

Connecting Students to Mental Health Resources

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Interview Participants



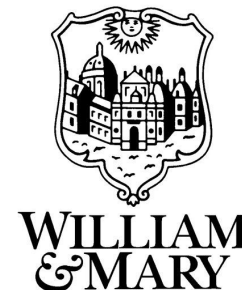
**Dr. Alejandro
Martinez**
Senior Associate
Director for
Consultation and
Liaison at CAPS



Stanford Student
Student who has
utilized CAPS
counseling for her
depression



Daniel Jackoway
Live-in counselor
at The Bridge
Peer Counseling
Center



**William & Mary
Student**
Student who has
used on campus
mental health
resources

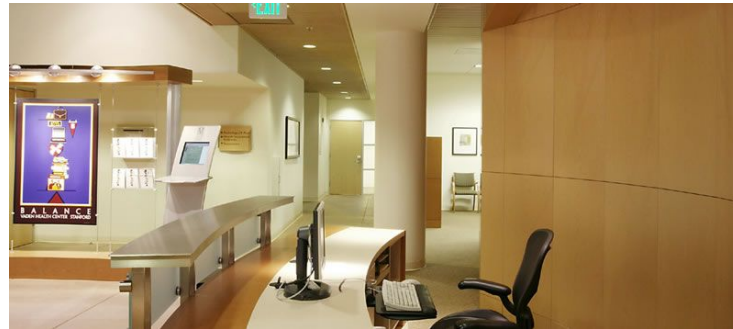
Students using Mental Health Resources



Students using Mental Health Resources

- Problems not “important enough” for therapy
- Felt guilty for “taking resources”
- Long (3+ week) wait time to schedule appointment
- Tedious process to set up appointment
- Poorly matched with therapist
- Students of minority backgrounds not supported well
- “Eventually you have to not be at Vaden anymore”

Counseling and Psychological Services (CAPS)



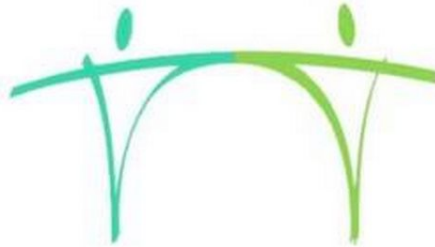
Counseling and Psychological Services (CAPS)

- Lack of resources to meet demand
- “Significant increase in willingness to reach out”
- “When you need to be seen is when you need to be seen”
- Current system structured towards mental illness and crisis
- Catch-22 with helping students before issue is urgent

The Bridge



the bridge
peer counseling center



The Bridge Peer Counseling

- Students serving students
- Enthusiasm for helping people
- Positive student perceptions
- Administration often forgets about The Bridge
- CAPS doesn't refer people to The Bridge
- Disorganized system for resource referral

Summary/Insights

- Easier way to set up appointments
- Decrease time between asking for and getting help
- Better connections to more diverse staff members
- Help students find the *right* resource for them