



# reCAPS

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

## Welcome to *reCAPS*!

Welcome to UC Santa Cruz's Counseling & Psychological Services (CAPS) newsletter. We launched *reCAPS* in the 2013–2014 academic year to give students wellness and mental health info and tips and updates on CAPS events and services. We publish

*reCAPS* once a month during the fall, winter and spring quarters. If you have any suggestions or comments about *reCAPS*, feel free to contact the editor, Blair Davis, one of the psychologists at CAPS, at 831-459-5883 or [bjdavis@ucsc.edu](mailto:bjdavis@ucsc.edu).

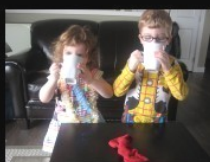
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## Drinking



What my friends think I do.



What my mom thinks I do.



What society thinks I do.



What I tell people I do.



What I think I do.



What I actually do.

Perception vs Fact.com

## The "College Effect" and How to Resist It

Have you heard of "the college effect"? It's the phenomenon of first-year students binge drinking and engaging in other high-risk behaviors in fall quarter that they may not have done before coming to college. Although not all first-year students succumb to the college effect (in fact, 77% of frosh and

new transfers at UCSC don't drink when they arrive at school, and almost 70% are still non-drinkers midway through the fall quarter), those who do can get in trouble, have to leave college or even get injured or die in drinking-related incidents, such as accidents or alcohol poisoning.

One of the big challenges in changing this phenomenon is that feeling of invincibility that many young adults have. Also, new students sometimes assume they have to drink and party to make friends and fit in. (Not true!)

What can you do to avoid

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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, check out the [CAPS blog](#), visit our [website](#) and like us on [Facebook](#)!

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falling victim to the college effect? The most simple solution is not to drink or use drugs. One good reason is that if you're under 21, you're not allowed to drink on campus: You could get fined, kicked out of housing or even asked to leave UCSC, depending on how serious the violation is. And, drugs aren't allowed on campus (including pot, even if you have a medical marijuana card), so using drugs could also get you in trouble.

For underage students who choose to drink

despite the risks, using "harm reduction" techniques can make staying safe more likely. Some harm reduction tips are to eat before drinking; alternate non-alcoholic with alcoholic drinks; stick with friends; don't pound drinks, play drinking games, or take shots; and know your limits. These tips are especially important if you are a new drinker—it's easy to drink too much when you're less experienced, and a good time can quickly become a life-threatening situation.

It's also important to be aware that intoxication

and sexual assault often go hand in hand. It's not OK to encourage someone to drink so you can have sex with them or to take advantage of someone who's intoxicated. Be respectful of others and yourself, look out for friends who may be in sketchy situations, and take care of yourself if you're drinking.

CAPS and Student Health Outreach and Promotion (SHOP) are two resources if you have questions about substance use or sexual assault. Call CAPS at 831-459-2628 or SHOP at 831-459-3772 for help or info.

Also, if you are in recovery from an addiction, have a loved one with an addiction, or just want to meet sober students and participate in social and educational events not involving substances, check out the Slugs in Recovery (SIR) website at <http://healthcenter.ucsc.edu/shop/students-in-recovery/index.html>.

## Dear CAPS,

*I'm shy and have a hard time making friends. What can I do?*

—Timid Taylor

This is a common problem, especially among first-year and new transfer students, but even students who have been here a while can feel isolated or lonely at times if they're shy or socially anxious.

One thing that may help is realizing you're not alone. Even when other people look outgoing and confident, they may not feel that way inside.

Also, remember that people make friends at their own pace. Some connect right away, and others take weeks, months, or even longer to feel close to new people they meet.

It's important to find ways to meet potential friends in ways that feel less scary for you. Maybe that's asking for help from a classmate or joining a social, academic, or religious club. Don't feel pressure to go to events that are too uncomfortable; for example, big parties can be overwhelming for some. But do challenge yourself a little—if you stay in your room or keep to yourself, it's not likely you'll meet many people. Once you connect with someone, make the effort to build and maintain the connection.

Keep in touch with family and friends from home, but try not to rely so heavily on them that you don't get to know people here. Above all, be patient with yourself. Don't beat yourself up if you aren't finding a BFF in the first few weeks of school.

CAPS offers a group called "Understanding Myself and Others" that can help with these concerns. Call to learn more about joining: 831-459-2628. Also, read more about CAPS groups on page 3 under "Upcoming Events."



## “LET’S TALK” RESTARTING THIS FALL

In the fall of 2013, CAPS launched a new program called Let’s Talk, an informal drop-in space where you can have a brief, confidential one-time conversation with a counselor. It’s totally free, and you don’t need an appointment—just walk in! This year, it will be held at two locations, one on Wednesday afternoons, and one on Thursday afternoons.

Let’s Talk is great for someone who has questions about counseling or wants to get the perspective of a counselor on an issue or situation. Let’s Talk is not set up to handle emergencies, so if you have a psycho-

logical crisis (e.g., you’re severely depressed or suicidal), please contact CAPS (831-459-2628), or call 911 if you or someone else is in danger of being harmed.

Let’s Talk will again be offered at Baskin Engineering, Room 153B, on Thursdays from 2:30 to 4:30 pm. It will no longer be held at the Bay Tree Building. Instead, it will be offered Wednesdays 1:30 to 3:30 at McHenry Library, Room 2285. You can read more about Let’s Talk on our website at <http://caps.ucsc.edu/pdf/lets-talk-FAQs.pdf>.



## Peer Education Program Still Accepting Applications!

CAPS is currently accepting applications from enthusiastic and motivated undergrads for our Peer Education Program (PEP). Be part of our student volunteer team and make a difference on campus! Applications are due by midnight October 15th. For details, click here: <https://docs.google.com/document/d/18sUEWfCMHSMYlStzN5bIWQ-fR6KQDEeV0dfI7J1st1s/edit?usp=sharing>.

## Upcoming Events

**CAPS GROUPS:** CAPS offers a range of support and therapy groups in fall, winter, and spring quarters. Groups are a great way to work on issues, get support, learn, and grow. New groups are forming now for fall that address topics like stress, depression, focus, gender and sexuality, and more. Some are drop in, and others require a short screening appointment and committing to attending all quarter. To learn more about our current group offerings, visit <http://caps.ucsc.edu/groups/index.html> or call CAPS at 831-459-2628 during business hours (Mon-Fri, 8 am-5 pm).

**ART WITH IMPACT:** On Monday, October 20th, from 6 to 8 pm, CAPS is sponsoring “Movies for Mental Health,” a dinner and discussion of short films about mental health and stigma. Location: Kresge Town Hall, Kresge College. For disability related accommodations please contact the Kresge Programs Office at 831-459-4434 or [pack@ucsc.edu](mailto:pack@ucsc.edu).

**HEALTH(Y) AND WELLNESS FAIR:** Student Health Services will be hosting its first health and wellness fair on Monday, October 20th, in the health center courtyard from 11 am to 2 pm. Come learn how to have a successful school year by keeping healthy, with a focus on sleep, anxiety and stress, spiritual health, sexual health, food and fitness. Vendors, demonstrations, music, food, fun!



## “CULTURE, NOT COSTUME” FOR HALLOWEEN

With Halloween approaching, it's a good time to reflect on costumes and culture. Many people don't think about the impact that dressing as someone from a culture that's not their own could have on others, but it's important to consider.

In 2011, Ohio University started a poster campaign called “We’re a Culture, Not a Costume” to encourage students and others to avoid racist, stereotyping, and culturally appropriated Halloween costumes. The campaign got national coverage and succeeded in starting a dialogue about cultural appropriation. According to Sarah

Williams, an Ohio U alum who worked on the campaign, “The best way to get rid of stereotypes and racism is to have a discussion and raise awareness, which is what we want[ed] to do with this campaign.”

To read more about the campaign, check out this CNN article from 2011: <http://www.cnn.com/2011/10/26/living/halloween-ethnic-costumes/>. To read about a similar campaign launched by UCSC’s Cantu Center in 2012, read this blog post by Sacramento City College professor Gayle Pitman: <http://activevoice-press.wordpress.com/tag/uc-santa-cruz/>.



### Contact CAPS:

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

## WHO'S NEW AT CAPS?

CAPS is pleased to introduce new staff members and trainees who joined us over the summer. This year's doctoral interns are Joe Bankman, Pio Kim, and Melva Torne-Boyd. They work closely with our permanent staff to provide counseling and educational services to students. This year's new postdoctoral residents are Lorena Ho, Eun Sul Lee, and Kristin Sergeant. Quade French, one of last year's doctoral interns, is returning to CAPS as a postdoctoral resident this year. Like our interns, our residents work with permanent staff to provide counseling and other services to UCSC students. Christine Merriman is our new psychiatric case manager. She works with students to address issues and provide referrals related to psychotropic medications and other psychiatric care on and off campus.



Top, left to right: Joe Bankman, Pio Kim, Melva Torne-Boyd, Lorena Ho.  
Bottom, left to right: Eun Sul Lee, Kristin Sergeant, Quade French, Christine Merriman.