Wellness Programs offered by our Campus Partners

Mindful UCLA: (www.resilience.ucla.edu/mindful_ucla)
Resilience Peer Network: (www.resilience.ucla.edu/resilience_peer_network)
Depression Grand Challenge: (depression.semel.ucla.edu/icbt-student/welcome)
Grit Coaching Program: (www.grit.ucla.edu)
Free Guided Meditations: (www.resilience.ucla.edu/mindful-meditations)
Wesley Foundation: (www.wfuca.org)
Financial Wellness Program: (www.financialwellness.ucla.edu)
Bruins for Recovery: (www.grit.ucla.edu)
SHEP - Student Health Education and Promotion: (www.healtheducation.ucla.edu)
ISSP - International Student Support Program: (issp@issp.com)

Mindful Drop-Ins
Stop by CAPS Tuesdays from 5:15pm to 5:45pm for a mindful drop-in session, facilitated by our partners at the UCLA Mindfulness Awareness Research Center (MARC). Sessions are open to all students and no prior registration is necessary.

QPR: Suicide Prevention
This workshop offers training and practice in suicide prevention skills, utilizing the nationally recognized QPR (“Question, Persuade & Refer”) Suicide Prevention Gatekeeper approach. Training includes: helping participants to identify risk and protective factors for suicide; how to intervene with individuals at risk for suicide; practice in the QPR skills of questioning, persuading and referring suicidal individuals.
QPR for ALL STUDENTS on 02/07/18 from 1:00 pm to 3:00 pm in the CAPS Large Conference Room - RSVP required.
QPR for ALL STUDENTS on 02/13/18 from 1:00 pm to 3:00 pm in the CAPS Large Conference Room - RSVP required.
QPR for ALL STUDENTS on 02/17/18 from 1:00 pm to 3:00 pm in the CAPS Large Conference Room - RSVP required.

Distressed & Distressing
Designed for student leaders, staff, and faculty, our “Distressed & Distressing” (D&D) Trainings offer guidance to assist in recognizing the differences between students in distress and students who are distressed. These trainings are designed to equip participants with information on when to consult, report, and assist in identifying distressed and distressing students. Presentations are approximately 90 minutes.
D&D for ALL STAFF and TAs on 02/13/18 from 9:30 am to 11:00 am in the CAPS Large Conference Room - RSVP required.

Crisis Counseling available by phone 24 hours a day, 7 days a week
Crisis Counseling: 310-825-0768
To make an appointment, please visit us in person between 9:00am and 4:00pm Mondays-Fridays.

Eligibility
All registered UCLA students are eligible to receive up to 3 sessions of individual psychotherapy per academic year with 3 additional sessions in the summer. Students needing longer treatment will receive assistance with connecting to their primary insurance provider and additional case management as needed. Students are also eligible for Wellness Skills Group treatment and limited emergency psychiatric treatment by therapist referral.

Students without SHIP Insurance:
Please visit our website for a comprehensive list of fees.

Students with SHIP Insurance:
Are eligible to receive an additional 3 sessions per academic year. Additionally, they are eligible for psychiatry, therapy group treatment; clinical coordination and referral to Behavioral Health Services (BHS) as clinically indicated. Treatment may be extended to manage higher severity needs.

Confidentiality
Our services are confidential, meaning that we will not disclose information about your treatment to anyone who is not directly involved in your care without your written permission.

CARE is a safe place for survivors of sexual assault, dating and domestic violence, and stalking to get support, consultation, and to have a confidential place to talk. You can get help without formally reporting an assault or requesting formal treatment. CARE also provides trauma-informed yoga to survivors and awareness and prevention education to the campus community. Custom workshops and trainings are offered on a variety of topics related to sexual violence. CARE offers confidential services to all currently enrolled students. The CARE offices are located on the first floor of John Wooden Center West. For more information and programming dates for the CARE Certificate Program and the Yoga as Healing (YAH) workshop series, email admin@careprogram.ucla.edu.

CARE Advocates provide navigation, support, and advocacy for survivors of sexual assault, dating and domestic violence, and stalking. To make an appointment with a CARE Advocate, call 310-206-2465 or email advocate@careprogram.ucla.edu.

For more information on resources and support, visit: www.careprogram.ucla.edu

Virtual Resources
*Like* our Facebook page for mental health updates and visit our website to learn more about CAPS services, trainings, and our lending library.

Satellite Clinics and Co-Programming Services

CAPS @ LGBT
Campus Resource Center Drop In Hours:
Wednesdays 1:00 to 3:00 pm
Thursdays 1:00 to 3:00 pm
Fridays 10:00 am to 12:00 pm
THE LGBT Resource Center is located at SAC B36

CAPS @ Law School
Walk in Brief Screen Hours
Law Library (Rm 1224)
Monday - Wednesday
10:00 am - 1:00 pm
The Veteran Resource Center is located at Kerckhoff Hall 132

Veteran’s Drop In Support Services
Tuesdays 10:00 am - 2:00 pm

Interested in partnering with us? Visit the CAPS website for the most up-to-date information and to learn more about our programs.

Be Well. Stay Well. Do Well.
Virtual Resources

"Like" our Facebook page for mental health updates and visit our website to learn more about CAPS services, trainings, and our lending library.

Coping through the Quarter
5-Session Wellness Skills Group
Weekdays: 10:00-11:00am
This five-session skill group offers support to address a variety of student concerns including, academic stress, anxiety, procrastination, and interpersonal concerns.

The group focuses on a new set of skills each week including: 1) Relaxation skills, 2) Time Management, 3) Problem Solving, 4) Thought Awareness, and 5) Radical Acceptance and Self-Compassion.

Students may enroll in the 5-session module beginning any week of the academic quarter. Students must obtain a referral from a CAPS Brief Screen Counselor or CAPS Clinician to enroll.

Patient Portal
Your patient portal is the most secure method of communication with your CAPS clinician. Log onto the patient portal from the CAPS website to cancel appointments online and send your clinician a non-urgent message.

Feedback
Your feedback is important to us. Send us your comments and suggestions via feedback@caps.ucla.edu

UCLA
Confidential Individual Counseling • Group Counseling • Urgent Services • Psychiatric Care • Sexual Assault Services • 24 Hour Access

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John Wooden Center West
Monday, Tuesday, Thursday: 8:00am-7:00pm, Wednesday: 9:00am-7:00pm (By Appointment Only after 4pm)
Friday 8:00am-5:00pm (310) 825-0768 • www.counseling.ucla.edu

For more information on resources and support, visit: www.careprogram.ucla.edu
Academic Success Groups

Wellness Skills Groups

WINTER 2018 Therapy Group Offerings

Therapy Groups are generally 5-8 weeks long and require a clinician referral into the group. Open to Students with SHIP Only.

Academic Success Groups

Dissertation Writer's Group (For Graduate Students):

Academic Success Groups

Academic Success Groups

Anxiety Groups

Disordered Eating Groups:

Disordered Eating Group:

This group is designed to help students understand their increasing awareness of the complex relationships among disordered eating, weight and shape concerns, situational triggers, interpersonal relationships, and unique individual factors. This group will help you develop skills for creating a healthier lifestyle, challenging destructive behaviors, and enhancing interpersonal relationships.

Advocates for a Growth Mindset:

This support group welcomes undocumented students from varied cultural contexts, family relationships, identity, dating, work, educational successes and challenges in the context of their family of origin. Students can discuss and share issues that are relevant to their lives. The specific focus of the group will be to aid in the process of understanding the impact of trauma. The group will address issues unique to the well-being of gay and bisexual men.

Gay/Bi Men’s Psychotherapy Group:

Support and education for gay and bisexual men. This group addresses issues unique to the well-being of gay and bisexual men. Objectives of the group include improving better communication and relationship skills, improving self-esteem, increasing social support, and defining a comfortable level of self-communication.

Gender Identity Spectrum Group:

Gender Identity Spectrum Group:

The goal of the Managing Emotions Skills Group is to learn how to change behavioral, emotional and thinking patterns in order to decrease misery and build a life worth living. The Interpersonal Effectiveness module will teach you how to improve relationships and effectively assert needs to others.

Students: 2:30 - 4:00 pm

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Students: 2:30 - 4:00 pm

Relationships Group for Undergraduate Students:

For students who want to deepen self-understanding and relationship skills. This group will help you form more satisfying and meaningful relationships, find effective ways to connect and communicate with others, and learn to become the person you want to become by preventing you from achieving these goals.

Students: Tuesdays 9:00 - 10:30 am

Thursdays 1:00 - 2:30 pm

Students of Color Group:

Black and Brun: A group for “Black Bruins” and any other students interested in maximizing a sense of community for those of African descent on the UCLA campus. This also includes students of mixed ethnic background, LGBTQ, first generation, former foster youth, international students, as well as students of varying ability. Students of varying ethnicities, arts, and students from the economically disadvantaged and advantaged backgrounds.

The group focuses on building a sense of community, improving self-acceptance and decreasing curiosity and creativity.

Conrad Latino Support Group:

Confron (to trust) is a support group where Latino students can discuss and share issues that are relevant to the educational successes and challenges in the context of their cultural and personal experiences. Topics will include navigating cultural contexts, family relationships, identity, dating, work, stigma, and discrimination.

Fridays: 10:30 am - 12:00 pm

Graduate Students of Color:

This group is designed for Black and Latino graduate students of color to increase connection, self-empowerment, and advocacy as they develop culturally advanced and racially aware intercultural world. Students also gain support exploring racial and ethnic issues as they interact with their own personal and relationship development.

Thursdays: 11:00 - 1:30 pm

International Student Process Group:

This group offers students the opportunity to improve their image by adopting an ideal based on flexibility, problem-solving, and a healthy sense of humor. Students also gain support exploring racial and ethnic issues as they interact with their own personal and relationship development.

Thursdays: 11:00 - 1:30 pm

International Student Process Group:

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Thursdays: 11:00 - 1:30 pm

Making Peace with Food and Fitness:

This 3-session skills group focuses on challenging where you feel you should eat and reconnecting you with your body’s natural ability to guide food choices and portion sizes.

“Time to be determined”

Survivors of Sexual Trauma Groups:

Open to All Students (SHIP & Non-SHIP)

Active Healing:

This group is for female identified survivors of sexual assault/sexual abuse. The group offers a safe space to share the way you interact with others, and receive support in the healing process. The focus is on improving coping skills and maintaining a greater sense of control and empowerment.

Thursdays: 11:00 am - 1:30 pm

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Let your clinician know so they can refer you to the group.

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