



**Ohlone College Student Health Center
Mental Health Intern/Trainee Program**

<p>About Ohlone College</p>	<p>The Ohlone Community College District is a multi-campus single community college district located in the southern portion of the San Francisco Bay in California. Serving almost 16,000 students per year, the District has a main campus in the City of Fremont, campus in the City of Newark, and online.</p> <p>Vision Statement: Ohlone College will be known throughout California for our inclusiveness, innovation, and exceptional student success.</p> <p>Mission Statement: Ohlone College responds to the educational and workforce needs of our diverse community by offering high quality instruction supporting basic skills, career development, university transfer, and personal enrichment, and by awarding associate degrees and certificates to eligible students. Ohlone is a safe, innovative, multicultural, and inclusive environment where successful learning and achievement are highly valued, supported and continually assessed.</p> <p>With 52.6% of Ohlone Community College District residents and 48.2% of fall 2017 students being from Asian/Pacific American heritage, on March 25, 2015 the district became an officially designated Asian American Native American Pacific Islander Serving Institution (AANAPISI).</p>
<p>About the Student Health Center</p>	<p>Opening in January 1997, the Student Health Center is a collaborative effort with Washington Township Hospital Health Care District and the Ohlone Community College District, the first collaborative effort of its kind in California. The health center provides primary and urgent care, immunizations, diagnosis and treatment of minor illnesses and injuries, over the counter medications, free HIV testing and counseling, health education, and mental health services. It is also a Family PACT provider, California’s comprehensive family planning program for low income men and women. The Ohlone Student Health Center is supported, in whole, by a student health fee which is currently \$20 per fall and spring semester, and \$16 during the summer session.</p> <p>Mission statement: The Ohlone College Student Health Center champions student success by promoting the physical and emotional well-being of the campus community. As advocates for a healthy campus environment, the health center provides primary care and mental health services and health education to students through a safe and confidential manner.</p>
<p>About the Ohlone Mental Health Program</p>	<p>Mental health services have always been an important component of health care delivery to students at Ohlone College. In a 2015 American College Health Association’s National College Health Assessment (ACHA-NCHA), within the last 12</p>

months, 18% of Ohlone students reported feeling overwhelming anxiety, 12% were diagnosed with depression, nearly 6% considered suicide, and 2% attempted suicide—echoing a clear message the need for mental health services. Currently, short-term personal counseling services are provided by licensed mental health therapists. In the past several years, there has been an increased in demand for counseling services beyond staffing capacity; serving as a placement site for trainees allows us to support the career pipeline, provide trainees a rich internship experience, and expand the delivery of much needed mental health care for our students. Ohlone students can seek up to six personal counseling sessions each semester. Community referrals are also provided for longer term individual and couples counseling and support groups.

Students are invited to explore a wide range of topics during personal counseling sessions, such as, but not limited to:

- Depression and anxiety
- Panic disorders
- Safety from suicidal thinking
- Forgiveness, grief, loss
- Success
- Personal responsibility
- Setting personal boundaries
- Self-management skills/time management
- Interpersonal and assertive communication
- Problem solving and conflict mediation
- Gender orientation
- Sexual orientation

In 2012, the Student Health Center created [STEP Up Ohlone](#), a program model based on a comprehensive, public health approach to increase awareness of mental health issues, provide education and training on identifying students at risk of suicide and referring them to appropriate campus and community services, and conduct campaigns to reduce stigma and increase help-seeking behavior. The goals of the program include [1] strengthening the college’s infrastructure to create a safe space where students feel supported and socially connected; and [2] promoting mental health as a key element in the academic success of our students. The program’s four key strategies include training, screening, communication, and enhancing curricula. In 2018, STEP Up Ohlone increased student engagement efforts through the development of new Student Wellness Ambassadors. To date, the Student Health Center has received nearly \$1 million dollars in public investments to support the STEP Up program through county, state, and federal grants.

Philosophy and model of training program

Field education provides student with important opportunities to demonstrate and further develop reflective practice. Reflective practice is a process of people “exploring their understanding of what they are doing, why they are doing it, and the impact it has on themselves and others” (Boud, 1999, p. 123). It can help students to explore and integrate past and current knowledge into their practice. Finally, as reflective practice encourages students to stay in touch with their own responses and personal needs, it is a vital component of self-care and professional development. Interns/Trainees learn through direct experience under close supervision and are encouraged to also utilize their seminar classes for learning and support.

<p>Essential functions of interns/trainees</p>	<p>Ohlone College mental health interns/trainees will provide the following clinical services:</p> <ul style="list-style-type: none"> ▪ Intake ▪ Clinical assessment and treatment planning ▪ Individual short-term counseling ▪ Crisis intervention ▪ Community linkages and referrals ▪ Facilitation of support groups <p>Ohlone’s mental health program includes a focus on prevention, education, and early intervention services. Mental health interns/trainees will also have an opportunity to provide non-clinical services, including:</p> <ul style="list-style-type: none"> ▪ Conducting mental health educational presentations for classes and other student groups ▪ Delivering workshops on stress management and student success topics ▪ Conducting outreach ▪ Collaborating with Student Wellness Ambassadors on program planning of events and campaigns
<p>Orientation for new interns/trainees</p>	<p>Interns/trainees will be expected to attend an orientation session in order to meet the Student Health Center staff and programs and become familiar with roles and responsibilities. Orientation topics will include basic information about the college and the Student Health Center, available student services, local referrals, documentation process, data collection procedures and other administrative matters. Confidentiality training will also be provided.</p>
<p>Required education and skills</p>	<p>MSW interns, MFT trainees, or LPCC trainees must be enrolled in a college or university program that requires an internship/practicum placement to be completed prior to graduation.</p>
<p>Supervision</p>	<p>Interns/trainees will be supervised by a Licensed Clinical Social Worker (LCSW) and will be required to meet with the LCSW for individual supervision for a minimum of one hour per week and group supervision once month.</p>
<p>Training</p>	<p>In addition to individual supervision, interns/trainees will also receive regular in-service training on topics that are relevant to the community college populations such as: crisis intervention, brief treatment, suicidality, threat assessment, cultural humility, mandated reporting, college student services resources, how to create a positive relationship with clients and establish rapport, how to facilitate support groups, and how to conduct a workshop on a student success topic.</p>
<p>Time period</p>	<p>Internships/practicum are offered for a minimum of two semesters. Interns/trainees are expected to be at their internship/practicum between 16-24 hours per week when the term is in session. Click here to view Ohlone College’s academic calendar.</p>
<p>Location</p>	<p>Mental health services are currently provided at the Fremont Campus. Expansion of mental health services, including support groups, may be offered at the Newark Campus. Interns/trainees may be expected to report to both campuses.</p>
<p>Hours of operations</p>	<p>The Student Health Center operating schedule, on the Fremont campus, is as follows:</p>

	<p>Monday – Thursday 9:00 AM – 2:00 PM 4:00 PM – 6:00 PM</p> <p>We are closed on Fridays, all semester breaks, and operate on a limited schedule during the summer session. For operating hours at the Newark campus, please check our website for the most up-to-date information.</p>
Stipend	<p>Mental health interns/trainees will be provided with travel reimbursements for up to \$3000 each academic year of service.</p>
Application process	<p>Completed applications are accepted through Thursday, February 28, 2019. Interviews will take place in March 2019, and placement decisions will be made in early April 2019. All completed materials should be emailed to Sang Leng Trieu at strieu@ohlone.edu. A completed application consists of the following:</p> <ol style="list-style-type: none"> 1. Completed application form which can be accessed here. 2. Resume or CV 3. Transcript(s) of all relevant undergraduate and graduate education. Official transcripts are required once applicants match with our site <p>Upon successful submission of all required application materials, applicants who demonstrate potential for a successful placement at Ohlone College will be asked to:</p> <ol style="list-style-type: none"> 1. Complete a time-based skills assessment; this will be scheduled in advance and will be conducted online 2. Participate in a phone interview with the Licensed Clinical Social Worker/Clinical Supervisor 3. Participate in an in-person interview with the Licensed Clinical Social Worker/Clinical Supervisor
Contact information	<p>For questions pertaining to the internship/practicum program, please contact:</p> <p>Catherine Hayes, BSN, MPH, FNP Director, Student Health Center E: chayes@ohlone.edu</p> <p>Julie Navarro, LCSW Mental Health Counselor/Clinical Supervisor E: jnavarro@ohlone.edu</p> <p>Sang Leng Trieu, DrPH Project Director, STEP Up Ohlone E: strieu@ohlone.edu</p>