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
Overview:

We are happy to be enhancing CAPS’ outreach services by providing direct liaison partnerships to schools, student service units, departments, and student groups across campus. Liaisons take responsibility for a range of activities including:

- Provision of clinical consultation
- Provision of resource contacts
- Development of programming specific to the needs of students, faculty, and staff

Requesting a Liaison:

If your school, student service unit, department, or student group does not currently have a CAPS’ liaison, but would like one, please call us at:

(317) 274-2548

Or, email us at:

capsindy@iupui.edu

Frequently Asked Questions:

What is our liaison’s role?

The main role of the liaison is to be the primary contact and collaborator for outreach possibilities, information about services, and possible collaborations.

Does this mean we would contact our liaison specifically if we are referring a student to CAPS or do we refer through the usual route?

Refer through the usual route by calling the front desk or walking a student over. This will help the referral process proceed as quickly and efficiently as possible.

What is meant by the service of “clinical consultation”?

We are happy to discuss your concerns about specific students and how you may intervene or make referrals.

Will our liaison change from year to year?

Each liaison is a permanent staff member and should remain consistent. There may be a graduate student partnering with your liaison who would change from year to year, but your liaison will be the same.

If we contact you about a student, will we be able to find out if that student is already a client?

We will not be able to confirm, or deny, if a student is currently a client or starts utilizing our services. 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.

What topics are commonly requested for programming?

The most common programs that are requested, include, but are not limited to:

- Time management
- Stress management
- Study and test taking strategies
- Test anxiety
- Communication skills
- Responding to individuals in crisis
- Alcohol and drug awareness
- Conflict resolution
- Healthy relationships