule for spring quarter.

CAPS Launches WellTrack, A New Self-Help Tool for Mental Wellness

One of CAPS ongoing goals is to provide a variety of high-quality mental health and wellness services to UC Santa Cruz students. CAPS is excited to offer a new self-help tool that students (as well as faculty and staff) can use to address stress, anxiety, and depression before these issues get to the point of needing therapy or other mental health services.

WellTrack is an online resource that provides evidence-based tools that are easy to use and effective. WellTrack is a secure and anonymous way for users to assess their personal well-being and quickly gain access to resources tailored to help them make progress in changing thoughts and behaviors that are not working for them. Some of the specific tools WellTrack offers are videos, relaxation exercises,

mood tracking tools, and written exercises to help raise awareness and work on addressing unhelpful thought patterns.

WellTrack is available online at mywelltrack.com, and access for the UCSC community has been paid for by CAPS. All you need is the CAPS access code, UCSCCAPS, to use this service for free. MoodCheck, the companion mobile app to WellTrack, provides users with a quick and easy way to check their mood while on the go. MoodCheck is available for free from the Apple App Store and from Google Play for Android.

WellTrack originates from the work of Dr. Darren Piercey, a psychology professor from the University of New Brunswick. Dr. Piercey's laboratory research investigated

Contact CAPS:

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

Computerized Cognitive Behavioral Therapy (CCBT) for depression, stress, and anxiety.

Dr. Dorje Jennette, CAPS' Clinical Director, stated, "The more familiar we are with the resources available to our campus community, the easier it will be to introduce students to the resources. For that reason, everyone in the campus community is encouraged to check out WellTrack while we pilot their service."

For more information, check out WellTrack yourself, or call CAPS at 831-459-2628.



WellTrack

WellTrack® is an online tool that promotes mental wellness on campus, and is available at your fingertips. Sign up today with the access code **UCSCCAPS.**