



# Mental Health Matters

Counseling and Psychological Services (CAPS)

Fall 2007

## The Changing Campus Community

(Adapted from Handbook on Supported Education. Karen V. Unger, 1998)

With the increasing diversity of the students who attend college and the increased opportunity and demand for a college education, the classroom makeup and student needs are no longer homogeneous.

Many faculty and staff members have expanded responsibilities beyond teaching, instructional preparation, student advising, and providing services.

Most students with a psychiatric condition will attend school, complete their coursework without drawing inordinate amounts of attention to themselves, and move on. Others, perhaps because they may not be stable enough to be on campus, or they may become ill because of medication or life changes on campus, may exhibit signs of distress or psychiatric symptoms and be disruptive. Others may be extremely vulnerable to the demands and stresses of the college campus and exhibit disruptive behavior in difficult situations. A fourth category of disruptive students includes those individuals who have a history of behavior problems in a school setting, abuse drugs or alcohol, or have a history of violent behavior. It is helpful to understand the cause of the student's behavior so that intervention is appropriate.

## IUPUI CAPS at A Glance

In 2006 – 2007, IUPUI CAPS ...  
... served approximately 700 students.  
... responded to more than 100 crisis situations.  
... made 44 requested classroom presentations.

At CAPS ...  
... 25% of students identified as non-white.  
... 92% were satisfied with the services received.  
... more than 50% reported that services helped them to remain at the University.  
... nearly 82% of students using services remain in school the following year.  
... more than 45% of those students utilizing services between 2000 and 2003 graduated within the following 4 years.  
... 55% of those students utilizing services between 2000 and 2001 graduated within the following 6 years.

## Don't Miss

New film, provides hope for millions, will be aired on public television stations nationwide beginning October 1, 2007 (check local listings).

*The Pain of Depression: A Journey Through the Darkness* – the informative documentary exploring the physical and psychological challenges of depression, whose symptoms range from insomnia to debilitating fatigue, takes viewers on a journey to understand depression through the first-hand experiences of three people. Their family and friends express their early misconceptions about the illness, and recall how they did not understand how to help. Throughout the film, nationally recognized experts discuss the cutting-edge research, treatments, and the role of family and friends in recovery.

## Helping Students in Distress: Responses and Resources for the IUPUI Community

Faculty, staff, and student leaders are on the “front lines” working with students on a daily basis. It is these vital members of the IUPUI community that see the personal stresses and struggles that many of our students face. In fact, it is through faculty and staff that most students find their way to IUPUI CAPS. Faculty, staff, and student leaders are often the “first responders” to students in distress. The following pages contain suggested responses and resources that we hope will assist you in responding on the front lines to help students cope with their life situations and be successful in their academic and personal pursuits.

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We hope the information provided in this document is helpful in your daily work with students. As the cover page notes, this document will be constantly updated as the needs of the campus community expand. Please let us know if you find any errors, omissions, or have suggestions regarding the document.

## Reminder!!

### **CAPS Services 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.

### **Fees:**

#### **Individual Counseling sessions**

All new clients will be assessed a \$15 initial fee. The initial fee will cover the intake assessment session plus six additional individual counseling sessions. A fee of \$10 will be assessed for each individual counseling session thereafter.

#### **Couples Counseling Sessions**

All new couples will be assessed a \$15 initial fee per person. The initial fee will cover the intake assessment session. All sessions following the intake are subject to a fee. Couple counseling sessions are typically 80-90 minutes in length, a fee of \$15 per person will be assessed for a total charge of \$30 per session.

#### **Group Counseling**

Screening and/or intake 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 are typically 80-90 minutes in length.

#### **Presentations**

There will be no charge for presentation to classes or student groups. Charges apply for professional development presentation, please contact CAPS for details. Availability is contingent upon the level of demands for CAPS services. To request a presentation, please submit a [Presentation Request Form](#) at least two weeks prior to the anticipated presentation date. You may fax (317) 278 0948 or email [capsindy@iupui.edu](mailto:capsindy@iupui.edu) the form to our office.

#### **Psycho-educational Evaluations and Testing**

Psycho-educational 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 per test basis, and will be specifically clarified during evaluation.

**CAPS Upcoming Events:**

**Alcohol Awareness Day**

Tuesday, September 4<sup>th</sup>

11am – 2pm

UC Lobby

**Depression Screening Day**

Thursday, October 4<sup>th</sup>

10am – 4pm

UC Lobby

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*The Division of  
Student Life*

*Empowering student learning, inclusion and success  
through engagement*