

Counseling & Psychological Services

Union Building #418 Phone: 274-2548

E-mail: capsindy@iupui.edu Web-site: <http://life.iupui.edu/caps>

Vision

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

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	Parenting	Test Anxiety
Depression	Relationships	Trauma/Recovery
Eating Disorders	Stress & Time Management	
Grief/Loss	Study Skills	

Evaluation and Testing

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

Outreach and Consultation

Presentations for classroom use are available on the CAPS' web-site. Staff also provide classroom and group presentations related to mental health and wellness. CAPS consultants are available to faculty and staff to assist in dealing with students, co-workers, or job-related concerns.

In 2008-09, CAPS:

- served more than 740 students, a 5.5% increase over the prior year.
- provided just under 3900 appointments, nearly a 5% 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.

Diversity of Students Served

CAPS continues to serve a more ethnically diverse population than the general student body. Students served are from across the academic community and present with a wide range of concerns, with the most prevalent being depression, relationship problems, and clinical anxiety. Most are experiencing some difficulty with functioning.

	IUPUI	CAPS		
	2008	2007-08	2008-09	
	%	#	#	%
Asian/Pacific Islander	4.0	38	35	4.7
Black/African-American	9.1	77	70	9.5
Hispanic/Latina(o)	2.5	27	30	4.1
Native American	0.3	8	4	0.5
White/Caucasian	73.8	500	530	71.6
International	4.7			
Multiracial and Other		34	36	4.9
No Answer/Unknown	5.7	9	35	4.7
Total	28,772	693	740	

	Classification			
	2007-08		2008-09	
Student Status	#	%	#	%
Freshman	66	9.5	91	12.3
Sophomore	115	16.6	136	18.4
Junior	139	20.1	164	22.2
Senior	145	20.9	129	17.4
Masters	80	11.5	75	10.1
Doctoral	28	4	27	3.6
Dental Student	14	2	10	1.4
Medical Student	1	0.1	3	0.4
Law Student	23	3.3	36	4.9
Other/Not Available	82	11.9	69	9.3

	CAPS			School
	2007-08	2008-09		
School	#	#	%	%
no entry	184	146	19.7	---
Business	59	50	6.8	2.32%
Continuing Studies	5	1	0.1	0.48%
Dentistry	23	25	3.4	3.42%
Education	58	55	7.4	3.50%
Engr/Tech	27	37	5.0	1.07%
Health/Rehab Sciences	6	14	1.9	2.84%
Herron School of Art	29	42	5.7	3.19%
Informatics	17	33	4.5	2.57%
Journalism	2	4	0.5	1.10%
Law	39	44	5.9	3.92%
Liberal Arts	21	27	3.6	1.06%
Library/Info. Science	4	3	0.4	1.23%
Medicine	12	7	0.9	0.63%
Nursing	52	61	8.2	3.47%
PE & Tourism Mgmt	14	23	3.1	1.52%
SPEA	8	9	1.2	0.79%
Science	81	112	15.1	3.84%
Social Work	32	24	3.2	4.71%
University College	20	23	3.1	0.30%
Total	693	740		2.56%

For students seen between 2000 and 2003:

- o 75% persisted or graduated over the next 2 years.
- o 45% graduated within the following 4 years.
- o 55% graduated within the following 6 years.

Client Satisfaction (2008-09)

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%

Fiscal Information:

INCOME		EXPENSES	
General funds	\$291,840	Compensation	\$527,319
Student fees	\$310,000	Programs & Services	\$120,740
Fees for Service	\$ 46,219		
<i>Total:</i>	\$648,059	<i>Total:</i>	\$648,059

Overall Functioning - Initial

	2007-08		2008-09	
	#	%	#	%
Good Functioning	6	1.2%	2	0.4%
Slight Impairment	67	13.5%	89	15.8%
Mild Difficulties	246	49.7%	325	57.7%
Moderate	164	33.1%	133	23.6%
Serious	9	1.8%	14	0.2%
Impaired Reality	3	0.6%	0	0%

Academic Functioning - Initial

	2007-08		2008-09	
	#	%	#	%
None	157	31.9%	22	40.5%
Mild Impairment	130	26.4%	12	22.9%
Apparent Difficulties	106	21.5%	10	19.0%
Decline Performance	60	12.2%	49	8.8%
Risk of Failure	39	7.9%	49	8.8%

Diagnoses of Treatment 2008-09

Adjustment Issues with depression/anxiety	10.00%
Substance Related	9.69%
Depression	27.50%
Bipolar	3.44%
Anxiety	24.06%
Eating/Body Issues	1.25%
Relationship Problems	19.69%
Thought Disorders/Problem Behaviors	0.62%
ADHD/LD/Developmental	9.06%
Situational Problems	12.50%