



**Overview of Sound
Programs for Interns**

Adult Services East

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.

Child & Family Services

Sound 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 Sound 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 Sound 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

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 is the largest provider of mental health services to this population in the Northwest. CNP provides 5 areas of concentration: adult and child 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 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 all time off must be pre-approved by the supervisor.