

Wasatch Behavioral Health

Therapist/MSW Internship Opportunities

Westpark Family Clinic (Provo)

The WFC internship is a full-time clinical position. A student in WFC will work with a variety of clients and mental health conditions. The population they will serve is primarily adults with some children. A student intern will provide Intakes and assessments, individual therapy, group therapy, and some family therapy. They will be responsible for completing all paper work associated with these responsibilities. In addition, they will be responsible to attend staff meetings.

Provo Family Clinic and Payson Family Clinic

Advanced standing or 2nd year interns are the best fit for these clinics. Student intern therapists work under the supervision of a licensed clinician for up to 20 hours per week. They are responsible to maintain a caseload of 15 to 20 clients at a time while being timely in completing all the required paperwork that comes with their caseload. Interns will meet with clients for their initial intake appointments, provide Mental Health Assessments, Diagnoses, and Treatment Plans for each. Student interns will participate in regular staff meetings/trainings.

American Fork Family Clinic

1st Year Graduate Interns - Student interns are put in the schools to help our SSW with behavior management and skills development groups. Usually these groups are in Elementary, Middle, or Junior High schools.

2nd Year Graduate Interns - Student interns are placed in the American Fork clinic and can see clients of all ages and all diagnoses. We like to find out the students most preferred population to serve, and then we do our best to give them this type of client.

Wasatch County Family Clinic:

The WCFC provides outpatient services in Heber Valley and this internship is appropriate for advanced standing students, second year students, or first year students who are interested in advanced learning at a quick pace. Interns will provide outpatient therapy to individuals and families with an array of diagnoses, pathologies, and socioeconomic backgrounds. Focuses of treatment include mental health, substance use disorder, and co-occurring diagnoses.

School Based Internship Position:

This internship requires the intern to have a valid driver's license and be able to transport themselves to multiple schools during the day.

Our School Based internship with Nebo School District is housed in Payson Utah. You will be asked to cover a group of schools somewhere within Nebo School District, usually within one or

two cities. For this internship, you will meet with children and teens individually at each school and run various groups covering topics such as social skills, coping skills, or grief. You will work with our therapists and case managers as well as coordinate with school personnel such as teachers, district social workers, school counselors, and school administrators. You may also be asked to meet with students who are in crisis or help give additional support if your school has an acute traumatic incident.

Vantage Point (Provo) & Vantage Point North (American Fork)

A therapist intern will conduct intakes of youth entering the crisis shelter within 24 hours of the youth arrival. They will also provide individual, group, and family therapy, do treatment and safety planning, and provide brief therapy (2-21 days) and up to 90 days of aftercare if needed. They will work as a member of a treatment team with a wrap-around model and will interact with community agencies such as DCFS and JJS. Vantage Point is an incredible program and can offer a good glimpse of working with young people at a transformative time in their lives.

******For CYFAST, Stride, and EXCEL interns******

1st year interns could expect shadowing licensed therapists and case managers, helping to facilitate group and providing in-home supports with other team members.

2nd year interns or advanced standing would have the same experience as 1st year with the addition of a small case load in order to provide therapy services as prescribed by the team.

*****CYFAST (Children and Youth Family Assessment Stabilization Team)*****

This is a youth and family focused mental health treatment team that is comprised of master-level clinicians, case manager, respite workers, and a peer support specialist. This multidisciplinary team provides intensive wrap-around supports for high-risk youth and their families. This includes coordinated & enhanced treatment for clients that already have an established treatment team. Additionally, this team acts as the youth MCOT team for Utah County.

CYFAST provides individual therapy, case management, group psychoeducation and psychotherapy. Groups offered include a Trauma Based DBT Group, Super Hero's skills group, TAL programming, and a Wellness in-action group. Respite services (individual and group) are also offered to the whole center.

*****Stride*****

This program provides a 5 day a week, 12 week long, after-school day treatment program for Elementary School age children ages 5 through 12 with mental health needs. Treatment also includes a monthly parent educational group that compliments the day treatment curriculum. Using a trauma focused base, Stride uses positive behavioral strategies to treat our clients. Classrooms are located in Lehi, American Fork, Provo, and Payson. Transportation to and from the program is provided to facilitate attendance.

*****XCEL*****

This is a 2 day a week, after-school treatment program for adolescents ages 12 to 18. Separate A & B tracks allow 2 groups; one on Mondays and Wednesdays, the other on Tuesdays and Thursdays. A 3rd day is offered for appropriate clients on Fridays to assist with clinical needs related to exploring vocational and educational goals. XCEL uses a trauma focused approach with positive behavioral strategies and clinical social skills development interventions to treat clients. Our classroom is located in Provo and serves all of Utah County.

New Vista (full-time day treatment program).

2nd year interns are the best fit for this clinic. The clinic is open Monday-Friday and interns work with male and female middle school and high school aged youth (typically 12-17). You could also see clients in outpatient and you would work with other therapists to provide trauma-informed therapy. Common issues are: sexual abuse, physical abuse/neglect, adoption issues, sexual acting out behaviors. You would facilitate individual, family, and group therapy.

Aspire

This is a residential program in Orem for up to 16 girls. An intern would work with teenage girls in individual, group, and family therapy. Common issues are trauma, abandonment, neglect, adoption issues, abuse. Common behaviors are self-harm, suicide attempts, running away, verbal aggression, substance abuse, unhealthy/inappropriate relationships. Groups are typically in the afternoons (3-4:30 pm), with some flexibility with other times as we are a 24/7 program.

MCOT (mobile crisis outreach team)

Intern will learn significant crisis mental health assessment and de-escalation skills. We focus on suicide prevention, intervention and postvention tools. Interns will interact with several community agencies and local police departments. This is a significant amount of mobile and in the community experience. Interns will also learn about involuntary psychiatric commitments.

Adult Receiving Center/Crisis Residential Support

Interns will interact with clients who come to the receiving center in mental health distress. You will work on short term brief therapy to triage, stabilize, and refer to ongoing treatment options. This is a diversionary program to the jail and emergency room and an intern will see a vast variety of pathologies, diagnoses and social systems. Interns work with nurses, front line staff, peer support specialists, case managers, and other therapists.

The OUT program

This is a 90-day program in the Utah County Jail. Clients are in class/group/individual sessions Monday - Friday. This is a substance use program. Interns must pass a Utah County Jail background check (including a polygraph) which takes a couple months to go through so an intern would need to apply several months before the internship would start.

JTP/WATCH program

We are located at the Food and Care Coalition in Provo. The primary focus is homeless and recently incarcerated clients. The intern would do a lot of individual and group therapy. They would do intakes for at least one-half day per week. Interns would also potentially do outreach in the community, approaching homeless individuals on the streets and invite them to come to our program. We also use the ACOT model, going to visit clients at their apartments. Our focus is mental health and substance use treatment.

Recovery Support program-

We are located at the Health and Justice Building and we are primarily a substance use program. An intern might work with Drug Court clients, PATR (recently released from prison) clients, or other criminal justice related clients. Duties include individual therapy, intake/assessments, and ASAMs.

Bridge (intensive services for adults) / PREP (prevention & recovery for early psychosis)

Interns here are typically shared between the PREP and Bridge team. We take 1st or 2nd year students. The usual outpatient therapy is provided along with some non-traditional visits provided in the client's home or in the community as needed. You will also help in daily medications drops along with assessments made on client needs. On the PREP team, interns will be doing intakes for new clients and providing ongoing therapy for their case load.

SUD Outpatient Internship Descriptions:

1st or 2nd year Master's Level Interns are best suited for the following programs: Outpatient Men's Program (Currently Called Day and Night Treatment), Promise Women's Program, and Youth (14-18)/Young Adult Program (18-26).

With these programs we provide Intensive Outpatient Services (9+ Hours a week), and General Outpatient Services (less than 9 hours a week). Students will participate in the following: completing full Substance Use Disorder and Mental Health Assessments, utilizing and developing a working knowledge of the ASAM, providing individual and group therapy, and coordinating with courts, DCFS and other community partners. Interns will also learn more about Motivational Interviewing, Cognitive Behavioral Therapy, and Fidelity models of therapy.

Foothill

This is a co-ed residential Substance Use Disorder treatment facility that offers residential and detox services for clients. The residential treatment typically runs between 60-90 days and the detox services typically run between 3-10 days.

Masters level interns will learn how to conduct substance abuse evaluations and provide backup mental health interventions to help clients increase their level of functioning. Some duties include administering a substance abuse assessment questionnaire, performing individual face-to-face clinical evaluations, completing screenings such as the ASAMS, RANT (The Risk and Needs

Triage), and Substance Abuse Subtle Screening Inventory (SASSI), and providing individual therapy and group therapy. Graduate interns will also coordinate with other providers overseeing case management, Medication Assisted Treatment (MAT), medication management, and gender specific treatment, and monitor client's involvement with negotiated interventions and substance use treatment.

South Provo Clinic

1st or 2nd year interns are best suited for this clinic. The duties would be clinical to the point that the university allows.

Students will be involved in individual therapy, assessments, intakes as needed, groups (both skills-based and therapy-based), some case management as needed, and crisis intervention. They would attend staff meetings and complete all associated paperwork.

The population is all adults, primarily individuals who are severely and persistently mentally ill (SPMI). Students will work on a team with 4 others therapists, 13 case managers, prescribers and nurses. It is very much a team approach.