Adler Community Health Services Internship

Intern Brochure 2017-2018
WELCOME

Speaking for all the members of our training team at the Adler Community Health Services (ACHS), I extend a warm welcome to each of you. In my view the internship year is a most important, if not the most important, part of your training as a clinical psychologist.

The internship program has been designed to provide you with an array of learning experiences to broaden your knowledge, enhance your skills, as well as facilitate the consolidation and integration of your professional identity within the context of preparing you to become a socially responsible practitioner.

Please immerse yourself in what I hope will be a rich and enjoyable learning experience.

Mary Pfeiffer, Ph.D.
Director of Training
Overarching Program Goal

The primary goal of this internship program is to prepare interns for entry level practice and for readiness for the next phase of their training to become a clinical psychologist, whether it is a post-doctoral fellowship or supervised work experience.

The ACHS internship is exclusively affiliated with Adler University and includes rotations through several community-based partnership sites: primary care clinics serving the homeless, HIV affected persons, and those struggling with poverty; residential rehabilitation facilities for formerly incarcerated men and women; adult transition centers for incarcerated men in a work-release program; disadvantaged students from pre-K through college; and individuals suffering from persistent and severe mental disorders. Through these rotational experiences interns become competent in the areas of clinical intervention, diagnostic assessment, professional development, multicultural issues, and professional ethics and standards.

Across training sites, interns are expected to complete 2,080 hours of training during the internship year with at least a third of their hours spent in face-to-face direct service delivery with a focus on evidence-based practice. Interns are also expected to achieve the APA Profession-Wide Competencies, as stated below, and to abide by the APA Code of Ethics, the requirements of the ACHS training program and the policies and procedures of the community partner agencies where they are training.

Accreditation Status

The Internship Program at Adler Community Health Services (ACHS) is accredited by the American Psychological Association. The Commission on Accreditation of the APA can be contacted at:

Commission on Accreditation
Office of Program Consultation and Accreditation
American Psychological Association
750 First St. NE
Washington, DC 20002-4242
(202) 336-5979
Email: apaaccred@apa.org

APPIC Membership Status

The Internship Program at ACHS is currently a member of the Association of Psychology and Postdoctoral and Internship Centers (APPIC) and participates in the APPIC Match Service. ACHS abides by the APPIC policy that no person at this training facility will solicit, accept, or use any ranking-related information from any intern application. Find the APPIC OnLine here.

Training Model

ACHS, a division of Adler University, provides extensive psychological services for underserved communities in the Chicago area. Services are provided primarily by graduate students, who work under the supervision of experienced licensed staff clinical psychologists. ACHS
emphasizes the values of scientific rigor, social justice, and compassion. Our graduate students and staff psychologists are dedicated to understanding fellow humans in terms of their innermost emotional experience, social context, and biology so that those we serve are valued as holistic beings that span multiple dimensions. ACHS emphasizes the highest standards of ethical and professional practice, and honors its work with individuals in all their rich diversity. ACHS provides psychological services informed by the mission of Adler University, through clinicians who promote, engage and advance socially responsible practice, thus engaging communities, and advancing social justice. Through rigorous program evaluation and training standards, ACHS excels as a leader in the provision of services for the undeserved.

The intern will spend 32 hours per week (4 eight hour days) in the field usually at two community partnership sites. The intern will typically spend two days at one of two clinical sites in two of the five service programs, although on occasion an intern may staff more or less than two sites, and may provide service within more or less than two service programs. Each intern will carry a caseload of 15-20 therapy clients.

**Behavioral Health Intervention**
Interns across sites receive training in Behavioral Health Intervention. Interns learn to provide psychotherapy (individual, couples, family, group), consultation, and psychoeducation. Each community partner site provides unique training opportunities to learn about providing these interventions to diverse clientele and in specific contexts and treatment settings.

**Psychological Assessment**
Interns across training sites receive training in psychological assessment. Interns are required to complete a minimum of (3) batteries. Assessment may include intellectual, achievement, and personality batteries. Interns learn to produce well-written, professional quality, integrated, individualized testing reports that communicate findings and recommendations for clinical use by referring providers.

**Integrated Care**
ACHS aims to develop culturally-competent interprofessional practice psychologists who are prepared to work in integrated care settings as clinicians, educators, and administrators. Doctoral interns are trained in integrated service delivery models and trauma-informed care. Each partner training site offers opportunities to establish and engage in collaborative relationships within interdisciplinary teams.

**Trauma-Informed Care**
Interns across training sites are provided with a strong background in Trauma-Informed Care. Recognizing that trauma is a common experience for children, adolescents and adults, and that trauma is associated with adverse behavioral health and physical health outcomes, ACHS provides a seminar series and supervisory consultation to train interns on impact of trauma, how to recognize the signs and symptoms of trauma, how to integrate this knowledge into practice, and how to actively work to avoid re-traumatization.

**Evidence-Based Practice & Psychotherapy Outcomes Assessment**
Our interns are trained to integrate clinical expertise, patient values, and the best research evidence into the decision making process for patient-centered care. They are trained in the latest evidence-based approaches to the treatment of mental health conditions. They are also
taught to utilize outcome assessment as a guide to determining the effectiveness of their interventions. ACHS as a whole is also committed to the ongoing measurement of its effectiveness as an institution. As such, ACHS provides both well-trained clinicians and evidence of treatment effectiveness of its interventions in the care of our patients.

**MAJOR TRAINING EMPHASES**

Interns provide services within one of our four main service program emphases: Community Mental Health Services Program, Forensic Services Program, Primary Care Services Program, and School-Based Services Program.

**Community Mental Health Services Program**
ACHS provides psychological services informed by the mission of Adler University, through clinicians who promote, engage and advance socially responsible practice, thus engaging communities, and advancing social justice. Through rigorous program evaluation and training standards, ACHS excels as a leader in the provision of services for the underserved. Our community mental health partnership is with Thresholds.

- **Thresholds**
  Founded in 1959, Thresholds is Illinois’ oldest and largest provider of community-based mental health services to adolescents and adults with severe and persistent mental illness. The Thresholds mission is to assist and inspire people with severe mental illnesses to reclaim their lives by providing the supports, skills, and the respectful encouragement that they need to achieve hopeful and successful futures. We strive to be the provider of choice, employer of choice, and a world leader in the development and evaluation of rehabilitation and recovery services.

- **City Year Chicago**
  At City Year Chicago, we believe education has the power to help every child reach his or her potential. However, in high-poverty communities there are external factors and obstacles students are faced with every day that can interfere with their ability to get to school ready to learn. Our AmeriCorps members serve students in 26 Chicago Public Schools and we continuously track and measure our impact. Recently, we deployed 206 highly skilled AmeriCorps members to serve in 24 schools in the south and west sides of Chicago. Together, this team transforms the future for nearly 14,600 students.

**Primary Care Services Program**
Through our clinical training programs, ACHS aims to develop culturally-competent interprofessional practice psychologists who are prepared to work in integrated primary care settings as clinicians, educators, and administrators. Doctoral interns are trained in integrated service delivery models and trauma-informed care. ACHS is currently partnered with Heartland Health Outreach in Uptown providing these services to homeless and HIV-affected individuals for the past 6 years as well as our new partnership with Near North Health Services.

- **Heartland Health Outreach (HHO)**
  Heartland Health Outreach was founded in 1985 as a national Healthcare for the Homeless
demonstration project. Since that time, it has grown to become a federally qualified health center and leader in providing healthcare to our most vulnerable populations – those who are homeless, suffer from mental illness or addictions or have multiple chronic illnesses. The primary purpose of HHO's behavioral health services department is to provide clinically integrated services in the primary care setting. These services are focused on the prevention, reduction or treatment of social or emotional dysfunction or stress that has a negative impact on the health or quality of life of the individual served.

- **Near North Health Services**
  Near North Health Service Corporation (NNHSC), a 501(c)(3) non-profit Federally Qualified Health Center (FQHC), is one of the largest providers of community-based primary health care in Chicago. We provide medical services, social services, and nutrition education to medically indigent and uninsured individuals and families. Our philosophy reflects an approach that anticipates community needs and plans for expansions that are developed in accordance to these needs. Throughout our evolution, not only have our methods held up under the intense new demands of ever-changing communities, but also we have come through with shining results. We are proud to report that our successes now serve as a national model for excellence in community-based primary health care.

**Forensic Services Program**
ACHS interns provide comprehensive psychological services to our forensic services program partners that include psychological assessments, individual and group therapy, multidisciplinary case consultation, risk assessment, and staff trainings. Group therapy topics include topics such as anger management, communication skills, coping skills, parenting skills, relationship skill building, thinking errors and alternative thoughts. Our forensic partnerships include St. Leonard’s House, Grace House, North Lawndale and Crossroads Adult Transition Centers, and the Cook County Jail Mental Health Transition Center.

- **St. Leonard’s House**
  St. Leonard’s House provides interim housing and supportive services for formerly incarcerated men returning to the community from Illinois prisons. Residents are as broadly diverse as the neighborhoods from which they come. Program participants come to St. Leonard’s House to find a safe environment in which they can develop skills to rebuild their lives and reshape their futures. Each resident of St. Leonard’s House is assigned a Case Worker who facilitates the resident’s access to programs and services. House Managers supervise the living environment around the clock.

- **Grace House**
  The Grace House residential program provides interim housing, emotional and spiritual support, and professional counseling to women who are exiting the Illinois prison system. Services are provided in a warm setting located on the Near West Side of Chicago. Program participants come to Grace House voluntarily, seeking to take steps that will lead them to a new beginning. Grace House is located at 1801 W. Adams St. on Chicago’s Near West Side. Eighteen residents are housed in the renovated building in rooms that range from three-person occupancy to single-resident rooms. On-site amenities include a library, a state-of-the-art computer lab and classroom, a laundry room with free washers and dryers, a meeting room, and a dining room. Three meals a day are provided for the residents of Grace House.
**North Lawndale Adult Transition Center**
The mission of Safer Foundation's North Lawndale Adult Transition Center (ATC) is to reduce recidivism by supporting, through a full spectrum of services, the efforts of people with criminal records to become employed, law-abiding members of the community. The facility and the programs of North Lawndale ATC are designed for offenders in work-release status transitioning from secure custody and preparing for parole. Residents at Safer Foundation's adult transition centers receive several services and during the last part of their stays, clients work with staff and ACHS interns to become job ready, study for the GED exam, work with family members, and many more services that will help them transition to society successfully.

**Crossroads Adult Transition Center**
The Safer Foundation's Crossroads Adult Transition Center (ATC) mission is to reduce recidivism by supporting, through a full spectrum of services, the efforts of people with criminal records to become employed, law-abiding members of the community. Crossroads ATC provides programming for residents at the point of entry. A series of comprehensive assessments is given to every resident. The results allow staff and ACHS interns to develop effective programming to meet their needs. These programs are designed to provide skills, education, opportunities and resources to reduce recidivism.

**Cook County Jail Mental Health Transition Center**
The Sheriff’s Mental Health Transition Center (MHTC), which launched in August 2014. Located adjacent to the Cook County Jail compound, MHTC is a first-in-the-nation facility that provides therapeutic services, job skills training and discharge planning for Cook County Jail inmates suffering from mental illness. Adler clinicians provide group counseling services at the Mental Health Transition Center.

**School-Based Services Program**
ACHS provides services to children and adults from pre-K through college. Through the ACHS School-Based Services Program a range of psychological services are offered to students of all ages. These services include but are not limited to individual and group psychotherapy, psycho-educational programming, staff development in-services, staff consultations, and psychological evaluations. Our school-based partnerships include Rudy Lozano Leadership Academy, Instituto Health Sciences Career Academy, August Tolton Catholic Academy, Christ the King Jesuit College Preparatory School.

**Instituto Health Sciences Career Academy (IHSCA)**
IHSCA is a charter high school that serves youth in grades 9 to 12 from Chicago communities. IHSCA will pave the way for the next generation of doctors, nurses, health-care professionals, bio-technicians, and possibly psychologists. IHSCA's stated mission is to prepare students for success in competitive colleges and universities while simultaneously providing job readiness certifications in entry-level positions with higher wages in the healthcare sector. IHSCA is an intergenerational community education center with full integration and participation of faculty, students, staff, parents and partners in decisions that shape the school's existence.
• **August Tolton Catholic Academy (Tolton)**

  Tolton, a new Catholic school located in the Park Manor community on the Southside of Chicago, is an innovative and forward thinking learning community. Streaming the traditions of St. Columbanus and St. Dorothy Schools into one, Tolton will create bright futures for our children. Tolton is a merger of the historic St. Columbanus and St. Dorothy Schools. The merger of the two historic schools is the result of a pastor led initiative to respond to the low enrollments of both schools and the Archdiocese of Chicago’s requirement to be more fiscally responsible. Tolton is primarily an African American school whose students come from across the city of Chicago and the surrounding suburbs. Tolton encourages academic achievement while instilling religious and moral values to promote the development of the entire person.

• **Christ the King Jesuit College Preparatory School (CTK)**

  CTK is a Catholic Jesuit secondary school (grades 9-12) using the Cristo Rey model to serve young men and women from the Austin neighborhood and surrounding communities of Chicago’s West Side. CTK opened in August 2008 with 120 freshmen. CTK is rooted in the centuries-old Jesuit tradition of academic excellence and leadership development. Jesuit schools worldwide invite students to grow in their commitment to faith, service and social justice so they can become “men and women for others.”

**Supervision**

Each intern is assigned (2) licensed supervising psychologists. Interns will meet (1) hour per week for supervision with each of the two supervisors. Weekly group supervision is required and conducted by Director Emeritus, Dr. Dan Barnes, the former Director of Training and Chief Psychologist at ACHS. These sessions are supplemented with a weekly hour-long seminar with Dr. Barnes on psychological theory and therapy. The intern will also have the opportunity to review audiotaped or videotaped psychotherapy sessions for use in the Clinical Supervision and Seminars. The program offers interns a range of supervisors with varying backgrounds and orientations including Adlerian, Cognitive Behavioral, Psychodynamic, and Humanistic. The core training faculty for the 2017-18 training year are:

- **Kevin Osten-Garner, Psy.D.,** Executive Director
- **Mary Pfeiffer, Ph.D.,** Director of Training, ACHS Community Services Division
- **Joel D Carnazzo, Psy.D.,** Staff Psychologist, Coordinator of Primary Care Services Program
- **Christine Beecroft, Psy.D.,** Staff Psychologist, Coordinator of Community Mental Health Services
- **Kelley McKeever, Psy.D.,** Staff Psychologist, Coordinator of School-Based Services Program
- **Melanie Mitchell, Psy.D.,** Staff Psychologist
- **Jennifer Schmidt, Psy.D.,** Staff Psychologist, Coordinator of Forensic Services Program
Additional Training Information

Supervision of Externs
Interns are taught to develop supervisory/management skills by managing and training externs. Each intern is assigned 2 to 3 externs and is responsible for their extern team’s supervision. In this context, the intern’s role is threefold: administrative supervisor, peer clinical supervisor, and mentor.

Research
Interns are encouraged to be involved in research activities. Interns will be required to design and implement a Program Evaluation Project during the course of the year, supported by the Program Evaluation Seminar. The Program Evaluation Project will be presented to the ACHS community at the end of the year. Interns are, also, encouraged to publish any research they have conducted and to make presentations at professional conferences.

Stipend & Benefits
The annual stipend is $28,352. Health insurance benefits are provided to interns. Interns are provided with (10) paid vacation days and (10) sick days. Additionally, may audit up to (3) courses.

Application Process & Selection Procedures

Application Process
ACHS will offer (11) full-time internship positions in the 2017-2018 training year. All prospective interns should submit the following documents following the APPIC online application process and provide all data through the APPI form (no additional documents are required):

1. Cover letter of intent summarizing interest in psychology, experience, training, internship training goals, and reasons for applying to the program.
2. APPIC Application for Psychology Internships (AAPI).
4. Official transcripts of all graduate work.
5. Letters of recommendation from at least three professionals who are familiar with you and your work, including two letters from clinical placement supervisors.
6. Eligibility from the applicant's director of clinical training as specified on the AAPI form.

Selection Criteria
ACHS bases its selection process on the entire application package noted above; however, applicants who have met the following qualifications prior to beginning internship are considered preferred:
1. A minimum of 400 intervention hours
2. A minimum of 100 assessment hours
3. Dissertation proposal defended
4. Some experience or special interest in working with underserved and/or diverse
populations.
Selection Procedures
Applications are reviewed by the Director of Training and training supervisors and rated on the applicant’s submitted materials and the team will determine the final applicants who will be invited to interview. An on-site interview is required for all final applicants to assure familiarity with the correctional setting and environment. Those invited to interview will be interviewed by members of the training team, including the Director of Training, training supervisors, current interns and the post-doctoral resident. After all interviews have been completed the Director of Training consults with the training team to develop the rank list for submission to the APPIC match program. Internship offers are made in compliance with APPIC guidelines. All internship offers are conditional on successful completion of a required state background clearance and drug screening. The internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept, or use any ranking-related information from any intern applicant. ACHS adheres to all Adler University, state, federal and local nondiscrimination policies.

Adler Community Health Services
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Aims & Competencies

Training Model Goals

1. Goal One: entry level relationship competency across all professional activities
   a. Objective One: entry level competence in communication and interpersonal skills
   b. Objective Two: consistent demonstration of professional values, attitudes, and behaviors

2. Goal Two: entry level competence in the delivery of clinical services
   a. Objective One: entry level knowledge of and skill in psychological assessment/testing
   b. Objective Two: entry level knowledge of and skill in intervention (individual, couple, family, and group)

3. Goal Three: entry level competence as a clinical psychologist in the delivery of other professional psychological services
   a. Objective One: entry level knowledge of and skill in supervision/management
   b. Objective Two: entry level knowledge of and skill in consultation/education
   c. Objective Three: entry level knowledge of and skill in research/evaluation

4. Goal Four: development of a professional critical thinking attitude
   a. Objective One: knowledge of and sensitivity to human diversity issues
   b. Objective Two: entry level knowledge of ethical and legal standards
   c. Objective Three: entry level knowledge of and skill in socially responsible practice
   d. Objective Four: basic knowledge of major psychological theoretical orientations