Counseling and Psychological Services (CAPS) is a growing resource at California State University, Fullerton that strives to help students improve their coping and decision-making skills, overcome crises, build healthy relationships, engage in self-exploration, and discuss mental health issues in mindful ways.

Figure 1. This bar graph is titled “Counseling and Psychological Services Utilization (2006-2013).” There has been a large mean increase in the utilization of counseling services since 2006. Utilization of psychiatric services has remained stable since 2006, with slight annual mean variations.

Staff
To meet growing student demand for clinical services, CAPS has increased from a staff of 12 to 21. The new CAPS members include 3 staff psychologists, 1 licensed clinical social worker, 1 psychiatric mental health nurse practitioner, 1 part-time licensed MFT at the Irvine Campus, and 3 pre-doctoral interns. CAPS increased collaborative efforts with Athletics and the Guardian Scholars, designating a counselor to each area.

Clinical Services
This academic year, CAPS served 3,089 CSUF students. Its utilization continues to increase, yielding 8,581 counseling, 1,164 psychiatric, and 600 case management appointments. CAPS offered 7 weekly support and therapy groups.

Crisis Response
The CAPS staff conducted 18 crisis debriefings to affected students, staff, and faculty.
Training
In order to foster a healthy learning environment at CSUF, CAPS conducted 29 trainings of faculty and staff. The training workshops offered by CAPS includes Question Persuade Refer, Mental Health First Aid, and Applied Suicide Intervention Skills Training. The CalMHSA initiative recruited and trained 42 faculty to serve as liaisons between their respective academic departments and CAPS. The CAPS Doctoral Internship Program achieved national membership in the Association of Psychology Postdoctoral and Internship Centers. CAPS provided 125 hours of training and 436 hours of supervision for 3 interns who completed 1,549 clinical service hours to 417 CSUF students.

Outreach
To promote self-care, assistance of students in distress, and access to mental health services, CAPS held 124 workshops and 38 tabling events for the campus community. For the CalMHSA initiative, CAPS, Active Minds, and the Department of Health Education and Health Promotion have collaborated to develop social marketing campaigns for mental health awareness and stigma reduction.

Peer Programming
Through the CalMHSA Student Mental Health Initiative, CSUF founded its own chapter of Active Minds, a student advocacy group for mental health promotion and stigma reduction. Our Active Minds chapter now has 12 members and has hosted 10 large-scale peer outreach events on campus. CalMHSA has also brought the Step-Up! bystander intervention program to our campus.