

services at CAPS are administered the CCAPS62 at their initial screening and then a modified version (CCAPS 34) at subsequent individual appointments; this allows CAPS to track changes in both the individual and the collective responses over time in treatment.

While there has been a steady increase in many of these scores over the past five years, overall nationally, students reported a significant increase in social anxiety, academic distress, eating concerns and family distress from fall 2019 to fall 2021. These scores are also consistent with scores from CAPS in these areas.

Let's Talk

When a brief consultation with a therapist to get quick tips, resources or tools is needed, students can virtually or physically hop into a Let's Talk session. These sessions are a consultation and not therapy, therefore, students do not need to complete paperwork, or schedule an appointment. On a first-come, first-served basis, students can "try on" speaking with a therapist, get some quick advice about a friend, or some quick tips to manage a stressful roommate situation. Let's Talk services are also available to our out-of-state students as it is not

