Current Trends in College Student Mental Health & CAPS’ Response
CAPS’ Clients 2014-2015

- Male: 41.22%
- Female: 58.15%
- Unspecified: 0.63%
IU 2014 Fall

Male: 49.8%
Female: 50.2%
Racial/Ethnic Representation at IU 2014 Fall

- Hispanic/Latino: 68.6%
- African American: 4.4%
- White: 14.2%
- American Indian: 3.1%
- Asian American: 1.1%
- International: 0.1%
- Two or More Races: 4.6%
- Unknown: 3.9%
CAPS’ Racial/Ethnic Representation

- Hispanic/Latino: 78.34%
- African American: 6.63%
- White: 7.73%
- American Indian: 2.83%
- Asian/Pacific Islander: 4.22%
- International: 0.72%
- Other: 7.26%
Distress Level Entering Counseling

- Normal: National Data 32, CAPS' Data 24
- Mild: National Data 32, CAPS' Data 28
- Moderate: National Data 14, CAPS' Data 16
- Severe: National Data 22, CAPS' Data 32
Global Mental Health Recovery Rate

<table>
<thead>
<tr>
<th>Percent</th>
<th>Recovered</th>
<th>Improved</th>
<th>Unchanged</th>
<th>Deteriorated</th>
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<tbody>
<tr>
<td>33</td>
<td>45</td>
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<tr>
<td>34</td>
<td>62</td>
<td>64</td>
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Legend:
- National Data
- CAPS 2015
- CAPS 2014
- CAPS 2013
- CAPS 2012
Suicide Monitoring Scale at Intake

![Bar chart showing the distribution of suicide monitoring scale at intake. The categories are Normal, Mild, Moderate, and Severe. The chart includes data for National Data and CAPS' Data.]
Suicidal Thinking Recovery Rate

- Recovered: CAPS 2015 (58%), CAPS 2014 (61%), CAPS 2013 (54%), CAPS 2012 (57%)
- Improved: CAPS 2015 (75%), CAPS 2014 (77%), CAPS 2013 (73%), CAPS 2012 (74%)
- Unchanged: CAPS 2015 (20%), CAPS 2014 (18%), CAPS 2013 (21%), CAPS 2012 (20%)
- Deteriorated: CAPS 2015 (4%), CAPS 2014 (3%), CAPS 2013 (4%), CAPS 2012 (4%)

Percentages are shown for each year.
Depression Recovery Rate

- Recovered
  - CAPS 2015: 30
  - CAPS 2014: 33
  - CAPS 2013: 30

- Improved
  - CAPS 2015: 58
  - CAPS 2014: 62
  - CAPS 2013: 59

- Unchanged
  - CAPS 2015: 35
  - CAPS 2014: 33
  - CAPS 2013: 32
  - CAPS 2012: 34

- Deteriorated
  - CAPS 2015: 7
  - CAPS 2014: 6
  - CAPS 2013: 6
  - CAPS 2012: 7
Life Functioning Recovery Rate

<table>
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<td>Deteriorated</td>
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Percent
CAPS NOW

• CAPS’ New (fairly new) Initial Appointment Intervention
• Students Seen Within 2-3 Days
• Students Receive a 30 minute Evaluation Appointment
• Emergencies or Emergency Referrals Seen Immediately
• Second Appointment Within 1-3 Weeks
• Psychoeducational and Crisis Intervention Information Given to Students
TYPES OF SERVICES

• One to One Counseling
• Couples Counseling
• Group Counseling
• Counselor in Residence
• Free Workshops
• Outreach & Consultation
• Sexual Assault Crisis Counseling
• Mindful Meditation
• Diversity Initiative
• Counselor in Residence
• TeleCounseling
GROUP PROGRAMS

• Interpersonal Therapy Groups
• Body Image/Disorder Eating Groups
• Dissertation Support Group
• Men’s Group
• Women’s Group
• Substance Abuse Groups
• Anger Management Group
• Managing Emotions Groups (Dialectical Behavioral Therapy)
• Sexual Assault/Abuse Groups
WORKSHOPS

• Assertiveness
• Mindfulness
• Self-Esteem
• Coping Skills
• Procrastination
• Help with Sleep
• Self-Compassion & Resilience
• Stress Management
DIVERSITY INITIATIVE

• Brother & Sister’s Keepers
• Post-Docs in Psychology
• Psychology Practicum Students at Support Centers
• Programed Events
• Critical Conversations
• Workshops & Psychoeducational Events
TeleCounseling

• Short-term Psychoeducational & Problem-Solving Focused Counseling
• Students Sign Up Through CAPS Now Appointment