

**“COMPASS”  
Balancing Your Life  
a website**

**Counseling and Psychological Services  
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## Overview of Counseling and Psychological Services

CAPS, Counseling and Psychological Services, is a division of the Campus Health Service. CAPS' is available to enrolled University of Arizona students. Licensed psychologists, masters' level therapists, social workers, and psychiatrists compose the CAPS team. Counseling services, as well as psychiatric and medication-related care, support U of A students as they address questions related to depression, anxiety, substance use, eating disorders, relationship issues, family concerns, academic challenges, financial needs, adjustment problems, and other relevant student matters. CAPS functions in outreach capacities partnering with other university entities to meet the needs of students. Academic success and retention in their educational endeavors are a primary CAPS' focus for students. Crisis and emergency response are essential components of CAPS' campus function.

### Abstract

*We propose to create a website addressing topics of concern to the U of A student population. Our intent is to provide a website which meets or surpasses the standard established by peer universities. Due to limitations of CAPS availability to students during week-ends and after 5:00 p.m. a comprehensive website would address, in an appropriate time-frame, questions and needs experienced by students, serving as a source of information, both psycho-educational and practical, as well as serving as a bridge until a student could be seen personally by CAPS staff as necessary. The hands-on-resource, available at no extra cost to the student, at the time the student has immediate need or interest, and in privacy, better ensures that all U of A students can access assistance at any time. If supported by Parent and Family Association grant funding, this hands-on-resource will be a dynamic expansion of campus services.*

### Proposal

We propose to increase support to students by creating additional access to health and safety recommendations through a website with a no-time-constraints availability. We know that college is more than going to class. It involves many types of challenges. Our target goal is to reach as many students as possible as they face personal growth and change. A website is an adjunct to the services provided by Counseling and Psychological Services. An on-line program could help a student manage relationships, decision-making, health, time management, money, feelings, and choices of activities and peer groups. We want to augment services promoting health, safety, and personal growth for a maximum number of students. Believing that information disseminated on a website can promote successful community living, healthy coping strategies, stress and anxiety management, increased self-reliance and improved mood, we seek funding beyond the Campus Health Service budget. The website, COMPASS, would provide access to topical information, hands-on explorations, resource lists, skill building, and links to mindfulness and meditation experiences. It will be confidential and free and available twenty-four hours a day!

Common challenges to be addressed at the COMPASS website include: succeeding academically, eating healthfully, incorporating exercise, living in community, maintaining healthy sleep patterns, managing finances, exploring career choices, handling family expectations, setting limits, making responsible sexual choices, balancing school and social life, addressing relationship violence, coping with academic and personal stressors, implementing advised decisions about "partying" behaviors, and identifying means of personal growth, overall health, and safety.

Availability of this student resource will be highlighted in parent/student orientation events and materials. Additionally, COMPASS will be featured in CAPS outreach activities. Links to this site will be embedded in various U of A cyber locations such as: U of A main website, Parents Matter website, CAPS web page via the Campus Health Services website, Friend 2 Friend website, as well as referenced in depression, alcohol, and eating disorder-on-line screenings. With funding, a page in the University Bookstore Planner would be acquired. Supplementary resources are necessary to attain our goals: to develop a site that is available to any student or interested party with access to a computer (personal, residences, various on-campus libraries, ILC, college departmental offices, student unions, McKale, or cyber cafés). Likewise, links will be available on the COMPASS site to resources outside the University of Arizona campus. Other universities' health and wellness centers will be linked, expediting access to virtual libraries of information.

We believe that this hands-on-resource can contribute to academic and personal success, thus impacting retention of U of A students. The self-actualization that can be achieved through this individualized approach promoting prevention and problem solving is immeasurable. A website is a genre that students will utilize to support body, brain, heart and soul-related questions. Knowing that it takes more than willingness to be a successful university student, we recognize physical, social, mental, and spiritual components that require attention. COMPASS, a new approach to highlighting the interests and concerns of students, can address these constructs in an effective and efficient way. Response to the website can be measured quantitatively by reviewing usage. Qualitative assessment will be addressed through a brief evaluation questionnaire available on the site for review to inform changes and improvements. Longevity and availability are powerful components of COMPASS. Once developed, COMPASS can stand on its own merits and be updated and maintained by CHS computer resources personnel.

### **Proposed Budget**

- Fees for webmaster services **60%**
- Promotion **10%**  
(Arizona Daily Wildcat and Student Union Bookstore Agenda, orientation materials, flyers, U of A publications)
- Funding for education for CAPS personnel and or student volunteers regarding content development, website creation, and site management **10%**
- Providing supplies during content preparation and technical implementation **10 %**
- Maintenance **10%**

Requested amount: \$18,000

### **Measures**

Evaluation of COMPASS, the website, will be on-going in the form of a brief questionnaire on the site. Paper and pencil-type assessments will be available (1) to students utilizing the Campus Health Service, including CAPS, (2) to students participating in campus outreach events. CHS Providers will ask their student clients if they are aware of or have utilized COMPASS. A web counter will be embedded in the site, creating a record of number of "hits".

The Parents' and Family Association will be acknowledged as the funding source on the website. Any printed materials or other promotions will include recognition of the Parents' and Family Association as the major support and resource for funding.

### **Statement of Appreciation**

We are grateful to the Parents' and Family Association for continuing to provide resources to the University population allowing for diverse and necessary improvements and additions to campus services. Meeting needs of students better ensures their successful completion of academic endeavors, their enjoyment of health and wellness, and safety. This is a contribution to the world at large, over time, indeed.