

Mental Health Resources for Faculty & Staff

Kirsten Olson, PhD, Director of Counseling and Psychological Services (CAPS)

Jean Watkins, PsyD, CARE Case Manager

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Given the tough times universities and educators have been seeing, we believe it is important that our faculty know what mental health resources are available to them on campus as well as learning about how we can come together during these trying times.

Employee Assistance Program (EAP)

Office of the Ombuds

Title IX

California State University

COUNSELING & PSYCHOLOGICAL SERVICES

CHANNEL ISLANDS

Counseling and Psychological Services



Lezli Ballesteros
Administrative Coordinator



Kirsten Olson, Ph.D., ABPP
Director



Kristina Rodriguez, Psy.D.
Clinical Lead



Taj-Zsa Hower, LCSW
Clinician



Stacy Udolph, LCSW
Clinician



Mackie Robinette
Administrative Coordinator



Grenisha Holmes, LCSW
Clinician



Jennifer Maravola, LPCC
Clinician



Alexis McKenna, LMFT
Clinical Case Manager



Ana Tougas, AMFT
Confidential Campus Advocate



Daniell Koepke
Clinician Trainee



Ryan DesLauriers
Clinician Trainee

The Counseling and Psychological Services (CAPS) Team

Collaboration and Training Opportunities in CAPS

Psychology/CAPS Research Project



Art Studio Capstone



Nursing Clinical Leadership Students





Psi Chi

Recognize & Refer
Mental Health Peers
Service Learning/Internship



Health Sciences Volunteer

Communications Project Pitch

Research Collaboration



CARE Team

CAMPUS ACCESS, RETENTION & EQUITY (CARE) TEAM

RED FOLDER

Help is Available!

KIRSTEN OLSON, PH.D., ABPP

DIRECTOR OF COUNSELING AND PSYCHOLOGICAL SERVICES

KIRSTEN.OLSON@CSUCI.EDU

805-437-2088