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## Kenneth Young Center Clinical Internship Program Descriptions

**Child and Adolescent Outpatient** provide an array of services for children and adolescents from preschool to age 24 and their families. Clients present with a wide range of type and severity of presenting problems. Services provided include family, individual, group therapy, and case management. Clients also have access to a child psychiatrist who is available for consultation to staff. A good deal of contact is necessary with school staff to coordinate treatment for these clients. For young adult clients, emphasis is on services to help them move towards greater independence and functioning.

**Screening, Assessment and Support Services (SASS)**, also sometimes referred to as Mobile Crisis Response (MCR) is a crisis mental health service program for children and adolescents who are experiencing a psychiatric emergency and have Medicaid, a managed care plan, or are uninsured. SASS/MCR provides intensive mental health support for children and adolescents who may need hospitalization, or community based mental health treatment. SASS/MCR clients typically present with severe psychiatric and/or behavioral symptoms (disturbance of thoughts/emotions/behavior) which may place them at risk of harming themselves or others. A SASS/MCR counselor is dispatched to the location of the crisis (hospital, emergency room, school, etc.) and will complete an independent evaluation to determine the need for psychiatric inpatient treatment, or a lower level of community-based care. The SASS/MCR program also provides supportive services following the crisis, which can include hospital monitoring, discharge planning, treatment planning, counseling/therapy, case management and wraparound facilitation

**Adult Outpatient** Providing therapy/counseling, case management, assessment and treatment planning to individuals age 25+, families, couples, and groups. Common issues for which clients seek services include anxiety, depression, mood issues, trauma, grief, relationship problems, stress management, and life transitions. Clients may receive therapy as a standalone service or in conjunction with psychiatry, employment services, substance use treatment, etc. Current groups include Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, and Wise Women (55+).

**Behavioral Health Recovery** provides a wide array of comprehensive services to adults with chronic mental health issues, co-occurring substance use challenges, and adults with complex medical conditions. Committed to providing services from a Housing First, Harm Reduction, and Client Choice/Dignity of Risk perspective. Internship opportunities will ideally have a mix of experiences in 2 areas based on interest and will work closely with Professional Counselors, Social Workers, Registered Nurses, Occupational Therapists, Nurse Practitioner, and Case Managers. Listed below are some of the potential opportunities on this team:

**Mobile Therapy and Permanent Supportive Housing**- provide individual therapy and case-management to a caseload of adults with a variety of mental health conditions. Services provided primarily on-site at 2 apartment buildings in the Northwest Suburbs and include assessment, treatment plan development,

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and use a variety of counseling approaches to address challenging life situations, process trauma, and cope with chronic mental health conditions. Opportunity for group and individual.

**Community Support Team (CST)** - provide community-based services from a team model to a caseload of adults living with serious mental illness with history of unstable housing and/or transition from institutional settings. Interns will provide a variety of client-centered engagement, case management, therapy, and crisis services utilizing multiple approaches including Motivational Interviewing, Acceptance and Commitment Therapy, and Cognitive Behavioral Therapy.

**IRG (Intensive Recovery Groups)** - provide individual and group services that are geared towards allowing clients to continue to function independently in the community at their highest possible level. Services are on-site from Elk Grove office. Clients who are served may have a chronic psychiatric history or may be experiencing dysfunction for the first time. The clientele will cover a broad spectrum of psychiatric disorders. Services provided include individual therapy, psycho-educational and process groups, consultation with other internal providers, as well as, assistance accessing community resources. Psychosocial rehabilitation groups focus on building skills to assist clients in learning how to be more successful in different areas of their lives such as independent living, improving social skills, and symptom management.

Please feel free to contact either of the Internship Coordinators listed below if you have any questions.

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