



**JOB TITLE: Mental Health Therapy Intern (Unlicensed)**

**JOB CLASS: Internship/Practicum Trainee**

**JOB RESPONSIBILITIES:**

The Mental Health Intern is a trainee position requiring advanced education to provide clinical skills within an outpatient therapy setting. Under the supervision of the Director of Behavioral Health or other identified licensed provider, the intern will contract to learn clinical skills applied to a generalist therapist position treating patients within a non-profit, community health agency that is a Federally Qualified Health Center. Depending on the interest and level of experience of the intern, the position may be given some additional responsibilities learning about behavioral health consulting within an integrated care environment. The intern is expected to learn about the need for flexibility while working with diverse populations and apply evidenced based practices to their practice. The intern is expected to balance learning and professionalism and to grow by giving and receiving feedback. Curiosity and compassion are assets here.

The intern provides attends in-house trainings, attends one hour of individual supervision per week, attends one hour of group supervision per week, provides clinical care for patients with vulnerability to mental health concerns, substance or alcohol misuse triaging, diagnostic assessment and supportive therapy, education/support groups and consultation. The intern provides follow up care in an outpatient medical clinic, including proper documentation completed in a timely matter on an electronic health record, consultation to medical and mental health providers, and coordination of care according to patient needs. He/she will work with complex health populations that include individuals with dual diagnoses and chronic health conditions. The intern will work alongside behavioral health and medical staff and participate in departmental meetings as assigned. The intern will also help to coordinate relationships and referrals with treatment centers nearby.

**RESPONSIBILITIES:**

- Under supervision of licensed staff, learn/provide assessment and brief interventions, including psychoeducation and motivational interviewing for behavioral changes to support a patient's emergent medical and emotional needs.
- Commit to 20 hours of regularly scheduled clinic hours. Be willing to be observed and to shadow the work of other therapists. Eventual goal is to be scheduled with patients 50% of the time.
- Participate in staff/group meetings, contributing to and receiving feedback on clinical work.
- Learn/use SBIRT (screening, brief intervention, and referral to treatment) model to care for substance abuse problems.
- Provide 30 to 45 minute outpatient therapy services in behavioral and medical clinic



setting using evidenced-based practices for general conditions.

- Learn how health conditions impact mental health presentations.
- Make appropriate internal and external referrals to collaborators to see that the patient is connected with necessary resources and health appointments.
- Use collaborative care model by working closely with primary care providers in charting and direct communication to ensure that patient understands and is following recommended treatment regimens.
- Provide feedback to mental health and primary care providers to help develop a comprehensive treatment plan that is relevant to the individual patient and family's needs.
- Contribute to the mission of Open Cities Health by providing culturally competent primary and preventive health care.
- Continue to learn and be willing to identify areas of professional growth to benefit clinical care. This includes engaging in conversations about areas of strengths and weaknesses, discussing transference/countertransference in therapy, and willingness to be vulnerable in order to learn.
- Maintain complete and timely electronic records.
- Practice to the best standards and ethics as determined by HIPPA, The Joint Commission and clinical boards where the clinician is licensed.
- Obtain ongoing clinical supervision to improve skills and to hone awareness of ethical issues. Need to be able to receive and give feedback on clinical work.
- Attend clinical meetings as assigned by supervisor on a weekly basis and participate in agency projects as assigned.

### **Knowledge and Skills:**

Required: Graduate level training within a mental health field such as psychology, social work, counseling, or related area. Knowledge to include providing culturally competent assessments and interventions, collaboration with other health care providers, and the ability to take direction and feedback from colleagues. Interns are clinical staff who are expected to obtain CPR training within 3 months of hire.



**EXPERIENCE:** Previous clinical, counseling, or patient contact within a clinical setting.

**ABILITIES:**

1. Ability to work sensitively with patients from diverse cultures and backgrounds.
2. Ability to communicate effectively and work cooperatively at all levels of the organization.
3. Ability to clarify goals and coordinate multiple projects and patient needs concurrently, and prioritize effectively.
4. Ability to function flexibly and creatively in a fluid environment.
5. Ability to work independently at times in ambiguous circumstances and to use consultation when in doubt.
6. Awareness of ethical decision making.

**KNOWLEDGE:**

1. Knowledge of how to diagnose and treat a variety of psychological conditions that presents in a community clinic setting.
2. Knowledge of evidenced based practices for treating trauma.
3. Knowledge and/or willingness to learn and use community resources.
4. Knowledge of how to screen for substance use disorders and refer to appropriate resources.
5. Knowledge and/or willingness to learn about health psychology.

**MISSION**

The mission of Open Cities Health Center, Inc. is to provide culturally competent primary and preventive health care and related services to all people throughout the Twin Cities metropolitan area. Our goal is to improve the health and wellbeing of high risk and vulnerable populations through the provision of affordable medical, dental and mental health care and support services.

Open Cities Health Center, Inc. has been providing health care services to the community for 40 years. We have two sites: 409 North Dunlap Street, St. Paul, MN 55104 and our Open Cities Health Center - Northend Clinic located at 916 Rice Street, St. Paul, MN 55117.

*Open Cities Health Center (OCHC) is an affirmative action / equal opportunity employer. OCHC does not discriminate in employment on the basis of race, color, creed, religion, national origin, sex, marital status, disability, public assistance, age, sexual orientation, or membership on a local human rights commission.*



**How to Apply:**

Please send your cover letter and resume to [hr@opencitieshealth.org](mailto:hr@opencitieshealth.org). If there are any questions, please contact Human Resources at [hr@opencitieshealth.org](mailto:hr@opencitieshealth.org).