Overview of Sound Mental Health Programs for Interns
The Adult Service East program provides assessment and short and long-term mental health services. Services are provided at the following locations: Bellevue and Redmond.

Common issues are abuse and trauma, grief and loss, anxiety, emotion regulation (depression and bipolar problems), impulse control (ADHD, behavioral problems), psychosis and chemical dependency. Interns within Adult Services can expect to work with a culturally diverse, multi-problem clientele. Most clients assigned to interns are publicly funded (e.g., Medicaid) or low income.

Interns gain experience in clinical documentation, diagnosis, treatment plans and progress/discharge notes. Case management and counseling services may be a part of the treatment provided. Interns will gain some knowledge of the network of agencies. A team approach is used within the agency and in collaborating with other agencies and systems, depending on the needs of each case. Interns function as secondary therapists for most of the cases assigned to them. Intern supervisor will provide clinical supervision, meeting individually with the intern at least one hour per week and other times as needed.

**Internship Responsibilities**

- Caseload of approximately eight to fifteen clients
- Counseling and case management services including crisis and short-term intervention
- Group counseling and individual services
- Attendance at weekly staff meetings, psychiatric consultations, and individual supervision

**Internship Requirements**

- Applicants must be currently enrolled in a graduate-level school program
- Nine months to one year internship commitment preferred
- Minimum 16 to 20 hours per week, with a stable and reliable schedule. School vacations are not considered placement holidays, and all time off must be pre-approved by the supervisor.
- Previous experience in the mental health field (paid or volunteer) is preferred.
The Adult Service Metro program provides assessment and short and long-term mental health services. Services are provided at the following locations: Capitol Hill, Madison Valley and Northgate.

Common issues are abuse and trauma, grief and loss, anxiety, emotion regulation (depression and bipolar problems), impulse control (ADHD, behavioral problems), psychosis and chemical dependency. Interns within Adult Services can expect to work with a culturally diverse, multi-problem clientele. Most clients assigned to interns are publicly funded (e.g., Medicaid) or low income.

Interns gain experience in clinical documentation, diagnosis, treatment plans and progress/discharge notes. Case management and counseling services may be a part of the treatment provided. Interns will gain some knowledge of the network of agencies. A team approach is used within the agency and in collaborating with other agencies and systems, depending on the needs of each case. Interns function as secondary therapists for most of the cases assigned to them. Intern supervisor will provide clinical supervision, meeting individually with the intern at least one hour per week and other times as needed.

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- Caseload of approximately eight to fifteen clients
- Counseling and case management services including crisis and short-term intervention
- Group counseling and individual services
- Attendance at weekly staff meetings, psychiatric consultations, and individual supervision

**Internship Requirements**

- Applicants must be currently enrolled in a graduate-level school program
- Nine months to one year internship commitment preferred
- Minimum 16 to 20 hours per week, with a stable and reliable schedule. School vacations are not considered placement holidays, and all time off must be pre-approved by the supervisor.
- Previous experience in the mental health field (paid or volunteer) is preferred.
The Adult Service South program provides assessment and short and long-term mental health services. Services are provided at the following location: Auburn.

Common issues are abuse and trauma, grief and loss, anxiety, emotion regulation (depression and bipolar problems), impulse control (ADHD, behavioral problems), psychosis and chemical dependency. Interns within Adult Services can expect to work with a culturally diverse, multi-problem clientele. Most clients assigned to interns are publicly funded (e.g., Medicaid) or low income.

Interns gain experience in clinical documentation, diagnosis, treatment plans and progress/discharge notes. Case management and counseling services may be a part of the treatment provided. Interns will gain some knowledge of the network of agencies. A team approach is used within the agency and in collaborating with other agencies and systems, depending on the needs of each case. Interns function as secondary therapists for most of the cases assigned to them. Intern supervisor will provide clinical supervision, meeting individually with the intern at least one hour per week and other times as needed.

**Internship Responsibilities**

- Caseload of approximately eight to fifteen clients
- Counseling and case management services including crisis and short-term intervention
- Group counseling and individual services
- Attendance at weekly staff meetings, psychiatric consultations, and individual supervision

**Internship Requirements**

- Applicants must be currently enrolled in a graduate-level school program
- Nine months to one year internship commitment preferred
- Minimum 16 to 20 hours per week, with a stable and reliable schedule. School vacations are not considered placement holidays, and all time off must be pre-approved by the supervisor.
- Previous experience in the mental health field (paid or volunteer) is preferred.
The Adult Service Southcenter program provides assessment and short and long-term mental health services. Services are provided at the following location: Tukwila.

Common issues are abuse and trauma, grief and loss, anxiety, emotion regulation (depression and bipolar problems), impulse control (ADHD, behavioral problems), psychosis and chemical dependency. Interns within Adult Services can expect to work with a culturally diverse, multi-problem clientele. Most clients assigned to interns are publicly funded (e.g., Medicaid) or low income.

Interns gain experience in clinical documentation, diagnosis, treatment plans and progress/discharge notes. Case management, counseling services, and group therapy may be a part of the treatment provided. Interns will gain some knowledge of the network of agencies. A team approach is used within the agency and in collaborating with other agencies and systems, depending on the needs of each case. Interns function as secondary therapists for most of the cases assigned to them. Intern supervisor will provide clinical supervision, meeting individually with the intern at least one hour per week and other times as needed.

**Internship Responsibilities**

- Caseload of approximately 15 to 25 clients
- Counseling and case management services including crisis and short-term intervention
- Group counseling and individual services
- Attendance at weekly staff meetings, psychiatric consultations, and individual supervision

**Internship Requirements**

- Applicants must be currently enrolled in a graduate-level school program
- Nine months to one year internship commitment preferred
- Minimum 20 hours per week, with a stable and reliable schedule. School vacations are not considered placement holidays, and all time off must be pre-approved by the supervisor.
- Previous experience in the mental health field (paid or volunteer) is preferred
The Community Center for Alternative Programs (CCAP) is a collaboration program between Sound Mental Health (SMH) and the Department of Adult and Juvenile Detention (DAJD). The program is located in downtown Seattle and focuses on reducing recidivism by rehabilitating offenders who are court ordered to treatment. CCAP provides intensive, on-site wrap around services through collaboration among its partnership between SMH, DAJD, Department of Social and Human Services (DSHS) and South Seattle Community College (SCCC). These services include chemical dependency evaluations, mental health evaluations, linkage to DSHS benefits (Medicaid, cash assistance, food stamps), intensive outpatient treatment (IOP), outpatient treatment (OP), mental health treatment, GED classes, life skills to work program, job placement, referral and placement into the housing voucher program (HVP), referral to re-entry case management services, and linkage to aftercare services. The program focuses on delivering co-occurring treatment to individuals who are diagnosed with a mental health and/or chemical dependency condition(s). Staff provides group treatment, individual treatment, case management, and assessment services.

Clients are sent to CCAP via Superior Court, Municipal Courts, Mental Health Court, Drug Court and District Courts. A majority of the clients at CCAP are pre-trial but some are sentenced to the program as a community sentencing alternative. DAJD case workers work on site and monitor client compliance with their court order. Client participation in drug and alcohol treatment, mental health treatment, vocational services, and educational classes has an impact on their trial and ultimately their sentence. Staff at CCAP consists of three chemical dependency professionals and three mental health professionals. These clinicians serve as consultants to corrections staff and the courts by providing information on treatment needs as it pertains to their legal status.

**Internship Responsibilities**

- Assessing bio-psycho-social needs of the client
- Intake interviews and assessments
- Individual and group treatment
- Consultation with DAJD and DSHS.

**Internship Requirements**

- Six month minimum commitment; nine months to one year preferred
- Minimum 15 to 20 hours per week, with a stable and reliable schedule.
Sound Mental Health Child and Family Services (CFS) provides high quality therapeutic interventions to address the needs of children and families throughout King County. Our Wraparound philosophy focuses on strengths, empowerment and family voice and choice. We welcome parents, caregivers and other providers as our partners in assisting children to thrive and achieve their highest potential. Many of the youth served have experienced significant trauma and/or abuse, out-of-home placements, and exposure to drugs and alcohol.

The CFS programs provide a wide variety of mental health services to children, adolescents and their families. Services include counseling, evidenced based practices, case management, advocacy, parent support and education, psychiatric evaluation and consultation. Services may be provided in the community, in schools or at one of six SMH Child and Family clinic sites: Seattle/Madison, Northgate, Southcenter, Auburn, Bellevue and Redmond. Hours available are weekdays from 8:30 am to 7:30 pm.

Interns will have a variety of clinical opportunities, including direct services: one-to-one counseling; play therapy; family therapy, and psycho-educational groups; participation in initial intake assessments; developing treatment plans and crisis plans together with clients; and a range of case management activities. Interns will be expected to collaborate with program staff and other child serving systems such as DCFS, CPS, foster care, JRA, schools, and hospitals. Interns participate in weekly psychiatric and team consultations, and may participate in staff meetings.

CFS provides mental health counseling to children/youth and their families at schools within the Seattle, Highline, Tukwila, Kent, Renton, Auburn, Enumclaw, Federal Way, Tacoma and Lake Washington school districts at the elementary, middle, and high school levels. Children have emotional and behavioral problems that interfere with learning and attendance. Interns work within a school setting as part of a treatment team that includes an SMH staff therapist, school teacher(s), parents/guardians, and others as needed.

Interns will receive training in clinical documentation (Intake Assessment, treatment and crisis planning, treatment notes), understanding and determining diagnosis, presenting clients/families for multi-disciplinary consultation. Also, interns will be eligible to attend, at no charge, the various agency trainings provided throughout the year.

**Internship Requirements:**

- Applicants must be currently enrolled in a graduate-level school program.
- Six month minimum commitment, nine months to one year preferred. (Bellevue & Redmond sites require one year.)
- Minimum 16-24 hours per week with a stable and reliable schedule. School vacations are not considered placement holidays, and all time off must be pre-approved by the supervisor.
- Previous experience serving children/youth is preferred. Experience working with abused or emotionally disturbed children is strongly desired.
Community Networks Program (CNP) provides comprehensive behavioral health services to adults with intellectual and developmental disabilities. This is a traditionally under-served and unacknowledged population and Sound Mental Health is the largest provider of mental health services to this population in the Northwest. CNP provides 5 areas of concentration: adult mental health services, behavioral stabilization, specialized chemical dependency services, and vocational services. Developmental diagnoses include autism, cerebral palsy, and mental retardation as well as traumatic brain injury, epilepsy and other neurological conditions. The mental health diagnoses most common are post-traumatic stress disorder and mood disorders but most of the DSM is represented in the population. Primary goals of CNP are to successfully stabilize and integrate clients in the community, advocate for and empower them and enhance their quality of life through individual, family, group therapies and case management services.

All clients eligible for this program are consumers enrolled in the Developmental Disabilities Administration arm of DSHS. Clients may be ethnic or sexual minorities. This linkage with outside teams is essential and there will be systems work going on with every client assigned. Interns will gain a comprehensive understanding of crisis management, systems collaboration (including the involuntary treatment system) and psychotropic medication. **Intern responsibilities** (graduate level) include intakes and assessment, individual work with clients, development of behavior plans, consultation with other agencies or service providers, meeting with client families or home providers, and case management. Most services are out of the Sound Mental Health facility, in residential and/or community settings. Direct client services are provided in teams.

The Community Networks Program offers individual and group counseling, family counseling, case management, nursing and psychiatric services. Interns can expect to be challenged through increasing their knowledge of mental health and behavioral diagnoses and interventions and then adapting them to fit the cognitive and developmental levels of the broad range of client issues. They will learn values and relevant histories of the population and learn how to diagnose through a biopsychosocial lens by gathering information from a variety of sources to more accurately be able to determine interventions. CNP staff is encouraged to be creative in working with their clients, including utilizing a variety of therapeutic models. Group therapy and management are a focused modality.

**Two locations are available: Capitol Hill North in Seattle and in Tukwila. Two to four interns per quarter or semester per site can be accepted.**

Services are provided Monday through Friday, 9:00 AM to 5:00 PM. **Intern responsibilities** (graduate level) include carrying a caseload, group facilitation, case management and community work.

**Internship Requirements**

- Must be in a graduate level program to be considered for internship placement in CNP.

- Experience/Interest working with DD populations preferred, but not required. However, a strong desire to work with challenging, complex clients is required.

- Internships are for a minimum of 6 months, 15-20 hours per week.

- Stable and reliable schedule required. School vacations are not considered placement holidays, and time off must be pre-approved by the supervisor.
Crisis Services provides 24-hour access to emergency services for children, adolescent and adult clients who are enrolled or contracted for services with SMH. Services may include crisis intervention in person and over the phone, risk assessment and safety planning, brief stabilization services, emergency medication management, and referral and linkage to ongoing support services.

Crisis Services is also available to SMH clinicians for consultations on crisis-related client work including working with suicidal clients, the psychiatric hospitalization process, and de-escalation techniques. Crisis Services plays a key role in SMH’s safety program, leads agency trainings on de-escalation and workplace safety, and is available to support SMH staff on safety issues.

Crisis Services staff are on site between 8am and 5pm Monday-Friday, and are available on weeknights and weekends via the afterhours crisis line numbers: 877-435-7054 (Metro), 877-435-7055 (South and East), 877-435-7056 (DD).

**Internship Requirements**

- Minimum length of internship: 6 months
- Min/max hours: 20-40 hours/week
- Graduate students only
- No caseload, no meetings required
SMH, Deaf Services provides comprehensive mental health treatment for deaf and hard of hearing and deaf-blind individuals of all ages, and their families. Services include individual, group and family treatment; psychiatric assessment and medication management; parenting education and support; case management; crisis intervention, and foster care. In addition, we support a cluster home for eight Deaf adults. Interns can expect to work with clientele with varying needs, from brief counseling to long-term mental health care. Interns may specify ages of interest or choose to work with children, adults and older adults for a more inclusive placement experience.

**Internship Responsibilities**

- Caseload of approximately 10 clients, depending on internship hours and clientele
- Individual, group and/or family counseling
- Intake interviews and assessment
- Case management
- Crisis intervention
- Clinical documentation, treatment plans and discharge summaries

**Internship Requirements**

Please note: Deaf Services prefers to accept second year Master’s students (and above) as interns. Others not meeting this educational requirement may be considered on a case-by-case basis.

- Must be fully conversant with ASL (American Sign Language).
- Minimum 15 to 20 hours per week with a stable, reliable schedule. School vacations are not necessarily placement holidays. Therefore, all time off must be pre-approved by a program supervisor.
- Previous experience in the field (paid or volunteer) is preferred.
Emerald House (EH) is a clubhouse providing a therapeutic community for adult mental health consumers (clients) dealing with long-term psychiatric disabilities (mood disorders, schizophrenia, etc.). Some consumers/members may also have a physical disability. Emerald House’s foremost priority is to provide a safe, comfortable environment for its members to feel accepted. Members participate in the planning, design, and implementation of the clubhouse’s programs. The Fountain House model is employed through work units. Staff and members work collegially in work units, teaching job skills, advocacy and resource development.

Services provided through EH include vocationally focused day treatment and case management. Clubhouse program hours are Monday through Friday, 9:00 AM to 3:00 PM. Attendance at staff meetings and consultations is highly recommended.

**Internship Responsibilities**

- Assisting in the provision of day treatment services in a psychosocial rehabilitation clubhouse model
- Providing community support services, including crisis intervention, advocacy for conjunctive services and assisting consumers with everyday living needs
- Development of consumer assessments, treatment plans and clinical records
- Assessments and direct services
- Participation in ongoing program development and assessment

**Internship Requirements**

- Graduate level internship: prefer minimum nine month commitment; will consider six month internship.

- Undergraduate (senior status) internship: minimum six month commitment. (Undergraduate internship responsibilities may vary somewhat from the above.)

- Minimum 15 to 20 hours per week. A stable and reliable schedule is required. Please note: School vacations are not considered placement holidays, and all time off must be pre-approved by the supervisor.

- Interns must be comfortable working with a client population that is chronically and seriously disturbed.
The Expanded Community Services (ECS) team provides individual support and case management to chronically mentally ill and medically compromised adults and older adults in community settings. They also provide training and consultation to in-home caregivers. Services are based out of Sound Mental Health in Tukwila but are provided within Adult Family Homes in various locations throughout King County.

Interns should expect to work with a wide range of psychiatric diagnoses, including but not limited to: Schizophrenia, Bipolar Disorder, PTSD, Dementia, Chemical Dependency and Traumatic Brain Injury. This program is funded via a grant from DSHS-Home and Community Services and interns may have interactions with DSHS social workers as well as be invited to attend monthly staffing meetings at DSHS. Typical clients have behaviors that have caused them to experience long-term psychiatric hospitalization as well as failed community placements in their past. ECS clients are culturally diverse and have complex systemic challenges.

Interns will gain experience in assessment, diagnosis, behavioral management, crisis planning, treatment planning, clinical documentation, advocacy and brief, supportive therapies. ECS uses a team approach and interns will be assigned secondarily to the primary clinician and will develop treatment and behavior plans jointly. Interns will be expected to attend a weekly staff meeting, as well as a one-time per week meeting with their clinical supervisor, or more as needed.

**Internship Responsibilities**

- Caseload of approximately 8-10 clients depending on the # of hours at internship site
- Brief therapy, behavioral interventions, case management, grief and loss counseling, and crisis intervention
- Attendance at weekly staff meeting, supervision and other meetings as available
- Clinical charting on assigned cases
- Travel to and from assigned Adult Family Homes in community via personal vehicle. (Mileage outside of commute will be reimbursed)

**Internship Requirements**

- Applicants must be enrolled in a graduate-level school program
- Applicants must pass a criminal background check and have a good driving record
- Nine months or longer internship is preferred
- Minimum 16-20 hours per week, with a stable, reliable schedule. School vacations/holidays are not necessarily agency holidays and need to be negotiated in advance with clinical supervisor.
- Previous experience in the mental health field, caregiving, or geriatrics (paid or volunteer) is preferred.
Integrated Services provides outpatient assistance to individuals referred via courts, psychiatric hospitals, prisons and jails. The individuals served are diagnosed with severe AXIS I disorders, chemical dependency, and personality disorders and are involved in the criminal justice system. Interns in this department will be sited at our Capitol Hill campus assisting with walk-ins, assessments, group and individual treatment and consultation to court and probation departments. Most of the clients are low income.

Interns can gain experience in domestic violence treatment, sex-offender treatment, co-occurring disorders, chemical dependency treatment, clinical documentation, diagnostics, treatment plans, and progress and discharge notes. Interns will gain familiarization with prison, jail, psychiatric hospital and court settings as they pertain to the mentally ill forensic population.

**Internship Responsibilities**

- Assessing bio-psycho-social needs of the client
- Intake interviews and assessments
- Individual and group treatment
- Consultation with court probation officers, Department of Corrections - community corrections officers and Seattle Police.

**Internship Requirements**

- Six month minimum commitment; nine months to one year preferred
- Minimum 15 to 20 hours per week, with a stable and reliable schedule. School vacations are not considered placement holidays, and all time off must be pre-approved by the supervisor.
- Be able to gain clearance to access Washington State prisons and King County Jail
Older Adult Services (OAS) is a community-based program working with seniors with mental health disorders who are living independently, semi-independently or in nursing/retirement home settings. OAS provides comprehensive outpatient mental health services to those experiencing chronic mental health problems and/or life difficulties related to the process of aging (including adjusting to retirement, dealing with chronic pain or illness, surviving the death of a spouse or other losses). The goals of OAS are to facilitate independence and self-expression by emphasizing communication and decision-making skills, social interaction and an increased level of activity. Psychiatric evaluations, medication management, individual and group counseling are provided on a short and long-term basis along with case management services. Consultation services along with community education and training are available on as needed basis.

Interns within OAS can expect a variety of clinical experiences, gaining a solid overview and understanding of community mental health work and issues related to aging. Internship placements are individualized, taking into consideration each student's background, skills, interests and academic level. Interns indicating readiness, openness and flexibility can achieve a diverse learning experience. Older Adult Services provides training opportunities that include direct client contact-counseling, multidisciplinary clinical consultation, team meetings and weekly individual supervision. Interns are also encouraged to attend Sound Mental Health clinical trainings.

**Internship Responsibilities**

- Individual and group therapy (on-site and in nursing homes), as appropriate, based on clinical evaluation by supervisor
- Participation in medical clinic consultations
- Case management and community support services
- Clinical documentation, including treatment notes, intakes and treatment plans

**Internship Requirements**

- Master’s level student
- Minimum nine month commitment
- Weekly minimum commitment of 20-24 hours preferred
Vocational Services

Vocational Services provides comprehensive vocational services to adults with disabilities (including mental illness and developmental disabilities), as well as those in recovery from substance abuse, head injuries, physical abuse and Post Traumatic Stress Disorder. The degree and extent of the diagnosis has impaired their functioning in the labor market. Vocational Services provides job training and development, allowing each client to maximize his or her potential in the work force. Staff is encouraged to be creative in accessing the labor market and doing job development on behalf of their clients.

Internship Responsibilities

- Caseload of approximately six to eight clients
- Intake interviews and assessments
- Development of treatment plans
- Job training and coaching
- Job development, including working proactively with employers.

Internship Requirements

- Minimum six month commitment; nine months to one year preferred.
- Minimum 15 to 20 hours per week.
- Stable and reliable schedule. School holidays are not considered placement holidays, and all time off must be pre-approved by the supervisor.
- Interns must be able to work well independently, take initiative, and be creative and resourceful in advocating for their clients.
- Some experience in job development and/or job training is preferred.