

## Visiting Mental Health

Visiting Mental Health (VMH) is a private psychotherapy firm that conducts individual and group psychotherapy in skilled nursing, assisted and independent living facilities. We also evaluate and manage patients requiring partial hospitalization and provide comprehensive after-care counseling programs.

Since its inception, the firm has grown to include Psychological and Neuropsychological Assessment Services. VMH staff service patients in multiple counties throughout Florida and Louisiana. We currently have relationships with numerous Assisted and Independent Living Facilities (ALF's & ILF's) and Nursing Homes.

We also conduct in-service training for Nursing Homes, ALF's and ILF's staff to improve relationships with their residents as well as enhance communications with management and co-workers. These programs enhance the training of the staff members.

All VMH therapists are Licensed Psychologists, Clinical Social Workers or other licensed mental health professionals who meet all state licensure requirements. We have many talented bi-lingual therapists experienced in the fields of geriatrics, forensics and the chronically ill.

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Postage



Visiting Mental Health  
VMHIP

3349 N. University Drive, Suite 4  
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*Here for you*

## Visiting Mental Health Internship Program (VMHIP)



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# Visiting Mental Health Internship Program

## Overall Goals

By pairing interns with qualified mentors who will promote professional, meaningful, first-hand experience and knowledge in the field of psychological services with an array of populations, interns will become competent in providing psychotherapy services independently.

Interns will be able to provide compassionate practice with people of all ages, races, ethnicities, faiths, genders, sexual orientations, socioeconomic backgrounds, and physical abilities with diagnoses ranging from anxiety and depression to paranoid schizophrenia and bipolar disorder.

Interns will gain experience and competence in a variety of psychological intervention models.

## Program Content

Following an initial orientation into the program, interns will shadow their mentors while treating patients in office, nursing home, and assisted living settings. They will gradually progress from shadowing to providing direct psychotherapy services and will have patients of their own. Mentors will supervise interns through this process and meet individually for a minimum of two hours per week. Two-hour group supervision meetings will be held weekly for didactic interaction and peer support. Seminars regarding an array of practice and clinical issues, as well as case conference meetings and grand rounds will be conducted at least monthly. All meetings are held at the VMH offices, currently located in Davie, Florida.

## Expectations

Interns are expected to contact VMHIP for application information via email and/or telephone. Once an intern has been formally accepted, a written agreement will be signed by both the intern and the supervisor. Interns should expect to complete 2000 hours over 12 months by working approximately 40 hours per week. Weekly two-hour individual supervision and two-hour group supervision is provided weekly and attendance is mandatory. Group supervision consists of didactic activities (case conferences, grand rounds, seminars, and trainings).

Interns will begin with a small caseload of three to five patients and finish the program with approximately 20. Interns will be expected to schedule and conduct sessions, perform assessments, develop treatment plans, and evaluate for results of treatment.

Mandatory performance evaluations are conducted twice per year. Interns are measured on the basis of the following skills:

- Appropriate assessment, including risk assessment, and use of defense or coping mechanisms
- Appropriate care planning involving the patient by documenting expectations and negotiating goals
- Effective interventions and adaptation of the plan of care
- Ability to compassionately establish rapport with the patient, family (if applicable), and others (i.e., facility staff)
- Communicate effectively with patient, mentor/supervisor, fellow interns, office staff, and facility staff
- Receiving and following assignments and special instructions
- Taking initiative in providing educational resources to coworkers regarding clinical and/or psychosocial issues
- Thorough and accurate documentation of care delivery

## Grievance Procedures

Should any issue or concern arise on the part of an intern, VMHIP has designed grievance procedures to assist and support that intern. It is our objective to address the concerns, rectify any problems, and promote a professional, competent cohort of interns.

Any intern with a grievance should first attempt to address it verbally with their supervisor. Should that not provide the desired result or if the supervisor is the one with whom an intern has a grievance, a written complaint should be filed with the next-level manager. Complaint forms and information regarding the grievance procedure are provided to interns upon orientation.

No intern shall at anytime or in any way be retaliated against for having filed a grievance.

VMHIP has a casual, "open door" policy, and it is our hope that grievances can be addressed and rectified promptly.

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