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.

1. **Brief Consultation**
   - 30-45 minute appointment
   - Assessment of needs or brief solution-focused session
   - Action plan provided including one or more of the following options
   - Could include follow up brief session(s)

2. **Referral to Campus Resources**
   - Student Health
   - Wellness Coaches
   - Chaplain
   - Disability Services
   - Academic Skills
   - Career Services
   - Deans’ Offices
   - And many more!

3. **Self-Help Resources**
   - TAO Self-Help
   - TED Talks
   - Apps and Websites
   - Self-Help Books
   - CAPS YouTube Channel
   - Other self-help

4. **Peer Support Resources**
   - PSMAs
   - Koru
   - MH First Aiders
   - Recovery Web
   - CAPS Warmline
   - Peer Coaches
   - Other peer support

5. **Skill-Building Programs**
   - MAP
   - ADHD Skills
   - Body Project
   - DBT Skills
   - Navigating Grief and Loss
   - Understanding Self & Others
   - Support Groups

6. **Group Counseling**
   - TAO Online (TAO)
   - TAO Treatment Pathways
   - Brief contact with individual clinician
   - Referral for psychiatric services within CAPS

7. **Therapy Assistance Online (TAO)**
   - Typically 1-8 sessions
   - Mutually agreed upon goals

8. **Brief Individual Counseling**
   - Specialized treatment
   - Long-Term Therapy
   - Psychiatric management

9. **Off-Campus Referrals**
   - High Level of Student Autonomy/Self-Advocacy
   - Low Time and Energy Invested by Staff & Student

Psychiatric Consultation
- Referral for psychiatric services within CAPS

Level of Student Autonomy/Self-Advocacy

High

Low