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
Grand Challenges-Depression
depression.semal.ucla.edu/cbct/student/welcome
Grit Coaching Program
www.grt.ucla.edu
Free Guided Meditations
marc.ucla.edu/meditations
Wesley Foundation
www.wf.ucla.edu
Financial Wellness Program
www.financialwellness.ucla.edu
Bruins for Recovery
www.bruins4recovery.com
SHEP - Student Health Education and Promotion
www.shep.ucla.edu
ISSP - International Student Support Program
www.isssp.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 04/25/18 from 1:00 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 student in distress and student who are distressed. These trainings are designed to equip participants with information on when to consult, report, and assist in identifying distressed and disordered individuals. Presentations are approximately 90 minutes.

D&D for ALL STAFF and TAs on 03/09/18 from 1:00 TO 3:00 pm in the CAPS Large Conference Room - RSVP required.

Contact CAPS at: rsvp@caps.ucla.edu
Please note: rsvp@caps.ucla.edu is meant for outreach requests and training reservations only. Most requests for outreach presentations require at least 3 weeks advance notice.

For clinical matters, please contact your clinician securely using the Patient Portal.

CAPS Connect
CAPS Connect trains student leaders and community partners on when and how to connect students to CAPS, which includes assessing for distress and increasing help-seeking skills.
Please visit the CAPS website for more information.

CAPS Connect for ALL STUDENTS on 04/11/18 from 1:00 to 3:00 pm in the CAPS Large Conference Room – RSVP required.

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 1:00pm to 12:00 pm

THE LGBT Resource Center is located at SAC B36

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

CAPS @ Law School
Walk in Brief Screen Hours (Rm. 1224)
Monday - Wednesday
10:00 am - 1:00 pm

To schedule an appointment, please call (310) 825-0768

The Veteran Resource Center is located at Kerckhoff Hall 132

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

Counseling and Psychological Services
A Department of Student Affairs

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
Crisis Counseling available by phone 24 hours a day, 7 days a week

Make an Appointment
Appointments can be made in person or over the phone. To make your initial Brief Screening 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 2 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 psychiatry 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 info 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, 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.

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

Dissertation Writer’s Group (For Graduate Students)

Are you a graduate student writing a thesis or dissertation? Merewether support groups welcome uncompromising students who are coping with challenges related to immigration status, balancing life, and managing complex issues. This group will help you search for and strengthen interpersonal relationships, find effective ways to effectively communicate with others, and understand the function and outcome of their stress-related financial barriers, immigration status and under-representation on campus; accessing health and social services; issues related to transitions upon graduation.

Tuesdays: 1:00 - 2:30 pm
Location: Suite 844 in Student Activities Center

Alcohol & Substance Abuse Groups

Moving Forward:
This confidential, brief group is for students who would like to help examining their current use patterns, setting goals to alter use habits, and taking steps to modify using behaviors.

Fridays: 2:30 - 4:00 pm

Anxiety Groups

Breaking Free From Anxiety:
Are you coping with any form of anxiety including chronic worry, social anxiety, obsessive thoughts, health related worry, or panic attacks? This structured skills group uses cognitive-behavioral therapy based strategies to help break the cycle of anxiety.

Tuesdays: 4:00 - 5:30 pm
Wednesdays: (201) 1:00 - 2:30 pm
Thursdays: 1:00 - 2:30 pm
Thursdays: 2:00 - 3:30 pm

Compassion for Your Inner Critic:
In your tendency to criticize, how are you impacting your academic life and relationships? This group will help you identify your inner critic and learn how to practice self-compassion as a more effective method to self-talk. Further, you will learn to develop mindfulness and self-compassion practices for every day life.

Thursdays: 2:30 - 4:30 pm

Keep Your Calm:
For students who have completed a previous anxiety group (Breaking Free From Anxiety, Overcoming Social Anxiety, or Living Free of OCD). Members will continue the process of developing and practicing strategies to challenge emotion-driven and avoidance behaviors. Focus will be on continuing emotional exposures and mindfulness practices with opportunities to apply these skills outside group.

Mondays: 3:30 - 5:00 pm

Overcoming Social Anxiety:
This group helps students overcome anxiety in a variety of social situations, including speaking in groups, initiating and maintaining conversations, meeting new people, going to parties, and being assertive. This structured skills group utilizes cognitive-behavioral and acceptance based approaches to help you become more socially involved.

Wednesdays: 3:30 - 5:00 pm
Thursdays: 1:00 - 2:30 pm

Community-focused groups:

UndocuScholars Therapy Group:
This group welcomes undocumented students who are coping with challenges related to immigration status. Members will share their experiences and coping skills and learn to get their needs met in college. This group is open to all undergraduates.

Wednesdays: 9:30 - 11:30 am

Mind/Body Groups

Being in the Moment:
Learn how to reduce your stress, regulate your mood, improve your concentration, and enhance your mental health. Pathways Through Grief will introduce you to this intensive 7 week group that will train you in the ancient practice of mindful awareness. Group sessions will involve training in sitting, walking, and eating meditation and will help you to develop a daily mindfulness practice.

Tuesdays: 2:30 - 4:00 pm

Mood Groups

Recovering From Depression:
Have you lost interest in things you used to enjoy, been feeling down, fatigue or extremely unmotivated to do what you need to do? Group members will learn strategies to modify both cognitive and behavioral patterns associated with depression as well as improving function and quality of life.

Tuesdays: 1:00 - 2:30 pm
Wednesdays: 1:00 - 2:30 pm

Mood Management/Seeking Balance:
This is a combined group for students who have either clinical depression or anxiety. This group will focus on the need to work on improving and maintaining mood in a group format, for those who might be struggling to manage their mood. The specific focus of the group will be determined by the membership needs and goals for improving mood and functioning.

Tuesdays: 1:00 - 2:30 pm
Wednesdays: 1:00 - 2:30 pm

Intergender Process Group

Grad Students Therapy Group:
Many graduate students have expressed feelings of isolation and loneliness when they devote their energy to their academic performance. The group will help you to identify different aspects of your group experience and develop personal approaches to addressing emotional stress.

Thursdays: 12:00 - 2:00 pm

Grief Groups

Pathways Through Grief:
This group provides opportunities for sharing personal grief experiences while also receiving support from others who have lost a loved one. This group will help you to identify different aspects of your grief experience and develop personal approaches to addressing emotional stress.

Thursdays: 12:00 - 2:00 pm

Wellness Skills Groups*

Wellness Skills Group are generally 3 weeks long and require a clinician referral into the group. Open to students with and without SHIP.

Academic Success Groups

Finding Focus: Need help with concentration problems, ADHD and other academic difficulties? This group will help identify academic strategies and weaknesses and understand how to maximize attention, concentration and memory; improve your academic performance skills; decrease anxiety and manage stress; increase feelings of anxiety; and manage personal, social and campus support to improve college success. (Mondays: Session 1 1:00 - 2:00 pm; Session 2 1:00 - 2:00 pm)

Tuesdays: 1:00 - 2:30 pm

Interpersonal Groups

Getting What You Want: Interpersonal Effectiveness Skills: Do you struggle with asserting yourself in relationships, interpersonal problem-solving or feeling good about yourself after interactions with others? This 3-session skills-based group is for students who wish to learn how to get their needs met in their interactions and develop strategies with others. Tuesdays: 3:30 - 4:30 pm

Mind/Body Groups

Mindful Pathways to Wellness: Secular and spiritual traditions have offered some help. Explore reasons behind excessive procrastination and discuss the ways involved through this structured and supportive group. Learn and practice specific tools to create realistic goals, manage time and increase productivity.

Mondays: 1:00 - 2:00 pm

Anxiety Groups

Brave Group: Overcoming Anxiety: Are you feeling overwhelmed by academic pressures and other stressful circumstances? This group is for students who want to learn about anxiety and how to manage it. This group uses the Cognitive Behavioral Therapy approach to anxiety.

Mondays: 10:00 - 11:00 am

Overcoming Procrastination:
If your procrastination has become problematic or embarrassing, this group can offer some help. Explore reasons behind excessive procrastination and discuss the ways involved through this structured and supportive group. Learn and practice specific tools to create realistic goals, manage time and increase productivity.

Mondays: 10:00 - 11:00 am

Taming Your Inner Critic: This 3 session wellness skills group is designed for individuals who have developed the habit of being hard on themselves (e.g., related to academic, social, or emotional difficulties). The group seeks to help you overcome perfectionism and try something different when you feel you are not meeting your goals.

Mondays: 1:00 - 2:00 pm

Progress Not Perfection: Do you have very high standards for yourself and feel badly when you fall short? Does your desire for perfection cause you to put yourself in situations that are likely to cause you to falter and feel bad about yourself? This group will help you learn how to stop expecting and feeling bad about your mistakes.

Thursdays: 12:00 - 1:30 pm

Groups on the Hill

Make Peace with Food
This 3-session skills group focuses on challenges you may be experiencing such as: Unhealthy eating patterns, exercise problems, weight loss or gain, fear of new things or trying new things or taking risks? Learn how perfectionism impacts your eating habits and to be a high achiever without being a perfectionist.

Wednesdays: 1:00 - 2:00 pm

Interested in Signing Up for a CAPS Group?

Let your clinician know so they can refer you to us. If you have a clinician, please do not come in for a brief screening Monday - Friday from 9:00 am - 4:00 pm.

Break The Cycle of Anxiety:
The Managing Emotions Skills Group is a 5-week program designed to help clients identify and change the habit of being hard on themselves (e.g., perfectionist).

Tuesdays: 1:00 - 2:30 pm
Wednesdays: 1:00 - 2:30 pm
Thursdays: 3:30 - 4:30 pm
Fridays: 1:30 - 3:00 pm

Additional times may be available.

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

Tuesdays: 2:30 - 4:00 pm

Gender Identity Spectrum Group:
For students who are exploring and/or identifying as transgender, gender fluid, and gender nonconforming. This group is for students examining their personal identity and expression. Issues to be addressed include: challenges coming out to oneself and others, negotiating gendered environments, establishing identity and relationships, coping with minority stress and gender binary norms, accessing health and social services, supporting of trans-gender people, addressing issues related to the transitioning process and adjustment to a new identity.

Wednesdays: 2:00 - 3:30 pm

Survivors of Sexual Trauma Groups

Open to All Students (SHIP & Non-SHIP)

Active Healing: The group for survivors of sexual assault/sexual abuse. This group will emphasize building a sense of safety in the aid of the process of understanding the impact of trauma. The group will address self-care, social sharing experiences, coping with others, and receiving support in the healing process. The focus is on improving coping skills and regaining a greater sense of control and empowerment.

Thursdays: 1:00 - 2:30 pm

*A group times are subject to change.