COUNSELING & PSYCHOLOGICAL SERVICES

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
For More Information
Visit csum.edu/caps

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 | www.weaveinc.org
Title IX Office
(707) 654-1460 | titleix@csum.edu
University Police
(707) 654-1176 | policedepartment@csum.edu

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Vallejo Police Department Emergencies
(707) 552-3285
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Sutter Solano Medical Center
300 Hospital Drive | (707) 554-4444
Kaiser Permanente Vallejo Medical Center
975 Sereno Drive | (707) 651-1000

Counseling & Psychological Services
200 Maritime Academy Drive
Vallejo, CA 94590
(707) 654-1170 | Fax (707) 654-1171

For More Information
Visit csum.edu/caps

Sutter Solano Medical Center
300 Hospital Drive | (707) 554-4444
Kaiser Permanente Vallejo Medical Center
975 Sereno Drive | (707) 651-1000

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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.

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.

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.

Counseling & Psychological Services
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