



# reCAPS

Counseling & Psychological Services  
University of California, Santa Cruz

## All About reCAPS

Welcome to UC Santa Cruz's Counseling & Psychological Services (CAPS) newsletter, *reCAPS*. We aim to provide you with helpful wellness and mental health infor-

mation and updates on CAPS events and services. We publish *reCAPS* once a month during the fall, winter, and spring quarters. Archived issues can be found on our [website](#).

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 Introduces New Services for Fall

CAPS has been hard at work planning for the academic year, and we're happy to announce some changes that we think you will like. The most important change is that instead of

a phone appointment as the first contact with CAPS, students can now schedule an in-person appointment at the CAPS central office. The main purpose of this meeting is for us to

get an idea of what's on your mind and work together with you to plan for next steps in addressing your concerns and issues.

"We are changing the

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CAPS staff, September 2017.

## 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](#)!

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way we do things for a couple reasons,” said CAPS Director, Gary Dunn. “The main one is so students can be seen sooner. Also, we know that many prefer to meet in person instead of talking on the phone.”

Registered UCSC students can call CAPS at (831) 459-2628 or walk in during business hours to schedule a first appointment, usually within about a week. At this meeting, the counselor may recommend a group, a workshop, brief individual counseling, psychiatry (medication) or other services through CAPS. In some cases, the counselor may recommend other campus resources or off-campus therapy, psychiatry, or testing with a private therapist or agency that provides services not available at CAPS. The counselor will help the student weigh their options and take the next steps.

Another change for this year is that CAPS is launching a three-part workshop series designed to address anxiety, which is the number one reason students seek help at CAPS. This series, called Anxiety Toolbox, will be offered various days and times throughout the quarter and provide information and tools for reducing and managing anxiety issues.

CAPS will continue to offer our three-part mindfulness workshop series this year, but we have given it a new name, Mindful Living, that better reflects what it’s all about. We will also continue to hold drop-in Wellness Workshops every week, as well as various workshops led by our amazing Peer Educators. Our Wellness workshops are held at CAPS and cover topics such as self-compassion, mindfulness, thought patterns, positive psychology, and academic focus. Our peer-led

workshops, held throughout the year, address stress, test anxiety, and helping a friend who is having problems.

We have a lot of great therapy groups planned for fall. Call CAPS if you are interested in hearing more about a group to see if it’s right for you.

CAPS is once again offering [WellTrack](#), an online program to address issues such as mild anxiety and depression. With the CAPS access code (UCSCCAPS), you can use WellTrack for free! CAPS also offers a wide range of self-help resources and tools on our [website](#).

CAPS offers 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 about all of the services mentioned in this article and see schedules for fall quarter!



CAPS is located on the second floor of the East Wing of the Student Health Center, above the pharmacy.

## Dear CAPS,

*How can I have fun on Halloween without things getting out of hand?*

—Smart Partier

When celebrating Halloween this year, be smart! Legal trouble, alcohol poisoning, and other consequences of not using your head can bring your good time to an abrupt halt. Here are a few tips to keep you safe and smart this Halloween.

- For safety, don't wear a costume that includes anything that could be confused with a real weapon, especially a gun.
- Avoid costumes that are uncomfortable or hazardous (e.g., a mask you can't see out of).
- Out of respect for others, don't dress up as someone from another race or ethnicity or wear a costume based on cultural stereotypes. Read more about the "Culture, Not a Costume" campaign [here](#).

- If you are under 21, avoid drinking—you could get in trouble on campus or even arrested. Not fun!
- Use the buddy system: Travel in a group, and don't go off with someone you don't know. Keep an eye on each other so you can help out your friends if they get into trouble.
- Keep your cell phone handy in case you get separated from your group and/or you get into a sketchy situation.
- Check with your college or other campus groups for fun stuff to do that doesn't involve drinking or drugs.

If you are of legal drinking age ...

- Don't leave your drink unattended, and never accept a drink from someone you don't know.
- If you or someone else is making mixed drinks,

measure how much alcohol is being used so you can keep track of how much you've had.

- Know your limits! The point is to have fun, not to be the drunk-est one at the party. Plus, your friends want to have fun, too, not be your babysitter.



## Upcoming Events

See our [website calendar](#) and [Facebook page](#) for more upcoming events.

**CAPS GROUPS:** CAPS is offering a variety of therapy and support groups this fall! Most of our weekly groups are still accepting new members, and we also have a drop-in group for queer and questioning men, to which you can come any week you want rather than having to sign up. Check out our [Groups web page](#) or call us at (831) 459-2628 for more info.

**ANXIETY TOOLBOX:** This is a three-part workshop series that provides research-proven tools to help you better understand and cope with anxiety. Each of the three hour-long workshops provides info and experiential skills. Series start at various times throughout the quarter. Read more on our [website](#), or call us to get more info and sign up at (831) 459-2628.

**MINDFUL LIVING:** This is a three-part workshop series that uses mindfulness-based tools to increase insight and self-awareness and build coping. The skills learned apply to a range of issues, including managing stress and difficult emotions. Each of the three hour-long

workshops provides info and experiential skills. Series start at various times throughout the quarter. Read more on our [website](#), or call us to get more info and sign up at (831) 459-2628.

**WELLNESS WORKSHOPS:** CAPS offers a different wellness workshop every Wednesday, 3–4 pm, at the Student Health Center Mural Room. These hour-long workshops provide info and tools for being mentally healthier. Topics include self-compassion, mindfulness, healthy thought patterns, how positive psychology relates to academic success, and improving academic focus. Read more on our [website](#) and [Facebook page](#).

**LET'S TALK:** Let's Talk is a drop-in space where you can have a brief, confidential, one-time chat with a professional CAPS counselor. It's free, and you don't need an appointment—just walk in! Let's Talk is held on several afternoons a week at different, convenient locations around campus. All registered undergraduate and graduate UCSC students are welcome to any location of Let's Talk. Read more and see the current schedule on our [website](#).

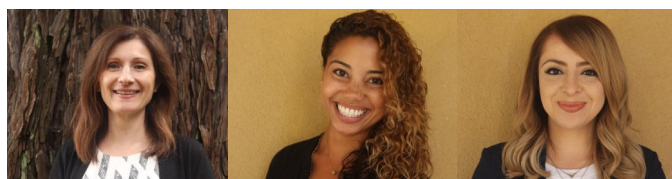
## CAPS Welcomes New Interns, Postdocs, and Staff

CAPS is happy to welcome a number of new faces. Every year, we hire a cohort of doctoral interns and postdoctoral fellows, who work at CAPS as part of their training and accrual of supervised hours in preparation for getting licensed as psychologists. This year's interns are Maria Berardi, Brittany Cooper, and Kristal Valdovinos. CAPS welcomes our new postdocs, Mekeisha Buffaloe, Jose Flores, and Claire Holland, and welcomes back postdoc Alesha Harris, who will be at CAPS for most of fall quarter, and postdoc Mark Ryan, who worked at CAPS last year as an intern.

We also welcome two new staff people in our psychiatry depart-

ment: Psychiatry Director, Shuyun David Lo, and psychiatric nurse practitioner Sharon Haight-Carter.

Finally, welcome back to psychiatrist Karen Peterson. To read more about our staff, visit our [website](#).



Interns: Maria Berardi, M.A., Brittany Cooper, M.A., and Kristal Valdovinos, B.A.



Postdocs: Mekeisha Buffaloe, Psy.D., José Flores, Psy.D., Alesha Harris, Ph.D., Claire Holland, Psy.D., and Mark Ryan, Psy.D.



S. David Lo, M.D., Sharon Haight-Carter, R.N., PMHNP-BC, and Karen Peterson, M.D.