What to Expect for a First Appointment in CAPS

Prior to the first appointment with a clinician at CAPS, we ask that you complete initial forms. These forms include information that allows you to provide Informed Consent to participate in confidential CAPS services. This also gives you an opportunity to tell us about your identity, family, history, and reasons you are seeking counseling. This information you disclose is voluntary, confidential, and valuable in helping clinicians assess your current treatment needs.

A link to the confidential forms will be sent in an email 24 hours prior to the appointment. We ask that you complete the forms on the day of the appointment and no later than five minutes before the appointment. Please know that clinicians will be not reviewing your information until five minutes prior to the appointment. If you feel you are in crisis, please contact CAPS at 805-437-2088 so that we may assist you right away.

Below are some helpful considerations to keep in mind for the first appointment:

- Sessions typically are scheduled for 45-50 minutes.
- The beginning of the session will involve discussing confidentiality and verifying information for a Telemental Health appointment such as your identity as a CI student, your emergency contact information, and location at the time of the meeting.
- It is okay to feel anxious, nervous, or worried about the first appointment. Some common worries include concerns about what the clinician might inquire about, whether the self can connect to the clinician, and what the next steps are.
- The clinician will work with you to assess and understand your treatment needs.
- The clinician will review the services available at CAPS. The recommended treatment plan may include varying forms of support from group counseling to individual counseling at CAPS and/or in the community.
- We encourage you to find a private place for your session so that you can feel more comfortable sharing your concerns with the clinician. If you do not have a private place for an appointment, please let us know so that we may assist you with this need.
- Please complete your forms and login to your Zoom for Healthcare counseling session no later than five minutes prior to the start of the appointment.
- Please have your CSUCI ID card available so your clinician can verify your identity to protect your confidentiality.
- More questions about your first session? Call or email us! 805-437-2088 or caps@csuci.edu

On behalf of the CAPS team, welcome – we are here to help!