Internship in Psychology
Data File

<u>Student Name</u>: **Samantha Woolverton**

Internship Site
     <u>Name of Organization</u>: **Austin Fire Department Wellness Center**

     <u>Web Address</u>: **https://atxpublicsafetywellness.com/behavioral**

     <u>Address</u>: **517 S Pleasant Valley Rd, Austin, TX 78741**

     <u>Placement Supervisor (name, phone, email)</u>: **Ebony Butler, (601)-559-7886, ebony.butler@austintexas.gov**
     <u>Initial Contact Person (name, phone, email)</u>: **Same as above**

<u>Scheduled Start & End Dates</u>: **June 11, 2019 - July 26, 2019**

<u>Intern Duties & Responsibilities</u> (list):

     <u>Supervision</u> - 1 hour weekly meetings to discuss progress, concerns, ethical concerns, etc.

     <u>Learning/Reading</u> - (ethics, theories, multicultural issues, note writing, confidentiality, therapy structure, careers in psychology, etc.) - activities will be guided. Student will receive assigned readings to learn about the varying theories of practice/intervention and the structure of therapy (i.e., individual, couples, group). It is also important for students to learn about the different careers in psychology, especially as the field evolves and advances. Thus, the student will receive assigned readings in these areas. Student will also have the opportunity to learn about specific ethical dilemmas that arise in the first responder setting, as there are a vast number of ethical dilemmas that arise with working in such an agency. During supervision we will discuss any questions that arise from the readings.

     <u>Research</u> - literature reviews, data input, trauma, PTSD, mental health issues relevant to public safety, resiliency + coping. Dr. Butler is involved in research with the University of Houston and examining issues that affect women firefighters. Student will get an opportunity to participate in those calls and consultation meetings. Student will also be able to conduct literature reviews for the research studies. Dr. Butler is also researching resilience and coping within the fire service. Student will have opportunities to conduct literature reviews for this study as well. Through these tasks, the student will gain more information about the research process.

     <u>Peer Support</u> - meetings, attending outreach events, 1 presentation to present near end of internship

     <u>Clinic Interventions (wellness center)</u> - two 30-minute presentations to staff at the wellness center during clinic intervention time

     <u>Ride Outs</u> - Ride outs over the span of 6 weeks (AFD, EMS, Dispatch)

     <u>Website Assistance</u> - 3 posts over span of 6 weeks

Behavioral Health Check-ins - managing paperwork and issuing folders to crews upon arrival. - The Behavioral Health Check-In is a huge mental health and health integration project occuring at AFD at this time. All firefighters are encouraged to meet with the psychologist during their annual exams. Due to the student's academic status, there is limited access to actual personnel when they are meeting with the psychologist. However, student will have access to program development by participating in the Behavioral Health Check-In in administrative ways. Specifically, the student will assist with clinic/assessment organization and flow. Student will also input de-identified data of each personnel. Student will also attend program planning and development meetings to gain insight on how to integrate mental health into a health/medical unit.

Admin/Meetings

Other opportunities - EMS training academy, didactic calls, group calls with other practicum students

Benefits Obtained: **Knowledge over first responders and PTSD, gaining a better understanding by seeing first-hand the first responders carry out their jobs, knowledge over departmental issues and psychological ethics, knowledge over various therapy structures, and experience in clinical data input.**

One Sentence Capture of the Internship (My internship experience…): **My internship experience consisted of research over first responders and PTSD, assisting in behavioral health check-ins for AFD firefighters, and having the opportunity to go on ride-outs with fire stations, EMS, and sit in at the 911 call center.**