Summer Boot Camp / Undergraduate Mental Health Internship

The Hubert H. Humphrey Job Corps in St. Paul has been offering undergraduate internships for psychology and social science majors for twenty years.

This Summer, 2015, we are going to offer something new – a Summer Boot Camp for undergraduates interested in mental health. We will have a combination of a learning curriculum of essential counseling skills mixed with client contact experiences. Our plan is to provide you with as much practical knowledge and hands-on experience as we can fit into ten weeks.

Site Description

The Hubert H. Humphrey Job Corps Center in St. Paul is an academic and training program under the U. S. Department of Labor. The program addresses the needs of 16-24 year old men and women who want to overcome employability barriers. For some of these young people, the barriers may have been lack of opportunities. Some may not have had the educational background to be successful in the job-hunting or retention process.

For others, mental health or behavioral issues may be the biggest barrier to overcome. These individuals typically come to the attention of counseling or mental health services at Job Corps. This internship will primarily be with the counseling and mental health departments.

Goals & Objectives

As noted, we will offer you both formal training as well as a set of client contact experiences. A primary goal is that the internship provides you with the basic skills necessary for a position in the mental health or other social services fields.

We plan to “pack” this training experience with as many opportunities as possible. While we know it will be quite a challenge to reach each objective on our list, we are confident that the following five main areas will be emphasized.

A. Boundaries and Ethics Seminar

Understanding good practices and ethical behavior in the social service world is critical. The seminar will include the following activities:
• Role-playing and real-world scenarios designed to enhance your skills
• Concentrated practice in particular areas of interest or concern
• Independent reading
• Potential for developing future training materials for boundaries and ethics

B. Client Contact

Client Contact is the centerpiece of this summer training experience. Following the completion of the Boundaries and Ethics seminar, the intern will have an opportunity to work directly with our 16-24 year old Job Corps students. Various opportunities will be available for client contact:

• Life skills coaching
• Observing mental health intakes
• Observing and subsequently co-facilitating psycho-educational classes
• Working with the Job Corps Licensed Alcohol and Drug Counselor
• Providing Case Management
• Observing and assisting with anger management groups

C. Special Topics in Mental Health

These small group seminar(s) will be facilitated by graduate students, who will offer topics in their areas of expertise or research interests. Summer 2015 seminars might include the following:

• Adolescent mental health disorders
• Marriage and family therapy
• Prosocial behavior in the aftermath of disaster
• Meeting the needs of young adults on the autism spectrum

D. Professional Development

During the course of this 10 week "camp," we want to exhaust you with opportunities for professional development. Our vision is to enhance your profile to improve your chances for employment, admission to graduate programs, or your next path. Individual coaching, presentations, and independent research will collectively support the following objectives:

• Improving writing skills for the social service major
• Building presentation skills
• Establishing contacts in the social service world
• Developing a career-long unique approach to continuing education
• Enhancing your resume
Summer Capstone Project

Despite years of offering undergraduate internships that have involved special projects, this is our first "camp." We expect the nature of these projects to unfold as the camp progresses.

Requirements

- Current enrollment in an accredited undergraduate college program
- Current enrollment in a for-credit class, or for Job Corps to have a relationship with your school's internship office
- Students must be at Job Corps for a minimum of 16 hours per week for the semester
- This is an unpaid internship. In return, we see it as our responsibility to provide an excellent training experience.

For More Information

- Contact Dr. Jeff Gottlieb, Ph.D., Licensed Psychologist, at jeffgott@hotmail.com
- To hear a student's perspective about an internship at Job Corps, contact Laura Myers at lmyers5@macalester.edu