CAPS strives to help students achieve their academic, professional, and personal goals. Counselors help students improve coping skills, strengthen personal relationships, and better navigate the college transition.

Staff
The number of students utilizing counseling and psychological services continues to grow. To help meet the demand, CAPS increased staff from 21 to 23, which includes three interns, two front office staff and the Director.

Clinical Services
8,668 counseling and 1,725 psychiatric appointments were utilized by 2,218 students. CAPS offered 4 weekly support and therapy groups. For students not eligible or unable to use our clinical services, case management was provided. 132 students utilized 141 case management appointments.

Outreach
As in previous years, several students become aware of counseling and psychological services through peers or after a CAPS presentation, workshop or tabling event.

Continuing Education
CAPS was re-accredited as an approved sponsor of continuing education for licensed masters- and doctoral-level mental health professionals. CE courses help professionals to better serve the community.

Crisis Response
CAPS staff conducted 17 crisis debriefings to students, staff and faculty affected by student deaths, grief, and loss.

Counseling & Psychological Services Utilization (2006-2014)

Peer Programming
As part of the CalMHSA initiative, CAPS, Active Minds, and the Department of Health Education continued their collaboration and developed social marketing campaigns for mental health awareness and stigma reduction. Two big stigma reduction and awareness events occurred under CalMHSA funding: Art with Impact and Send Silence Packing. Presentations included:
- Mind-Body: Healthy Eating / Body Image
- Stop the Hate: Resource Fair

Training
CAPS recruited and trained over 40 faculty members from the eight academic colleges in Mental Health First Aid, QPR and/or Applied Suicide Intervention Skills Training (ASIST). These trainings were made possible through an awarded CalMHSA grant.
- Mental Health First Aid - 17 SHCC staff
- ASIST - 13 campus faculty

The Doctoral Internship Program provided over 125 hours of training to 3 interns. Interns served 432 students and provided 1,780 appointments. The program anticipates accreditation by the American Psychological Association in the near future.

Send Silence Packing: Display of backpacks, each representing a person who lost their life to suicide.

CAPS continued working with Guardian Scholars and Athletics to increase mental health service utilization by Guardian Scholars and Athletes. Through these collaborations, students learned skills to become personally and academically successful.