

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 peer support, counseling, witnessing and affirming the lived experiences to folxs 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

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

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)

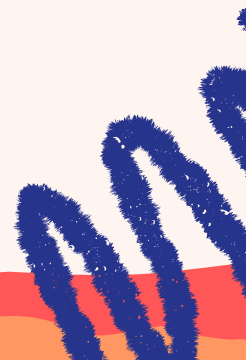
3 Bartlett Street, College Ave
New Brunswick, NJ 08901
Phone: 848-932-1181

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			Loving Me (virtual) 10:30-11:25am		
10:40					
10:50					
11:00		DBT 11am-12:25pm			DBT (virtual) 11am-12:25pm
11:10		(in person)	Open to CAPS		
11:20					
11:30	Mind-Body Healing (in person @ SR) 10:30-11:25am				
11:40					
11:50					
12:00			Process 12-1:25pm		
12:10					
12:20	Open to CAPS	Open to CAPS	(in person)		Open to CAPS
12:30					
12:40					
12:50					
1:00		Artistic Self- Expression 1:00pm-2:25pm	NS Only		
1:10		(in person)			
1:20					
1:30					
1:40					
1:50					
2:00			DBT 2-3:25pm		
2:10			(in person)		
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 in-person group will support students in understanding how mental and physical health are connected and interrelated. The neurobiology of mental wellbeing will be explored. Students in group will learn and practice techniques, such as, mindfulness, meditation, yoga, laughter, EFT tapping, and movement (dance and stomp). Students will build an awareness of where emotions are stored in the body and learn skills to release/discharge them. **(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



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