

Community Mental Health Internship Program Overview

The [APA-accredited](#) Community Mental Health Internship Program is partially-affiliated with [Adler University](#) and provides applied learning experiences at community-based partnership sites. Through these placement experiences, interns learn to apply entry-level psychologist knowledge and skills through the application of direct psychological services, diagnostic assessment, professional development, human dignity and rights, socially responsible practice, and professional ethics and standards.

Through their applied learning activities, interns offer clinical services at and through community-based partnerships. Interns are assigned to community sites based on their interests, training and educational needs, and abilities. Applied learning experiences may include individual, group, family, and couples' psychotherapy; personality and cognitive ability assessment; support and therapy groups; consultation; partner site staff training; program development and evaluation; telehealth; interprofessional team participation; and psycho-educational programs. Given intern's role as students, interns receive individual, group, and peer supervision for all applied learning activities (minimum four hours per week). In addition, interns participate in didactic learning activities such as case disposition meetings, and live and asynchronous didactic workshops and seminars. Finally, interns learn to apply supervision competencies to assessment and therapy externs and receive supervision on their supervision by a licensed clinical psychologist.

Internship Structure and Commitment

The internship program offers up to eight (8) full-time positions. The Community Mental Health Internship program is timed in sequence with Adler University's academic calendar. The internship is a 2,080-hour (52 week) internship. The internship begins on September 1st and ends August 31st.

The Community Mental Health Internship program is designed to fulfil the internship course requirements of APA-accredited doctoral psychology programs.

The Community Mental Health Internship program is an unpaid internship with a stipend provided to help offset student costs of fulfilling their full-time internship course.

Internship Benefits

- Stipend: \$40,000 per annum
- 80 hours of personal time-off plus internship-determined holidays
- Resources and support to obtain insurance on the Illinois insurance exchange
- Adler Student Assistance Program
- Designated workspace and Adler-provided computer during internship
- Information on federal and state loan repayment and forgiveness programs for postdoctoral and career consideration
- Direct assistance to register and obtain your National Provider Identification number

Accreditation

The Community Mental Health Internship Program at Adler Community Health Services 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

Community Mental Health Internship Program Structure and Outcomes

Program Goal

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

Program Outcomes

Upon completion of the internship, interns are expected to demonstrate entry-level competence as a psychologist in the practice of clinical psychology:

- Entry-level Doctor of Psychology performance in psychological assessment, intervention, consultation, and program development and evaluation.
- Demonstrate skills in developing and sustaining therapeutic relationships, rapport building, and dialogue with a diverse population of clients.
- Effective supervision skills.
- Research and application of the local clinical-scientist model in providing evidence-based clinical services.
- Integration of human rights and dignity in the provision of all psychological services
- Integration of social determinants of health and socially responsible practice in addressing individual and community health resiliency and challenges.
- Demonstrate professional values, attitudes, and behaviors, including individual responsibility, respect, cooperation, and collaboration in working with others.
- Demonstrate standards of professional ethics, lifelong professional development, and transition from student to independent professional.

Internship Training Model

Professional psychology has been defined by [Adler University](#) faculty as the application of psychological knowledge and skills to forward the improvement of the human condition in the broadest sense with an emphasis on the direct delivery of professional services, including the design, implementation, and evaluation of assessment and change strategies as they are applied to individuals, families, groups, couples and organizations.

The internship uses the scholar-practitioner model of training, as articulated by the [National Council of Schools and Programs in Professional Psychology \(NCSP\)](#) as the base for its training program. The internship has four goals with attendant objectives and competencies.

Internship Training Model Goals (achievement of goals are measured across three domains: knowledge, skills, and attitude)

Goal One: Entry-level relationship competence across all professional activities

- Objective One: Entry-level Doctor of Psychology performance in communication and interpersonal skills
- Objective Two: Entry-level Doctor of Psychology performance of professional values, attitudes, and behaviors

Goal Two: Entry-level competence in the delivery of psychological services

- Objective One: Entry-level Doctor of Psychology performance in psychological assessment and testing
- Objective Two: Entry-level Doctor of Psychology performance in psychotherapy (individual, group, and couple/family)

Goal Three: Entry-level competence in the delivery of psychological professional services

- Objective One: Entry-level Doctor of Psychology performance in supervision

- Objective Two: Entry-level Doctor of Psychology performance in consultation and education
- Objective Three: Entry-level Doctor of Psychology performance in research and evaluation

Goal Four: Entry-level competence in professional approach, attitude, and practice commitment to human dignity and human rights

- Objective One: Entry-level Doctor of Psychology performance of respecting and valuing human dignity and rights
- Objective Two: Entry-level Doctor of Psychology practice of ethical and legal standards
- Objective Three: Entry-level Doctor of Psychology performance of socially responsible practice
- Objective Four: Entry-level Doctor of Psychology knowledge and applied practice of major psychological theoretical orientations

Internship Training Activities

Interns provide service, receive supervision, and participate in meetings and seminars throughout the internship. Services are provided at community sites that have partnerships with ACHS.

Service	
Direct Client Contact (see below for qualifying activities)	12-15 hours weekly
Indirect Services (interprofessional team meetings, psychoeducation programming, didactics, supervision, consultation, charting, etc.)	25-28 hours weekly
Seminars/Didactics	
All ACHS Seminar & Common Hours	1 hour weekly
Director of Training's Meeting	1 hour monthly
Intern Seminars (*note: modules are spaced out throughout the training year)	
Socially Responsible Practice & Individual and Cultural Diversity	(4 one hour modules/year & one case presentation per intern)*
Ethics	(2 one hour modules/year)*
Trauma-Informed Care	(8 one hour modules/year)*
Program Evaluation/Research	(6 one hour modules/year)* & presentation
Supervision	
Individual Supervision (1 hour with 2 different supervising psychologists)	2 hours weekly
Theory Based Case Conference	1 hour weekly
Clinical Supervision Seminar	1 hour weekly
Other Meetings	
Extern Supervision	Up to 3 hours weekly
In-Service Programming at sites	2 hours, up to 2 times during the training year

- Internship Orientation – Introduction to ACHS policies and procedures, documentation, internship goals and individual training goals and objectives- client populations, competencies/criteria and standards for doctoral psychology internship, supervision, health and safety, ethics and risk management, documentation and electronic health records, site introduction, diversity, and team building with peers and faculty.
- Direct Client Contact (minimum 25% of intern's time) – Psychotherapy (individual, group, and couple/family therapy), psychoeducation (individual and group); intake assessments; treatment planning with clients; psychological testing (minimum 3 integrative batteries, or 5 mixed batteries of psychoeducational/integrative); crisis interventions (individual and group); program development and evaluation time involving direct contact with program participants and/or stakeholders; aftercare planning with a client/caregiver directly involved; milieu management involving direct contact with clients; and other psychological services not listed here involving clients/caregivers at the discretion of primary supervisor.

- Practice Environments – Averaging 28 hours per week (3-4 days) in the field, including on-site and telehealth psychological service options with ACHS partner organizations. Interns are generally assigned to two sites but may be assigned to only one site.
- Interprofessional Practice - Consultation, team huddles, case conference, case management, and program development and evaluation services with each assigned site and as included on individual training plan.
- Human Dignity and Rights - Integrated in doctoral psychology internship learning and clinical activities. Internship will offer didactic and experiential programming based on intern interest and faculty evaluation of cohort learning needs to effectively and serve community partner populations in a culturally responsive manner.
- Supervision of Supervision – Each intern is assigned a minimum of one (1) practicum student to provide weekly supervision services for a minimum of one (1) semester.
- Competency Evaluation of Intern Performance - Three (3) times a year (once per semester) includes a final cumulative performance review.
- Minimum of 2080 hours achieved in the internship year.

Integration of Science and Practice

Interns are encouraged to be involved in science, practice, and research activities. Interns will be required to design and implement a Program Evaluation Project during the year, supported by the Program Evaluation Didactic session. The Program Evaluation Project will be presented to the ACHS community.

Interns are also encouraged to publish any research they have conducted and to make presentations at professional conferences. Interns will be required to conduct a needs assessment with a partner site, present results to ACHS and partner site teams, design clinical services, and coordinate for the provision of other non-clinical services if possible.

Supervision

Each intern is assigned two supervising psychologists. The intern will meet one hour per week for individual supervision with each of the two supervisors. The psychologist supervisor of a case is the legal and ethical owner of the case.