

ALAMEDA FAMILY SERVICES

2325 Clement Avenue, Suite A
Alameda, CA 94501

January 2018

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 information about our training program, including an overview of the organization and didactic topics.

Please note that application deadline is February 20, 2018 for practicum students. 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 2018-2019 training year. If you want to learn more about our programs, please visit our website at www.alamedafs.org. If you have 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-Linked 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, comprised of the Clinical Training Program, Counseling services, and Outpatient Drug-Free Treatment 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. Substance use treatment for youth is offered in the clinic as well as in contracted schools. Adult substance use treatment is offered in the clinic. 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, predoctoral interns, and postdoctoral fellows through Behavioral Health Care Services, a program of the agency. The year begins with a three-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, a LMFT, registered psychologists, 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 pre-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, 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 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 placements begin in August and end in June. No stipends are available at this level of training. Practicum trainees carry a caseload of 6-8 clients and facilitate one or two groups during the year.

SAMPLE DIDACTIC TOPICS

working with families
brief therapy
risk assessment
paperwork trainings/Medi-Cal paperwork
drug & alcohol 101
working with young children
eating disorders and body image
cultural diversity
disability culture
case conceptualization from a narrative perspective
identification and treatment of domestic violence in individuals, families, and couples work
couples therapy
military culture 101
complex trauma
Family Justice Center site visit
Cherry Hill site visit
anger management
LGBTQQI focus group training
review of treatment plan goals, Q&A
video games & narrative therapy
peer consultation
neuro narrative
problem gambling
art therapy
ACE: adverse childhood events
filial therapy: teaching parents to play
grief and loss issues
mindfulness & meditation
conversations with people who have perpetrated violence
LGBTQQI-SS provider training for children and transitional age youth
as well as other various site visits and training topics

Predoc Interns and Postdoc 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.

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.

Behavioral Health Care Services: The base of the training program is in Behavioral Health Care Services, which offers brief family therapy to the families of Alameda. 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 assessment services 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:

Outpatient Drug-Free Treatment Groups within Behavioral Health Care Services: With ongoing weekly groups offered in ODF, trainees are able to co-facilitate outpatient substance abuse groups for youth, parents, voluntary adults, and mandated adults. Trainees have been involved in intakes, substance-related crisis intervention, and dual diagnosis work with clients in ODF.

School-Linked Services: Another training opportunity is school counseling throughout the public high schools of Alameda. Therapists work in conjunction with our School-Based Health Centers to provide crisis intervention, individual, group, and family therapy to 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 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.

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 home-based program options. Trainees may have the opportunity to be involved in home visits, screenings for post partum 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 such as a parenting groups, male involvement group, support group for parents of children with special needs, and socialization groups for children. Trainees may have opportunities to conduct home visits and provide parent-child therapy services.

THE APPLICATION

Your 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 appeal to you most.
- ❖ Current resume / curriculum vitae
- ❖ Practicum students: Two letters of recommendation

Application timelines for 2018 follow:

Practicum Students:

Application due	<i>February 20, 2018</i>
Interviews	<i>March 1 – April 2, 2018</i>
Notification date	<i>April 11, 2018</i>

Mail or drop off practicum applications to:

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