

Recreation Therapy Internship at the Behavioral Health Center

Dear Student,

Thank you for your interest in completing your Recreation Therapy internship at the Behavioral Health Center (BHC). The BHC is a department of Eastern Idaho Regional Medical Center (EIRMC), a hospital within the Hospital Corporation of America (HCA). An internship at the BHC can be very rewarding and beneficial to your learning as you continue to prepare for national certification.

In this packet you will find what you need to complete the application process. This may be a timely task, so we encourage you to get started and read through all items thoroughly. You may choose to submit the entire completed application all at once or piece by piece as items are completed. It's up to you. We prefer email submission in a .pdf format.

An Affiliation Agreement between our company and your university must be completed prior to beginning your internship. This agreement may already be in place. Check with your university internship supervisor. If an agreement is not already in place, please plan accordingly, as the process may take several weeks to complete.

Please call or email if you have questions or concerns. We look forward to hearing from you soon.

Internship supervisors at the BHC:

Kristen Sargis, MS, CTRS
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Doreen Fredrickson, CTRS
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Staci Piquet, CTRS
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Michelle Anderson, CTRS
Employed at the BHC Since 2011
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Internship Schedule

We accept applications for internships throughout the year, but recommend submitting your completed application six months prior to your desired internship start date. We select interns up to six months prior to the internship date. We generally accept only one intern at a time. The student prep-work, once accepted, is extensive. Planning ahead is strongly recommended.

Internship Description

Goal of Internship

Students will be able to apply skills learned in their university coursework as well as gain exposure to and demonstrate competence in all of the job tasks of a Therapeutic Recreation Specialist as outlined in the NCTRC Job Analysis. Interns will gain knowledge through experience with the therapeutic recreation process. Under supervision of our CTRs, students will become a practicing member of our interdisciplinary treatment team.

Client Population

Students completing an internship at the BHC will gain experience in acute and residential psychiatric settings.

- Two acute adult units (ages 18 and older)
- Acute adolescent unit (ages from 12-17 years)
- Residential adolescent unit (ages from 12-17 years)

In Addition To Our Hospital Services

- Our recreation therapy department facilitates both community groups and patient activities on our challenge course. Students may be trained to use the course when the course is in operation.
- The BHC has recently opened an Outpatient Services Clinic. Students may have opportunities to work with patients and families in an outpatient setting during their internship.

Required Hours

- Minimum of 560 hours (14 consecutive weeks, depending on hours completed weekly). Internship will likely exceed the 560 hour NCTRC requirement.
- Regular full-time hours, not to exceed 45 hours. Part-time hours (following NCTRC requirements) can be negotiated if accepted for the internship.
- Rotating weekends.
- Some evenings as needed for outings, etc.

Hours To Be Applied To Internship Include

- Scheduled hours at the BHC
- Outside activities and assignments will not count toward internship hours

Internship Assignments

As part of the learning experience for students, we expect students to contribute to our programming and/or department services during their experience here. This may be a professional project and/or university assignment. Students will meet with site supervisor regarding this project.

You will work diligently on assignments that demonstrate competence in the TR Process and all areas outlined in the NCTRC Job Analysis. You will meet at least weekly with your site supervisor to review progress, opportunities for learning, and progress on your assignments.

Internship Application

Before You Apply

An Affiliation Agreement between your University and our Facility must be in place before applying for the internship. If you're unsure if there is such an agreement in place, first contact your internship supervisor. If there are further concerns, please call us.

Meet the academic path requirements outlined in NCTRC prior to starting the internship. See www.NCTRC.org, Information for New Applicants. Completion of coursework prior to the internship is preferred for two reasons.

1. The internship is essentially a full-time job, and you will have limited time to complete coursework in addition to internship assignments.
2. The coursework is designed to prepare you for your internship. The principles and theories you learn in your TR coursework will be put into practice during your internship.

Please submit the following

Please be sure to submit all parts of the application. You will not be considered for an internship until we receive every part of the application. You may send it in pieces or all at once, it's up to you. Please use a .pdf format when emailing. Ensure all documents are legible look professional. You may need to follow up with individuals who are writing letters of recommendation for you – waiting for these letters has held up applications in the past.

1. Cover letter, including:
 - a. Preferred start date – which internship are you applying for?
 - b. Which university are you attending?
 - c. What is your field of study?
 - d. What is your anticipated graduation date?
 - e. Who is your internship supervisor? Include their contact information.
 - f. How did you hear about the internship?
 - g. Why are you interested in an internship in the field of mental health?
 - h. Anything else you think we need to know about you
2. Current resume:
 - a. Contact info, including current mailing address
 - b. Work or volunteer experience – describe duties, population served
 - c. Field work (internship) experiences – describe duties, population served
3. Essay Questions (see below). Please respond to all 12 items.
4. Two letters of recommendation (both professional). Please have the professional send signed letters to the BHC or email letters directly to the BHC.
5. Official transcripts to verify the completed coursework. Provide a class schedule or some other indication of classes you are currently enrolled in that include required coursework.
6. A copy of your university's Internship Course Description including the following:
 - a. evaluation forms required by school program
 - b. list of special assignments or project requirements as outlined by your school
7. Any additional forms required by the university in order to approve the internship site.

Essay Questions

Please answer the following questions. Be brief but thorough. Use references to support your responses.

1. Describe the Therapeutic Recreation (TR) process.
2. Describe how your work experience (volunteer or paid) has contributed to your professional goals in the field of therapeutic recreation.
3. Discuss your strengths and weaknesses.
4. Discuss how completing an internship at the BHC will aid you in reaching your educational and professional goals.
5. Why have you chosen to do your internship in a psychiatric setting?
6. What are the essential components of a progress note, and why are progress notes important?
7. What contributions does a Recreational Therapist bring to the interdisciplinary team?
8. What do you feel you have to offer to the BHC recreation therapy department?
9. As a professional it is important to strive for improvement. What will you do to improve yourself clinically and professionally?
10. Please list/describe any special talents or interests you have that you think would benefit mental health programming. This may be done in writing or in a recorded video. Please submit your response or the link to your video with your application.

The following are possible scenarios of patients you would work with at the Behavioral Health Center.

11. A 40-year old single mom with depression was recently admitted to our acute (short-term) adult unit for a serious suicide attempt.
 - a. What additional information would you like to know from the patient that will help you plan her interventions?
 - b. How would you gather this information?
 - c. Write two Recreation Therapy treatment goals for her.
 - d. Describe two evidence-based interventions that would benefit this patient. Please include references.
12. A 16-year old male was admitted to our adolescent residential (long-term) unit. He presents with a history of risky behaviors, oppositional defiance, substance use disorder, and post-traumatic stress disorder.
 - a. What information would you like to know from the patient that will help you plan his interventions?
 - b. How would you gather this information?
 - c. Write two Recreation Therapy treatment goals for him.
 - d. Describe two evidence-based interventions that would benefit this patient. Please include references.

Once we receive your application

We will review application materials and make a determination whether you both qualify for the internship and would be a good fit for the department and population we serve. If so, we will contact you to schedule an interview, preferably on-site.