

An Overview of CAPS Services



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Counseling & Psych. Services
Liaison to International Student Services
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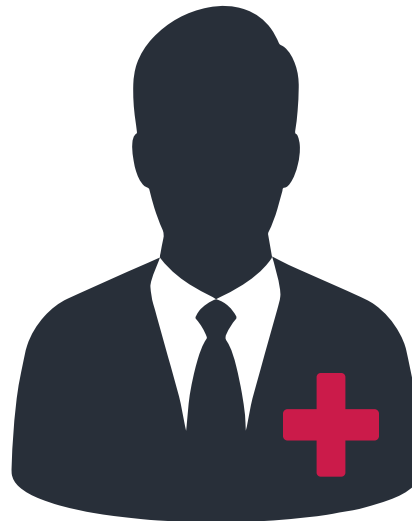


WE ARE HERE TO SUPPORT YOU!

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
- Smart phone

And you can participate by video or audio only.

**Call us at
(520) 621-3334**



CAPS Clinic Locations

*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.

*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

<https://health.arizona.edu/caps-hours-locations>

CAPS SERVICES

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

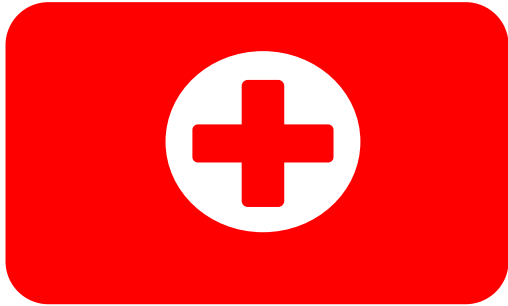
Support Groups, Therapy
Groups & Workshops

Psychiatric Medication
Evaluation & Management
(Short-term)

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



ACCESSING SERVICES DURING THE COVID-19 PANDEMIC

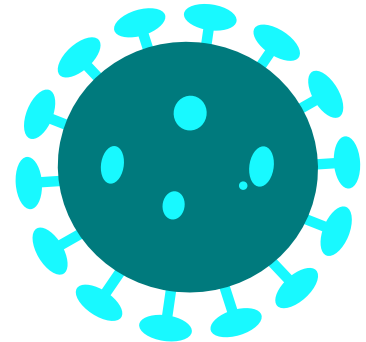


CAPS is using safe and secure tools to protect students and their families during the COVID-19 epidemic. Zoom video conference sessions are HIPAA compliant, protecting your privacy and security.

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)

<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

ONLINE GROUPS & WORKSHOPS

<https://health.arizona.edu/caps-groups-workshops>



ONLINE SELF-HELP RESOURCES

1

<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

2

Online tools, Apps, and Other Resources

3

Find an Off-Campus Therapist with The **Shrink Space**

4

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

BlessingManifesting

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

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 ▼

FOR INFORMATION
ABOUT OTHER
SERVICES AT CHS
AND COVID-19
TESTING

<https://health.arizona.edu/>



Questions?

