VISION STATEMENT
Cultivating a healthy Northwestern community.

In partnership with the broader campus community, CAPS will foster a responsive, caring, and equitable environment. Our students will find success by making lifelong healthy decisions.

MISSION
The mission of CAPS is to enhance the student learning experience by fostering student wellness, mental health, and personal growth within the broader Northwestern campus support network.

We pursue our mission by providing clinical services, community education, consultation, advocacy, as well as training future mental health professionals.
VALUES

EXCELLENCE: We strive to provide outstanding care and service to the community by bringing our best professional selves to our work.

COLLABORATION: We practice open, authentic, and civil communication. We seek first to understand. We partner with one another, students, families, faculty, staff, and community members in a collegial manner that is consistently professional, respectful, and empathic.

SOCIAL JUSTICE: We commit ourselves to creating a Northwestern community that facilitates full and equal access to student mental health. We assess our programs, services, and institutional climate to contribute to an equitable and inclusive Northwestern experience.

COMPASSION: We bring willing kindness and openness to the experience of others in order to provide thoughtful and empathic care.

INNOVATION: We look for creative and sustainable approaches to enhance our work, challenge assumptions, and promote strategies to advance student mental health. We inspire and are inspired; we infuse energy and passion into the pursuit of our vision and mission.

GUIDING PRINCIPLES

PROFESSIONAL ETHICS: We are dedicated to providing services informed by a commitment to principles of social justice while adhering to our profession’s ethical and legal standards.

BEST PRACTICES: We utilize evidence-based practices guided by research, clinical expertise, and individual characteristics.

DATA-INFORMED DECISIONS: We make deliberate, strategic, and data-driven decisions to maximize our ability to meet student needs.

CULTURALLY INFORMED SERVICES: We incorporate cultural values and identities into our practices as well as the effects of historical and current social forces in students’ lived experiences.

STRATEGIC THEMES

Cultivate organizational health. We embrace the values of mutual respect, collaboration, generativity, and personal wellness as the foundation of a functional and sustainable organization.

Advance social justice. We champion a socially just environment by increasing awareness, challenging assumptions, removing barriers, and advocating for and with diverse voices in the Northwestern community.

Provide high quality clinical services. We are committed to the delivery of culturally sensitive and evidence-based clinical services that respond to the evolving mental health needs of our student population.

Deliver innovative outreach and educational programs. We offer culturally and data informed programming dedicated to skill building, training, as well as advocacy tailored to the needs of the Northwestern community.

Train future mental health professionals. We contribute to the mental health field by providing exemplary and comprehensive clinical training.