CAPS CARES

COMPETENT
In order to help, one must know how to help. Our staff at CAPS includes licensed psychologists, psychiatrists, marriage and family therapists and social workers, as well as psychiatry residents and doctoral-level trainees under supervision of a licensed clinician. We bring diverse expertise and years of experience into our work with students.

AWARE
CAPS clinicians are aware of multiple dynamics that affect Stanford students, who often cope with feelings of perfectionism, comparison, the imposter syndrome, family and other relationships issues, as well as being impacted by national and international events. We are committed to attending to you as a full person so you can thrive.

RESPONSIVE
CAPS understands that different types of care are needed for different concerns. CAPS provides crisis support, group, and individual therapy, as well as referral coordination for students who need longer term care. CAPS has also created satellite clinics to reach students closer to where you live and study.

EMPATHIC
Compassion is responding to suffering with a desire to help. Each CAPS clinician is passionate about supporting students. Regardless of which salient identities we may or may not share with our clients, we empathize and guide students toward health.

SAFE
CAPS counseling is confidential, meaning that the information you share is private. Limits of confidentiality are reviewed with each student.

OUR PURPOSE
Pursuing an undergraduate or graduate degree can be stressful for many students. Counseling and Psychological Services (CAPS) is the university’s counseling center dedicated to student mental health and well-being. CAPS is a short-term, focused treatment program. We strive to provide comprehensive care and education that will give students the skills and knowledge they need to develop healthy, life-long habits.

WHAT WE OFFER
CAPS provides a broad range of services, many without additional charge for students who have paid the campus health fee. Services include:
- Crisis counseling, walk-in or by phone during business hours and by phone after hours
- Individual therapy
- Medication evaluation and management*
- Consultation with faculty, staff and others to help support students
- Outreach services and programing such as workshops and lectures that focus on students’ social, personal and academic effectiveness
- Wellness Workshops**

*Additional fees apply for medication management

**We currently offer a three-session workshop series which focuses on building skills and creating flexibility in how you respond to distress. You can request to enroll in the workshop via a phone assessment through CAPS, or, if you are currently seeing a therapist at CAPS, you can talk with your clinician about participating.

Satellite Clinics
You can meet with a CAPS clinician at the following additional locations.
- Asian American Activities Center
- El Centro Chicano Latino
- Markaz Resource Center
- Lagunita Court (Black Community Services Center)
- Bechtel International Center
- 1215 Welch Road
- Diversity and First Gen Office, Old Union 206
- Terra House
- Kingscote Gardens

WHAT TO EXPECT
Contact with CAPS typically begins with a phone assessment, which you can schedule online through the Vaden Patient Portal.
1. The phone assessment is a 15-minute call that allows you and the clinician to decide the type of treatment that will be most beneficial for you.
2. An intake session is a 50-minute initial session in which you meet your counselor, elaborate on your concerns and set goals for brief therapy.
3. Follow-up sessions are set at a frequency that both you and your therapist agree upon.
OUR STAFF
WE’VE GOT YOUR BACK

Our staff possess many areas of clinical expertise and represent a diversity of backgrounds. Check out our staff page! (https://vaden.stanford.edu/people/counseling-psychological-services)

Services at Vaden are nationally accredited by the Accreditation Association for Ambulatory Health Care (AAAHC). In addition, CAPS is accredited by the American Psychological Association and the International Association of Counseling Services.

We strictly protect the confidentiality of information obtained in counseling. A client's written consent is required for release of information unless an exception set by California law applies.

We encourage feedback on our services and use it to make improvements. To contact us, use a suggestion box at Vaden or e-mail us at vadenfeedback@stanford.edu.

HOW TO REACH US

SCHEDULE A PHONE ASSESSMENT
https://vadenpatient.stanford.edu

CALL US 24/7
650-723-3785

WALK IN
Second floor at Vaden Health Center
866 Campus Drive, Stanford, CA 94305

HOURS Open weekdays M-F 8:30am -5:00pm

About the cover photo:
The cow has long been a symbol and mascot at CAPS, perhaps a nod to Stanford's nickname "The Farm"

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C A R E S
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Vaden Health Center

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