An Overview of CAPS Services

Cynthia Klatte, LCSW, ACSW
The University of Arizona
Campus Health Service
Counseling & Psych. Services
Liaison to International Student Services
cklatte@email.arizona.edu

April 17th, 2020
WE ARE HERE TO SUPPORT YOU!

CAPS is an essential services at the university and we remain open during this pandemic, though we are going to look a little different.
“It’s okay to not be okay right now.”

Talking to someone knowledgeable can help.....
If you are in need of assistance from CAPS, please call us before you walk down to our Main Office location. Due to COVID-19 epidemic, services are being given remotely by secure video conference or by telephone.

You can participate in telebehavioral health on any of the following devices:

- Desktop computer
- Laptop computer
- Tablet
- Smartphone

And you can participate by video or audio only.

Call us at
(520) 621-3334
CAPS Clinic Locations

*CAPS Main Office
1224 E. Lowell St., Bldg. 95
Office Hours
8:00AM to 4:00PM

Satellite Clinic at Yuma Hall
Yuma Hall Bldg.

CAPS North Clinic
1051 E. Mabel Street

*Only CAPS Main Office is currently open during the pandemic with a limited number of staff on site. The remainder are working from home providing services remotely.

https://health.arizona.edu/caps-hours-locations
CAPS SERVICES

Brief With a Triage Counselor for Counseling, Screening & Connection with Services or for Consultation

Support Groups, Therapy Groups & Workshops

Psychiatric Medication Evaluation & Management (Short-term)

Linkage with Services and/or Resources Off-Campus by a Care Coordinator

https://health.arizona.edu/who-we-are-and-what-we-do
CAPS is using safe and secure tools to protect students and their families during the COVID-19 epidemic. Zoom video conference sessions are HIPAA compliant, protecting your privacy and security.

By staying home and accessing services remotely by video or telephone, you are protecting yourself from getting sick and preventing yourself from unintentionally harming others in your community by acting as a carrier for the virus, which can be fatal to infants, the elderly and those with chronic medical conditions.

COVID-19 Health Updates
https://health.arizona.edu/healthalerts
HOW DO STUDENTS NEW TO CAPS GET CONNECTED?

Here Are The Steps

1. Call CAPS at (520) 621-3334. You will be scheduled for a triage visit with a counselor.

2. Go to PatientLink for instructions on how to complete new client forms remotely.
   https://health.arizona.edu/patientlink

3. Follow instructions to attend your Zoom triage appointment at the scheduled time, where you will talk with a counselor about what’s going on for you and you will be given recommendations and options.

Triage Hours are Monday-Friday 9:00AM to 3:30PM
Spring 2020 Online Groups

New Daily Groups:

Free Daily (M-F) Online Support Group - meets M-F from 1-2 pm (Tucson time), beginning March 30.
Free Daily (M-F) Guided Meditations - meets M-F at 10:30 am (Tucson time), beginning April 6.

CAPS Workshops:
Tips and Tricks for Better Sleep Free Workshop

CAPS Weekly Groups:
Campus Eating Disorder Awareness and Recovery Group (CEDAR)
Gender Spectrum Support Group
LGBTQ+ Support Group - cosponsored by CAPS, LGBTQ Affairs, and Dean of Students Office
Making Sense of it All: An Existential Therapy Group * currently full
Peace Keepers

CAPS Grad Student Groups:
Grad Student Support Groups
The Art of Thriving as a Grad Student: Strategies for Inner Balance

https://health.arizona.edu/caps-groups-workshops
ONLINE SELF-HELP RESOURCES

https://health.arizona.edu/self-help-resources

What do you want to learn more about?

- Coping with COVID-19 Stress
- Coping with Stress, Anxiety, and Test Anxiety
- Depression Management
- Feeling Good in Grad School
- Getting Better Sleep
- Happiness and Relaxation Skills
- Overcoming Social Anxiety
- Safer Drinking Tips
- Self-Care for Eating Disorder Recovery

Online tools, Apps, and Other Resources

Find an Off-Campus Therapist with The Shrink Space

Arizona Basic Needs Initiative: Resources across UArizona and Pima County for helping students, faculty, and staff to meet their basic needs.
Managing Corona Virus (COVID-19) Anxiety

For You:
- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids:
- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation:
- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Coping With Stress Related To COVID-19

https://health.arizona.edu/coping-stress-related-covid-19
FOR INFORMATION ABOUT OTHER SERVICES AT CHS AND COVID-19 TESTING

Campus Health Remains Open

Coming to Campus Health (for any reason) or have questions about COVID-19 testing?

PLEASE CALL BEFORE YOU COME IN.
Medical: (520) 621-9202
CAPS: (520) 621-3334
After Hours: (520) 570-7898

COVID-19 HEALTH UPDATES

https://health.arizona.edu/