

# Welcome to Next Step

Our program is designed to provide students with an appropriate and supportive option for mental health treatment within university life

## WHAT IS THE NEXT STEP PROGRAM ?

- Next Step is a short-term campus-based treatment program that lasts about 8-14 weeks
- Students attend services multiple days a week to receive a combination of educational and psychotherapy groups, case management, and individual therapy
- Students will be assigned a therapist or a case manager if they have a therapist already

## WHAT IS REQUIRED OF ME ?

- Level 1 - Attend 1 individual therapy session and 4 groups a week (1 Process & 1 DBT + 2 more groups of your choice)
- Level 2 - Biweekly individual therapy session and 2 groups a week

## ATTENDANCE

- Regular attendance is required, students are likely to be discharged to other services that better meet their availability if they miss two consecutive weeks of Next Step. Please tell us if you need help with attendance.

## BENEFITS OF NEXT STEP

- Increased self-awareness
- Connection to peers going through similar mental health challenges
- Providing this service on campus allows for the possibility of students to continue with their academics while receiving extra support

- Development of skills to decrease mental health symptoms and increase functioning as a college student
- A brave place to explore personal values, identity, wants, and needs

# Group Agreements



1. No phones: or use of other technology during group or individual sessions
2. Mindful outside contact: connect with peers in program, provided that it doesn't interfere with your treatment goals
3. Confidentiality: be in a space that is private, if this is not possible, discuss this with your provider
4. Brave Space: (see below)
5. Respect: be respectful of differing opinions, work to both challenge and support others
6. Mindful language: No glorifying violence, substance use, self-harm, or suicidality
7. Cameras ON: For virtual groups, if you are eating, please turn your camera off; otherwise, please keep your camera on as it is therapy-interfering to attend group with no camera on
8. Attendance: two weeks of non-attendance results in discharge

## BRAVE SPACE

In group, we welcome all identities including race, ethnicity, religion, sexual orientation, gender identity, and more. Our goal is to make this an inclusive space for everyone to feel welcomed. We request that all members are respectful of each person's unique experiences. We are aware that no space can be truly safe therefore we encourage each other to be brave in sharing in the group as well as brave in being open to learning and growing from each other.

To get to know each other, we will open each group with our first names and pronouns. We request pronouns to acknowledge gender identity because it may not be obvious just by looking at someone. Common pronouns can be she/her, he/him, they/them, etc. As we continue to get to know each other, if you forget someone's name or pronouns, please feel free to simply ask instead of assuming. This type of curious, open behavior will help the whole group learn about each other and further our goal of providing a brave space for all. If you misgender someone, please correct yourself and simply continue. For example: "like she—oops, I'm sorry I mean they were saying..." We will employ this approach to ourselves and group members so all can correct and continue.

# Resources

## CRISIS RESOURCES

During regular business hours (Mon-Fri, 8:30 a.m. - 5:00 p.m.), call CAPS at 848-932-7884 and ask to speak to the on-call counselor. For crises outside these hours or on university holidays, follow the prompt to “speak to a counselor immediately” to access a crisis counselor. □

- Acute Psychiatric Services (APS) 855-515-5700. (New Brunswick/Piscataway area only; available 365/24/7.) □
- NJ Hopeline at 855-654-6735 (This service can be reached within NJ; available 365/24/7.) □
- Suicide and Crisis Lifeline: call 988 or 1.800.273.TALK (8255); this service can be reached anywhere in USA, 24/7
- 988 Lifeline Chat (online) also available at: <https://988lifeline.org/chat/>
- Text “KNIGHT” to the Crisis Text Line at 741741, or “STEVE” for People of Color.
- Trans Lifeline 877-565-8860 (10am – 4pm) □
- The Trevor Project (24/7) for LGBTQIA students - 1-866-488-7386 or text “START” to 678678
- BlackLine (24/7) for for peer support, counseling, witnessing and affirming the lived experiences to folx who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens- 800-604-5841

## CAMPUS RESOURCES

Office of Dean of Students- New Brunswick  
88 College Avenue  
New Brunswick, NJ 08901  
Phone: 848-932-2300  
Fax: 732-932-1507  
Email: [deanofstudents@echo.rutgers.edu](mailto:deanofstudents@echo.rutgers.edu)

Office of Disability Services-New Brunswick  
Lucy Stone Hall, Suite A145  
Livingston Campus  
54 Joyce Kilmer Avenue  
Piscataway, NJ 08854-8045  
Phone: 848.445.6800  
Fax: 732.445.3388  
Email: [dsoffice@echo.rutgers.edu](mailto:dsoffice@echo.rutgers.edu)

Resources continued on the next page...

# Resources



Office of Financial Aid- New Brunswick  
Records Hall  
620 George Street  
New Brunswick, NJ 08901-1175  
Phone: 848-932-7057  
Fax: 732-932-7385

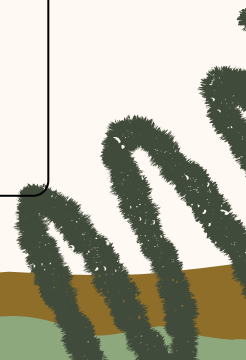
Rutgers Student Food Pantry  
The Office of Off-Campus Living & Community Partnerships  
29 Union Street  
New Brunswick, NJ 08901  
Phone: 848-932-5500

Rutgers Center for Social Justice Education and LGBT  
Communities (SJE)  
17 Bartlett Street, College Ave Campus  
New Brunswick, NJ 08901  
Phone: 848-445-4141

Office for Violence Prevention and Victim Assistance (VPVA)  
3 Bartlett Street, College Ave  
New Brunswick, NJ 08901  
Phone: 848-932-1181

Health, Outreach, Promotion, and Education (HOPE)  
8 Lafayette Street, College Ave Campus  
New Brunswick, NJ 08901

Hurtado Health Center  
11 Bishop Place, College Ave Campus  
New Brunswick, NJ 08901  
Phone: (848) 932-7402



# Next Step Groups



	Monday	Tuesday	Wednesday	Thursday	Friday		
10:10							
10:20							
10:30							
10:40							
10:50							
11:00		DBT (in person) 11:00-12:25			DBT (Virtual) 11:00-12:25pm		
11:10							
11:20							
11:30	Mind body Healing (in person) 11:30am-12:25pm						
11:40							
11:50							
12:00							
12:10		Open to CAPS	Process (in person) 12:00-1:25pm		Open to CAPS		
12:20							
12:30	Open to CAPS						
12:40							
12:50							
1:00		Artistic Self- Expression (in person) 1:00-2:25pm					
1:10							
1:20							
1:30	Loving Me (Virtual) 1:30pm-2:25pm			NS Only			
1:40							
1:50							
2:00							
2:10		Open to CAPS	DBT (in person) 2:00-3:25pm				
2:20							
2:30	Open to CAPS						
2:40							
2:50							
3:00							
3:10							
3:20							
3:30			Open to CAPS				
3:40							
3:50							
4:00					Study Space (Virtual) 4-5:25 pm		
4:10							
4:20							
4:30							
4:40							
4:50							
5:00							
5:10							
5:20							
5:30				Open to CAPS			



# Group Descriptions



**DBT:** A skills-based group that equips students with tools needed in everyday life. The four main modules are taught: Core Mindfulness, Emotion Regulation, Distress Tolerance and Interpersonal Effectiveness. The group will be offered at different times throughout the week to enhance ability for attendance. Next Step Students are required to attend one DBT Group per week. (OPEN TO ALL CAPS)

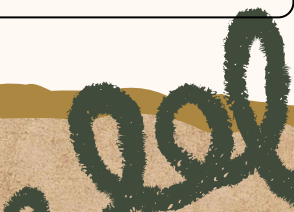
**Process:** An unstructured group that allows students the space to explore patterns and behaviors needed to build and maintain healthy relationships. Students can be supported by peers in gaining new perspectives on their challenges. Next Step Students are required to attend one Process Group per week. (Next Step students only)

**Mind-Body Healing:** This group educates on the effects of chronic stress and trauma on the mind and body, offering techniques like mindfulness, meditation, yoga, laughter, EFT tapping, dance, sound therapy, and more to support nervous system regulation. (OPEN TO ALL CAPS)

**Loving Me:** Combine the skills of mindfulness and self-compassion to meet difficult internal and external experience. Combines the skills of mindfulness and self-compassion to meet difficult internal and external experiences with less resistance. During the group, participants will learn about and practice mindful self-compassion skills. (OPEN TO ALL CAPS)

**Study Space:** Weekly supportive study space open to all. Come to learn a brief skill around executive functioning. Students spend the remainder of the group working independently on school assignments, apply to internships/jobs, etc. Group begins with a review of goals for each student to work on. The remainder of the group is spent in quiet study. (OPEN TO ALL CAPS)

**Artistic Self-Expression:** This group will utilize the vehicle of art directives to facilitate the students' ability to express and label their emotions, encourage self-reflection and awareness, and increase alternative coping skills and behaviors. Group members will share their work within the brave space of the group to explore and uncover issues, concerns, and challenges within their lives while building supportive relationships and self-awareness. (Next Step students only)

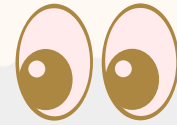


# Next Step Location



\*The Next Step Building is embedded within the Richardson Apartments behind the Richardson Laundry Building.

# Sooo... What Happens After Next Step?



... YOU HAVE OPTIONS!

- Return to a CAPS provider to be seen 2 - 4 times a month depending on your schedule
- Connect to a provider in the community (outside of Rutgers) for ongoing weekly individual therapy
- Attend groups offered through CAPS and Next Step
- Take a break from therapy, if needed



... CONTINUED CONNECTION WITH CAPS PSYCHIATRY?

- Continue with psychiatrist and return to CAPS for individual therapy
- Connect to a therapist in the community (outside of Rutgers) who will coordinate your care with CAPS Psychiatry
- Connect to a new psychiatrist in the community

... HOW ARE THESE DECISIONS MADE?



- Your individual needs, of course!
- Recommendations are always decided in collaboration with your treatment team and decisions will be made to fit each individual student's needs



Join us online every Monday from 11:30 AM to 12:30 PM.



This group educates on the effects of chronic stress and trauma on the mind and body, offering techniques like mindfulness, meditation, yoga, laughter, EFT tapping, dance, sound therapy, and more to support nervous system regulation.



Scan the QR code to learn more about groups at CAPS



**RUTGERS-NEW BRUNSWICK**  
**Counseling Center**  
Division of Student Affairs

[health.rutgers.edu/caps](https://health.rutgers.edu/caps)  
f @ @RUStudentHealth