



COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS) EXECUTIVE SUMMARY 2013-14

CLINICAL SERVICE STATISTICS (% difference across 5 years)

- 24% increase in total clinical units of service (14,520)
- 48% increase in crisis/urgent appointments (1,064)
- 109% increase in psychiatric appointments (1,091)
- 22% increase in number of students served (3,020)
- 9% increase in initial appointment requests (3,371)
- 37% increase in group visits (2,726)

CRITICAL INDICENTS AND RISK (% difference across 5 years)

- 107% increase in total hospitalizations, including admissions and evaluations (112)
- 68% increase in suicide incidents, including completions, attempts, and hospitalizations (69)
- 80% increase in psychosis incidents requiring emergency care (27)
- 2013-14: 16% indicated seriously considering suicide, with 4% indicating at least one past attempt
- 2013-14: 4% indicated at least one mental health and/or substance use related hospitalization

OUTREACH & CONSULTATION (2013-14)

- 785 outreach events/programs, with +20,000 participants
- 2,854 clinical consultations, with +10,000 consultations to faculty and staff
- Wellness Peer Educators and the SMHI Grant provided 179 outreach programs and consultations, reaching +11,000 students, faculty and staff.

CLINICAL/DEMOGRAPHIC INFO (2013-14)

- Top Clinical Issues: Anxiety, Depression, Adjustment, Academic, Relational Issues
- 10% of CAPS users currently taking psychotropic medication at first meeting
- Gender: Female (60%), Male (39%), Transgender (<1%), Other (<1%)
- Sexual Identity: Heterosexual (84%), Gay (4%), Bisexual (4%), Queer (2%), Questioning (2%), Other Identity (4%)
- Race/Ethnicity: Caucasian (32%), Asian (31%), Multiracial/Ethnic (17%), Latino/a (12%), Middle Eastern (3%), African American (2%), Native American (<1%), Other (3%)
- Status: Undergraduates (74%), Graduate Student (25%), Other (<1%)
- UG Usage: Frosh (15%), Sophomores (18%), Juniors (30%), Seniors (38%)
- Graduate Student Usage: OGS (81%), SOM (13%), SIO (4%), Pharmacy (2%), RADY (<1%)
- First-generation college student (31%), International Student (10%), Veterans (1%), Foster Care (1%), Homeless (3%)

CLINICAL OUTCOMES (2013-14)

- Average OQ-45 Score at initial/intake meeting: 71; Average score at final meeting: 57 (63=clinical distress cutoff)
- Average Flourishing Score (measures well-being) at initial meeting: 37; Average score at final meeting: 45 (45=Flourishing)
- Statistically significant clinical change over course of treatment utilizing OQ-45 ($p<.01$) and Flourishing Scales ($p<.05$).
- Decreased Global Assessment Functioning (GAF) scores at end of treatment.

STUDENT SATISFACTION (2013-14)

- 98% indicated that CAPS is a valuable student service
- 96% would recommend CAPS to a friend
- 90% indicated that they benefited from utilizing CAPS
- 92% indicated they were satisfied with their experience with CAPS

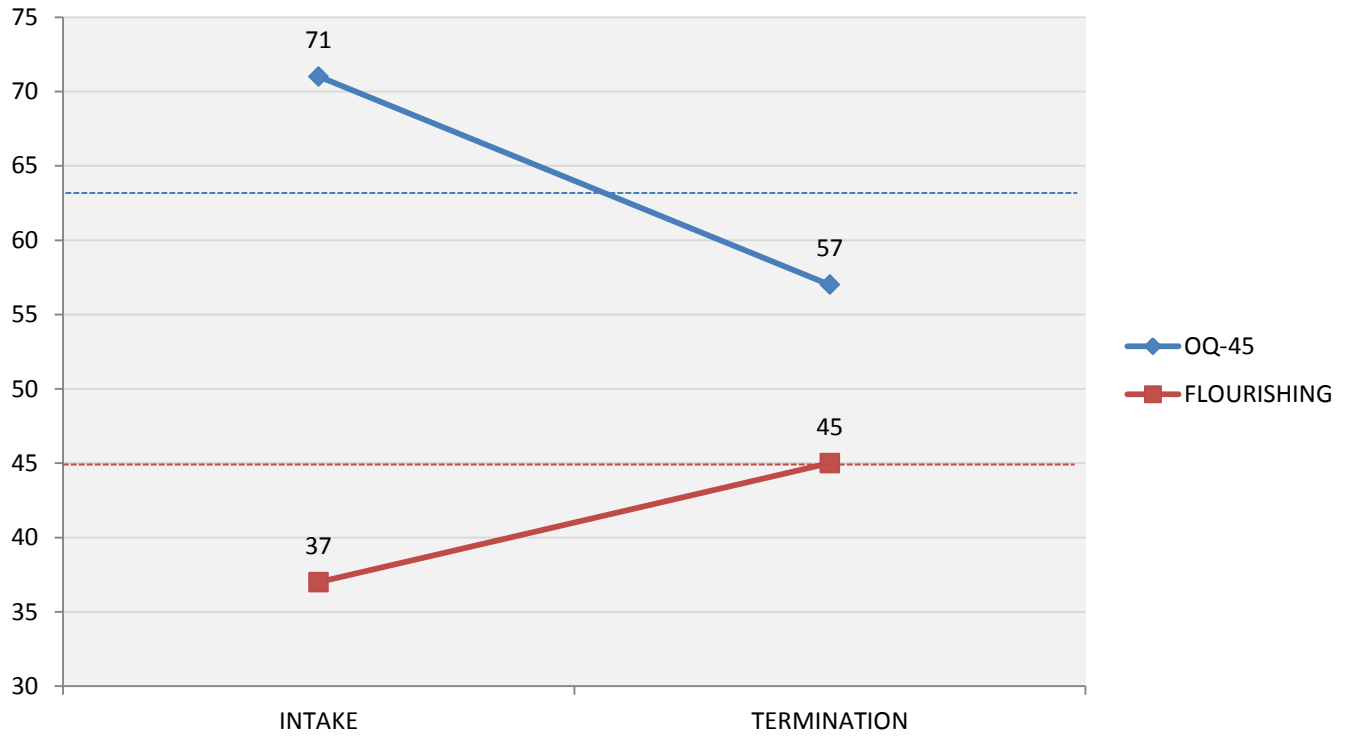
TECHNOLOGY & RESEARCH (2013-14)

- New webpage redesign and mobile app/helpcenter with online signups functions
- Ongoing implementation of UCOP Risk Initiative with EMR software (Point-and-Click) AND Enterprise Reporting functions
- 1,602 free online mental health screenings
- 45,000+ unique visits, with 100,000+ pageviews
- New self-help center dedicated with mobile device offerings
- Continuation of UCOP-led SMHI grant on suicide prevention: Internet Interactive Dialogue
- Research collaboration with: Center for College Mental Health, University of Texas Research Consortium, the National Treatment Disparities Research Center.



OUTCOME SCORES

2013-14: OQ-45 & FLOURISHING



CAPS