

Advocate Aurora Trauma Recovery Center- 2nd year MSW internship

Agency: The Advocate Aurora Trauma Recovery Center (TRC) is an outpatient behavioral health program that provides quality, free social service and mental health care to survivors of intentional trauma. The TRC is a grant-funded program that was based on the UCSF TRC model of short-term, solution-focused care with the goal of increasing stability, treating trauma symptoms, and connecting to community-based resources to meet identified acute and ongoing care needs. The primary goals of the TRC are to remove barriers to behavioral health services and provide evidence-based, culturally humble services and to provide support services that benefit individuals as well as the communities served by the TRC.

The Advocate TRC is a short-term program that offers up to 16 individual therapy and social services appointments to qualifying individuals. Clients are eligible for our services if they have experienced one of various index traumas in the last 3 years or if they are the immediate family members of homicide victims (no time limit). We work with individuals across the lifespan from diverse background to provide high-quality care at no cost to the individual. Qualifying individuals are referred by emergency departments, clinicians, community organizations and word of mouth to the Advocate Trauma Recovery Center, where they can work with our team of psychologists and trauma recovery specialists (social workers) trained to support the unique needs of survivors and their families. The Advocate TRC utilizes evidence-based therapy interventions and follows a trauma-informed care (TIC) model to provide holistic, inclusive, and trauma-specific services to our patient population in an environment that promotes safety, healing, and interpersonal connection to help individuals heal after experiencing trauma.

The Trauma Recovery Center has 2 locations: North region covering Lake, McHenry, Kane, and Kendall counties, and South region covering Cook, Will, Kankakee, and DuPage counties.

Services provided at the TRC include:

- Outpatient clinical assessments
- Social Service referrals and connection
- Safety and self-care guidance
- Individual and group therapy
- Support and advocacy services
- Medication management

MSW 2nd year internship

If you have a passion for working with people who have experienced trauma, our 2nd level internship is for you! Students will function in the Trauma Recovery Specialist role and will become critical members of a team of professional mental healthcare providers cultivating collaboration, enthusiasm and mutual respect. The Trauma Recovery Specialist focuses on helping clients return to stable functioning by providing a safe, non-judgmental space to begin exploring and meeting needs. The primary role of SW interns will be to carry an individual caseload of clients for whom they will provide support, resources, and referrals during their time with the TRC. Students will participate in clinical interviewing and assessment, as well as

treatment planning with the client and a team therapist to determine needs and priorities. Students will help clients stabilize by helping meet immediate needs, as well as engaging in brief clinical interventions. When possible, the Trauma Recovery Specialist facilitates a “warm hand-off” to community agencies where the patient will link for ongoing care.

Students will:

- Maintain a caseload of individual clients (up to 20)
- Complete intake assessments, which include clinical screeners
- Participate in case formulation for each client
- Assess needs and participate in treatment plans in interdisciplinary teams with psychologists
- Engage clients in psychoeducation about trauma
- Educate and coach clients through use of relaxation and grounding techniques and other brief interventions
- Provide case management, ie. Helping clients apply for various benefits and compensation, link clients to health care providers, assist clients in exploring employment and education opportunities, provide advocacy and support
- Refer clients to internal therapist for more intensive counseling, refer to appropriate external resources
- Students may apply for additional educational opportunities: co-facilitating groups, community partner engagement, shadowing clinical consultations in the hospital, and individual therapy. If individual therapy is a clinical interest of yours and with the required Evidence-based therapy training, interns could have 1-2 therapy clients in the second half of their internship
- Participate in office coverage as needed and other duties assigned by supervisor

COVID-19 Adjustments

The TRC is currently providing a mix of virtual and in-person services. Right now, students are not expected to come into the office, but we are moving towards at least one mandatory in office day per week soon. COVID vaccination is not mandatory for in office work at this time.

Additional Expectations/Information

- The internship typically runs from Mid-August through the end of May, with the exact start date to be determined yearly. However, we are open to considering alternative schedules (January to August for example). This is to ensure proper continuity of care for our clients and enough time for students to get a well-rounded training experience.
- Advocate Hospital requires current vaccinations for Flu, Chicken Pox, and TB. If you are not able to show documentation of appropriate vaccination, you will be required to receive them before starting your internship. Religious exemption request forms are available if needed.