

Counseling and Psychological Services (CAPS): We can help

**Kirsten Olson, PhD, CAPS Director & CAPS Clinical Team
California State University Channel Islands
Spring 2021**

The CAPS Team



Jill Huang, Ph.D.
Training Coordinator



Kirsten Olson, Ph.D., ABPP
Director



Kristina Rodriguez, Psy.D.
Clinical Lead



Grenisha Holmes, LCSW
Outreach Coordinator



Alexis McKenna, LMFT
Clinical Case Manager



Norma Lopez Magaña, LCSW
Clinician



Stacy Udolph, LCSW
Clinician



Dolores Martinez
Administrative Assistant



805-437-2088



caps@csuci.edu



www.csuci.edu/caps


Summary

- Annual utilization – n=693 – approximately 10% of student body
 - Demographics – Consistent with general campus population
- Top presenting concerns – CSUCI & Nationwide
 - Anxiety
 - Depression
 - Academic Challenges
 - Relationship Problems
- Impacts of COVID on student mental health
 - Moving home with challenging family dynamics, including caring for and homeschooling younger siblings
 - Lack of privacy for classes, studying, and confidential counseling sessions
 - Extreme financial strain increasing basic needs including emergency housing, food, transportation to appointments
 - Isolation from friends and other social supports typically available to process stressors
 - Not taking advantage of CI resources even though they are available virtually such as office hours, Library services, and study groups
- Short-term counseling – No specific session limit
 - Problem & Solution Focused - "What is happening here and now that we can address to decrease distress and increase academic performance and personal well-being?"
 - Mode = 1; Mean = 4; range = 1-15
 - Case management to longer term counseling in community

CAPS Services

-  Crisis intervention
-  Individual counseling
-  Group counseling programs
-  24/7 Phone counseling
-  Outreach activities
-  Consultation for faculty and staff
-  Community referral services
-  Relaxation Room with the famous Egg Chair

Counseling & Psychological Services (CAPS)
24/7 CRISIS SUPPORT
Call or text to connect with a counselor for **immediate** support!



24/7 Phone Support


- Call the CAPS main office at:
805-437-2088
- After the greeting, select **option 2** to connect to a counselor.









OR

National Text Support

- Text 'Hello' to:
741741
- from anywhere in the US.
- A crisis counselor receives the text and responds quickly.

If you are experiencing an emergency, please call the Police immediately by dialing **9-1-1**



-  Intervención en caso de crisis
-  Terapia individual
-  Programas de terapia grupal
-  Terapia telefónica 24/7
-  Actividades de acercamiento
-  Consultas de docentes y personal no docente
-  Servicios de remisión a la comunidad
-  Sala de relax con el famoso sillón huevo

Crisis intervention services are available with CAPS clinicians:
Monday-Friday from 8:00 am – 5:00 pm

Accessing CAPS

Appointment options when you call, schedule online, e-mail, or walk into the clinic (in Fall 2021):

- Appointments for students:
 - Initial Consultation - Regularly scheduled appointment (Within 1-2 weeks)
 - Crisis Support - Same Day Appointment
- **Consultations for faculty/staff regarding students of concern:**
 - Same day or the next morning if faculty outreach is after hours

Appointment Options

You can schedule your **first-time CAPS appointments** online for Initial Consultations (IC) and Case Management (CM) appointments. Please call CAPS at 805-437-2088 for same-day Crisis Support and for scheduling follow-up appointments.

Crisis Support (CS)

CS is like going to an urgent care clinic in which you are seen the **same day**. The session will focus on your immediate health and safety-related concerns. *Examples of crises are listed below.

Call 805-437-2088 to make a crisis appointment.

Initial Consultation (IC)

IC appointments are for students who have never been to CAPS before. They are an opportunity to speak with a clinician about your concerns, learn options, and identify solutions using a short-term treatment model.

[Consultation with a Clinician »](#)

Follow Up (FU)

FU appointments are for students who have been to CAPS before and want to schedule another appointment.

We do not have online scheduling for this option. **Please call 805-437-2088 or email caps@csuci.edu to make a follow-up appointment.**

Campus Advocate (CA)

Our Campus Advocate supports survivors of sexual assault, sexual misconduct, sexual harassment, dating violence, domestic violence, and stalking.

Please call 805-437-3527, email campusadvocate@csuci.edu, or submit a request for an appointment.

[Consultation with Campus Advocate »](#)

Group Counseling: Spring 2021



Healing After Sexual Assault



**Mindful Relationships:
Creating Healthier
Connections
(even in the virtual world)**



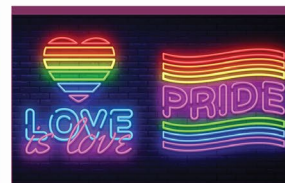
**General Anxiety
Support Group**



Mindfulness for Wellness



**Working Through Grief
and Loss**



**The Rainbow Café
Support Group**

**SPRING 2021
CAPS Virtual
Group Counseling**

**All group meetings
are held via ZOOM**

VISIT
go.csuci.edu/CAPSGroups

CONTACT
caps@csuci.edu

CALL
805-437-2088



COUNSELING & PSYCHOLOGICAL SERVICES
CHANNEL ISLANDS

~ NO PRE-SCREEN REQUIRED FOR DROP-IN GROUP MEETINGS ~



DROP-IN

**Adelante Dolphins!
Support Group
for Latinx Students**



DROP-IN

**HAAPI: Supporting
Healthy Asian/Asian
American Pacific Islanders**



DROP-IN

**Social Anxiety
Support Group**



DROP-IN

**"Be You" Support Group
for Students of African
Descent**

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