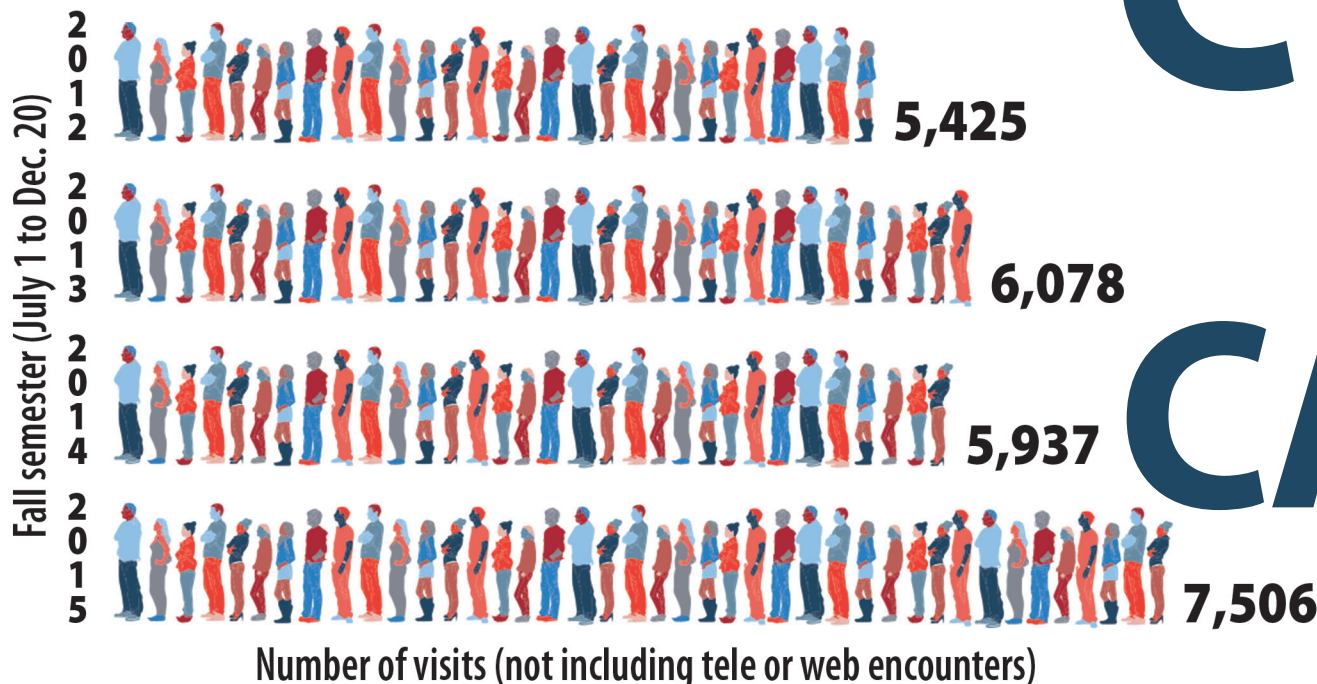


Comparing numbers from each fall semester shows that the number of visits to CAPS has increased since 2012. Experts say increasing awareness of mental health might be part of the reason why.



SOURCE: UNC COUNSELING AND PSYCHOLOGICAL SERVICES

DTH/JOSÉ VALLE

CAPS AT CAPACITY

With visits rising, Counseling and Psychological Services needs more staff

By Piper Anderson
Staff Writer

If the number of students visiting UNC's Counseling and Psychological Services keeps increasing, something will have to change.

CAPS will either have to cut some of the services it currently provides — such as all-day walk-in hours — or find the money to hire more staff.

"We're doing a good job;

we're hanging in there," said Dr. Allen O'Barr, director of CAPS.

"But last semester let us know that really, if you add just a little bit of weight on the back semester after semester, there gets to be a point where all that accumulates, and that's what we began to be feeling last semester."

The mental health center had 7,506 visits in fall 2015, as opposed to 5,425 visits in

fall 2012.

At a Jan. 27 meeting of the Board of Trustees' University Affairs committee, Vice Chancellor for Student Affairs Winston Crisp said CAPS is at capacity.

"CAPS is a sustainable operation, but as our students' needs and demands for services increase, we are working to identify opportunities to maintain or increase our general counseling services," said Christi Hurt, chief

of staff for student affairs, in an email.

O'Barr said the Office of the Vice Chancellor for Student Affairs has given him the OK to hire two temporary counselors so CAPS can finish the spring semester smoothly, but he said the long-term solution lies in hiring more employees and obtaining more space.

About 11.6 percent of the student body visited CAPS during the 2014-15 school

year, which is about the same as three years ago, O'Barr said — but as the student population increases, the number of students CAPS sees increases as well.

"When we first started seeing people on a walk-in basis, I don't know, eight years ago, we were seeing somewhere around 24 people a day," O'Barr said.

O'Barr said, now, 35 to 40 students visit CAPS each day. Rowan Hunt, co-chairper-

son of Rethink: Psychiatric Illness, a mental health advocacy group on campus, said the increase in visits may be a result of greater mental health awareness.

"As we are beginning to have more discussions about mental health on campus, we will consistently see a greater need for places like CAPS, because as students become more educated about the

SEE CAPS, PAGE 4

UNC experts discuss spread, impact of Zika virus

The virus' spread to the U.S. is possible but not certain.

By CJ Farris
Staff Writer

Amidst the rapid spread of the Zika virus across Latin America, N.C. Sen. Richard Burr and the White House — among other politicians and scientists — have called for a stronger government response.

Called a "public health emergency of international concern" by the World Health Organization, Zika virus is transmitted by mosquitoes in 26 countries and territories in the Americas.

"We must be prepared to protect the American people from the full range of threats we may face," Burr said in a press release.

The White House requested \$1.8 billion in emergency funding from Congress to better prepare efforts to combat the virus as mosquitoes become more active in spring and summer.

"We must be fully prepared to mitigate and quickly address local transmission within the

continental U.S., particularly in the Southern United States," the administration said in a press release.

Much to learn about Zika virus

Helen Lazear is an assistant professor in the Department of Microbiology and Immunology at the UNC School of Medicine and an expert on the virus.

"We're still learning a lot more about what's going on," she said. "Although this virus isn't new to science — we've known about this virus for 70 years — very little basic research has been done on it, and there's a lot we don't know."

An overall lack of knowledge about the virus can be chalked up to the little trouble humans have had with Zika in the past, according to Dr. Myron Cohen, the chief of the Division of Infectious Diseases and director of the UNC Institute for Global Health and Infectious Diseases.

Lazear said we do know several things about the virus, including its relation to yellow fever

SEE ZIKA, PAGE 4

NC State remembers fallen students at vigil

The campus held a traditional call to prayer Wednesday.

By John Foulkes
Staff Writer

Hundreds of people braved 30-degree weather Wednesday night to commemorate the tragic deaths of Deah Barakat, Yusor Abu-Salha and Razan Abu-Salha at the Talley Student Union at N.C. State University in a vigil titled the "Day of Light."

A year ago Wednesday, the three students were killed in a senseless act of violence. Craig Stephen Hicks is charged with shooting the victims in their home at the Finley Forest Condominiums, launching national concern about increasing violence and



DTH/ALEX KORMANN

Hundreds of people gathered at the Our Three Winners vigil one year after the Chapel Hill shootings.

intolerance toward Muslim-Americans.

Hicks has been charged with three counts of first-degree murder and is facing the death penalty.

The police originally report-

ed that Hicks was provoked over a parking dispute, but the victims' families disagree.

"If this was over a parking dispute, then Rosa Parks was

SEE VIGIL, PAGE 4

UNC-system exempt from out-of-state enrollment increases

Flagship universities rely on out-of-state tuition for funding

By Danielle Chemtob
Staff Writer

Feeling budgetary constraints, many public flagship universities are increasing the number of out-of-state students, according to a recent analysis by The Washington Post.

But with an 18 percent cap for out-of-state students, UNC-Chapel Hill remains an exception to the trend.

The share of in-state students at 74 public universities declined between 2004

and 2014. The University of Alabama experienced the largest drop of 36 percentage points. Other schools such as the University of South Carolina, University of California at Berkeley, University of California Los Angeles and University of Oregon, experienced declines greater than 20 percentage points.

Daniel Byrd, director of policy research at the Los Angeles-based Campaign for College Opportunity, said state legislatures are to blame for this change.

"The reason why they're doing it is because of inconsistent state funding," Byrd said. "They're going to try to enroll more out-of-state

students to pay for in-state students."

Since the 2008 recession, he said many states have reduced the amount of money allocated to the universities. 67 of the schools studied by The Washington Post experienced declines — South Carolina decreased by 12 percentage points, and UC-Berkeley by 14 percentage points.

But Jenna Robinson, president of the Pope Center for Higher Education Policy, said UNC-system schools are able to continue their out-of-state enrollment caps because North Carolina spends more on its students than other states.

According to a report from the Pope Center, North

Carolina is ranked fourth in the nation in terms of per student expenditures, and 43 percent of the UNC system's revenue comes from the state.

Robinson said the state pays universities the difference in cost between an in-state and out-of-state student — embracing a commitment to lowering the cost of higher education.

"Out-of-state students are not, in general, a huge moneymaker," she said. "So an out-of-state student might be paying \$20,000, but then the (General Assembly) — for that in-state student — is paying \$12 (thousand)."

Tuition for in-state students at UNC-CH is \$8,562,

and \$33,644 for out-of-state students. Ashley Memory, senior assistant director of admissions at UNC-CH, said North Carolina takes pride in its service to the state's students.

And some UNC-system schools remain below the enrollment cap. UNC-Wilmington has 13.1 percent out-of-state enrollment, and Appalachian State University has 9 percent.

But Mary Spiegel, associate provost and executive director of undergraduate admissions for the University of Alabama, said in an email that an increase in out-of-state students has been beneficial for the campus.

Out-of-state students


carry the messages of the University of Alabama back to their home states, she said.

While schools like the University of Wisconsin at Madison have lifted their caps on out-of-state enrollment, Byrd said a California bill aims to implement one — and threatens to withhold funding otherwise.

But for the cap to be sustainable, he said the state will need to allot more money to the schools.

"The biggest thing is for the states to invest more in their higher education system — give the system the money they need to enroll the in-state students," Byrd said.

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JUSTIN BIEBER

CAPS
FROM PAGE 1

resources available to them, they will want to use them," she said.

If CAPS wants to continue offering walk-in services, it will require more employees to handle the sheer number of students coming in, O'Barr said.

"We don't turn anybody away from that first meeting where we sit down and make sure they're okay, but we do have to refer out right now based on our capacity," O'Barr said.

Referring out is a process in which counselors give students a list of mental health providers in the community and recommend they choose a counselor away from campus. O'Barr said CAPS refers out about 30 percent of the students who come in.

"It's not a turning away as much as it is seeing a person and saying, 'Based on what your needs are as a client and based on what we're able to provide, you're going to get better services in the community,'" he said.

Hunt said most complaints she hears about CAPS come from students who need long-term care. If students needing long-term care are referred out after six to eight weeks, they have to find another counselor — which Hunt said can be a stressful process.

"It takes a lot of courage and energy to actually go to CAPS and go through those doors, especially with the stigma surrounding reaching out for mental health issues,"

Hunt said.

O'Barr said having more employees would not only fix the issue of walk-in service, but it would also make the referral process smoother and easier to facilitate. Hunt said improving the referral process would help keep students engaged with mental health care.

"I think having a way to bridge the gap between these referrals and the students, whether that be helping them to make these calls or having some sort of online system where they can schedule their first appointment, I think would really make sure people continue their care," Hunt said.

O'Barr said being at capacity sometimes affects the experience CAPS provides for walk-in clients.

"I think that there were a few times last semester when the number of people that came in on one single day was so extreme that we weren't able to spend as much time as we would have liked to with each one of those people," O'Barr said.

He said CAPS wants to provide more outreach and education to the students. That's something Rethink is working on, too.

"If we had better discussions about mental health and a better understanding of how mental health is a spectrum and you don't have to be all the way at the crisis end before you get some help, then I think in general, Carolina would be a better place," Hunt said.

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ZIKA
FROM PAGE 1

and West Nile virus and its transmission by mosquitoes.

Dr. Steve Meshnick, professor and associate chairperson of the UNC Department of Epidemiology, said the specific mosquito that is currently transmitting the virus is known as Aedes aegypti and is present, but not virus carrying, in Florida.

Cohen said Zika virus is not deadly, and four out of five people infected do not show symptoms. When symptoms do arise, they are generally mild and include fever, headache, rashes, joint pain and red eyes.

There is no vaccine for Zika virus, and it could take a year or more before one can be developed, Cohen said.

Effects of the virus

The current outbreak differs from those beginning in 2007, given its larger reach and more serious medical complications, Lazear said.

One such complication associated to Zika virus infection is Guillain-Barré syndrome, an autoimmune disease that can ultimately result in paralysis, Lazear said. While the association between Zika virus and Guillain-Barré is still being investigated, at this point it seems to be a pretty solid connection, she said.

The most alarming complication possibly connected to the Zika virus epidemic is microcephaly, a birth defect that impacts brain development, Lazear said.

"The spike in (microcephaly)

cases has happened following the emergence of Zika virus in Brazil, and the greatest number of cases is concentrated in the same areas where the outbreak was the greatest," Lazear said.

Cohen said cases of microcephaly have increased by about 20 times in northern Brazil, where Zika virus has been most prevalent. Any virus that affects reproductive health is a serious concern, he said.

More research is currently underway to try and prove this connection, Cohen said.

Possible spread to U.S.

Lazear, Cohen and Meshnick all said the potential spread of the virus depends on mosquitoes and their interaction with patients infected with Zika in Latin America.

"That is a public health concern across the South," Cohen said. "Everywhere there is Aedes mosquitoes, there's concern."

Lazear said because the southern-most states have Aedes mosquitoes, it is certainly possible for the Zika virus outbreak to spread nationally, but various factors make it unlikely. These include the use of window screens, air conditioning, indoor lifestyles and colder winters.

Simple measures such as wearing long sleeves and using mosquito repellent can greatly reduce the chances of being bitten by a mosquito — a carrier of the virus.

"We are not immune from this, but I think it's unlikely that there would be a large-scale outbreak here," she said.

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VIGIL
FROM PAGE 1

over a bus seat," said Farris Barakat, brother of Deah.

Dr. Mohammad Abu-Salha, father of Yusor and Razan, concurred, saying he has seen the evidence but cannot discuss the facts of an open investigation.

But the discussion of the police investigation paled in comparison to the praise given to the lives of Deah, Yusor and Razan. The Day of Light focused on the lives and accomplishments of the deceased.

On the day of their deaths, Deah was 23, Yusor was 21 and Razan was 19. Deah was a second-year student at the UNC School of Dentistry, and Yusor planned to enter the dental school in the fall of 2015. Deah and Yusor were newlyweds as well, and were married for six weeks before the end of their lives. Both were graduates of N.C. State. Razan was a sophomore at N.C. State.

Together, Deah and Yusor went to Turkey twice to help provide dental care to Syrian refugees. They were also involved in the construction of an interfaith home for Habitat for Humanity and providing food for the homeless in Durham.

Dr. Mohammad Abu-Salha said they did it for the sake of God and faith — nothing else.

The hour-long vigil included a traditional call to prayer followed by guest speakers including the imam of the Islamic Association of Raleigh, Mohamed AbuTaleb, N.C. State Chancellor Randy Woodson, UNC Chancellor Carol Folt and Muslim Student

"... I am grateful that they have walked this earth with us."

Carol Folt
UNC-Chapel Hill chancellor

Association of N.C. State President Mahmoud Tohmaz.

"I have learned so much from them and their families," Folt said. "And I think I can say from the deepest part of my heart, I am grateful that they have walked this earth with us."

Uniform from all the speakers at the vigil was a call for religious tolerance and an end to bigotry. Dr. Mohammad Abu-Salha spoke of the growth of xenophobia towards the "Muslim way of life."

"America has a rainbow of ways of life. There is an Irish way of life, a black American way of life, a Native Indian way of life, an Indian-American way of life, a Jewish way of life and a Muslim way of life," he said.

Dr. Mohammad Abu-Salha asked the audience to pray for his family, and to help his family by going to www.ourthree-winners.org to donate to the endowment originally started by Deah. Originally meant to raise \$20,000 to send toothbrushes to Syrian refugees, the endowment has raised \$700,000 since Deah's death.

Dr. Mohammad Abu-Salha hopes to raise \$5 million within a few years to make scholarships and help all those in need.

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