



Accredited by
Children's Mental Health Ontario

WALK-IN CLINIC INTERNSHIP PROGRAM

STRUCTURED TO MEET:

- Post-graduate masters degree clinical practice experience
- Supervised clinical hours for professional colleges such as the CRPO

Walk-In Clinic Internship Program

Introduction

Who Are We?

Reach Out Centre for Kids (ROCK) is a community-based mental health centre serving infants, children, adolescents and their families. Our mission is: Working together to promote and achieve optimal mental health in kids and families. As such, we provide a multidisciplinary approach to the assessment and treatment of children and youth ages 0 through 18 and their families who are experiencing difficulty. Through this approach, we are committed to providing services that are inclusive, client and family-centred, professional, high quality, and accessible.

ROCK is accredited by Children's Mental Health Ontario and is the Lead Agency for our area. Our catchment area includes all of Halton Region; thus, ROCK provides services targeting a broad spectrum of presenting difficulties spanning the full range of child development. ROCK is the largest children's mental health service provider in Halton Region, a total of 32,002 services were provided in the 2016-17 fiscal year ending March 31, 2017. This includes community and youth development and OEYC.

In general, clients and their families who come or are referred to ROCK are experiencing emotional, relational, behavioural, developmental and/or social difficulties. These difficulties put them at risk for, or result in, mental health problems.

Where Are We?

ROCK consists of three office sites, located in Burlington, Oakville, and Milton, as well as Aberdeen House, a residential treatment facility for youth aged 12 to 15 located in Oakville. Clinical services for children ages 6 through 18 and their families are offered at each of the three office sites and are accessed through each site's respective Walk-In Therapy Clinic. Services for children ages 0 to 6 and their families, which may consist of a combination of outreach, meeting at different office sites, or involvement in childcare settings, are offered regionally. Regional Zero-to-Six services may be accessed through contacting central intake to book an Initial Consultation.

Halton Region

Located in the Greater Toronto Area, between Peel and Hamilton-Wentworth Regions, Halton Region is one of Canada's most dynamic areas, covering over 232,000 acres of land. The local communities of Burlington, Halton Hills, Milton, and Oakville comprise Halton Region.

THE WALK-IN THERAPY CLINIC AT ROCK

What is the Walk-In Therapy Clinic?

- Option for quick access to therapy
- Opportunity to see a trained therapist in your moment of need
- Immediate opportunity for therapeutic conversation and problem solving
- Connection to other services if needed
- For many a single session is all that's needed, but you can come more than once.

Who can attend the Clinic?

- Families with children ages 0-17 years
- Youth 12 years and older can come on their own and with support people
- The entire family or all those living in the home, and other support people may attend the therapy session

What can you expect?

- The focus for the therapy session is based on what the family members or person want from the conversation
- We will focus on your strengths
- We will work hard with you to find solutions and new pathways forward

The clinic is not meant to be an emergency or crisis service. In the case of a crisis situation families/youth/children in Halton contact our 24 hour Mobile Crisis Service and speak to a crisis counsellor, attend the local hospital or call police as appropriate.

WALK-IN CLINIC PHILOSOPHY AND PRACTICES

Best practices at the walk-in clinic are described as: an orientation to the notion that clients can solve their problems, and that all clients have resources that can be directed toward new possibilities. The job of the therapist is to facilitate the conversation in such a way that resources that could be utilized are *mutually discovered*. It is important that the overarching approach is one that is “competency-oriented”, where the therapist listens for and highlights client’s knowledge, strengths, and abilities whether the particular model is Solution-Focused, Narrative, or an overarching Competency-based practice. ROCK of course supports that risk of harm to self/and /or others is always addressed and action is taken by the therapist if indicated. Therapists must be capable of identifying serious mental health issues and to know how to connect the client to the appropriate level of service.

Walk-in therapy is collaborative, highly respectful and taps into client preferences, skills and abilities. As a result of working this way, people tend to require a briefer amount of involvement and are more prone to embrace their own resources. The therapy philosophy embraces engagement. Clinicians partner with their clients in every way possible, including using collaborative documentation, where case notes are completed with the clients during the therapeutic session and include the client’s perspective.

INTERNSHIP STRUCTURE

Start times at intervals over the year :

The internships can start at a variety of times over the year. Interns will be asked for a commitment of either:

- 1) 7 hours per week, 12:00 to 8:00 p.m. Tuesdays or Wednesdays excluding holidays and breaks at Christmas and March.
- Or,
- 2) 7 hours, 12:00 to 8:00 p.m., two Tuesdays or Wednesdays a month, excluding holidays and breaks at Christmas and March

Each intern must make a six month minimum commitment to the internship.

Interns will join one of the Walk-in therapy clinics at ROCK as the practice environment. The Walk-in clinic operates from noon to 8 p.m. on Mondays in Milton, Tuesdays in Oakville, and Wednesdays in Burlington.

The program includes clinical supervision with Karen Young, M.S.W., R.S.W., in Oakville, with Shari Lecker, M.Ed., R.S.W. in Burlington, and with Angela Johnson, M.Div., R.M.F.T. in Milton. Formal group supervision will occur once per month at the geographic site the intern is located at. Supervision will usually occur on the Tuesday or Wednesday attended however some may be scheduled on alternative days due to availability (alternative days may be in person or virtual depending on the Intern's preference). Supervision is one hour in duration for individual or paired supervision and 1.5 hour in duration for small group supervision. Supervision includes both clinical consultation and reflective practice. As well, all Interns will have weekly pre-briefing, mid-session consultation, and post-session de-briefing from the ROCK Manager supervising each of the walk-in clinics..

Initially Interns can expect to engage in a combination of a witnessing/reflecting co-therapist or a less structured co-therapy role along with ROCK therapists. Interns who have a ready skill level can then become lead therapist, along with a ROCK therapist, and then, if ready, lead sessions on their own. Interns may attend Clinical rounds (twice per month, Thursday mornings) at ROCK if they wish.

Orientation

The purpose of the orientation is to familiarize interns with ROCK and the services that are provided by the agency. The orientation is intended to help Interns understand their training in the context of the large children's mental health center it is situated within including its policies and procedures. It also includes information about ROCK programs and services, and other key services in our Region that we collaborate with. Orientation involves a meeting with the Manager of the Centre of Learning, Karen Young, a meeting with the ROCK supervisor, a meeting with HR, on-line training in health and safety and on the Accessibility for Ontarians with Disabilities Act, and review of the agency Policy

and Procedure Manual, and an orientation to the ROCK office and the ROCK walk-in clinic.

Monitoring of hours

Each Intern is responsible to complete an Intern Log of hours spent in the ROCK Internship program each time they attend. This is submitted to the Manager of the clinic to sign prior to leaving each internship shift. This log will track the number of direct service hours spent with clients, hours spent in case specific supervision at the clinic, hours spent in formal clinical supervision, and any hours spent in training at Clinical Rounds.

Wrap-Up

Certificates of Completion of the ROCK Walk-in Clinic Internship will be granted at completion.

APPLICANTS -*Internship Specifications*

Walk-in Clinic Internships are offered to individuals who have completed:

- **a Masters degree in a related discipline (MSW, M. Ed/Counselling Psychology, MSc. In Couple & Family Therapy) that has included at least one practicum experience**
- **certificate training or multiple workshops in narrative and brief narrative therapy (see windzinstitute.com). Consideration will be given to those with significant training in solution focused or other collaborative therapies.**

In selecting our Interns, we consider a number of factors such as academic background, training in brief, narrative, solution focused and collaborative therapies, and relevant clinical experience. Of particular importance in the selection process is the fit between an applicant's interests and opportunities of our program.

DIVERSITY AND NON-DISCRIMINATION POLICY

ROCK is committed to employment equity, welcomes diversity, and encourages applications from all qualified individuals including members of visible minorities, aboriginal persons, and persons with disabilities. Applicants who have specific questions about access and accommodations are encouraged to contact the Manager of the Centre of Learning early in the application process so that their needs may be fully addressed.

APPLICATION PROCESS

1. Forward by email a letter of interest to the Manager of the Centre of Learning.
2. Support materials include:
 - Cover letter stating the applicant's professional plans and special interest in the ROCK Walk-in Therapy Clinic Internship Program.

- A current curriculum vitae
- Clear indication of the narrative and brief narrative training applicant has completed
- Copy of university degree
- Letters of reference from three professionals, two of who can attest to your educational background. Applicants should be aware that the Internship Program may directly contact referees who provide letters to obtain further information.

Applications should be forwarded to:

Karen Young, M.S.W., R.S.W.
Manager of the Centre of Learning
ROCK
504 Iroquois Shore Road,
Oakville, Ontario
L6H 3K4
kareny@rockonline.ca

In accordance with federal privacy legislation (Personal Information Protection and Electronics Documentation Act – <http://laws.justice.gc.ca/en/P-8.6/>) we are committed to only collecting information that is required to process the internship application. This information is secured by the Manager of the Centre of Learning and is shared only with those individuals involved in the evaluation of the internship application. If you are not matched with our program, your personal information is destroyed within one month of receipt. If you are matched with our internship program, your application and CV will be available only to those involved in your supervision and training, and relevant administrative support and human resources staff.