



# reCAPS

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

## Summer at CAPS



Did you know that CAPS is open all summer? Registered UCSC students can start or continue services at CAPS. As campus is quieter in the summer months, CAPS' services are more limited: We provide crisis services, initial assessments (usually by phone), individual counseling, and referrals. We offer psychiatry (medication) services to existing patients and on a very limited basis to new patients. We also may

offer couples counseling (depending on counselor availability). Note that SHIP or other insurance is not needed to access services at CAPS (except for prescriptions)—the cost is covered by student fees.

Speaking of SHIP, many students aren't aware that if they have paid for SHIP insurance in the spring quarter, it remains active over the summer, even after graduation. What's more, SHIP can be used in communities across

California (and nationwide) for medical and mental health services. Students can visit the [SHIP website](#) or call customer service to find a clinician near home. For students who have a different insurance plan, your insurance company's customer service can explain what mental health services your policy covers and recommend a clinician in your home area.

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## All About CAPS

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

- Helpful workshops, trainings, and self-help tools
- A variety of therapy and support groups
- Let's Talk drop-in consultations
- Brief individual and couples counseling
- Referrals to on- and off-campus resources
- Crisis services in person Mon–Fri 8 am–5 pm and 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](#)!

## CAPS Thanks Our Student Volunteers!

CAPS has two groups of student volunteers: our Peer Education Program (PEP) and our Student Advisory Board (SAB). Both were started in 2013. CAPS is so grateful for the energy, ideas, and dedication our PEP and SAB members bring!

### PEP

Our talented and diverse team of undergraduate Peer Educators are trained in a variety of topics to help them succeed in their role. Each year, CAPS selects a new group of Peer Educators, whose primary mission is to increase awareness and reduce stigma around mental health issues and treatment through creating and facilitating educational workshops and doing outreach to the UCSC student community.

PEP held several fun and interactive “Stress Less” workshops this year to teach students about stress management. PEP also added a new workshop on test anxiety to its roster this year. PEP also took an active role in education through social media. PEP members managed the [CAPS blog](#) and wrote a series of great posts on a variety of mental health topics and personal reflections. PEP also created a series of photos around mental health and wellness that they shared regularly on the [CAPS Facebook page](#).

### SAB

The Student Advisory Board is a group of student volunteers that CAPS selects each academic year to provide us with student input and feedback about mental health issues, campus issues, and CAPS services. The SAB also works to fight mental health stigma and promote awareness around mental health and wellness to the campus community.

Two of the primary accomplishments of this year’s SAB were to create a video around mental health stigma and to organize an event at which faculty and CAPS staff talked about mental health stigma, the media, and college-age adults and led a discussion on these topics. The SAB video, “Slug Stories,” features the stories of UCSC students who have struggled with mental health issues and also highlights some of the ways people have successfully coped, reduced stigma, and found support and resources. Check out the video on the CAPS [website](#) and [Facebook page](#).



This year’s Peer Educators. Front, left to right: Xinru “Tina” Wang, Kyle Retzer, Maddison Wright, Camara Chea, Miriam Medina, and Aditi Sheth. Back, left to right: Kimberly Balmorez, Melissa Newton, Rebeca Najarro, Hilaria Barajas, Harsimran Kaur, and Emma Burke.



This year’s SAB members. Front, left to right: Holland Hyland, Alice Lindo, Vanessa Valladolid, Chantal Herrera, Fabiana De Lima, and Jazmin Jauregui. Back, left to right: Yasmine Elizondo, Imari Reynolds, Meghna Das, Olivia Pomeroy, Gabriella Cory, and Sarah Ali.



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One lesser-known service CAPS offers in the summer is a one-time assessment to provide referrals to students who attend other UCs but are living in or visiting Santa Cruz for the summer. Other UC counseling centers provide this service as well, so if you are staying somewhere else for the summer that has a UC, keep that in mind if you need any mental health referrals. Note that what is offered at other UC CAPS departments may vary, so call them with any questions.

Note that our Let's Talk (our drop-in consultation service) and our drop-in and therapy groups and workshops go on hiatus over the summer months, resuming in fall quarter 2017.

To learn more about our services, visit our [website](#), call us at (831) 459-2628, or stop by our main office during business hours.



Counseling & Psychological Services (CAPS) is located in the Cowell Health Center, East Wing, 2nd floor (above the pharmacy) and is open Monday through Friday from 8 am to 5 pm.

## Dear CAPS,

*I am freaking out about finals—I'm feeling so stressed! What do I do?*

—Stressed Student

You're not alone! Most students feel stressed with finals! There are a few things you can do to minimize your stress and the impact it has on your well being.

First off, remember that stress is usually harder to manage if you aren't taking care of the basics: sleep, diet, and exercise. We realize that many students give up sleep or take less time out for meals and physical activity when they get busy with studying, but it's important to prioritize your well-being when possible. Studies show that

students who take some time away from the books to exercise did better in school than those who spent all their time studying.

One way to try and keep a healthy balance is to get serious about organizing your time. Make a list, with the most important tasks that are due first at the top, then tasks due soon that are less important, and finally, tasks that are due later and are less vital. Use the list to create a schedule that includes studying and also some time for eating, being active, and sleeping. Research shows that students who take some time away from the books to exercise did better in school than those who spent all their time studying, and you need rest and nutrition to be productive.

Another tip for exam time is to find multiple ways to study. According to research, students learn better when they use a variety of techniques, such as rewriting and highlighting notes, using flashcards, working in study groups, and reading material out loud.

It can also be helpful to use relaxation techniques during study breaks, such as deep breathing, visualizations, yoga, stretching, or taking a short walk. A little venting about your stress may help, but avoid talking about it at length and being around super-stressed people if you can help it. Too much talk about your anxieties and stressors can backfire, making you feel worse.

## Wellness Tip: Summer Mental Health

Summer is coming soon and can be a great time to focus on improving your wellness and mental health. One way to do so is through individual counseling/therapy. Although summer may be a less stressful time than other times of the year (and thus, your need for counseling may feel less urgent), you may have more time to try counseling out. Counseling/therapy is a good opportunity to get support, build insight, and examine what is working or not working in your life and plan for change.

Maybe you are looking for other ways besides or instead of therapy to improve wellness. Consider stepping up your exercise routine by

joining a gym, hiking a new trail, exercising with friends, or trying a new sport or fitness class. Making healthy changes to your diet and sleep are also a part of wellness, and summer is a good time to focus on these areas.

Self-help books, websites, and apps can help in working on issues like mood and anxiety. For example, check out WellTrack's online wellness program and companion app, MoodCheck. You can register for WellTrack for free [online](#) using CAPS' access code (UCSCCAPS).

Some people find alternative health modalities like acupuncture, massage, yoga, and meditation to be

helpful for their mental and physical health. For example, these activities can help reduce stress and boost mood, quiet your busy mind, and increase your ability to focus and concentrate. Doing things you enjoy and being with people you care about are important to mental health as well, and summer can be a good time to be more active and social.

Let us know if you would like some help planning for good mental health this summer. Call CAPS during business hours at 831-459-2628. As noted in the story on page 1, we are open all summer.

