

TRANSCRIPT

Accessing CAPS Services

Hi, I'm Allison Salmon Puryear, a Licensed Clinical Social Worker and psychotherapist at Counseling and Psychiatric Services at the University Health Center.

So you know what to expect, we at CAPS wanted to explain the steps to accessing our services. We also wanted to describe some of what we provide to students.

In all of our services, your privacy is respected. We are bound by law to uphold confidentiality. Unless you are at risk for harming yourself, others or the university community or if you know of elders or children who are being abused, your information is kept private unless you sign a release of information for us to communicate with others.

The first step is a screening which can be done over the phone. It takes 5-10 minutes and it allows us to schedule you for an initial consultation appointment with someone with expertise in what you are dealing with. During your screening, you will be scheduled with a therapist for an initial consultation or you will be referred out into the community. We refer some people to the community in order to ensure that their needs are met. We provide short term treatment here at CAPS and some people need longer than 6-10 sessions to work through whatever problem they are facing. We also refer people to therapists in the community if they have special needs or if we are booked and they want to be seen sooner than we can schedule them.

There's about 30 minutes of paperwork to complete prior to your initial consultation. A therapist will then come get you from the waiting room and you will talk to them for about 45 minutes. The initial consultation appointment is mostly information gathering. It helps us get to know some of your history and how your current problems are affecting your life. You are not forced to disclose things you are unwilling to talk about. However, we ask that you are honest about discomfort with a subject rather than glossing over it or saying it is not an issue.

After your initial consultation, if you are appropriate for our services, you will be assigned to an ongoing individual therapist. There may be a delay between your initial consultation and being assigned a therapist. If you are interested in medication, you may meet with a psychiatrist after your initial consultation appointment or once assigned to a therapist. We provide medications only to those students willing to participate in therapy. You may be scheduled for a group screening if you would like to participate in group therapy. If you are interested in psychological testing you **may** be scheduled from your initial consultation.

Individual therapy is provided by the same therapist each time you come to CAPS unless you need a crisis appointment. Crisis appointments are provided for students who feel they are in severe distress and may be a danger to themselves or others. These are available during business hours and students may simply walk in to CAPS and inform the

receptionist that they need a crisis appointment. If you experience these feelings after hours you may call the UGA Police at 706-542-2200 and tell them you have an emergency and need to speak to someone from CAPS. They will then page the therapist on call and the therapist will call you back. Please know that if you are in crisis, we are here for you no matter the time or the circumstance.

CAPS offers group therapy every semester. Sometimes the groups change. Please look at our website for an updated list of the groups available. Each group meets at the same time each week and group members are expected to attend each group. There is a limited number of students allowed in each group and the beginning of the semester is the best time to ask about groups to ensure there is space available.

CAPS provides workshops throughout the semester that do not require a commitment to continue. Topics such as anxiety management and communication are discussed in groups in an hour long format.

CAPS provides outreach programming on mental health topics to the University community. If your student group or class would like a CAPS staff member to present on a particular topic, please contact us at least 2 weeks prior to the date you have in mind.

CAPS also offers testing for ADHD, depression, anxiety disorders, and personality features. There is a fee for most tests and we are happy to provide this information, as well as whether testing is a good option for you.

Our multidisciplinary teams meet each week to discuss those students served by our specialty services. The eating disorders team is comprised of a physician's assistant, dietician, and CAPS staff. The alcohol and other drugs team involves staff from health promotions, CAPS, and a physician. These specialty teams communicate in order to help a client heal mentally and physically and to ensure continuity of care.

If you have further questions about what CAPS has to offer or whether or not CAPS would be a good resource for you, please give us a call at (706) 542-2273.

