CAPS Reminders – Fall 2020

Resources for Students

1) Faculty and Staff are able to “Virtually” walk students over to CAPS to be seen urgently by mental health provider. These services are available 9 a.m. - 4 p.m., Monday – Friday.

CAPS Virtual Walk Over Procedures

Here are the steps to refer a student to an on-call clinician immediately:

**Step One**
- Identify student that is in need of CAPS services.
- Speak with student and make sure they know you are referring them to CAPS.
- Make sure student has time right then to speak with CAPS therapist.

**Step Two**
- Call CAPS Front Desk
  - (657) 278-3040 (9AM-4PM, Monday through Friday)
  - Say you need to “Walk Student Over”

**Step Three**
- Call CAPS Front Desk will send you CAPS Virtual Walk Over referral form to your email.
- Form will be completed through Adobe Sign.

**Step Four**
- Contact the student later to make sure they spoke with CAPS.

*For any additional questions please call CAPS front desk (657) 278 - 3040

CAPS Walk Over Decision Tree

Levels of Urgency: A Guide to Emergency Assistance and CAPS Referrals

1. Have the student call CAPS (657-278-3040) and request an initial consultation appointment.
2. Direct the student to YUJ.Fullerton.edu for a wide variety of self-help tips and mental health resources.

Call UPD (x2515) or 911

Is the student in immediate danger?
(Ex: Student has a gun in their hand, is standing on bridge ready to jump, has a bottle of pills and wants to take them, has a rope in preparation to hang self, etc.)

Call CAPS (x3040) and complete the Walk-Over Form

Is the student having thoughts of suicide, self-harm, or harm to another person?

Within the last month, has the student experienced an assault, a disaster, a trauma, or a serious accident?

Is the student reporting that they are seeing or hearing things that they don’t typically see and hear?

In your opinion, is the student in such severe distress that waiting a few days for a scheduled appointment would be detrimental to their mental or physical health?
(Ex: Unable to calm down, panic attacks that aren’t subsiding, severe problems at home, serious concerns related to safety, etc.)
2) Now more than ever students are turning online to get help with what they are facing/dealing with each day. YOU@Fullerton is a tool designed to help students find articles, videos, and campus resources that will support their personal goals, overall wellness, and mental health. All activities on YOU@Fullerton are anonymous and can be accessed through student portal or by visiting: YOU.fullerton.edu
3) CAPS Drop in Groups. These drop in spaces are perfect for anyone wanting to connect with peers.

**PANDEMIC PARENTING**

**Tuesdays, 2 - 3PM**  
**Start date: September 15**  
**Dr. Christiann Carroll-Pavia & Calvin Yang, M.A.**

Connect with other CSUF students who are managing the stresses of being a college student and parent during a pandemic. Give and receive support, share resources, tips, and helpful information, and discuss common concerns.

To Join: [Zoom Link](https://zoom.us/j/94245322780?pwd=tb1kUHJzdnJLZjB2b3FTMk5Ha0xiUT09)

**THE GIFT OF NOW: MINDFULNESS MEDITATION**

**Mondays, 11AM - 12PM**  
**Start date: October 19** (will meet for consecutive Mondays)  
**Dr. Ph. Loan Le & Laura Vital, M.A.**

Have you always wanted to integrate more mindfulness into your life, but don’t know how to start? This drop-in group will walk you through the basics of mindfulness. Join us for experiential practices and tips on how to incorporate mindfulness tools to reduce stress, increase a general sense of well-being, and bring more awareness and presence into your days.

To Join: [Zoom Link](https://zoom.us/j/94287822498?pwd=bTBxYm9mVzF1bld3U1RwUWd5UHJnUT09)

**Project SELF**

**Tuesdays, 3 - 4:30PM**  
**Start date: November 3** (4-week workshop series)

Presented by the CSUF Eating Concerns Task Force and CAPS, in collaboration with Health Services and TitanWell.

A workshop series on food, mood, and body image focusing on the SELF: Self-Compassion, Emotion Regulation, Listening (to self and others), and Relationship with Food. This is a non-judgmental, stigma-free, and weight-neutral MAES informed space for students to explore these sensitive topics in a new way with mental health, medical, and nutritional professionals.

To Join: [Zoom Link](https://zoom.us/j/94689932107?pwd=UzNdejNLcWV6UTE1UT09)

**GRADUATE STUDENT SUPPORT GROUP**

**Wednesdays, 1 - 2PM**  
**Start date: October 7** (group meets every 2 weeks)  
**Dr. Anna Petrossian**

A safe space for graduate students as they navigate the unique stressors and experiences of being in graduate study, including social isolation due to COVID-19 related shutdowns and travel restrictions. This group may help students who struggle with imposter syndrome, engage in negative self-other comparisons, or feel disconnected from others within their cohort.

To Join: [Zoom Link](https://zoom.us/j/80798344)

**WHILE BLACK—Drop in with CAPS**

**Wednesdays, 5 - 6PM**  
**Start date: October 7**  
**Dr. Rashida Molay**

A listening space with CAPS designed for Black CSUF students to discuss how racial trauma, social injustices, police brutality, stereotypes, micro/nmacoraggressions have impacted their mental and emotional wellbeing.

To Join: [Zoom Link](https://redroos.hubflic.com/dropin)

**LCRC COPING with CAPS**

**Wednesdays, 1 - 2PM**  
**Start date: September 9 & 23, October 7 & 21, November 4 & 18, December 2**  
**Dr. Valerie Arroyo**

Join CAPS and the Latinx Community Resource Center (LCRC) as we offer a space for students to check-in and offer support to each other around the challenges we may be experiencing.

To Join: [Zoom Link](https://lcrc.csfullerton.edu)

**DROP-IN CHAT — IRVINE CENTER**

**Mondays, 3 - 4PM**  
**Start date: September 21**  
**Susan Leary, LMFT**

Want to meet and chat with students you might have bumped into as you walked the halls of Irvine Center?... if it weren’t for the pandemic? This forum provides an opportunity to converse with other students in a moderated, non-therapeutic, open topic group. In these times of quarantine and isolation, it’s a space to reach out for conversation and connection.

To Join: [Zoom Link](https://zoom.us/j/94295911834?pwd=NzJ5YnhLa0ZROVFiU0U5ajZwY2ZUUT09)

**CPS TOGETHER: FINDING OUR STRENGTH IN COMMUNITY**

**Mondays, 3 - 4PM**  
**Start date: September 21 & October 18, November 1, & 15**  
**Alex Quiring, LCSW & Laura Vital, M.A.**

Although we cannot gather at the center’s common space to share some snacks, chats and laughs, we provide a space to allow scholars to remain connected. Join in community as we offer meaningful opportunities to interact with other amazing scholars through activities and discussions that will promote wellness, connection, compassion, and belonging. **This group is open to scholars from the Center for Scholars only.**

To Join: For Zoom link, please email Alex Quiring, LCSW at aquiries@fullerton.edu

**TREAT YO’ SELF TUESDAYS WITH TITAN DREAMERS RESOURCE CENTER (TDRC) & CAPS**

**Tuesdays, 3 - 3:30PM**  
**Start date: September 15**  
**Martha Zavala Perez, M.S. & Solomon Meanor, LCSW**

Join the TDRC and CAPS for the continuation of its ‘Treat Yo’ Self’ Tuesday series. These drop-in circles offer students the opportunity to connect with peers, learn ways to maintain and improve their mental health, and have a safe space to engage in discussions about wellness. **This group is open to undocumented students, students from mixed status families and allies to the undocumented community.**

To Join: Interested individuals can register at: [TDRC Link](https://www.csufullerton.edu)

**Empower: WOMEN SUPPORTING WOMEN**

**Wednesdays, 3:30 - 4PM**  
**Start date: October 7**  
**Susan Leary, LMFT & Dr. Jana Akins**

A safe and non-judgmental space for students who identify as female to support and uplift one another, discuss recent stressors, and share coping strategies.

To Join: [Zoom Link](https://zoom.us/j/5877906976)

**BEING A MAN**

**Thursdays, 3 - 3:30PM**  
**Start date: October 15**  
**Nahid Shahzad, LMFT, LPC & Dr. Nicole Enriquez**

Do you identify as a man, but sometimes question what it means to be a man? This drop-in group is for students who want to explore what masculinity is, learn new perspectives, and redifine what being a man means to them.

To Join: [Zoom Link](https://zoom.us/j/96256631213?pwd=V3twckJvQnBzeG1vSk5sc0dveG93UT09)
4) Mindfulness:
   a. Feeling stressed? Take two minutes to watch this meditation video and relax. Visual mindfulness practices can help you by triggering the release of stress-reducing hormones, decreasing anxiety, and increasing productivity.
      i. https://you.fullerton.edu/thrive/article/6985

   b. My Life: Stop, Breathe, & Think App Available on IOS and Android. This App will explain what mindfulness is and why its beneficial in addition to providing you with meditations that you can use.
      i. https://www.stopbreathethink.com/meditations/
5) Relaxation Skills – relaxation and stress management need to increase during times of stress to help us be resilient.  
https://you.fullerton.edu/thrive/article/7073

6) Study Skills – planning and organization can help us address problems with motivation and difficulties focusing on academics.  
https://you.fullerton.edu/succeed/article/358
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Resources for Staff

1) **Employee Assistance Program**: If you or a peer are currently struggling and in need of professional support, please remember the resources provided by HRDI our Employee Assistance Program (EAP). For additional information on obtaining support, visit [https://hr.fullerton.edu/total-wellness/eap/](https://hr.fullerton.edu/total-wellness/eap/)

2) **Mindfulness** – Guided Imagry videos can be a great way to escape our current reality. This helps us to create a sense of relation during our busy lives.
   a. [https://www.youtube.com/watch?v=TWI639oEzmE](https://www.youtube.com/watch?v=TWI639oEzmE)
   b. [https://youtu.be/ar_W4jSzOlM](https://youtu.be/ar_W4jSzOlM)

3) **Relaxation Skills**: By taking care of our emotional needs we position ourselves to better assist others and we model healthy coping behaviors. These two exercises only take a few moments but can help us to experience more calm in our lives.
   a. **Deep Breathing**
      i. [https://www.youtube.com/watch?v=Wemm-i6XHr8](https://www.youtube.com/watch?v=Wemm-i6XHr8)
   b. **Progressive Muscle Relaxation**
      i. [https://www.youtube.com/watch?v=ClqPtWzozXs](https://www.youtube.com/watch?v=ClqPtWzozXs)