For Students Interested in Accessing the Next Steps Fund

We commend you for your courage and tenacity in getting this far with your own self-care! You’ve taken a huge first step in being able to share your emotions and talk about your challenges with a CAPS staff—let’s work together in helping you find sustained help moving forward. The Next Steps Fund helps you with your initial steps in connecting with a therapist while alleviating the financial burden.

Instructions for Students

- Share this invoice form with your chosen therapist at your first consultation or therapy appointment. Inform your therapist that you would like to use the “CAPS Next Steps Fund”, and if the therapist has provided their W-9 to us or has further questions, they can contact your CAPS Care Manager or Karen Painter, LPC at klp3k@virginia.edu directly for further inquiry or assistance.
- Once completed, return the invoice form by email to Karen Painter, LPC at klp3k@virginia.edu.
- Shortly after the form is reviewed and completed, your therapist should expect reimbursement at the next payment cycle.

About the Next Steps Fund

The Next Steps Fund was created by UVA Darden School of Business alumnus Devin Underhill, who wanted to help others take their next steps toward mental health recovery. Devin spent the summer of 2016 hiking the Appalachian Trail and raising money to start a fund that aims to break barriers, to improve access, and reduce stigma surrounding mental health and therapy. Visit Devin’s website to learn more or to make a donation.