

HELPING STUDENTS IN NEED

2019 Graduate Advisors Workshop



Counseling &
Psychological Services
DIVISION OF STUDENT AFFAIRS





Counseling & Psychological Services

- ▶ CAPS provides goal-oriented counseling to address the mental health and developmental issues of Texas A&M students. Services are available in workshop, group, couples and individual formats as well as limited psychiatric care and crisis intervention.
- ▶ The CAPS team engages in assessment and intervention as well as outreach from a culturally informed, social justice perspective. We emphasize mental wellness as an essential part of student success.





HOW DO WE HELP?

- Funded by student fees
- Confidential
- **Prevention and Education**
 - Suicide Prevention Training
 - Educational outreach/programming
- **Evaluation is the first step**
 - **Triage Appointments**
- **Short-term Counseling**
 - Workshops
 - Group counseling
 - Individual counseling
 - Couples counseling
 - AOD Assessment
 - ADHD/Learning Disability Screening
 - Psychiatric services in conjunction with counseling
- Available for **Consultation**





TRENDS

The most common reasons Graduate students come to counseling:

- Anxiety and stress management
- Depression
 - Decreased motivation, loss of interest, withdraw
- Career Concerns
- Burnout
- Relationship Conflict

because
YOUR mental
health
MATTERS
to us 



WHAT IS MENTAL HEALTH?

Mental Health:

Your general state of well-being & state of mind. Something that should be looked after

Mental Illness:

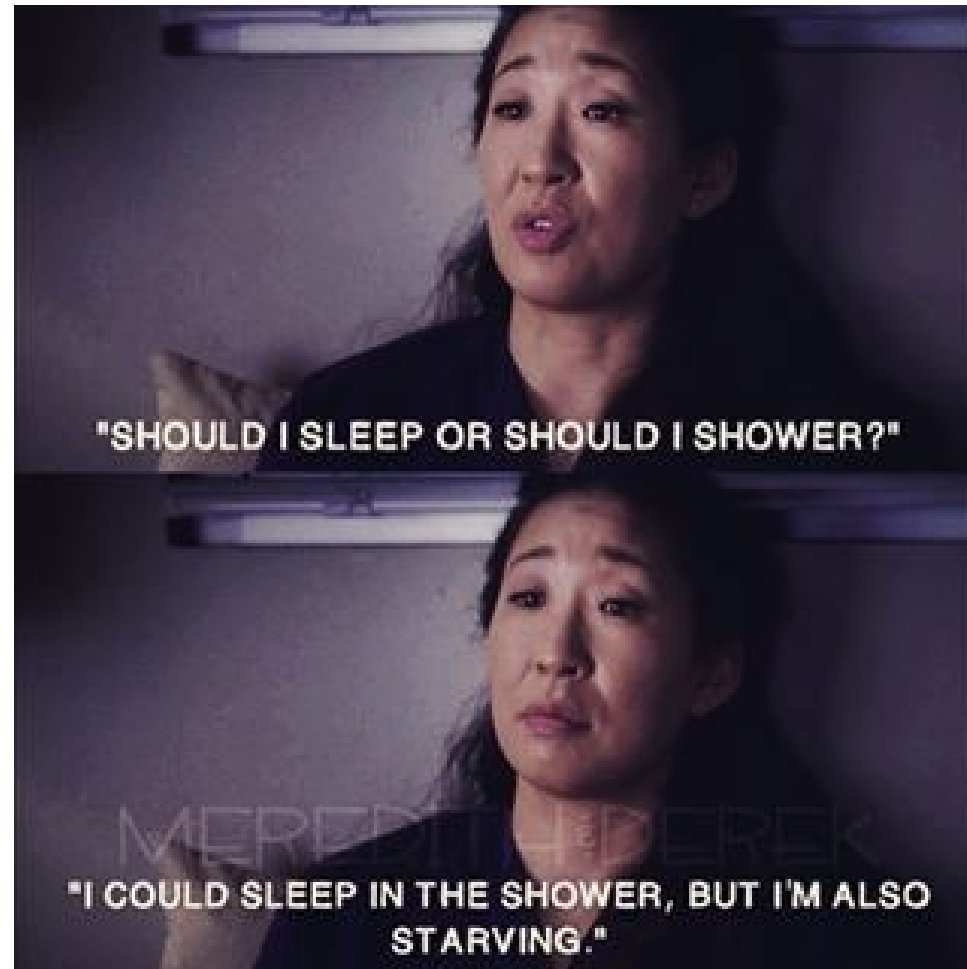
Something that disrupts your mental state and interrupts how you feel, think, communicate and behave



WELLNESS & BALANCE



National
Wellness
Institute







Possible indicators of Distressed Students

▶ Academics

- ▶ Decline in work quality
- ▶ Repeated absences
- ▶ Work indicating concern (content of hopelessness, isolation, despair)

- Physical
 - Deterioration of grooming/hygiene
 - Severe weight gain/ loss
- Personal/interpersonal
 - Tearfulness
 - Expression of hopelessness, worthlessness, shame
 - More irritated than usual
 - Comments about distress
 - Classmate concern



Distressed Students

▶ Risk behaviors

- ▶ Implied or direct threat of harm to self or others
- ▶ Self injurious behavior

• Suicidal

- Excessive sadness or moodiness
- Hopelessness
- Sleep problems
- Sudden sense of calmness
- Withdrawal
- Changes in personality



Helping a distressed student

- ▶ Respond with compassion
 - Share concerns, make sure you have enough time to talk
 - Intervene early
 - Affirm & validate
 - Reinforce help-seeking – CAPS, mentor, family, friends etc
- ▶ Empathize
 - Refrain from judgment
 - Be willing to reflect emotions you hear
- ▶ Connect
 - Listen
 - Connect to resources/call 911 if suicidal



CAPS RESOURCES



COUNSELING &
PSYCHOLOGICAL
SERVICES





Individual & Couples Counseling

- Relationships (romantic, peers, parents, and roommates)
- Academic difficulties
- Homesickness, loneliness, isolation, not fitting in
- Eating concerns
- Stress management
- Depression and anxiety
- Grief and loss
- Self-injury
- Suicidal thoughts
- Career options



WORKSHOPS



50 minute workshops:

- *Understanding Worthiness*
- *Career Assessment & Exploration*
 - ▶ Strong Interest
 - ▶ Myers-Briggs Type

Workshop series: Series repeat each 2 or 3 weeks

- *Anxiety Toolbox*
 - 3 - weekly sessions on managing anxiety
- *Get Unstuck*
 - 3 - weekly sessions addressing Depression
- ▶ *Accepting Emotions*
 - 2 - weekly sessions on understanding and embracing emotions
- ▶ *Perfectionism*
 - 2 weekly sessions focusing on debunking the “myths” of perfectionism
- ▶ *Test Anxiety/preparation*
 - 2 - weekly sessions on test anxiety



Group Counseling

- ▶ Coping with Grief & Loss
- ▶ DBT Critical Care Program
- ▶ Embracing Your Self-Worth
- ▶ GRACE
- ▶ Graduate Student Support
- ▶ How Do I Adult?
- ▶ Understanding Self and Others
- ▶ Managing Anxiety
- ▶ International Students
- ▶ Women of Color/Men of Color
- ▶ Self-Care
- ▶ LGBTQ+
- ▶ Thesis/Dissertation Support



* Groups may change each semester



CAPS SUPPORT SERVICES

- ▶ QPR Gatekeeper Training
- ▶ Community referral assistance
- ▶ Sexual assault resources
- ▶ Outreach presentations
- ▶ Consultation





- ▶ Sanvello [formerly Pacifica] is a mobile app designed to help students improve their mental wellbeing and build healthy habits.
- ▶ Sanvello provides tools for people to develop meditation and mindfulness practices, build emotional awareness, and cultivate skills to manage day-to-day stress, depression, and anxiety. It is tailored to reflect the emergency resources available at Texas A&M University and in the Bryan-College Station area, including CAPS, Helpline, UPD and local hospitals.
- ▶ Students, faculty & staff are able to access a Premium subscription for free with TAMU email address.
- ▶ 135 average weekly signups, 7,000 total signups and 4,090 weekly sessions.
- ▶ <https://www.sanvello.com/>

Say HELLO to SANVELO



Kognito At-Risk Training

Kognito At-Risk is a 45-minute, online, interactive gatekeeper intervention training program that teaches students, faculty, and staff how to:

- (1) **Identify** individuals exhibiting signs of psychological distress, including depression and thoughts of suicide;
- (2) **Approach** individuals to discuss their concern; and
- (3) **Make referrals** to Counseling and Psychological Services and other community resources.

* <https://caps.tamu.edu/?q=suicidepreventiontraining>



ARE YOU WORRIED ABOUT A FRIEND OR CLASSMATE?

College can be stressful at times. Build the confidence to talk with a friend who may need help.

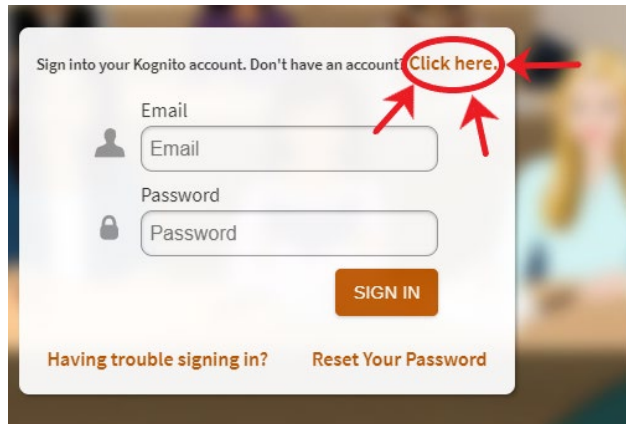


Accessing Kognito

Register for a free account using your @tamu.edu email address (e.g., aggie@tamu.edu instead of aggie@athletics.tamu.edu). Then, follow the steps below to access Kognito:

Step 1: Go to: <https://www.kognitocampus.com>

Step 2: Click “Don’t have an account? Click here.”



Step 3: Register for a free account using your @tamu.edu email address (e.g., aggie@tamu.edu instead of aggie@athletics.tamu.edu).

Enrollment Key:

If you are Faculty or Staff: tamcsuf

If you are a Student: tamcsus

Step 4: Select your Department affiliation (if your department is not listed, select “Other”)

Step 5: Continue to the training!

Don’t forget to download your certificate of completion and save it for confirmation that you have participated in this training.



HELPLINE 979-845-2700



- **HelpLine** is open after-hours, 4:30 PM-8 AM during the week and 24 hours on the weekends. It is a telephone hotline staffed by Aggies to provide:

- Information
- Support
- Crisis Intervention
- Referral

- The number is conveniently listed on the back of your Texas A&M Student ID.





CRISIS INTERVENTION

- Walk-in crisis counseling is available to students
Monday- Friday 8 AM – 5 PM
- Possible examples of a crisis, but not limited to:
 - Suicidal thoughts
 - Homicidal thoughts
 - Sexual assault
 - Recent traumatic event
 - Death of a loved one





CONTACT US



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