



THE ALLENDALE ASSOCIATION

**Community Support Program (CSP)
Psychotherapy Practicum
Information Packet**

2010-2011

INTRODUCTION TO ALLENDALE

The Allendale Association is a private, not-for-profit organization located in Lake Villa, Illinois, 50 miles north of Chicago. Founded in 1897, Allendale serves troubled youth and their families. Allendale's main programs include the following: (1) residential treatment services, (2) educational services, and (3) clinical and community services. In addition to providing services to our residential treatment program clients, Allendale's educational services include a day education treatment program (Stepping Stone) that serves troubled students from the local area school districts. The clinical and community services program consists of independent living, specialized foster care, mentoring services, community support program (CSP), and outpatient counseling for children, adolescents, and adults in the community.

The Allendale Association is directed by a distinguished board of trustees comprised of 36 men and women representing various races, religions and creeds. The trustees govern the policies and programs of the Association. They are also responsible for raising private funds to support the capital and operational needs of the Association's programs. The Association is very fortunate to have the support of women's auxiliary groups, as well as the generous support of hundreds of "friends" who financially aid Allendale in providing youth and families with high quality programs and services.

All three main treatment programs serve male and female clients and their families. In our residential treatment program, nearly 60% of the clients are African-American, 30% are Caucasian and 10% are Hispanic. For the day treatment program approximately 45% of the students are African-American, 45% are Caucasian, and 10% are Hispanic. Ninety percent of the clients in our outpatient program are Caucasian. The clients served by Allendale represent suburban, urban and some rural populations and range in pathology from those who are severely disturbed and psychotic to those experiencing family conflicts, marital conflicts, personality disorders, conduct disorder, PTSD, depression, anxiety, ADHD, and adjustment problems.

Residential Treatment and Transitional Living Services

The residential treatment program provides intensive treatment to youth who have severe emotional and behavioral disorders. There are nine units on the Lake Villa campus; two group homes located in Waukegan, Illinois; a girl's group home in Highland Park, Illinois; and the Benet Lake residential treatment unit, just over the Illinois-Wisconsin border. There are also two transitional living sites in Zion, Illinois. The total residential capacity is approximately 148, not including transitional living. The transitional living program's capacity is 20.

Clients are boys and girls aged 7 to 17 at admission who cannot be maintained, treated, and/or educated in their communities for a variety of reasons. A major contributing factor to the need for out-of-home placement is the existence of severe behavioral dysfunction, mental illness, or both. Some clients have multiple diagnoses, but only clients with a primary diagnosis of mental illness are considered for admission. Many of the residential clients have histories of physical and/or sexual abuse.

The main source of referrals to the residential program includes the Department of Children and Family Services (DCFS), the Department of Human Services (DHS), and the Illinois State Board of Education (ISBE). The residential program also receives referrals from the court system, insurance companies, and private pay.

Stepping Stone (Day Education Treatment Program that is part of Allendale's Educational Services)

Stepping Stone is an extended-day, education treatment alternative provided to youth from the surrounding communities who have serious emotional and behavioral disabilities. The program emphasizes academic, diagnostic, and instructional intervention, as well as psychotherapy. These students are not able to be maintained in the special education program of their local school districts because of their emotional and behavioral problems. Due to the severity of their problems, they require a highly specialized "day only" therapeutic program. This program serves approximately 120 boys and girls from ages 8 to 21. This includes a satellite campus (LINC) in Woodstock. The main source of referrals is the Illinois State Board of Education.

Clinical and Community Services

All clinical services for the agency (residential, day treatment, outpatient, and community services) are provided by therapists and trainees who are housed in this department.

Bradley Counseling Center (Outpatient Services): This program includes a community-based, outpatient counseling center with locations in Lake Villa and Gurnee, Illinois. Designed to serve troubled children and adolescents, families, and adults, the center employs clinicians and diagnosticians in the fields of psychology, social work, psychiatry, and other allied mental health fields. Individual, group, family, marital, or play therapy is utilized to provide remediation and relief and to help clients develop more adaptive ways of dealing with personal difficulties. In addition, the counseling center provides parenting skills groups, counter-response groups, and anger management groups. Comprehensive diagnostic evaluations and psychological assessments are also provided, as well as community consultation and education.

Specialized Foster Care: Allendale's specialized foster care program serves children with special needs. These children range in age from predominantly 7 to 18 years and have a variety of problems, including emotional and behavioral difficulties. Most of these youth are wards of DCFS and referred by this agency. Therapists, caseworkers, and trained foster parents form a treatment team that addresses the needs of this specialized population. Children are generally in foster care from three months (emergency placements) to three years with one of four outcome goals - return home, adoption, subsidized guardianship, or independent living. This program serves approximately 10 to 15 youth and helps to provide a means of "stepping-down" youth in our residential treatment center to a less restrictive treatment setting.

Independent Living Program: The Allendale Association's independent living opportunity (ILO) is designed for youth 17 to 21 years old who are "stepping down" from residential's TLP or foster care to a less restrictive treatment setting. The youth are placed in scattered site apartments and given a small allowance. These youth typically come from unstable family situations and have behavioral and emotional difficulties. Individual therapy is available for the youth. Independent living skills are taught through individual modules facilitated by the youth's caseworkers. ILO aims to provide youth with specific skills for independent living, as well as emotional stability in the transition to adulthood. They are required to work and to further their education, whenever possible. ILO also serves young adult mothers with children. The current program census is about 10-15 young adults.

Therapeutic Mentoring Services: This program also serves as an adjunct to other treatment programs. Mentoring is provided by bachelor-level individuals. The purpose is to help clients learn social skills and independent living skills. The mentoring program currently serves about 20 youth over the course of the year.

Community Support Program: The Community Support Program is a grant project of the Department of Human Services. This program is designed to prevent residential or other out-of-home placement for children ages 7 to 17 years old. The services are delivered within a model that brings the needed support to the youth in their home or community environment. The program provides aggressive outreach, in-home counseling, and case management. This program currently serves 90 youth and families over the course of a year.

PSYCHOTHERAPY PRACTICUM

The CSP psychotherapy practicum is a 12-month, 20 hours per week externship open to MA Clinical or Counseling students or MSW students. Practicum students provide diagnostic assessments (no testing) and individual and family psychotherapy services to children and adolescents and their families. The children and adolescents range from three to eighteen years and present with the complete spectrum of psychopathology (the program provides treatment for clients suffering from developmental disabilities and substance abuse only when comorbid with other disorders). Practicum students receive at least one-hour weekly supervision with a clinical psychologist, and an additional one and one-half hours weekly group/staff supervision, which involves case staffings on alternate weeks and group supervision of anger management groups one hour weekly. Practicum students may also provide group therapy to adults, adolescents, or children in the outpatient, residential or day treatment programs around specific issues, e.g., anger management, substance abuse (residential and day treatment programs only); the students provide the group therapy as co-leaders with more advanced students, staff clinicians, or contract counselors from an area substance abuse treatment facility and are provided supervision with a clinical psychologist for the group therapy

they provide. Practicum students spend two to four hours per week on intake. The primary duties here consist of taking calls from people seeking treatment, identifying the presenting problems, and collecting identifying and background data. Based on this information the practicum student determines the person's appropriateness for outpatient treatment. Students are supervised on each intake case by the assigned shift supervisor.

Duties are summarized as follows:

- To perform 16 - 20 hours of on-site work per week
- To carry a caseload between 4-8 direct service hours (may fluctuate according to need)
- To be a co-facilitator of anger-management, substance and/or other groups if groups are available
- To cover a weekly two to four-hour outpatient phone intake shift
- To determine diagnosis and develop treatment goals for all clients seen
- To open a file on clients seen for an initial evaluation and/or on-going therapy and give file to billing clerk within 24 hours of first appointment
- To complete all forms in file pertaining to initial evaluation, process initial evaluation with supervisor, and be prepared to present case at staffing when scheduled
- To record progress notes for each client in clinic file, including progress notes reflecting supervision, and to keep these notes as well as all other aspects of case records and paperwork current and in compliance with Medicaid requirements as applicable
- To review clinical files of client caseload with supervisor
- To attend weekly supervision meetings/clinic staffings (group supervision is held on Wednesday afternoons, clinic staffings on Thursdays), in-service training sessions (first and third Fridays of the month and fifth Fridays when applicable)
- To assist, collaborate, and cooperate with clinic in fee collection
- To attend In-Services (Fri-1st, 3rd 5th 10:45-12:45)
- To attend group therapy supervision (Wednesdays, 3:00)

Didactic Training

In addition to their individual supervision, practicum students participate in the following training features:

In-Service Training: Practicum students attend bi-weekly in-services throughout the training year. These two-hour presentations cover a wide range of topics in the field of psychology, including assessment, treatment interventions, supervision, professional conduct and ethics, specialty topics, and cultural and human differences. The majority of the presentations are provided by outside speakers with an expertise in their topic area.

Professional Issues Group: This group meets for one hour monthly with the training supervisors. The group includes discussion on training issues and professional development. Externs are invited to dialogue with supervisors to discuss matters of concern or interest as they arise.

APPLICATION PROCEDURE

Eligibility

MA Clinical or Counseling students or MSW students meeting requirements of and approved by school for practicum training.

Application

To complete the application procedure, the following materials are to be submitted to the Clinical Coordinator of the Community Support Program (Dr. Steven Kulb).

- A current curriculum vitae.
- Three letters of reference from professionals best able to provide information about clinical and professional skills and potential.
- Official Transcripts from graduate programs.

Selection Process

The initial screening process will begin upon receipt of all materials requested on the application form. Following receipt and review of this material, the eligible applicants will be contacted for a personal interview.