



# reCAPS

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

## CAPS Thanks Our Peer Educators and Student Advisory Board Members

CAPS has two student programs: the Peer Education Program and Student Advisory Board, both started in 2013. CAPS is so grateful for the energy, ideas, and dedication these students bring!

### Peer Education Program

Each year, CAPS selects students to serve in the Peer Education Program (PEP). PEP raises awareness and reduces stigma around mental health through creating and facilitating educational workshops and doing outreach. Our talented and diverse team of Peer Educators is trained in a variety of topics to help them succeed in

their role. This year, the Peer Educators facilitated several fun and interactive workshops on managing stress, test anxiety, and helping a friend with mental health concerns. Several more PEP workshops are being held this quarter as well (see Page 2).

PEP also takes an active role in education through managing the [CAPS blog](#) and [Instagram](#) account. Peer Educators write amazing blog posts on mental health topics and personal reflections and post inspiring photos around mental health and wellness on Instagram.

### Student Advisory Board

The Student Advisory Board (SAB) is a group of volunteers that provides CAPS with student input and feedback about mental health issues, campus issues, and CAPS services and staffing. In past years, students applied to participate on the board; this year, CAPS used a different approach, taking nominations from campus staff to select students to liaison with different departments and communities. The SAB also includes several students who serve as “members at large” to represent general student interests.

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## All About CAPS

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

- 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
- Limited psychiatry services
- 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](#) and like us on [Facebook](#)! Also, check out our Peer Educator-created [blog](#) and [Instagram](#)!



CAPS' 2017–2018 Peer Educators.

## Peer Educator–Led Workshops for Spring 2018

Join us at CAPS for free drop-in workshops, run by our trained Peer Educators, to improve your mental health and well-being! Our Peer Educators have put together three different workshops designed to address some common student concerns in a fun, interactive way. (And there's free pizza!) All workshops are held at the CAPS main office group room, Student Health Center, East Wing, second floor above the pharmacy. No sign-up is required—just show up!

### Stress Less

Want to learn new ways to manage stress and feel better? “Stress Less” workshops are 90-minute interactive, relaxing, and resource-filled experiences designed to help you identify areas of stress and

make a plan for both immediate and long-term stress relief. Our Peer Educators are well trained in stress-management techniques, tips, and strategies, and they look forward to sharing their experiences and knowledge with you.

*“Stress Less” workshops are being held on two Fridays: May 25th and June 1st, from 11 am to 12:30 pm.*

### How to Support a Friend

Almost everyone knows someone who is having a hard time, but we don't always know how to help. If you feel unprepared or worry about “saying the wrong thing,” this workshop is for you. The “How to Support a Friend” workshop is designed to help you recognize common signs of depression and anxiety and

teach you valuable skills, including when and how to refer a friend to CAPS. So, take a couple hours out of your day to learn what to say and do to be a more supportive and informed friend!

*Offered on Wednesday, May 23rd, from 12:30 to 2:30 pm.*

### Test Anxiety

Many students feel anxious about exams, and this can interfere with performance and well-being. The “Test Anxiety” workshop is designed to help you build awareness of factors contributing to test anxiety and learn skills to reduce and better manage it.

*Offered on Wednesday, May 30th, from 12:30 to 2:30 pm.*





## Dear CAPS,

*People I know use drugs. I'm afraid one of them might overdose. How would I know if someone has overdosed, and if so, what should I do?*

—Fearful Friend

Even if you don't use drugs, it is important to recognize the signs of overdose and know what to do in an emergency involving substances. In any potential overdose situation, call 911 and be prepared to give emergency personnel information about the person, their symptoms, and what substance(s) they took or may have taken. Read the following to learn about signs of overdose and additional ways to help when someone has overdosed.

### Alcohol

When thinking about drug overdose, it's important to recognize that the most common substance on which people "overdose" is alcohol. Because alcohol is legal (for those over 21) and readily available, people underestimate the risks associated with drinking.

Alcohol "overdose" is commonly referred to as *alcohol poisoning*. The signs include confusion, vomiting, slow or irregular breathing, pale or blue skin and lips, low body temperature, loss of consciousness, and sometimes, seizures. Alcohol poisoning is an emergency and can cause death.

It's important to take appropriate action when someone is very drunk, even if they don't display signs of alcohol poisoning. Don't leave them alone. Make sure they are sitting up or lying on their side (not on their back) to prevent choking if they vomit while unconscious or semi-conscious. A common and potentially fatal mistake is leaving someone with alcohol poisoning alone to "sleep it off."

### Opioid Drugs

Prescription and "street" opioid drugs (e.g., heroin, oxycodone, methadone) are some of the substances most likely to result in overdose. Opioid overdose signs include extreme sleepiness, breathing problems, pale and clammy skin, blue or gray lips and nails, and small pupils. Opioid overdose is often fatal, so it's vital to take action if you see someone with these symptoms who has (or may have) taken an opioid drug.

If you are often around people who use opioids, you may also want to consider learning CPR and obtaining an emergency naloxone kit, which can keep someone who has overdosed alive until emergency personnel arrive. Naloxone kits are available for sale at the UCSC pharmacy and are covered by SHIP insurance. The kit contains instructions, two prefilled syringes of naloxone, two nasal adapters, and a handout with additional information about opioids.

Read more about opioid overdose and naloxone [here](#).

### Anxiety Medications

People can overdose on benzodiazepines, or "benzos," which are prescription medications used to treat anxiety, panic attacks, muscle spasms, alcohol withdrawal, and seizures. Benzos were once prescribed for the short-term management of insomnia, but they are rarely used for this purpose any more. Examples of these sedatives include Xanax, Valium, and Klonopin.

Because benzos are prescription medications, people may not realize they can be dangerous, especially when combined with alcohol or other drugs that have a sedative effect, such as opioids. Signs of benzodiazepine overdose are similar to those of opioid overdose and may also include dizziness and disorientation, blurred or double vision, tremors, lack of coordination, loss of consciousness, and coma.

### Stimulants

Overdose on cocaine, methamphetamine, ADHD medications, and other stimulant or "speedy" drugs can result in symptoms such as rapid heart rate, paranoia, agitation, shaking, hallucinations, delusions, high body temperature, trouble breathing, and seizures. As with other drugs, overdose on stimulants can be life-threatening.



## Upcoming Events

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

**PEER-LED WORKSHOPS:** CAPS' amazing Peer Educators are offering several workshops this quarter to address some common issues. Workshops include "Stress Less," "How to Support a Friend," and "Test Anxiety." See the box on Page 2 for details.

**PARENT-STUDENT SUPPORT GROUP:** This drop-in group for students who are also parents meets several times a quarter to provide support around balancing being a student with being a parent. Children 1 year or younger are welcome in the group. The final meeting of the quarter is May 21st, 10:30 am to noon, Family Student Housing #712, Family Center. Contact Susan Gulbe Walsh at (831) 459-2377 for more information.

**LET'S TALK:** This service providing a brief, confidential chat with a professional CAPS counselor is free, and you don't need an appointment. Held four afternoons a week at different locations around campus when classes are in session (not during finals or summer). All registered undergraduate and graduate UCSC students are welcome to any location of Let's Talk. Read more and get the schedule and locations on our [website](#).

**WELLNESS WORKSHOPS:** CAPS offers a different drop-in wellness workshop every Wednesday, 3 to 4 pm, when classes are in session (not during finals or summer), at the Student Health Center Mural Room (first floor, front). Workshops provide info and tools for being mentally healthier. There are three workshops remaining this academic year: "Managing Your Moods" on May 16th, "Finding Focus: Time Management and Procrastination" on May 23rd, and "A Better Bedtime: Healthy Sleep Habits" on May 30th.

