

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.semel.ucla.edu/icbt-student/welcome

Grit Coaching Program

www.grit.ucla.edu

Free Guided Meditations

marc.ucla.edu/mindful-meditations

Wesley Foundation

www.wfsucla.org

Financial Wellness Program

www.financialwellness.ucla.edu

Bruins for Recovery

www.bruins4recovery.com

SHEP - Student Health Education and Promotion

www.healtheducation.ucla.edu

ISSP - International Student Support Program

us.myissp.com ph# 1 (866) 743-7732



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.

is necessary.

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.

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 students in distress and/or students who are distressing. These trainings are designed to equip participants with knowledge 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 05/09/18 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 on the CAPS web site.

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 (Rm 1224)
Monday - Wednesday
10:00 am - 1:00 pm

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

CAPS @ BWC

Launching Fall 2018!

Visit our website for more information

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

The Counseling Center

Counseling & 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 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 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 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, 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

Coping through the Quarter

5-Session Wellness Skills Group

Weekdays: 10:00-11:00am

This five-session skills 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.



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.

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

: 5@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):

Are you a graduate student wanting a safe and supportive place to discuss issues and challenges regarding the Thesis or Dissertation writing process? Topics discussed include procrastination, writers blocks, perfectionism, time management, confidence issues and conflicts with peers and professors. Thursdays: 10:00 - 11:30 am Thursdays: 2:00 - 3:30 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 and acceptance based strategies to help break the cycle of anxiety. Mondays: 2:00 - 3:30 pm Tuesdays: 3:00 - 4:30 pm Fridays: 2:00 - 3:30 pm (Grad Section) Wednesdays: 3:00 - 4:30 pm

Compassion for Your Inner Critic:

Is your tendency to criticize or judge yourself impacting your academic life and relationships? This group will help you identify your inner critic and learn how to practice self-compassion as an alternative method to self-talk. Further, you will learn to develop mindfulness and self-compassion practices for every day life. Thursdays: 2:30 - 4:00 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 practice within group and identifying 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. Tuesdays: 2:30 - 4:00 pm Wednesdays: 1:00 - 2:30 pm

Community- Focused Groups

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This support group welcomes undocumented students who are coping with challenges related to immigration status. Issues addressed include: coming out to others; stress related to financial barriers; immigration status and under-representation on campus; accessing health and social services; issues related to transitions upon graduation. Wednesdays: 2:00 - 3:30 pm Location: Suite B44 in Student Activities Center

Disordered Eating Groups

Disordered Eating:

This group is designed to help students increase their understanding 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. Fridays: 10:30 am - 12:00 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 emotions of grief. Thursdays: 12:00 - 1:20 pm

Interpersonal Process Groups

Grad Students Therapy Group:

Many graduate students have expressed feelings of isolation and loneliness when they devote their energy to securing their future while struggling to balance their lives. The specific focus of the group will be determined by member's needs with an emphasis on the special needs and issues of graduate students. Tuesdays: 10:00 - 11:30 am Wednesdays: 4:00 - 5:30 pm Thursdays: 3:00 - 4:30 pm Fridays: 9:00 - 10:30 am Fridays: 1:00 - 2:30 pm

*Additional times may be available.

Managing Emotions:

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 teaches students how to improve relationships and effectively assert needs to others. Tuesdays: 2:30 - 4:00 pm

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For students who want to deepen self-understanding and relationship skills. This group will help you search for meaningful interpersonal relationships, find effective ways to connect and communicate with others, and understand what may be preventing you from achieving these goals. Thursdays 9:00 - 10:30 am *Additional times may be available.

Mind/Body Groups

Being in the Moment:

Learn how to reduce your stress, regulate your mood, improve your concentration, and enhance your mental and physical health with 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: 2:00 - 3:30 pm

Mood Groups

Recovering From Depression:

Have you lost interest in things you used to enjoy, been feeling down, fatigued 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 functioning and quality of life. Tuesdays: 1:00 - 2:30 pm Wednesdays: 1:00 - 2:30 pm

Maintaining Mood/Seeking Balance:

This is a combined group for students who have either already completed Recovering from Depression and want to continue to work on improving and maintaining their mood in a group format, or for students who would like to improve their ability to monitor and manage symptoms of bipolar disorder through the use of cognitive and behavioral coping strategies. Members will practice skills. Mondays: 3:00 - 4:30 pm

Sexual Orientation & Gender Groups

Group for Lesbian/Bi and Non-Binary People:

Support and skill-building for lesbian, bisexual women, and non-binary people. The group will address issues unique to lesbian and bisexual women, and non-binary people, as well as more general concerns. Objectives of the group include developing better communication and relationship skills, improving self esteem, increasing social support, and defining a comfortable level of self-community connection. Fridays: 1:00 - 2:30 pm

Gender Identity Group:

For students who are exploring and/or identify as trans-gender, gender fluid, and gender nonconforming in their identity and expression. Issues to be addressed include: challenges coming out to oneself and others, negotiating gendered environments, establishing identity-affirming relationships, coping with minority stress and gender binary norms, accessing health and social services supportive of trans-gender people, addressing issues related to the transitioning process and adjustment to a new social identity. Wednesdays: 3:00 - 4:30 pm

Students of Color Groups

Black and Bruin:

A group for "Black Bruin" and any other students interested in promoting 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 faiths, atheist and students from the economically disadvantaged and advantaged backgrounds. The group focuses on building a sense of community, improving self-awareness, and encouraging curiosity and creativity. Thursdays: 3:30 - 5:00 pm

Black Graduate Bruins Group:

This group is designed for Black graduate students to increase connection, self-empowerment, and advocacy as students academically advance in a professional, multicultural world. Students also gain support exploring racial and ethnic issues as they intersect with their own personal and relationship development. Thursdays: 11:00 am - 12:30 pm

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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. This group will emphasize building a sense of safety to aid in the process of understanding the impact of trauma. The group offers a safe space to share experiences, connect with others, and receive support in the healing process. The focus is on improving coping skills and regaining a greater sense of control and empowerment. Wednesdays: 10:00 - 11:30 am



Interested in Signing Up for a CAPS Group?

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

Wellness Skills Groups*

Wellness Skills Group are generally 3 weeks long and require students to sign up at the Front Desk. 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 strengths and weaknesses; understand how to maximize attention, concentration and memory; improve your academic performance skills; decrease anxiety and manage stress; decrease test and writing anxiety; and manage personal, social and campus support to improve college success. Mondays (Grad Section): 12:00 - 1:30 pm Tuesdays: 11:00 am - 12:30 pm

Overcoming Procrastination:

If your procrastination has become problematic or embarrassing, this group can offer some help. Explore reasons behind excessive procrastination and discuss the costs involved through this structured and supportive group. Learn and practice specific tools to create realistic goals, manage time better and increase productivity. Mondays: 10:00 - 11:00 am

Anxiety Groups

Break the Cycle of 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. Join this group to learn and practice a variety of anxiety management tools. Mondays: 1:00 - 2:00 pm Tuesdays: 1:00 - 2:00 pm

Progress Not Perfection:

Do you set very high standards for yourself and feel badly when you fall short? Does your desire to be the best prevent you from trying new things or taking risks? Learn how perfectionism can get in your way and how to be a high achiever without being a perfectionist. Wednesdays 1:00 - 2:00 pm

Interpersonal Groups

YHjb[K \UhMci K Ubh -bhYf dYfgcbU 9ZVWij YbYggG_ J g 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 want to learn how to get their needs met in their interactions and relationships with others. Mondays: 2:30 - 4:00 pm

Mind/Body Groups

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Is your phone the first thing you reach for in the morning and the last thing you touch before bed? Do you frequently pick it up "just to check," only to realize 45 minutes later that you feel drained and lost track of time? Do you want to spend less time on screens—but have no idea how to do so? During this 3 session skills group, you'll discover how phones/apps/screens are designed to be addictive, and learn how the time we spend on them may damage our ability to focus, think deeply, and form new memories. You'll learn customized changes to your settings, apps, environment, and mindset that will help you to take back control of your life.

Mindful Pathways to Wellness:

Secular and spiritual traditions have recognized mindful awareness as a powerful pathway towards easing distress. Mindfulness-based psychological techniques are effective for coping with difficulties in life and in improving the overall quality of life. Learn basic principles of mindfulness and practice a variety of ways of being in the moment. Wednesdays: 3:30 - 4:30 pm

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) and realize it is not working the way they hoped. This group aims to: help students identify their inner critic; understand the function and outcome of self-criticism; and practice non-judgmental responses and self-compassion as an alternative method of self-talk. Wednesdays: 1:00 - 2:00 pm

Groups on the Hill

Make Peace with Food

This 3-sessions skills group focuses on challenging what you think you should eat and reconnecting you with your body's natural ability to guide food choices and portion sizes. @Vh]cb Ubx Hja YH68" Sign up here: <https://tinyurl.com/MPVWF>

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The Body Project is a body acceptance intervention designed to help young women resist pressures to conform to the appearance ideal. The purpose of The Body Project is to improve personal body image. Consists of 2 sessions, 2 hours each led by trained UCLA students. Gain powerful skills to build a healthier body image with an opportunity to become a trained peer coach. Dates and Times TBD Sign up here: <https://tinyurl.com/UCLATBP>