

Fall 2020 CAPS Overview & Referral Process

CAPS' priorities for Fall 2020 are to protect the health and safety of our students and staff, provide easy access for students to obtain mental health support, and provide a broad range of services/care to support students' wide range of mental health needs.

Students Residing in Colorado:

To meet the above mentioned priorities, CAPS is currently providing all services remotely via telehealth for the fall 2020 semester. CAPS uses a secure and HIPAA compliant telehealth platform for all of our services.

How to Refer:

- **Urgent Situations:** Any student who identifies as currently in a crisis or needs urgent support can call the CAPS main number 303-492-2277 and be connected with a same day crisis telehealth appointment.
 - After-hours phone crisis line for students and/or for consultation 303-492-2277
 - If an out of state student calls CAPS in a crisis, they would be transferred to a CAPS clinician who would help identify local crisis supports.
- **Non-Urgent Situations:** Students can schedule a screening appointment online (this is the non-urgent version of the service formerly known as walk-in) to get connected with CAPS services or to get support with off campus referrals.

Screening Process:

- Serves as a starting place for student access to mental health care on or off campus.
- Students schedule online through MyCUHealth Portal www.mycuhealth.Colorado.edu or students can call CAPS phone number: 303-492-2277 for assistance with scheduling a screening appointment.
- No same-day scheduling.
- What happens in a screening appointment?
 - ***Typically brief session:*** Talk about what's going on, what brings the student in Discuss all options and services available.
 - ***Collaborate*** with the student to decide what feels like a good fit and scheduling CAPS services if this option is decided upon, or provide students with other referrals.

Other CAPS Services: <https://www.colorado.edu/counseling/about-caps>

- Short term individual therapy and psychiatry, groups and/or topic-focused workshops, support with connecting with community providers, and E-Let's Talk. Visit the CAPS website for more specific information on each service offered.

Students Residing Outside of Colorado:

Due to licensure laws regarding the practice of clinical services, all students receiving clinical services (screening appointment, individual, group, or couples therapy) must be present in the state of Colorado at the time of their appointment.

What CAPS can offer:

E-Let's Talk: A free informal consultation with a CAPS provider. A screening appointment is not required prior to attending a Let's Talk.

Online scheduling: <https://www.colorado.edu/counseling/content/e-lets-talk>

- This service is especially good for students who...
 - Aren't sure about counseling or wonder what it's like to talk with a counselor.
 - Aren't interested in ongoing counseling but would like the perspective of a counselor.
 - Have a specific (non-urgent/not a crisis) problem and would like someone with whom to talk it through.

- Have a concern about a friend or family member and would like ideas about what to do
- Are out of state and would like additional resourcing and support via a consultation and check-in. The Let's Talk provider can walk the student through using the referral resources mentioned below to find providers in their current location. *This service is not a substitute for formal counseling and does not constitute mental health treatment.*

Workshops: Available to students who are not in the state of Colorado. Students will be able to schedule workshops online and a screening appointment is not required prior to attending a workshop. Workshops are also all free.

- For more information on specific [CAPS workshops](#)

Local and National Referral Resources

- Referral database: <https://colorado.thrivingcampus.com/> used by counselors and available to students as well (user friendly and nationwide).
- [Psychology Today](#) is good for connecting students to therapists out of state.

National Crisis Resources

- [National Suicide Prevention Lifeline](#) offers free and confidential support, prevention and crisis resources and can be reached 24/7 at 1-800-273-TALK (8255)
- [Veterans Crisis Line](#) offers a free hotline, online chat and texting support for veterans in crisis and their family and friends. Call 1-800-273-8255 and Press 1, [chat online](#), or send a text message to 838255 for 24/7 confidential support.
- [Crisis Text Line](#) offers free, 24/7 support for those in crisis. Text 741741 to text with a trained Crisis Counselor.

Student Support & Case Management's (SSCM)

- Can reach out to students out of state and will do cold outreach calls.
- [Student of Concern Referral Form](#)