Resources for Parents

Books

When Your Kid Goes to College: A Parent’s Survival Guide by Carol Barkin

You’re On Your Own (But I’m Here If You Need Me) by Helen E. Johnson

Been There, Should’ve Done That II by Suzette Tyler

She’s Leaving Home: Letting Go as a Daughter Goes to College by Connie Jones

Letting Go: A Parent’s Guide to Understanding the College Years, 5th Edition by Coburn and Treeger

Give Them Wings by Carol Kuykendall

Empty Nest, Full Heart by Andrea Van Steerhouse

How to Survive and Thrive in an Empty Nest by Jeanette Lauer

Almost Grown: Launching Your Child from High School to College by Patricia Pasick

Becoming a Wise Parent to Your Grown Child: How to Love and Support without Meddling by Frain and Clegg

Websites

College Parents of America: www.collegeparents.org

National Resource Center for First-Year Experience and Students in Transition: www.sc.edu/fye/index.html

US Dept of Education’s Higher Education Center for Alcohol and Other Drug Prevention: www.edc.org/hec

Parents, Families and Friends of Lesbians and Gay Students: www.pflag.org

Articles for Parents and Students: campuslife.suite101.com

Counseling and Psychological Services

An overview of the counseling services available to Stevens students, faculty and staff

STEVENS INSTITUTE OF TECHNOLOGY

Howe Center, 7th Floor
Castle Point on the Hudson

Phone: 201-216-5177
Fax: 201-216-5629
E-mail: stevenscounseling@stevens.edu
The mission of Counseling and Psychological Services (CAPS) is to promote the personal growth and development of students at Stevens. We strive to maximize students’ potential to benefit from their academic environment and experience. We further seek to promote and be part of a healthy, caring and inclusive university community.

The diverse staff at CAPS recognizes that many factors including race, ethnicity, age, gender, sexual orientation, religion, culture, ability or disability status, socioeconomic status and other unique issues are significant in students’ lives and identities. We strive to create a safe space where thoughtful and appreciative exploration of diversity is the norm.

Our Mission

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Our Services

- Short-term 1:1 Counseling and Group Therapy
- Workshops and Training Seminars
- Consultations to staff, faculty & students
- Walk-in crisis hours (2-4pm, M-F; excludes holidays)
- Psychiatric consultations
- Referral service for off-campus treatment

Our Treatment Model

- Long term treatment needs? We provide transitional care and community referrals
- Early prevention through our workshops and outreach
- Daily walk in hours address urgent mental health needs
- Brief treatments helps students achieve stabilization

How You Can Help

At CAPS, we consider parents to be among our best allies in caring for the students at Stevens.

If you see something unusual or disturbing about your child’s behavior, talk to them about it. Don’t ignore your instincts.

Communicate directly in a caring manner and discuss the things that concern you.

Avoid criticism and / or judgment. Let them know you are asking because you care.

Consider recommending counseling as an objective outside resource.

In Case of Emergency

There are some mental-health situations where you should seek immediate help for your child. These include:

- References to Suicide or Harming Others. This might include direct statements about wanting to die, or indirect statements about hopelessness or extreme pessimism about the future.
- Bizarre or disruptive behavior. This can be the sign of a serious psychological issue that should receive immediate care and attention.

CAPS: 201-216-5177 (M-F 9am-5pm)
After-hours: Campus Police @ 201-216-3911

Confidentiality

Federal and State laws and ethical practice guidelines prohibit psychologists from speaking with you about your adult child’s treatment without their written permission, except in extenuating circumstances. However, this does not preclude us from listening to your concerns.