

Personal Counseling and Mental Health Resources

Personal difficulties and emotional stress can affect a student's quality of life and ability to succeed. Speaking with a trained, objective professional can increase self-awareness and help students build better coping strategies.

Students who are already under the care of a psychiatrist and/or therapist may want to transfer their care to local resources in order to have appropriate support during their time at the CIA. Services vary depending on the campus the student is attending, as follows:

(For additional information, see the *Student Handbook*.)

New York Campus

The Counseling and Psychological Services (CAPS) Office provides confidential personal counseling to CIA students at the Hyde Park campus free of charge. Services include individual counseling or "talk therapy," crisis intervention, support, and educational programs. The office also provides referrals to specialized services off campus, including psychiatry.

The CAPS Office is accredited by the International Association of Counseling Services (IACS) and staffed by licensed therapists who can assist students with personal, social, emotional, and substance-related concerns. Examples of concerns students bring to counseling are adjusting to college, relationship matters, lack of confidence, stress, anxiety, and depression.

The mission of the CAPS Office is to help students succeed at the CIA. They know the fast pace of student schedules and offer solution-focused interventions—such as cognitive-behavioral therapy—that can be beneficial.

Therapists abide by federal and New York State laws and professional ethics to ensure students' personal information is protected. CAPS visits are not part of a student's academic record.

Telephone consultations, to plan for a student's support needs, are available for students and parents prior to arriving on campus. Call 845-905-4241 to schedule a consultation.

California Campus

The CIA at Greystone provides confidential personal counseling services for currently enrolled students, free of charge. A full-time licensed therapist and a part-time licensed therapist are available for individual counseling and crisis intervention. Off-campus referrals can also be provided for specialized psychiatric services as needed.

Counseling services are focused on providing support for a student's success. It is natural for a student to struggle with personal or emotional challenges, and to seek support to cope effectively and grow in self-awareness. Some examples of concerns that students bring to counseling are: adjustment to college, relationship conflicts, loss of a loved one or relationship, stress, anxiety, depression, low self-esteem, and substance-related issues. Counseling services can assist students in improving skills in such areas as stress management, problem-solving, relaxation techniques, assertive communication, healthy coping, and cognitive-behavioral change.

Therapists abide by federal and California State laws and professional ethics to ensure a student's personal information is protected. Counseling appointments are not part of a student's academic record.

To schedule a counseling appointment or a consultation, students can call 707-967-2443. Students experiencing a mental health crisis after hours should contact Napa County 24-Hour Crisis Center at 707-253-4711 or proceed to the St. Helena Hospital emergency room for a psychiatric evaluation.

Texas Campus

CIA San Antonio students should check with their insurance provider for a list of therapists and/or psychiatrists in Bexar County who accept their insurance.

Students who are experiencing a mental health crisis should contact Bexar County Mental Health, which can be reached at 210-207-2581, 24 hours a day. Students may also call The Center for Health Care Services at 210-223-7233; 24-hour Crisis Care Helpline: 1-800-316-9241.