

# CAPS Stepped Care Information

In Advent 2020 our goal is to make mental health services more accessible than ever to Sewanee students. Counseling and Psychological Services will implement a Stepped Care approach to the treatment of mental health and well-being.

Stepped care provides a framework for the care of individuals that uses limited resources to make the greatest impact. Stepped care includes options or “steps” that vary in intensity. For example, there are less intensive treatments such as coaching, support groups, drop-in mental health hygiene workshops, use of therapeutic support apps and self-help resources to more intensive treatments such as individual counseling and interpersonal group therapy.

For some individuals, less intensive care may prove to be more accessible and even a preferred way of taking care of themselves than traditional therapy. Thus, stepped interventions offer a variety of treatment options to match the intensity of the individual’s challenges. Stepped care also helps CAPS serve our students better! The stepped interventions in the model provide useful information to support clinicians in decision making regarding treatment strategies that are most appropriate, efficient and effective for an individual.

All students may access our drop-in virtual workshops by registering through Fusion to receive the link. Students may attend as many workshops as they would like for resources for Coping and Connection. CAPS is also excited to announce the launch of the therapeutic support app, [Sanvello](#), to which all students and employees have access to a free premium account. Sanvello will be built-in as one step in the care model. **Students may utilize Sanvello and the virtual workshop offerings without being a current client in CAPS.** We want to encourage you to make use of these free and readily available resources to take care of your mental health and well-being!

## Workshop Information

Coping and Connecting Virtual Workshop (four different offerings)	Mondays 3:30 pm - 4:30 pm Tuesdays 3:30 pm - 4:30 pm Wednesdays 10:00 am - 11:00 am Thursdays 3:30 pm - 4:30 pm
Koru Mindfulness	Tuesday 3:30 pm - 4:45 pm
Recovery Support Group	Wednesday 3:15 pm - 4:15 pm
Still. We Heal	Thursday 3:30 pm - 4:15 pm
Curious Conversations	Friday 3:00 pm - 4:00 pm

### **Coping and Connecting:**

Has the COVID-19 pandemic left you feeling isolated and worried? Are you struggling to find ways to manage your stress this semester as a result? Join the Coping & Connecting During COVID workshop to connect with your peers, give and receive support, and discuss creative coping strategies during this difficult time.

### **Koru Mindfulness**

Koru is an evidence-based program specifically designed for college students to learn mindfulness and meditation as a way to manage stress and reduce anxiety. You will learn specific skills aimed to help you calm and focus your mind. Skills include meditation, breathing exercises, guided imagery, and more.

### **Recovery Support Group**

Community and connection are the antidote to addiction. Recovery Support Group is a virtual drop-in space in which you can attend as much as needed. If you need some listening hearts or tips and tricks for maintaining your sanity and recovery, please join us for this weekly online support group.

### **Still. We heal.**

A psychologically safe virtual support space to center BIPOC students' mental health and well-being and to offer supportive solutions for coping and resilience-building.

### **Curious Conversations**

Have you ever felt uncertain about how and why you drink? Do you notice that you rely on alcohol to feel comfortable with friends or strangers? Do you want to explore your relationship with alcohol or drugs in a safe space? Join us for curious and kind conversations as we brave these questions together. #byotoughquestions