

# Steps to Initiate Services at CAPS

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## Request a Tele-triage Appointment

By calling CAPS main line at 310-825-0768

Tele-Triage Hours: Mon. – Thurs. 9:00am - 4:00pm, Fri. 9:00am – 3:00pm

\*CAPS Tele-triage hours are different from CAPS operating hours

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## Attend your same-day zoom or telephone triage appointment:

This will provide students a brief screen and mental health assessment and resources

### **These resources can include:**

- Options for appropriate care, including a virtual intake appointment with a CAPS clinician.
- If this is not the best course of treatment, you will be offered clinical coordination support to assist you with other mental health care either locally or wherever you reside.

# For Students Already in Treatment

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To schedule a follow up appointment, call our front desk staff at 310-825-0768 or contact your provider directly via a secure message through your Ashe patient portal. All appointments will be provided via telehealth.

**Appointment Hours:** Monday – Thursday: 8am - 6pm. Friday: 8am - 5pm.

## INDIVIDUAL THERAPY

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CAPS clinicians will provide remote zoom or telephone follow up appointments for students currently in treatment.

- For students who have left the state, your clinician will work with you to coordinate ongoing care based on your needs and state licensing guidelines.

## Psychiatry Services

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CAPS psychiatrists will provide remote zoom or telephone follow up appointments for students currently in treatment.

- Psychiatrists will work to ensure students have adequate access to necessary medication whenever possible
- Psychiatrists will adhere to all federal, state and medical mandates when prescribing psychiatric meds.

## GROUP THERAPY





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Please refer to our website for an abridged number of groups and wellness skills workshops will be offered virtually during Spring Quarter.

- Students must be residing in California.
- Please consult with your CAPS clinician or call 310-825-0768 if you are interested in joining a group.

# CAPS Drop-In Spaces

As a temporary alternative to our regular drop-in consultations, our CAPS Virtual Drop-In hours will provide free, confidential, brief support and mental health screenings for students. During this visit, a specialized counselor can help you to explore resources, assess your mental health, and when needed, connect you to ongoing CAPS counseling, and other services.

	<p><b>Dashew Center for International Students and Scholars</b> Mondays 2pm-4pm (PST) with Jonna Howard, LMFT</p>
	<p><b>Undocumented Students Program</b> Tuesdays 10am-12pm (PST) with Arianna Morales, LMFT</p>
	<p><b>LGBTQ Campus Resource Center</b> Wednesdays 10am-12pm (PST) with Jenni Beckwith, LMFT</p>
	<p><b>Transfer Student Center</b> Fridays 10am-12pm (PST) with Courtney Walters, LMFT</p>

## To Schedule:

- Call the CAPS Front Desk (310) 825-0768 and indicate designated drop-in location or counselor.
- Students may call and request a drop-in with their affiliated clinician outside of the above hours.

# CAPS Therapy Groups

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## **Black and Bruin:**

### **Wednesday 10:00 – 11:30 am Session A**

A group for "Black Bruins" 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 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.

## **Graduate Students of Color:**

### **Fridays 10:00 – 11:30 am Session A and C**

Racial and ethnic minority communities of color suffer disproportionately due to various unique stressors. However, our narrative is not a tragic one. Although we face adversities, we also demonstrate a unique resilience including resistance to oppression, pride and excellence. This group is designed to increase awareness and personal responsibility within a support and brave social context of respect and empowerment.

# CAPS 24-Hour Access

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Immediate urgent response

Professional crisis counselors

Next-day full service follow-up

**310-825-0768**



**RISE Center at UCLA**

*Heal. Connect. Thrive.*

# **RISE Healing Programs for Black Bruins**

*offered via Zoom for UCLA  
Black students, staff, and faculty*

**Body Love Healing Class** Thu 3pm to 4pm, June 4

**Trauma Healing Circle** Mon 10am to 11am, June 8

**Body Love Healing Class** Mon 3pm to 4pm; June 8

**Meditation and Movement for Black Bruins** Wed 1pm to 1:30pm; June 10

## **Visit our Virtual Healing Library for Additional Support and Resources:**

*Self-Guided Healing Library  
Educational Resources for Allies and Healing Support for  
POC*

*Virtual Healing Library  
Pre-recorded videos to support healing*

*Meditations for POC  
Supportive, trauma-informed pre-recorded meditations for  
people of color*