



CAPS CARES

An Update for Our Students



Welcome to the Fall 2020 Semester Message & A Message of Solidarity

Welcome back to Sonoma State Seawolves! We've missed you! We are excited to share news and updates with you.

Counseling Services

CAPS remains open and operating remotely! We invite you to contact us today to learn more about all of the counseling services and resources CAPS has to offer during your academic journey. We look forward to speaking with you soon: (707) 664-2153

New CAPS Website + Follow CAPS on Instagram!

We're excited to share that CAPS has a new website:

www.caps.sonoma.edu.

You're invited to follow us on Instagram: @CAPS_SSU.

Both platforms will feature our most current information and resources!

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.





Fall 2020 Welcome

Hello Seawolves! Welcome to a new semester!

We at CAPS are so happy to have you back. Starting a new semester can be a fun time of connecting with old friends or making new ones. Grappling with new subjects and deepening your knowledge may also be exciting as you consider the prospect of preparing for your future career. Meeting a new semester with some trepidation is also normal in the best of times. Sometimes it is hard to make friends or we may doubt our abilities. While these feelings are normal under usual circumstances, the very challenging times we are now facing may turn your normal nervousness to unpleasant anxiety.

Are you still expecting to be as productive as you were in tranquil times? Too much stress interferes with our optimal functioning. So, try to be gentle on yourself while still urging yourself to succeed. Being self-compassionate does not equate with weakness or laziness. Rather, self-compassion frees up the mental energy that you may have used to criticize yourself and directs that energy to more productive activities. Gentleness can also be expressed as fierce compassion...one that is protective of your needs while also considering the needs of others.

What other positive steps can you take to navigate the stress of school added on top of that caused by world, national and local events? A good place to start is to ask yourself how have you faced challenging times in the past? Jot down some ideas of what has worked for you and what self-care activities you enjoy. For example, creating structure through scheduling tasks and establishing routines can be grounding. Research has also shown that feeling connected is very important for wellbeing and mental health. That's why we at CAPS are here for you. We provide support and opportunities for you to connect with others through workshops, groups, and individual therapy.

Read on to learn more about what we offer to support you and help you thrive during these times.

From,

The CAPS Team

The logo consists of the words "BLACK LIVES MATTER" in a bold, white, sans-serif font, stacked vertically and centered within a solid black square.

**BLACK
LIVES
MATTER**

Message of Solidarity

Counseling & Psychological Services (CAPS) and Confidential Advocacy recognize that this is an extremely challenging time for our community. The coronavirus pandemic, the transition to virtual platforms for academics, social interactions and support services, as well as the sociopolitical climate have led to increased distress for so many of us. We join Sonoma State leadership in expressing our grief, outrage, sorrow, and compassion for all those who have, and continue to be, impacted by the race-based tragedies occurring across our nation. We condemn, and are committed to addressing, the structural and systemic injustice that led to the violent deaths of Ahmaud Arbery, Breonna Taylor, George Floyd, and so many more before them. While these tragedies, and the ongoing expressions of racism and hate that have surrounded them, have proven to be traumatizing for many of us, we recognize that they are especially injurious to members of our Black and African-American community and we want you to know that we stand with you.

We recognize the relentless impact that racism, inequity and injustice, and the related repetitive trauma, can have on mental health and well-being, and encourage you to contact our office if we can be of support. Our counselors are here to meet with you and to explore the impact that recent events, and the systemic oppression that they represent, have had, and are having, on you, your families and your communities. We can offer some strategies to assist you in coping as well as the opportunity to simply voice your feelings in a confidential, non-judgmental space. We can also help to connect you with other resources, on and/or off campus, that may provide services and support that feel safe and resonate with you.

With Love & Solidarity,

CAPS Team & Confidential Advocacy

NEW HOURS OF OPERATION:

If you would like to schedule an appointment, or would like to speak with a CAPS counselor about an urgent concern, please call us at (707) 664-2153 during our phone hours: Monday through Friday, 9:00 AM to 12:00 PM and 1:00 PM to 4:00 PM. Appointments are available on Mondays, Wednesdays, and Fridays from 8:00 AM to 5:00 PM and on Tuesdays and Thursdays from 8:00 AM - 6:00 PM. Outside of phone hours, an on-call counselor is available 24/7 by calling our phone number and following instructions to talk to with the on-call counselor. For emergency situations that involve immediate risk of harm to self or others, please call 911 or go to your local emergency room.

FALL 2020 GROUPS & WORKSHOPS

Please join us! Groups and Workshops can be great ways to make new connections, learn new coping skills, and to take care of yourself. All groups will be held via Zoom for the Fall 2020 semester.

We offer three different types of groups. The following are the descriptions for a process group, drop-in group, and limited-series workshops:

- With a **Process Group**, once a certain number of participants is reached, the group closes to new participants (though a second group can be offered if there is enough interest). Regular attendance is needed with a process group so that deeper and more meaningful connections can be made. When a student expresses interest in a process group, they will have a brief conversation with the group facilitator before joining the group to see if the group is a good fit for their needs.
- A **Drop-In Group** only requires students to e-mail CAPS for the Zoom link. The groups meet once a week and will be offered for the duration of the semester as long as there is adequate attendance. Drop-in groups are more flexible for folks to come and go from the group as their time/interest allows.
- A **Limited-Series Workshop** requires students to express interest by e-mail and to sign up with CAPS to be provided the Zoom link. Workshops meet once a week usually for 2-3 weeks for discussion of a specific topic or issue. Topics are usually rotated so that you can join the workshop at any point in the semester.

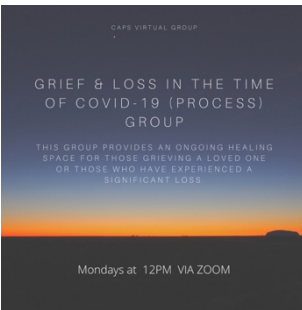
Please note: Women of Color Collective (WOCC) will start the first week of the semester. All other Drop-In groups will start the second week of the semester. To allow time for registration and a conversation with the facilitator, process groups will start the third week of the semester but will remain open until full.

Email us at: caps@sonoma.edu(link sends e-mail) or call: (707) 664-2153 to get started or for more information about our offerings!

Fall 2020 Weekly Groups

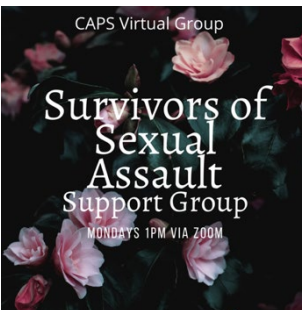
Monday

12:00 PM, Grief & Loss in the Time of Covid-19 (Process) Group, Facilitated by Dr. Rociel Martinez



This group provides an ongoing healing space for those grieving a loved one or those who have experienced a significant loss. Members will be a part of a community that will facilitate moving through the grief process by sharing experiences, reflecting on the possible compounding impact of loss during the COVID-19 pandemic (regardless of if loss is related to the virus or not), and building empathy and mutual support.

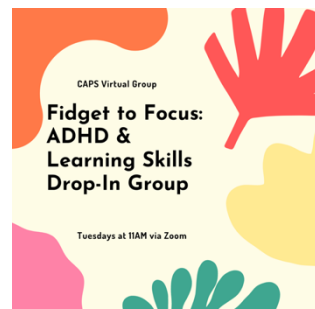
1:00 PM, Survivors of Sexual Assault (Process) Group, Facilitated by Dr. Courtney Avvampato and Sonoma State's Confidential Advocate, Susan Pulido



This group is designed to provide a supportive space for survivors of sexual assault, including childhood sexual abuse, intimate partner and non-partner sexual violence. Group members will have the opportunity to share experiences, support each other, and build a greater sense of control and empowerment. Participants will learn about common reactions to assault, will gain greater understanding about the ways it can impact life, and will develop skills for improved coping as part of the healing process. We also focus on cultivating peer support networks for those with these shared experiences.

Tuesday

11AM, Fidget to Focus: ADHD and Learning Skills (Drop-In) Group, Facilitated by Dr. Andrew Kerlow-Myers



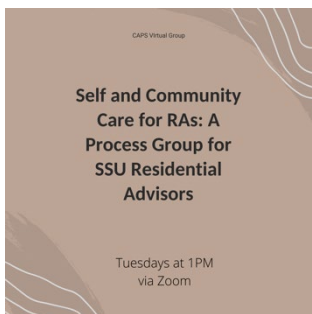
This group is designed to teach skills for managing symptoms associated with ADHD. We will discuss strategies for staying on top of academic demands while developing coping skills to help maintain focus. A formal ADHD diagnosis is not necessary for this group. The main topics of conversation concern organization and maintaining motivation to complete assignments (whether school or life related) so this group can be a great space for anyone struggling to stay on top of their schedule!

12:00 PM, BIPOC (Process) Group: Healing in Community, Facilitated by Dr. Rociel Martinez



As we engage in responsible physical distancing to support everyone's well-being during this time, we also acknowledge that communities draw strength in the power of visibility and gathering together in fellowship. This group is for SSU students who identify as Black, Indigenous, and/or People of Color and provides an opportunity to engage in healing individually and as a collective. We will be in solidarity and in support of one another as we explore themes such as coping with racial violence and repetitive trauma, as well as cultivating grounding skills and resilience in difficult times

1:00 PM, Self and Community Care for RAs: A (Process) Group for SSU Residential Advisors, Facilitated by Dr. Isa Avila Saiter



This group is for current Residential Advisors working on campus. 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 be creating 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.

5:00 PM, Student Athlete Support (Drop-In) Group, Facilitated by Dr. Courtney Avvampato



This group is for current student athletes at SSU. It is being offered to allow space for discussion of varying issues that affect student athletes every day. Topics discussed will include maintaining motivation for practice, how to manage anxiety related to Covid-19 and training, self-care for athletes, sleep concerns, and how to balance athletics and school. Come learn some useful skills and information about how to keep yourself in the best mental and physical shape!

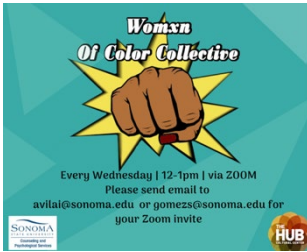
Wednesday

11:00 AM, Not The Perfect Family (Process) Group, Facilitated by Dr. Irene Wise



Is dealing with your family difficult or even emotionally painful? Please join this supportive and safe space to get help with current family issues or concerns from the past that are impacting you now. Group members support each in understanding and coping with family relationships.

12:00 PM, Womxn of Color Collective (WOCC) (Drop-In), Facilitated by Dr. Isa Avila Saiter and The HUB



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!

4:00 PM, Gender Journey: A Gender Diversity (Drop-In) Group, Facilitated by Mel Browning, LMFT



A supportive space for SSU students of diverse gender identities and gender expressions. This group is a safe space to explore, receive support, and build community. Open to anyone who identifies as part of the gender diverse community including, but not limited to: transgender, genderqueer, non-binary, gender fluid, and gender non-conforming students as well as those who are in a process of exploration and discovery with their gender identities.

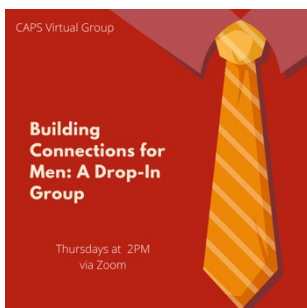
Thursday

12:00 PM, "I Want to Know What Love Is": Relationship (Process) Group, Facilitated by Dr. Irene Wise



Are you struggling with family, social, or romantic relationships? This weekly group focuses on navigating the ups and downs of building and maintaining healthy, fulfilling, and close relationships. Members support each other in processing relational joys and difficulties in a safe and supportive environment.

2:00 PM, Building Connections for Men: (Drop-in) Group, Facilitated by Dr. Andrew Kerlow-Myers



This group is designed to help men connect socially with others. Group members will work on gaining social confidence in a supportive setting. This group welcomes any male-identified SSU student who wishes to build better connections with others.

3:00 PM, Womxn's (Process) Group, Facilitated by Dr. Elisa Vasquez



Join with other SSU womxn to share your unique story, receive, and provide support in a confidential environment. Issues of discussion may include but are not limited to: relationship difficulties, life balance, stress management, trauma, negotiating identities, assertiveness, body image, and self-esteem. Empower yourself and each other!

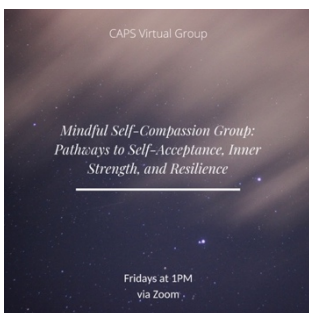
Friday

1:00 PM, Common Thread: LGBTQIA+ Support (Drop-In) Group, Facilitated by Dr. Elisa Vasquez



A support group designed to provide a safe and confidential space for SSU students who identify within the wide spectrum of the LGBTQIA+ community. Co-create a supportive and affirming space, share common experiences, and deepen your self-understanding. All who identify within the LGBTQIA+ community, including those questioning, are welcome.

1:00 PM, Mindful Self-Compassion (Drop-In) Group: Pathways to Self-Acceptance, Inner Strength, and Resilience, Facilitated by Mel Browning, LMFT



In this group, you will learn how to engage in mindfulness and self-compassion. Come experience a variety of self-care and mindfulness practices to enhance well-being, feel more centered in the face of difficult situations, and cope with anxiety, stress, and challenging emotions. Find new ways to not just manage overwhelming emotions but to also accept them!

Workshops

Emotional Wellbeing Workshops: Check Back Soon for Topics/Times/Dates!

**Remember to reach out if you need support!
Someone is here to talk with you 24/7
707-664-2153
CAPS CARES!**

