

CAPS Individualized Care Model

The CAPS Individualized Care Model (based on Cornish's Stepped Care model) seeks to meet students where they are in the change process, while promoting autonomy and empowerment. This is not a linear model (i.e. must complete lower steps to reach higher ones), but simply that the most effective yet least-resource intensive intervention is offered first and care is stepped up to the next level based on evidence of required need.

