

Dear Colleagues:

As you may be well aware, **the vast majority of our CAPS clients are referred by concerned faculty and staff.** Through your support and collaboration, each year, CAPS has advanced toward its vision of being *valued and recognized by the campus community for promoting psychological health, wellbeing, and success for all students.* **THANK YOU!**

For the 2008-09 academic year, CAPS provided services to nearly 750 students for ~3950 counseling or assessment sessions, both numbers >5% increases over the prior year.

Anticipating ongoing high demands for CAPS services during the fall semester 2009, CAPS staff would like to inform you of necessary changes. ***Beginning in the fall semester 2009, CAPS staff has put together various resources for your classroom use in lieu of in person classroom presentations for learning community classes:***

Topic	Content	Time
CAPS Services	Information about services provided by CAPS and contact information.	~ 10 min of class time
Managing Stress Before it Manages You	Stress/time management skills and information about CAPS services.	~ 45-60 min. of information + discussion time
Test Anxiety	Test taking strategies and tips for managing test anxiety. Includes information about CAPS services.	~ 45 – 60 min. of information + discussion time

These, and other resources, can be found at the bottom of our Outreach and Presentations web page: <http://life.iupui.edu/caps/outreach.html>

Rest assured, CAPS will try its best to honor your request for classroom and group presentations on other topics, and to provide a timely response for consultation, urgent and crisis situations. Requests for presentations can be made on-line at: <http://life.iupui.edu/caps/forms/presentations.html>

CAPS will continue to assist in student adjustment, coping, and academic progress by providing individual, couples and group counseling as well as evaluation and testing for academic difficulties.

Wishing you a wonderful 2009-10 academic year!

CAPS' Staff

In this Issue:

- **Letter to our Colleagues: Presentation – Format change Classroom Tools**
- **CAPS Resources**
- **2008-09 Report**
- **The CAPS Team**
- **Upcoming Events**

Depression affects about 19 million people in the USA every year, and nearly half of all college students say they have felt so depressed that they found it difficult to function during the last school year.

Anxiety can feel so overwhelming that a person's ability to work, study, interact with people, or follow a daily routine is affected. Anxiety disorders are the most common mental illnesses in the US.

Source: ULifeline
<http://www.ulifeline.org>

Counseling and Psychological Services (CAPS)

Most Students come to CAPS because of YOU!

Students coming to CAPS last year reported finding out about our services from the following sources:

	2008-09	
	#	%
Friend	134	18.1
Faculty/Staff	250	33.8
Advertisement	20	2.7
Learning Community	2	0.3
Screening/Awareness Day	2	0.3
Student Health Center	3	0.4
Other Outreach	2	0.3
Spouse/Family Member	7	0.9
Other	54	7.3
Web Site	160	21.6
Orientation	44	5.9
AES	9	1.2

To alert all students to the fact that CAPS is here to help, **consider placing the following few sentences in your course syllabus:**

During the semester, if you find that life stressors are interfering with your academic or personal success, consider contacting Counseling and Psychological Services (CAPS). All IUPUI students are eligible for counseling services at minimal fees. CAPS also performs evaluations for learning disorders and ADHD; fees are charged for testing. CAPS is located in UN418 and can be contacted by phone (317-274-2548). For more information, see the CAPS web-site at: <http://life.iupui.edu/caps/>

If you believe a student might benefit from our services, please consider suggesting they contact us. Additional information regarding making a referral can be found on our web site:

<http://life.iupui.edu/caps/refer.html>

Additional resources can also be found on CAPS website:

<http://life.iupui.edu/caps/>

Brochures on various topics: Stress, Tips for Test Taking, Reducing Test Anxiety, First Generation College Students etc. <http://life.iupui.edu/caps/brochures.html>

Online self-assessment tools for: depression, anxiety, alcohol use, body image and eating attitude. <http://life.iupui.edu/caps/self-assessment.html>

General mental health related topics, resources for student veterans, and general health topics. <http://life.iupui.edu/caps/web-resources.html>

e-CHUG: The electronic **Check-Up to Go** is a brief self-assessment that provides your students with **confidential, accurate, detailed, and personalized feedback on their use of alcohol.** It is now in use on nearly 400 universities and colleges in 45 states across the United States. The e-CHUG also provides simple functions to print a feedback summary, or an input summary on drinking profile, level of intoxication, risk factors, comparisons, tobacco use, and making changes. <http://life.iupui.edu/caps/echug.html>

To access IUPUI e-CHUG, go to: <https://interwork.sdsu.edu/echug2/?id=IUPUI&hfs=true>

Thank you for your ongoing support of IUPUI students and CAPS!

Our Vision: Promoting Psychological Health, Well-being, and Success for all Students

Mission

CAPS provides direct professional psychological services, including crisis response, counseling, assessment, and referral, that are accessible to, and provide for, the general well-being of all IUPUI students. Services also include consultation to the campus community and training experiences for graduate student counselors.

Counseling

Counseling is provided in Individual, Relationship, and Group formats to assist students with a wide range of concerns, including but not limited to:

Anxiety/Phobias
Depression
Eating Disorders
Grief/Loss
Identity Development
Parenting
Relationships
Stress & Time Management
Study Skills
Test Anxiety
Trauma/Recovery
Values Clarification

Evaluation and Testing

Assessments for the following conditions are also performed:

Attention-Deficit/Hyperactivity Disorder
Learning Disorders
Developmental Disorders
Substance Abuse

Outreach and Consultation

Presentations for classroom use are available on the CAPS' web-site.

<http://life.iupui.edu/caps/outreach.html>

In addition, staff provide classroom and group presentations related to mental health and wellness.

CAPS provides screening and educational information during national screening days for alcohol abuse, depression, eating disorders, and anxiety. **Consider offering extra credit for students to attend and bring back educational materials.**

CAPS consultants are available to faculty and staff to assist in dealing with students, co-workers, or job-related concerns.

Psychiatric Medication Management

CAPS clients are eligible for psychiatric services at a reduced cost through our contract with the Department of Psychiatry, IUSM. Referrals to outside physicians will also be made as indicated.

In 2008-09, CAPS

- served more than 740 students, a 5.5% increase over the prior year.
- provided more than 3850 appointments, nearly a 6% increase over 2007-08.
- intervened in more than 100 crisis appointments for students in immediate need.
- housed medication management for nearly 170 students through a contract with IU Department of Psychiatry.

Counseling and Psychological Services (CAPS)

Our Service: Students presenting to CAPS...

...tend to be experiencing mild to moderate difficulties completing their daily responsibilities, and often are experiencing academic difficulties.

	2008-09	
	Number	Percent
Good Functioning	2	0.36%
Slight Impairment	89	15.81%
Mild Difficulties	325	57.73%
Moderate	133	23.62%
Serious	14	0.25%
Impaired Reality	0	0

	2008-09	
	Number	Percent
None	226	40.50%
Mild Impairment	128	22.94%
Apparent Difficulties	106	19.00%
Decline Performance	49	8.78%
Risk of Failure	49	8.78%

...represent undergraduate, graduate, and professional programs.

Student Status	2008-09	
	#	%
Freshman	91	12.3
Sophomore	136	18.4
Junior	164	22.2
Senior	129	17.4
Masters	75	10.1
Doctoral	27	3.6
Dental Student	10	1.4
Medical Student	3	0.4
Law Student	36	4.9
Other	6	0.8
Non-Degree	6	0.8
Not Available	57	7.7

...and, are more ethnically diverse population than the general student body.

	IUPUI	CAPS	
	2008	2008-09	
	% Enrolled	#	%
Asian/Pacific Islander	4.0	35	4.7
Black/African-American	9.1	70	9.5
Hispanic/Latina(o)	2.5	30	4.1
Native American	0.3	4	0.5
White/Caucasian	73.8	530	71.6
International	4.7		
Multiracial and Other		36	4.9
No Answer/Unknown	5.7	35	4.7
Total	28,772	740	

Client Satisfaction

Students found our services helpful and many believed coming to CAPS helped them stay in school.

Clients surveyed:	%
...found the visits useful	96%
...experienced improvement in their condition	73%
...indicated that CAPS' services helped them to remain at IUPUI	63%
...believed CAPS' services helped to improve their academic performance	63%

The IUPUI CAPS Team

Julie M. Lash

Director

Unchana ThamasakAssistant Director for Clinical Services

Cissy Duvalle.....Office Coordinator

Danielle Douglas.....Receptionist (p/t)

Suzanne Hillin.....Staff Counselor

Ciara Lewis.....Clinical Psychologist

Luana Nan.....Staff Counselor

Misty Spitler.....Staff Counselor

Samantha Bergmann.....Post-Doctoral Fellow

Jo Beck-Jennings.....Post-Doctoral Fellow (p/t)

Carrie Kiszka.....Pre-Doctoral Intern

Rebecca Stempel.....Pre-Doctoral Intern

Aimee Dershowitz.....Doctoral Student Counselor

Jason Katte.....Master's Student Counselor

Kathleen Plewa.....Doctoral Student Counselor

John Poston.....Doctoral Student Counselor

Meghana Suchak.....Doctoral Student Counselor

Ann Kledzik, M.D. (Contracted)
Psychiatrist, IUSM

Ann Loth, M.D. (Contracted)
Psychiatric Resident, IUSM

Amy Ricke, M.D. (Contracted)
Psychiatric Resident, IUSM

CAPS Upcoming Events:

Alcohol Screening

Thursday, September 10, 2009

10am – 4pm, CE 148

Depression Screening

Thursday, October 8, 2009

10am – 4pm, CE 148

**Counseling and
Psychological Services**

620 Union Dr. Suite 418
Indianapolis, IN
46202

Phone: 317-274-2548

Fax: 317-278-0948

Email: capsindy@iupui.edu

Web: <http://life.iupui.edu/caps/>

*The Division of
Student Life*

*Empowering student learning, inclusion and success
through engagement*