



STUDENT AFFAIRS
Connections

A NEWSLETTER FROM THE DIVISION OF STUDENT AFFAIRS | APRIL 2013 EDITION

VOL 6 | NO 4

Counseling & Psychological Services

The Office of Counseling and Psychological Services (CAPS) is located in Howard Hall on the second floor. During the past two years, CAPS has worked diligently to expand services to help meet the demands of a growing student population at Florida Gulf Coast University. Students most often seek services related to anxiety, depression, stress, relationship concerns, and self-esteem issues.

Aiming to support the mission of FGCU and student success, CAPS offers a number of programs to assist students. In addition to individual, couples, and groups counseling, CAPS provides career counseling, psychiatric services, consultations and referrals, skill-based and informational-workshops and presentations, 24 hour emergency on-call services, student/staff outreach programs and service collaborations. CAPS also provides crisis intervention for students through walk-in during office hours and after hours through our crisis line. Staff and faculty members who know of a student experiencing crisis are encouraged to have the student stop by the CAPS office or call our office for consultation regarding any student issues.

During the fall and spring semesters, CAPS hosts a number of skill building workshops which address important topics for students. Workshops include an emphasis on sleep hygiene, relationship strategies, discovering your strengths, test anxiety, self-esteem and assertiveness among many others. There is also the Life Skills Series which includes two different series each presented in three parts. One of the series focuses on Anxiety Management and the other on Interpersonal Communication.

The CAPS staff consists of licensed psychologists, a full time psychiatrist, mental health counselors, doctoral interns and supervised graduate assistants all who have experience in addressing the issues faced by students at FGCU. The many services CAPS provides to the FGCU community are essential in promoting excellence at our institution. We look forward to working with faculty, staff and students and welcome you to visit us at our newly remodeled office.

What Students Say...

Towards the end of the semester CAPS conducts the Student Satisfaction Survey for quality assurance. Students most often report anxiety (67%) as being one of the primary reasons for their initial visit to CAPS. Other reasons students visit CAPS include, but are not limited to, Stress (53%), depression (48%), relationship problems (25%), self-esteem(28%), family issues, eating concerns, sleep hygiene, adjustment, career concerns, academic difficulty, alcohol or drug related issues and grief or bereavement.

Reported by Students at CAPS	
Felt comfortable using the CAP services and would use them again if necessary.	94%
Would recommend CAPS services to other students.	93%
Working with a clinician has had a positive effect on overall campus experience.	79%
Counseling made it possible to continue as a student at Florida Gulf Coast University	57%
317 Student Respondents 2012 Spring & Fall Semesters	

A Message From:

Dr. Jon Brunner, Director of Counseling & Health Services

The research on today's generation of college students clearly indicates that they are the "most stressed". In addition to offering clinical services, CAPS has developed a "broader" service base for helping students; including new collaborative and consulting connections with other campus services and departments, diverse evidenced base treatment strategies and an enhanced training function. Regarding training we are especially proud that in the fall of 2013 we will have our first nationally recruited doctoral psychology interns. Please feel free to contact the CAPS office regarding student concerns and the services we offer. Lastly, be sure to visit our website for useful information regarding the many issues students face and how to respond to them. Together we can work towards better behavioral and emotional wellness for our students.

For comments or suggestions regarding this issue, please contact:

Dr. Jon Brunner
Director of Counseling and Health Services
(239) 590-7950 • jbrunner@fgcu.edu

Connections is available at studentservices.fgcu.edu/publications.html

Connections may be obtained in an alternative format by contacting the Office of Adaptive Services at 239-590-7956.

Services Offered to Faculty and Staff

SAFE ZONE

This training teaches participants how to create a safe zone which fosters an atmosphere of support and celebration of gay, lesbian, bisexual, transgender, and questioning individuals within the FGCU community. CAPS Safe Zone workshop involves 3-4 hours for training and to date 252 staff/faculty members have participated in Safe Zone.

CONSULTATIONS

Staff members at CAPS are available to consult with faculty and staff regarding students about whom they are concerned. Also check out our website for information about how to identify and refer students in distress.

Group Counseling Offered to Students

EMOTIONAL WELLNESS

For students struggling with feelings of depression, anxiety, stress, or difficult relationships, this group will assist participants in enhancing skills to better manage mood, emotions, and behavior.

RELATIONSHIP GROUP

Helps address relationship and communication issues and work to better understand yourself and others. Participants can learn ways to have healthier relationships in their lives.

RELAX FOR WELLNESS

The purpose of this group is to teach relaxation skills. It includes yoga, Qi Gong exercises, breath-works, mindfulness, and guided meditation.

INTERPERSONAL COMMUNICATION

Many difficulties arise in relationships due to ineffective communications. This group provides a framework to help communicate more effectively in a manner that addresses self-respect as well as respect for others.

WOMEN2WOMEN

The purpose of this group is to help women be more assertive, increase self-esteem, or the quality of your relationships.

For more information about any of the trainings and workshops above, or additional topics available, please contact the CAPS office at 239-590-7950.

Visit and refer students for Quick Access to Information and Screenings: www.fgcu.edu/caps

Professional Clinicians are available on a 24-hour basis for mental health emergencies that may arise within the university community. The on-call clinician may be contacted through the university police dispatcher at 239-590-1191.



CAPS Statistics

Appointment Types			
	2010	2011	2012
Total of Overall Appointments	6674	8127	8425
Unique Headcount of CAPS Clients	1007	1119	1206
Psychiatry	948	872	978
Walk-ins / Triage	240	412	494
Need for Crisis Intervention Services			
Emergency Appointments	126	158	115
Yearly % Change in emergency appointments		25% ▲	27% ▼
Group Counseling			
Total n of clients x total sessions offered	203	453	693
Total attendees	32	82	98
Total Group Sessions	36	97	129
Outreach Programs			
Students & Staff	66	112	99
Total attendees	1489	2758	2043
Parents	1	12	80
Total attendees	220	1875	2120
Safe Zone Attendees	83	65	92

Please visit us at our newly remodeled office in Howard Hall, second floor.

The Division of Student Affairs - Completing the University Experience

ADAPTIVE SERVICES
CAMPUS RECREATION
CAREER DEVELOPMENT SERVICES
COUNSELING & PSYCHOLOGICAL SERVICES
DEAN OF STUDENTS OFFICE
PARENT & FAMILY PROGRAMS

EAGLE VIEW ORIENTATION
FIRST YEAR ADVISING
FRATERNITY & SORORITY LIFE
HOUSING & RESIDENCE LIFE
MULTICULTURAL STUDENT SERVICES
OFFICE OF STUDENT CONDUCT

OFFICE OF STUDENT INVOLVEMENT
PREVENTION & WELLNESS
STUDENT GOVERNMENT
STUDENT SUPPORT & OUTREACH
STUDENT HEALTH SERVICES
TESTING SERVICES