



# CAPS CARES

## An Update for Our Students



### CAPS Director's Letter

A letter to all students from our Director, Dr. Laura Williams. Also, important resources for our LGBTQ+ students.

### Service Updates

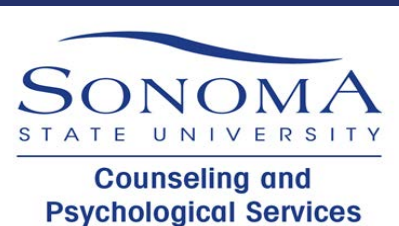
We continue to provide individual and group counseling, and crisis intervention, now by phone and Zoom. We have also planned new group offerings and workshops.

### Website Updates

Our updated [Resources webpage](#) provides additional suggestions for coping during COVID-19. Don't miss our new guided meditations recorded by the CAPS clinical team! **CAPS is now on Instagram, see pg 6!**

### Office Hours:

Monday - Friday 9:00 A.M. to 12:00 P.M. and 1:00 P.M. to 4:00 P.M. For immediate response, you can reach an on-call counselor 24/7 at **(707) 664-2153**. For emergency situations that involve immediate risk of harm to self or others, please call: **911**, or go to the nearest Emergency Room.





## A Letter from Dr. Laura Williams, CAPS Director

Dear Students,

We know this is a stressful and uncertain time. Please know that, while we cannot meet with you in person, CAPS counselors are still available to support you by phone or video conferencing. You can reach us by calling 707-664-2153 Monday through Friday between 9 a.m. and 12 p.m. and 1 p.m. and 4 p.m. We have counselors standing by to talk to you right away if you're experiencing an urgent concern. You can also schedule a time for a future appointment. If you need to talk to someone outside of these hours, you may still call us 24/7 and will be transferred to our on-call counseling service.

We've been busy gathering resources and designing new programming to address your concerns. Many of the therapy and discussion groups we were running previously will also continue. Please read on to see what we are offering in addition to individual support.

We know that many of you are struggling with academic and technological issues, financial problems, problems with food and housing insecurity, a lack of privacy and support in your homes, an inability to use usual coping tools, like going to the gym or being in nature, and hanging out with friends for support. For some, it may not be safe to express yourselves with full authenticity at home. For some, home situations may currently be abusive or bring up past traumas related to abuse.

(continued on the following page)

Many are feeling grief for the loss of their experience at SSU this semester (we're especially thinking of our graduating seniors). Many folks are feeling lonely. Many are feeling disconnected. Many are feeling anxious. Many are feeling depressed. Many were struggling before all these new stressors were added and are now feeling overwhelmed.

There are many things you can do to support yourselves and each other. We will point you to some resources below that might be of help. One of the most important things you can do for your mental well-being is to stay connected to others. Having a sense of community and sharing your experience is most important during difficult times like these. So while you may be feeling overwhelmed and reluctant to add anything more to your plate, we encourage you to make the effort to reach out to folks for support. This might be friends, family, other campus resources, faculty, staff, and members of a religious community or us! We are here to offer support as we move through this together.

Take good care all, and be in touch when you can!

Laura Williams Psy.D.



## For our LGBTQ+ Community Members

The current environment may be particularly challenging to some of our LGBTQ+ students who have had to move home with family who do not support, or do not know, their identities.

Please know that you are not alone and there are many avenues for support in addition to CAPS. Listed below are a few of the resources available.

[Positive Images](#) is a grassroots organization whose mission is to provide support, advocacy and education to Sonoma County's LGBTQIA+ community, and is currently offering virtual support groups.

[Trevor Project](#) is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ young people under 25.

Trevor Lifeline 24/7 crisis line: **(866) 488-7386**

[Trans Lifeline](#) offers a hotline and peer support for the trans community: **(877) 565-8860**

[Validation Station](#) provides a free text service sending supportive texts to folks in the trans community. Sign up at: [Validation Station](#)

# GROUPS

## Currently Running!

### **Fidget to Focus: An ADHD Support Group, with Dr. Courtney Avvampato**

Email [avvampat@sonoma.edu](mailto:avvampat@sonoma.edu) to join!

Mondays at 1:00 P.M.

- This is a weekly group designed to teach skills for managing symptoms of ADHD. We will discuss how to stay on top of academic demands while developing coping strategies to help maintain focus. A formal ADHD diagnosis is not necessary for this group.

### **Mindful Self-Compassion Group, with Dr. Irene Wise**

Email [wisei@sonoma.edu](mailto:wisei@sonoma.edu) to join!

Tuesdays at 11:00 A.M.

- This group will help you increase compassion for yourself and others. You will learn and experience practices for dealing with difficult emotions, navigating challenging relationships, and softening your inner critic.

### **Black Student Focus Group, with Dr. Dianna Grayer and Miana Coleman**

Drop-In via Zoom: Tuesdays, 1-2 P.M. <https://SonomaState.zoom.us/j/554378950>

& Wednesdays, 12-1 P.M. <https://SonomaState.zoom.us/j/597981695>

- Explore your thoughts, feelings, concerns, and issues in a supportive environment
- Please give us your feedback on what topic you would like to discuss: [Feedback Form](#)

### **Womxn of Color Collective, with Dr. Isabel Avila Saiter, Dr. Dianna Grayer, and the HUB Staff**

Email [avilai@sonoma.edu](mailto:avilai@sonoma.edu) to join!

Wednesdays at 1:00 P.M.

- Join us in creating community with SSU womxn of diverse and intersecting cultural identities. Share and be inspired by our collective stories and experiences in a confidential space. Explore, process, and empower each other!

### **Not the Perfect Family Group, Dr. Courtney Avvampato**

Email [avvampat@sonoma.edu](mailto:avvampat@sonoma.edu) to join!

Fridays at 10:00 A.M.

- This group provides supportive space to discuss family concerns: concerns that are occurring now and concerns from the past that are affecting you now. Group members will support each other in understanding and coping with family issues.

## Self-Care for RA's Discussion & Support Group, with Dr. Isabel Avila Saiter

Email: [avilai@sonoma.edu](mailto:avilai@sonoma.edu) to join!

Thursdays at 2:00 P.M.

- This group is for current RA's and will be held in a confidential, online space via Zoom. Join in co-creating a supportive space to discuss the rewards and challenges of being an RA at SSU, as you navigate your role caring for your fellow students. We will create a community of care and discuss topics such as learning how to improve coping, self/community-care, effective communication, and navigating healthy boundaries when in your student leadership role.

## Starting April 17, 2020!

### Feel Good Fridays: A Self-Care Group, with Melle Browning, LMFT

Email [browningm@sonoma.edu](mailto:browningm@sonoma.edu) to join!

Fridays at 1:00 P.M.

- Come and focus on healing and wellness through art, soothing sensory tools, and progressive relaxation and mindfulness practices. No art skills needed! It's the process, not the product, which is healing.

## WORKSHOPS

**Ways to Cope during Disasters & Beyond** facilitated by **Melle Browning, LMFT** on **April 22<sup>nd</sup> at 2:00 P.M.** Please email [browningm@sonoma.edu](mailto:browningm@sonoma.edu) to sign up!

## Just in time for finals! Starting the week of April 20<sup>th</sup>!

### Emotional Wellbeing Workshops

We are pleased to offer several 3-week workshops developed by Cal Poly, San Luis Obispo to help you get through end-of-the-semester stress. All workshops being offered via Zoom.

**BRIDGE** (Mondays, 10:00 -11:00 A.M.) "Building Relationship Intimacy and Dialogue Effectiveness" focuses on helping you build healthy relationships by enhancing your communication, conflict resolution, and self-monitoring skills. Please email **Dr. Elisa Vasquez**: [vasquezel@sonoma.edu](mailto:vasquezel@sonoma.edu) to sign up!

**Getting Unstuck** (Tuesdays, 1:00 – 2:00 P.M) This workshop will help you understand and manage symptoms of depression. Please email **Dr. Ashley Murphy**: [murphyas@sonoma.edu](mailto:murphyas@sonoma.edu) to sign up!

**RIO** (Wednesdays, 2:00 – 3:00 P.M.) "Recognition, Insight, Openness" will help you cope with stress by building skills and flexibility in how you handle distress. Please email **Dr. Rociel Martinez**: [martiroc@sonoma.edu](mailto:martiroc@sonoma.edu) to sign up!

**Serenity** (Thursdays, 1:00 – 2:00 P.M.) This workshop is aimed at taming overwhelming emotions through techniques informed by dialectical behavior therapy (DBT). Please email: **Melle Browning, LMFT**: [browningm@sonoma.edu](mailto:browningm@sonoma.edu) to sign up!

**Anxiety Toolbox** (Fridays, 10:00 – 11:00 A.M.) The focus of this workshop is to help you manage symptoms of anxiety through knowledge and skills. Please email **Dr. Irene Wise**: [wisei@sonoma.edu](mailto:wisei@sonoma.edu) to sign up!

Please be advised that all groups and workshops are for currently registered Sonoma State students **ONLY**. All groups and workshops will be offered via Zoom. If interested, please email the clinician who is facilitating the group that you are interested in joining.

We would also love to hear you about any other groups or workshops that you'd like CAPS to offer in the future

## Thank you! Stay well!



WE'RE ON THE GRAM!  
WE NOW HAVE OUR VERY OWN  
INSTAGRAM! GIVE US A FOLLOW  
@CAPS\_SSU. WE HAVE UPDATES  
ABOUT OUR UPCOMING GROUPS &  
WORKSHOPS, AS WELL AS SELF-CARE  
SUGGESTIONS AND MOTIVATIONS.



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**CAPS at SSU**

Welcome to the CAPS Instagram  
you are experiencing an emerger  
[web.sonoma.edu/counselingct](http://web.sonoma.edu/counselingct)