



590 W. El Camino Real
Mountain View, CA 94040

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CHAC Practicum Details - 2021-22

Carol Mellberg, MA, LMFT, ATR

Role – Director of MFT Practicum Recruitment

CHAC – 590 W. El Camino Real, Mountain View, CA

Visit the CHAC website for more information about CHAC programs, www.chacmv.org

If you are interested in the CHAC Practicum send resumes to cmellberg@chacmv.org

Overview

CHAC has a family systems approach and a belief in supporting children and families for the greater good of the community. The MFT practicum includes a school-based program with the opportunity to work in CHAC's community clinic as well.

In the school-based counseling, trainees and associates work with youth ages 5-17 in the 36 local schools. Along with the students, CHAC counselors also work with the families to help support the students. CHAC counseling covers a variety of different issues to support students in improving mental health in order to remove barriers to learning and get them back in the classroom.

In the community-based clinic there is a range of different populations that come in for counseling services at CHAC. Trainees and Associates get experience working with individual clients, families and couples and can work with their supervisor to gain experience in areas of interest.

CHAC's Philosophy

Since a group of moms came together in 1973 to protect their teens from the negative impact of substance abuse, CHAC has been driven by an unswerving belief in mental wellness as the foundation for a healthy, fulfilled life. We believe that early intervention, prevention and providing a continuum of care builds healthy, resilient and supportive community. We strive to do whatever it takes to support and empower children and families to live their best lives.

CHAC's Mission

To improve lives, build healthy futures and resilient communities through our enduring commitment to providing comprehensive and culturally responsive mental health services to help our children and families thrive now and into the future.

Trainee Responsibilities

Beyond client work, a trainee is responsible for keeping up to date with client records and all paperwork on the electronic health records system. The trainee must participate in 2 hours of training, 1 hour of individual supervision and 2 hours of group supervision each week.



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Assessment and Referral process

With supervisor support, the referral list of issues and the many trainings on client assessment support the trainee to make initial assessments for their clients. The referrals come from the Principal, parent, teacher or staff to the CHAC therapist on that site. For the in-house clinic, the intake coordinator schedules the initial intake and then assigns the case to the trainee with the support of the supervisor.

Trainee caseload

Trainee caseload is typically 8-12 individual students and one group at the school site and 2 cases in the CHAC clinic.

Supervision structure

Supervision includes 1 hour of individual supervision and 2 hours of group supervision per week. Individual and Group Supervisors are assigned at the beginning of the practicum.

Training Structure

There is a structured training every week for 90 minutes. Some of the topics include: Suicide/Risk Assessment, CPS Reporting, Case Conceptualization, Digital Safety and Art Therapy Techniques.

Successful Attributes

In my experience, the highest attributes that contribute to success in the CHAC practicum are flexibility and a sense of humor. Other key attributes are compassion, hard-working, team player and professional.

Challenges

Some trainees in the CHAC practicum have found the high client caseload to be the most challenging as sometimes a trainee can get referrals quickly at the beginning of the school year without any ramp up time.

CHAC Strengths

Potential trainees should know that CHAC is a practicum site that is known for its wrap around support. Support comes from the senior management, the supervisor team and colleagues. CHAC has over eighty Associates, PhD candidates and Trainees that all contribute to the creative, rich and collaborative learning environment. CHAC is also known for its' many programs including the Latinx Program. This program provides counseling support for the Spanish speaking community. We encourage Spanish speakers to apply and we do provide a small stipend for Spanish speakers. With the current changes in service delivery to an on-line counseling program, CHAC has a very structured system and training in place. CHAC is a responsive and agile agency that will support the staff and trainees to adjust to any changes that come at this time due to the worldwide pandemic.