



# reCAPS

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

## Student Volunteers Kick off Year at CAPS

CAPS is excited to welcome the 2016–2017 members of our Student Advisory Board (SAB) and Peer Education Program (PEP). These two programs were launched in 2013 to provide support to CAPS and opportunities for students to find out

more about mental health, wellness, and how a university counseling center operates.

Each year, CAPS selects volunteers for these two programs, which provide essential support and student perspectives to CAPS.

The SAB gives feedback, advice, and suggestions about CAPS services and gets involved in various projects to reach out to the campus community. For example, SAB members may use their connec-

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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](#)!



2016–2017 Student Advisory Board members. Front (l–r): Holland Hyland, Alice Lindo, Vanessa Valladolid, Chantal Herrera, Fabiana DeLima, and Jazmin Jauregui. Back (l–r): Yasmine Elizondo, Imari Reynolds, Meghna Das, Olivia Pomeroy, Gabriella Cory, and Sarah Ali.

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tions with student orgs, teams, clubs, academic departments, and residents to find out what students think about a CAPS service or an issue affecting the university community. Past projects undertaken by SAB include creating and administering a survey to get feedback on CAPS' Let's Talk drop-in consultation program, providing suggestions to improve the CAPS website and redesign promotional materials, and giving feedback on the Access for All Student Health Fee Referendum.

Peer Educators are dedicated to providing mental health and well-

ness information to students and reducing stigma around mental health issues. The primary focus of PEP is to offer workshops on stress management and other topics throughout the academic year. (See page 4 for more info on PEP's Stress Less workshops.) One of PEP's functions is to coordinate with student and professional university staff to provide these workshops to specific audiences or at special events; for example, PEP can offer a workshop during a student org meeting or work with RAs to offer a workshop to their residents. In addition, PEP helps CAPS plan and promote various outreach

events and services and manages the [CAPS blog](#).

SAB members and Peer Educators are student volunteers who are chosen by CAPS because of their great energy, ideas, and leadership skills. CAPS selects SAB and PEP members for the upcoming year during spring quarter. Information about the selection process for both programs for the 2017–2018 academic year will be posted on the CAPS [website](#) and [Facebook](#) page later in the academic year. Stay tuned for updates!



2016–2017 Peer Educators. Front (l–r) Xinru “Tina” Wang, Kyle Retzer, Maddison Wright, Camara Chea, Miriam Medina, and Aditi Sheth. Back (l–r): Kimberly Balmorez, Melissa Newton, Rebeca Najarro, Hilaria Barajas, Harsimran Kaur, and Emma Burke.

## Dear CAPS,

*I heard that sometimes there is a long wait to get a counseling appointment at CAPS. Is that true?*

—Seeking Services

It is true that when demand is high, the wait to begin individual counseling can be 2 weeks or longer. But that's not the whole story. Usually the time to a first contact with us is short. The first step is typically a phone appointment, which you usually can within a few business days. On weekdays between 8 am and 5 pm, call or stop by to schedule one. During the phone appointment, we ask about why you contacted us and find out more about your overall mental health and well-being and history. Then, we make recommendations for what might help. From there,

how long it takes to start services depends on the reason you are calling and the services you need.

Individual counseling is just one service we offer, and it is not the best fit for every issue. Sometimes other CAPS services, like workshops, groups, Let's Talk drop-in consultations, medication services, or referrals for services on and off campus, could be better options.

Sometimes we do recommend individual counseling, either with a CAPS counselor or off campus with a private therapist or counseling agency. At CAPS, the individual therapy we offer is brief—most students are seen from a couple to up to a handful of sessions in an academic year. For those who prefer or need to see a counselor for longer or need a specialized service

we don't offer, off-campus therapy can be the best option. Also, when we get backed up due to high demand, we may suggest off-campus services so you can get the help you need sooner.

When a student is in crisis, CAPS will see them as soon as possible—particularly if they are at risk of harm to self or someone else. If you are in crisis, walk in to CAPS between 8 am and 5 pm Monday through Friday or call our main number any time: Crisis services are available by phone on evenings, weekends, and holidays at (831) 459-2628.

Read about the wide variety of services we offer on our [website](#) or learn more by calling us during business hours at (831) 459-2628.



## Upcoming Events

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

**MOVIES FOR MENTAL HEALTH:** CAPS is partnering with Art With Impact to offer this popular annual event. Short student-made films on mental health will be screened, with a panel discussion and FREE DINNER! Thursday, Nov. 3rd, 5:30–7:30 pm at the Student Health Center Mural Room. No sign-up required.

**WELLNESS WORKSHOPS:** CAPS offers a different wellness workshop every Wednesday, 3:30–4:30 pm, at our central office. 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](#).

**EMBRACE YOUR LIFE:** EYL is a three-part workshop series that uses mindfulness-based tools to increase insight and self-awareness and build coping. The skills learned in EYL apply to a range of issues, including managing stress and difficult emotions. Each hour-long workshop provides info and experiential skills. EYL series start every week this quarter on different days and times. Read more about EYL on our [website](#), or call us to get more info and sign up at (831) 459-2628.

**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 four afternoons a week from 1 to 3 pm at the following locations: Mondays, Bay Tree Building, 3rd floor (near Ethnic Resource Centers); Tuesdays, The Cove at Cowell (mobile building near the Provost House); Wednesdays, Cantu Queer Center; and Thursdays, Graduate Commons in Quarry Plaza. All registered undergraduate and graduate students are welcome to all locations of Let's Talk. Read more on our [website](#).

## Wellness Tip: De-Stress With CAPS Peer Educators!

Everyone gets stressed sometimes, and college can certainly provide lots of reasons to stress out! Whether it's deadlines, grades, being too busy, social stuff, or other issues causing you stress, there are ways to cope and calm down.

CAPS is excited to offer another year of workshops designed by our skilled and dedicated Peer Educators to help you manage stress. These free, drop-in "Stress Less" workshops are available to all registered UCSC students and will be held on four days this quarter (see schedule to the right). More workshops will be held in winter and spring quarters.

During each workshop, trained Peer Educators teach you ways to identify and combat sources of stress. And, there is free food, so you don't have to stress about being hungry!

These drop-in workshops are held at CAPS, on the second floor of the Health Center complex above the pharmacy. UCSC student and professional staff can also contact us to coordinate offering a Stress Less workshop for a group or event (e.g., for your dorm residents, at an org meeting). To schedule a Stress Less workshop, please complete our online [Workshop Request Form](#).

The CAPS Peer Educator Program Presents

# Stress Less

A free drop-in workshop to identify and combat sources of stress!

**Monday, 11/7 1:00 - 2:00**  
**Thursday, 11/10 11:00 - 12:00**  
**Friday, 11/18 11:00 - 12:00**  
**Monday, 11/21 1:00 - 2:00**

CAPS Group Room, Student Health Center  
2nd floor above the pharmacy

**FREE FOOD!**

For accessibility concerns,  
call CAPS at 831-459-2628

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READY?