

# UNIVERSITY of HOUSTON

Division of Student Affairs  
Counseling and Psychological Services

CAPS is respectfully requesting the following **FY 25 One-time** requests to cover:

Reason for Request	Request Amount
Covered/Bridge to Care Sessions	13,250
Mental Health Training/JED Campus/ /Marketing	10,600
Grand Total of Requests	<b>23,850</b>

## Justification for Requests

Chancellor Khator convened a team of external reviewers in May 2023 to examine CAPS' Clinical Model, Structure, Resources, Leadership, and Strategy. The external review yielded some of the following recommendations, which serve as the primary justification for CAPS' One-time requests:

**1) *Launch a 24/7/365 service option for all students using a contracted service provider:***

CAPS has contracted with Welltrack to provide 24/7 care. An additional component of this is *Covered/Bridge to Care* psychotherapy sessions via Welltrack Connect. For those students who meet the below criteria, CAPS will issue a specified amount of paid (covered) sessions to community providers:

- Students referred out for needs beyond the scope of CAPS
- Student with no insurance/unable to use insurance due to privacy concerns (e.g. does not want family to know)
- Students with financial need (cannot afford sliding scale at \$50)

**2) *Reconceptualize and update faculty, staff, and student training in mental health awareness training:***

CAPS redesigned the former Helping Students of Concern workshop to what is now called, *You Can Help a Coog* training. It is part of a Mental Health Training Series that includes *QPR suicide prevention* and *Mental Health Bystander Intervention*. This one-time request is to support marketing and materials for the a) mental health training series, b) JED Campus 3<sup>rd</sup> Year Kickoff Event and c) the annual Mental Health Resource Fair. All these trainings and events are part of creating a campus wide web of supportive resources for our students.