



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Internship Placements 2024-2025 MASTERS LEVEL PROGRAM

San Mateo County Behavioral Health and Recovery Services (BHRS) is a comprehensive county behavioral health services division dedicated to serving the needs of older adults, adults, adolescent, at-risk youth, and families experiencing mental health and/or co-occurring substance misuse concerns. Services are offered in outpatient, inpatient, and outreach programs by multidisciplinary staff that includes psychologists, psychiatrists, nurse practitioners, nurses, social workers, marriage and family therapists (MFT), occupational therapists, trainees, and intern positions. BHRS provides clinical training opportunities to students pursuing their master's degree.

The Alcohol and Other Drugs (AOD) Unit of BHRS offers substance misuse consultation, assessments, linkages, case management, and referrals to a variety of contracted AOD treatment providers and centers. Students are eligible for an AOD internship if they are enrolled in an AOD certificate program. AOD works closely with youth involved in the juvenile justice or juvenile dependency court system, as well as a variety of adult populations including those involved in the criminal justice, child welfare, mental health, psychiatric emergency services, homeless services, and welfare-to-work systems.

We offer many placement opportunities. Some opportunities are with our regional clinics, which serve adults and youth within a geographical area. Other opportunities are with units that serve specialized populations of older adults, adults, adolescents, and/or at-risk youth throughout the county. Each unit is described in more detail in this packet of information. In addition to the required supervision hours, trainees have weekly didactic seminars which are included in clinical case consultations and in-service trainings.

Stipends are available for those providing services to marginalized populations within our system of youth, adolescent, adult, and older adult services through the Cultural Stipend Internship Program (CSIP). Each stipend is \$7,000 per intern or trainee who works 20 hours in their placement, devoting two of those hours to the CSIP program per week. The stipend application will be distributed to all trainees who are offered and accept a position with BHRS for term 2024-2025.

TO APPLY: Please send your resume and a letter of intent to the contact person for each site in which you are interested. It is highly recommended that students apply before **March 1, 2024**. (*Applications submitted after this date will be considered if there are still openings available*)

For more information, please visit our website: <http://www.smchealth.org/bhrs/internships>

For questions, please contact: HS_BHRS_Internships@smcgov.org

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INTEGRATED MEDICATION ASSISTED TREATMENT TEAM

San Mateo County Behavioral Health and Recovery Services

310 Harbor Blvd., Bldg. E.

Belmont, CA 94002

(650) 381-4197

PLACEMENT OPENINGS: Internships are available for **MSW, MFT & LPCC** students.

- 16-20 hours per week.
- Placement from September through June.
- Must be available for meetings and trainings held Wednesdays from 1:00 to 3:00 p.m.
- Bilingual (Spanish) preferred but not required.

PROGRAM DESCRIPTION:

The Integrated Medication Assisted Treatment (IMAT) team provides substance misuse services to around 250 participants throughout San Mateo County who struggle with opiate and/or alcohol misuse concerns and are interested in Medication Assisted Treatment (MAT) to support their recovery. The IMAT team is primarily stationed in the San Mateo Medical Center Emergency Department and consists of six case managers, a program analyst, a benefits analyst, supervising mental health clinician, and clinical services manager. The team works to outreach, engage, and connect multicultural and multilingual individuals from the hospital and throughout the county to MAT, like Buprenorphine and Vivitrol. Referrals to IMAT come directly from San Mateo Medical Center (SMMC) providers as well as from correctional health, community-based organizations, family members, friends, and other local partners. The IMAT team provides ongoing supportive services to those individuals who receive their MAT through the Health Right 360 Medication Assisted Treatment program in San Mateo.

The trainees for the IMAT team provide mental health services for participants who are not yet connected to mental health services or need interim mental health treatment while they are in the process of connecting to services. The program offers opportunities to provide individual therapy, case management, crisis intervention, and rehabilitation and recovery services along with the potential for family or group therapy and community outreach/education on MAT. Trainees will also conduct assessments and complete treatment plans with participants.

Trainees will gain in depth training and support in assessing, diagnosing, and treating a variety of substance misuse with co-occurring mental health concerns. They will also learn about MAT and various harm reduction strategies that support individuals in their recovery. Trainees will be provided weekly individual supervision and weekly group supervision/didactic trainings which include interns from other county behavioral health programs. San Mateo County offers trainees a wide variety of diverse trainings and are also encouraged to participate in the many Health Equity Initiatives that specifically aim to support various cultural groups. The IMAT team is committed to providing compassionate, non-judgmental, and high-quality care to our participants with an emphasis on cultural responsiveness, strengths-based interventions, and trauma informed practices. The ideal trainee candidate for our team will have similar values and a strong commitment to enhancing those skills while working with our team.

SEND RESUME TO: Dr. Stephanie Coate, PsyD

scoate@smcgov.org

LOCATION: North County

POPULATION: Adult

NORTH COUNTY MENTAL HEALTH - ADULT TEAM

San Mateo County Behavioral Health and Recovery Services

375 89 Street

Daly City, CA 94015

(650) 301-8650

PLACEMENT OPENINGS: Internships are available for **second year MSW & MFT** students.

- 20-24 hours per week.
- Placement from September through June.
- Bilingual welcomed (Spanish, Tagalog, Cantonese, Mandarin) interns encouraged to apply.

PLACEMENT DESCRIPTION:

North County Mental Health Services is one of five regional clinics of San Mateo County Behavioral Health and Recovery Services that provides outpatient treatment and services to individuals with severe mental health concerns. Mental Health services include medication management, time-limited individual and group therapy, rehabilitation and recovery services, crisis intervention, and clinical case management. Whenever appropriate, families and individual support systems are involved in treatment.

The North County Mental Health Services staff is composed of a multicultural and interdisciplinary team of psychiatrists, psychiatric residents, social workers, marriage and family therapists, nurses, and peer case managers. The clinic serves a diverse group of community members with a strong focus on Latino and Filipino communities. Bilingual and bicultural trainees are highly encouraged to apply.

The training program at North County Mental Health consists of weekly clinical seminars as well as individual, and group supervision. The seminars are taught by behavioral health professionals at the clinic and in the community who have expertise in prioritized clinical areas.

MSW interns and MFT trainees are involved in all the clinic's services and activities, including assessment, individual and group therapy, case management, and crisis intervention. Interns and trainees also learn about psychopharmacology for non-medical practitioners. There will also be opportunities to work collaboratively with other agencies within San Mateo County's behavioral health system.

North County Mental Health supports research projects within the limits of confidentiality and human subject research regulations and with the approval of Quality Management.

SEND RESUME TO: Linda Hildreth

lhildreth@smcgov.org

CENTRAL COUNTY – ADULT TEAM

San Mateo County Behavioral Health and Recovery Services

1950 Alameda de las Pulgas

San Mateo, CA 94403

(650) 573-3571

PLACEMENT OPENINGS: Internships are available for **second year MSW & MFT** interns. First year internships may be considered for students with prior relevant experience.

Requirements:

- Minimum: 20 hours per week.
- Flexible schedule available Monday – Friday, Thursday mornings are required.
- Placement from September through June, other placement schedules considered.
- Provide clinical services to seriously at-risk adults in an outpatient mental health clinic.
- Bilingual and/or bicultural interns are highly encouraged to apply.

Program Description:

Central County Behavioral Health and Recovery Services is one of five regional clinics that provide outpatient treatment and services to individuals with chronic or severe mental health concerns. Mental health services include medication management, individual and group therapy, rehabilitation and recovery services, crisis intervention, and clinical case management. Treatment teams are multidisciplinary and include psychiatrists, a psychologist, social workers, marriage and family therapists, mental health counselors, psychiatric nurses, peer support, psychiatry residents, and interns. Interns play a significant role in conducting much of the individual group therapy and case management. Working as part of this multidisciplinary team providing recovery-focused services to culturally diverse, chronically, and seriously at-risk adults, including the dually diagnosed population, many with a traumatic history. Skill building in clinical case management, crisis intervention, assessment, planning, evaluation, best practice counseling/therapy for individuals and groups for the severely at-risk population. Specific practice models will be emphasized including, biopsychosocial assessments, trauma informed care, seeking safety, cognitive behavior therapy, dialectic behavior therapy, psychoeducation, and motivational interviewing. The intern would be trained to provide semi-structured diagnostic interviews to complete comprehensive psychiatric/psychosocial assessments and take on an Officer of the Day shift, with staff support, that increases the interns' urgent/crisis management skills.

SEND RESUMÉ TO:

Diana Gomez, LMFT

dgomez@smcgov.org

PRENATAL TO THREE BEHAVIORAL HEALTH TEAM

San Mateo County Behavioral Health and Recovery Services

2000 Alameda de las Pulgas

San Mateo, CA 94403

(650) 372-8592

PLACEMENT OPENINGS: Second Year MSW & MFT (including art therapy) students.

- 24 hours weekly.
- Mandatory staff meetings on Thursdays and small clinical groups on Tuesdays.
- Placements run from August to May
- Spanish-speaking is desirable.

PLACEMENT DESCRIPTION:

- The Prenatal to Three team provides mental health services in the clinic and in the home to Medi-Cal and uninsured populations of pregnant/1-year postpartum women and children up to 5 years of age. This is an early intervention program that focuses on the attachment and developmental process of infants aged zero through five, using a child-parent psychotherapy model.
- The Teen Program provides treatment to pregnant and parenting teens.
- Partners for Safe and Healthy Children (PSHC) provides services to families in San Mateo County who are involved with Child Protective Services (CPS) and have at least one child, 5 and under, in the family. This includes collaboration with CPS social workers and other collaborative partners, and treatment of men, women, and children which focuses on substance recovery, mental health, healing from trauma, and repairing parent-child relationships.
- Trainee caseloads can be from one program or a mixture of Pre to Three, PSHC, and the Teen Program.
- Interventions include assessment, diagnosis, and treatment of both women and their children ages 0-5, individual, family, and group modalities.
- Pre to Three is a multidisciplinary team consisting of psychiatric social workers, marriage and family therapists, community workers, adult psychiatrists, public health nurses, nutritionists, and perinatal drug and alcohol specialists.
- Group and individual supervision provided.

SEND RESUME TO: Cindy Donis

cdonis@smcgov.org

LOCATION: South County

POPULATION: Youth

SOUTH COUNTY MENTAL HEALTH – YOUTH TEAM

San Mateo County Behavioral Health and Recovery Services

727 Shasta St.

Redwood City, CA 94063

(650) 599-1033

PLACEMENT OPENINGS: MFT trainees or intern students. Bilingual Spanish speaking is desirable.

- 20-24 or more hours weekly.
- Mandatory staff and training meetings on Wednesdays from 9:00 to 10:00 a.m.
- Placements run from August through June

PLACEMENT DESCRIPTION:

South County Mental Health Services is one of six regional clinics that serves a diverse community in the southern part of San Mateo County and provides outpatient mental health services to at-risk youth and their families. The target populations are youth, 5 to 18 years old, experiencing severe emotional and/or behavioral concerns with multiple risk factors including psychiatric hospitalizations, out-of-home placement, substance misuse, and trauma. The program's goal is to provide culturally responsive, trauma informed services to support at-risk youth and their families.

Outpatient services include, but are not limited to:

- Individual therapy
- Case management
- Family therapy
- Psychiatric medication evaluation and management
- Group therapy for youth and/or caregivers

Outpatient services may be provided in a clinic, school, or community settings. Service duration can vary depending on the need and care of youth. Services can be short or long-term. The South County youth team is composed of an interdisciplinary team of marriage and family therapists and/or licensed clinical social workers, psychiatrists, and a family partner. Graduate level trainees may be part of the team based on the academic school year. The staff is multicultural and multilingual.

SEND RESUME TO: Jim Rutherford, MFT

jrutherford@smcgov.org

LOCATION: Central County

POPULATION: Youth

CENTRAL COUNTY MENTAL HEALTH – YOUTH TEAM

San Mateo County Behavioral Health and Recovery Services

1950 Alameda de Las Pulgas

Second Floor

San Mateo, CA 94403

(650) 573-2380

PLACEMENT OPENINGS: Internships are available for **second year MSW & MFT** students.

- 16-24 hours per week.
- Placement from September through June.
- Mandatory Wednesday’s staff meeting from 9:00 – 11:00 a.m.
- Bilingual (Spanish) interns are encouraged to apply.

PROGRAM DESCRIPTION:

The Central Youth Team provides mental health services to the multicultural and multilingual communities of the Central San Mateo area. We serve a population of 6-18 years old with moderate to severe mental health needs. Central has a large Latino population with a good percentage of monolingual Spanish-speaking youth and family members.

Central Community service areas assist youth and families from San Mateo, Belmont, and Burlingame.

The trainee/intern at Central Youth Team can expect to develop experience across the following areas:

- Psychotherapeutic, clinical case management, and mental health services to youth and families contending with serious emotional concerns and/or where youth is at-risk of being removed from the home or community.
 - Trainee/ intern will provide community outreach/consultation/collaboration, diagnostic assessments, individual/family interventions, evidence-based treatment, and crisis intervention in outpatient and community settings.
 - Trainee/intern will work as part of a multi-disciplinary team that includes clinicians, a family partner, and child psychiatrists.
- Weekly support: individual supervision, group supervision, clinical staff meetings, and other trainings and seminars.

SEND RESUME TO: Marta Perez, LCSW

mjperez@smcgov.org

LOCATION: Various
POPULATION: Youth

SCHOOL BASED MENTAL HEALTH TEAM

San Mateo County Behavioral Health and Recovery Services
Palos Verdes
1290 Commodore Drive West
San Bruno, CA 94066
PHONE: (650) 583-1260

PLACEMENT OPENINGS: Second year MSW & MFT students

- Placement from September through June.
- 16-20 hours per week.
- Bilingual and bicultural candidates are encouraged to apply.
- Must have car to travel.
- Available for evening hours 5:00 – 7:00 p.m. one day per week for families.
- Mandatory weekly staff meetings and trainings.

Training Setting:

- The team provides comprehensive mental health services to students in special education programs throughout the County of San Mateo. These students have significant emotional/behavioral concerns, which affect their ability to learn in the classroom.
- The team serves youth from elementary through high school - up until the age of 22.
- Mental health services may include: mental health assessments, individual/family therapy, case management, participation in Individualized Education Program (IEP) meetings, consultation with education staff, and/or collaboration with other community agencies.
- The team is a multidisciplinary team consisting of therapists, a child psychiatrist, a psychologist, and a parent liaison.
- Group and individual supervision provided.
- Interns are required to have some volunteer or paid experience working with youth.
- Position requires travel between school sites.
- School Based Mental Health comprises of three teams: North, Central/Coast, and South Clinics.

SEND RESUME TO:

Karen Feliciano, LMFT (North)

kfeliciano@smcgov.org

Gabriela Perez, EdD, LMFT (South)

gaperez@smcgov.org

LOCATION: South County

POPULATION: Youth

TRANSITIONAL AGE YOUTH TEAM

San Mateo County Behavioral Health and Recovery Services

727 Shasta Street

Redwood City, CA 94063

(650) 599-1033

PLACEMENT OPENINGS: MSW & MFT students

- 16 to 24 hours weekly
- Must be available Thursdays from 9:30 a.m. to noon for weekly seminar and staff meeting.
- Placement runs from September through June
- Bilingual Spanish is welcome but not required

PROGRAM DESCRIPTION:

The field-based team provides individual therapy to transitional age youth ages 18-25 years. Interns will provide clinical case management and counseling to transitional age youth with multiple risk factors including risk of out-of-home placement, psychiatric hospitalization, history of trauma, substance misuse, and/or homelessness. Interns will participate in multidisciplinary team meetings to provide services to emotionally at-risk youth and seriously at-risk adults, providing individual, family, and group psychotherapy for transitional-age youth. Interns will have the opportunity to gain knowledge on evaluating young adults admitted to the psychiatric emergency department and collaborate with multiple service systems including education, probation and social services. Additionally, interns will learn and develop skills in the areas of crisis intervention, short-term counseling/therapy, assessment and evaluation, treatment planning, case management, and group therapy.

SEND RESUME TO:

Mary Stavn

mstavn@smcgov.org

LOCATION: Various
POPULATION: Youth

BADEN THERAPEUTIC DAY SCHOOL

San Mateo County Behavioral Health & Recovery Services
825 Southwood Drive
South San Francisco, CA 94080
(650) 877-8795

PLACEMENT OPENINGS: Internships available for **MFT** students.

- 24-30 hours per week.
- Placement from August through May.
- Must be available to work Tuesday through Friday from 8:00 a.m. to 2:00 p.m.

PROGRAM DESCRIPTION:

The placement would provide individuals with working on a multidisciplinary team, serving high school students with emotional concerns.

- The program is a collaborative effort between BHRS and the local high school districts.
- All students in the program qualify for special education and have emotional and behavioral concerns.
- This day treatment modality includes individual, family, group, and milieu.
- Collaboration with Child Protective Services, juvenile probation, and the school districts.
- Weekly attendance at staff meetings is required. The day and time are dependent on which program location the student is interning.

SEND RESUME TO:

Claire Tracey

ctracey@smcgov.org