



**California State
University**

**COUNSELING &
PSYCHOLOGICAL
SERVICES**

C H A N N E L
I S L A N D S



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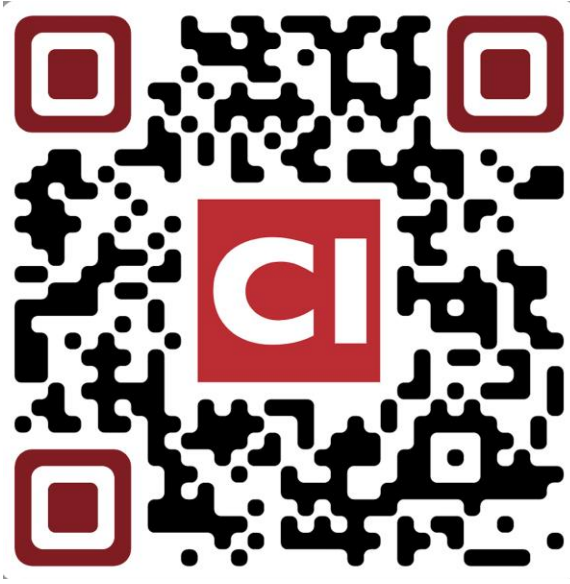
Ana Tougas, AMFT
Confidential Campus Advocate



California State University

COUNSELING & PSYCHOLOGICAL SERVICES

CHANNEL ISLANDS



OFFICE HOURS

**BELL TOWER EAST 1867
MONDAY-FRIDAY
8 a.m. - 5 p.m.**

CONTACT

**CAPS@CSUCI.EDU
805-437-2088
WWW.CSUCI.EDU/CAPS**

SOCIAL

@CSUCICAPS



Welcome to CAPS

Counseling and Psychological Services (CAPS) provides short-term mental health services and same-day crisis intervention in a confidential setting to assist students in achieving their academic goals and overall well-being. Common experiences include relationship problems, academic challenges, grief, anxiety, depression, body image, substance misuse, homesickness, suicidal thoughts, interpersonal violence, identity intersectionality, cultural trauma, and other personal concerns. Services are provided in a safe and welcoming environment to our diverse campus community.

CAPS Services

Urgent Care/Crisis Intervention
Short-term Individual Counseling
Group Therapy
Couples Counseling
Outreach Activities
Consultation for Faculty & Staff
Community Referral Services
Mental Health Peer Program

Services available in Spanish by appointment
Services available on campus and telehealth

Office Hours

Monday - Friday: 8 - 5

Contact Information

caps@csuci.edu
805-437-2088
www.csuci.edu/caps
Bell Tower East 1867

Social

@csucicaps



24/7 CRISIS INTERVENTION

CSU CHANNEL ISLANDS

24/7 CRISIS SUPPORT

(855) 854-1747

- Call the direct crisis number at **855-854-1747**
- OR call the CAPS main office at **805-437-2088**

CRISIS LIFELINE

NATIONAL TEXT SUPPORT

988

- If you or someone you know needs support now, call or text **988**.
- A crisis counselor receives the text and responds quickly

**CAPS offers Urgent Care appointments on a walk-in basis.
Come to BTE 1867 or call 805-437-2088
Monday - Friday from 9 a.m. to 4 p.m.**

FALL 2023 GROUPS

Registration required for all groups.
For more information, visit go.csuci.edu/CAPSGroups
or scan the QR code at right.



Healing After Trauma

WEDNESDAYS | 1:30– 2:45pm
OCT. 18 – DEC. 13



Adulting: Coping with What's Next

MONDAYS | 12:00 – 1:15 pm
OCT. 9 – NOV. 13



Working with Grief and Loss

TUESDAYS | 1:30 - 2:45pm
OCT. 24 – NOV. 28



The Poetry In Healing: Poetry Therapy for the Mind & Soul

WEDNESDAYS | 1:30 – 2:45pm
OCT. 18 – NOV. 22



Mindfulness for Wellness

WEDNESDAYS | 12:00 – 1:15pm
OCT. 11 – NOV. 1



Thrive with Pride

MONDAYS | 3:30 – 4:30pm
OCT. 9 – NOV. 13



INTEREST GROUP

Empower: Support Group for Students of African Descent

Visit go.csuci.edu/empower
for complete information.

THE MENTAL HEALTH PEER PROGRAM (MHPP) AT CSUCI IS THE BRIDGE BETWEEN STUDENTS AND COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS) CLINICIANS.

WE AIM TO HELP STUDENTS FEEL SUPPORTED AND COMFORTABLE WHEN SEEKING HELP FOR THEIR ACADEMIC SUCCESS AND WELL-BEING.

THROUGH PROVIDING FREE OUTREACH AND PRIVATE DROP-IN PEER COACHING TO CSUCI STUDENTS, THE MHPP PROVIDES WRAP-AROUND SUPPORT TO ADDRESS STUDENT'S COMPREHENSIVE CORE NEEDS IN A SAFE, ACCESSIBLE, AND INCLUSIVE ATMOSPHERE.



COUNSELING & PSYCHOLOGICAL SERVICES
CHANNEL ISLANDS

COUNSELING & PSYCHOLOGICAL SERVICES

MENTAL HEALTH PEER PROGRAM

BTE 1808

MAKE AN APPOINTMENT TO SEE A PEER COUNSELOR TODAY!

SCAN HERE!



WE CAN HELP YOU WITH...

Test Anxiety









Improving Campus Belonging

Discovering Self-care Techniques

Presentation Anxiety

Visit <https://www.csuci.edu/caps/services.htm> for more information
Call us at 805.437.3958
mhpp@csuci.edu

COUNSELING & PSYCHOLOGICAL SERVICES (CAPS) STEPPED CARE MODEL FOR STUDENT WELLNESS & ACADEMIC SUCCESS

Initial Contact	Psychological Services	Group Counseling	Intensive Treatment	Case Management Team	Outreach	Mental Health Peer Program	Training	Confidential Campus Advocate
								
<ul style="list-style-type: none"> • Scheduled Initial Consultation for student • Urgent Care/Same Day Crisis Support • 24/7/365 Crisis Phone Support (855) 854-1747 • Consultation with faculty and staff about students of concern • All services available in-person & telehealth 	<ul style="list-style-type: none"> • Short-term individual therapy • Crisis Stabilization/Support for Ongoing Clients • Couples Counseling • Suicide Prevention • Psychiatry/Medication Management • Referrals to On-Campus Partners • Referrals to Community Providers (Thriving Campus) • Referrals for psychological testing 	<ul style="list-style-type: none"> • Support Groups <ul style="list-style-type: none"> - Working Through Grief and Loss - Empower: A Support Group for students of African American Descent - Thrive with Pride - The Poetry in Healing: Poetry Therapy for the Mind and Soul - Emotion Regulation (DBT) • Psychoeducational Groups <ul style="list-style-type: none"> - Mindfulness for Wellness - Adulthood: Coping with What's Next - Mindful Relationships: Building Healthier Connections - Recognition, Insight, Openness (RIO) <p>* Please see the CAPS website for group availability</p>	<ul style="list-style-type: none"> • Referral to higher level of care in the community <ul style="list-style-type: none"> - Substance use/abuse treatment - Residential rehabilitation - Eating disorder treatment • Hospitalization-Voluntary/Involuntary • Intensive inpatient treatment • Partial Hospitalization Program (PHP) • Intensive Outpatient Treatment (IOP) 	<ul style="list-style-type: none"> • CAPS Clinical Case Manager • CARE Clinical Case Manager • Basic Needs Case Manager • Disability Accommodations & Support Services • Connecting students to support services • Bridge Support while waiting for connection to community resources • Referral to specialized mental health care services in the local community • Assistance accessing health insurance • Behavioral Intervention Team (BIT) 	<ul style="list-style-type: none"> • Psychoeducational Based Outreach Programming & Workshops • CAPS Website • CAPS Social Media (e.g.: Instagram and Facebook) • Recognize and Refer: How to Help Students of Concern • Suicide Prevention Training (QPR) • Mental Health First Aid Training • Critical Incident Debriefing • CAPS Provided Outreach: <ul style="list-style-type: none"> - presentations, workshops, panels, interviews 	<ul style="list-style-type: none"> • Providing psychoeducation on specific topics (how to manage test anxiety, stress reduction) • Campus based outreach (tabling) • Identifying and referring students who could benefit from CAPS services • 1:1 Peer counseling regarding school anxiety 	<ul style="list-style-type: none"> • Undergraduate Interdisciplinary Internship/Service Learning Opportunities • Clinical Training of Graduate Level Mental Health Professionals 	<ul style="list-style-type: none"> • Affiliation with Coalition of Family Harmony • Trauma Focused • Individual Counseling • Group Counseling for Survivors • Title IX Support • LGBTQIA+ Support Programs

RECOGNIZE & REFER:

HOW TO BE AN ACTIVE BYSTANDER

01

Notice the situation:

- Be aware of your surroundings.

02

Interpret it as a problem:

- Do I recognize that someone needs help?

03

Act responsibly:

- See yourself as being part of the solution.

04

Know what to do:

- Educate yourself on options.

05

Intervene safely:

- Take action but keep yourself safe.