



# reCAPS

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

## All About reCAPS

Welcome to UC Santa Cruz's Counseling & Psychological Services (CAPS) newsletter, *reCAPS*. The newsletter's aim is to provide students with wellness and mental

health info 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 for

or comments about *reCAPS*, feel free to contact the editor, Blair Davis, Psy.D., at 831-459-5883 or [bjdavis@ucsc.edu](mailto:bjdavis@ucsc.edu).



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## CAPS: More Than Just Individual Therapy!

When students think of Counseling & Psychological Services (CAPS), the first thing that comes to mind is often individual counseling. However, CAPS offers a variety of services, some of which can meet your needs better than individual counseling. For example, a group may be the best

choice if your concerns have to do with relationships, communication, lack of social support, or a desire to understand yourself better. In a group, you get support and ideas from others who can relate to things you are going through. You can also get great insights and feedback about how you

interact with peers, something you can't get in one-on-one therapy. Some groups are drop in (meaning you can come any time), and others require a short screening and weekly participation throughout a particular quarter. Visit the CAPS [website](#) for more info.

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## All About CAPS

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

- Awesome 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](#)!

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Another resource we provide at CAPS is referrals. CAPS makes referrals when a student needs a service or specialized type of therapy that isn't available on campus or wants or needs open-ended therapy—seeing a clinician for as long as they want, rather than just for brief therapy, which is what CAPS provides. There are also times when a student prefers a therapist of a particular sexual orientation or ethnic background,

and CAPS can't always meet that need. Another reason off-campus referrals makes sense is because there can be a wait time of several weeks at CAPS when we get really busy. Usually there is little to no wait for a therapy appointment off campus because of the large number of clinicians nearby. CAPS provides referrals tailored to your specific needs and can tell you about lots of other resources on and off campus.

CAPS also offers weekly workshops that provide helpful discussion about and information on topics such as self-compassion, positive psychology's impact on academic success, and mindfulness. Check out up-to-date workshop info on [Facebook](#)!

CAPS provides other services, too, like this newsletter, our [Facebook](#) page and [blog](#), and special outreach events, to name a few. Check out our [website](#) to learn more.

## Dear CAPS,

*I'm feeling really homesick. What should I do?*

—*Yearning for Home*

Feeling homesick, especially your first year at college, is very common. If it's your first time living away from home, that's a big adjustment! What is homesickness exactly? It's not simply missing home—it's also a period of feeling out of sorts because your normal routines have been disrupted and you're away from what is familiar: people, places, foods, and experiences.

There are a few things you can do to feel less homesick so you can start to enjoy your life at UCSC. First, remember that what you're experiencing is normal. Even if other students don't admit to it, many of them feel homesick too. Acknowledging and accepting how you feel is the first step to feeling better.

Another important tip is to find a balance between the old and the

new. Don't cut off all ties with your family and friends from home when you need their support, but don't let keeping in touch with them prevent you from meeting new people and exploring your surroundings. Walk around campus, introduce yourself to classmates, visit different dining halls and libraries, ask a new acquaintance to have coffee or lunch, check out some of the art on campus. It can also be fun to explore downtown Santa Cruz and the surrounding area.

An additional antidote to homesickness is to create a meaningful life for yourself at college. Decorate your room. Join some clubs or a sports team. Explore your favorite hobbies or find new ones, but also keep up with your classes and get academic support early if you need it—don't wait until the end of the quarter! Consider volunteering—it's a great way to meet new people while giving back.

Everyone is different when it comes

to adjusting to a new place. Be patient with yourself. Many students say that they didn't really feel at home in college until after returning from Thanksgiving or winter break; however, it may take more or less time for you to adjust. That said, if your homesickness doesn't seem to be getting any better with time or is interfering with your being able to function, ask for help. Talk to your residential life staff or contact us at CAPS (831-459-2628).



**I'M HOMESICK**  
memegenerator.net

## CAPS' Student Advisory Board and Peer Education Program

CAPS is excited to welcome the 2015–2016 members of our Student Advisory Board (SAB) and Peer Education Program (PEP). The SAB gives feedback, advice, and suggestions about CAPS services and gets involved in various projects to reach out to the student body. Peer Educators are dedicated to increasing information and reducing stigma about mental health issues and CAPS services. They provide outreach through tabling and publishing the CAPS PEP blog. SAB and PEP

**Peer Educators.** Front: Chris Chow, Michelle Vo, Melanie Walters, Hilaria Barajas, Ila Rutten, Samer Muhareb. Back: Camara Chea, Miriam Medina, Grace Shefcik, Aditi Sheth, Emma Burke, Katherine Chadbourne, Melissa Newton.



**Student Advisory Board.** Front: Vladimir Felix, Calvin Lee, Judy Li, Julia Dunn, Jazmin Jauregui. Back: Justin McClendon, Elizabeth McCarthy, Ketty Blum, Brandon Vasquez, Quinsha Wheeler, Ilse Maria Ruiz. (Not pictured: Marlene Chow, Saba Javakhishvili, Danielle Ochoa.)

members are student volunteers who are chosen by CAPS because of their great energy, ideas, and leadership skills.

CAPS selects members for the upcoming year's SAB and PEP near the end of every spring quarter. (Information will be posted on our [website](#) and [Facebook](#) page in the spring.)



## Resisting the “College Effect”

The fall quarter is an important time for first-year students, who are just getting to know UCSC and adjusting to college life. A challenge during fall quarter is the “college effect,” the phenomenon of first-year students binge drinking in the first 6 weeks of school. 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 reason it's hard to change this phenomenon is that new students sometimes assume they have to drink and party to make friends and fit in. (Not true!) Also, young adults

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often feel invincible—“Yeah, those bad things happen to other people but won’t happen to me!”

So, how can you avoid falling victim to the college effect? The most simple solution is not to drink. 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.

For 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; pace yourself (no more than one drink an hour); avoid drinking games and shots; and know your limits. These tips are especially

important if you are a new drinker—it’s easy to overdo it when you’re less experienced, and a good time can quickly become a bad one or even 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 give someone alcohol or other drugs 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 when they are drinking, and do what you can to avoid sketchy situations (e.g., use the buddy system, let friends know where you are, only accept drinks from people you trust).

CAPS and Student Health Outreach and Promotion (SHOP) are two resources if you have questions about substance use or sexual assault. Call CAPS at

## Contact CAPS:

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

831-459-2628 or SHOP at  
831-459-3772.

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 for Health and Growth website at <http://healthcenter.ucsc.edu/shop/students-in-recovery/index.html> or stop by The Cove, UCSC’s lounge, meeting, and social space for students in recovery, at Kresge College, Building 393, Suite 153 (on the Piazza).

## Upcoming Events

**CAPS GROUPS:** CAPS is offering more than 10 therapy and support groups this fall! Some groups require a short screening appointment before joining and a commitment to attending all quarter; others are “drop-in” groups, meaning you can come whenever you want throughout the quarter. Topics include finding focus, moods, understanding yourself and how you relate to others, and many more. Check out our [groups web page](#) or call us at 831-459-2628 during business hours for the latest group information. Call soon, as some of our groups are filling up!

**WELLNESS SERIES:** CAPS launched a new wellness workshop series this quarter. These weekly hour-long events are designed to give you helpful info and tools for being mentally healthier. Topics include self-

compassion, mindfulness, healthy thought patterns, and how positive psychology relates to academic success. Check our [website](#) and [Facebook](#) page for the latest info on these awesome workshops!

**LET’S TALK:** Let’s Talk is a drop-in space where you can have a brief, confidential, one-time chat with a CAPS counselor. It’s free, and you don’t need an appointment—just walk in! Let’s Talk is held on Tuesdays at the Cantu Center from 2:00 to 4:00 pm and Wednesdays at the Graduate Student Commons (across from the Bay Tree Building), from 12:30 to 2:30 pm. All registered undergraduate and graduate students are welcome to both locations of Let’s Talk. Additional days/times/locations may be added—stay tuned! Read more about Let’s Talk on the CAPS [website](#).