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

On-line CAPS Resources

Counseling and Psychological Services

IUPUI - CAPS

Promoting psychological health, well-being, and success for all students
The most requested presentations are available in Power-Points and voice-over formats. Topics include: CAPS services, Preparing and Surviving in Higher Education, Managing Conflicts, Stress/Time Management, and Managing Test Anxiety. [http://life.iupui.edu/caps/education/online.htm]

**Stress Management & Reduction**
Information, videos, and games to help students learn about stress hormones, the flight/flight response, anxiety development, and relaxation techniques. Follow the ‘Guided program’ or ‘Explore on your own’ (by permission of UT). [http://www.cmhc.utexas.edu/stressrecess/index.html]

**Half of Us**
Multi-media resource on mental health related topics and self-assessment tools [http://www.halfofus.com/]

**U-Lifeline**
Resource on various health & mental health related topics [http://www.ulifeline.org/page/student/Home.html]

**Brochures** on various topics, including: Stress, Tips for Test Taking, Reducing Test Anxiety, First Generation College Students etc. [http://life.iupui.edu/caps/resources/brochures.html]


**Additional resources on general mental health related topics,** [http://life.iupui.edu/caps/tools/general.html]

**Resources for specific populations,** including: student veterans, racial and ethnic minority individuals, and LGBTQ persons. [http://life.iupui.edu/caps/tools/special.html]

**Alcohol Check-Up to Go (e-CHUG)**
A brief self-assessment that provides students with confidential, accurate, detailed, and personalized feedback on their use of alcohol. It is currently in use on over 550 universities and colleges across in 49 states, in Canada, Australia and Ireland. NASPA recognizes e-CHUG as a true evidence-based approach that is showing significant promise. (Kevin Kruger, associate Director of NASPA).

E-CHUG also provides simple functions to print a feedback summary, or an input summary on drinking profile, level of intoxication, risk factors, comparisons, tobacco use, and making changes. [http://life.iupui.edu/caps/echug.html]

**Marijuana Check-Up to go (e-TOKE)** is a marijuana-specific brief assessment and feedback tool designed to reduce marijuana use among college students.

The assessment takes about 10-15 minutes to complete, is self-guided, and requires no face-to-face contact time with a counselor or administrator.

E-TOKE calculates a number of variables and compares participant’s responses to national and IUPUI norms. The information is, then, displayed in an easy-to-read format. [http://interwork.sdsu.edu/etoke/IUPUI]

**The National Alliance on Mental Illness (NAMI)** has launched an online social networking community where young adults living with mental health concerns can provide mutual support in navigating unique challenges and opportunities during the critical transition years. The community was developed with the guidance of young adults. [www.strengthofus.org]

**At-Risk**
A web-based training simulation to assist faculty and staff in identifying, approaching, and referring students experiencing psychological distress and is part of the Substance Abuse and Mental Health Services Administration (SAMHSA) Best Practices Registry. [http://life.iupui.edu/caps/help/atrisk.html]