



reCAPS

**Counseling & Psychological Services
University of California, Santa Cruz**

All About reCAPS

Welcome to UC Santa Cruz's Counseling & Psychological Services (CAPS) newsletter, *reCAPS*, full of info about wellness, mental health and CAPS events

and services. We publish *reCAPS* once a month during fall, winter, and spring quarters. Archived issues can be found on our [website](#).

If you have any suggestions for or comments about *reCAPS*, feel free to contact the editor, Blair Davis, Psy.D., at (831) 459-5883 or bjdavis@ucsc.edu.

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Get to Know CAPS

We at Counseling & Psychological Services (CAPS) are excited to kick off the fall quarter with a lot of the same services we've offered (with a few updates), and some new and

returning staff. Every fall, we are happy to welcome our new doctoral interns and post-doctoral residents, who work for us for one year. Get to know us a little better on our "[About](#)

[Us](#)" and "[Meet Our Staff](#)" web pages. We also welcome new students to UCSC!

The first thing that often comes to mind when people think about

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CAPS staff, September 2018.

All About CAPS

Counseling & Psychological Services (CAPS) offers confidential mental health services to registered UCSC students all year:

- Helpful workshops, trainings, and self-help tools
- A variety of therapy and support groups
- Let's Talk drop-in consultations
- Brief individual, couples, and family counseling
- Medication services
- Referrals to on- and off-campus resources
- Crisis services in person Mon-Fri 8 am-5 pm and by phone 24/7 at (831) 459-2628

To make an appointment, call (831) 459-2628 or stop by (Student Health Center, East Wing, 2nd floor) weekdays between 8 am and 5 pm. To learn more, visit our [website](#), check out the [CAPS blog](#), and like us on [Facebook](#)!

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CAPS is individual counseling. But, did you know that we offer other services besides one-on-one therapy, some of which could be the best fit for you? For instance, some students just want a short one-time conversation to get advice, support, or information. In these cases, [Let's Talk](#) is a great option. Let's Talk is a service offered by professional CAPS counselors four afternoons a week at various locations around campus. Students can just drop in to Let's Talk and have a short consultation with a counselor without a scheduled appointment or sign-up.

Another option for getting one-time help is through a [workshop](#). CAPS offers workshops on topics such as stress management, test anxiety, and helping a friend with emotional concerns led by CAPS staff or Peer Educators. CAPS also partners with other campus departments and communities to create workshops or trainings. We also offer three-part [workshop series](#) on managing and

anxiety or learning mindfulness skills that teach important skills and provide information about common problems students face. Students can sign up for a series by calling CAPS during business hours.

For issues such as stress management, mild mood problems, test anxiety, and other concerns, self-help resources can be really useful. One is a service CAPS offers is a free subscription to [WellTrack](#), an online program and app to address many common issues. Check out our website for other [self-help tools](#) and information.

A [group](#) is a great choice when you want support or advice from other students as well as the counselor leading the group. Group is a great way to get ideas and feedback from others who can relate to things you are going through. A group can also help you to see that you are not alone in your experiences and feelings. Some groups are “drop in,” and others require that you sign up

and commit to attending weekly for a quarter.

Sometimes, CAPS refers students off campus for open-ended therapy, intensive treatment for mental health or substance use problems, or other services. CAPS makes these referrals when students need services that aren't available on campus or want or need more ongoing therapy (as CAPS typically provides *brief* therapy). There are also times when demand for individual counseling at CAPS exceeds our capacity to provide it. Other times, students want therapy appointments on evenings or weekends, something CAPS does not offer. CAPS can provide information and tips about finding off-campus referrals, give students the names of off-campus clinicians who take their insurance, and help with the referral process. Students can also use the [CAPS off-campus database](#) themselves to search for therapists or psychiatrists. CAPS can also tell students about other services and resources on or off campus.

Additional ways that CAPS serves the UCSC community are through education through social media (i.e., our [Facebook page](#), [Instagram](#), and [blog](#)) and this newsletter, and special outreach events, to name a few. Check out our [website](#) to learn more about all of the services mentioned in this article, and more!



The CAPS main office, in the Student Health Center complex.

Dear CAPS,

How can I have fun on Halloween without things getting out of hand?

—Smarter Partier

Halloween is often a time when celebrating gets out of hand. This year, be smart! Legal trouble, alcohol poisoning, and other consequences of not using your head can bring a good time to an abrupt halt. Here are a few tips to keep you safer and having more fun this Halloween.

- For safety, don't wear a costume that includes anything

that could be confused with a real weapon, especially a gun.

- Avoid costumes that are uncomfortable or hazardous (e.g., a mask you can't see out of).
- Out of respect for others, don't dress up as someone from another race or ethnicity or wear a costume based on cultural stereotypes. Read more about the "Culture, Not a Costume" campaign [here](#).
- Check with your college or other campus groups for fun stuff to do that doesn't involve drinking or drugs.

- If you are under 21, avoid drinking—you could get in trouble or even get arrested. Not fun!
- Use the buddy system: Travel in a group, and never go off with someone you don't know. Keep an eye on each other so you can help out your friends if they get into trouble.
- Keep your cell phone handy in case you get separated from your group and/or you get into a sketchy situation.

If you are of legal drinking age ...

- Don't leave your drink unattended, and never accept a drink from someone you don't know. Someone could mix a drink that is stronger than you realized or put a drug in it without your knowing.
- Measure how much alcohol is used in mixed drinks and avoid doing shots, so you can keep track of how much you've had.
- Know your limits! The point is to have fun, not to be the drunkest one at the party. Plus, your friends want to have fun, too, not be your babysitter.



Upcoming Events

CAPS GROUPS: CAPS is offering a variety of therapy and support groups this fall! Some of our weekly groups are still accepting new members, but they are filling up fast, so call now if you are interested in signing up and/or learning more. If you are too late this quarter, consider joining a group in winter or spring! Check out our [Groups web page](#) or call us at (831) 459-2628 for more info.

ANXIETY TOOLBOX: This is a three-part workshop series that gives you new information and coping tools for managing anxiety and stress. Each hour-long workshop provides info and experiential skills. Anxiety Toolbox series start at various times throughout the quarter on different days and times. Read more on our [website](#), or call us to get more info and sign up at (831) 459-2628.

MINDFUL LIVING: This is a three-part workshop series that provides an introduction to mindfulness and meditation. The skills learned in the series apply to a range of issues, including managing stress and difficult emotions. Each hour-long workshop provides info and experiential skills. This series is held at two different times this quarter. Read more on our [website](#), or call us to get more info and sign up at (831) 459-2628.

LET'S TALK: Let's Talk is a drop-in space where you can have a brief, confidential, one-time chat with a professional CAPS counselor. It's free, and you don't need an appointment—just walk in! Let's Talk is held four afternoons a week from 1 to 3 pm at different locations. All registered undergraduate and graduate UCSC students are welcome at all locations of Let's Talk. Read more on our [website](#).

Wellness Tip: Exercise for Mental Health

Regular exercise is good for the body. But did you know that it is also an effective way to improve your mental health? It can have a positive impact on stress and many other mental health issues. It also can help improve memory and sleep and boost overall mood. Research indicates that even modest amounts of exercise can make a difference—you don't have to go all out to feel the effects.

Take depression, for example: Studies show that exercise is often as effective as medication in reducing and preventing mild to moderate depression. One reason is that exercise promotes neural growth and reduces inflammation in the brain. What's more, exercise releases endorphins and can boost energy, relieve tension, and serve as a dis-

traction from thoughts that feed depression and worry. Exercise is good for reducing anxiety and stress, for similar reasons.

Did you know that exercise also helps with ADHD? Because physical activity boosts dopamine, norepinephrine, and serotonin, it can improve focus and attention. ADHD meds work in a similar way.

Starting or amping up an exercise routine can be challenging. Begin with activities that are not too strenuous for a few minutes a day a few days a week and build up the intensity, frequency, and

length of workouts gradually. Check with a medical professional before starting a new exercise routine if you have any injuries or health conditions.

