**Student Program Requests**

**How can CAPS contribute to your programs?**
- Building supportive and empowering relationships with students
- Raising awareness of common mental health issues among college students
- Reducing the stigma of mental illness
- Challenging students to learn about mental health issues in their community
- Respecting the diversity of our student body
- Teaching skills to help manage emotions effectively
- Identifying students who may need additional support
- Connecting students with appropriate mental health treatment
- Connecting students with campus resources that can help support their well-being
- Educating the community on how to help a student in distress
- Teaching the community how to recognize and respond to psychiatric crises/emergencies
- And MORE!

**Things to Consider when Planning a Program**

**Identifying an Issue and Developing Goals**
- What does your community need?
- What issue do you want to address?
- Who is your audience?
- What is the goal of your program?
- How does this meet the goals of CAPS?

**Developing Program Idea**
- What activities will get you towards your goal?
- How will this address the issue you identified?
- Who needs to be involved? What do you need from CAPS?

**Program logistics**
- Do you need any approvals to run your program?
- How will you recruit your target audience?
- How many people (about) will come to your program?
- When will the program be?
- Where will the program be?
- What staff do you need?

**Program Evaluation**
- How will you know you met your goals?

Students should contact CAPS at least 2 weeks before they would like to schedule a program.

Contact CAPS at (631) 632-6720