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## Mission, Values, and Goal Statements

### Mission Statement

The mission of Counseling and Psychological Services (CAPS) is to develop and provide services that promote emotional, social, behavioral, intellectual, and cultural well-being for all Florida Gulf Coast University students.

### Diversity Statement

We respect the diversity of individuals in their cultures, languages, lifestyles, ideologies, intellectual capacities, abilities, appearances, personalities, political affiliations and the many other ways people may identify. We strive to create an atmosphere of openness, trust, respect, integrity, and safety where all attitudes, beliefs, values, and behaviors can be openly shared and explored.

We believe in the potential of every human being to change and to continue learning throughout the lifespan. We respect the dignity, worth, uniqueness, and potential of every individual. We believe that through our services, students can develop a healthy, balanced lifestyle characterized by maturity, independence, healthy coping skills, resilience, civility, and effective decision making.

We are committed to the continued development of awareness and appreciation for individual differences within our diverse university community. We work to challenge biases within ourselves and others. We believe in actively pursuing and advocating for social justice to prevent and decrease discrimination, exclusion, and oppression in society.

We value and affirm the role of CAPS as an agent of positive change in the university community, at the individual, group, and system level. We believe that counseling, health, and wellness services directly and positively impact student retention and academic success.

### Accreditation

CAPS has maintained accreditation by the International Association of Counseling Services (IACS) since 2007.

<https://www.iacsinc.org>

### Goals and Objectives

**Goal 1.** CAPS will provide confidential and professional services adhering to State and Federal law, state licensing boards, ethical standards established by professional associations, and national certification organizations. These services uphold the University goal of student retention by providing personal support that students may need to achieve their academic and personal goals.

**Objective:** *We meet the developmental needs of students through providing short-term confidential individual and group therapy, psychiatry services, dietitian services, crisis intervention, assessment, psychoeducation, biofeedback and other adjunctive tools, online self-help, and a 24/7 helpline.*

**Goal 2.** CAPS will provide consultation and collaboration and will maintain working relationships on and off campus

**Objective:** *CAPS staff works collaboratively with other university departments and providers in the community to build relationships that improve communication on and off campus, inform*

*faculty and staff about student mental health needs and CAPS services, and develop and secure resources for student needs.*

**Goal 3.** CAPS will provide outreach and prevention services for the development of students and the overall wellness of the entire campus community.

**Objective:** *As active participants in the campus community, we foster a healthy and diverse community through education, crisis prevention and intervention, workshops, training, teaching, and consultation to administrators, faculty, staff, and parents*

**Goal 4.** CAPS will provide training that fosters the growth of ethical, highly-skilled, and culturally competent professionals.

**Objective:** *CAPS furthers the University's educational mission by training master's and doctoral level students in mental health counseling, social work, and psychology to provide competent mental health services.*

**Goal 5.** CAPS will be proactive and responsive to the changing needs of our student population by continually developing high-quality services and training programs for students and the university community.

**Objective:** *CAPS staff actively pursues professional development opportunities in order to provide the highest quality of service to our increasingly diverse student and university community.*

**Goal 6.** CAPS will foster and model an atmosphere of wellness, balance, and social justice.

**Objective:** *CAPS provides a work environment that promotes self-care through creativity, professional satisfaction, positivity, and strong connections among its members. CAPS acknowledges and actively works to reduce barriers to treatment, encourages staff to complete multicultural training, actively collaborates with multicultural organizations/events, and seeks ways to reduce the impact of, or fight against, oppressive forces in our community and society.*