

## IMPORTANT CONTACT INFORMATION

*All services listed are available 24 hours a day.*

### **Emergencies On/Off Campus**

911

### **Vallejo Police Department Emergencies**

(707) 552-3285

### **National Suicide Prevention Lifeline**

1-800-273-TALK (8255)

### **WEAVE, Sexual Assault and Harassment Support**

(916) 920-2952

### **Sutter Solano Medical Center**

300 Hospital Drive | (707) 554-4444

### **Kaiser Permanente Vallejo Medical Center**

975 Sereno Drive | (707) 651-1000

## HOURS & APPOINTMENTS

### **Counseling Services Available**

In-person or Virtual

**Monday through Friday 0830–1700**

### **Appointments**

Visit the Student Health Center  
or call (707) 654-1170

### **Drop-In Hour**

At the Student Health Center  
**Monday through Friday 1400–1500**

### **To Reach Your Counselor Directly**

Message them via the Student Health Portal  
at [csumportal.pointnclick.com](https://csumportal.pointnclick.com)

### **For More Information**

Visit [csum.edu/caps](https://csum.edu/caps)

# CAPS

## COUNSELING & PSYCHOLOGICAL SERVICES

## SEXUAL ASSAULT AND SEXUAL HARASSMENT PREVENTION AND SUPPORT

CAPS is committed to ending sexual assault and harassment (SASH) on campus and in the maritime industry. The impacts of SASH are detrimental to the psychological health and academic progress of students and erode the bonds of our Cal Maritime community.

In addition to confidential mental health counseling for students, CAPS works with campus partners to end gender-based violence and create a safe environment for all.

### **Confidential Campus Advocate for Sexual Assault and Harassment**

(707) 724-9606

[WEAVE@csum.edu](mailto:WEAVE@csum.edu) | [www.weaveinc.org](http://www.weaveinc.org)

### **Title IX Office**

(707) 654-1460 | [titleix@csum.edu](mailto:titleix@csum.edu)

### **University Police**

(707) 654-1176 | [policedepartment@csum.edu](mailto:policedepartment@csum.edu)



### **Counseling & Psychological Services**

200 Maritime Academy Drive

Vallejo, CA 94590

(707) 654-1170 | Fax (707) 654-1171



CAL MARITIME



CAL MARITIME

# Counseling Works!

## WHAT IS COUNSELING?

**Counseling and Psychological Services (CAPS)** offers individual and group counseling, consultation, mental health assessment, crisis support, education, prevention, outreach, and referrals to community resources. CAPS provides assistance to students experiencing personal, educational, relationship, family, social, and psychological difficulties.

All students currently or concurrently enrolled are eligible for services. There are no additional costs for counseling services. Consultation services are available to faculty and staff who may have questions or concerns regarding students.

## DIVERSITY, EQUITY, AND INCLUSION

CAPS is dedicated to supporting and uplifting the diverse experiences of Cal Maritime students. We provide mental health care for individuals and groups in a campus community where there exist historical causes to current health inequities. Based on training and personal experience, CAPS counselors foster discussions of race, gender, class, sexual orientation, and other identities so to improve the self-awareness and interpersonal relations of students. These efforts are guided by our shared community values of fairness and dignity, which we uphold through ongoing development of self-awareness, cultural humility, and professional expertise.

## COMMON CONCERNS

CAPS offers a range of psychological and counseling services for Cal Maritime students. For example, we provide professional help in the following areas:

**Psychological Issues** - Depression, anxiety, suicidality, eating disorders, substance misuse/abuse;

**Personal Concerns** - Identity issues, sexuality, self-esteem, family problems, stress management;

**Interpersonal Issues** - Communication skills, dating and relationship issues, conflict management;

**Crisis Intervention Services** - Acute stress, sexual assault, death of a family member or friend.

## CONFIDENTIALITY

Counseling is confidential. Because therapy is most effective when a student can be direct and honest with a counselor without fear that personal information will be divulged, CAPS does not release information about a student without that student's written permission, except in the case of imminent danger to self or others, child/dependent abuse, court order, or where otherwise required by law. Notations of counseling are not part of a student's university record. Attending counseling does not prevent licensure with the United States Coast Guard.



**Marie Ekmekjian, LPCC, CRC** is a licensed professional clinical counselor and certified rehabilitation counselor who joined Cal Maritime in 2022. She holds a master's degree in Clinical Rehabilitation and Mental

Health Counseling from California State University, Fresno. She has worked in college counseling since 2016.



**Mira Elwell, MSW, LCSW** is a Licensed Clinical Social Worker who joined Cal Maritime in 2020. She has over a decade of experience in outpatient psychiatric clinics, schools, and non-profit and community settings.

She specializes in working with members of the LGBTQI2S+ communities, and with working artists. She holds a master's degree in clinical social work from Smith College.



**Ian Wallace, PhD** is a licensed psychologist and Director of Counseling who joined Cal Maritime in 2013. He holds a doctoral degree in Counseling Psychology from Virginia Commonwealth University. Providing counseling

services since 2001, Dr. Wallace has worked in medical and psychiatric settings, college counseling centers, and aboard the TS *Golden Bear*.



Counseling & Psychological Services

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