Establishing Services

1. Stop by our office, between 9:00 am and 4:00 pm Monday through Friday, to complete a brief series of online forms (~ 30 minutes, only accessible at CAPS’ Office) and pay a $15 initial fee for establishing services at CAPS.

2. Schedule an initial appointment with a CAPS’ counselor. Initial appointments are typically scheduled within a week of your initial request; however, during times of high demand, the wait may be longer.

3. Following the initial appointment you will be assigned a counselor who will contact you to set up your next appointment.

Did you Know?
Anonymous responses to the CAPS client satisfaction survey indicated:

- 89% found the visits useful
- 80% experienced improvement in their condition
- 49% indicated that CAPS’ services helped them to remain at IUPUI
- 54% believed CAPS’ services helped to improve their academic performance

(IUPUI CAPS Satisfaction Survey 2010-11)

Students utilizing CAPS’ services have consistently had higher graduation rates than their respective cohort.

IUPUI Counseling and Psychological Services (CAPS)
Walker Plaza, Suite 220
719 Indiana Avenue
Indianapolis, Indiana 46202
(317) 274-2548
capsindy@iupui.edu
http://caps.iupui.edu/

Find us on Facebook by searching for "IUPUI CAPS." Learn about our latest events, articles of interest, and other links.

Monday – Friday 9:00am – 4:00pm
Evenings by appointment only

IUPUI – CAPS
Promoting psychological health, well-being, and success for all students.
WHAT IT IS:

NAMES: Ethyl (Beverage) Alcohol, Ethanol, Booze, Juice, Brew.

TYPE: Central Nervous System Depressant.

WHAT IT DOES:

• impedes the ability of the brain to control behavior
• impairs the ability to perform motor skills,
• and causes to poor judgment/decision making.

SPECIAL CHARACTERISTICS:

One 'drink' equals a 5-ounce glass of wine, a 12-ounce can of beer, or 1.5-ounce of hard liquor.

Effects may vary by

• size of person,
• amount of food in stomach,
• built up tolerance level, and,
• other physical health factors.

Food or drink (i.e. coffee) does not change ongoing-effects - won't "sober you up".

There is no known cure for the next day withdrawal – “a hangover”.

HOW IT CAN HURT YOU:

Excessive and prolonged use can lead to:

• memory loss
• malnutrition
• hypothermia
• decreased sex drive
• impotence
• menstrual problems
• birth defects
• liver and kidney damages
• stomach and intestine damages
• anxiety, depression, and insomnia.
• death - severe withdrawal effects, alcohol poisoning, suicide.

DEFINING ALCOHOLISM:

Alcoholism is a common term for alcohol dependence. Dependence can be both physical and psychological and includes the following:

• Craving -- A strong need, or urge, to drink
• Loss of Control -- Not being able to stop drinking once drinking has begun
• Physical Dependence -- Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety after stopping drinking
• Tolerance -- The need to drink greater amounts of alcohol to get “high”

WHEN TO GET HELP:

• Do you think you’re more witty and attractive when you drink?
• Do you think about how and when you’re going to drink again?
• Are you spending more money on alcohol?
• Do you feel annoyed when family and friends mention your drinking to you?
• Do you stop and start drinking to test yourself?
• Are your job attendance and/or performance affected by your drinking?
• Are you a weekend binge drinker (>5 per sitting for men, >4 per sitting for women)?
• Have you been stopped for drunk driving?

One ‘yes’ and your common sense is all it takes to know it's time to get smart about alcohol and the rest of your life.

AVOIDING WHAT YOU DON'T WANT:

Weight Gain
Alcohol is made up of empty calories that are a poor source of energy and are harder to burn off than regular calories. The average beer has 150 calories (the equivalent of a hot dog). Even light beer has 100 calories. Drinking in a moderate way will help you avoid undesired weight gain.

Hangovers
Drinking in a more moderate fashion (1/day for women, 2/day for men) will reduce the risk of hangovers. Remedies like taking vitamin B-12 or loading up on aspirin don't cure it, but drinking water to rehydrate your system can lessen the blow. The bottom line is a hangover is your body’s way of telling you you’ve had too much to drink.

Crashes
Make sure someone sober drives you home. Any amount of alcohol in your system will affect your reaction time, and the more you drink, the more your judgment and coordination are impaired.

WANT MORE INFORMATION?

Visit the CAPS website (http://caps.iupui.edu/) to access the Alcohol e-CheckUpToGo self-assessment. Once completed, you will receive feedback and comparisons between your responses and national and IUPUI norms.