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 CAPS…promoting psychological health, well-being, and success for all students.

Eligibility

IUPUI Counseling And Psychological Services (CAPS) provides counseling and mental health services for IUPUI students.

Students eligible for services include those:
- currently enrolled in classes at IUPUI
- admitted to the university with documentation of registration for classes in the upcoming semester
- taking a leave from the university for no more than one semester

Students graduating during the course of treatment will be assisted in securing other treatment options.

Non-student members of the IUPUI community will be seen for crisis, stabilization, and referral only. Faculty and staff will not be charged for such services.

IUPUI CAPS reserves the right to refer individuals to other mental health care providers for concerns that are beyond the scope of practice at this facility.

Staff

CAPS’ staff includes licensed psychologists, licensed mental health counselors, post doctoral fellow(s), interns, and graduate students from a variety of mental health training programs. The graduate students provide direct counseling services to clients and receive close supervision by licensed senior staff.

Services

IUPUI CAPS provides counseling services to assist students with a wide range of concerns, including but not limited to:
- Adjustment
- Anxiety/Phobias
- Depression
- Eating Disorders
- Grief & Loss
- Relationships
- Stress/Time Management
- Study Skills & Test Anxiety
- Substance Use
- Trauma & Recovery

Please note: CAPS does not provide mandated counseling services.

The formats for services include:
- Individual counseling
- Relationship counseling
- Group counseling
- Psychoeducational Seminars

Testing and Evaluation

Psychoeducational evaluations and testing will be provided for IUPUI students for concerns related to:
- Attention-Deficit/Hyperactivity Disorder
- Learning Disorders
- Asperger's/Autism Spectrum Disorders

The initial Evaluation interview will be performed free of charge. Fees for testing will be based on a standardized schedule made available at the time of service.

Fees

<table>
<thead>
<tr>
<th>Service</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initial &amp; Reactivation Fee</td>
<td>$15</td>
</tr>
<tr>
<td>Intake Session</td>
<td>No Charge</td>
</tr>
<tr>
<td>First 6 individual sessions</td>
<td>No Charge</td>
</tr>
<tr>
<td>Individual Sessions beyond 6</td>
<td>$10</td>
</tr>
<tr>
<td>Relationship Counseling</td>
<td>$30</td>
</tr>
<tr>
<td>Group Counseling and Seminars</td>
<td>No Charge</td>
</tr>
</tbody>
</table>

Confidentiality

CAPS operates according to the legal mandates of mental health care. Therefore, all information is confidential. CAPS’ records are not a part of any academic or university record. No information is released from CAPS without the written consent of the client, except as mandated by law.

Consultation

CAPS supports an integration of personal and emotional development in conjunction with academic and professional growth. CAPS’ consultants are available to faculty and staff to assist in this process. Consultation services may be related to dealing with students, co-workers, or job-related concerns. CAPS’ consultants consist of licensed psychologists and licensed mental health counselors.