

CAPS 101 - An Overview of Counseling & Psychiatric Services (CAPS) at Tulane



Family Webinar – June 24, 2026

Tonight's speaker:

Jinaki Flint, PsyD, Director of Counseling and Psychiatric Services

Moderator:

Penny Wyatt, M.Ed, Director of Family Programs



Services

- Same Day Consultations
- Individual Psychotherapy (virtual and in-person)
 - Up to 12 sessions
- Crisis Support
- “CAPS Communities” (group counseling)
- AOD Counseling
- Psychiatry (medication consultations/medication management)
- Care Coordination / Referral Services / BridgeCare
- Outreach (educational/awareness; clinical)
- Teletherapy Services (psychiatry, coaching, digital programs)
 - Teledoc Mental Health Complete – Third Party Teletherapy Partner
- ProtoCall – The Line | 504-264-6074



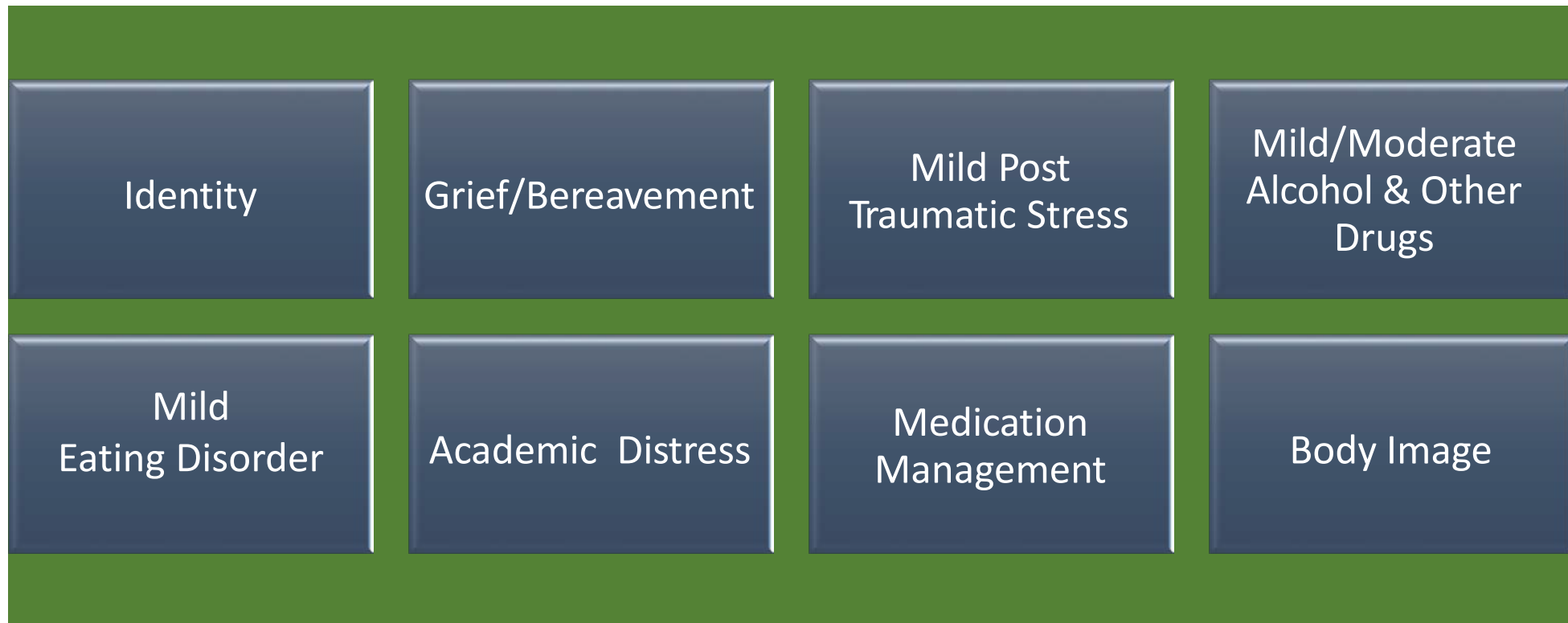
Scope of services

Concerns addressed ***within*** our short-term model:



Scope of services

Concerns addressed ***within*** our short-term model:



Scope of services

Services ***outside*** of our scope:

Couples	Long-Term 1:1 Therapy	Testing	Severe ED/AOD
Chronic Suicidal Ideation/Self- Injurious Behavior	Serious Persistent Mental Illness	Emotional Support Animal	Mandates



Scope of Clinical Service

Broad Range of Student Concerns

- **Personal Concerns:** Stress, anxiety, depression, anger, loneliness/isolation, low self-esteem, grief
- **Relationship Concerns:** Romantic relationship, roommate conflict, family problems, social life
- **Developmental Concerns:** Identity (i.e. personal, cultural, spiritual, sexual orientation, gender identity), adjustment to college, healthy lifestyle choices, decisions, life transitions
- **Academic Concerns:** Motivation, test and performance anxiety, perfectionism, organization
- **Other Concerns:** Effects of trauma, assault, abuse, body image, mild eating concerns

Services *within* Scope

Mild/Moderate Anxiety, Depression
Mild/Moderate Substance Use
Mild/Moderate Disordered Eating
Mild/Moderate Post Traumatic Stress
Suicidal Ideation and Self-Injury Assessment
[Medication Management](#)
Teletherapy

Services *outside* of Scope

Couples therapy
Longer-term/ongoing treatment needs
ADHD / Autism evaluations/assessment
Persistent substance use/Disordered eating
Persistent suicidality or self-injurious behaviors
Serious and Persistent Mental Illness
Mandates for treatment



Service Highlights

Care Coordination

- Holistic Resourcing / Flex Care
- Guidance
- Bridge/Care
 - Student Support
 - Coaching
 - Psychoeducation



Same Day Consultation

- No wait time*
- Therapy fit
- Referrals
- Treatment options
- Secondary support



Questions?

Type in your questions now.

Contact information: Counseling & Psychiatric Services (CAPS)

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(entrance across from Reily Center) 504-314-2277

Downtown Location: 127 Elk Place, Room 261,
New Orleans, LA 70112, 504-314-2277

Care Coordination: carecoordinator@tulane.edu

Hours: Monday - Friday 8:30 a.m. - 5:00 p.m.

