

Maria Droste Intern Track Specific Descriptions 2021-2022

NAME OF TRACK	DESCRIPTION OF TRACK	WHAT MAKES THIS TRACK UNIQUE?	APPLY TO THIS TRACK IF INTERESTED IN...	A "GOOD FIT" FOR THIS TRACK IS...	POPULATIONS SERVED	CLINICAL PLACEMENT SITE and # of CLIENTS (*Every track requires interns attend weekly Friday trainings between 8:30-12 pm)	ANYTHING ELSE POTENTIAL APPLICANTS SHOULD KNOW?
Children First	Our CHILDREN FIRST program places school-based intern therapists at one of about 12 Denver-area schools, including Denver Public Schools and some Catholic and charter schools. They provide therapy services to children from many different backgrounds/ethnicities, work with parents, and have opportunities to lead groups with children on specific topics, such as social skills or grief. The children served have a wide range of presenting concerns including but not limited to: anxiety, depression, grief/loss, immigration/acclturation, refugee status, and divorce.	Clinicians have the opportunity to provide individual and group therapy in addition to other wraparound services. Our clinicians often collaborate with a school mental health team and have the opportunity to provide presentations and other mental health supports. Many times we are the only therapists in the building, so you get the opportunity to see what it is really like functioning as a therapist/independent contractor.	Interest in a systems approach and working with children and families in a therapeutic capacity.	A successful intern in the Children First program is likely a self-starter, has the ability to work independently, understands dynamics working in schools, and understands how cultural backgrounds intersect with delivery of services. Folks who are open and flexible on how to make an impact on mental health services and can do so autonomously.	Each intern/fellow is assigned to one school, which may be K-5, K-8, or 9-12. We are primarily in schools with diverse populations and where many students qualify for free and reduced lunch	Clinical work happens onsite at school with a caseload of around 14-16 students.	Clinicians operate in the school environment independently which some feel well-suited to and others may feel is a challenge. It is helpful to reflect on your confidence making quick decisions then later having the opportunity to reflect in supervision. Folks who do well in this program like the idea of growing their clinical judgement and being proactive reaching out for consultation/support.
Combined	Counselors in this program learn about two different types of service delivery. First, our CHILDREN FIRST program places school-based intern therapists at one of about 12 Denver-area schools, including Denver Public Schools and some Catholic and charter schools. They provide therapy services to children from many different backgrounds/ethnicities, work with parents, and have opportunities to lead groups with children on a specific topic, such as social skills or grief. The children served have a wide range of presenting concerns including but not limited to: anxiety, depression, grief/loss, immigration/acclturation, refugee status, and divorce. Next our clinicians see between 3-5 clients in our outpatient counseling center called Options. Counselors have the opportunity to see how therapy and mental health services function in two very different environments.	Clinicians have the opportunity to provide individual and group therapy for Options clients and CF clients, in addition to other wrap around services at their school. At their school our clinicians often collaborate with a mental health team, as well as provide presentations and other mental health supports. They also get to learn about work in an outpatient counseling center. They have the opportunity to see a broad range of clients and in settings that require different approaches.	A broad range of clinical outpatient services and taking on the task of learning about two different programs/settings.	Is a quick learner and has the ability to differentiate their learning and approach to meet two different system requirements. A good fit is likely a self-starter, has the ability to work independently, understands dynamics working in schools, and understands how cultural backgrounds intersect with delivery of services. Folks who are open and flexible on how to make an impact on mental health services and can do so autonomously.	Early childhood through aging adults. While we try and take in preferences it is possible you could see any of these age ranges.	Clinical work happens at two places: onsite at your school with around 8-10 student clients and at Maria Droste Counseling Center with 3-5 Options clients.	Clinicians operate in the school environment independently which some feel well-suited to and others may feel is a challenge. It is helpful to reflect on your confidence making quick decisions then later having the opportunity to reflect in supervision. Folks who do well in this program like the idea of growing their clinical judgement and being proactive reaching out for consultation/support. Clinicians also learn about seeing clients in an outpatient center with different approaches/rules/requirements. It is important to consider the impact of learning two sites at once. On one hand this broadens your knowledge for employment and on the other it can feel challenging balancing both sites.
Options (Access Center)	The Access Center functions as the intake department for Maria Droste Counseling Center. Clients who are matched with interns, fellows, staff therapists, and Therapist Group members through the Access Center are typically considered "Options" clients; these are clients whose sliding scale fee is \$75 or under, who have Medicaid/Medicare, or who are paying for services using a grant. Options clients range from children (4+) to seniors and can be individuals, couples, or families. These clients are seen at Maria Droste Counseling Center (or via telehealth). Interns on this track build their own client caseload, as well as work in the intake center conducting brief assessments, intakes, and matching clients to therapists.	Options interns will both carry their own clinical caseload comprised of Options clients and work in our Access Center, tracking referrals, returning calls, screening clients, and matching clients with interns, fellows, staff therapists, and TTG members. This internship track is a unique blend of direct clinical (therapist/client) experience, as well as access in an intake department providing brief screenings and assessments.	Broadening horizons beyond direct clinical (therapist/client) experience and have an interest in the intake process.	Efficient with an interest in systems, excellent oral and written communication skills, organizational skills, ability to multi-task, comfortable de-escalating and redirecting clients, good listening skills, warm and empathetic, comfortable with ambiguity, comfortable seeking consultation regarding ethical dilemmas or confusing circumstances, dependability	All ages (4+), options to work with couples/families, if desired	Options only interns will carry a clinical caseload and will also work a shift in the Access Center. A full client caseload is usually around 5-7 clients and all clinical work happens onsite at Maria Droste Counseling Center.	The Access Center is face-paced and relies on dependable interns who are eager to engage in the intake process, in addition to excitement about their clinical caseload.
Integrated Care	The Integrated Care program is an extension of the Maria Droste Counseling Center vision for affordable, quality counseling services for all people. Integrated Care's purpose is to leverage partnerships with other agencies to provide valuable mental health treatment to those in the Denver metro area and throughout the state that have social, economic, cultural or other barriers to mental health support. Currently, we place interns at two different sites: Rose Anodom Center, a family justice center and Kavod Senior Life, a senior living facility. The Rose Anodom Center is a place for survivors of domestic violence to find the safety, support, and services needed to rebuild their lives and heal their families. Kavod Senior Life provides life-enriching experiences to older adults through a broad range of housing and support services.	Providing co-located community care maximizes opportunities for screening, diagnosis, and treatment and improves likelihood of individuals following through on referrals to treatment. Interns are provided opportunities for collaborative work on-site with community resources, agencies, and organizations in Denver helping to serve our clients.	Working with and supporting survivors of domestic violence/ IPV and their families or working with and providing care for seniors.	Warm and supportive, possesses the ability to work proactively and cooperatively in all settings, possess skills to effectively communicate and interact with the facility liaison, their Maria Droste supervisor and the director. Has knowledge of trauma informed and client centered interventions and care.	DV/ IPV survivors that can include women or men, youth, families, as well as senior adults from a variety of cultures and backgrounds.	Rose Anodom Center or Kavod Senior Living Facility. Full caseload is usually around 10-12 clients.	