



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Internship Placements for 2023-2024 ***MASTERS-LEVEL and ALCOHOL AND DRUG CERTIFICATE PROGRAM***

San Mateo County (SMC) Behavioral Health and Recovery Services (BHRS) is a comprehensive county behavioral health services program dedicated to serving the needs of adults with serious mental illness and/or co-occurring substance abuse concerns, as well as severely emotionally disturbed youth and their families. Services are offered to children, adolescents, adults, and older adults in inpatient, outpatient, and outreach programs by multidisciplinary staff that includes psychologists, psychiatrists, nurse practitioners, nurses, social workers, MFTs, occupational therapists, trainees, interns and peer support positions. BHRS provides clinical training opportunities to students pursuing their master's degree, their Alcohol and Drug Certification, or their doctorate. This packet describes internship opportunities for master's students and Alcohol and Drug Certification students.

The Alcohol and Other Drug Services (AOD) Unit of BHRS offers substance use consultation, assessment, linkage, 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 Alcohol and Drug 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 youths within a geographic area. Other opportunities are with units that serve specialized populations of older adults, adults, and/or youth throughout the County. Each unit is described in more detail in this packet of information. Besides the required supervision hours, trainees have weekly didactic seminars and are included in clinical case consultations and in-service trainings.

Cultural Competency Stipends are available for those who are able to help provide services to marginalized communities within our system of Older Adult, Adult, and Youth Services and are selected to participate in our Cultural Stipend Intern Program (CSIP). Each stipend is up to \$7,000 for an intern or trainee who works 24 hours in their placement. Stipends will be pro-rated if the student works fewer hours. The stipend application will be distributed to all trainees who are offered and accept a position with BHRS for 2023/2024.

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 1st. (Applications submitted after this date will be considered as long as there are still openings available at the sites.)

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

For questions, please contact: BHRS-WorkforceDev@smcgov.org

**Placement Opportunities in San Mateo County for MASTERS-LEVEL
and ALCOHOL AND DRUG CERTIFICATE PROGRAM Students**

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INTEGRATED MEDICATION ASSISTED TREATMENT TEAM (IMAT)
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 MCWs, MFTs, and LPCC students.

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

PROGRAM DESCRIPTION:

The Integrated Medication Assisted Treatment (IMAT) team provides substance use disorder services to around 250 clients throughout San Mateo County who struggle with Opiate and/or Alcohol Use Disorders and are interested in Medication Assisted Treatment (MAT) to support their recovery. The IMAT team is primarily stationed in the San Mateo Medical Center (SMMC) 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 multi-cultural and multilingual clients from the hospital and throughout the county to MAT, like Buprenorphine and Vivitrol. Referrals to IMAT come directly from 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 clients 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 clients 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 clients.

Trainees will gain in-depth training and support in assessing, diagnosing, and treating a variety of substance use disorders along with co-occurring mental health conditions. They will also learn about MAT and various harm-reduction strategies that support clients in their recovery. Trainees will be provided weekly individual supervision and weekly group supervision/didactic trainings which includes 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 clients with an emphasis on cultural humility, 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 in the work with our team.

SEND RESUME TO: Stephanie Coate, PsyD

scoate@smcgov.org

NORTH COUNTY MENTAL HEALTH - ADULT TEAM
San Mateo County Behavioral Health and Recovery Services

375 89TH STREET
Daly City, CA 94015
(650) 301-8650

PLACEMENT OPENINGS: Internships are available for second-year MSW and MFT students.

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

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 major psychiatric disorders. 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 clients' 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 clients with a strong focus on Latino and Filipino communities. Bilingual and Bicultural trainees are 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 of 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 regulations and with the approval of Quality Management.

SEND RESUME TO: Natalia Estrada

nestrada@smcgov.org

Linda Hildreth

lhildreth@smcgov.org

EAST PALO ALTO COMMUNITY COUNSELING CENTER
San Mateo County Behavioral Health and Recovery Services

2415 University Avenue, Suite 301
East Palo Alto, CA 94303
(650) 363-4030

PLACEMENT OPENINGS: M.F.T. and M.S.W. trainees

- 16-24 hours weekly
- Must be available:
 - Tuesdays 9:30 a.m. and 1:00 p.m. for clinical team meetings
 - Thursdays, 1:00 pm – youth clinical meetings (if interested in having a youth caseload)
- Placement begins in September and goes through June
- Bilingual Spanish preferred

PLACEMENT DESCRIPTION:

East Palo Alto Community Counseling Center provides mental health services to the multicultural and multi-lingual communities of East Palo Alto and East Menlo Park. Delivery of culturally and linguistically appropriate services is an operational mandate of this clinic. The ideal trainee candidate will possess cultural and linguistic competencies pertinent to the Latino, African American, and Pacific Islander communities of EPA and EMP and will have a strong commitment to enhancing those competencies during the traineeship. The trainee at **EPACCC** can expect to develop experience in the following areas:

- **Psychotherapeutic and Clinical Case Management services to adults contending with serious and persistent mental illness.**
 - Trainee will provide community outreach/consultation/collaboration, diagnostic assessments, individual/family/group interventions, evidence-based treatment, and crisis intervention in both outpatient and community settings.
- **Psychotherapeutic, Clinical Case Management, and Mental Health services to youth and families contending with serious emotional disturbance and/or where the youth is at risk of being removed from home or community.**
 - Trainee will provide community outreach/consultation/collaboration, diagnostic assessments, individual/family/group interventions, evidence-based treatment, and crisis intervention in both outpatient and community settings.

SEND RESUME TO: Rudy DeAsis

rdeasis@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 M.S.W. or M.F.T. (Including Art Therapy) students.

- 24 hours weekly.
- Mandatory staff meeting and mandatory training meetings on Tuesdays and Thursdays
- Placements run from August to May
- Spanish-speaking is desirable.

PLACEMENT DESCRIPTION:

- Prenatal to Three team provides Mental Health Services in the clinic and in the home to the Medi-Cal and uninsured population 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.
- 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 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 illness, healing from trauma, and repairing parent-child relationships.
- Trainee caseloads can be from one program or a mixture of Pre to Three, PSHC, and Teen Program.
- Interventions include assessment, diagnosis, and treatment of both women and their children 0-5 individual, family, and group modalities.
- Pre to Three is a multidisciplinary team consisting of psychiatric social workers, marriage 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

ADOLESCENT THERAPUTIC DAY SCHOOL
San Mateo County Behavioral Health and Recovery Services

727 Shasta St.
Redwood City, Ca 94063
(650) 599-1033

PLACEMENT OPENINGS: M.F.T. Trainees or Interns students. Bilingual Spanish-speaking is desirable.

- 20-24 or more hours weekly.
- Mandatory staff meeting and mandatory training meetings once a week on Wednesdays 9 am-10 am.
- Placements run from August through June

PLACEMENT DESCRIPTION:

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

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 setting. Service duration can vary depending on the need and care of youth. Services can be short-term or long-term. The South County Youth Team is composed of an interdisciplinary team of marriage and family therapists (interns) and/or licensed clinical social workers, psychiatrists (ASW), 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

CENTRAL COUNTY MENTAL HEALTH - YOUTH TEAM
San Mateo County Behavioral Health and Recovery Services

**1950 Alameda de Las Pulgas, 2nd floor
San Mateo, CA 94403 (650)
(650) 573-2380**

PLACEMENT OPENINGS: Internships are available for second-year MSW and MFT students.

- 16-24 hours per week.
- Placement from September through June.
- Mandatory Wednesdays staff meeting 9 AM-11 AM
- Bilingual (Spanish) interns are encouraged to apply.

PROGRAM DESCRIPTION:

The Central Youth Team provides mental health services to the multi-cultural and multi-lingual 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 serves youth and families from San Mateo, Belmont, Burlingame, and Millbrae.

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 disturbance and/or where the youth is at risk of being removed from 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

SCHOOL-BASED MENTAL HEALTH TEAM
San Mateo County Behavioral Health and Recovery Services

**350 – 90th Street
Daly City, CA 94015
(650) 301-8495**

PLACEMENT OPENINGS: MFT and LCSW Students

- Starts in September through June
- 16-20 hours per week
- Bilingual and Bicultural candidates are encouraged to apply
- Must have car to travel

PROGRAM DESCRIPTION:

School-based interns provide therapy for students in special education and work with IEP teams and community agency partners. North County Mental Health Services, one of the five regional clinics in San Mateo County, provides outpatient treatment and services to youth and their families. The target population is children and adolescents under 18 presenting with severe emotional and/or behavioral issues and with multiple risk factors including psychiatric hospitalization, out-of-home placement, substance abuse, and trauma.

The North County Mental Services staff is composed of an interdisciplinary team of Psychiatric Social Workers, Marriage and Family Therapists, a Psychologist, a Psychiatrist, and a Family Partner. The staff is multiracial, multicultural, and multilingual.

The Training Program consists of clinical seminars and weekly supervision. The seminars are provided by working professionals with experience and competency in the field of mental health. Trainees will also have the opportunity to attend additional trainings provided by BHRS and Psychiatric Grand Rounds. Trainees may have the opportunity to work with any of the nine Health Initiatives, under the Office of Diversity and Equity, to receive further training in reducing health disparities in San Mateo County.

Trainees will provide individual, family, and group therapy to youth in addition to crisis intervention and case management services. Trainees will develop clinical skills in assessment, diagnosis, treatment planning, multiple modes of treatment, linkage to services, multidisciplinary collaboration, and coordination with the agencies involved. Services may be provided in a clinic, school, or community setting.

SEND RESUME TO: Karen Feliciano

kfeliciano@smcgov.org

SCHOOL-BASED MENTAL HEALTH TEAM
San Mateo County Behavioral Health and Recovery Services

**727 Shasta St.
Redwood City, Ca 94063
(650) 599-1033**

PLACEMENT OPENINGS: MSW, MFT, AMFT, and ASW Trainees or Interns students. Bilingual Spanish-speaking is desirable.

- 24 hours or more weekly.
- Must be available to work Mondays, Tuesdays, and Wednesdays
- Placement runs from August through May/June.

PLACEMENT DESCRIPTION:

The team provides comprehensive mental health services to students in the San Mateo County- South county region. These students have severe emotional, behavioral, developmental, language, and/or physical disabilities, which compromise their ability to learn in the classroom.

Mental Health intervention may include a mental health assessment; individual, group, and family therapy, consult with education staff, milieu intervention in a special day class, and/or liaison with other community agencies.

- The team is a multi-disciplinary team consisting of social workers, MFTs, child psychiatrist, parent liaison and an art therapist.
- Group and individual supervision provided.

SEND RESUME TO: Gabriela Perez, LMFT

gaperez@smcgov.org

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 and MFT interns.

- 16 to 24 hours weekly
- Must be available Thursdays from 9:30 am 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 old. 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 abuse, and/or homelessness. Interns will participate in multidisciplinary team meetings to provide services to emotionally disturbed youth and seriously mentally ill adults; provide individual, family, and group psychotherapy for transitional-age youth. Interns will have the opportunity to gain knowledge on evaluating young adult clients admitted to 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

BADEN THERAPEUTIC DAY SCHOOL
San Mateo County Behavioral Health and 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-Friday 8 am-2 pm

PROGRAM DESCRIPTION:

The placement would provide individuals with working on a multi-disciplinary team, serving high school students with emotional disturbance.

- 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 problems.
- 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 the student is interning at.

SEND RESUME TO: Nathalie Gangel

ngangel@smcgov.org

Therapeutic Day School
San Mateo County Behavioral Health and Recovery Services

Palos Verdes School
1290 Commodore Drive West
San Bruno, CA 94066
(650) 583-1260

PLACEMENT OPENINGS: MFT students

- 16-20 hours or more weekly.
- Mandatory staff and clinical meetings Tuesday's training meeting one time per week.
- Placement runs from August through June.

PLACEMENT DESCRIPTION:

The team provides comprehensive mental health services to students in the San Mateo County Special Education programs. These students have severe emotional, behavioral, developmental, language, and/or physical disabilities, which compromise their ability to learn in the classroom.

Mental Health intervention may include a mental health assessment; individual, group, and family therapy, consult with education staff, milieu intervention in a special day class, and/or liaison with other community agencies.

- The team is a multi-disciplinary team consisting of social workers, MFTs, child psychiatrist, parent liaison and an art therapist.
- Group and individual supervision provided.

SEND RESUME TO: Claire Tracey

ctracey@smcgov.org