



## Sagamore Children's Psychiatric Center

**Name of Externship:** Sagamore Children's Psychiatric Center Externship

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### **General Information:**

**Start Date:** First Thursday in July

**End Date:** Last Wednesday in June

**Length of Externship (in months):** 12

**How many hours a week are expected of extern?** 20

**# of externs to be accepted for 2019-20:** The psychology externship at Sagamore Children's Psychiatric Center has a total of 5 positions. Initially, 4 of the externs will be assigned to the inpatient units and 1 to be assigned to an outpatient Day Treatment Program. One student will be assigned to an inpatient/outpatient rotation, beginning on inpatient. All students to have assessment responsibilities on inpatient (see below).

**Minimum level of readiness:** Special consideration given to fourth year clinical psychology students. Coursework in Psychological assessment a must.

**Internship Policy:** Externship placement does not interfere with ability to return as an intern. Sagamore accepts applications from students concurrently applying for Internship.

### **Materials to be submitted:**

Cover Letter

University's written approval for Externship

Curriculum vitae or resume

Sample testing report

Two letters of recommendation

**Interviews:** Sagamore Children's Psychiatric Center follows the guidelines established by PSYDNYS regarding the externship application process.



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### **Description of Externship:**

Sagamore Children's Psychiatric Center is a New York State Office of Mental Health facility that provides mental health treatment to Children and Adolescents with severe and persistent mental illness across Long Island. Sagamore Children's Psychiatric Center- Inpatient Units are long-term hospitalization for children/adolescents that cannot be stabilized in an acute care hospital setting. A typical stay at Sagamore is 3-6 months. Sagamore Children's Psychiatric Center externship also includes placements at our Day Treatment Facilities. Day treatment is the most intensive, non-residential mental health/educational service for youngsters residing at home or in community-based residential alternatives. These professionally staffed programs are located in BOCES educational centers. The collaborative clinical and educational staffing ensures an intensive educational/therapeutic experience on a daily basis for youngsters unable to participate in community schools because of serious emotional and/or behavioral problems.

Sagamore Children's Psychiatric Center Child/Adolescent Externship track provides in-depth training in assessment, psychotherapy, and treatment planning for graduate students who are enrolled in clinical and clinical-school psychology programs. The orientations of the Psychology Department staff are varied and include cognitive-behavioral, psychodynamic and integrative perspectives. Externs to learn to identify and classify symptoms of psychopathology within the framework of the DSM-V as well as within child development. Externs to work closely under the supervision of psychologists and as part of the interdisciplinary teams, as the primary therapist for their cases. Externs to be responsible for individual therapy, crisis intervention, treatment planning and case management. Strong emphasis is placed on psychological assessment; cognitive, emotional and neuropsychological. Sagamore Children's Psychiatric Center is committed to the participation of family members in all aspects of treatment planning. Sensitivity to both cultural diversity and ethical standards is considered essential.

### **Responsibilities:**

#### **Interventions:**

Externs carry two individual therapy cases and their families; co-lead one weekly therapy group; complete, at minimum, 15 psychological assessments per year; participate in multidisciplinary treatment team meetings and attend diagnostic conferences, case conferences and seminars.

#### **Assessment:**

Externs to complete, at minimum, 15 psychological assessments at the inpatient facility, per year;

Cognitive Testing: WISC-V, WAIS-IV, WASI-II

Emotional Functioning: Rorschach, Exner Scoring System, MMPI-A, MACI, M-PACI, SIQ

Clinical Interview

Repeated Measures: BDI-II

Opportunities may be available for neuropsychological assessment

Estimated # of integrated assessment reports per year: 10

**Placements Offered:** Externs are assigned to training sites and units, and efforts are made to accommodate their preferences.



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***The following sites are available for externship training; Descriptions to follow; Please specify preference in cover letter.***

Inpatient: 3 Externship Positions

North Babylon Day Treatment- 1 Externship Position

Waverly Satellite at Jerusalem Avenue Elementary School-Based Clinic: Initial rotation begins on Inpatient and transfers to outpatient in December.

### **Inpatient Treatment**

Sagamore Children's Psychiatric Center's inpatient program is designed to treat children and adolescents with serious emotional and psychiatric disturbances who require a highly structured and supervised inpatient program. Sagamore is an intermediate care facility that accepts referrals primarily from acute hospitals in the community. The children and adolescents cared for at Sagamore have typically been unable to stabilize at a lower level of care. The length of stay varies according to individual needs of the child/adolescent. Children and adolescents are typically placed on the inpatient unit that is most compatible with their age and overall level of functioning and treatment needs. The inpatient teams consist of professionals from a variety of disciplines, including psychiatrists, pediatricians, nurses, social workers, psychologists, teachers, recreation therapists, and direct care staff to assure an integrated approach to the therapeutic environment. In addition, Sagamore maintains its own school, provides routine medical services, and extensive therapeutic recreation services. Teachers work closely with home school districts to encourage educational progress. All children and adolescents admitted to the hospital receive a comprehensive psychiatric, medical, psychological, psychosocial, and educational assessment. Professional staff work closely with parents, involved outside agencies and practitioners to develop a treatment plan based on the findings of the assessments. Family participation in the inpatient treatment is strongly encouraged and in many cases is a key factor in a successful course of inpatient hospital treatment. Therapeutic modalities include individual, family, group, and milieu treatment.

The inpatient program at Sagamore currently houses three inpatient units, each being a co-ed unit and maintaining a 15- bed capacity. The overall age range is from 10 to 18 years and the population is racially, ethnically and socially diverse. Each unit has its own multidisciplinary team which includes psychiatry, medicine, nursing, psychology, social work, recreational therapy, nutrition, teachers, and direct care staff. Treatment modalities on all units include medication management, individual, family and group therapies, and daily educational and recreational programming.

Extern assigned to the Inpatient Facility conduct individual, family and/or group therapies with patients ages 10-18 years of age. Therapeutic modalities include psychodynamic, Cognitive Behavioral, family systems and psychoeducational support for small groups and parents.

### **Outpatient Community Treatment**

#### ***Day Treatment/School Based Mental Health Clinics***

Sagamore, in cooperation with the five Long Island Board of Cooperative Educational Services (BOCES) districts, provides comprehensive day treatment services/school based mental health clinics at locations throughout Nassau and Suffolk counties. Day treatment/school based mental



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health clinics are the most clinically intensive, community based mental health/educational service for children and adolescents residing at home or in community-based residential alternatives. These professionally staffed programs are housed within BOCES educational centers and have excellent teacher to student ratios along with a full interdisciplinary complement of mental health staff including psychologists, social workers and psychiatrists or nurse practitioners. The collaborative clinical and educational staffing ensures an intensive educational/therapeutic experience on a daily basis for children and adolescents who require a smaller, therapeutically based setting to assist them in managing their emotional and behavioral disturbances. Approval by the school district as well as by the joint Sagamore/BOCES screening team is necessary for admission. Children and adolescents receive individual therapy, group and family therapy as deemed clinically appropriate. Treatment modalities may include CBT, trauma-based psychotherapy, play therapy, family systems, and behavioral management/consultation. Clinicians also provide case management, coordination of services and educational consultation. Daily transportation to the program site is provided for by the home school district.

Sagamore's community-based programs are as follows:

**North Babylon Day Treatment:** Extern assigned to the Brennan Day Treatment Program conduct individual, family and/or group therapies with patients ages 12-17 years of age in a fully integrated clinical and educational program. Therapeutic modalities include psychodynamic, CBT, family systems and psychoeducational support for small groups and parents. Extern assigned to the Outpatient Program will complete assessments and attend seminars and didactics at the inpatient facility. *The Brennan Day Treatment location- 550 Mount Avenue, North Babylon, NY 11703.*

**Waverly Satellite at Jerusalem Avenue Elementary School-Based Clinic:** Extern assigned to the Sayville Day Treatment Program conduct individual, family and/or group therapies with patients five to 10 years of age in a fully integrated clinical and educational program. Therapeutic modalities include play therapy, psychodynamic, CBT, family systems and psychoeducational support for small groups and parents. Initial rotation begins on Inpatient and transfers to outpatient in December. Extern assigned to the Outpatient Program will complete assessments and attend seminars and didactics at the inpatient facility. *The Jerusalem Ave. Elementary School-Based Clinic location- 2351 Jerusalem Avenue, North Bellmore, NY 11710.*

**Supervision:** Externs are provided with live, face to face supervision, at least two hours per week. At minimum, one-hour weekly supervision by a supervising psychologist, who directly oversees Externs' work on the units/program to which they are assigned and at minimum, one hour for assessment. Additional supervision is provided as needed. Direct observation can occur during admission interviews, individual therapy, group interventions and family therapy.

**Seminars and Didactics:** In addition to weekly supervision, Externs participate in weekly seminars; Case Formulation and Psychotherapy Process Seminar and Psychological Assessment Seminar. Monthly Seminars and didactics are also provided; topics include Psychopharmacology, Dialectical Behavioral Therapy, Gender studies and Consultation.