



# Mental Health Matters

**Counseling and Psychological Services (CAPS)**

Spring 2005  
Volume II, Issue VI

## CAPS Upcoming Changes

Unlike many other campuses, IUPUI Counseling and Psychological Services (CAPS) is not supported by any of the currently assessed student fees. Due to budgetary constraints and an increased demand for services, **CAPS will be implementing a change in fee and service structure in the fall of 2005.** These changes were based on data collected from internal reviews, external reviews, and student surveys.

Students present to CAPS with concerns related, but not limited, to:

- depression
- anxiety
- trauma
- relationships
- adjustment
- identity development
- academic difficulties
- acculturation

As with university counseling centers across the country, CAPS has noted increases in the:

- severity of presenting symptoms
- demand for services (7-10% each of last 4 years at CAPS)
- retention and graduation rates of students seeking counseling services

**The vast majority of our students are referred by concerned faculty and staff. CAPS values your support and collaboration in realizing our vision to:**

*...be valued and recognized by the campus community for promoting psychological health, wellbeing, and success for all students.*

### In this issue:

**CAPS Upcoming Changes**  
Pages 1

**CAPS Facts**  
Page 2

**CAPS Fee Policies**  
Page 3

**Contacts and CAPS Upcoming Event**  
Page 4

### CAPS provides:

- Individual, couples, and group counseling services to IUPUI students

- Testing and assessment for learning and attention disorders

- Consultation services to faculty and staff

- Outreach and psychoeducation

- Training for graduate student counselors

## IUPUI CAPS' Facts

CAPS has experienced a consistent increased demand for services over the past 4-years.

Year	# Intakes	% Increase	# Sessions	% Increase
2001	345	---	2804	---
2002	382	11%	3035	8%
2003	428	12%	3236	7%
2004	444	4%	3631	12%

IUPUI CAPS is understaffed and under-funded.

- **The current staff: student ratio at IUPUI CAPS is 1:10,000**
  - A 2001 external review recommended a staff: student ratio of 1:2000 for IUPUI, comparable to that of other institutions of similar size
- **IUPUI CAPS receives no money from current student fees**
  - Student fees fully fund 22.5% and partially fund 36% of university counseling centers (Gallagher Survey, 2004)

College Counseling Centers are seeing an increase in severity of psychological symptoms.

- 86% of college counseling center directors report an increase in severity of psychological concerns (Gallagher Survey, 2004); a similar increase has been seen at IUPUI CAPS
- More than 40% of students seeking services at IUPUI CAPS have symptoms that warrant a referral for medication, compared with ~25% at other counseling centers (Gallagher Survey, 2004)
- 77% of individuals screened during IUPUI CAPS' outreach efforts report significant symptoms of depression and/or anxiety

Personal and psychological counseling improves academic retention.

- 20% of students leaving a small private university did so for "personal" reasons which were not financial or academic in nature (Rummal et al, 1999)
- "Emotional and social adjustment items predicted attrition as well or better than academic adjustment issues" (Gerdes & Mallinckrodt, 1994)
- College Students who engage in personal counseling have 12-14% higher retention, persistence, and graduation rates than their peers (Wilson, 1997; Turner & Berry, 2000)
- IUPUI' s 6-year graduation rate is ~22%, and one-year retention rate for full-time freshmen is ~65% (IUPUI Campus Profile). The retention and graduation rates of students using services at IUPUI CAPS are:

Year as Client	Graduation by 12/2000	Persistence in 12/2000	Total Retention
1994	47%	8%	55%
1998	41%	9%	50%

## CAPS Fee Policies Effective 08/24/05

### Eligibility Requirements

- Only students granted enrollment to IUPUI are eligible for CAPS' services. Students who have been admitted to the university may initiate counseling services prior to the first day of classes by providing documentation of registration for classes in the upcoming semester.

- There will be no distinction in service provision based on credit hour enrollment.

- Graduate and professional students will be eligible for CAPS' services. Medical students will be made aware of Medical Student and Resident Counseling: Suzanne Kunkle, PhD as an alternative resource. Medical residents and postdoctoral fellows are not eligible for CAPS' services, as they are considered employees of the University.

- Students who are not taking classes during summer sessions remain eligible for CAPS' services if they plan to reenroll in the fall semester.

- Students who are taking a leave from the university for no more than one semester remain eligible for CAPS' services.

### Presentations

There will be no charge for presentations at this time. Availability is contingent upon the level of demand for CAPS services.

### Psychoeducational Seminars

Psychoeducational seminars will be provided at a cost of \$5 per person per session.

### Psychoeducational Evaluations and Testing

Psychoeducational evaluation and testing will be provided for IUPUI students based on the eligibility requirements described above. The initial Evaluation interview will be performed free of charge. Fees for testing will be based on a standardized schedule

### Fees:

#### Application Fee

All new clients will be assessed a \$15 application fee upon request for services at IUPUI CAPS.

#### Reactivation Fee

All clients returning for services will be assessed a \$15 reactivation fee to re-establish services

### Counseling Services:

#### Intake Sessions

There will be no charge for Intake evaluation sessions.

#### Individual Counseling Sessions

*Each student is eligible for 6 free individual counseling sessions during their career at IUPUI.* Intake and assessment sessions are not counted as part of these sessions. Subsequent to utilization of 6 counseling sessions, a fee of \$10 will be assessed for each one- hour individual counseling session.

#### Couples Counseling Sessions

Couples intake sessions will be performed free of charge. All sessions following intake are subject to a fee. Couple counseling sessions are typically 90-minutes in length, a fee of \$15 per person will be assessed for each 90-minute session, for a total charge of \$30 per session.

#### Group Counseling

Screening/Intakes for group participation will be performed at no charge. Group participants will be assessed a fee of \$5 per session. A minimum of 8 members will be required for group sessions to be initiated. Group sessions will be 90-minutes in length.

### Graduating Students

- Students graduating during the course of treatment will be assisted in securing other treatment options.

### Non-Students

- Non-student members of the IUPUI community will be seen for crisis, stabilization, and referral only. Faculty and staff will not be charged for such services.

**Counseling and Psychological Services**

620 Union Dr. Suite 418  
Indianapolis, IN  
46202

Phone: 317-274-2548

Fax: 317-278-0948

Email: [capsindy@iupui.edu](mailto:capsindy@iupui.edu)

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

*The Division of  
Student Life and  
Diversity*

**Upcoming Event:**

**Anxiety Screening Day**

**Thursday, April 21<sup>st</sup>  
10:00 am to 4:00 pm  
University College  
(UC) Lobby**

**Fee Structure At A Glance**

	<b>Current</b>	<b>Fall 05</b>
Application Fee	\$10	\$15
Free Individual Sessions	12/year	6 total
Individual Session Fee	\$20 (13+)	\$10 (7+)
Free Couples Sessions	12/year	None
Couples Session Fee	\$20 (13+)	\$30

**If you have any questions or concerns, please contact:**

**Vice Chancellor Karen Whitney**

**(317) 274-8990**

**[whitney@iupui.edu](mailto:whitney@iupui.edu)**