

CAPS SCOPE OF SERVICES

Our most common clinical services include:

- Emergent care and consultation for any student in crisis
- Counseling (individual and group) for issues including:
 - Depression and anxiety
 - Adjustment to college life, homesickness
 - Interpersonal/relationship difficulties, loneliness
 - Family conflict
 - Grief and loss
 - Anger problems
 - Sexuality
 - Identity development and issues related to diversity
 - Spirituality concerns
 - Eating behaviors and body image
 - Alcohol and substance use concerns, relapse prevention
 - Trauma/assault
 - Academic Performance and motivation, better understanding of learning style
 - Personal growth and development, identification of coping style
- Brief case management (providing referrals to other agencies and assisting with accessing resources in the community)
- Psychiatric evaluation and medication management for students actively engaged in counseling at CAPS

Limits of our services:

- Students who demonstrate a serious lack of motivation or engagement in treatment, as evidenced by poor attendance to appointments or lack of follow-through on recommendations
- Students who are already receiving counseling services from another provider and do not end that treatment
- Students who are seeking counseling because it is a requirement of a class, and who are not otherwise motivated for or in need of treatment
- Students with a desire to be seen more frequently than CAPS resources can provide (e.g., more than weekly), *or* on a long-term basis
- Students for whom a short-term treatment model (e.g., up to 16 sessions) would be detrimental or inappropriate to the diagnosis or clinical issues
- Students in need of *ongoing* or intensive supports to treat chronic, serious mental health conditions
- Students with a history of longstanding, seriously maladaptive interpersonal behaviors that result in severe relationship problems, requiring services beyond CAPS scope
- Students with a recent history of numerous suicide attempts, severe self-injury, or multiple psychiatric hospitalizations

- Students with significant or chronic disordered eating symptoms which require intensive outpatient or residential treatment and whose symptoms pose medical danger
- Students with significant or chronic substance use which requires intensive outpatient or residential treatment, detox, or hospitalization, or whose symptoms pose medical danger
- Students who, despite ongoing efforts of their counselor, are not achieving progress with established counseling goals
- Students in need of ongoing medication management after termination of counseling services or case management at CAPS
- Students whose needs fall outside the clinical expertise of CAPS staff
- Students with active psychotic symptoms at risk for progressive deterioration of functioning and in need of intensive treatment for stabilization
- Students seeking or attempting to meet requirements of court-mandated treatment, legal proceedings, or employment clearance
- Students who engage in inappropriate, harassing, menacing, threatening, or violent behaviors towards CAPS staff