

Informed Consent for MSU CAPS Connect

CAPS Connect is an Outreach Initiative through MSU Counseling & Psychiatric Services (CAPS) expanding our ability to connect across campus within academic colleges, residential neighborhoods and multicultural/international support centers. CAPS Connect was developed based on the Let's Talk model developed at Cornell University, successfully shown to increase student access and adopted by nearly 100 universities and colleges. Below are relevant components of CAPS Connect indicating 'what it is' and 'what it is not;' who provides services; confidentiality; and potential risks & benefits. These components listed are provided as a means of Informed Consent for students accessing CAPS Connect. Please discuss any questions or concerns you may have prior to consultation as it is our goal to 'connect each student to the most appropriate level of care needed.'

- **CAPS Connect Services – 'What it is'**

- CAPS Connect provides informal, confidential consultation for registered MSU students across campus. CAPS Connect is designed as a free, drop-in service with 10-15 minute consultations offered on a first come, first served basis (no appointment necessary). CAPS Connect provides solution focused support, resources and referral.

- **CAPS Connect Services – 'What it is not'**

- CAPS Connect is not intended to be a substitute for ongoing counseling services.
 - Students in need for more consistent, ongoing services will be referred to more appropriate resources on or off campus.
- CAPS Connect is not intended for crisis, emergency services.
 - Students experiencing a crisis and/or at risk for harming themselves are encouraged to engage in our more expansive services at CAPS in Olin Health Center (*see information for Crisis Screening Hours available through CAPS drop-in/crisis screening*).
- CAPS Connect is not intended for recent or longstanding trauma support.
 - Students experiencing a recent and/or longstanding history of trauma are encouraged to access more comprehensive support services determined through a full screening at CAPS in Olin Health Center (*see information for same day drop-in screening*) and/or with a community referral option.

- **CAPS Connect Staff – 'Who Provides Services'**

- CAPS Connect Services are provided by a designated team from MSU Counseling & Psychiatric Services; our diverse staff are comprised of social workers, psychologists, psychiatrists, professional counselors, psychiatric nurses and doctoral interns* that have been specifically situated to each CAPS Connect location (** intern staff are under the supervision of a licensed provider*).

- **Confidentiality**

- Confidentiality is and will continue to remain a top priority. While students accessing CAPS Connect do not become clients of MSU Counseling & Psychiatric Services (CAPS), CAPS Connect Staff maintain records of services (written and electronic) in strict confidence and do not operate as 'mandatory reporters' within the University. Given the ethical and licensing standards of our providers and practice, there are circumstances in which the law requires disclosure of otherwise confidential information.
- *Examples include: (a) suspected abuse or neglect of minors, the elderly, or disabled or incapacitated adults; (b) imminent risk of harm to self and/or others; (c) court-orders. Certain limitations regarding confidentiality may apply if under the age of 18.*

- **Potential Risks & Benefits**

- As with many other points of connection, CAPS Connect involves potential risks and benefits.
- Even with an intended brief and informal consultation, there is a risk that sharing information may reflect unpleasant events, potentially arousing strong emotional reactions.

- CAPS Connect is intended to be of great benefit and is based on a model with ‘the goal... to make conversations with counselors as accessible as possible.’ This model has been adopted by nearly 100 universities and colleges, successfully shown to meet students “where they are,” particularly “[providing] an avenue in which students who may not traditionally seek out services gain exposure to the concept of therapy.”

Following review of this Informed Consent, if you agree that CAPS Connect fits your need, please complete an informational half-sheet providing us with some general information about you and your visit.

If based on the information provided, you think that a same day drop-in screening would be a better step, please visit us for a full screening at CAPS in Olin Health Center (*information below*). If you are not sure and have questions, please feel free to consult with the CAPS Connect Staff member and/or visit CAPS in Olin Health Center for a consultation. We look forward to connecting with you!

MSU Counseling & Psychiatric Services (CAPS) Same Day Drop-in Screening Information

Location: Olin Health Center (463 E Circle Drive)

Same-Day Non-Crisis Screening Hours

- **Monday - Thursday: 10 am to 4:30 pm**
- **Friday: 10 am to 3:30 pm**

Students who are in crisis or extreme distress are given first priority and may drop-in during open business hours as listed below. Mornings are generally less busy.

Crisis Screening Hours

- **Monday – Thursday: 8 am to 6 pm**
- **Friday: 8 am to 5 pm**

Business Hours

- **Monday - Thursday: 8 am to 6 pm**
- **Friday: 8 am to 5 pm**