UC CAPS
Be Healthy. Be Successful.

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LEARNING OBJECTIVES

- Trends in College Mental Health
- Student Mental Health Resources on Campus
- Learn the signs of distress
- What can you do
- Taking Care of You
- Mindfulness
At University of Cincinnati we are building a community of care that supports all students at every level of need.

By engaging our partners, we can be healthy and support the university mission.
WHAT ARE WE SEEING IN COLLEGE MENTAL HEALTH

Students seek services for a wide variety of concerns ranging from life phase adjustment concerns to longstanding mental health challenges.
UC STUDENT POPULATION

UC Students reported within the past 12 months they...

- Felt overwhelming anxiety: 57.4%
- Felt things were hopeless: 49.9%
- Felt so depressed it was difficult to function: 36.3%
- Felt very lonely: 59.1%
- Self-injury, Suicide attempt: 7.8%, 2.8%
- Seriously considered suicide: 10.3%

National College Health Assessment (2016)
PRESSURES ON COLLEGE CAMPUSES

- COMPETITION AND HIGH ACHIEVEMENT
- RACIAL AND CULTURAL FACTORS
- FINANCIAL WORRIES AND SOCIAL FEARS
- DEVELOPMENTAL TASKS AND CONCERNS
- TRAUMATIC EXPERIENCES
WHAT TRENDS WE ARE SEEING AT CAPS...

STUDENTS SERVED
30% increase in compared to 16-17 and 5 year growth of 210%.

ACCESS DEMAND
Emergent appointments are up by 50% in 2018-19. High risk services are increasing.

THREAT TO SELF
50% of students at intake report suicidal thoughts in last two weeks. Increases in college and national stats.

GROWTH TRENDS
National growth in utilization of mental health services on campus is 6x growth in enrollment over past 5 years (CCMH, 2015)
2 STUDENT CENTERED SERVICE DELIVERY

How we contribute to campus life
CAPS SUPPORTS STUDENT SUCCESS

PREVENTION
We provide outreach, workshops, Let's Talk and support students in other innovative ways

EDUCATION
We provide support through consultation, CAPS essential trainings

TREATMENT
Provide brief mental health counseling services to students
BE PREPARED
You never know when you, a friend or someone you know will need support for Mental Health. There are signs that you can recognize in others and yourself.
The Reach Out – Univ of Cincinnati App lists resources and ways to reach out to a friend. Download it now.

BE HEALTHY, BE SUCCESSFUL
We encourage you to proactively focus on your wellness with the Therapy Assistance Online App where you can learn techniques for emotional health. Download it now.
Therapist Assistance Online

ACCESSIBLE. FREE. EFFECTIVE.

CAPS is now offering online mental health resources for the UC community.

- Calming Your Worry
- Leave Your Blues Behind
- Let Go and Be Well
- Pain Management
- Relationships and Communication
- Evaluating Alcohol and Drug Use
- Recovery Skills

Therapy Assistance Online
3 SIGNS OF DISTRESS
SIGNS OF DISTRESS

EMOTIONAL
- crying spells
- looking on edge
- irritability/anger
- feeling "low" or "down"

PHYSICAL
- poor hygiene
- changes in appearance
- weight fluctuations
- low energy/fatigue
- isolation
- headaches

COGNITION
- statements about death
- confused speech or behavior
- difficulty making decisions
SIGNS OF DISTRESS

- Using alcohol and drugs more
- Not going to class and giving up
- Harming self
- Anxious and can’t relax
- Extreme body dissatisfaction
- Irritability
- Excessively anxious
- Disruptive behavior
- Exaggerated emotional response
- Others?
WHAT YOU CAN DO?
Think about a time of crisis in your life and what did you need?

COMMUNICATION FOR CONNECTION

Ways to convey Empathy, Understanding and a Supportive Environment
YOUR ROLE

Very Important - Eyes and Ears - "Gatekeepers"
Not mental health professionals
May notice students in distress
Recognition and express support
Model balance and health
EXPRESS CARE AND EMPATHY

FRIENDLY FACE
NON-JUDGEMENTAL TONE

ASK OPEN ENDED QUESTIONS
USE "LISTENING SKILLS"

OFFER COMPASSION AND SUPPORT
"I've noticed you have seemed down lately, I am worried about you and want to help"
MAKING A REFERRAL

ENCOURAGE
DISCUSS FEARS ABOUT SEEKING SERVICES, BARRIERS, BENEFIT

PROVIDE CAPS INFO
CONTACT INFO, LOCATION, HOW TO SET UP SERVICES

CONTACT
RANGING FROM PROVIDING #, CALLING, OR WALKING STUDENT OVER
HOW TO CONNECT WITH US?

There are different ways to connect with CAPS depending on your situation.
Contacting CAPS main telephone line is the first step for initiating services. From there you will be provided an appointment.

@UC_CAPS

CAPS offers a variety of services outside our center to support the campus community including Let's Talk, Workshops, and Outreach Presentations.

Clinical staff provide consultation to the UC community for crisis situations or mental health concerns. CAPS offers 24/7 access to students through our crisis line.

Caps is Accessible Many Ways

Contact CAPS at 513-556-0648

Attend a Workshop or Let's Talk

Caps Offers 24/7 Access and Crisis Support
CARE TEAM

- Crisis Assessment Response Evaluation
- Refer to the CARE team
  - Purpose: To alert multiple offices on campus about a student of concern.
    - Allows the university to become aware if multiple people (i.e., professors, RAs, advisors) are all feeling concerned about a student
    - Can refer anonymously or not
TAKE CARE OF YOUR OWN WELLNESS

Taking care of your own wellness is essential - You have resources
Contact Us!

www.uc.edu/hr/bewelluc

Ashley Varol, PhD
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Ashley.Varol@uc.edu
513-556-3729

Elizabeth Aumann
Benefits Director
Elizabeth.Aumann@uc.edu
513-556-1381

Questions?
Please contact wellness@uc.edu
uc.edu/hr/bewelluc
Mental Health Resources for Faculty & Staff

- **Be Well UC**
  - Stress reduction and community building are key aspects of the program.

- **Impact Solutions, Employee Assistance Plan**
  - 24/7/365 in-the-moment confidential professional support available.
  - Online portal provides additional information on resiliency, coping, stress reduction and other everyday concerns like legal and financial resources and both elder and child care.

- **Live Health Online Psychology (Anthem health plan)**
  - Services include live, video access to a mental health counselor between the hours of 7 a.m. and 11 p.m. daily. You are able to schedule with the same provider if you wish.

Email benefits@uc.edu or wellness@uc.edu with questions.
THANK YOU & QUESTIONS
Outreach and Campus Engagement Services

THANK YOU FOR ATTENDING A 1N5/WARRIOR RUN EVENT TODAY!

PLEASE COMPLETE THE PARTICIPANT SURVEY BELOW

https://www.surveymonkey.com/r/UCCAPSEvent

Interested in Self-Help online resources?
Sign up for Therapy Assistance Online and Get Started Today!

BE HEALTHY. BE SUCCESSFUL.

Interested in more support?
Connect With Us 513-556-0648
WWW.UC.EDU/COUNSELING
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