Counseling and Psychological Services (CAPS)

GOAL 1: MEET THE MENTAL HEALTH NEEDS OF EMORY STUDENTS BY OPTIMIZING CAPS’ CLINICAL SERVICE DELIVERY MODEL.

Objective 1.1: Meet the increasing demand for mental health services.

A. Adjust and revise the clinical service delivery systems for providing crisis response, initial assessment, client assignment, and psychotherapy.  
   Target date for completion: December 2016 and ongoing as needed.

B. Expand access to services by adding evening hours (for psychotherapy only) one day per week. Assess utilization and determine need moving forward.  
   Target date for completion: September 2016.

C. Fulfill staffing needs of CAPS by filling current vacancies (social worker position; Associate Director for Training position) and an additional psychologist position made available through the increased mental health fund. Attend to diversity needs of the agency as we fill these positions. Hire contract psychotherapists as needed.  
   Target date for completion: August 2017.
GOAL 2: ENSURE THAT CAPS IS MEETING THE HIGHEST PROFESSIONAL STANDARDS OF EXCELLENCE IN THE FIELD OF COLLEGE MENTAL HEALTH BY MEETING ESTABLISHED CRITERIA OF ACCREDITATION THROUGH THE AMERICAN PSYCHOLOGICAL ASSOCIATION (APA) AND THE INTERNATIONAL ASSOCIATION OF COUNSELING SERVICES (IACS).

Objective 2.1: Successfully complete re-accreditation of APA Doctoral Internship in Psychology.

A. Complete self-study.
   Target date for completion: December 2016.

B. Complete site visit.
   Target date for completion: Spring 2017.
Objective 2.2: Obtain accreditation from the International Association of Counseling Services (IACS), which is the accrediting association for university counseling centers.

   Target date for completion: January 2018.

   Target date for completion: August 2018.
GOAL 3: PRIORITIZE OUTREACH AND COMMUNITY ENGAGEMENT FOR STUDENTS FROM MARGINALIZED AND UNDER-REPRESENTED COMMUNITIES.

Objective 3.1: Establish a peer ambassador program.

A. Enlist collaborators from across campus for mentorship & support.
   Target date for completion: Completed May 2016.

B. Recruit students to serve as peer ambassadors.
   Target date for completion: May 2016 and ongoing annually.

C. Provide oversight, mentorship, and training of peer ambassadors on an ongoing basis to identify goals for the program, support peer ambassadors as they offer mental health related programs, and solicit community feedback from students for CAPS.
   Target date for completion: December 2016.

D. Evaluate the peer ambassador program, make adjustments as needed, and identify/recruit students to serve as ambassadors for 2017-18.
   Target date for completion: June 2017 for inaugural year.
Objective 3.2: Provide targeted suicide prevention efforts for students from historically marginalized communities.

A. Support the establishment of a multidisciplinary team for training community members on suicide prevention utilizing the QPR (Question, Persuade, Refer) training model. Target date for completion: June 2017.

B. Prioritize QPR Trainings to support students from marginalized communities by reaching out to offices that support these students to promote, sponsor, and complete trainings. Assess schedule of trainings and identify new trainers and target groups for 2017-2018. Target date for completion: July 2017 for inaugural year and annually thereafter.
**Objective 3.3: Improve access to mental health resources for students from historically marginalized groups.**

A. Update CAPS website and informational materials to promote the center’s commitment to diversity.
   Target date for completion: December 2016.

B. Increase promotion of the Interactive Screening Program (ISP) for Stress & Depression with a focused roll out for Black/African American students.
   Target date for completion: December 2016

C. Promote services for students of color (e.g., Students of Color group; Steve Fund crisis text line) through promotional materials, peer ambassadors, campus partners, outreach programs, and on the CAPS website.
   Target date for completion: December 2016
**Objective 3.4:** Create a greater sense of community and belonging for students from marginalized and underserved populations by participating in a sustained schedule of ECL programs and community building initiatives.

A. Participate in Orientation events for identified students.
   Target date for completion: August 2016 and annually thereafter.

B. Participate in ongoing support meetings with identified student population(s), identify additional target populations, and build relationships with faculty and staff who serve these students.
   Target date for completion: July 2017 and annually thereafter.
GOAL 4: SUPPORT THE MENTAL HEALTH NEEDS OF THE ENTIRE CAMPUS COMMUNITY BY RAISING AWARENESS ABOUT MENTAL HEALTH RESOURCES AND SUPPORTING EFFORTS TO REDUCE STIGMA ABOUT MENTAL HEALTH AND HELP SEEKING.

Objective 4.1: Advisement of student groups that support mental health.

A. Continue advisement of Emory HelpLine, including training and weekly group supervision.
   Target date for completion: Current and ongoing.

B. Continue advisement of Emory’s Active Minds chapter.
   Target date for completion: Current and ongoing.

C. Provide advisement of CAPS’ Peer Ambassador Program (see Obj 3.1)
   Target date for completion: June 2017 for inaugural year.
Objective 4.2: Increase awareness of the mental health needs of Emory’s campus through outreach initiatives that promote CAPS resources and support a safe and healthy community.

A. Continued promotion of CAPS services through online media campaign using Facebook and other social media platforms.
   Target date for completion: 2017-2020.

B. Continued promotion of CAPS services through outreach initiatives that feature Beowulf, CAPS therapy dog.
   Target date for completion: Current and ongoing.

C. Improved communication from CAPS by creating consistency in branding and improved name recognition on website, flyers, business cards, and signage.
   Target date for completion: 2018.