



**THE ALLENDALE ASSOCIATION**

**Psychology Externship  
Information Packet**

**2010-2011**

# **THE ALLENDALE ASSOCIATION - BRADLEY COUNSELING CENTER**

## **PSYCHOLOGY EXTERNSHIPS 2010-2011**

### **INTRODUCTION TO ALLENDALE**

The Allendale Association is a private, not-for-profit organization located in Lake Villa, Illinois, 50 miles north of Chicago. Founded in 1897, Allendale serves troubled youth and their families. Allendale's main programs include the following: (1) residential treatment services, (2) educational services, and (3) clinical and community services. In addition to providing services to our residential treatment program clients, Allendale's educational services include a day education treatment program (Stepping Stone) that serves troubled students from the local area school districts. The clinical and community services program consists of independent living, specialized foster care, mentoring services, community support program (CSP), and outpatient counseling for children, adolescents, and adults in the community.

The Allendale Association is directed by a distinguished board of trustees comprised of 36 men and women representing various races, religions and creeds. The trustees govern the policies and programs of the Association. They are also responsible for raising private funds to support the capital and operational needs of the Association's programs. The Association is very fortunate to have the support of women's auxiliary groups, as well as the generous support of hundreds of "friends" who financially aid Allendale in providing youth and families with high quality programs and services.

All three main treatment programs serve male and female clients and their families. In our residential treatment program, nearly 60% of the clients are African-American, 30% are Caucasian and 10% are Hispanic. For the day treatment program approximately 45% of the students are African-American, 45% are Caucasian, and 10% are Hispanic. Ninety percent of the clients in our outpatient program are Caucasian. The clients served by Allendale represent suburban, urban and some rural populations and range in pathology from those who are severely disturbed and psychotic to those experiencing family conflicts, marital conflicts, personality disorders, conduct disorder, PTSD, depression, anxiety, ADHD, and adjustment problems.

### **Residential Treatment and Transitional Living Services**

The residential treatment program provides intensive treatment to youth who have severe emotional and behavioral disorders. There are nine units on the Lake Villa campus; two group homes located in Waukegan, Illinois; a girl's group home in Highland Park, Illinois; and the Benet Lake residential treatment unit, just over the Illinois-Wisconsin border. There are also two transitional living sites in Zion, Illinois. The total residential capacity is approximately 148, not including transitional living. The transitional living program's capacity is 20.

Clients are boys and girls aged 7 to 17 at admission who cannot be maintained, treated, and/or educated in their communities for a variety of reasons. A major contributing factor to the need for out-of-home placement is the existence of severe behavioral dysfunction, mental illness, or both. Some clients have multiple diagnoses, but only clients with a primary diagnosis of mental

illness are considered for admission. Many of the residential clients have histories of physical and/or sexual abuse.

The main source of referrals to the residential program includes the Department of Children and Family Services (DCFS), the Department of Human Services (DHS), and the Illinois State Board of Education (ISBE). The residential program also receives referrals from the court system, insurance companies, and private pay.

### **Stepping Stone (Day Education Treatment Program that is part of Allendale's Educational Services)**

Stepping Stone is an extended-day, education treatment alternative provided to youth from the surrounding communities who have serious emotional and behavioral disabilities. The program emphasizes academic, diagnostic, and instructional intervention, as well as psychotherapy. These students are not able to be maintained in the special education program of their local school districts because of their emotional and behavioral problems. Due to the severity of their problems they require a highly specialized "day only" therapeutic program. This program serves approximately 120 boys and girls from ages 8 to 21. This includes a satellite campus (LINC) in Woodstock. The main source of referrals is the Illinois State Board of Education.

### **Clinical and Community Services**

**All clinical services for the agency (residential, day treatment, outpatient, and community services) are provided by therapists and trainees who are housed in this department.**

Bradley Counseling Center (Outpatient Services): This program includes a community-based, outpatient counseling center with locations in Lake Villa and Gurnee, Illinois. Designed to serve troubled children and adolescents, families, and adults, the center employs clinicians and diagnosticians in the fields of psychology, social work, psychiatry, and other allied mental health fields. Individual, group, family, marital, or play therapy is utilized to provide remediation and relief and to help clients develop more adaptive ways of dealing with personal difficulties. In addition, the counseling center provides parenting skills groups, counter-response groups, and anger management groups. Comprehensive diagnostic evaluations and psychological assessments are also provided, as well as community consultation and education.

Specialized Foster Care: Allendale's specialized foster care program serves children with special needs. These children range in age from predominantly 7 to 18 years and have a variety of problems, including emotional and behavioral difficulties. Most of these youth are wards of DCFS and referred by this agency. Therapists, caseworkers, and trained foster parents form a treatment team that addresses the needs of this specialized population. Children are generally in foster care from three months (emergency placements) to three years with one of four outcome goals - return home, adoption, subsidized guardianship, or independent living. This program serves approximately 10 to 15 youth and helps to provide a means of "stepping-down" youth in our residential treatment center to a less restrictive treatment setting.

Independent Living Program: The Allendale Association's independent living opportunity (ILO) is designed for youth 17 to 21 years old who are "stepping down" from residential's TLP or foster care to a less restrictive treatment setting. The youth are placed in scattered site apartments and given a small allowance. These youth typically come from unstable family situations and have behavioral and emotional difficulties. Individual therapy is available for the youth. Independent living skills are taught through individual modules facilitated by the youth's caseworkers. ILO aims to provide youth with specific skills for independent living, as well as emotional stability in the transition to adulthood. They are required to work and to further their education, whenever possible. ILO also serves young adult mothers with children. The current program census is about 10-15 young adults.

Therapeutic Mentoring Services: This program also serves as an adjunct to other treatment programs. Mentoring is provided by bachelor-level individuals. The purpose is to help clients learn social skills and independent livings skills. The mentoring program currently serves about 20 youth over the course of the year.

Community Support Program: The Community Support Program is a grant project of the Department of Human Services. This program is designed to prevent residential or other out-of-home placement for children ages 7 to 17 years old. The services are delivered within a model that brings the needed support to the youth in their home or community environment. The program provides aggressive outreach, in-home counseling, and case management. This program currently serves 90 youth and families over the course of a year.

## **THE EXTERNSHIPS IN CLINICAL PSYCHOLOGY**

The clinical psychology externships are 12-month part-time programs (20 hours per week). We offer two externship tracks - one focused on therapy and one focused on diagnostic assessment. The number of students accepted into each track varies. The externship program is dedicated to preparing individuals for the practice of clinical psychology and includes year-long involvement within Allendale's main programs.

### **The Therapy Externship**

*Orientation:* During the first two weeks of the training year, the externs are oriented to the outpatient counseling center and Stepping Stone Day Education Treatment programs. The goal of orientation is to acclimate each extern to Allendale Association at the professional and interpersonal level. During this period, the externs are introduced to supervisors and staff members. Furthermore, they are provided the necessary information pertaining to each clinical and administrative program, the role the extern will play in each treatment program, and the goals and objectives of the supervision group. Following the orientation training the externs begin their assignments.

*Outpatient Counseling Center Assignment:* The twelve month experience at Allendale's Bradley Counseling Center includes 6 to 8 direct service hours per week in the areas of individual, family, marital, play, and/or group therapy. Clients come to the agency through a variety of referral sources including schools, court system, physicians, EAP providers, DCFS, BCC Foster Care, and Independent Living Programs. The types of clients seen include children, adolescents,

and adults who present with a wide range of psychological problems. The clients come from a variety of socioeconomic and ethnic backgrounds. Each extern is assigned to one primary outpatient supervisor for the training year and receives one hour of individual supervision each week. The supervisor is responsible for working with the extern on all aspects of his/her casework, which includes clinical, ethical and legal issues, record keeping, and documentation.

Externs also spend two to four hours per week providing intake services. The primary focus is assessing the client's appropriateness for outpatient services. This involves taking calls from people seeking treatment, identifying the presenting problems, and collecting identifying and background data. Externs may also have the opportunity to manage high priority or "crisis" calls during their intake shift (i.e. assessing suicidal/homicidal clients or possible abuse cases to determine the appropriate level of intervention). Externs are assigned an intake supervisor who provides supervision on all intake calls.

Each extern attends bi-weekly case staffings in which the outpatient cases are staffed at admission, discharge, and during the course of treatment. The cases are reviewed by the clinical staff, externs, and interns to ensure accuracy of diagnosis, appropriateness of treatment plan, and progress toward stated goals. The externs participate through case presentations and feedback to other presenters.

*Stepping Stone Day Treatment Assignment:* Externs may also be assigned duties in the day treatment program. The extern may be assigned to work with Stepping Stone families for therapy. For all Stepping Stone clients, the extern will participate in clinical consultation with the family, which is a service provided with the student's teacher. The extern will also provide feedback regarding treatment goals, progress in therapy, and treatment recommendations for multidisciplinary staffings that are held every six months. Participants in the multi-disciplinary staffings include day treatment school staff and administrators, school district representatives, and parents.

*Group Therapy Assignment:* Externs will co-facilitate adult, adolescent, and/or child anger management groups, as needed based on referrals, in the outpatient, residential or day treatment setting. The anger management groups are structured, time-limited with specific course content. In addition, externs may have the opportunity to lead other groups, such as substance abuse groups in the residential or day treatment setting in conjunction with a substance abuse counselor from an area treatment facility, during the course of the year. Supervision for these groups would be as needed in addition to the group supervision that meets weekly for the anger management groups.

### **Didactic Training**

In addition to their individual supervision, therapy externs participate in the following training features:

*Professional Issues Group:* This group meets for one hour monthly with the training supervisors. The group includes discussion on training issues and professional development. Externs are invited to dialogue with supervisors to discuss matters of concern or interest as they arise.

*In-Service Training:* The externs attend in-services on the 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Friday throughout the training year. These two hour presentations cover a wide range of topics in the field of psychology, including assessment, treatment interventions, supervision, professional conduct and ethics, specialty topics, and cultural and human differences. The majority of the presentations are provided by outside speakers with an expertise in their topic area.

*Group Supervision of Anger Management:* This supervision group meets weekly, and its focus is to train students to conduct anger management groups in the community and/or residential and day treatment settings. The Anger Management program serves adults, adolescents and children. Referrals for anger management come from courts, social service agencies, and from individuals who voluntarily seek change in their anger management. Students in this supervision group will develop competencies in co-leadership, effective psychoeducational teaching, anger assessment, and report writing.

### **The Diagnostic Assessment Externship**

*Orientation:* During the first two weeks of the training year, the externs are oriented to the outpatient and day treatment programs. The goal of orientation is to acclimate each extern to the Allendale Association at the professional and interpersonal level. During this period, the externs are introduced to supervisors and staff members, and become familiar with the clinical and administrative functioning of each program. Particular emphasis is placed upon the role of the extern in each treatment program. Following the orientation training the externs begin their assignments.

*Psychological Assessment:* Each extern is expected to complete a number of full psychological evaluations during the training year. Included in these psychological evaluations may be outpatient anger management assessments. Externs receive individual supervision and consultation on their assessments from a licensed clinical psychologist one hour weekly, and they receive supervision with an intern regarding anger management assessments when one is assigned. Through this supervision, externs receive guidance in selecting, administering, scoring, and interpreting assessment measures, organizing test findings, integrating the findings into a written report, and providing feedback and recommendations to referral sources. In addition to these opportunities, externs will assist in tracking outpatient outcomes by scoring and entering Brief Symptom Inventories. Further, externs may be required to complete clinical and diagnostic interviews in other programs areas as opportunities arise.

Externs also spend two to four hours per week providing intake services. The primary focus is assessing the client's appropriateness for outpatient services. This involves taking calls from people seeking treatment, identifying the presenting problems, and collecting identifying and background data. Externs may also have the opportunity to manage high priority or "crisis" calls during their intake shift (i.e. assessing suicidal/homicidal clients or possible abuse cases to determine the appropriate level of intervention). Externs are assigned an intake supervisor who provides supervision on all intake calls.

Each extern attends bi-weekly case staffings in which the outpatient cases are staffed at admission, discharge, and during the course of treatment. The cases are reviewed by the clinical staff, externs, and interns to ensure accuracy of diagnosis, appropriateness of treatment plan, and

progress toward stated goals. The externs participate through case presentations and feedback to other presenters.

### Didactic Training

In addition to their individual supervision, diagnostic externs participate in the following training:

*Professional Issues Group:* This group meets for one hour monthly with the training supervisors. The group includes discussion on training issues and professional development. Externs are invited to dialogue with supervisors to discuss matters of concern or interest as they arise.

*In-Service Training:* The externs attend in-services on the 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Friday throughout the training year. These two hour presentations cover a wide range of topics in the field of psychology, including assessment, treatment interventions, supervision, professional conduct and ethics, specialty topics, and cultural and human differences. The majority of the presentations are provided by outside speakers with an expertise in their topic area.

## **APPLICATION PROCEDURE**

### **Application**

To complete the application procedure, the following materials are to be submitted to the Director of Clinical Training.

- A letter of interest.
- A current curriculum vita.
- Three letters of reference from 3 professionals best able to provide information about clinical and professional skills and potential. This does not include the letter of qualification provided by schools.
- Official transcripts from undergraduate and graduate programs.
- A work sample of a completed diagnostic report with identifying information deleted.

### **Selection Process**

The initial screening process will begin upon receipt of all materials requested on the application form. Following receipt and review of this material, eligible applicants will be contacted to set up a personal interview. Offers for externship placement will be made in compliance with the match day policies.