

Maria Droste Counseling Center

Internship Tracks

+ MDCC Programs

Options Program

Outpatient Counseling Center: At Maria Droste Counseling Center in Denver Colorado, we offer in-person or online behavioral health services for adults, children, teens, couples, and families – regardless of their ability to pay. We receive referrals from churches and schools, hospitals, clinics, mental health clinics, and physicians, area shelters and other Denver-area agencies. Clients who are matched with therapists through the Agency's Access Center (intake department) are typically considered "Options" clients. Our Options clients are individuals who may have difficulty accessing care due to being un- or under-insured. These clients typically have a sliding scale fee is \$80 or under, have Medicaid/Medicare, or are paying for services using a grant. Options clients range across the lifespan (4+ years old) and can be individuals, couples, or families.

These clients are seen at Maria Droste Counseling Center (or via telehealth). Typical presenting concerns include: Anxiety and depression, Alcoholism and other substance abuse problems, Anger and conflict resolution, Grief and loss, Trauma, sexual abuse, domestic violence, Marital or relationship Issues, Parenting and family problems, Job loss, Chronic illness. These clients are **matched** with Staff Therapists, The Therapist Group, Fellows, and Interns based on level of care and provider fit.

Co-located Care Program

Children First & Integrated Care: The purpose of these programs are to leverage partnerships with other agencies to provide valuable mental health treatment to those in the Denver metro area and throughout the state who have social, economic, cultural or other barriers to mental health support. The program addresses the mental health needs of youth, adults, and older adults who may experience chronic health conditions, housing and food insecurity, domestic violence, and other concerns in settings where they are already receiving assistance in other ways, such as K-12 schools, medical settings, senior living facilities, affordable housing, and family justice centers.

In our Co-located care program, clients are **referred** to Staff Therapists, Fellows, and Interns and services are behavioral health services are provided in-person by the Co-located site.

Important to Consider: Clinicians operate in their site environment independently, which some feel well-suited to and others may feel is a challenge. It is helpful to reflect on your confidence in making quick decisions and then later have the opportunity to reflect in supervision. Folks who do well in this program like the idea of growing their clinical judgment and being proactive in reaching out for consultation/support.

It is worth noting that Options Program clients are matched with a provider, while Co-located Program clients are often referred by site staff, and that several outreach attempts may be required for initial engagement. Clinicians also learn about seeing clients in an outpatient center with different approaches/rules/ requirements than the Co-located site. It is important to consider the impact of learning two sites at once. On one hand, this broadens your knowledge for future employment, and on the other, it can feel challenging balancing both sites.

Children First:

The Children First program serves the unique mental health needs of children and their families with on-site children's counseling services at local schools. In 2021, we were able to provide over 3,300 sessions to students ranging from ages 5 to 18 - nearly a 700 session or 27% increase from 2020!

The Children First program supports kids who are experiencing emotional, social, or behavioral problems and helps them develop new skills, improve peer relationships, focus on their academic performance, and succeed in school. Children First offers an innovative and creative solution for schools that want to provide on-site counseling services to their children, including family therapy when needed, but lack the necessary budgets or resources to do so.

Meet Our 2023-2024 Children First Sites



Integrated Care:

The Integrated Behavioral Healthcare Program (also known as *Integrated Care*) works to grow mental health services and access in Colorado. By partnering with sites such as medical settings, senior living facilities, affordable housing, and family justice centers, we help more Coloradans get the help they need.

Our team members are co-located at each site in order to improve access to mental health services. By providing behavioral healthcare services at community sites, the Integrated Care program reaches children, adults, older adults, families, immigrants and refugees, and survivors of violence, improving the health and wellness of our community.

Meet Our 2023-2024 Integrated Care Sites



Note: Site contracting occurs in the Spring. While we will continue to work with many of our current sites, we will not have a list of our 2024-2025 Co-located sites until mid-summer.

+ Current Internship Tracks

+ Children First Combined

Counselors in this program learn about two different types of service delivery. First, our Children First program, which places intern therapists at one of about 17 Denver-area schools, including Denver Public Schools and some charter schools. They provide therapy 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.

Next, our clinicians see between 2-4 clients in our outpatient counseling center program called Options. Counselors have the opportunity to see how therapy and mental health services function in two very different environments.

What makes this track unique?

- Clinicians spend 10 hours at Children First Site and see 2-4 Options outpatient clients
- See a broad range of clients and in settings that require different approaches
- Collaboration with school mental health teams
- Opportunity to provide presentations and other mental health supports to students, staff and/or parents
- Experience differences in working in school-based counseling and outpatient counseling center

A "good fit" for this track is...

- Quick learner, self Starter, independent worker, open and flexible
- Has the ability to differentiate their learning and approach to meet two different system requirements Understanding of dynamics working in schools or interest in learning
- Understanding how cultural backgrounds intersect with the delivery of services
- Passion for reducing barriers to mental health care

Important to Consider: This track involves working within a school system, however, you will be functioning as a school-based therapist, not a school counselor or social worker. School staff are often under-resourced so competing needs may create situations where you are pulled to work outside of expectations. This may require the ability to maintain strong boundaries and clear communication (with compassion!) while also having openness and flexibility when appropriate. Though this learning can feel difficult, it is a great learning experience and you will be supported by Maria Droste staff in navigating these challenges.

Frequently Asked Questions:

Do I get to choose my school?

- During the summer, Interns, Fellows, and Staff Therapists receive a description of our partner schools and complete a survey and 1:1 interview. At this time, clinicians can provide us with information about what is important to them in a school match and indicate their top 3 choices for schools. On the other side of this process, our partner schools also have the opportunity to let us know what they are looking for in a counselor. We utilize this information to match clinicians with schools.

Do I provide therapy to teachers?

- No, we do not provide therapy to staff or staff children.

**For questions regarding our internship tracks or the application process, email
recruitment@mariadroste.org**

+ Integrated Care Combined

Counselors in this program learn about two different types of service delivery. First, our Integrated Care program, which places interns at community sites to support the MDCC vision for affordable, quality counseling services for all people. At integrated care sites, interns provide therapy to adults, children, and families from many different backgrounds/ethnicities, work with teams within the site to provide wraparound services, and have opportunities to lead psychotherapy and outreach groups. Currently, we place interns at 2 different sites:

Rose Andom Center: The Rose Andom Center, a family justice 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. Typical presenting concerns include: Domestic/intimate partner violence (physical, sexual, emotional abuse), Sexual assault, Trauma, Regulating nervous system and building coping skills, Interpersonal relationships, Boundaries, Family issues.

Kavod Senior Life: Kavod Senior Life, a senior living facility, provides life-enriching experiences to older adults through a range of housing and support services. Typical presenting concerns include: Retirement, Grief and Loss, Chronic pain/illness, Interpersonal relationships, Family issues, Covid-19 impacts, Life transitions.

Next, our clinicians see between 2-4 clients in our outpatient counseling center program called OPTIONS. Counselors have the opportunity to see how therapy and mental health services function in two very different environments.

What makes this track unique?

- Clinicians spend 10 hours at Integrated Care site and see 2-4 Options outpatient clients
- We are our own "intake center" on site
 - Receive referrals, make first contact, and conduct brief screens to determine fit for services
- Opportunity to build relationships with on-site community resources, agencies, and organizations in Denver helping to serve clients
- Opportunity to coordinate care with various service providers on-site
- Opportunity to provide presentations and other mental health supports to clients or staff
- Experience differences in integrated-care-based counseling and at an outpatient counseling center

A "good fit" for this track is...

- Warm, supportive, effective communication, flexible
- Has the ability to differentiate their learning and approach to meet two different system requirements Has knowledge of trauma-informed and client-centered interventions and care
- Understanding how cultural backgrounds intersect with the delivery of services
- Passion for reducing barriers to mental health care

Important to Consider: This track involves working with supporting survivors of domestic violence/IPV, older adults, or other underserved populations. For many clients, this may be their first experience with therapeutic services and clients often have higher acuity. This track requires a strong trauma-informed and client-centered lens and the ability to adapt your therapeutic approach the suit the client population and related concerns.

Frequently Asked Questions:

Do I get to choose my integrated care site?

- During individual interviews, candidates will be assessed for fit and rank your interest in sites. Interns will be provided with a site match with their offer letter or shortly after.

Will I be the only intern at my site?

- Our integrated care sites have 2-3 MDCC interns, fellows, or staff therapists. However, due to scheduling and space capacity they may be days that only 1 MDCC clinician is on-site.

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recruitment@mariadroste.org**