



GEORGETOWN UNIVERSITY

Counseling and Psychiatric Service

Georgetown University Counseling and Psychiatric Service (CAPS): Information on Mental Health Services

Services Provided

Mental health services provided at CAPS include: crisis assessment and intervention; psychological evaluations, psychotherapy, and referral; psychopharmacological consultation and medication follow-up; community psychology and campus consultation. In order to best serve the needs of our campus at large, open-ended or extended psychotherapy (or extended medication maintenance) services at CAPS cannot be routinely offered and therefore are limited. Some situations are more appropriately addressed in longer-term therapy due to their history and complexity. In most situations in which extended services are recommended, your CAPS clinician will assist in facilitating a referral to mental health professional in the local community.

Eligibility

Full-time students are eligible for the full range of CAPS services. Part-time students are eligible for a psychological evaluation. Faculty and staff are eligible for a consultation. Psychological evaluations and consultations at CAPS are provided without charge. In the event that continued care at CAPS is recommended, a fee will be negotiated with the CAPS clinician.

Hours

CAPS is open from 9:00 am to 5:00 pm, Monday through Friday, except on University holidays. After hours and on weekends, non-urgent messages can be left at 202-687-6985 and are returned the next business day. If a matter is urgent and requires prompt attention, a CAPS clinician-on-call can be reached through the Georgetown page operator at 202-444-PAGE (7243). A psychiatrist is also available through the Emergency Room at Georgetown University Hospital (202-444-2119).

Cancellations

Appointment times are reserved well in advance. Given the significant demand for appointments, we kindly request at least 24 hours advance notice for any missed or cancelled appointments. Please inform your therapist if you are planning to discontinue treatment. A decision to end treatment is an important decision and should be discussed in advance with the CAPS clinicians.



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Privacy of Information

Unless otherwise stated, it is CAPS policy to release no information regarding your use of our services or personal matters discussed with your therapist. Confidentiality is assured except for the following situations:

1. You may authorize CAPS to release records or other information to individuals of your choosing. This may be done only with your expressed written consent.
2. In the event of a clear and imminent danger to yourself or another person, your therapist may be compelled to breach confidentiality in order to insure safety.
3. In the event of suspected child/elderly abuse or neglect, your therapist is required to disclose relevant information and breach confidentiality.
4. In certain legal proceedings, confidential information may be disclosed by court order. This is a rare occurrence and would not happen without your knowledge.

If you have specific questions about our policies on confidentiality and release of information, please feel free to discuss them with your therapist or the CAPS Director.

Staff Supervision and Consultation

CAPS staff are professionals with differing areas of expertise, and include psychology trainees in doctoral programs who work under the supervision of senior staff. To provide you with the best service possible, we may discuss aspects of your situation with other CAPS staff, or with your permission, with other health professionals. All information shared among these professionals is treated in a confidential manner.

I understand and accept the policies and procedures described above.

Name of Client _____

Signature _____ Date _____

Name of Clinician _____

Signature _____ Date _____