

Counseling and Psychological Services (CAPS)

Union Building, Suite UN 418

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Mission:

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.

Vision:

... promoting psychological health, well-being, and success for all students.

Office Hours:

Monday- Friday 9:00am-4:00pm, Tuesday – Thursday evenings by appointment only

Overview of services:

- Individual Counseling
- Relationship Counseling
- Group Counseling
- Evaluation and Testing for Learning Disorders and ADHD
- Screenings for Depression, Anxiety, Alcohol Use, and Body Image Issues
- Consultation on addressing mental health needs

Annual highlights

- **Best practices**
 - Approximately 87% of clients completing the CAPS satisfaction survey were satisfied with the services received and 80% reported significant improvements in the concerns that brought them to counseling.
 - All full-time staff completed requirements for licensure to practice independently. Currently, CAPS has 5.6 FTE clinical staff and 0.2 FTE psychiatrist, with a goal of ~15.
- **Teaching and learning**
 - When comparing first-time full-time students over an 8-year period, those accessing CAPS' services had a 6-year graduation rate of ~42%, compared to a 27% graduation rate for their peer group.
 - CAPS provided services to nearly 800 students (a 5.6% increase over prior year) for nearly 4500 counseling or assessment sessions (16.5% increase over prior year).
- **Civic engagement**
 - Staff presented as part of continuing education workshop for professionals on working with GLB clients.
 - Staff made presentation to local PFLAG group regarding the coming out process.
- **Diversity**
 - More than 25% percent of students seeking CAPS' services identified as non-white.
 - Staff completed ~75 evaluations for possible learning disorders or ADHD.

Population Demographics

School	Classification					
	Undergraduate		Graduate		Total	
	2008-09	2009-10	2008-09	2009-10	2008-09	2009-10
Continuing Studies	0	0	-	1	0	1
Engineering & Technology	35	38	1	1	36	39
Health and Rehabilitation	11	21	6	13	17	34
Herron School of Art	37	34	6	5	43	39
Kelley School of Business	48	57	2	10	50	67
Library and Information	1	0	3	3	4	3
PE and Tourism Management	21	11	-	-	21	11
School of Dentistry	7	4	12	15	19	19
School of Education	43	52	11	12	54	64
School of Informatics	27	27	8	6	35	33
School of Journalism	6	4	-	-	6	4
School of Law	8	7	41	46	49	53
School of Liberal Arts	31	42	3	9	34	51
School of Medicine	3	5	8	15	11	20
School of Nursing	55	39	3	6	58	45
School of Science	94	104	28	36	122	140
School of Social Work	8	9	15	18	23	27
SPEA	7	9	4	10	11	19
University College	27	32	-	-	27	32
Non-degree/Other					11	19
No Answer					104	89
Total	469	495	151	206	749	815

Race/Ethnicity	IUPUI	CAPS	
	2009	2009-10	
		#	%
Asian/Pacific Islander	3.9	49	6.0
Black/African-American	9.5	90	11.0
Hispanic/Latina(o)	2.7	24	2.9
Native American	0.3	5	0.6
White/Caucasian	73.0	572	70.2
International	4.6	8	1.0
Multiracial and Other		32	4.0
No Answer/Unknown	6.0	35	4.3
Total		815	

Age	CAPS 2009-10	
	#	% Served
18-22	235	28.8%
23-25	209	25.6%
26-30	180	22.1%
31-40	96	11.8%
41-50	36	4.4%
>50	22	2.7%
No Answer	37	4.5%

Gender	IUPUI	CAPS	
	2009	2009-10	
		#	% Served
Female	57.1	512	62.8
Male	42.9	281	34.5
No Answer		22	2.7

Initial Impairments: Most students presenting to CAPS are experiencing mild to moderate impairments in general and academic functioning.

General Functioning	2009-10	
	#	%
Good Functioning	1	0.2%
Slight Impairment	96	16.0%
Mild Difficulties	337	56.7%
Moderate	143	23.8%
Serious Difficulties	7	1.2%
Impaired Reality	0	0

Academic Impairment	2009-10	
	#	%
None	220	36.7%
Mild	134	22.3%
Apparent	120	20.0%
Decline	48	8.0%
Failure	48	8.0%

Diagnoses of Treatment: Of the 356 clients that engaged in evaluation or treatment for a sufficient amount of time to support a diagnosis, the most frequent symptom presentation was related to clinical depression. Some clients met criteria for more than one diagnosis, therefore, the column sum is >356.

Diagnoses of Treatment 2009-10	
Diagnostic Category	# clients
Depression	125
Relationship Problems	103
Situational Problems	92
ADHD/LD	74
Anxiety	68
Adjustment Issues with depression/anxiety	45
Victim of Abuse	32

Diagnostic Category	# clients
Substance Related	28
Trauma – PTSD or Acute Stress	15
Eating/Body Issues/Physical Symptoms	14
Developmental/Cognitive	9
Thought Disorders/Problem Behaviors	6
Bipolar Disorder	3

Program, Service, or Facility Data:

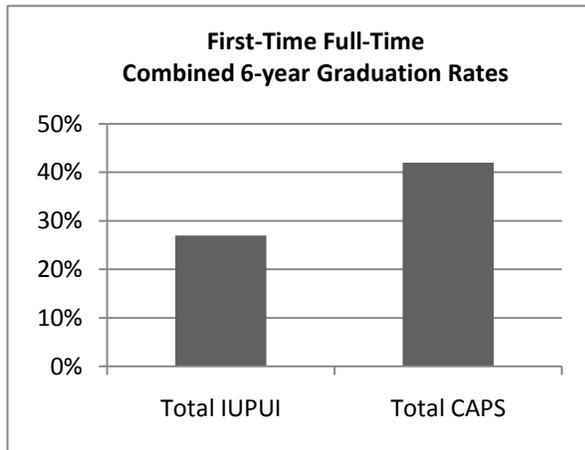
Service Provision: Demand for, and provision of, services continue to increase.

Service Type	Number of Students		% change	Number of Sessions		% change
	2008-09	2009-10		2008-09	2009-10	
Couples Counseling	58	42	-27.6%	162	125	-22.8%
Individual Counseling	606	653	+7.8%	3306	4107	+24.2%
Group	5	3	-40.0%	21	11	-47.6%
Evaluation/Testing	111	90	-18.9%	300	251	-16.3%
Crisis + Screening	112	148	+32.1%	125	167	+33.6%
Total	749	765	+2.1%	3914	4676	+19.5%
Psychiatric Services	172	179	+4.1%	523	532	+1.7%

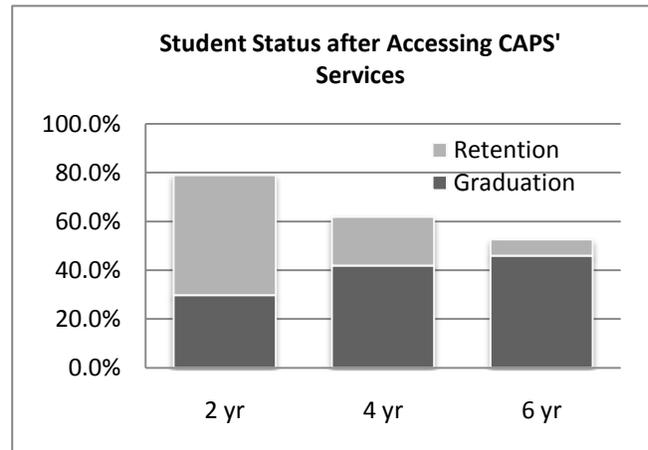
Client Satisfaction (2009-10): Clients report satisfaction with CAPS' services and believe accessing these services contributed to academic success.

Clients surveyed:	N=189
...found the visits useful	89%
...experienced improvement in their condition	80%
...indicated that CAPS' services helped them to remain at IUPUI	49%
...believed CAPS' services helped to improve their academic performance	54%

Impact on Student Success: Students accessing CAPS' services are more likely to persist and graduate compared to their peers.



First-time full-time students accessing CAPS services had a 6-year graduation rate ~50% greater than their peer group.



Nearly 80% of students seeking CAPS' services remain enrolled two years later.

Department Fiscal Information:

CAPS' fiscal information is summarized below. Income above that expected is allocated to a cash reserve used to fund additional clinical staff for the subsequent fiscal year. Cash reserves from prior years will be used to fund a second post-doctoral fellow during 2010-11.

INCOME	Budgeted	Actual
General funds	\$282,395	\$282,395
Student fees	\$310,000	\$323,000
Fees for Service	\$28,000	\$64,318
<i>Total:</i>	\$620,395	\$669,713
EXPENSES		
Compensation	\$520,974	\$494,182
Psychiatry	\$50,000	\$69,216
Programs & Services	\$49,421	\$57,225
<i>Total:</i>	\$620,395	\$620,623