

**Position Title:** Mental Health Intern (Unpaid)

**Location:** Bay Area Rescue Mission (BARM)

**Commitment:** Minimum 1-year commitment

**Hours:** Part-time 15-20 hours per week *\*\*Hours will be divided into direct & indirect hours\*\**

**Reports to:** Program Director & Clinical Supervisor

*\*\* Please note this is an unpaid internship\*\**

**Position Overview:**

The Bay Area Rescue Mission (BARM) is seeking passionate and committed Mental Health Interns to provide therapeutic services to women, men, and children in our shelter and Life Transformation Program. This is an excellent opportunity for graduate-level students in counseling, social work, psychology or other related fields to gain hands-on experience working with a diverse population in a trauma-informed, low-barrier shelter setting. Interns will manage a caseload of 8-10 individuals and work within an interdisciplinary team to provide case management, individual counseling, group counseling, vocational placement, and psychoeducational services.

**Key Responsibilities:**

- Manage a caseload of 8-10 individuals, providing one-on-one counseling to shelter guests and residents, including women, men, and children
- Facilitate group counseling sessions and psychoeducational groups, and classes focusing on topics like trauma, addiction recovery, emotional regulation, and life skills
- Respect and integrate spiritual principles into therapy interventions, offering faith-based guidance where appropriate and requested by clients
- Foster and maintain community partnerships to enhance the coordination of admissions and process external referrals for the admissions department's approval.
- Conduct initial assessment interviews with internally referred clients to gather information regarding medical/psychiatric history and other pertinent details.
- Perform screening, clinical assessments, and case management support for clients diagnosed with severe mental illness and dual-diagnosed clients.
- Assist with career counseling and vocational placement to help clients integrate into the workforce and achieve long-term stability.
- Refer clients to advanced mental health services, ensuring a seamless transition for clients requiring a higher level of care
- Assist in developing policies and procedures for dealing with mental health crises in the shelter.
- Develop individual treatment and relapse prevention plans and participate in interdisciplinary treatment planning.
- Assist with discharge planning and participate in care coordination, working closely with various providers in the region to facilitate access to services.
- Conduct crisis intervention and risk assessment, providing appropriate crisis intervention/triage as needed.

- Keep accurate, timely clinical records, including documentation of assessments, treatment plans, and progress notes.
- Attend one hour of individual supervision each week

**Qualifications:**

- Currently enrolled in or a recent graduate of a Master's program in Counseling, Psychology, Social Work, or a related mental health field.
- Ability to commit to a minimum 1-year internship with part-time hours (15-20 hours per week)
- Strong interest in trauma-informed care, addiction recovery, community mental health, career counseling, and spiritual integration into therapy.
- Ability to maintain confidentiality and establish healthy boundaries with residents.
- Strong interpersonal, communication, and organizational skills.
- Ability to work collaboratively in an interdisciplinary team environment.
- Unlicensed applicants must be a registered Associate with BBS prior to the beginning of the school year
- Must pass a background check and drug test prior to starting the internship
- Ability to work onsite. Remote work is currently not available.

**Benefits:**

- Gain hands-on experience providing therapeutic services in a trauma-informed, faith-based shelter environment.
- Supervision from experienced licensed clinicians, fulfilling academic requirements for clinical hours.
- Opportunity to work with a diverse population of women, men, and children, and develop skills in individual counseling, group therapy, family therapy, vocational placement, and crisis intervention.
- Experience in interdisciplinary teamwork, case management, and integrating spiritual care into therapeutic interventions.
- Regular supervision and didactic training to enhance clinical skills and professional development.