

ALAMEDA FAMILY SERVICES

2325 Clement Avenue
Alameda, CA 94501
www.alamedafs.org

December 2019

Dear Prospective Applicant:

Thank you for your interest in Alameda Family Services. If you want to do community-based work with diverse families from a strength-based and collaborative perspective, then this may be the agency for you. Attached you will find an overview of the organization, information about our training program, as well as the application and interview timelines.

Please note that the application deadline is February 21, 2020 for practicum students. Please mail in or drop off your application. Please do not email your application. If one or more of our programs interest you more than others, please specify your preferences in your letter of introduction. It would also be helpful to know what draws you to community and family-oriented approaches.

Again, thank you for considering Alameda Family Services for the 2020-2021 training year. If you want to learn more about our programs, please visit our website at www.alamedafs.org. If you have additional specific questions about the training program or selection process, please do not hesitate to call me at (510) 629-6367 or email at jwu@alamedafs.org.

Sincerely,

Jennifer Wu, Psy.D.
Program Director – Behavioral Health Care Services

THE AGENCY

Alameda Family Services (AFS) is a non-profit community agency serving Alameda and the East Bay since 1969. The components of AFS are 1) Early Head Start, which reaches out to families with children 0 to 3 years of age via therapy, groups, and home visits; 2) Head Start, which provides comprehensive services to preschool children and their families; 3) School-Based Services, which offers medical, therapy, and health educational services in the public high schools of Alameda as well as therapy in various elementary and middle schools; 4) Behavioral Health Care Services is comprised of the Clinical Training Program and counseling services. Behavioral Health Care Services trains therapists from a variety of clinical programs in the Bay Area and offers therapy to families, children, youth, and adults as well as crisis intervention and group work. Psychological assessment services are also offered through the Clinical Training Program. Other counseling staff provide therapy in schools and the community.

THE CLINICAL TRAINING PROGRAM within BEHAVIORAL HEALTH CARE SERVICES

Alameda Family Services provides training for practicum students, doctoral interns, and post-doctoral fellows through Behavioral Health Care Services, a program of the agency. The year begins with a four-day orientation, which includes time for practical matters, introductory didactic trainings, and a chance to become acquainted with one another. Ongoing didactic seminars are conducted by staff members as well as outside consultants throughout the year. Overall, trainings emphasize cultural and systemic issues relevant to the community we serve.

The clinical staff includes licensed psychologists, LMFT, LCSW, MFT and MSW interns, as well as other talented counselors with various backgrounds and training. Supervisors are licensed psychologists who utilize traditional supervision meetings, reflecting teams / narrative case conferences, video recording, and group supervision (for doctoral interns, post-doctoral fellows, and trainees who provide assessment services) to support trainees. Supervisors and trainees are matched according to training requirements, schedules, and areas of interest. Some areas of interest of supervising staff are: narrative therapy, trauma, family therapy, multicultural issues, addiction, parenting, psychological assessments, gender issues, working collaboratively with schools, adolescence, supporting new parents, parent-infant/child therapy, and social justice, among others.

Narrative training: The Clinical Training Program features an emphasis on narrative work. We begin the year with six weeks of didactic and experiential training in narrative approaches, including some initial reflecting teams. Thereafter, trainees participate in weekly narrative groups and case conferences, taking turns bringing in clients for reflecting teams. Staff participate in the narrative groups by taking part on the reflecting teams, offering didactic trainings and serving as consultants for families.

Practicum Students, including third-year doctoral, advanced Master's students, and post-Master's students, commit to 20 hours with the possibility of up to 24 hours per week, including one to two evenings until 8pm, depending on the program. Practicum students also cover some occasional weekend hours. Those interested in pursuing assessment / psychological testing experience must have completed one year of assessment coursework and commit to 24 hours per week. Practicum students receive one hour of individual supervision and two hours of narrative case conference each week in addition to a staff meeting and didactic training. Those providing assessment / psychological testing services will have additional group supervision and didactic training. Practicum trainees carry a caseload of 6-8 clients and facilitate one or two groups during the year.

Practicum placements begin in mid to late August and end in late June or early July. The 2020-2021 training year will *likely* be from August 24, 2020 through July 2, 2021. No stipends are available at this level of training.

SAMPLE DIDACTIC TOPICS

working with families
brief therapy
mental health services through a cultural lens
documentation trainings / Medi-Cal paperwork
complex trauma
risk assessments, suicide assessment and intervention
trauma-informed systems of care
adult protective services
working with substance use (adults as well as children and families)
working with young children
working with domestic violence
eating disorders and body image
cultural diversity
disability culture
habits of intentional self-care
case conceptualization from a narrative perspective
couples therapy
Willow Rock site visit
Family Justice Center site visit
women and children's shelter site visit
anger management
inclusive practices for LGBTQ clients
video games & narrative therapy
peer consultation
neuro narrative
narrative work with transgender
problem gambling
art therapy
ACE: adverse childhood events
grief and loss issues
mindfulness & meditation
as well as other various site visits and training topics

Doctoral Interns and Post-doctoral Fellows are required to provide one didactic training of their choice during the Spring. Practicum Students have the option to present on a topic of their choice, if interested.

HOW THE CLINICAL TRAINING PROGRAM FITS INTO THE AGENCY

Through the Clinical Training Program of Behavioral Health Care Services, trainees have opportunities to work in various programs at Alameda Family Services. Depending on interests, schedules, and the needs in the agency and community, trainees are able to choose amongst numerous types of clients and services.

The base of the training program is in Behavioral Health Care Services, which offers brief family therapy to the families of Alameda and neighboring cities. Partially funded by the Delinquency Prevention Network/probation department, the program supports children, youth and families to prevent their involvement in the juvenile justice system or to facilitate their transition out of the juvenile justice system. The program also provides crisis intervention and family reunification services with a focus on youth in temporary custody. Community outreach, parent support services, and issue-based groups are also offered to families. Other opportunities include work with individual adults, couples, and families with younger children at our clinic site. There are also opportunities to run various groups based on needs in the community. Clients are able to use eligible Alameda County Medi-Cal or pay a fee based on a sliding scale. A brief model is used for these clients as well. Due to our commitment of serving children and families, individual adults can only be seen during daytime appointments. Clients come from a wide variety of cultural and socioeconomic backgrounds. Therapists within the Clinical Training Program spend the bulk of their time providing these services within the agency's community clinic. Therapists interested in providing psychological testing services also offer this service at our clinic site. Depending on interest, schedules, as well as agency and community needs, therapists also have the opportunity to be involved in one or more of the following services and programs:

School-Based Services: Another training opportunity is school counseling throughout the public schools of Alameda. Therapists work in conjunction with our School-Based Health Centers to provide crisis intervention, individual, group, and family therapy to high school students who request services or are mandated by schools or probation. Funded by Alameda County Behavioral Health and the Alameda Unified School District, the program offers crisis intervention, participation in school meetings such as IEPs, and ongoing therapy using a brief, twelve-session model. The Health Centers are allied with the coalition for School-Based Health Centers and offer free medical, health education, and youth development services in addition to counseling. Additionally, there are opportunities to co-facilitate groups in the elementary and middle schools.

Early Head Start: Early Head Start provides childcare and comprehensive services to low-income families with children birth to three years of age through center- and homebased program options. Trainees may have the opportunity to be involved in home visits, if interested, screenings for postpartum depression and child development, facilitating developmental play groups, and providing parent-infant and parent-child therapy services.

Head Start: Head Start refers children and their families for counseling services. Trainees work as mental health consultations to support teachers, family advocates, other Head Start staff as well as families. In addition, trainees observe students and provide milieu therapy in the Head Start classrooms. Trainees have also facilitated groups for children and parents connected to Head Start with various parenting groups, such as a male involvement group and a support group for parents of children with special needs, as well as socialization groups for children. Trainees may have opportunities to conduct home visits, if interested, and provide parent-child therapy services.

THE APPLICATION for a Practicum Placement

Your practicum application is for the Clinical Training Program within Behavioral Health Care Services.

To apply, please submit the following by mail (drop off also accepted). Please do NOT email applications:

- Cover letter, including a brief description of your interest in community work with multicultural families and which of our programs and services appeal to you most.
- Current resume / curriculum vitae
- Two letters of recommendation

Please note that if you are interested in assessment / psychological testing experience at Alameda Family Services, you must have completed a year of assessment coursework. A copy of a redacted assessment report will be requested at time of interview. You do not need to send it with the initial application.

Application timelines for 2020 follow the BAPIC calendar. For more information from BAPIC: www.bapic.info

Practicum Students:

Application due: *February 21, 2020*

Interviews: *March 2 – April 3, 2020*

Match and Notification Date: *April 15, 2020*

Mail or drop off practicum applications to:

Jennifer Wu, Psy.D.

Program Director – Behavioral Health Care Services

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