

### **What is Counseling & Psychological Services (CAPS) all about?**

We are a group of licensed mental health professionals whose mission is to promote students' psychological and academic well being. For the 2009-2010 year, our offices are located in Town Hill House on Main Street.

Seeing a counselor on campus is **free**, **confidential**, and does **not** become part of your academic record. We're here to help.

### **Aren't psychologists and social workers only for students who are in a crisis?**

No. We work with students on a wide range of issues, from minor adjustment issues to major crises. Call us or come talk with us if you're wondering whether our services would be helpful to you.

### **What are some examples of problems you typically help students manage?**

We help with an enormous range of different problems. Some of the most common issues that PEA students deal with every year include: adjustment and homesickness; anxiety; depression; substance use and abuse; family issues; attention deficits; learning problems; academic pressures; sexual identity issues; anger and stress management; eating disorders; relationship problems; sexual or physical abuse; loss and bereavement; fears and phobias.

### **How do I schedule an appointment?**

There are lots of ways to get in touch with CAPS faculty. We encourage you to:

- Call us or leave us voice mail.  
*Jeanne Stern, LICSW.....x3527*  
*Connie Morse, LICSW.....x3431*  
*Christopher Thurber, PhD.....x3528*
- Drop a note in our P.O. boxes or our office doors...or send us an e-mail. Be sure to specify what times you're available to meet.
- Sign up for an initial appointment at the front desk in the Health & Wellness Center.

### **OK, I know that I can come in for any problem—big or small—but what if it's an emergency?**

If someone's life is in danger or someone is seriously injured, call 911. If the emergency is not life-threatening, but you *do* need to talk with someone right away, come to the Health & Wellness Center or call x3420 to speak with a nurse, who can page the counselor on call 24/7.

### **If I talk with a therapist in CAPS, will it be confidential?**

Yes, within the limits of the law and Academy policy. Generally speaking, anything you discuss in our offices will remain confidential. At your initial appointment, we'll review all the terms of confidentiality with you.

### **Are there exceptions to confidentiality?**

There are only a few exceptions, designed to protect your safety. For example, we must expand confidentiality (i.e., include other adults to support you) if we believe that you are an imminent danger to yourself or to someone else. If you have a question about the limits of confidentiality, you may call us on the phone anonymously, or read the *E-Book* section on "Academy Policies."

### **Is there ever a time when students are required to see a counselor?**

The Phillips Exeter Academy faculty care a great deal about the students here. When they sense a need, faculty will encourage students to see a counselor. In this case, counseling is optional, and it's up to the student to call and make the initial appointment.

In other cases, faculty may have strong concerns about your well being. If so, they may initiate a counseling referral for you via the Academy Student Assistance Program (ASAP).

Some common reasons for ASAP referrals include: behavioral or emotional problems, drug or alcohol abuse, and eating disorders.

### **So, is ASAP a form of discipline?**

Absolutely not. ASAP is designed to encourage students with personal problems to seek help as soon as possible, while providing concerned faculty and parents with options for responding to students who need extra support. For various reasons, the Dean's Office may require ASAP for a student, but counselors have nothing to do with this recommendation.

Because ASAP is a *non-disciplinary* health response, students can confidentially contact any counselor to discuss any concerns they have about themselves or about friends at PEA. See the *E-Book* and the ASAP brochure for details, or contact the ASAP Coordinator, Dr. Christopher Thurber, at 777-3528.

### **If something is on my mind, with whom else can I talk, besides a counselor?**

You have many resources here at the Academy. You might talk with your roommate, a friend, or a proctor. Also, Student Listeners are available to any student (boarding or day) who feels like talking confidentially with someone his or her own age. Student Listeners are trained in peer counseling skills and attend weekly workshops on issues related to adolescence. There is a list of Student Listeners in the *E-Book*. You can also call the Student Listener Coordinator, Ms. Connie Morse, at 777-3431.

Besides friends and Student Listeners, you can talk with a faculty member, such as one of your teachers or coaches, a dean, your adviser, a proctor, or your dorm head.

Finally, don't forget to use your family as a support. Letters, e-mails, text messages, IMs, and phone calls help you to stay in touch, stave off homesickness, and communicate with the people who know you best.

***We wish you health and personal success during your career at PEA.***

# We're here.

We're here to listen, offer support, and talk with you anytime during your career at Phillips Exeter Academy. The Academy is an exciting and challenging place, where students blaze their own trails. Yet few successes come without the support and encouragement of others; few come without some bumps along the way.

To help promote your psychological and academic well being, PEA Counseling & Psychological Services (CAPS) offers a **private, free, confidential** place to talk about the things that matter to you.

We offer a wide range of services for all Academy students—both boarding and day—including assessment, psychotherapy, drug and alcohol counseling, consultation, and referrals to clinicians in the community.

### CAPS Faculty:



Jeanne Stern Christopher Thurber Connie Morse

**Jeanne Stern, LICSW**..... 777-3527  
Director, Counseling & Psychological Services

**Connie Morse, LICSW**..... 777-3431  
Counselor & Student Listener Coordinator

**Christopher Thurber, PhD** ..... 777-3528  
Counselor & ASAP Coordinator



**Emergency:**

**911**

**Crisis/Page Counselor on Call:**

**777-3420**

**Campus Safety**

**777-4444**

**CAPS fax:**

**777-4375**

**On the Web:**

[www.exeter.edu/health/health\\_services.html](http://www.exeter.edu/health/health_services.html)



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