

**Youth Services Department  
Palm Beach County**



**Practicum Trainee  
2021-2022**

**Handbook**



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<http://pbcgov.com/youthservices/EducationCenter>  
<http://highridgecenter.com>

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## **Introduction**

### **Youth Services Department**

*Mission:* Growing brighter futures by providing quality services, education, and access to resources and opportunities.

*Vision:* Empowering youth and families to realize their full potential and be the driving force of a thriving community.

Values: Diversity & Equity, Compassion & Empathy,  
Open-mindedness, Commitment, Respect

The Doctoral Internship at the Youth Services Department is offered through the Residential Treatment and Family Counseling Division, which offers specialized programs to families who need professional support in their efforts to raise healthy functioning children. The Division strengthens families through competent, caring, and comprehensive services. The Division is committed to fostering healthy individual and family functioning in families where youth have been exposed to various forms of danger, harm, or loss. Without adequate protective factors, these youth are often at higher risk of entering the juvenile justice system, dropping out of school, getting involved with gangs, running away from home, substance use, and entering the child protective system. This goal is accomplished through family, group, and individual therapy, psycho-education, parent training, psychological evaluation, consultative services, and community outreach offered across community-based, office, and residential settings. Services are provided free to Palm Beach County residents.

The Division employs psychologists, clinical social workers, marriage and family therapists, mental health counselors, residential counselors, and nurses. The agency is also an interdisciplinary training site for psychology postdoctoral fellows, psychology doctoral interns, psychology practicum students, social work interns, mental health counseling interns, and marriage and family therapy interns.

## **RTFC Division Structure**

The Residential Treatment & Family Counseling Division (RTFC) is comprised of three sections: Highridge Family Center (residential), Education & Training (outpatient, training, and outreach), and Youth and Family Counseling (outpatient and school-based).

### **Highridge Family Center**

Highridge Family Center is a 60-bed residential facility serving Palm Beach County youth between the ages of 11-16 and their families through the Sanctuary Model of trauma-informed care. Typically, the families seeking services through Highridge have been struggling with conflicted family relations, poor academics, disruptive school behavior, drug experimentation, poor peer group choices, minor law infractions, and emotional difficulties. In conjunction with the School District of Palm Beach County, residents of Highridge are provided alternative education while they are enrolled in the program. Referral sources include schools, parents, prevention and diversion programs, as well as former clients. The facility is divided into five (three male and two female) dormitory-style “houses,” each with the capacity for 12 residents. The youth live at the facility Monday through Friday, returning to their homes on weekends and school holidays to

practice newly learned skills with their families. A therapist provides family, group, and individual therapy, and three residential counselors (two day shift, one night shift) provide structure and therapeutic milieu activities for the youth on each house. Highridge Family Center is a 60-bed residential facility serving Palm Beach County youth between the ages of 11-16 and their families through the Sanctuary Model of trauma-informed care. Typically, the families seeking services through Highridge have been struggling with conflicted family relations, poor academics, disruptive school behavior, drug experimentation, poor peer group choices, minor law infractions, and emotional difficulties. In conjunction with the School District of Palm Beach County, residents of Highridge are provided alternative education while they are enrolled in the program. Referral sources include schools, parents, prevention and diversion programs, as well as former clients. The facility is divided into five (three male and two female) dormitory-style “houses,” each with the capacity for 12 residents. The youth live at the facility Monday through Friday, returning to their homes on weekends and school holidays to practice newly learned skills with their families. A therapist provides family, group, and individual therapy, and three residential counselors (two day shift, one night shift) provide structure and therapeutic milieu activities for the youth on each dorm.

## **Education & Training Center**

The Education & Training Center is a community resource for primary prevention through education, training, and professional development, providing free services to parents, children, families, school personnel, and mental health professionals in Palm Beach County. Clinical staff includes licensed psychologists.

The Education & Training Center serves as a training site for doctoral interns, postdoctoral fellows, and doctoral level practicum trainees. Families seek services to address many concerns, including behavioral disorders, school/academic problems, parent-child relational problems, adjustment to parental separation or divorce, grief/loss issues, abuse or neglect, and to fulfill requirements for diversionary programs. Family and individual (only age 18-22) therapy services are offered to families and youth up to age 22 utilizing brief therapy models. Younger children, between the ages of 2 and 7, may also receive Parent-Child Interaction Therapy (PCIT). Parenting is also offered in individual and group formats. In addition, psychological evaluations may be provided to youth already involved in the agency’s clinical services.

The Education & Training Center trainees and staff are also responsible for developing and implementing trainings, workshops, and community outreach activities and are approved to offer continuing education units to licensees in various mental health and nursing disciplines. Trainings are provided to schools, community agencies, as well as Bachelor’s level counselors and Master’s level therapists from the other Youth Services outpatient offices located throughout the county.

## **Youth & Family Counseling**

The Youth & Family Counseling (YFC) Program is a three to four month community-based program that provides family, individual, and group therapy, parenting, psychoeducational school based groups, and on-site school based services for families with children and youth up to age 22 years of age. Clinical services may be provided via telemental health or in-person. Families seek services to address many concerns, including behavioral disorders, school/academic problems, parent-child relational problems, adjustment to parental separation or divorce, grief/loss issues, abuse or neglect, and to fulfill requirements for diversionary programs. There are several area offices and satellite offices located throughout the county. YFC collaborates with community agencies, such as the School district of Palm Beach County and the 15<sup>th</sup> Judicial Circuit Courts (Family Violence Intervention Program). Clinical staff includes Master’s level therapists from various mental health fields.

More information on the Palm Beach County Youth Services Department’s Residential Treatment and Family Counseling Division, can be found at the following link: <http://www.pbcgov.com/youthservices/counseling>. Additional information on the training programs can be found by visiting the website at <http://www.pbcgov.com/youthservices/EducationCenter>.

## Goals, Objectives, and Competencies

The overall goal of the doctoral psychology training program at the Youth Services Department is to support the development of graduate student psychology trainees into professional psychologists. Psychology trainees will develop fundamental skills consistent with the mission of the Youth Services Department. The training program incorporates a developmental training model and a strengths-based perspective, which has been a cornerstone in the Division's philosophy of training as well as prevention and intervention work with children, adolescents, parents, and families. Additionally, Palm Beach County is a culturally, ethnically, and socioeconomically diverse area, and psychology trainees will have opportunities to work with a range of diverse populations with a variety of presenting issues.

It is expected that by the end of the training year, trainees will have accomplished the following goals:

Goal 1: Trainees will achieve competence appropriate to their professional developmental level in the area of *evidence-based practice in intervention*

Objectives related to this goal include the achievement of competence in the following:

- Case conceptualization and treatment planning
- Implementation of therapeutic interventions
- Crisis Intervention
- Therapeutic Skills

Goal 2: Trainees will achieve competence appropriate to their professional developmental level in the area of *evidence-based practice in assessment*

Objectives related to this goal include the achievement of competence in the following:

- Diagnostic Skill
- Instrument selection, administration, and scoring
- Test Interpretation
- Clinical Formulation
- Report Writing
- Communicating Results

Goal 3: Trainees will achieve competence appropriate to their professional developmental level in the area of *interprofessional and interdisciplinary consultation*

Objectives related to this goal include the achievement of competence in the following:

- Multidisciplinary collaboration
- Theories and Methods of Consultation

Goal 4: Trainees will achieve competence appropriate to their professional developmental level in the area of *supervision*

Objectives related to this goal include the achievement of competence in the following:

- Theories and Methods of Supervision
- Effective use of supervision
- Develop knowledge and skills providing clinical supervision

Goal 5: Trainees will achieve competence appropriate to their professional developmental level in the area of *individual and cultural diversity*

Objectives related to this goal include the achievement of competence in the following:

- Cultural awareness
- Effects of cultural considerations on clinical activities
- Evidence-informed approach to cultural considerations

Goal 6: Interns will achieve competence appropriate to their professional developmental level in the area of *research*

Objectives related to this goal include the achievement of competence in the following:

- Application of scientific knowledge to practice

Goal 7: Trainees will achieve competence appropriate to their professional developmental level in the area of *ethical and legal standards*

Objectives related to this goal include the achievement of competence in the following:

- Knowledge of ethical, legal, and professional standards
- Adherence to ethical principles and guidelines

Goal 8: Trainees will achieve competence appropriate to their professional developmental level in the area of *professional values and attitudes*

Objectives related to this goal include the achievement of competence in the following:

- Professional awareness
- Interpersonal relationships
- Self-awareness
- Clinical documentation
- Case Management

Goal 9: Trainees will achieve competence appropriate to their professional developmental level in the area of *communication and interpersonal skills*

Objectives related to this goal include the achievement of competence in the following:

- Provides clear and effective written communication
- Exemplifies respectful and professional interpersonal skills
- Presents scholarly information to an audience

## **Training Model**

The training program integrates a practitioner-scholar model with psychological training and service delivery that is sequential, cumulative, and graded in complexity. The practitioner-scholar training model emphasizes the integration and application of critical thinking and skillful reflection across a broad range of experiential activities. By the end of the training year, practicum trainees will be prepared with the knowledge, awareness, and skills of a practitioner specializing in youth and families. Our trainees are well prepared for professional careers working with children and their families in a residential or outpatient setting who present with a wide range of concerns.

## **Training Activities**

The following is a list of the major training activities that take place at the Youth Services Department. For specific information on the requirements and expectations for each type of Trainee (Postdoctoral Fellow, Doctoral Intern, Practicum Student) and the training location (Outpatient or Residential) please refer to the Requirements and Expectations section of each respective Handbook.

### Therapy

Therapy is provided throughout the Division in a variety of treatment modalities, including family therapy, individual therapy, group therapy, and milieu therapy. Therapy takes place in outpatient (Education & Training Center) and residential (Highridge) settings and includes individuals from a diverse range of age ranges, racial and ethnic groups, and socioeconomic levels. Individual therapy is reserved for youth between the ages of 18-22 in the outpatient office setting. Therapy may also be conducted by some trainees at sites of collaborative partners. Trainees will develop treatment plans with specific goals and objectives for each of their therapy cases. Telemental health services may be provided when appropriate.

### Parent-Child Interaction Therapy (PCIT)

The Education & Training Center offers PCIT, an evidenced-based dyadic treatment, to select families with children between the ages of 2 and 7. Internet (I-PCIT) services may be offered when appropriate.

### Parenting

The Youth Services Department offers parenting services that can be provided via an individual or group format. During the outpatient rotation, curriculums developed from evidence-supported programs aimed at helping caregivers raise children in a safe, stable, and healthy environment may be utilized (i.e., STEP, ACT). Parent support groups are also offered depending on need. During the residential rotation, psychoeducation on parenting and parent groups are provided on a monthly basis.

### Psychological Evaluation

Referrals for psychological testing come from within the Division. Trainees may also make referrals for their therapy clients to be tested. Full batteries include clinical interviews and assessment of intellectual, behavioral, and personality/social functioning. Psychoeducational testing may also be included in the full assessment batteries. With supervisor approval, less inclusive partial batteries determined by the needs of the family may be completed. The evaluation process involves consultation with referring therapists, administering and scoring measures, obtaining peer review of scoring accuracy, writing integrated reports, and holding feedback sessions in a timely manner.



### Intake Assessment

Intake assessments involve developing interviewing skills and gathering pertinent clinical information during intake interviews. All clients are seen for an initial intake interview to assess their eligibility and need for services and/or to make appropriate referrals.

### Risk Assessment, Abuse Reporting, Crisis Intervention, and Safety Planning

With close supervision, trainees will facilitate risk assessments and treatment of crisis situations. Safety planning and abuse reports will be implemented when necessary.

### Multidisciplinary Consultation

Consultation takes place on an ongoing basis with staff, administrators, the Division's collaborative organizations, school personnel, case managers, psychiatrists, and/or other collateral sources. During the Residential rotation, multidisciplinary treatment teams meet regularly to discuss client care. Onsite consultation at the Highridge School is also performed regularly.

### Case Management

Ongoing case management is provided for all families/clients served, as determined by each family's needs.

### Didactic Activities

Didactic activities include attending and presenting at weekly Youth Services Department formal trainings, primarily attended virtually. Trainings take various forms, including lecture and demonstration, formal continuing education workshops, and presentations from practitioners and agencies that work in collaboration with the Youth Services Department. The goals of these trainings are to maintain awareness of recent empirical literature, to inform clinical practice with evidence based findings, and to develop skills in making professional case presentations. The didactic training schedule is intended to compliment clinical supervision, assist professional development, and promote peer relationships. A tentative schedule is distributed at the beginning of the training year and updated periodically. Some topics include laws and ethics, professional development, intervention strategies, diagnostic issues, psychological testing, child maltreatment, domestic violence, diversity considerations, and supervision. Many of the trainings offer continuing education units because the Youth Services Department is an approved CEU sponsor of the American Psychological Association (APA), the State of Florida Department of Health's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling, and the Florida Department of Health's Board of Nursing. Opportunities to attend and present at local workshops and conferences are also available.

### Community Outreach

Opportunities to present trainings on a variety of mental health topics arise and involve developing and providing such presentations at county-sponsored events as well as various community agencies. Developing and recording social media posts and writing articles on mental health topics is also considered an outreach activity. Outreach may also include discussing the services offered at the Youth Services Department at resource events/fairs in the community.

### Supervision

Interns may provide mentorship to practicum trainee(s) as needed. Interns will also provide peer supervision to another intern. A psychologist licensed in the state of Florida provides individual supervision to psychology doctoral trainees of all levels. Moreover, a minimum of 2 additional hours is provided weekly in a group supervision format with the clinical team at each office

location. Trainees are expected to present and discuss therapy and evaluation cases at group supervision meetings. Trainees are expected to present session audio/video recordings during these presentations and, at times, be observed through a one-way mirror.

### **Programmatic Changes due to COVID-19**

During this unprecedented time, the Youth Services Department has made great efforts to ensure the safety of our trainees, staff, and clients. We actively follow CDC recommendations to ensure the safest environment for all. As the CDC continues to update recommendations in response to COVID-19, the Youth Services Department likewise adapts its safety measures accordingly. Hand sanitizer and disinfectant wipes are readily available to everyone.

Everyone at the Youth Services Department has received training in telemental health service delivery, and is continuously developing this competency. Telemental health sessions are offered via a remote platform (i.e., Zoom) when appropriate. At this time, therapy sessions are primarily offered remotely via Zoom, although clients wishing to be seen in-person will be accommodated provided a detailed set of safety requirements are followed. Most meetings and trainings also occur via Zoom.

In order to ensure that trainees are able to acquire the hours needed for successful completion of the training program, guidance from Association of Psychology Postdoctoral and Internship Centers (APPIC) and the Commission on Accreditation (CoA), both of which support programs in their efforts to determine the best ways for students and trainees to successfully develop knowledge and competencies in accordance with program requirements. Telesupervision, telepractice, and distance education delivery have been, and continue to be implemented, for the foreseeable future.

## Training Requirements & Expectations

The following requirements must be met to the satisfaction of the Training Director and clinical supervisors to receive a satisfactory certification of internship completion.

### Education and Training Center: Practicum-Specific

- 1) Complete 8 months of training (minor variances may be approved).
- 2) Complete a minimum of 20 hours per week.
  - Schedules will be determined by the supervisors before the start of the training year based on the direct hours each trainee needs, office space availability, and client needs.
  - Full workdays are generally from 8:30 a.m. to 7:00 p.m. with 1/2 hour for lunch.
  - A minimum of two evenings are required to meet direct contact hour expectations.
- 3) Complete a minimum of 320 hours with at least 45% being direct service (at least 145).
  - On average, practicum trainees should carry a therapy caseload of 4 to 6 cases. This caseload will vary based on several factors including requests for services and time of the year. Caseload will also build at a rate corresponding with the strengths and prior experience of the trainee, as well as the direct service hours required.
  - Trainees are expected to monitor their hours and take the initiative to seek out additional activities to ensure their hour expectations are met.
- 4) Complete a minimum of 2 psychological evaluations. Based on client demand and training needs, more testing cases may be assigned at supervisor discretion.
  - Under circumstances in which the minimum testing requirement cannot be fulfilled (e.g., extended office closure due to natural disaster), trainees will be required to meet the competency via alternate means which may entail role-play, group supervision, didactic training, etc.
- 5) Participate in a minimum of 1 hour weekly face-to-face individual supervision with a licensed psychologist. Supplemental audio/video recordings should be reviewed.
- 6) Participate in supervision provided by an assigned psychology postdoctoral fellow. Supplemental audio/video recordings should be reviewed.
- 7) Attend, participate in, and present cases with supplemental audio/video recordings during weekly group supervision (2 hours).
  - A minimum of 4 case presentations with audio/video recording are expected.
- 8) Conduct a minimum of 2 live sessions with at least one clinical supervisor observing prior to each evaluation period.
  - Other team members may be invited to observe the live session, depending on availability.
- 9) Attend weekly didactic trainings (2 hours) and submit evaluation forms for each.
  - If a didactic is missed due to illness or pre-approved vacation, the trainee is expected to review the recording of the didactic, obtain/read the handouts and discuss the content with his/her supervisor the following week.
  - No more than 2 trainings may be missed throughout the year. It is the trainee's responsibility to take this into account when planning time out of the office.
- 10) Participate in Testing Training Series. Trainees are expected to be active participants of this group, which will entail presenting on a selected assessment measure and engaging in interactive activities.
- 11) Submit a monthly activity report of hours and expectations when requested by the Training Director via email, or more often if requested by the Training Director/Supervisor(s).

- Submit a final activity report containing hour log and expectations on the last day of clinical placement.
- 12) Pass mid-year supervisor evaluations on all competencies provided by the trainee's graduate program. Passing criteria will be determined in conjunction with graduate training program requirements.
- 13) Pass final supervisor evaluations on all competencies provided by the trainee's graduate program. Passing criteria will be determined in conjunction with graduate training program requirements.

## **Education and Training Center: All Trainees**

- 1) Attend 4 days of orientation trainings and submit evaluation form.
  - If any part of orientation training is missed due to illness or pre-approved vacation, the trainee is expected to obtain/read the information and find a time to review the content with trainee's supervisor as soon as possible.
- 2) Participate in Sanctuary Module Training of Trauma Informed Care training modules.
- 3) Provide therapeutic activities that emphasize family therapy, but may also include parenting, group therapy, and individual therapy (18-22 year olds).
  - Most cases will require incorporation of psychoeducation related to parenting skills and child development.
  - Risk assessment and safety planning will be conducted on an as-needed basis.
- 4) Once a treatment outcome measure is identified by the Division, trainees will be expected to complete pre- and post-assessments of each family therapy case (with family consent).
- 5) Complete intake assessments.
  - Assignments will vary based on demand and schedule.
- 6) Complete all documentation in a timely manner.
  - Case notes must be entered within 2 business days.
  - All phone calls, significant interactions, and information about clients should be documented within 2 business days.
  - Intake reports must be submitted within 2 business days.
  - Genograms must be provided to supervisor before the 2<sup>nd</sup> session.
  - Psychosocial summary or case formulation drafts must be submitted to supervisor before the 4<sup>th</sup> week. Intake Assessments may be used in lieu of psychosocial summaries to demonstrate this skill.
  - Treatment plans must be submitted to supervisor before the 4<sup>th</sup> session.
  - Closing summaries must be completed within 5 business days of the final session.
- 7) Complete psychological evaluations in a timely manner.
  - Consultation with referring therapists regarding psychological evaluation referral questions is expected prior to testing.
  - Parent interview should be completed prior to testing session(s) with youth.
  - All interviews and administration of evaluation measures should be completed within 2 weeks (or 3 weeks under special circumstances and with supervisor approval).
  - Evaluation reports are to be completed in a timely manner, with an initial draft due no later than 2 weeks after administration of assessment measures are complete. Awaiting return of self-report measures should not delay this timeline. Second drafts should be completed no more than 1 week after the initial draft is returned with feedback.
  - Subsequent revisions should be turned in within 24 hours.

- Feedback session with the family regarding evaluation results and recommendations should be scheduled within 1 week of the signed final report.
- 8) Send case notes to supervisor for approval until permission is granted to finalize notes independently.
    - Intake reports, psychosocial summaries, case formulations, treatment plans, and closing summaries should be sent to their direct supervisor in a password protected Word document for review before being entered into CMP.
    - Once entered into CMP, psychosocial summaries or case formulations, treatment plans, and closing summaries are automatically sent to supervisor for approval.
  - 9) On occasion, the trainee may be expected to help with duties of a clerical or statistical nature.
  - 10) Learn and comply with policies and procedures, confidentiality, and ethical guidelines.
  - 11) Complete all evaluation forms (e.g., self, supervisor, program, didactic training).
  - 12) Satisfactorily complete any due process and/or remediation plans.

## Professional Conduct Expectations

The Palm Beach County Youth Services Department Training Program is committed to the professional growth of trainees. To help achieve this commitment, it is everyone's responsibility to nurture and maintain a work environment of honesty, trust, and respect. Some basic expectations with regard to professional conduct include:

1. *Adherence to a professional dress code.* Trainees are expected to dress in business casual attire. We understand that everyone has their own unique style; however, certain items are simply inappropriate. Please refer to the 'Dress, Grooming, and Hygiene Guidelines' for more detailed information and consult with supervisors when any questions remain.
2. *Adherence to deadlines:* Trainees are expected to complete and submit tasks (e.g., didactic presentation PowerPoints, journal club articles, psychological reports) by the deadline that is assigned by supervisors. If a trainee believes they are unable to complete the task by the deadline given, they should communicate this and discuss with their supervisor in a timely manner.
3. *Act with care and diligence in the course of job performance.* Trainees are expected to adhere to the schedule agreed upon with their supervisor at the start of their rotation. Punctuality, whether or not a client is scheduled, is of utmost importance. Additionally, forgetting about appointments or double booking clients is unacceptable and poor customer service. These errors can be avoided by keeping Outlook and CMP calendars up to date. Trainees must abide by agency office hours and request from/notify their supervisor when there will be any change to their schedule.
4. *Communication with supervisors and office staff when absent.* If a trainee expects to be absent from the office due to illness or another cause, communication with supervisors and office staff is essential to ensure clients are properly and ethically served. When a trainee is to be absent from or late to the office, a telephone call to the main office phone line is necessary. Emails, text messages, or calls to supervisor cell phones may be missed if a supervisor is in another meeting. A telephone call to the main office phone line will ensure that a person has been notified about absence. Clients can then be contacted regarding their sessions. Personal cell phones should never be used to contact clients.
5. *Responsiveness to emails.* Trainees are expected to respond to supervisor and other work-related emails in a timely fashion. As a general rule, emails should be reviewed and responded to within the same business day they are received.
6. *Behave honestly and with integrity at all times.* Trainees are required to behave and conduct themselves in a professional business manner. Any conduct that is considered to be hostile, verbally offensive, disruptive to the work environment, or is perceived to be intimidating or undermining will not be tolerated. Office etiquette includes avoiding the use of profanity or speaking loudly in the hallways. Turn the volume on cell phones off when you are in the office, as ring tones can be loud and disturbing to clients and staff.
7. *Cooperation with colleagues is essential.* Trainees and staff consist of a variety of disciplines and must work together in the best interests of the youth and his/her family. Disagreements about an intervention or course of treatment are to be expected, and should be resolved in a respectful and professional manner. Trainees may be asked to share office space with their fellow trainees or other staff members. Trainees are expected to work together to resolve scheduling and decorating conflicts related to office space in which to conduct therapy, store personal belongings, and share voicemail.
8. *Clients deserve undivided attention while they are here for services.* Do not answer office phones or cellular phones during a therapy session. Do not read or respond to emails or text messages during a therapy session.
9. *Confidentiality and dual relationships.* If a client of Youth Services is known to the trainee from another field placement, another agency where employed, or from other life roles (e.g., realtor, child care, etc.), care must be taken to maintain confidentiality and honor ethical guidelines regarding dual relationships. It is prohibited to initiate or solicit any contact outside of the therapeutic work environment with any current clients. It is unethical and against Palm Beach County policy to continue services with your clients upon termination from the Youth Services Department.

# Supervision

## Individual Supervision

Practicum Trainees receive a minimum of 1 hour of individual clinical supervision each week by licensed psychologist and 1 hour of individual supervision each week by a postdoctoral fellow. This is routinely supplemented by brief and spontaneous discussions between supervisors and trainees.

**Supervisor Selection Standards.** Minimum standards for appointment as intern supervisor are as follows. The same standards are followed for supervision of our practicum trainees.

1. Doctorate in psychology from an APA accredited institution.
2. Completion of an APPIC-member internship in clinical or counseling psychology.
3. Licensure under Florida statute as “Psychologist” or a Psychology Resident under the supervision of a licensed psychologist, with the Resident’s supervision of the intern being the focus of the licensed psychologist’s supervision time with the Resident.
4. Knowledge and experience in the activities to be supervised.

**Term.** Supervision assignments are for the duration of each rotation, with the exception of extenuating circumstances. If a supervision assignment is made after the start of the rotation, the assignment will end at the completion of the rotation.

**Supervision Sessions.** Individual supervision can take two forms. One of these is in-vivo supervision, with the supervisor present to coach and observe during the provision of services by the intern. The other is scheduled, one-to-one, face-to-face self-report of relevant professional clinical activities and progress toward training goals as well as review of audio/video recordings. Unscheduled supervisory consultation may be utilized as needed. Telesupervision will be utilized in conjunction with in-person supervision, depending on the locations of supervisor and the trainee. Please refer to Telesupervision Policy for more specific information on this supervision modality.

**Work Products.** Supervisors will review and approve intake assessment reports, genograms, treatment plans, case conceptualization/psychosocial summaries, substantive case notes, written correspondence, closing/discharge summaries, and evaluation/assessment reports. Supervisors co-sign closing/discharge summaries and evaluation/assessment reports. Trainees will receive ongoing instruction/feedback on documentation and will be expected to produce documents that meet agency and professional standards. All written work products must be completed in a timely manner as determined by the supervisor.

**Recording Sessions.** Supervisors require trainees to audio and/or video record evaluation or treatment sessions for supervision purposes, with the consent of the client. Audio/video recordings are used both as an assessment tool in the evaluation of client’s responses within the treatment process and in the ongoing monitoring of the trainee’s work. They are essential to the work of the therapist both in reflective process and in their use within supervision. If clients do not wish to sign for audio/video recordings, they are not recorded but then must be open to participating in a live supervision observation.

**Site Mentors.** Role models are available at each rotation site, including other psychologists as well as staff from other disciplines (i.e., social work, mental health counseling, marriage and family therapy, nursing) and non-licensed psychology staff. While not appointed clinical supervisors, these site mentors are available for counsel and instruction in their particular professional areas of competence. The individual supervisor may incorporate professional peer-consultation into a trainee’s individual supervision.



## Group Supervision Description

Within each six-month rotation, the intern will attend a minimum of 2 hours per week of group supervision with a minimum of one licensed psychologist as well as the therapists and trainees working at each site. Initial group supervision sessions may include training on various topics to acclimate students to YSD, including follow-up discussions on orientation content, ongoing announcements, and collaborative diversion programs. Subsequent group supervision meetings may include brief presentations from organizations funded by YSD that offer services relevant to clients served. The group will also be asked to read articles/book chapters for discussion during group supervision. Interns are expected to present and discuss therapy and evaluation cases at group supervision meetings. They are expected to bring audio/video clips to accompany their presentation. Live sessions may also be scheduled. Group supervision case presentations should include the following. It is up to the presenter to determine the best way to cover all of the information.

- Question(s) to the team, reason this case is being presented
- Description of the family
  - complete genogram (ideally three generations)
  - Cultural considerations (e.g., race, ethnicity, sexual orientation, religion, SES, etc.)
  - sources of stress for the family
  - family's strengths and resources
- Presenting problem from the perspective of
  - the family
  - the therapist
- Number of sessions attended
- Diagnoses considered
- Treatment goals
- Course of treatment and family's response to intervention
- A self-evaluation of your effectiveness
- Case conceptualization (consider evidence-based treatment)
- Recording of a session, cued to a relevant segment
- Reiterate question(s) to the team, reason why case is being presented

## Telesupervision Description

The Youth Services Department (YSD) uses telesupervision, or the supervision of psychological services through a synchronous audio and video format for supervision as needed. YSD recognizes the importance of supervisory relationships. Given the geographical distance between training sites, this model allows trainees to form a greater connection to the entire training faculty and training cohort than would be experienced otherwise. It is expected that the foundation for supervisory relationships will be initially cultivated during orientation and subsequently during other in-person meetings and interactions. When feasible, supervision is scheduled face-to-face; however, when scheduling does not permit and/or travel is an obstacle, telesupervision may be used instead. Trainees involved in peer supervision may also utilize telesupervision when they work at different training sites.

Telesupervision is utilized in accordance with the Guidelines and Principles set forth by the American Psychological Association. Telesupervision is only utilized when in-person supervision is not possible. This form of supervision is regarded as consistent with the YSD's overall model of training in that it best approximates the in-person format of supervision and ensures continuity in the supervisory experience.

When more than one supervisor is assigned, the primary rotation, on-site supervisor maintains full professional responsibility for the clinical cases under the care of the intern unless arrangements are



made with at least one other licensed psychologist to cover for non-scheduled consultations, time-sensitive issues, and crisis situations. When utilizing telesupervision, both the intern and supervising psychologist assure that privacy and confidentiality for both the client and trainee are maintained. Finally, telesupervision can only be viewed as a legitimate form of supervision if it is determined by both the supervisor and the intern that both the audio and video quality of the connection is adequate for the proper conduction of supervision.

All telesupervision utilized by YSD occurs over a secure network. Supervision sessions using this technology are never recorded unless explicitly consented to. A remote videoconference platform (e.g., Zoom) will be utilized. Each trainee will be set up with a Zoom account, and Zoom training will be provided during orientation. Technical difficulties that cannot be resolved on site are directed to the Network Operations Center at (561)355-HELP or by submitting an online request for IT support.

### **Licensed Psychologists at the Youth Services Department**

Shayna Ginsburg, Psy.D., Training Director/Chief of Clinical Services, Education & Training  
Amanda Terrell, Psy.D., Chief of Residential Clinical Services, Highridge Family Center  
Ralph Fretz, Ph.D., Psychologist, Highridge Family Center  
Danniella Jones, Psy.D., Psychologist, Education & Training  
Rachelle Sosu, Psy.D., Psychologist, Education & Training  
Twila Taylor, Psy.D., Division Director, Residential Treatment & Family Counseling

\*All psychologists are licensed in the state of Florida.

## Formal Evaluations

The evaluation process is continuous and mutual. The Training Director is responsible for ongoing systematic evaluation of trainee progress and program quality. Clinical supervisors may formally or informally evaluate trainees at any time during the training year, and submit assessment of trainee performance to the Training Director.

### Rating of Trainee Performance

Clinical supervisors may formally or informally evaluate trainees at any time during the training year, and submit assessment of trainee performance to the Training Director. Clinical supervisors formally evaluate the performance of their assigned trainees in writing at the midpoint and end of year using the graduate program's evaluation form. Trainees complete a self-assessment baseline at the beginning of the training year, and then assess their performance on the same schedule as supervisors. Supervisors are expected to review these evaluations with trainees and provide an opportunity for discussion and feedback.

### Rating of Trainee Experience

Trainees rate their clinical supervision at the midpoint and end of the training year. A Program Evaluation is also completed at the midpoint and end of the training year to evaluate the overall experience of the trainee. Ratings of weekly didactic trainings are provided after each training.

### Communication with Graduate Programs

The Training Director, or designee, is responsible for informing each doctoral program's Director of Clinical Training about the performance of each trainee. For practicum trainees, this is done by completing and submitting the graduate program's evaluation forms at midyear and end of the training program. If significant clinical or professional concerns arise that are not able to be remediated by informal means, the graduate program is notified of any further action that may be taken by as a result of the Due Process procedures, up to and including termination from the program. The Due Process guidelines can be found in the Handbook.

## Selection and Academic Preparation Requirements

### ***Application Process***

To be considered for the Youth Services Department practicum program, trainees must meet the following requirements before the start of practicum:

- Receive doctoral training in clinical psychology from an APA-accredited doctoral program
- Complete coursework in intellectual assessment, intervention, diversity, and ethics (may be concurrent with practicum)
- At least 1 year of experience in face-to-face clinical contact (i.e., conducting intakes, biopsychosocial interviews, and some form of therapy)
- Demonstrate potential for a career in clinical psychology with an emphasis on child, adolescent, and/or family clinical assessment and intervention
- Demonstrate cultural sensitivity
- Exhibit good interpersonal and organizational skills, flexibility, and ability to handle multiple tasks

Interested trainees should submit the following materials to the Training Director:

- Cover letter
- Current Curriculum Vita
- A de-identified child or adolescent psychological evaluation report (preferably non-neuro)

### ***Interview Process***

Interested trainees (applicants, those assigned by the graduate program, etc.) will be invited for in-person interviews. Depending on which setting (outpatient or residential) the applicant is interested in, psychologists from either the Education & Training Center or Highridge Family Center will conduct interviews.

The Youth Services Department practicum training program will base its decision to accept students on the interview, materials provided, and criteria noted above. The following is also considered when making this determination:

- Experience working with children, adolescents, and families
- Training and/or class(es) in family and systemic theory
- Psychological/psychoeducational testing experience (for the outpatient placement)
- Experience working in a residential facility (for the residential placement)
- *Individuals with Spanish bilingual skills are strongly encouraged to apply*

The timeline of the interview process and notification of acceptance is determined by the trainee's graduate program's deadlines.

### **Training Director Contact Information**

Shayna Ginsburg, Psy.D.

phone: (561) 233-4460 / fax: (561) 233-4475

email: [sginsbur@pbcgov.org](mailto:sginsbur@pbcgov.org)

website: <http://www.pbcgov.com/youthservices/EducationCenter>

## **Diversity and Non-discrimination Policy**

The Youth Services Department strongly values diversity and believes that diversity promotes and enhances the training experience. As a department, Youth Services embraces diversity in the workplace and fosters an atmosphere that promotes equity and inclusion. Practicing mutual respect for qualities and experiences that may be different from our own and celebrating the rich dimensions of diversity is a priority of the training program. As part of the Equity & Diversity Program, mandatory trainings and educational opportunities are provided over the course of the year, which are aimed to broaden and deepen trainees' cultural humility and appreciation of diversity considerations.

Youth Services welcomes applicants from diverse backgrounds and believes that a diverse training environment contributes to and improves the overall quality of the program. Youth Services provides equal opportunity to all prospective trainees and does not discriminate because of a person's race, color, religion, disability, sex, age, national origin, ancestry, marital status, familial status, sexual orientation, gender identity and expression, genetic information, or any other socio-demographic factor. Applicants are individually evaluated in terms of quality of previous training, clinical experiences, and fit with the program's mission.

The goal of incorporating diversity into various trainings at Youth Services is to ensure that trainees develop the knowledge, skills, and awareness necessary to provide competent psychological services to all members of the public. To this end, the Youth Services training program expects competency in diversity training and strives to ensure that psychology trainees demonstrate acceptable levels of knowledge, skills, and awareness to work effectively with diverse individuals. Diversity experiences and cultural humility trainings are interwoven throughout the training program to ensure that trainees are both personally supported and well trained in this area.

For additional information regarding trainee expectations on diversity please see APPIC's Diversity statement at the following link:

[https://www.appic.org/Portals/0/downloads/APPIC\\_Diversity\\_Statement.pdf](https://www.appic.org/Portals/0/downloads/APPIC_Diversity_Statement.pdf) [appic.org]

## Clinical Staff Job Descriptions

### Education & Training Center

#### Chief of Clinical Services, Education & Training

The Chief of Clinical Services at the Education & Training Center requires a Doctoral degree in psychology and license to practice in the state of Florida. As the administrator of the Education & Training Center, responsibilities include supervising the clinical and clerical staff, overseeing therapy and psychological evaluation services, program development, evaluating services provided, maintain the electronic system of agency clients, and serving on the management team developing and implementing the Division's policies and procedures. The Chief of Clinical Services provides clinical supervision to graduate and post-graduate level trainees completing clinical placements. As the director of the Education & Training Center, the Chief of Clinical Services is responsible for facilitation of training for staff, trainees, and community members, and maintenance of continuing education sponsor approval. As Training Director, the Chief of Clinical Services ensures compliance with standards of the American Psychological Association (APA) and the Association of Psychology Postdoctoral and Internship Centers (APPIC), serves as the liaison between trainees and graduate school programs, and provides clinical supervision to graduate and post-graduate level trainees.

#### Youth Services Psychologists

The Youth Services Psychologists require a Doctoral degree in psychology and license to practice in the state of Florida. The psychologists provide family, group, and individual therapy services to youth and their families who are experiencing emotional and/or behavioral difficulties, family discord, school or academic difficulties, problems with peers, and other presenting issues. In addition to working with families, the psychologists interact with schools, social service agencies, and other professionals in order to provide client-needed services. The psychologists may also conduct psychological evaluations with children in order to identify and diagnose areas in need of improvement and offer recommendations. In addition, the psychologists provide psychoeducational services to parents, community groups, and mental health professionals, including parenting skills, professional development seminars, continuing education trainings, and community outreach. The psychologists also provide clinical supervision to graduate and post-graduate level trainees completing clinical placements, and serve as assistants to the Training Director for training-related matters.

### Youth & Family Counseling Program

#### Chief of Community Based Clinical Services

The Chief of Community Based Clinical Services is responsible for developing, managing, and delivering care to the community through the administration of outreach services and clinical services in Palm Beach County. The Chief of Community Based Clinical Services is responsible for supervising Youth Services Coordinators, and directly or indirectly supervising clinicians and support staff at Youth and Family Counseling offices (Belle Glade, Delray and West Palm Beach) and satellite locations. As the administrator of Youth and Family Counseling, responsibilities the Chief of Clinical Services serves as is responsible for facilitation of training and intern placements at Youth and Family Counseling locations.

#### Youth Services Coordinator

The Youth Services Coordinator is responsible for planning, coordinating, supervising and providing clinical services to clients of the Youth and Family Counseling (Belle Glade, Delray and West Palm Beach) offices. Additionally, the Youth Services Coordinator is responsible for the supervision of clinical and clerical staff within each office and consults with the Chief of Community Based Clinical Services regarding training, supervision, intern placements, client cases, special problems, crises, or emergencies.

#### Family Violence Intervention (FVIP) Program Coordinator

The FVIP Program Coordinator is responsible for coordinating referrals and supervising clients involved in the Family Violence Intervention Program (FVIP). The FVIP Program Coordinator is responsible for supervising the FVIP Court Case Advisors. Referrals for Youth Services FVIP Services are accepted by the FVIP Program Coordinator. Additionally the FVIP Program Coordinator consults with the Chief of Community Based Clinical Services on training, supervision, intern placements, client cases, special problems, crises, or emergencies.

#### Therapist/Licensed Therapist

The Licensed Therapist has a Florida state license in their field of study. The Therapist requires a Master's or Doctoral degree in social work, marriage and family therapy, mental health counseling, or psychology, and experience working with families and youths. Both Therapists provide family, individual, and group therapy services to the youth and family in a variety of crisis and non-crisis situations. Therapists perform a psychosocial interview, develop a treatment plan with the family, work with the family for approximately 90 days, and develop a case summary with recommendations at the end of treatment. Therapists also provide School Based Services and interact with social service agencies and other professionals in order to provide client-needed services. Referrals and follow-up are required.

#### Court Case Advisor

The Court Case Advisor contacts/meets with the family after receiving the referral from the State Attorney's Office and offers the family the choice to participate in the Family Violence Intervention Program (FVIP) diversion program to avoid adjudication. The Court Case Advisor is the point of contact for families involved in the FVIP Program and monitors the family's progress with Case Plan and the completion of the FVIP Program. Referrals for Youth Services FVIP Services are only accepted by the Court Case Advisors after consultation with the Program Coordinator.

## Highridge Family Center

### Chief of Residential Clinical Services

The Chief of Residential Clinical Services is a licensed psychologist who serves as the administrator of the Highridge Family Center. The Chief is responsible for the day-to-day operations of Highridge Family Center and supervises the Residential Counseling Coordinator, the Residential Nurse Manager, and staff. The Chief also evaluates program efficacy, implements changes for program development, encourages adherence to policies and procedures, and handles personnel and client-related issues. The Chief of Residential Clinical Services provides individual and/or group supervision to graduate and postgraduate psychology trainees.

### Residential Counseling Coordinator

The Residential Counseling Coordinator is a licensed clinician and is responsible for managing, planning, coordinating, and directing the residential services provided to residents at Highridge. Additionally, the Residential Counseling Coordinator is responsible for the supervision of the residential youth counselors who work on the dorms and the interviewing and selection of such staff. Other responsibilities include providing staff training hours and consulting with staff as situations arise within the milieu. The Residential Counseling Coordinator is available as an additional resource and support person in the absence of a licensed psychologist and/or clinical supervisor.

### Psychologist, Sanctuary Coordinator

The Psychologist and Sanctuary Coordinator is responsible for the ongoing implementation of the Sanctuary Model and trauma-informed services at Highridge. This includes coordination and provision of training and the utilization of trauma informed tools at the facility. The Sanctuary Coordinator ensures that facility staff continue to provide trauma-informed programming that meets recertification standards of The Sanctuary Model. The Sanctuary Coordinator collects data through surveys, measures, interviews, and meetings to drive program change and improvement. The Psychologist and Sanctuary Coordinator also provides individual and/or group supervision to graduate and postgraduate psychology trainees.

### Therapist

The Therapist requires a Master's or Doctoral degree in social work, marriage and family therapy, mental health counseling, or psychology, and experience working with families and youth. The therapist works as part of the treatment team, providing family, group, individual therapy, crisis intervention and risk assessments to the youth and family. The therapist develops a treatment plan with the family, makes recommendations regarding the youth's progress on the milieu, works with the family throughout the child's stay at Highridge, and writes a discharge summary with recommendations at the end of treatment.

### Residential Youth Counselor

Residential Counselors are Bachelor's level counselors responsible for providing daily care and supervision to the residents of Highridge Family Center. Residential Counselors work as part of the treatment team, assisting the adolescents with the development of coping skills such as emotional regulation, conflict resolution, facilitating community groups, and developing the therapeutic milieu using the Sanctuary Model.

### Juvenile Residential Technician

Juvenile Residential Technicians have an Associate's Degree and are responsible for providing daily care and supervision to the residents of Highridge Family Center. Juvenile Residential Technicians are primarily assigned as behavioral staff at the school or work at night on the dorms. They are part of the treatment team and assist youths in emotional regulation, conflict resolution, and development of a therapeutic milieu using the Sanctuary Model.

### Residential Nurse Manager

The Residential Nurse Manager supervises 2 Licensed Practical Nurses (LPNs), the school behavioral staff, and the night shift. Additionally, the Residential Nurse Manager attends treatment team meetings to provide staff with updates regarding medication changes, issues, or concerns and to address any questions the staff may have regarding a child's medical condition. The nursing team ensures open communication with the child's parents and treating physician regarding any medication side effects and when refills are needed. The Residential Nurse Manager is considered the supervisor on duty when present, unless otherwise specified.

### Nurse

Highridge Family Center has a team of two Licensed Practical Nurses and a Registered Nurse to provide 24-hour nursing coverage while the youth are in residence. The nursing team is responsible for initial routine medical screens, medication administration, sick calls, and any urgent medical matters. For emergencies, 911 is called. The nursing team ensures all staff maintains up to date certification in CPR and First Aid and is available for consultation on any resident-specific issues and staff training necessary, such as having a child in residence with diabetes or food allergies.



## Management of Training Program

### Training Director

The Training Director is the overall supervisor of the postdoctoral fellowship program. The Training Director is responsible for administration of the fellowship, and ensuring that training standards are met.

**Appointment.** The Training Director is a designated career-service Psychologist position reporting to the Director of the Youth Services Department's Residential Treatment & Family Counseling Division. The appointment is limited to individuals who meet the following criteria:

1. Earned a doctoral degree in clinical psychology from an APA accredited institution.
2. Completed an APPIC-member internship in clinical or counseling psychology.
3. Licensed under Florida statute 490 as "Psychologist."

**Responsibilities.** The Chief of Clinical Services, Education & Training is responsible for serving as the Training Director. Responsibilities assigned to the Training Director include:

1. Chairing the Training Committee.
2. Coordinating trainee selection and recruitment.
3. Assisting trainees with entering and exiting the county personnel system at the beginning and end of the training year.
4. Coordinating the designation and assignment of rotations/tracks.
5. Reviewing performance evaluations and expectations with trainees and supervisors.
6. Meeting regularly with the trainee cohorts (e.g., Training Director Meeting).
7. Coordinating schedules of training events.
8. Ensuring that the internship and fellowship adhere to Association of Psychology Postdoctoral and Internship Centers (APPIC) guidelines and policies.
9. Ensuring the internship meets American Psychological Association (APA) accreditation standards.
10. Ensuring the program complies with applicable Agency Affiliation Agreements.
11. Preparing reviews and self-studies of the training program to submit to the Youth Services Department administrative officers.
12. Monitoring clinical supervision.
13. Coordinating midyear and final evaluations and submission of reports to graduate programs.
14. Coordinating didactic training, seminars, and workshops.

### **Training Committee Members**

1. Training Director/Chief of Clinical Services, Education & Training
2. Chief of Residential Clinical Services
3. Other Youth Services Psychologists (with the Director of RTFC in attendance only as needed)

**Responsibilities.** The psychologists at Highridge and the Education & Training Center serve as clinical supervisors. Site supervisors are aware that the Training Director has an open door policy with regard to issues or concerns regarding the training program and the trainees.

The Training Committee meets on an established date/time each month. During monthly training committee meetings, progress toward achieving direct service and supervision hours is reviewed and general training issues/concerns are discussed. Training committee meetings are the forum for training matters. Decisions made by the Committee are used as recommendations for the Training Director, who makes the final decision regarding training related matters.

**Meetings.** The Training Committee meets on the second or third Monday of each month, unless rescheduling is necessary due to office closure. A tentative schedule is distributed at the beginning of the training year. Special meetings may be called as needed. Committee members are expected to attend and participate.

The Training Director and Site Supervisors meet periodically in clinical team meetings to address the management of the practicum, internship, and postdoctoral programs, as well as trainee progress. A discussion of evaluations occurs at these meetings. If a trainee concern must be addressed or due process procedures need to be initiated, a meeting with the appropriate participants is scheduled.

Weekly management meetings are attended by the Division Director, the Chief of Clinical Services, Education & Training, the Chief of Residential Clinical Services, and the Chief of Community Based Clinical Services. The Department Director is occasionally in attendance at these meetings. Although all business related to the Division is discussed during these meetings, this is also the forum to address programmatic and/or personnel concerns related to the training program.

## Trauma-Informed Care at the Youth Services Department

Adversity and challenges are universal in the human experience. Repeated trauma-related stress responses can impair a family's functioning and lead to problematic long-term health outcomes. The Youth Services Department emphasizes the importance of trauma-informed care and whole health within our organization and with the families we serve. Trauma-informed care also places great importance on the physical, psychological, and emotional safety of our families and staff members, and helps survivors rebuild a sense of control and empowerment. Our focus is on facilitating safe, healthy relationships so families can heal together in our community.

During August 2016, the Youth Services Department began a three-year process to initiate implementation of the Sanctuary Model, an evidence-based trauma informed care model. This included training, education, and changes to department and program policies. In May of 2019, Highridge Family Center became certified in the Sanctuary Model, an evidence-supported model of trauma informed care. Highridge is the first child and adolescent residential facility of its kind to be certified in Florida. Currently, the Youth Services Department is embarking upon the expansion of the Sanctuary Model, with the goal of the entire Department to become Sanctuary certified in 2022.

The Sanctuary model was created by Sandra Bloom a psychiatrist, Joseph Foderero, a social worker, and Ruth Ann Ryan, a nurse manager. Around 1985, the treatment team began to realize that most of the people they were treating in an inpatient setting and in outpatient treatment had survived overwhelmingly stressful and often traumatic experiences, usually beginning in childhood. The Sanctuary Model was created to harness the healing power of relationships to help overcome adversity and decrease the more punitive aspects of treatment in an acute care psychiatric unit. The model demands an organizational culture shift in mindset to help us ask the question "What happened to you" instead of "What's wrong with you?" The Sanctuary model also acknowledges restorative practices, in that it is about working **with** people instead of doing things **to** them or **for** them. Sanctuary is based upon the following commitments to youth and their families, as well as fellow staff, and as a wider organization: nonviolence, emotional intelligence, social learning, open communication, social responsibility, democracy, growth, and change. These commitments are incorporated into our interactions with families including therapy and psychoeducation.

Trainees will receive didactic training and materials at the beginning of the program. Throughout the year, trainees will be required to attend meetings and events related to the Sanctuary Model. Trainees will expand their skills in trauma-informed practice and begin to view families through a trauma lens utilizing the SELF-framework. Additionally, trainees will become more familiar with trauma conceptualizations and utilize the following tools of the Sanctuary toolkit: community meeting, safety plans, red flag reviews, psychoeducation, treatment planning, team meetings, and self-care.

# Family Therapy Overview

## Family Therapy Outline

- I. Initial Stages – Sessions 1-3
  - a. Genograms
  - b. Joining – observation
  - c. History
  - d. Hypothesis Formation
  - e. Goal Formation
  - f. Treatment Strategies (Process/discharge planning)
  
- II. Middle Stages – Sessions 4-8
  - a. Overcoming resistance
  - b. Implementation of strategy
  - c. Reformulate hypothesis
  - d. Renegotiate treatment goals
  - e. Noticing reinforcing changes
  - f. Stuck Points
  - g. Prepare for discharge
  
- III. Final Stages – Sessions 9-12
  - a. Discharge planning – linkages
  - b. Validity/Nurturing change
  - c. Maintaining change
  - d. Saying goodbye
  - e. Recap/Sharing observations

***\*Documents on family therapy modalities and major marriage and family therapy models are available on the common drive with detailed information on specific forms of family therapy.***

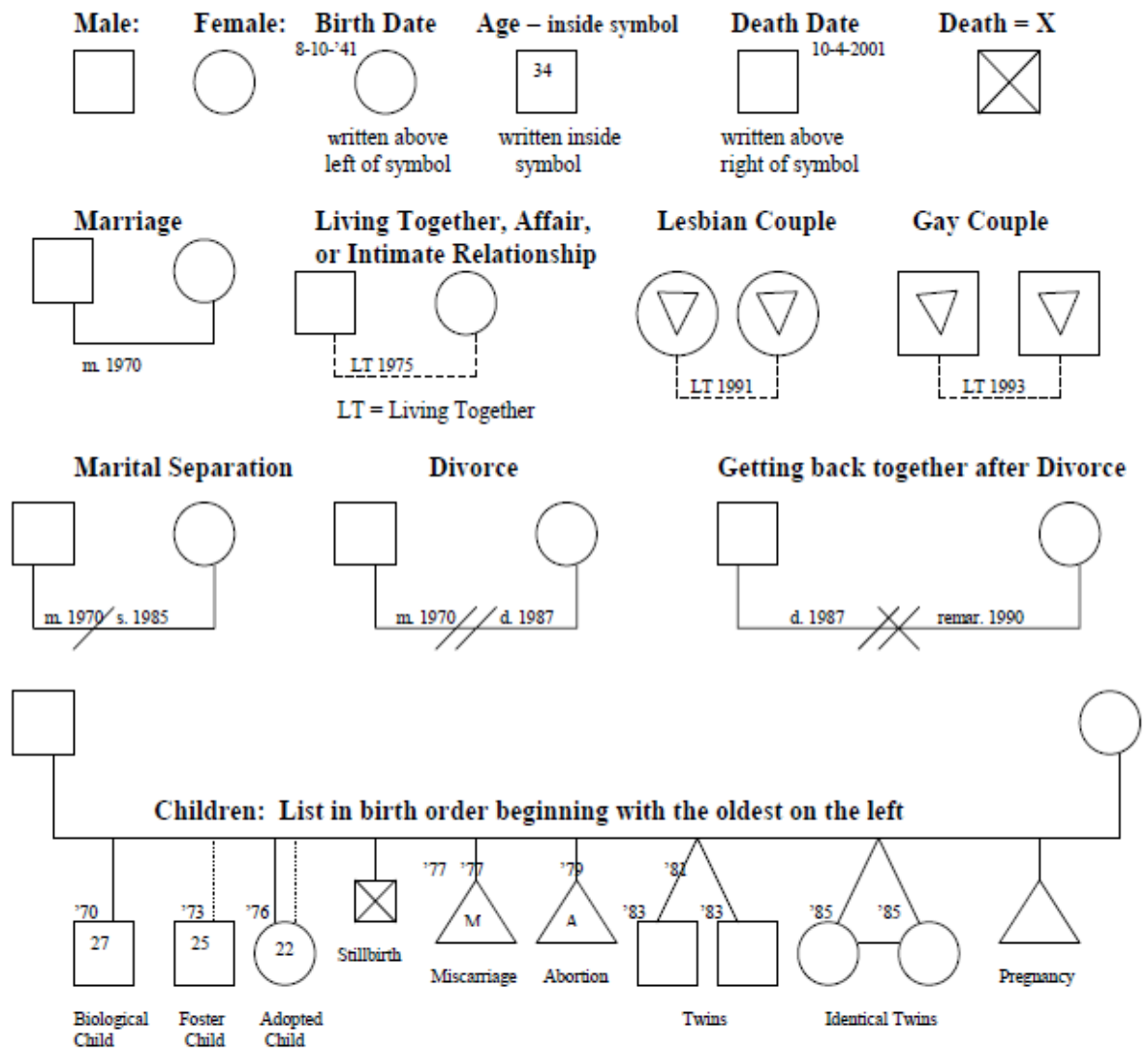
## Family Therapy Deadlines

- 1.) Genogram – Completed by 2<sup>nd</sup> session
- 2.) Psychosocial Summary – Due to supervisor before 4<sup>th</sup> week
- 3.) Pre-CAFAS – Completed before 4<sup>th</sup> session
- 4.) Treatment Plan – Completed and signed by family by 4<sup>th</sup> session
- 5.) Treatment Plan Review – Completed between 6-8<sup>th</sup> week of treatment
- 6.) Satisfaction Survey – Completed before last session (at least 4 sessions of therapy required)
- 7.) Post-CAFAS- Completed within 1 week of final session (at least 6 sessions required to complete)
- 8.) Closing Summary- Due to supervisor within 5 days of final session

Please utilize the Case Tracker spreadsheet found in the Student-Trainee Folder in the common drive to keep track of above deadlines.

## Genograms

### The Basic Genogram Symbols

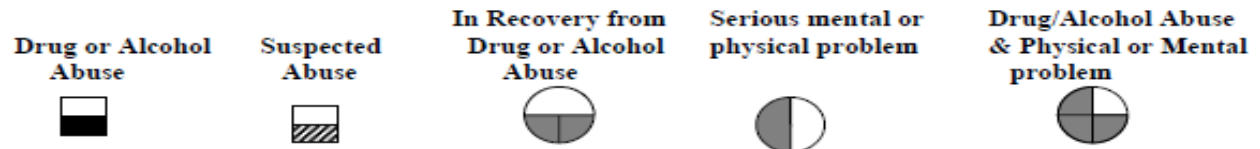


- Two people who are married are connected by lines that go down and across, with the husband on the left and the wife on the right.
- Couples that are not married are depicted with a dotted line.
- Children are drawn left to right, going from the oldest to the youngest.

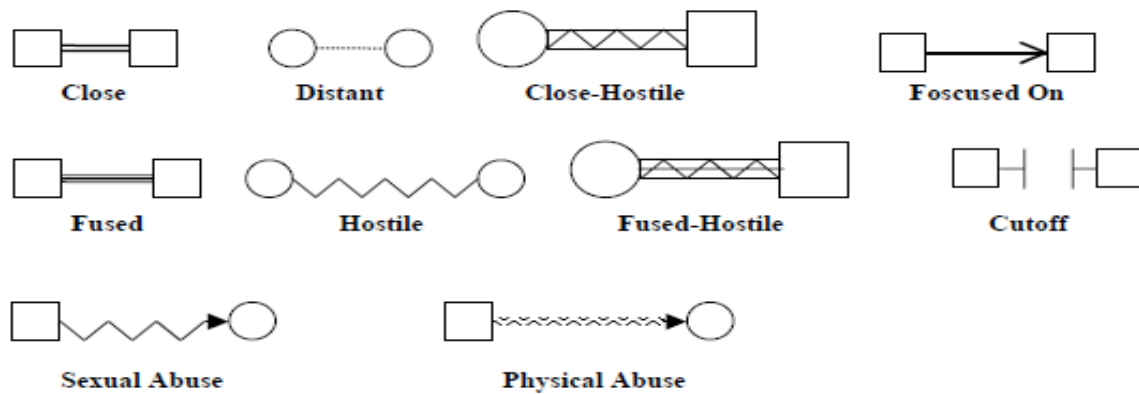
CMP 105  
Family / Child Assessment  
12/2005  
SJ

Adapted from: Power, Thomas A., ACSW.  
*Family Matters: A Layperson's Guide to  
Family functioning.* Hathaway press,  
New Hampshire, 1992

### Symbols Denoting Drug, Alcohol, and/or Mental Problems



### Symbols Denoting Interactional Patterns between People



Permanent Resource Book

## Parenting Services Overview

The Youth Services Department offers a variety of parenting services that can be provided via an individual or group format. Curriculums developed from evidence-based programs may be utilized, including Systematic Training for Effective Parenting (STEP), which includes psychoeducation on child/adolescent development and parental stress management. Behavioral parent training for select families of younger children may also be offered through an evidenced-based treatment known as Parent-Child Interaction Therapy (PCIT), in which parents learn behavior management strategies to increase their child's engagement in desirable behaviors while learning effective discipline procedures to reduce engagement in disruptive behaviors. Parent support groups are also offered depending on need.

During the intake process, families are screened to determine the best parenting intervention based on the presenting problem. Factors that may influence the determination of the appropriate parenting intervention recommended for a family may include: when a group is being offered, parent's level of cognitive and mental health functioning, child's age, if the child is residing outside of the caregiver's home, and primary language spoken by the parents.

Referrals for parent education, parent support, and parent training services come from a variety of sources, including, but not limited to, Youth Services therapists, caseworkers from the Department of Children and Families (DCF), probation and parole officers from the Department of Corrections (DOC), agencies working with prospective adoptive parents, and previous attendees.

Referrals can be made for parenting services at either the Education & Training Center or at one of the Youth and Family Counseling offices. Below is an outline of each of the parenting services, noting which offices can provide the particular services as well.

### Systematic Training for Effective Parenting (STEP)

STEP parenting services are offered in an individual or group format. This service is appropriate for parents of children ages 0-18. Individual STEP can be provided at the Education & Training Center or at one of the Youth & Family Counseling offices. Check with a team member from the Education & Training Center to determine availability for group format.

The individual and group formats follow the same outline. STEP can be offered to parents in Spanish or English. Parents in the group complete a Pre-Survey and Post-Survey and attend 7 sessions, for a total of 10.5 hours of parent education instruction. Parents attending individual sessions will complete a Pre-Survey and Post-Survey and attend 7 sessions, for a total of 7 hours of parent education instruction. STEP chapter outlines are completed during sessions and chapters from STEP book are provided to review throughout the week. The chapters correspond to weekly sessions broken down by the modules listed below. After all sessions have been attended, parents complete a Post-Survey and may receive a certificate of completion.

Outlines and handouts for group facilitators and attendees can be found on the Common (G:) drive, EDUCATION and TRAINING CENTER folder, Parenting folder, STEP Parenting Outlines & Handouts folder. Scanned copies of STEP book chapters in English and Spanish are available on the Common (G:) drive, EDUCATION and TRAINING CENTER folder, Parenting folder, Parenting Book folder. The certificate of completion can be found on the Common (G:) drive, EDUCATION and TRAINING CENTER folder, Parenting folder, Certificates folder. Remember to delete the client's name once the certificate has been printed.

### Outline for STEP Sessions

- **Session 1: Introduction and Overview of STEP Curriculum**
  - pre-survey
  - review confidentiality, Bill of Rights and Consent for Treatment, and Release of Information
  - parenting goals and challenges
  - parenting styles
  - influences on children's development
  - four goals of misbehavior
  - ingredients of a strong parent-child relationship
- **Session 2: Misbehavior and Belief Systems**
  - steps/responses to misbehavior
  - development of children's beliefs systems
  - family values
  - models and modeling of appropriate behavior
  - birth order characteristics
- **Session 3: Self-esteem and Praise versus Encouragement**
  - how can you build self-esteem in your children through praise and encouragement
  - loving and accepting your child and self
  - having faith in your child and self
  - noticing effort and improvement
  - appreciating your child, self and others
- **Session 4: Communication and Stress Management**
  - respectful communication
  - reflective listening
  - I messages
  - verbal and non-verbal communication cues
  - relaxation techniques
- **Session 5: Cooperation**
  - how to gain cooperation from children and others
  - problem-solving techniques
  - deciding who owns the problems
  - developing and structuring family meetings
- **Sessions 6: Discipline versus Punishment**
  - discipline vs. punishment
  - discipline strategies for younger children
  - discipline strategies for older children
  - natural versus logical consequences
  - building resiliency
- **Sessions 7: Emotional and Social Development**
  - understanding emotional development
  - emotional development challenges
  - understanding social development
  - social development concerns
  - post-survey



## Parent-Child Interaction Therapy (PCIT)

PCIT is a dyadic parenting intervention aimed at improving the family system by modifying the behavior of both the parent and the child (Kennedy et al., 2014). PCIT services are offered in a dyadic format but can include more than one caregiver involved in parenting a child at a time (i.e., two parent household). PCIT services can only be provided by a trained provider and as such PCIT is only available at the Education & Training Center. The service is available for parents of children between the ages of 2 through 7, although children up to 12 years old may be considered for the intervention based on their developmental and socio-emotional functioning. Both parents and children participate in this parenting service together. PCIT can be provided in English or Spanish.

PCIT services are offered following a selective prevention model, which typically entails 12 sessions. Child behavior progress is monitored each session by having parents complete the Eyeberg Child Behavior Inventory (ECBI) at the start of each session. Parent acquisition of parenting skills is also monitored regularly via in session coding of parent application of skills. PCIT is divided into two phases of treatment, Child Directed Interaction (CDI) and Parent Directed Interaction (PDI).

- **CDI Focus:**
  - Decrease child's frequency, severity, and/or duration of tantrums
  - Decrease child's engagement in hyperactivity
  - Decrease child's engagement in negative attention-seeking behaviors (i.e., whining)
  - Decrease parental frustration
  - Increase child's feelings of security, safety, and attachment to the primary caregiver
  - Increase child's attention span
  - Increase child's self-esteem
  - Increase child's engagement in pro-social behaviors (i.e., sharing)
- **PDI Focus:**
  - Decrease child's frequency, severity, and/or duration of aggressive behavior
  - Decrease child's frequency of destructive behavior (i.e., breaking things)
  - Decrease child's defiance
  - Increase child's compliance with adult requests
  - Increase child's respect for house rules
  - Improve child's behavior in public
  - Increase parental calmness and confidence during discipline

## **Diversion Programs**

### **Youth Court - Palm Beach County School Police**

Youth Services and the Palm Beach County School Police Youth Court Program have developed a collaboration to provide services to school-age children and adolescents up to 18 years of age who have been charged with a crime in Palm Beach County. Youth offenders who accept Youth Court as a diversionary program avoid criminal prosecution in the state courts which might lead to a criminal record. Typical offenses include theft, battery, and possession of marijuana under 20 grams, loitering, disorderly conduct, or trespassing. These offenders are diverted to Youth Court by the State Attorney's Office or participating police agencies. These children must be first-time offenders if referred directly by police agencies. Those clients referred to Youth Court are sent to Turning Point Academy (1950 Benoist Farms Road, Community 1, West Palm Beach, Florida 33411). Subsequent trials and arbitrations are held at the North County, South County, or Belle Glade Courthouse, or at Forest Hill Elementary School. Some cases that are processed by Youth Court will receive an order to come to Youth Services for therapy as part of their sanctions. The consequence of the client failing to complete the Youth Court sanctions is typically removal from the program and legal prosecution for the offense.

Youth Court clients are typically considered appropriate for treatment at Youth Services. Clients may be excluded from treatment if they are on probation, psychiatrically or medically unstable and in need of a higher level of care, or in need of residential substance abuse treatment. If a client was arrested while carrying a weapon, a decision as to whether or not the client may enter the program is made. If it is determined that the weapon was being carried because the client had safety concerns or was afraid of aggression by others, they may be admitted; if the weapon was being carried for malicious reasons (i.e., to instill fear or hurt someone), a case-by-case analysis will determine admission into the Youth Services program.

Once a client meets with a representative of the Youth Court program, they are instructed to contact Youth Services to schedule services. When the family calls, an intake is scheduled and the therapy case is seen by the appropriate Youth Services office. Other times, Youth Court clients are referred via a faxed copy of the Court Referral for Services form as well as a Case Journal. When a faxed referral is received, Youth Services contacts the family, schedules an intake, and the therapy case is seen by the appropriate Youth Services office.

#### **Treatment at YSD**

- If the client is referred for residential treatment at Highridge Family Center, the family's participation in treatment will be monitored by consulting with the therapist and treatment team in order to verify that the child is complying with all sanctions.
- Families are expected to complete the standard treatment protocol of 12 family therapy sessions, unless a variation is determined as clinically appropriate or necessary by the therapist, in concurrence with his/her supervisor. It is explained to the family that Youth Court clients are expected to attend all therapy sessions. The therapist should make it clear that unless the sessions are attended regularly and the client participates in the process of therapy, no notification indicating compliance with the Youth Court program will be provided. If an emergency arises and the family misses a session, they are expected to call and reschedule within the week.
- Youth Court is to be notified when any Youth Court Client is not attending consistently. If the child is being seen at Youth and Family Counseling Program or the Education and Training Center, contact with Youth Court will be made by the therapist. If the child is at Highridge, the

court liaison will keep Youth Court informed. This allows Youth Court to further reinforce the need for appropriate attendance.

- Issues addressed in session are left to the therapist to determine the course of treatment based on the needs of the client and his/her family. If a family complies and attends therapy on a regular basis, it is not necessary to contact Youth Court during treatment.
- During the course of treatment, possible consequences of the child's behavior will be reviewed. In addition, the possible consequences should the client fail to complete the Youth Court sanctions are processed. These include removal from the program and legal prosecution.
- Other objectives are designed by the therapist to meet the needs of the specific child and family. Treatment goals may include decreasing impulsivity, learning anger management skills, improving relationships, increasing positive school behaviors, improving school participation, learning parenting skills, building self-esteem, and not reoffending. At the end of successful treatment completion, the **Youth Services Client Summary** (located in the CMP Tasks) will be provided to Youth Court indicating their completion of this sanction. The Youth Services Client Summary is also faxed to Youth Court at 561-434-8356.
- *For Ed Center team members, a full "Discharge Closing summary" should also be added to the client's chart and completed.*
- If a family is noncompliant with treatment, the therapist should notify his/her supervisor and also report it directly to Youth Court.
- After discussing the case with Youth Court staff, the decision will be made if the client will be given another opportunity to comply or if the client will be sent back to the Youth Court without issuing a confirmation of having completed treatment goals. When Youth Court clients contract to attend therapy as part of their agreement with Youth Court, non-compliance with that contractual obligation is typically addressed by the client's case being sent back to the State Attorney's Office by the Youth Court. Those families that do not complete therapy have a copy of the Youth Services Client Summary provided to Youth Court indicating that this sanction was not completed. The Client Summary should be faxed to Youth Court at 561- 434-8356.

#### **Youth Court Contact Personnel**

<b>*Officer Cecil Wagner</b>	Phone: (561) 310-5370	Fax: (561) 434-8356	<b>Cecil.Wagner@palmbeachschools.org</b>
<b>Officer Anthony Morales</b>	Phone: (561) 310-5370	Fax: (561) 434-8356	<b>Anthony.Morales@palmbeachschools.org</b>
<b>Pamela Torres, Case Manager</b>	Phone: (561) 310-5370	Fax: (561) 434-8356	<b>Pamela.Torres@palmbeachschools.org</b>
<b>Marie Nazaire Administrative Assistance</b>	Phone: (561) 310-5370	Fax: (561) 434-8356	<b>Marie.Nazaire@palmbeachschools.org</b>
<b>Anna Berkman Administrative Assistance</b>	Phone: (561) 310-5370	Fax: (561) 434-8356	<b>Anna.Berkman@palmbeachschools.org</b>

## **Family Violence Intervention Program (FVIP)**

### **Family Violence Intervention Program (FVIP) History**

The Family Violence Intervention Program (FVIP) was initiated in 1999 through a grant to the Palm Beach County Juvenile Court. This is a diversionary program with the goal of keeping youth out of the Juvenile Justice System and help encourage healthier ways for families to communicate without violence. Under the jurisdiction of Juvenile Court, youth charged with the offense of Domestic Battery are removed from the home by law enforcement and placed in a secure Juvenile Detention Facility.

If the parent or guardian is unwilling to take the juvenile home, and there is no family, friend or respite facility then the juvenile can remain in a secure Juvenile Detention Facility for a short period of time. The age range for the youth is typically 9 to 18 years. A Court Case Advisor contacts/meets with the family after receiving the referral from the State Attorney's Office and offers the family the choice to participate in the FVIP diversion program to avoid adjudication. If the family agrees to participate, the FVIP staff member arranges for the youth to return home or stay with a relative and refers the family for services, usually preventing the youth from remaining in detention. A mediation conference is conducted where the case plan is developed and the appropriate services are recommended and agreed upon.

The Youth Services Department (YSD)'s Residential Treatment and Family Counseling Division (RTFC) programs: Education & Training Center, Youth & Family Counseling, Highridge Family Center, and FVIP work closely together to determine appropriate services (group, individual, and/or family therapy or residential services) for youth arrested for domestic battery and their parents/guardians. Participants are families where youth up to the age of 18 are alleged to have committed domestic violence, typically against their parent(s), caretaker(s), or sibling(s). Youth are considered first-time offenders, as this is the first time there was involvement with law enforcement for family violence. Parents/guardians must also participate in the group sessions and/or the family therapy sessions in person or via telemental health.

### **Youth Services FVIP Client Referrals and Intake-Assessment Process**

Referrals for Youth Services FVIP Services are only accepted from the FVIP Program Coordinator and Court Case Advisors. FVIP clients/referrals will be scheduled for an intake within 10 business days of the referral. All Youth Services Clerical/ staff scheduling the appointment will inform FVIP clients to bring their FVIP case plan to the intake session. The following forms will be completed at intake: Bill of Rights and Consent for Treatment, FVIP Group Therapy Contract, FVIP Family Therapy Contract, Family Information Form (FIF), Telemental Health Consent and all other tasks/paperwork under the Intake FVIP Service.

After completing the intake, the Youth Services staff member, and their supervisor determine whether the family will be placed in group therapy or family therapy. Factors to consider for placement in group or family therapy include: group capacity (i.e. maximum 10 teens/youth in a group) and client availability (ex. youth/family are need of an appointment on specific day and time and declines other appointments offered) for either service. When an immediate opening for group, individual or family therapy is available, the family will be notified and scheduled for the first appointment.

The FVIP Court Case Advisor is also notified and recommendations for a random drug screening are made:

- If the youth has substance abuse problems which have been noted in the FVIP case plan.
- The youth has informed the YSD therapist/case manager of the substance use, and/or;
- The YSD therapist/case manager has observed the youth's behavior as being under the influence of drugs/alcohol.

If substance abuse is not indicated in the case plan and the youth and/or parents indicate in the intake, group, or family therapy session that substance abuse is occurring, the parent is advised to call the FVIP Program Coordinator and/or their Court Case Advisor;

### **Attendance Requirements**

A family may start in group therapy and change to family therapy or vice versa. Additionally, a family may participate in both family therapy and group therapy. Clinical consultation with a supervisor should occur in these instances. Once a family completes 14 sessions of family or group therapy they are to be informed to contact their FVIP Court Case Advisor to set up an exit interview to determine a successful completion of FVIP program or if other services are needed. **The FVIP Court Case Advisor(s) should be notified prior to terminating with the family and closing the client's case, if the family has been non-compliant with treatment.**

The family/client is informed by their Court Case Advisor and it is written on the FVIP case plan which family members are required to participate in FVIP Therapy Services. Exceptions should be discussed with supervisor and in consultation with the client's FVIP Court Case advisor.

FVIP attendance reports for intake, family therapy sessions, and group therapy sessions are obtained via CMP by the FVIP Program Coordinator and FVIP Court Case Advisors.

If a family/client misses a standing individual, group or family therapy session without notifying the YSD staff member (therapist/group facilitator) the YSD staff member contacts the family to let the family know that if they miss another session (cancellation or no show) the case will be closed. The FVIP staff will be notified about attendance. If the family either no shows or cancels (misses) 2 sessions the family may be discharged from the YSD FVIP services.

The FVIP Program Coordinator and the **FVIP Court Case Advisors must be notified prior to terminating with the family and closing the client's case.** A consultation must be arranged when a teen and family are being considered for termination from the program or transfer from one intervention to another. The consultation should include the therapist, FVIP Program Coordinator, group facilitators, and the Court Case Advisor. The family will then be notified of the team's decision. These clients are mandated to attend therapy. The consequence for not attending therapy is that the client's case may be sent back to the court.

The FVIP Client Summary is a CMP document that contains information related to client attendance, treatment goals, and progress related to communication and conflict resolution/anger management. Upon completion of individual, group and/or family therapy, the FVIP Program Coordinator and Court Case Advisors are notified via email that the FVIP Client Summary has been completed.

### **Recommendations for Group and Family Therapy**

Group therapy is recommended when the youth is 13 to 18 years old, when there has been an isolated incident of family violence and the teen and parent would benefit from psychoeducation and learning new conflict resolution, communication and emotion regulation skills. **In families where the violence occurred between the youth and a parent, that parent is strongly encouraged to attend all sessions.** The other parent or caregivers can also attend the parent group. Youth under the age of 13 may be accepted in group therapy after clinical consultation with a supervisor.

Family therapy is recommended when the youth is 13 to 18 years old, the youth has cognitive impairment, a learning disability, trauma history, has been physically, emotionally, or sexually abused. In families where the violence occurred between the youth and a parent, that parent must attend all sessions. Family therapy may also be recommended when the family violence has occurred between siblings, when there have been recurring incidents of family violence, or when the youth has been aggressive with peers, at school, or in the community.

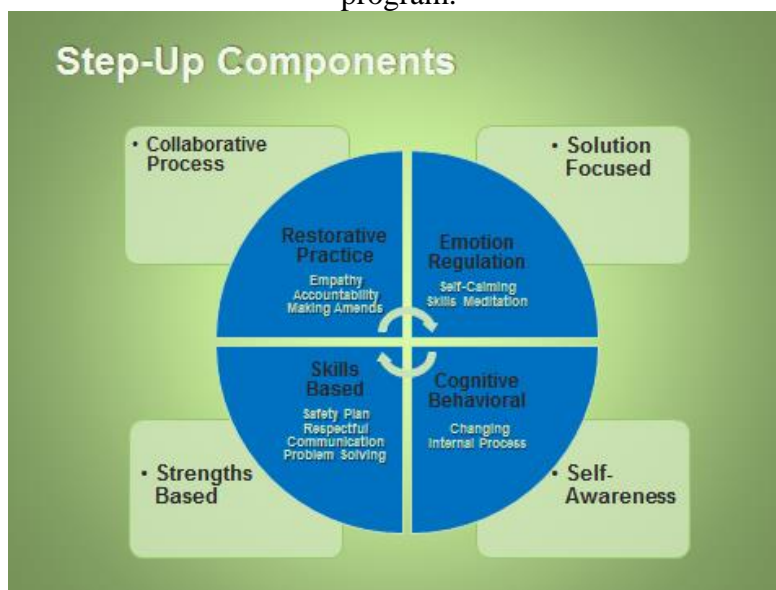
### **FVIP Family Therapy and FVIP Individual (18 years or older) Therapy Services Overview**

Families and clients 18-22 years of age are required to complete 14 family therapy sessions in order to meet the requirements of the FVIP. However, fewer sessions may be provided if improvement is made within the family unit and **there is consensus between Youth Services therapist, Supervisor, and FVIP Court Case Advisor and/or the FVIP Program Coordinator.** If additional family therapy sessions are necessary, the therapist must request an extension from their supervisor. The youth and parent and/or sibling who were involved in the incident are required to attend each therapy session, but the other parent is encouraged to also attend. The family/client is informed by the Court Case Advisor and it is written on the FVIP case plan which family members are required to participate in therapy sessions. Exceptions should be discussed with supervisor and in consultation with the client's FVIP Case advisor.

Treatment goals may include: no further incidents of physical violence, improve impulse control, greater respectful communication between parent and youth and develop healthy coping skills. The objectives for family therapy include anger management and impulse control for the youth, improvement of family relationships, and improved communication among family members. Parenting skills are addressed, including setting boundaries and assisting parents to determine logical rewards and consequences for behavior. Awareness of possible legal consequences of the youth's behavior will be reviewed, particularly the consequence of re-offending, which can be removal from the program and legal prosecution.

## **FVIP Group Therapy Services Overview**

The Youth Services FVIP Group Curriculum is adopted from the Seattle Cook County Step- Up program.



Step-Up developed a unique 21 sessions of cognitive behavioral, skills and restorative practice based curriculum used in a group setting with youth and parents. The Youth Services FVIP group curriculum has been condensed to 12 sessions. Teens and parents both come to group once a week for 90 minutes.

The Step-Up Curriculum employs practices that have been researched and are considered best practices for behavioral change. These include cognitive behavioral learning, skill development, solution focused and motivational interviewing techniques to help youth move from external to internal incentive to change. The objectives for the group program include anger management and impulse control for the youth, improvement of family relationships, and improved communication among family members. In the parents' group sessions, parenting skills are addressed. These are likely to include setting boundaries and assisting parents to determine logical rewards and consequences for behavior. Awareness of possible legal consequences of the youth's behavior will be reviewed in the teen and parent group components, particularly the consequence of re-offending, which may be removal from the FVIP program. A restorative practice approach is used with teens and parents together to address violent incidents that have occurred. A restorative inquiry process is used to help youth take responsibility for their behavior, cultivate empathy and make amends for hurtful behavior. The restorative process is enhanced by taking place in a community of other families where they support and learn from each other as they go through the restorative steps to facilitate change. Family safety is a priority of the intervention with development of a 'Safety Plan' followed by weekly check-ins within the family group to assess the youth's progress in staying non-violent and safe with family members. Weekly goals related to non-violence and respect are set by the youth with progress reported each week in group, fostering accountability for behavior and keeping a focus on using the skills they have learned at home (<http://kingcounty.gov/courts/superior-court/juvenile/step-up/about/Program.aspx>).

Teens work in a youth group to learn skills to prevent the use of violent and abusive behavior and gain understanding about violence, abuse and power vs. respect, trust and safety in family relationships. Parents attend a parent group where they learn safety planning and parenting skills to support their youth in using nonviolent behavior. In a combined parent/teen group, families



learn a respectful family model for addressing conflict. Together, parents and teens learn and practice skills for respectful communication and problem solving (<http://kingcounty.gov/courts/superior-court/juvenile/step-up/about/Program.aspx>).

The youth and the parent who were involved in the family violence incident must participate in group therapy. The family/client is informed by their Court Case Advisor and it is written on the FVIP case plan which family members are required to participate in therapy sessions. Exceptions should be discussed with supervisor and in consultation with the client's FVIP Case advisor. Families must complete 14 group sessions to complete the FVIP group. The group is an "open" group so members may join at any session. New families may enter the group each week. Every effort is made to maintain a group no larger than 10 teen participants. Each parent and teen signs a group contract consenting to the requirement that they will be on time (**arrive at 5:30pm sharp**) for the group session. Families are given a pass for the first time they are tardy. If the family is tardy a second time they are given a choice of staying in the group for that session, with no credit for that group, or returning to group the following week. Refer to the FVIP Group Parent/Teen Group Contract.

There are two FVIP group locations:

- **YFC-South** office provides group services on **Tuesdays** from **5:30pm to 7:00pm**.
  - This group takes place at 345 South Congress Avenue Delray Beach, FL 33445; 561-276-1340 or Telemental Health services via Zoom.
- **YFC- Four Points** office provides group services on **Wednesdays** from **5:30pm to 7:00 pm**.
  - This group takes place at 50 South Military Trail, West Palm Beach, FL. 33415; 561-242-5714 or Telemental Health services via Zoom.

Families from Education & Training and Highridge who are recommended for group therapy can attend an FVIP group at the YFC- South or YFC- Four Points office. Refer to the group curriculum below for the weekly topics covered.

#### **Contact Personnel**

**Natalie Macon, LCSW, Youth Services Coordinator/ YFC Program Liaison (561) 276-1340.**

**Stacey King, MA-FVIP Program Coordinator- (561) 355-2678.** In general, the FVIP Program Coordinator is contacted if a decision is made to recommend that the client be referred back to the Court.

#### **FVIP Court Case Advisors include:**

- **Tiffany Phillips, BS (561) 355-4655**
- **Stephanie Jones, BS (561) 355-1662**

Court Case Advisors may be contacted directly, and will contact the Youth Services personnel directly when communication is needed about a family.



## ***FVIP Parent Group Description***

### **Session #1 – Introduction, Strengths, Challenges, Changes and Making a Safety Plan**

- Meet and Greet
- Expectations of group members/what they expect to get from the group
- Begin the process of building supportive relationships in the group
- Identify strengths and challenges as a parent (Use parent curriculum workbook session).  
Group rules and punctuality.
- Making a Safety Plan and Safety Plan Rules
  - Exercise: Strengths, Challenges, Changes
- Discussion: Changing Your Own Behavior
  - Exercise: What Happens When We Try to Make Our Teens Change
- Discussion: Goal Planning
  - Exercise: Goal Planning
- Discussion: Overview of the Safety Plan
  - Exercise: Make Your Personal Safety Plan
  - Exercise: Share Safety Plans with the Group

### **Session #2 – Understanding Warning Signs**

- Identify Personal Red Flags
- Identify Self Calming Thoughts
- Discussion: Red Flags
  - Exercise: Identifying Red Flags in Your Teen
  - Exercise: My Own Red Flags: Identifying Parent Red Flags
- Discussion: Self-Calming Thoughts
  - Exercise: My Self-Calming Thoughts

### **Session #3– Combined– Understanding Feelings**

- Identify Relationship Between Power and Anger
- Discussion: Using Anger to Justify and Gain Power
- Discussion: Identifying Feelings
  - Exercise: Identifying Feelings
  - Exercise: Anger Scenarios

### **Session #4 – Understanding Self-Calming**

- Discussion: Review Progress
- Gain Understanding About How the Brain and Nervous System Function in Relation to Emotion, Anxiety and Stress
- Learn Specific Strategies to Calm the Nervous System and Improve Mood
- Discussion: You Can Change Your Brain
- Discussion: Understanding your Brain and Nervous System
- Discussion: Brian's Story
- Discussion: Calming Strong Emotions
  - Exercise: How Can We Activate Our Pre-frontal Cortex?
  - Exercise: My Self-Calming Plan
  - Exercise: Mindfulness Meditation

Session #5 – **Combined- Understanding Self-Talk and Beliefs**

- Discussion: Review Progress Understand Self Talk and Beliefs
- Meditation / Relaxation Activity
- Discussion: Who Controls Our Behavior Discussion: Self Talk
- Discussion: Changing Negative Self Talk Into Helpful Self Talk
  - Exercise: Changing Negative Self Talk Into Helpful Self Talk

Session #6 – **When Your Teen Is Abusive: Effects on Parenting**

- Discussion: Review Progress
- Understand How Living With A Teen Who Becomes Abusive or Violent Can Impact Parenting
- Discussion: Parenting A Teen who Becomes Violent or Abusive
- Discussion: Challenges for Parents
  - Exercise: Feelings, Thoughts and Responses to Your Teen’s Behavior
  - Exercise: Changing Your Thinking

Session #7 – **How to Respond When Your Teen is Violent**

- Discussion: Review Progress
- Help Parents Think About Their Priorities When Their Teens are Becoming Violent
- Understand That Safety is the First Concern When Anyone is Using Violent Behavior
- Discussion: Your Priorities When Your Teen Becomes Violent
- Discussion: How to Respond When Your Teen Becomes Violent
- Discussion: What To Do After: Addressing Violent Behavior
- Discussion: Safety Planning
  - Exercise: Safety Plan for Our Home
- Discussion: Prevention Strategies- Disengaging from Power Struggles with Your Teen

Session #8 – **Combined – Assertive Communication/Using “I” Statements**

- Discussion: Review Progress
- Examine Different Styles of Communication
- Learn Skills for Assertive Communication
- Learn How to Use “I” Statements
- Discussion: Styles of Communication
  - Exercise: Styles of Communication Scenarios
  - Exercise: Practicing Assertive Communication

Session #9 – **Guiding Change in Your Teen with Restorative Parenting and Safety Plan Review**

- Discussion: Review Progress
- Learn About Restorative Process
- Discussion: Reframing Consequences
- Discussion: The Purpose of Consequences
- Discussion: Restorative Parenting
- Discussion: Applying Restorative Parenting to a Scenario
- Practice: Applying Restorative Parenting Role Plays
- Review Safety Plans and help with revisions, if needed.

#### Session #10 – **Combined- Accountability through Restorative Practice**

- Discussion: Review Progress
- Understand the True Meaning of Accountability Recognize How We Avoid Accountability
- Discussion: What is Accountability
- Discussion: What People Do Instead of Being Accountable
  - Exercise: Avoiding Accountability Scenarios
- Discussion: Taking Responsibility for Behavior Using Six Restorative Steps
- Practice: Applying the Six Restorative Steps

#### Session #11 – **Empowering Teens to Be Responsible for Their Behavior**

- Discussion: Review Progress
- Identify Parent Responsibilities and Teen Responsibilities
- Help Teens Take Responsibility for Their Behavior
- Discussion: Who is Responsible for What?
  - Exercise: Giving My Teen Responsibility
- Discussion: Empowering Teens to Be Responsible for Their Behavior

#### Session #12 – **What Kinds of Messages Are You Giving Your Teen**

- Discussion: Review Progress
- Recognize How You Give Underlying Messages Whenever You Talk To Your Teen
- Realize How These Messages Affect Your Teen's View of Himself Herself
- Discussion: What Kind of Message Are You Giving Your Teen?
  - Exercise: Messages We Give Our Teens
  - Exercise: Giving Our Teens the Message That They Are Capable

#### **Session #13- Combined – Guidelines for Respectful Communication and Problem Solving Together**

- Discussion; Review Progress
- Learn and Practice Talking About a Problem
- Learn and Practice How To Listen and Say Back What You Heard
- Apply Respectful Communication Skills Learned to Solve A Problem
- Discussion: Guidelines for Respectful Communication
  - Exercise: Respectful Communication Exercise
- Discussion: What Is Problem Solving?
- Discussion: Tips for Problem Solving.
- Discussion: Ten Steps for Solving A Problem.
  - Exercise: Problem Solving Practice.

#### Session #14- **Listening To Your Teen**

- Discussion: Review Progress
- Discussion: What Is Not Listening
- Discussion: How to Listen
- Discussion: Acknowledging Feelings
- Exercise: Acknowledging Feelings Scenarios
- Discussion: Tips for Acknowledging Feelings

## ***FVIP Teen Group Description***

### **Session #1 – My Family Relationship and Making a Safety Plan**

- Discussion: What things about your family are good (strength)?
  - Exercise: My Family Relationships
- Discussion: What Behaviors Strengthen Family Relationships? Which Behaviors Damage Them?
- Discussion: How can Conflict Strengthen Family Relationship?
- Discussion: Goal Planning
  - Exercise: Goal Planning
- Discussion: Overview of the Safety Plan
  - Exercise: Make Your Personal Safety Plan
  - Exercise: Share Safety Plans with the Group

### **Session #2 – Understanding Warning Signs and Understanding Violence**

- Identify Personal Red Flags and Self Calming thoughts
- Define Violent and Abusive Behaviors and the Payoffs, Outcomes and Consequences of Violence and Abuse
- Discussion: Red Flags
  - Exercise: My Red Flags
  - Exercise: My Own Red Flags: Identifying Parents Red Flags
- Discussion: Self- Calming Thoughts
  - Exercise: My Self-Calming Thoughts
- Discussion: Violent and Abusive Behavior
- Discussion: Payoffs, Outcome and Consequences of Violent and Abusive Behavior
  - Exercise: Payoffs, Outcomes and Consequences
- Discussion: Choices

### **Session #3 – Combined Session – Understanding Feelings**

- Identify Relationship Between Power and Anger
- Discussion: Using Anger to Justify and Gain Power
- Discussion: Identifying Feeling
  - Exercise: Identifying Feelings
  - Exercise: Anger Scenarios

### **Session #4 – Learning Self Calming**

- Discussion: Review Progress
- Gain Understanding About How The Brain and Nervous System Function
- To Learn Specific Strategies To Calm The Nervous System and Improve Mood.
- Discussion: Review Progress
- Discussion: You Can Change Your Brain
- Discussion: Understanding Your Brain and Nervous System
- Discussion: Brian's Story
- Discussion: Calming Strong Emotions
  - Exercise: How Can We Activate Out Pre-Frontal Cortex? How Can We Activate Our Para-Sympathetic Nervous System
  - Exercise: My Self-Calming Plan
  - Exercise: Mindfulness Meditation

Session #5 – **Combined – Understanding Self-Talk and Beliefs**

- Discussion: Review Progress
- Understand Self Talk And Beliefs
- Meditation / Relaxation Activity
- Discussion: Who Controls Our Behavior
- Discussion: Self Talk
- Discussion: Changing Negative Self Talk Into Helpful Self Talk
- Exercise: Changing Negative Self Talk Into Helpful Self Talk

Session #6 – **Hurtful Moves/Helpful Moves**

- Discussion: Review Progress
- Learn To Identify Feelings, Self-Talk And Beliefs Experienced During Difficult Situations
  - Exercise: Turning Hurtful Moves Into Helpful Moves
  - Exercise: Turning Your Own Hurtful Moves Into Helpful Moves

Session #7 – **Understanding Power and Respect (Wheel Handout)**

- Discussion: Review Progress
- Identify Personal Power
- Identify Negative and Positive Uses of Power
- Discussion: How We Use Power In Positive And Negative Ways
- Discussion: Ways We Have Personal Power Using Our Strengths And Skills.
  - Exercise: Identifying Our Personal Strengths And Skills
  - Exercise: Using Personal Power

Session #8 – **Combined – Assertive Communication/ Using “I” Statements**

- Discussion: Review Progress
- Examine Different Styles Of Communication
- Learn Skills For Assertive Communication
- Learn How to Use “I” Statements
- Discussion: Styles Of Communication
  - Exercise: Styles Of Communication Scenarios
  - Exercise: Practicing Assertive Communication

Session #9 – **Making Amends and Safety Plan Review**

- Discussion: Review Progress
- Learn To Show Accountability By Identifying Specific Things That Can Be Done To Make Amends For Abusive/Violent Behavior
- Discussion: Making Amends
  - Exercise: Making Amends Scenarios
  - Exercise: Making Amends Worksheet
- Review Safety Plans and Make Revisions, If Needed.

Session #10 – **Combined – Accountability through Restorative Practice**

- Discussion: Review Progress
- Understand The True Meaning Of Accountability
- Recognize How We Avoid Accountability
- Discussion: What Is Accountability
- Discussion: What People Do Instead of Being Accountable
  - Exercise: Avoiding Accountability Scenarios

- Discussion: Taking Responsibility for Behavior Using Six Restorative Steps
- Practice: Applying The Six Restorative Steps

#### Session #11 – **Understanding Responsibility**

- Discussion: Review Progress
- Compose a Responsibility Letter To The Victim Of The Teen’s Violence
- Discussion: What Is A Responsibility Letter
- Discussion: Sample Responsibility Letter
  - Exercise: Two Versions of What Happened.
  - Exercise: Practice Responsibility Letter
  - Exercise: Writing the Responsibility Letter

#### Session #12 – **Understanding Empathy**

- Discussion: Review Progress
- Define Empathy And How It Can Have A Positive Impact On Relationships
- Discussion: Empathy And Its Impact On Relationships
  - Exercise: Empathy Letter

#### Session #13- **Combined- Guidelines for Respectful Communication and Problem Solving Together**

- Discussion; Review Progress
- Learn and Practice Talking About a Problem
- Learn and Practice How To Listen and Say Back What You Heard
- Apply Respectful Communication Skills Learned to Solve A Problem
- Discussion: Guidelines for Respectful Communication
  - Exercise: Respectful Communication Exercise
- Discussion: What Is Problem Solving?
- Discussion: Tips for Problem Solving
- Discussion: Ten Steps for Solving A Problem
  - Exercise: Problem Solving Practice
  -

#### Session #14- **Healthy Dating Relationships**

- Discussion: Review Progress
- Discussion: How does observation of Abuse and Violence Affect Dating Relationships?
- Discussion: How might it carry over into conflicts with boys/girls friends?
- Discussion: Healthy and Unhealthy responds to difficult situations
- Discussion: How can you change your behavior and become more assertive and less aggressive?
- Discussion: How Have your changes affected your relationship with your family?

Session	Teens	Combined	Parents
1.	My Family Relationships Making a Safety Plan		Introduction to Parent Group: Strengths, Challenges, Changes Making a Safety Plan
2.	Understanding Warning Signs Understanding		Understanding Warning Signs
3.		Understanding Feelings	
4.	Learning Self-Calming		Understanding Self-Calming
5.		Understanding Self - Talk and Beliefs	
6.	Hurtful Moves/Helpful Moves		When Your Teen is Abusive: Effects on Parenting
7.	Understanding Power and ( <i>Respect Wheel Handout</i> )		How to Respond When Your Teen is Violent
8.		Assertive Communication/ Using “I” Statements	
9.	Making Amends Safety Plan Review		Guiding Change in Your Teen with Restorative Parenting Safety Plan Review
10.		Accountability through Restorative Practice	
11.	Understanding Responsibility		Empowering Teens to Be Responsible for Their Behaviors
12.	Understanding Empathy		What Kinds of Messages Are You Giving Your Teen
13.		Guidelines for Respectful Communication and Problem Solving Together	
14.	Healthy Dating		Listening to Your Teen

\*\*\*\*\*Topic- **Moving Forward** will be given as homework on an as needed basis for those group members leaving the group\*\*\*\*\* Introductions, Group Rules, Attendance and Punctuality discussed/reviewed in each session. Based on King County Step-Up Program, Seattle, WA

## Youth Firesetter Intervention Program (YFIP)

Youth Services has developed a memorandum of understanding with Palm Beach County Fire Rescue for families with children or adolescents who set fires/bombs or who present with an interest in fire. The program is available as a diversionary program for youth who have been apprehended by police, firefighters, or Fire Marshalls for criminal firesetting behavior, including but not limited to setting fires, setting off incendiary devices, being present when another person sets a fire, or making bombs. The program is also available as a prevention program for youth who demonstrate an interest in fire and firesetting.

The program requires attendance at a Firesetter Education class provided by Fire Rescue for the youth and his/her parents and siblings. At the class, information is given to the families in order to prevent repetition of firesetting behavior, to prevent property damage, injury, and/or death, and to keep first time offenders out of the Juvenile Justice system. Once the Firesetter Education class has been attended, the youth and his/her caregiver(s) attend a clinical intake assessment with Youth Services. The assessment is completed in order to screen for emotional, behavioral, and social difficulties that may benefit from intervention. The clinical assessment must be completed by youth attending YFIP as a diversionary program. Upon completion of the class, clinical assessment, and any recommendations derived from the assessment, a certificate of completion is issued by Fire Rescue.

### **Diversionsary**

- For families with children or adolescents through age 17 who are caught engaging in criminal firesetting behaviors, such as setting fires, setting off incendiary devices, being present when another person sets a fire, and are apprehended by the police, firefighters, or State Fire Marshalls. When the Firesetter Education class and clinical assessment are both completed, any pending charges are not filed for prosecution with the State Attorney's office.
- These children/adolescents must be first-time offenders. Often there is another agency involved, including Palm Beach County School Police Youth Court, Palm Beach Sheriff's Office, or Juvenile First Offender Program, as well as sanctions that must be completed.

### **Prevention**

- For families with children or adolescents through age 17 who may have an unhealthy interest in fires, matches, lighters, etc. In order to participate in the program, the parents may call Fire Rescue directly, or may be referred into the program by a counselor, therapist, teacher, physician, or acquaintance that is familiar with the program.

### **Youth Services Firesetter Assessment Procedure**

- In addition to the required forms signed at intake, a **Release of Information YFIP** should also be signed, allowing Youth Services to provide Fire Rescue with information related to client status and any recommendations generated from the assessment.
- An ROI Youth Court may also need to be completed if the referral came through Fire rescue via Youth Court.
- Interviews should be completed with both the child and parent/guardian.
- Interviewer should use the CANS Firesetter Questions as a guide when assessing firesetting behavior (See Appendix).
- Document attendance and completion of the Firesetter Assessment using the Firesetter Assessment note and contact type in CMP.
- An Intake Report is generated in CMP.



- A separate document, Assessment Recommendations, is generated enumerating **only the enforceable recommendations**, including but not limited to family therapy, residential services, or a psychological evaluation. Assessment Recommendations are sent via fax to Fire Rescue 616-7084 and/or Officer Dean at Youth Court 494-1558.
- If additional clinical services through Youth Services are recommended, a new appointment is scheduled at the time of intake. If the family is unable to schedule at that time, the family is responsible for following up.
- When all Firesetter Assessment tasks have been completed, a Supervisor Request to end the service should be made in CMP.
- At the end of treatment, those families that complete family therapy will have a copy of the Client Summary (located in CMP) provided to the referral source (which is always Fire Rescue and may include Youth Court as well) indicating their completion of this sanction.
- Once the family successfully completes all recommendations, Fire Rescue will issue a certificate of completion to the family.

### **Treatment**

If a recommendation is made for a family to participate in family therapy services, they may contact any Youth Services office to schedule sessions. Families are expected to complete the standard treatment protocol of 12 family therapy sessions unless fewer are determined as clinically necessary by the family therapist, in concurrence with his/her supervisor. It is explained to the family that YFIP clients are expected to attend all therapy sessions. The therapist should make it clear that unless the sessions are attended regularly and the client participates in the process of therapy, no notification indicating compliance with the YFIP program will be provided. If an emergency arises and the family misses a session, they are expected to call and reschedule within the week.

Issues addressed in session are left to the therapist to determine the course of treatment based on the needs of the client and his/her family. Treatment goals for firesetter clients participating in family therapy services vary greatly according to the family system as well as the circumstances that motivate the firesetting behavior. Treatment goals for a family that includes a child/adolescent firesetter may include: improving positive self-esteem, increasing impulse control, developing emotional regulation skills, handling peer pressure, developing adaptive coping skills, using problem solving skills, improving parenting skills, and improving family communication. Reference materials related to firesetting may be found on the common drive.

### **Evaluation**

If further evaluation is determined to be necessary, the family may contact the Youth Services Education Center to schedule an appointment. Ideally, the evaluation will be completed by the same person who completed the clinical intake assessment. A parent must sign consent forms and participate in a clinical interview, as well as complete self-report measures to be used as part of the evaluation. The family must attend a feedback session to review the results of the evaluation. Enforceable recommendations will be sent to the referral source.

### Contact Personnel

Shayna Ginsburg, Psy.D.  
YFIP Project Manager @ YSD  
Youth Services Department  
(561) 233-4460  
[sginsbur@pbcgov.org](mailto:sginsbur@pbcgov.org)

Captain Bob Smallacombe  
Community Education Coordinator @ Fire Rescue  
Palm Beach County Fire Rescue  
(561) 616-7024  
[bsmallac@pbcgov.org](mailto:bsmallac@pbcgov.org)

## Required Meeting

### Testing Training Series 2021-2022

Date	Time	Topic	Presenter
August 10 <sup>th</sup>	9:30am-11:00am	Intro to Psychological Evaluations: The Basics	Dr. Ginsburg
August 17 <sup>th</sup>	9:30am-11:00am	Best Practices in SLD assessment – WISC-V and WJ-IV-ACH	Dr. Sosu
August 24 <sup>st</sup>	9:30am-11:00am	Present on another commonly used IQ or ACH test (RIAS, WJ-Cog, KTEA, KBIT) Each trainee selects measure and presents for 20 minutes to cohort	Dr. Sosu
August 31 <sup>st</sup>	9:30am-11:00am	ELL assessment and administering the UNIT (nonverbal IQ)	Dr. Sosu
September 7 <sup>th</sup>	9:30am-11:00am	Roberts and projective drawings (H-T-P, K-F-D, Person in the Rain)	Dr. Sosu
September 14 <sup>th</sup>	9:30am-11:00am	Interpretation and diagnosis (application with sample cases)	Dr. Sosu
September 21 <sup>nd</sup>	9:30am-11:00am	Rorschach administration & scoring	Dr. Ginsburg

\*Testing Training Series is typically offered during the first two months of the training year. The series is designed to provide a foundation for administering, scoring, and interpreting some of the most commonly used psychological assessment measures, and is expected to build the assessment competency.

## Didactic/Training Schedule

Didactic Schedule 2021-2022						
DATE	TIME	LOCATION	TOPIC	SPEAKER	CEs	Public
8/4/2021	9:30am-11:30am	Zoom	Genograms	Kelly Everson, PsyD	2 CE's	Yes
8/11/2021	8:30am-11:30am	Zoom	The Basics of Telemental Health	Ed Center Team	3 CE's	No
8/18/2021	9:30am-11:30am	Zoom	Trauma 101	Danniella Jones, PsyD	2 CE's	Yes
8/25/2021	9:30am-11:30am	Zoom	Structural Family Therapy	Kelly Everson, PsyD	2 CE's	Yes
9/1/2021	9:30am-11:30am	Zoom	Impact of Racial/Ethnic Implicit Bias and Microaggressions	Danniella Jones, PsyD	2 CE's	Yes
9/8/2021	9:30am-11:30am	Zoom	Strategic Family Therapy	Kelly Everson, PsyD	2 CE's	Yes
9/15/2021	9:30am-11:30am	Zoom	Suicidality	Kelly Everson, PsyD	2 CE's	Yes
9/22/2021	9:30am-11:30am	Zoom	Florida Laws & Rules of the Board	Shayna Ginsburg, PsyD	2 CE's	No
9/29/2021	9:30am-11:30am	Zoom	Ethics: Maintaining Professional Boundaries	Shayna Ginsburg, PsyD	3 CE's	No
10/6/2021	9:30am-11:30am	Zoom	Incorporating Evidence Based Practices in Treating Young Children with Disruptive Behaviors: Using PCIT Skills	Laura Cruz, PhD	2 CE's	Yes
10/13/2021	9:30am-11:30am	Zoom	Coping With Self-Injury	Stephanie Larsen, PsyD	2 CE's	Yes
10/20/2021	9:30am-11:30am	Zoom	Paper Tigers	Documentary & Discussion	N/A	No
10/27/2021	9:30am-11:30am	Zoom	Coping With Adversity Using Self-Compassion	Essence Rivers, PsyD	2 CE's	Yes
11/3/2021	9:30am-11:30am	Zoom	Professional Development: Postdoc, Licensure, & Loans	Ed Center Team	N/A	No
11/10/2021	9:30am-11:30am	Zoom	Foundations of Clinical Supervision	Shayna Ginsburg, PsyD	2 CE's	No
11/17/2021	9:30am-11:30am	Zoom	Your Brain on Poverty: The Psychological Effects of Living With Financial Scarcity	Amanda Terrell, PsyD	2 CE's	Yes
11/24/2021	N/A	N/A	HAPPY THANKSGIVING	N/A	N/A	N/A
12/1/2021	9:30am-11:30am	Zoom	Addressing Religion and Spirituality in Clinical Practice	Gabby Hill, PsyD	2 CE's	Yes
12/8/2021	9:30am-11:30am	Zoom	TBD	Ralph Fretz, PhD	2 CE's	Yes
12/15/2021	8:00am-12:00pm	Ed Center	Psychology Internship AAPI Review	Training Committee	N/A	N/A
12/22/2021	N/A	N/A	HAPPY HOLIDAYS	N/A	N/A	N/A
12/29/2021	N/A	N/A	HAPPY HOLIDAYS	N/A	N/A	N/A
1/5/2022	N/A	N/A	INTERVIEWS	N/A	N/A	N/A
1/12/2022	N/A	N/A	INTERVIEWS	N/A	N/A	N/A
1/19/2022	N/A	N/A	INTERVIEWS	N/A	N/A	N/A

1/26/2022	8:00am-12:00pm	Ed Center	Rank List Meeting	Training Committee	N/A	N/A
2/2/2022	9:30am-11:30am	Zoom	TBD	Intern		
2/9/2022	9:30am-11:30am	Zoom	TBD	Postdoc	N/A	No
2/16/2022	9:30am-11:30am	Zoom	TBD	Intern		
2/23/2022	9:30am-11:30am	Zoom	TBD	Postdoc	N/A	Yes
3/2/2022	9:30am-11:30am	Zoom	Promoting Emotional Regulation in Children: Evidenced-Based Practices and Internet-Based Resources	Laura Cruz, PhD	2 CE's	Yes
3/9/2022	9:30am-11:30am	Zoom	Children's Exposure to Domestic Violence	Danniella Jones, PsyD	2 CE's	Yes
3/16/2022	9:30am-11:30am	Zoom	Early Development & Attachment	Kelly Everson, PsyD	2 CE's	Yes
3/23/2022	9:30am-11:30am	Zoom	Providing Affirming Gender & Orientation Care	Yes Institute - Dani Dominguez & Umut Durson	2 CE's	Yes
3/30/2022	9:30am-11:30am	Zoom	Eating Disorders and Trauma: The Latest Information You Need to Know	Liz Motta, LMHC - Alliance for Eating Disorder Awareness	2 CE's	Yes
4/6/2022	9:30am-11:30am	Zoom	Allyship	Essence Rivers, PsyD		
4/13/2022	9:30am-11:30am	Zoom	Child Sexual Assault	Danniella Jones, PsyD	2 CE's	Yes
4/20/2022	9:30am-11:30am	Zoom	The Role of Psychopharmacology in Child and Adolescent Mental Health Care	Marshall Teitelbaum, MD	2 CE's	Yes
4/27/22	9:30am-11:30am	Zoom	Impact of Social Media on Mental Health	TBD	N/A	N/A
5/4/2022	9:30am-11:30am	Zoom	DBT Family Therapy Techniques	Paola Granados-Radlick, PsyD	2 CE's	Yes
5/11/2022	9:30am-11:30am	Zoom	Cultural Syndromes of Distress	Meilyn Rodriguez, MA	N/A	N/A
5/18/2022	9:30am-11:30am	Zoom	Disability: Culture, Treatment, and Assessment.	Craig Kramer, PsyD	2 CE's	Yes
5/25/2022	9:30am-11:30am	Zoom	Community Violence	Essence Rivers, PsyD	2 CE's	Yes
6/1/2022	9:30am-11:30am	Zoom	Externalizing Behaviors in Adolescents: Behavioral Parenting Treatment Approaches	Laura Cruz, PhD	2 CE's	Yes
6/8/2022	9:30am-11:30am	Zoom	An Introduction to Motivational Interviewing	Shayna Ginsburg, PsyD	2 CE's	Yes
6/15/2022	9:30am-11:30am	Zoom	Understanding and Supporting a Grieving Child	Kerry DeBay, LMHC	2 CE's	Yes
6/22/2022	9:30am-11:30am	Zoom	TBD	TBD	N/A	N/A
6/29/2022	9:30am-11:30am	Zoom	Trauma-informed, strengths-based care for youth with emotional and behavioral dysregulation	Courtney Molina, PsyD	2 CE's	Yes
7/6/2022	9:30am-11:30am	Zoom	Multidisciplinary Consultation	Ed Center Supervisors	N/A	N/A
7/13/2022	9:30am-11:30am	Zoom	Program Evaluation (Recorded Training)	Ed Center Supervisors	N/A	N/A
7/20/2022	9:30am-11:30am	Zoom	Teach Us All	Documentary & Discussion	N/A	N/A
7/27/2022	9:30am-11:30am	Zoom	Intern & Postdoc Farewell Retreat	Trainees & Training Committee	N/A	N/A

## Office Closure Dates

### Holiday Schedule for Year: 2021 County Offices will be closed on these dates

Holiday Name	Holiday Date
New Year's Day	Friday, Jan. 01, 2021
Martin Luther King, Jr. Day (3rd Monday in January)	Monday, Jan. 18, 2021
President's Day (3rd Monday in February)	Monday, Feb. 15, 2021
Memorial Day (last Monday in May)	Monday, May 31, 2021
Independence Day	Monday, Jul. 05, 2021
Labor Day (1st Monday in September)	Monday, Sep. 06, 2021
Columbus Day (2nd Monday in Oct)	Monday, Oct. 11, 2021
Veterans Day	Thursday, Nov. 11, 2021
Thanksgiving Day	Thursday, Nov. 25, 2021
Floating Holiday	Friday, Nov. 26, 2021
Christmas Day	Friday, Dec. 24, 2021
Floating Holiday	Monday, Dec. 27, 2021
Please Note: Friday, Dec. 31, 2021 will be the first holiday in 2022	

### Holiday Schedule for Year: 2022 County Offices will be closed on these dates

Holiday Name	Holiday Date
New Year's Day	Friday, Dec. 31, 2022
Martin Luther King, Jr. Day (3rd Monday in January)	Monday, Jan. 17, 2022
President's Day (3rd Monday in February)	Monday, Feb. 21, 2022
Memorial Day (Last Monday in May)	Monday, May 30, 2022
Independence Day	Monday, July 04, 2022
Labor Day (1st Monday in September)	Monday, Sep. 05, 2022
Columbus Day (2nd Monday in Oct)	Monday, Oct. 10, 2022
Veterans Day	Friday, Nov. 11, 2022
Thanksgiving Day	Thursday, Nov. 24, 2022
Floating Holiday	Friday, Nov. 25, 2022
Christmas Day	Friday, Dec. 23, 2022
Floating Holiday	Monday, Dec. 26, 2022



## Tracking Hours

### Hours Log

Training Year: August ____ - July ____													
*only use .25 intervals													
	Aug Hours	Sept Hours	Oct Hours	Nov Hours	Dec Hours	Jan Hours	Feb Hours	Mar Hours	Apr Hours	May Hours	Jun Hours	July Hours	TOTAL HOURS TO DATE (Auto Sums)
<b>DIRECT SERVICE</b>													
<b>Intervention</b>													
Client Consultation (includes													
Co-therapy													
Crisis Intervention													
Family Therapy													
Group Therapy													
Individual Therapy													
Intake/Structured Interview													
Milieu Therapy													
Outcome Assessment of													
Program Dev/Outreach													
School Consultation/Direct													
School Observation													
School Other													
Supervision of Other Students													
Sys. Interv./Org. Consult/Perf.													
Other-Interventions													
<b>Intervention Total (Auto Sum)</b>	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Assessment (Face-to-Face Only)</b>													

Providing Feedback to Clients/Patients														
Psychological Test Administration														
<b>Assessment Total (Auto Sum)</b>	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Direct Total (Auto Sum)</b>	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>INDIRECT SERVICE</b>														
<b>Support</b>														
Assessment Report Writing, Case Mgmt, Chart Reviews, Clinical Writing/Notes, Didactic trainings/Seminars/Workshops, Intervention Planning, Professional Development, Psychological Assessment Scoring/Interpretation, Reading/Research/Preparation, Video-Audio-Digital Recording Review, etc.														
<b>Support Total (Auto Sum)</b>	0	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Supervision</b>														
Individual Supervision- Licensed Psychologist														
Group Supervision- Licensed Psychologist														
<b>Supervision Total (Auto Sum)</b>														
<b>Indirect Total (Auto Sum)</b>	0	0	0	0	0	0	0	0	0	0	0	0	0	0

\*It may be advisable to track the modality of therapy (i.e. in-person, telemental health) for your future reference.

## Monthly Activity Report

Each month, trainees are asked to submit an activity report including the information detailed below. All trainees should email their Trainee Hours Monthly Log as well as the Activity Report exactly as it appears below to the Training Director and their individual supervisor(s) by the date and time designated in the email received from the Training Director. You should attach your comp log as well for review. *\*\*Please remember to copy Cristal Montepeque, who will be maintaining the log. \*\**

### THERAPY

Range of therapy cases for the month (*not* including testing cases)=

### PSYCH EVALS

# Psychological Evaluations Completed this month (including feedback)=

# Psychological Evaluations Completed Year-to-Date=

# Psychological Evaluations currently in progress=

### PRESENTATIONS

Community Outreach Presentation(s) this month (including topic)=

Community Outreach Presentation(s) Year-to-Date (including topics)=

# Community Outreach Presentation(s) scheduled for upcoming months (including topic(s) if already determined)=

Didactic Presentation(s) given this month (including topic)=

Didactic Presentation(s) given Year-to-Date (including topics)=

# Didactic Presentation(s) scheduled for upcoming months (including topic(s) if already determined)=

### SUPERVISION

Individual Supervision Hours this month =

Individual Supervision Hours Year-to-Date=

Group Supervision Hours this month =

Group Supervision Hours Year-to-Date=

Group Supervision Case Presentations this month (state if with audio recording or live)=

Group Supervision Case Presentations Year-to-Date (state if with audio recording or live)=

### HOOR TOTALS

Direct Service Hours this month (Intervention and Assessment Hours)=

Direct Services Hours Year-to-Date (Intervention and Assessment Hours)=

Indirect Service Hours this month (Support and Supervision Hours)=

Indirect Services Hours Year-to-Date (Support and Supervision Hours)=

Total hours this month (Direct & Indirect)=

Total Hours Year-to-Date (Direct & Indirect) =

### LEAVE & COMP TOTALS

Total Vacation Hours Used this Month=

Total Vacation Hours Used to Date=

Total Sick Hours Used this Month=

Total Sick Hours Used to Date=

Total Comp Hours Earned this Month=

Total Comp Hours Earned to Date=



## Trainee Leave Request Form

Name \_\_\_\_\_

From Date	Time	Through Date	Time	Total Hours
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Vacation hours already taken prior to this request: \_\_\_\_\_  
Vacation hours requesting off (on this form): - \_\_\_\_\_  
Vacation hours remaining (after this request): = \_\_\_\_\_

Sick hours already taken prior to this request: \_\_\_\_\_  
Sick hours requesting off (on this form): - \_\_\_\_\_  
Sick hours remaining (after this request): = \_\_\_\_\_

In the event that you need to be contacted for emergency client situations while you are out, please provide your contact information:

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

I understand that it is my responsibility to notify clients in advance of my planned absence. It is also my responsibility to reschedule supervision if I will be missing a scheduled meeting. If I am an intern or postdoc and I miss a didactic, supervision series, or journal club due to illness or pre-approved vacation, I am expected to obtain/read the information and discuss the content with my supervisor the following week.

\_\_\_\_\_  
Trainee Signature Date

\_\_\_\_\_  
Approved by Supervisor Date

\_\_\_\_\_  
Approved by Training Director Date

## Community Resources

### Frequently Called Agencies

FREQUENTLY CALLED AGENCIES	CONTACT	PHONE	FAX
Alliance for Eating Disorders Awareness		561-841-0900	561-653-0043
Alpert Jewish Family & Children's Service		561-684-1991	None
Big Brothers, Big Sisters			
Mentoring of Palm Beach		561-727-3450	None
Boy's Town of South Florida		561-366-9400	561- 366-4848
Catholic Charities, Diocese of PBC		561-775-9500	None
Center for Child Counseling	Reneé Layman, MS, LMHC	561-244-9499	561-345-3800
	Clarissa DeWitt, MS, LMHC,RPT		
Center for Family Services	Lynne Bernay-Roman, LCSW	561-514-0564	None
Children's Home Society (CINS/FINS)		561-868-4300	None
Easter Seals Florida, Inc.		561-471-1688	None
Employee Assistance Program (EAP)	Marcy Weiss, PhD	561-233-5461	
Families First of PBC	Lynn Varela	561-721-2802	561-721-2893
Firesetter (YFIP)	Bob Smallacombe	561-616-7074	561-616-7084
	Terry Lazor	564-616-7017	561-616-7088
Florida Department of Children & Families IX (DCF)	Administrative Offices	561-837-5078	561-837-5378
	Service Ctr.-Riviera Beach	561-841-2100	(561) 882-3575
Florida Sheriff's Youth Ranches, Inc.		800-765-3797	None
Hospice of Palm Beach County		561-848-5200	None
Lutheran Services Florida		561-233-1600	
Multicultural Community Mental Health Ctr.		561-653-6292	561-653-6297
Multilingual Psychotherapy Center, Inc.		561-712-8821	561-712-8070
National Alliance on Mental Illness (NAMI)		561-588-3477	None
Project Access Program - Palm Beach			
Medical Society	Lauren Stoops	561-433-3940	561-433-2385
Parent Child Center		561-841-3500	None
Safe Harbor Runaway Center		561-868-4300	None
Safe Kids (Center for Family Services)		561-616-1222	
Sheriff's Department		561-688-3000	Non-emergency
Veteran's Administration (VA)		561-422-8262	
Victim's Services		561-355-2418	
West Palm Beach Fire Rescue		561-616-7000	
West Palm Beach Police Dept		561-822-1600	Non-emergency
Youth Court	Main	561-681-0080	561-434-8356
	Officers Cecil Wagner & Anthony Morales	561-310-5370	
<b>SUBSTANCE ABUSE</b>			
CARP, Inc.		561-844-6400	None
Children's Services Council of Palm Beach County		561.740.7000	
Drug Abuse Foundation (DAF)		561-732-0800	None
Drug Abuse Treatment Assn. (DATA)		561-844-3556	None
Kelly Center (School District of PBC)		561-494-0040	561-494-0001

## Crisis Contact Numbers

Emergency	911- ask for a CIT officer
Crisis and Information- 24 hours	211
Mobile Crisis- North County	(561) 383-5777
Mobile Crisis- South County	(561) 637-2102 or (877) 858-7474
National Suicide Prevention Lifeline	(800) 273-TALK or (800) 273-8255
Florida Abuse Hotline	(800) 96ABUSE or (800) 962-2873
Teen Hotline	211 or (561) 930-8336
JFK Medical Center North Campus	(561) 881-2670
Jerome Golden Center	(561) 383-8000
South County Mental Health	(561) 737-8400 in north/central county
South County Mental Health	(561) 495-0522 in south county
Victim Services – 24 hours	(561) 833-7273 or (866)891-7273
Elder Hotline	(561) 214-8600
First Call for Help (Broward)	(954) 537-0211
National Center for Missing & Exploited Children	(800) 843-5678 or (800) THE-LOST
National Runaway Safeline	(800)786-2929

Link to Child Abuse Reporting Numbers for other states

[https://www.childwelfare.gov/organizations/?CWIGFunctionsaction=rols:main.dspList&rolType=Custom&RS\\_ID=%205](https://www.childwelfare.gov/organizations/?CWIGFunctionsaction=rols:main.dspList&rolType=Custom&RS_ID=%205)

Toll-Free Crisis Hotline Numbers

<https://www.childwelfare.gov/pubs/reslist/tollfree/>

## Clinical Procedures and Guidelines (alphabetical order)

### Community Meeting Guidelines

#### WHAT IS IT?

A Community Meeting is *a deliberate, repetitive transition ritual intended to psychologically move people from some activity that they have been doing into a new group psychological space preparing the way for collective thought and action*. For all members of any group it provides a *predictable bridge that directly and indirectly reinforces community norms*. It is not a therapy group – although therapeutic things are likely to happen during it – and for the purposes of the Sanctuary Model it is meant to be brief and meaningful in a way that does not interfere with the logistics of the meeting or the day ahead.

For Community Meetings to be most effective they must be *inclusive of all members of whatever community is having the meeting and the meeting itself must embody the Seven Commitments of the Sanctuary Model and therefore be enacting the group norms on a regular basis*. As people become accustomed to the form they actively can *demonstrate concern for others, interpersonal safety, open communication a sense of social responsibility, a willingness to learn and to listen, and a shared commitment to the well-being of the whole group*. The form in physical space of the meeting, and the opportunity for everyone to have a voice, represents the concept of democracy at its most basic.

#### WHAT IS THE PURPOSE?

The regular and repetitive enactment of Community Meeting is a necessary practice for deep democracy. In the form and content of the meeting, people nonverbally and overtly pressure each other to conform to community norms and expectations. Rules are made and administered by authority figures and are likely to be broken. Norms emerge out of a group and most people are influenced by group norms. *Community Meeting gives everyone a voice and offers a safe and nonthreatening environment* within which people can begin finding words for feelings on a regular basis and it conveys to the community that emotional intelligence is important while at the same time recognizing that feelings are “no big deal” because everyone in the community can watch feelings, even distressing feelings, come and go, wax and wane even over the course of a fifteen minute meeting. The leveling of hierarchy that is expressed in the group through the form of it tells everyone in the community that “we are in this together” and reinforces the notion of social responsibility while keeping the importance of relationship in the forefront. Once the skill and safety of Community Meeting is established, then it becomes a natural and spontaneous process that any member of the community can use when trouble is brewing, tension is rising, or an untoward event has occurred. In this way, Community Meeting becomes an extremely effective tool for creating and sustaining an atmosphere of nonviolence.

## WHAT MAKES A COMMUNITY MEETING “TRAUMA-INFORMED”?

“How are you feeling?” requires people to *focus internally on what they are actually feeling and then find a word for it*. We know that children are just learning how to do this and traumatized children and adults have especially difficult time putting words to feelings – it’s called “alexithymia.” It is well established that people who cannot talk about their feelings are more likely to show what they feel through behavior including physical symptoms, without even knowing that is what they are doing.

“What is your goal?” is the *future-oriented question*. People who are exposed to situations that are repeatedly frightening often are spending too much time in the immediate here-and-now because of the impact of fear. They may lose or never gain the capacity to be calm enough to anticipate future action. *Pausing for a moment in a safe environment and asking this question allows the exercise of this vital function and helps develop the capacity for self-control, planning, and reflection, all necessary for living and working in complex settings.*

“Who can you ask for help? (Someone here with us to day – if you need it?) This is the norm setting question for the entire group. The question emphasizes the social responsibility we have to be concerned about the well-being of everyone in the group all the time. *It’s important that each person chooses someone present, not someone who they may be able to see later, or not see at all. This is the question that connects the group together as a whole.*

\*If someone gives a response that is not preferred according to this information, for example, if someone says “good” in lieu of a feeling, or says the person that can help them is someone not in the room, please remember to gently urge them, or ask “is there anything else you’re feeling” or “is there anyone in this room that you can ask for help” instead of correcting. *We want to be nonjudgmental in our approach to community meeting as much as possible.*



## DCF Reporting Procedures

### Telephone: 800-962-2873

This toll free number is available 24/7; counselors are waiting to assist you.

<http://www.myflfamilies.com/>

### Phone Options

**Press 1** to report suspected abuse, neglect or abandonment of a child

**Press 2** to report suspected abuse, neglect or exploitation of the elderly or a vulnerable adult

**Press 3** to verify the identity of a child protective investigator who recently visited you

**Press 4** for information/referrals to other services in your local area.

Be prepared to provide specific descriptions of the incident(s) or the circumstances contributing to the risk of harm, including who was involved, what occurred, when and where it occurred, why it happened, the extent of any injuries sustained, what the victim(s) said happened, and any other pertinent information are very important. Information callers should have ready includes:

- Name, date of birth (or approximate age), race, and gender, for all adults and children involved.
- Addresses or another means to locate the subjects of the report, including current location.
- Information regarding disabilities and/or limitations of the victims (especially for vulnerable adult victims).
- Relationship of the alleged perpetrator to the child or adult victim(s).
- Other relevant information that would expedite an investigation, such as directions to the victim (especially in rural areas) and potential risks to the investigator, should be given to the Abuse Hotline Counselor.

For a complete list of information please see the What We Need to Know page.

### Fax:

To make a report, via fax, please send a detailed written report with your name and contact telephone or FAX contact information using the Florida Abuse Hotline's fax reporting form to:

**800-914-0004**

\*This form is available in PDF Format, (requires that you use Adobe Acrobat to view and print).

### NOTIFICATION OF REPORT:

- Telephone reporters will always be told prior to concluding your conversation, whether the information provided has been accepted as a report.
- Fax reporters will only be notified if they request notification in the designated area on the fax reporting form.

**Please** do not fax multiple allegations of abuse or neglect for multiple families at a time. By submitting them **one** at a time, they will likely get processed **faster**.

**Be Prepared to Provide:**

- Reporter name (this is required for professionally mandated reporters).
- Victim name, possible responsible person, or alleged perpetrator name(s).
- Complete addresses for subjects, including a numbered street address, apartment or lot number, city, state, and zip code and/or directions to their location.
- Telephone numbers, including area code.
- Estimated or actual dates of birth.
- A brief, yet concise, description of the abuse, neglect, abandonment, or exploitation, including physical, mental or sexual injuries, if any.
- Names of other residents and their relationship to the victim(s), if available.
- A brief description of the victim's disability or infirmity (required for vulnerable adults).
- The relationship of the alleged perpetrator to the victim.

When contacting the Florida Abuse Hotline, please have as much of the information listed below available before you call. This information is important to know no matter who is reporting or what method they choose to report. If you are unable to obtain some of the information below, you may still call the Hotline and a counselor will assess the information available to see if it meets statutory criteria for the Department of Children and Families to initiate a protective investigation.



## Baker Act Form



### Certificate of Professional Initiating Involuntary Examination

ALL SECTIONS OF THIS FORM MUST BE COMPLETED AND LEGIBLE (PLEASE PRINT)

I have personally examined (printed name of person) \_\_\_\_\_ at (time) \_\_\_\_\_ ☐ am ☐ pm  
(time must be within the preceding 48 hours) on (date) \_\_\_\_\_ in \_\_\_\_\_ County and said person appears to meet  
criteria for involuntary examination.

☐ CHECK HERE if you are a physician certifying non-compliance with an involuntary outpatient placement order and you are initiating  
involuntary examination. (If so, personal examination within preceding 48 hours is not required. However, please provide documentation  
of efforts to solicit compliance in Section IV on page 2 of this form.)

This is to certify that my professional license number is: \_\_\_\_\_ and I am a licensed (check one box):

- ☐ Psychiatrist    ☐ Physician (but not a Psychiatrist)    ☐ Clinical Psychologist    ☐ Psychiatric Nurse  
☐ Clinical Social Worker    ☐ Mental Health Counselor    ☐ Marriage and Family Therapist    ☐ Physician's Assistant

#### Section I: CRITERIA

1. There is reason to believe said person has a mental illness as defined in section 394.455, Florida Statutes:

"Mental illness" means an impairment of the mental or emotional processes that exercise conscious control of one's actions or of  
the ability to perceive or understand reality, which impairment substantially interferes with the person's ability to meet the ordinary  
demands of living. For the purposes of this part, the term does not include a developmental disability as defined in chapter 393,  
intoxication, or conditions manifested only by antisocial behavior or substance abuse impairment.

Diagnosis of  
Mental Illness is:  
List all mental  
health diagnoses  
applicable to this  
person.

--

DSM Code(s) (if known)

--

AND because of the mental illness (check all that apply):

- ☐ a. Person has refused voluntary examination after conscientious explanation and disclosure of the purpose of the examination;  
AND/OR  
☐ b. Person is unable to determine for himself/herself whether examination is necessary; AND

2. Either (check all that apply):

- ☐ a. Without care or treatment said person is likely to suffer from neglect or refuse to care for himself/herself, and such neglect or  
refusal poses a real and present threat of substantial harm to his/her well-being and it is not apparent that such harm may be  
avoided through the help of willing family members or friends or the provision of other services; AND/OR,  
☐ b. There is substantial likelihood that without care or treatment the person will cause serious bodily harm to  
(check one or both) ☐ self ☐ others in the near future, as evidenced by recent behavior.

#### Section II: SUPPORTING EVIDENCE

Observations supporting these criteria are (including evidence of recent behaviors related to criteria). Please include the person's  
behaviors and statements, including those specific to suicidal ideation, previous suicide attempts, homicidal ideation or self-injury.

--



## Certificate of Professional Initiating Involuntary Examination

### Section III: OTHER INFORMATION

Other information, including source relied upon to reach this conclusion is as follows. If information is obtained from other persons, describe these sources (e.g., reports of family, friends, other mental health professionals or law enforcement officers, as well as medical or mental health records, etc.).

### Section IV: NON-COMPLIANCE WITH INVOLUNTARY OUTPATIENT PLACEMENT ORDER

Complete this section if you are a physician who is documenting non-compliance with an involuntary outpatient placement order: This is to certify that I am a physician, as defined in Florida Statutes 394.455, F.S. and in my clinical judgment, the person has failed or has refused to comply with the treatment ordered by the court, and the following efforts have been made to solicit compliance with the treatment plan:

### Section V: INFORMATION FOR LAW ENFORCEMENT

Provide identifying information (if known) if requested by law enforcement to find the person so he/she may be taken into custody for examination:

Age: \_\_\_\_\_ ☐ Male ☐ Female Race/ethnicity: \_\_\_\_\_

Other details (such as height, weight, hair color, what wearing when last seen, where last seen):

If relevant, information such as access to weapon, recent violence or pending criminal charges:

This form must be transported with the person to the receiving facility to be retained in the clinical record. Copies may be retained by the initiating professional and by the law enforcement agency transporting the person to the receiving facility.

### Section VI: SIGNATURE

Signature of Professional \_\_\_\_\_ Date Signed \_\_\_\_\_ Time \_\_\_\_\_ ☐ am ☐ pm  
Printed Name of Professional \_\_\_\_\_ Phone Number (including area code) \_\_\_\_\_

## Intake Assessment Guidelines

### *Outpatient Offices* (Education & Training Center)

\*Note: Some variance to the process outlined below may be warranted when intakes are delivered via telemental health

1. Prior to the intake, obtain referral information by opening the client in CMP, double clicking on Appointment Service, and finding the referral source information in the box that opens. Refer to documentation written by clerical team when scheduling appointment for additional information. If applicable, review closing/discharge summary from previous episode(s) of care.
2. When the client arrives at the Youth Services office, a clerical team member will end the Appointment Service and open the appropriate Intake Assessment Service. When this is completed, tasks associated with the Intake Assessment Service are populated on the lower right side of the screen. If telemental health is provided, therapist must notify clerical team member whether or not client presents to the appointment, so the appropriate services can be opened and closed.
3. Check that the FIF has been filled out properly by the parent/guardian. If there is missing data, ask the family to complete it during intake. If information shared during intake differs from information on the form, make the change and add your initials. \*Note: Family MUST provide income data in order to participate in services.
4. Ensure that ACEs Questionnaire has been completed by the youth (age 13 and older) or parent on behalf of youth (age 12 and under).
5. Verify that Release or Transfer of Student Information has been signed by the parent/legal guardian and that the *student ID* has been included. If student is not yet school age or attends a private school, there will likely not be a student ID. *The Form should still be completed and signed* and a note should be included at the top, indication the reason no student ID is included (e.g., child is age 4, child attends private school). The end date should be the date the child will turn 18 years old. \*Note: Family MUST consent to this form in order to participate in services.
6. Review consent forms and explain confidentiality and its limits.
  - a. Bill of Rights and Consent for Treatment (includes Consent to Telemental Health, Consent to Work with Trainees, Consent for Audio/Video Record, and Consent/Assent to Participate in Research)
7. Obtain appropriate Releases of Information (ROI) to allow for correspondence between other agencies/individuals and Youth Services.
  - a. School
  - b. Referral Source (Youth Court, FVIP, YFIP, etc.)
  - c. Relevant service providers currently or formerly involved with the family, such as psychiatrist, therapist, etc.
  - d. Legal (DCF, DOC, etc.)
  - e. Non-legal guardians or other adults that may be involved in treatment, such as a step-parent, aunt/uncle who lives in the home, adult siblings, etc.
8. Conduct intake interview.
  - a. Use Intake Outline as a guide
  - b. Determine presenting issues (assess reasons for seeking treatment and goals for therapy)
  - c. Collect notable information regarding household family members (e.g., Medical, School, Behavior, Substance Use, Legal, Emotional, Social, Family relationships, Abuse/Neglect, Trauma, prior psychiatric/psychological services, and behavioral observations)
  - d. Ensure there are no immediate safety concerns

- i. If necessary, conduct Risk Assessment. \*Always consult with a supervisor before the intake appointment has been completed regarding concerns.
  - ii. If necessary, create safety plan with youth/family (use YSD safety plan form on common drive and add/complete Safety Plan task)
  - iii. Always include a statement about abuse, neglect, suicidal/homicidal concerns, even if the family denied.
- 9. Explain how treatment works:
  - a. Family therapy-one parent/legal guardian **MUST** be present.
  - b. Typically 12 weeks (variance allowed with supervisor approval)
  - c. Two missed sessions (no show/cancellation) and case will be closed (unless supervisor approval to continue is obtained)
  - d. Telemental health may be appropriate under certain circumstances
- 10. Explain other treatment options if appropriate:
  - a. Individual Therapy (18-22)
    - i. Youth between the ages of 18-22 may consent to their own individual therapy
    - ii. If a parent will participate in any of these sessions, the youth must sign an ROI allowing that participation.
  - b. Parent-Child Interaction Therapy (PCIT)
    - i. Most appropriate for parents with young children, between the ages of 2 through-7. Children between the ages of 8-12 may also be appropriate for PCIT, based on presenting problem.
    - ii. This didactic intervention works best for parents who struggle to effectively manage the disruptive behaviors of their child. The intervention is usually done with only one child in the home and later in treatment, siblings are incorporated.
    - iii. PCIT ranges from 12-16 sessions and utilizes a bug-in-the-ear coaching method. I-PCIT (Internet-based PCIT can be offered)
  - c. Highridge
    - i. For adolescents ages 11through 16.
    - ii. Residential facility that provides PBC residents with 3 to 4 months of services, including family therapy, group therapy, individual therapy, and milieu therapy, as well as alternative PBC school.
    - iii. Reside at the facility during the week and return home on Friday afternoon (Thursday night during summer) for the weekends with the family. \*Note: There may be variances in this schedule due to CDC recommendations for social distancing.
    - iv. Two \$75 fees (Application & Activity).
    - v. Call Highridge at (561) 625-2540 to schedule a tour of the facility and complete paperwork.
      - 1. 4200 North Australian Ave, WPB, FL 33407
  - d. Parenting: \*group days/times subject to change
    - i. Groups at Ed Center: (7 weeks; 1 to 1 ½ hr. sessions, Dates TBD as needed)
    - ii. Individual Sessions may be provided at all offices
  - e. FVIP Group
    - i. Offered at 2 YFC locations below (or Telemental Health services offered via Zoom):
      - 1. **YFC-South** office provides group services on **Tuesdays** from **5:30 p.m. to 7:00 p.m.** This group takes place at 345 South Congress Avenue Delray Beach, FL 33445; 561-276-1340

2. **YFC- Four Points** office provides group services on **Wednesdays** from **5:30 p.m. to 7:00 p.m.** This group takes place at 50 South Military Trail, West Palm Beach, FL. 33415; 561-242-5714
  - ii. Step-Up Curriculum (anger management group) is offered over the course of 12 group sessions. Additional information on the group content can be found in the FVIP section of the Handbook.
  - iii. Group is recommended when the youth is 13 to 18 years old, when there has been an isolated incident of family violence and the teen and parent would benefit from psychoeducation and learning new conflict resolution, communication and emotion regulation skills.
  - iv. If the group is required by FVIP, the family/client is informed by their Court Case Advisor and it is written on the FVIP case plan which family members are required to participate in therapy sessions. The youth (offender) and at least one parent (preferably the victim) are required to participate. If the victim is another sibling or family member (not the parent), they are strongly encouraged to participate in services.
11. Discuss Custody.
  - a. If necessary, gather appropriate consent documentation. You will be responsible for custody related case management prior to case being approved for continued services. Refer to Documentation Manual for additional information. Consult with supervisor as needed.
  - b. Follow up with family regarding custody documentation no later than 1 week after intake.
  - c. Provide deadline of 1 more week to provide documentation or case will be closed.
12. Ensure that address and phone numbers are correct and complete.
13. If there are additional household members not already listed, obtain information for those individuals.
14. Make sure family chooses Yes or NO for ALL items in the Questionnaire section. DO NOT leave blank.
15. Obtain days/times family/client will be available for services. Note availability on the Intake Report and inform clerical verbally upon completion of intake if the client can be scheduled immediately.
16. Provide completed FIF and other intake forms to clerical for data entry and scanning into CMP.
17. Complete intake notes and task:
  - a. Intake Assessment/Office or Video/Attended: “Family attended and completed intake assessment.” (If Family does not attend intake, enter Intake Assessment note indicating that family No Showed.). The note should reflect the time that was allotted for paperwork, appointment, and documentation (typically 2 hours). In cases in which the family completes paperwork prior to the intake appointment, the allotted time is usually 1.5 hours. \*Note: The full time that was scheduled for the intake should be documented regardless of the actual completion time of the intake assessment. If the intake runs over the scheduled time, document the actual length of time.
  - b. Write up Intake Report using the dynamic form listed under Tasks in CMP. Make sure that all sections of the dynamic form are completed.
  - c. Write a case management note for the time it took to complete the Intake Report (e.g. Intake report completed and entered into CMP).
  - d. Update demographic information in CMP.
  - e. Supervisor Request/Office: “Intake complete. Case is ready for assignment” or “Intake complete. Service is ready to be ended.” Save this note and mark as “Waiting for Approval.”

### ***Residential Intake Assessment Guidelines***

\*Intake sessions may be provided via videoconferencing platform or in office

#### **Highridge Family Center**

- Informed Consent confidentiality and overview of the purpose of the Session

#### **Overview of the Program**

- 3-4 month residential program, ages 11-16 (can turn 17 in program but must be admitted at 16)
- 6 residents per dorm maximum - 3 male and 2 female dorms (**this is subject to change dependent upon COVID-19 related restrictions**).
- Drop off is Monday Morning (6:45am) and pick up is Friday afternoon (as soon as school lets out); Summer and holiday hours vary; typically the program is closed on Fridays during the summer and pickup is scheduled for Thursday afternoon.
- Referrals come from schools, outpatient, community, and court system
- Philosophy of care is trauma-informed and family systems based
- Residents are on a point system; parents to complete cards on the weekends
- Family therapy is mandatory one time per week; 2 missed family sessions may result in dismissal from program
- Immediate pick up for serious safety issues (OPI) or illness (please see medical information for specifics)
- Residents receive individual, group, and family therapy
- On-site school is a PBC School District public school – grades transfer in and transfer out when they leave. Provide contact # for school, 504/IEP, and credit questions, etc. Guidance Counselor: Lisa Keough 561-494-0007, Administrator 561- 494-0015
- Program is “voluntary” – Assess willingness to attend program, if they ARE willing, proceed with the rest of intake (if child is adamant about not coming, pull parents in without child to explain voluntary nature of the program).
- \$75 ACTIVITY FEE (for rewards and incentives for youth in the program) to be collected upon admission. If Ms. Pat is not present or family does not have the funds, they can pay at orientation and/or develop a payment plan.

#### **Intakes for Highridge Family Center**

1. Check that parent has signed the FIF, which serves as the consent for intake.
2. Check that parent has agreed to have intake conducted by a student.
3. Informed Consent confidentiality and overview of the purpose (information gathering as opposed to therapy) of the Session
4. Check to ensure that School Data Release Form has been filled out completely and **must include the child's school ID #.** Also, advise that the dates for the release are from *TODAY'S DATE until DATE OF CHILD'S 18<sup>TH</sup> BIRTHDAY*. This allows the school district to provide longer term data for program evaluation

## Forms for Signature

### Tasks/Forms Needing Signatures

1. Bill of Rights/Consent for Treatment  
**PRINT COPY FOR PARENT**
2. Highridge Parent/Guardian Agreement  
**PRINT COPY FOR PARENT**
3. Consent for Psychological Evaluation
4. Emergency Contact & Transportation List
5. Medical Care  
**PRINT COPY FOR PARENT**
6. Consent for Emergency Medical Treatment
7. ROI School- if attending Public School, if not add ROI general and add name of school
8. All other ROI's as indicated during Intake i.e.  
**ROI's must be completed for any and all adults participating in family session that are not the biological/adoptive/legal guardians.**  
**ROI for any recent/current therapist, psychiatrist, pediatrician, community agency.**

### Intake Questions

- Custody
- Presenting Problems (reasons for seeking treatment)
- Medications – Past & Current (name, dosage, prescribing doctor)
- Hospitalizations – How many? When? Circumstances?
- Medical Concerns
  - Allergies/Health Issues
- History of Traumatic Experiences
- Risk Assessment - Suicidal or Homicidal Ideations, self-harming behaviors, abuse
- Legal Involvement/DCF Involvement
  - FVIP or court charges
- Substance Abuse – How often? How much? What specific substances?
- Family relationships
- School (Special classes? Grades? Suspensions/Expulsions? For what behaviors?)
  - Retention
  - Special Education Services/504 Accommodation Plan
- Prior counseling services or other mental health services?
- Social Interests
- Strengths

### After Intake is Completed with the family

**“Take home” Information** – Give them the Highridge application packet/supply list and the school registration form. The school form can be completed and brought to orientation. Plus provide all Medical and/or Psychiatric Clearance forms, Diet and Allergy Forms as indicated below.

**Copies** - Make a copy of guardian's identification and potential resident's insurance card.

**Tour** - Complete a tour of the facility (for in office visits only)

**Admission Approval/Denial** - Inform the family that the Clinical Director makes all admissions decisions. Highridge Secretary will call when a decision has been reached.

## Case Management

Fax releases and forms to psychiatrist or doctor, follow up with any necessary paperwork, scan FIF, parent ID, and forms, then attach to file electronically. Make sure that student ID number is entered in the demographic details field for the client. Alert John to any potential issues or questions as well as your supervisor. These might include court charges, psychiatric or medical issues, and/or questions related to goodness of fit for the program.

When all is complete, put an end date for self as case manager in Intake-Residential and Appointment-Residential services and add Amanda Terrell and receptionist as case managers.

Place FIF packet in appropriate admission mailbox (in administration area) depending on status.

- Initial FIF: Use as central location so as not to have FIF's in individual offices
- Pending: When information has been faxed and we are awaiting documentation
- Nursing Review: When medical/medication information is received, nursing needs to review for clearance
- Ready to Approve: All documents completed, all paperwork submitted, cleared by nursing.

Tasks/No Signatures Needed	Rationale
1. Assess Custody, Upload Proof of Custody	Adoption, Guardianship
2. Scan and Attach DL and Insurance Card	Need ID of parent on file
3. Scan and Attach FIF, Medical History, School Data Request, ACEs Questionnaire	Allows for data entry by clerical
4. Complete Intake Report	Informational Report
5. Write Intake Service Note and include any case management actions taken (faxing forms, etc).	Tracks Direct Service Hours
6. Provide School Registration to Family	Add form to "take home" info re: orientation <i>CMP: "Upon Admission"</i>
7. Complete Referral Source Info (Appt-Res Service only)	To ensure we capture referral source info – ONLY ONCE
8. Data enter FIF and complete client and family member details (Clerical can do this)	Additional information not captured at initial phone call (i.e. race, ethnicity, school id, etc. plus family members listed on FIF)
9. Review FIF, medical history, School Data Release Form and ACES to ensure all are complete.	
10. Fax all Requests for Information (to include ROI, form, and fax cover sheet)	Med/Psych Clearance, Diet/Allergy Forms
11. Follow up to ensure all requested information is received to complete case for review	





**ACEs Questionnaire**  
**TO BE COMPLETED BY YOUTH**



Your Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

**Many children have stressful life events that can affect their physical, social, and emotional health and development. The results from this form will help us with your treatment.** Please read the statements below. Count the number of items that apply to you and write the total number in the box provided.

**Please DO NOT mark the items that apply to you – We just need the number.**

**1) Of the items in section 1, HOW MANY apply to you? Write the total number in the box.**

**Section 1. At any point since you were born...**

- Your parents or guardians were separated or divorced
- You lived with a household member who went to jail or prison
- You lived with a household member who was depressed, mentally ill or attempted suicide
- You saw or heard household members hurt or threaten to hurt each other
- A household member swore at, insulted, humiliated, or put you down in a way that scared you OR a household member acted in a way that made you afraid that you might be physically hurt
- Someone touched your private parts or asked you to touch their private parts in a sexual way that was unwanted, against your will, or made you feel uncomfortable
- More than once, you went without food, clothing, a place to live, or had no one to protect you
- Someone pushed, grabbed, slapped or threw something at you OR you were hit so hard that you were injured or had marks
- You lived with someone who had a problem with drinking or using drugs
- You often felt unsupported, unloved and/or unprotected

**2) Of the statements in section 2, HOW MANY apply to you? Write the total number in the box.**

**Section 2. At any point since you were born...**

- You have been in foster care
- You have experienced harassment or bullying at school
- You have lived with a parent or guardian who died
- You have been separated from your primary caregiver through deportation or immigration
- You have had a serious medical issue or life threatening illness
- You have often seen or heard violence in the neighborhood or in your school neighborhood
- You have been detained, arrested or incarcerated
- You have often been treated badly because of race, sexual orientation, place of birth, disability, or religion
- You have experienced verbal or physical abuse or threats from a romantic partner (i.e. boyfriend or girlfriend)



### Release or Transfer of Student Information

PLEASE NOTE: **Student ID# box is REQUIRED**. It must be entered on the form below. If student is not yet of school age or attends a private school, there will likely not be a student ID. *The Form should still be completed and signed* and a note should be included at the top, indicating the reason no student ID is included (e.g., child is age 4, child attends private school).



THE SCHOOL DISTRICT OF PALM BEACH COUNTY  
THE DEPARTMENT OF SAFE SCHOOLS

### Release or Transfer of Student Information

This form is used to facilitate communication of student information to authorized individuals.

Student ID # (Opt)	Student First Name	Middle	Last	Birth Date
Parent/Legal Guardian Name		School Name		

Request for: ☒ release of student records ☐ discussion of student/student records

Agency/Individual/Advocacy Palm Beach County Youth Services Department				
Contact Name Donna Goodwin	Phone # 242-5732	Ext.	E-mail DGoodwin@pbcgov.org	
Mailing Address 50 S. Military Trail, Suite 203	City West Palm Beach	State FL	Zip Code 33415	

Send Records To (if address is different from above)

Contact Name	Phone #	Ext.	E-mail	
Mailing Address	City	State	Zip Code	

List the specific information requested (medical, psychological, psychiatric, educational records or student information)

All records of prior enrollment/attendance, grades, GPA, graduation, W10, WGA, WGD, absences, in school suspension, out of school suspension, foster care status, schools attended and number of days in attendance, homelessness status, 504 plan status, EBD status, and ESE status.

I understand the the purpose of this release is to facilitate the communication of student information to authorized individuals. The Family Educational Rights and Privacy Act (FERPA) of 1974, as amended, protects the privacy of education records, and student related information. I understand and agree that this information will not be disclosed to any third party without the express consent of the parent or adult student.

Signature of person receiving records \_\_\_\_\_ Date \_\_\_\_\_

I authorize: ☒ The School District of Palm Beach County ☐ other to

- ☒ release  
☐ receive the following medical, psychological, psychiatric, and/or educational records of the above named student  
☐ discuss student records or other student related information

This release is active from: date \_\_\_\_\_ to date \_\_\_\_\_ unless otherwise specified by the parties.

_____ Signature of Parent/Legal Guardian	_____ Date
_____ Signature of Student if 18 Years of Age or Older	_____ Date

*The following is to be completed by the person releasing records*

_____ Print name of person releasing records	_____ Phone No./PX
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## Missed Appointment Documentation and Extension Request Procedures

### *Guidelines for Documenting Missed/Cancelled First Appointments*

#### **Intake No Show/Cancellation Steps:**

- 1) Go to “Appointment” service
- 2) Write a note = Intake assessment, Office/Video, No Show or Cancelled (Client or YSD), 90-120 minutes
- 3) Write “No-Showed” or “Cancelled” next to client name on CMP calendar

Email clerical staff that the client no-showed so they can follow up with the client. Once notified by the trainee that the client has missed two consecutive intake appointments, it is the responsibility of clerical staff to enter a supervisor request note so that the service can be ended.

#### **First Therapy Appointment No Show/Cancellation Steps:**

- 1) Go to “Appointment” service
- 2) Write a note = Family Therapy/Individual Therapy, Office/Video, No Show or Cancelled (Client or YSD), 60 minutes
- 3) Write “No-Showed” or “Cancelled” next to client name on CMP calendar
- 4) Email clerical staff that the client no-showed so they can follow up with the client. Once notified by the trainee that the client has missed two consecutive appointments, it is the responsibility of clerical staff to enter a supervisor request note so that the service can be ended.

#### **Psychological Evaluation No Show/Cancellation Steps:**

- 1) Go to “Psychological Evaluation” service
- 2) Write a note = Psychological Evaluation, Office/Video, No Show or Cancelled (Client or YSD), (time of scheduled appointment, e.g.: 09:00am-11:00am)
- 3) Write “No-Showed” or “Cancelled” next to client name on CMP calendar
- 4) Assigned clinician is responsible for calling the client for follow up and attempt to reschedule. Inform client that if a second appointment is missed the service will be ended and they will be removed from the waitlist.
- 5) If unable to reschedule, trainee enters supervisor request for case to be closed.

### ***Extension Requests and Missed Appointments***

An Extension Request is needed any time therapy services (e.g., PCIT, Group Therapy, Family Therapy, or Individual Therapy) will continue past 12 weeks. *This is based on the length of time the client is receiving therapy services and **not** based on the amount of sessions attended.*

Although FVIP cases typically require 14 sessions as standard procedure, an extension request is still needed. \*Note: An Extension Request is only used for outpatient services. The Graduation Application takes the place of the Extension Request at Highridge.

The following steps should be followed when monitoring client appointments in CMP to ensure Extension Requests are appropriately requested and documented:

1. Any time a client is not seen for a period of time that exceeds 7 days, a service note (e.g., PCIT, Group Therapy, Family Therapy, or Individual Therapy) should be written documenting whether the original scheduled appointment for that week was Cancelled, Rescheduled, or a No Show appointment. Please refer to the options below for each note status type:
  - a. Cancelled Client – To record when a client cancels session and provides notification prior to the session (e.g., client informs therapist of sickness or a planned vacation). This is only used if the session is not rescheduled within the week.
  - b. Cancelled-YSD – To record instances when a session is cancelled by a therapist (e.g., due to illness) or when county offices are closed (e.g., holidays).
  - c. No Show- To record when a client does not show for a session and does not provide prior notification.
  - d. Rescheduled – To record when a missed appointment will be made up within the same week period.
2. YSD provides services according to a brief therapy model. If the therapist feels the client/family could benefit from continuing past 12 weeks for any reason, the therapist should consult with a supervisor to determine the need for an extension. This request should be thoughtful, and should therefore occur before the originally scheduled 12 weeks expire. Please note the following when making an Extension Request note in CMP:
  - a. Extensions can be requested and approved by a supervisor in increments of up to, and no more than, 4 weeks.
  - b. In rare cases, multiple extension requests may be needed. In these cases, an Extension Request note with supervisor approval is needed for each extension increment. (e.g., if a 2 week extension was requested and another 4 weeks is needed, then another Extension Request note is needed before the 2 week extension expires).

## Psychological Evaluation Procedures

Psychologists, postdoctoral fellows, doctoral interns, and psychology practicum trainees complete psychological and psychoeducational evaluations over the course of the training year. Full batteries include clinical interviews and assessment of intellectual, academic, behavioral, and personality/social functioning. All evaluators completing the evaluations are to consult with referring therapists, properly administer and score measures, hold feedback sessions, and complete reports in a timely manner. Youth Services does not utilize a standard battery. Rather, selection of measures is determined based on the referral question, consultation, review of previous records, clinical interview(s), and information garnered during the assessment process.

Referrals are made by the Youth Services Department's Residential Treatment and Family Counseling Division team members who submit referral questions via the CMP computer case note application. The Chief of Clinical Services, Education and Training or designee reviews referrals and, if appropriate, adds them to the Testing Waitlist. When an evaluator becomes available, the Testing Supervisor assigns the case to a psychology fellow, intern, or practicum trainee. The assigned evaluator first contacts the referring therapist to consult about the reason for referral. During consultation, the evaluator determines the utility and necessity of proceeding with testing. If the decision is made to proceed, the evaluator must obtain and review supporting documentation, including but not limited to prior testing reports, Individualized Education Plan (IEP), 504 Accommodation Plan, and/or Response to Intervention (RTI) documentation. It is the responsibility of the referral source to ensure that previous reports have been obtained from the family. In some instances, teletesting may be utilized/incorporated as part of the evaluation. Due to potential ethical and validity concerns regarding teletesting, decisions regarding teletesting will be made on a case-by-case basis by the Testing Supervisor.

The evaluator then contacts the family and schedules the clinical interview(s) and evaluation sessions. The clinical interview is conducted with the child's caregiver(s) where they complete the *consent form for assessment, evaluation, and psychological testing*, appropriate *releases of information*, and collect a family history. Additional measures (e.g., rating scales, objective measures) deemed necessary for the evaluation should be sent home with caregivers upon completion of the interview. Attempts to interview both parents/caregivers should be made. Ideally, interviews should be scheduled and completed within one week of assignment to the case. Testing should be started no later than one week after the parent interview and all testing should be completed within 2 weeks. Evaluators should consult with their supervisor if unable to meet this deadline. When scheduling an evaluation session, keep in mind that the optimal time to evaluate a child is during the morning hours. Some measures, such as the TOVA and WISC, are of questionable validity if timing of administration is not within optimal hours.

Evaluation measures and kits are located at the Education Center in the file cabinet labeled 'Testing Materials' in the testing library room. Evaluators should reserve measures in advance when possible. All tests, manuals, and other assessment materials must be signed in and out by the evaluator.

In rare circumstances, assessment materials may be checked out overnight if not needed by another evaluator. Password protection should be used when writing and transmitting report drafts. Manuals should not be signed out to a single person for an extended period of time, as manuals are shared by all evaluators. Protocol forms should be used only as needed. Trainees must note all protocols utilized during an assessment so number of protocols used and remaining can be adequately tracked.

Most measures can be accessed from any computer by visiting the designated website and entering the username and password. Usernames and passwords can be found in the G-Drive in the respective folder. Please check this document prior to accessing tests or scoring content, as passwords are updated periodically. There is a designated testing computer on which certain

psychological evaluation measures can be administered and scored, which is located in the Education and Training Center conference room. Scoring programs are available for the following measures: ARES, Roberts, Rorschach, and TOVA. The ARES and Roberts require a key fob to be inserted prior to scoring (already inserted in the testing computer). The TOVA must be administered as well as scored using this computer, meanwhile, scoring software for the Rorschach is found on this computer.

Important due dates regarding psychological evaluations are listed in the Requirements and Expectations section of the Handbook. Raw data should be given to a peer upon completion of scoring for an interrater reliability scoring check. An initial draft of the report along with raw data is due to the designated supervisor within two weeks of the final testing administration (after all measures have been scored and checked for accuracy via an interrater reliability check). The supervisor will review the draft and provide feedback. Once the report is finalized and signed by both the evaluator and supervisor, the evaluator contacts the family to schedule a feedback session. The parent(s) is provided with an original signed report at the feedback session. The referring therapist should also be contacted and invited to the feedback session, particularly if the therapy case is still open. The referring therapist is notified that the report is complete and has been scanned into CMP for their review.

Psychological Evaluation interviews, testing sessions, and feedback sessions should be documented using the **Psychological Evaluation/Office** note type. A **Case Management/Office** note is written to document that the materials (raw data and original report) are filed at the Education and Training Center. A report is also scanned into CMP. Throughout testing, **Scoring/Interpretation/Report Writing** notes should be written to document all time related to scoring, interpretation, and report writing. When all tasks noted above have been completed a **Supervisor Request/Office** note should be entered to end the Psychological Evaluation Service.

### *Psychological Evaluation Timeline*

- Consultation with referring therapists regarding psychological evaluation referral questions is expected prior to testing.
- Parent interview should be completed prior to testing session(s) with youth.
- All interviews and administration of evaluation measures should be completed within 2 weeks (or 3 weeks under special circumstances and with supervisor approval).
- Evaluation reports are to be completed in a timely manner, with an initial draft due no later than 2 weeks after administration of assessment measures are complete. Awaiting return of self-report measures should not delay this timeline. Second drafts should be completed no more than 1 week after the initial draft is returned with feedback.
- Subsequent revisions should be turned in within 24 hours. Feedback session with the family regarding evaluation results and recommendations should be scheduled within 1 week of the signed final report.

## *Psychological Assessment Measures*

### **1. Anger Regulation and Expression Scale (ARES)**

- Comprehensive, self-report assessment of the expression and regulation of anger for children and adolescents
- Assesses tendencies towards inward and outward expressions of anger along with the range and duration of anger experiences.
- Full-length version and a short version (ARES[S]).
- 10 to 17 years
- Administration Time : 5 minutes (Short Version), 15 minutes (Long Version)
- Computerized scoring available
- Requires a key fob (kept plugged in the testing computer located in the conference room) for scoring.

### **2. Autism Spectrum Rating Sales (ASRS)**

- Multi-informant measure to identify symptoms, behaviors, and associated features of Autism Spectrum Disorders.
- Administered and scored online from any computer.
- 2 – 18 years
- Administration Time: Full form: 20 minutes, Short form: 5 minutes (15 items)
- Scores/Interpretation: ASRS Scoring Software or manual scoring

### **3. Beck Depression Inventory, 2<sup>nd</sup> Edition (BDI-II)**

- Instrument for measuring the severity of depression
- 13 to 80 years
- Administration Time: 5 minutes

### **4. The Beery-Buktenica Developmental Test of Motor Coordination, 6<sup>th</sup> Edition (Beery MI)**

- Screens for motor coordination issues
- 2 to 100 years
- Administration Time: 5 minutes

### **5. The Beery-Buktenica Developmental Test of Visual-Motor Integration, 6<sup>th</sup> Edition (Beery VMI)**

- Measures the extent to which individuals can integrate their visual and motor abilities.
- Commonly used to identify children who are having significant difficulty with visual-motor integration and to determine the most appropriate course of action.
- Suitable for respondents with diverse environmental, educational, and linguistic backgrounds
- 2 to 100 years; Updated norms for ages 2 through 18. Adult norms are also included for age 19 and above, but were not updated
- Short format usually used with children ages 2-8
- Administration Time: 10–15 minutes each (Short and Full Format)

**6. The Beery-Buktenica Developmental Test of Visual Perception, 6<sup>th</sup> Edition (Beery VP)**

- Screens for visual deficits
- 2 to 100 years
- Administration Time: 3 minutes

**7. Behavior Assessment System for Children, 3<sup>rd</sup> Edition (BASC-3)**

- A comprehensive set of behavior rating scales and forms including the Teacher Rating Scales (TRS), Parent Rating Scales (PRS), Self-Report of Personality (SRP), Student Observation System (SOS), and Structured Developmental History (SDH). 2:0 through 21:11 (TRS and PRS); 6:0 through college age (SRP).
- Spanish version available.
- Administration Time : 10-20 minutes (TRS and PRS), 30 minutes (SRP)
- Q-Global scoring

**8. Behavior Rating Inventory of Executive Function, 2<sup>nd</sup> Edition (BRIEF-2)**

- A comprehensive measure of executive functioning including Parent, Teacher, and Self-Report
- 5-18 years
- Administration Time: 10-15 minutes; Scoring Time: 15 minutes
- PAR computer scoring

**9. Child and Adolescent Functional Assessment Scale (CAFAS)**

- Objective measure completed on computer by therapist following clinical interview
- Measures day-to-day youth functioning across 8 Domains
- Generates an Assessment Report and Family Report that shows gains over time and focuses on strengths and goals
- 5 to 19 years
- Completion Time: 10-15 minutes

**10. Children's Apperception Test (CAT)**

- Projective Personality Assessment
- Help identify dominant drives, sentiments, conflicts and complexes
- 3 to 10 years
- Administration Time: 20-45 minutes

**11. Children's Depression Inventory, 2<sup>nd</sup> Edition (CDI-2)**

- Self-report scale that measures cognitive, affective, and behavioral signs of depression in school-age children and adolescents
- Self-Rating, Parent, and Teacher versions in full length and short forms
- 7 to 17 years
- 1<sup>st</sup> grade reading level
- Administration Time: 5 minutes

## **12. Conner's Rating Scale, 3<sup>rd</sup> Edition (CRS-3)**

- Behavior Assessment
- Measure hyperactivity in children and adolescents
- Parents and teachers of children and adolescents ages 6 to 18 years
- Adolescent self-report ages 12 to 17 years
- 6th–9th grade reading level
- Administration Time: Long Version: 15–20 minutes, Short Version: 5–10 minutes

## **13. The Devereux Early Childhood Assessment Clinical Form (DECA-C)**

- Designed to support early intervention efforts to reduce or eliminate significant emotional and behavioral concerns in preschool children
- Can be used to: (1) Guide interventions, (2) Identify children needing special services, (3) Assess outcomes and (4) Help programs meet Head Start, IDEA, and similar requirements
- 2 to 5 years
- Administration Time: 10 minutes

## **14. Eyberg Child Behavior Inventory (ECBI)**

- A measure of conduct problems in children
- Assesses the frequency of disruptive behaviors occurring in the home
- Reported by parents
- 2 to 16 years
- Administration Time: 5-10 minutes; Scoring Time: 5 minutes

## **15. Expressive Vocabulary Test, 2<sup>nd</sup> Edition (EVT-2)**

- A measure of expressive vocabulary and word retrieval for Standard American English
- Co-normed with PPVT
- Make direct comparisons of receptive and expressive vocabulary with PPVT-III
- 2 to 90+ years
- Administration Time: 15 minutes

## **16. Family Adaptability and Cohesion Scales, 4<sup>th</sup> Edition (FACES-IV)**

- 62-item self-report instrument
- Assesses dimensions of Circumplex Model (family cohesion, adaptability, communication) and family satisfaction
- Designed to be administered to families across the life cycle
- 12+ years
- Administration Time: 15 minutes

## **17. House-Tree-Person Drawings (H-T-P)**

- Projective personality assessment
- Assessment of brain damage or overall neurological functioning
- Administration Time: Variable

## **18. Kaufman Brief Intelligence Test, 2<sup>nd</sup> Edition**

- Measures verbal and nonverbal intelligence quickly
- 4 through 90 years
- Administration Time: 20 minutes



**19. Kaufman Test of Educational Achievement, 3<sup>rd</sup> Edition (KTEA-3)**

- Measure of academic achievement for grades pre-kindergarten through 12 or ages 4 through 25 years
- Has two independent, parallel forms (A and B)
- Criterion-referenced assessment in the domains of reading, mathematics, written language, and oral language
- Link to KABC-2 and WISC-V
- Q-Global scoring
- Administration time: 15 to 85 minutes

**20. Kinetic Family Drawing (KFD)**

- Projective Assessment
- Children are asked to draw a picture of “a family doing something together”
- Elicits the child's attitudes toward his or her family and the overall family dynamics.
- Administration Time: Variable

**21. Minnesota Multiphasic Personality Inventory- Adolescent (MMPI-A)**

- Personality Assessment
- 14 to 18 years
- 6<sup>th</sup> grade reading level
- Administration Time: 45-60 minutes
- Q-Global scoring

**22. Parenting Stress Index, 4<sup>th</sup> Edition (PSI-4)**

- Designed to evaluate the magnitude of stress in the parent-child system,
- Three domains: child characteristics, parent characteristics, situational/demographic life stress
- Parents of children ages 1 month to 12 years
- Spanish version available
- Administration Time: 20 minutes; Scoring Time: 5 minutes

**23. Peabody Picture Vocabulary Test, 4<sup>th</sup> Edition (PPVT-4)**

- A wide-range measure of receptive vocabulary for standard English, and a screening test of verbal ability (Co-normed with EVT)
- 2-6 to 90+ years
- Administration Time: 10-15 minutes

**24. Personality Assessment Inventory- Adolescent (PAI-A)**

- An objective personality assessment for use with adolescents
- 12 to 18 years
- Administration Time: 30-45 minutes

**25. Revised Children’s Manifest Anxiety Scale, 2<sup>nd</sup> Edition (RCMAS-2)**

- A quick measure of the level and nature of anxiety in children
- CD available to read questions if child has reading difficulties
- 6 to 19 years
- Administration Time: Less than 10 minutes

**26. Reynolds Intellectual Assessment Scales, Second Edition (RIAS-2)**

- Assesses intelligence and its major components
- Optional memory and speeded processing subtests are available.
- 3 to 94 years
- Administration Time: 40-45 minutes
- PAR computer scoring

**27. Roberts Apperception Test for Children, 2<sup>nd</sup> Edition (Roberts-2)**

- Evaluate children's social perception (either adaptive or maladaptive/atypical)
- Free-narrative storytelling format
- Alternate versions available for Caucasian, African American, and Hispanic children
- 6 to 18 years
- Administration Time: 30 to 40 minutes

**28. Rorschach**

- Projective assessment that examines personality characteristics and emotional functioning
- **Identifies basic personality structure and problem-solving strategies in children, adolescents, and adults**
- Exner scoring system; RIAP Computer scoring available
- 5 years and older
- Administration: untimed
- Computerized Exner scoring available
- Administration Time: 45-60 minutes; Scoring Time: 40 minutes (experienced evaluator)

**29. Rotter Incomplete Sentences Blank, Second Edition (RISB-2)**

- Semi-structured projective technique
- Subject is asked to complete a sentence for which the first word or words are supplied
- High School level
- Administration Time: 5-15 minutes

**30. Sentence Completion Tests**

- A class of semi-structured projective techniques
- Provides indications of attitudes, beliefs, motivations, or other mental states
- Child and Adolescent versions
- Administration Time: 5-15 minutes

**31. Screen for Child Anxiety Related Disorders (SCARED)**

- Used to screen for childhood anxiety related disorders
- 41-item self-report inventory
- Child and Parent versions
- 8-18 years
- Administration Time: 10 minutes

**32. State-Trait Anger Expression Inventory, Child and Adolescent, 2<sup>nd</sup> Edition (STAXI-2C/A)**

- 35-item self-report inventory
- Measures the intensity of anger as an emotional state (State Anger) and the disposition to experience angry feelings as a personality trait (Trait Anger), as well as anger expression and control
- 9 to 18 years
- 4<sup>th</sup> grade reading level
- Administration Time: 10 minutes; Scoring Time: 10 minutes

**33. Sutter-Eyberg Student Behavior Inventory-Revised (SESBI-R)**

- A measure of conduct problems in children
- Assesses the frequency of disruptive behaviors occurring in the home
- Reported by teachers
- 2 to 16 years
- Administration Time: 5-10 minutes; Scoring Time: 5 minutes

**34. Test of Everyday Attention for Children (TEA-Ch)**

- Assess the different attentional capacities in children and adolescents
- 6:0 years–15:11 years
- **Administration Time:** 55 to 60 minutes

**35. Test of Variables of Attention (TOVA)**

- Objective, neurophysiological screening measure of visual and/or auditory attention
- Administered and scored on the designated testing computer
- Very simple "computer game" that measures your responses to either visual or auditory stimuli.
- 4 to 80+ years
- Administration Time: 21.6 minutes long

**36. Test of Visual Perceptual Skills, 4<sup>th</sup> Edition (TVPS)**

- Used to determine visual perceptual strengths and weaknesses
- 4-0 through 18-11
- Administration Time: 25 minutes (untimed)

**37. Thematic Apperception Test (TAT)**

- Projective Personality Assessment
- Interpersonal Relationships
- Help identify dominant drives, sentiments, conflicts and complexes
- 10 years or older
- Administration Time: 20-45 minutes

**38. Trauma Symptom Checklist for Children (TSCC)**

- Self-report measure of posttraumatic stress and related psychological symptomatology in children who have experienced traumatic events (e.g., physical or sexual abuse, major loss, natural disaster, witnessed violence)
- 8 to 16 years
- Administration Time: 15-20 minutes

**39. Universal Nonverbal Intelligence Test, 2<sup>nd</sup> Edition (UNIT-2)**

- Assessment of intelligence for individuals who have speech, language, or hearing problems; have different cultural or language backgrounds; and are verbally uncommunicative
- 5 to 21 years
- Administration Time: Abbreviated Battery – 10-15 minutes; Standard Battery – 30 minutes; Full Scale Battery – 45-60 minutes

**40. Vineland Adaptive Behavior Scale, 3<sup>rd</sup> Edition**

- Measure of personal and social skills from birth to adulthood
- 0-90 years; Interview and Parent/Caregiver Form- 0-90 years; Teacher Form- pertains to 3-21 years
- Comprehensive version and Domain-level versions
- The leading instrument for supporting the diagnosis of intellectual disability
- Q-Global scoring
- Administration Time: Varies depending on version selected

**41. Wechsler Intelligence Scale for Children, 5<sup>th</sup> Edition (WISC-V)**

- Intelligence test for children
- 6 to 16 years
- Administration Time: 65-85 minutes
- Q-Global scoring

**42. Woodcock-Johnson Tests of Achievement, Fourth Edition (WJ-IV-ACH)**

- Designed to measure academic achievement
- 2 to 90+ years
- Administration Time: 60 -70 minutes for broad academic achievement
- Online scoring

**43. Woodcock-Johnson Tests of Cognitive Abilities, Fourth Edition (WJ-IV-COG)**

- Designed to measure cognitive processing strengths and weaknesses
- Can also be used to obtain CALP score
- 2 to 90+ years
- Administration Time: varies depending on tests selected
- Online scoring

## Referral Guidelines

Competent training in evidence-based practice of psychology requires trainees to be aware of both the impact of one's values as well as the values of the client on the competent provision of mental health services. Value conflicts will occasionally pose challenges for conducting therapy, regardless of how open minded and compassionate the clinician.

There may be times when a referral may be considered because of an unresolved and interfering value conflict with a client. There may be other times when a referral is considered due a clinician's personal triggers in relation to the client's presenting problem or experiences. Clinicians should utilize self-reflection and seek supervision to explore personal triggers and identify signs that the client may no longer be the focus of treatment. Clinicians are obligated to protect the welfare of their clients, which means ensuring that one is intellectually and emotionally ready to provide the best care to every client, or to see that the client has a referral option if the individual serving as the clinician is not in the client's best interest.

Some clinicians believe they should and can work with any client or presenting concern. Others may be quick to refer anyone who causes them discomfort. Somewhere between these extremes are the cases in which one's values and those of one's client clash to such an extent that a clinician may question their ability to be helpful. Value conflicts must be distinguished from mere discomfort treating a person from any protected class. The challenge is to recognize when a clinician's values clash with a client's values to the extent that the clinician is not able to function effectively. Merely having a conflict of values does not necessarily require a referral; it is possible to work through such conflicts successfully. It is best to consider a referral only as a last resort and only after thoughtful reflection and consideration of the model outlined below. For this reason, trainees are encouraged to regularly explore how their personal values and lived experiences might influence their approach to training during supervision.

A referral may be appropriate in any of the following situations: (1) if the client wants to pursue a goal that is incompatible with your value system, (2) if you are unable to be objective about the client's concerns, (3) if you are unfamiliar with or unable to use/learn a treatment requested by a client (despite the provision of the supervision), (4) if you would be exceeding your level of competence in working with the client (even with close supervision), or (5) if, when working with multiple individuals, you favor one person more than another due to personal biases and emotional reactions.

### Model for Addressing Client-Clinician Value Conflicts\*

1. Detection of a possible value conflict
  - Discomfort or dissonance is identified and explored.
2. Value examination
  - Identify the specific value causing discomfort and articulate the associated beliefs and specific behavioral implications.
  - This may include locating the specified value within the clinician's cultural, religious, familial, or political experiences and background.
3. Categorization of the value conflict
  - Articulate the implications of the value conflict for the provision of therapy. Categorize as Preemptive, Adjacent, Operational, or Unarticulated in order to follow corresponding recommendations.

#### 4. Recommendations for clinicians

- For a preemptive conflict: Termination training
- For an adjacent conflict: Focused supervision; Diversity exposure; Avoid over-interpretation; Informed Consent
- For an operational conflict: Diversity education; Breadth in clinical recommendations
- For an unarticulated conflict: Focused supervision; Outcome tracking; Diversity education; Values articulation; Termination training; Psychotherapy

#### 5. Disposition of the case

- Clinicians will continue to provide services to the client unless it can be clearly articulated that the value conflict is preemptive in nature or when the value conflict is negatively impacting the provision of competent services.
- When referral is necessary, clinicians remain ethically responsible for the emotional welfare of the client. Clinicians should exercise discretion when informing clients about a need for a referral. Clinicians should emphasize their professional limitations in serving the client's needs and their desire that the client have access to competent services.

\*Farnsworth, J.K. and Callahan, J.L. (2013). Model for addressing client-clinician value conflict. *Training and Education in Professional Psychology*, 7(3), 205-214.

\*Dunn, R., Callahan, J.L., Farnsworth, J.K., & Watkins, E. (2017) A proposed framework for addressing supervisee-supervisor value conflict. *The Clinical Supervisor*, 36:2, 203-222, DOI: [10.1080/07325223.2016.1246395](https://doi.org/10.1080/07325223.2016.1246395)

APA guidelines for working with protected populations:

American Psychological Association Task Force on Race and Ethnicity Guidelines in Psychology. (2019b). Race and ethnicity guidelines in psychology: Promoting responsiveness and equity. <http://www.apa.org/about/policy/race-and-ethnicityin-psychology.pdf>

American Psychological Association, APA Task Force on Psychological Practice with Sexual Minority Persons. (2021). Guidelines for Psychological Practice with Sexual Minority Persons. Retrieved from [www.apa.org/about/policy/psychological-practice-sexual-minority-persons.pdf](http://www.apa.org/about/policy/psychological-practice-sexual-minority-persons.pdf).

## **Other Procedures and Guidelines (alphabetical order)**

### **Audio and Video Recording Guidelines**

The Youth Services Department follows a code of confidentiality in the treatment and observation of all clients, with the purpose of ensuring that all clients have their right to privacy protected during their episode(s) of care.

- Recordings may not be completed unless the consent for audio and video section of the Bill of Rights form or the Consent for Audio and Video form in CMP has been electronically signed by the client(s). Verbal consent is also obtained prior to recording. You are not permitted to record until each individual in the room is aware that recording will take place and has given their consent.
- Therapists should explain carefully to clients the procedure and rationale for recording.
- Clients may decide for or against recording at any time during the course of therapy.
- Clients are advised that services are not contingent upon their permission to audio or video tape, but are contingent upon the supervision of all cases.
- Recordings are made for training and educational purposes only and are not considered part of the clinical record.
- Clients sometimes change their minds about their willingness to be recorded. It is also possible that a client who was previously unwilling to sign a release may now feel comfortable signing it. In either case, an addendum to the Consent for Audio and Video Recording form needs to be signed.
- All audio and video recordings are considered confidential information and are not to be listened to or viewed by anyone not immediately involved in clinical care of clients at the Youth Services Department.
- Audio and video recordings will be maintained in a restricted access environment and will be accessible only to authorized individuals.
- Observers of diagnostic and treatment sessions and recordings are limited to clinical staff and trainees within the Youth Services Department.
- Any other persons wishing to observe may do so only with the expressed permission of the client(s).

\*More details regarding audio/video recordings may be found in the section below.

### ***Frequently Asked Questions – Audio/Video Recordings***

#### ***Can I make audio or video recordings of my clients at the Youth Services Department?***

Audio and video recordings of clients may only be made with specific written authorization from your client and/or their legal guardian. Please make sure that the youth and their parent/legal guardian have reviewed and signed authorization PRIOR to making any video or audio recordings. These authorizations must be updated every 12 months. Please remember that your client has the right to refuse this, and in that case, no recordings may be made.

#### ***What can I use to make audio recordings of my clients?***

Audio recordings may be made with the Education and Training Center's designated audio recorder or a personal audio recorder, as long as there is no video component. Cell phones are not permitted as recording devices, even if the phone is password protected.

***How do I check out the Education and Training Center's audio recorder?***

The audio recorder is available to all trainees to record sessions. Please sign your name on the Audio Recorder Check-Out/Check-In sheet with the date you borrow and return the recorder.

***Where can I save my audio recording?***

Audio files may be saved on the common drive in the EDUCATION and TRAINING CENTER folder, within the Recordings folder.

***Can I save audio recordings and take/play them outside the Youth Services Department?***

Ideally, audio recordings should only be played while at the Youth Services Department and must be erased immediately after the intended purpose. They may not be played in a publically audible manner in a place where unauthorized people can hear. If you must review audio data outside the clinic, you must take reasonable steps to guarantee that the recorder is kept in a secured environment at all times, and you must ensure that your client's full name and/or other identifying information cannot be heard on the recording. If that is the case, you may review the recording in a private environment, making sure no unauthorized person can hear it. Erase the recording immediately after its intended purpose.

***Can I use a recording for my Clinical Competency Exam (CCE)?***

Students who wish to record sessions for a CCE should first discuss this with their Youth Services Department supervisor. The previously mentioned procedures regarding consent should be followed in addition to any necessary authorization required by the student's school. Upon completion of the CCE, all recordings of the client(s) should be destroyed.

***I need to make a video recording of an in-person session and review it after a session. How do I do this?***

Our live therapy room also has a video recorder. This can be activated and controlled through the conference room. Recordings are saved to a disc provided by the Training Director. These recordings can be reviewed on a laptop or DVD player while in the office. Discs must be returned to the Training Director for destruction after use.

***How do I figure out how to use the video recorder?***

An instructional guide for using the video recorder is available on the common drive in the Education and Training Center's 'Recordings' folder.

***May I take a video recording home to review?***

Video recordings may only be viewed within the Youth Services Department office. No video recording, in any format, may be removed from the office. Exceptions to this rule maybe granted on a case-by-case basis and only for educational purposes.



## ***Frequently Asked Questions – Zoom Recordings***

### ***Will clients be aware that I am recording the session?***

Clients must always explicitly consent to recording before the record feature is utilized, and Zoom will always notify meeting participants that a meeting is being recorded. It is not possible to disable this notification. For participants joining audio by phone, they will hear an audio prompt when they first join the meeting if it is already being recorded or at the time that recording is started. For participants joining by computer or mobile device, the screen below will display a recording notification and you will be prompted to either continue or leave the meeting if you do not wish to be recorded.

### ***Can clients record sessions?***

Recording will only be permitted by the therapist; clients will not have the ability to record sessions.

### ***How do I figure out how to use the recording function on Zoom?***

All trainees will be provided with an overview of Zoom and will be required to view tutorials on Zoom functions prior to utilizing the platform for telemental health sessions. Additional training on Zoom functionality will be provided as needed.

### ***If I am teleworking at a location other than a Youth Services office, can I record my sessions?***

***\*Note: This situation may only occur under the most unusual of circumstances and only with supervisor approval.***

It is our policy that sessions can only be recorded or reviewed from within the Youth Services Department office to maintain the confidentiality of the clients we serve. No audio or video recording, in any format, will ever be removed from the office.

## Computer and Social Media

### Palm Beach County Network

Trainees are provided with a username and password for access to the Palm Beach County computer network. The network is accessible at each of the Division offices. After the initial login, each user must change their password. Users will be required to periodically change the password when prompted. As the Division is part of a government agency, use of the network is monitored.

There are many computer drives to which trainees have access. Most of the work will be completed on the (H:) drive, which is the individual user's network drive, available from any network computer. Use of the (C:) drive, the individual computer drive, should be minimal. The common (G:) drive (EDUCATION and TRAINING CENTER, YOUTH and FAMILY COUNSELING, HIGHRIDGE FAMILY CENTER Folders) provides access to information and materials used by many people within the Division. Trainees are provided with access to the common drive to review and print documents (although some documents require supervisor privilege for viewing). With supervisor approval, trainees may upload documents to share with others or for supervisors to review.

There is a Scanned Files folder on the (G:) drive for each RTFC section. Once an item is scanned into the computer from the copy machine, it should be pulled from the scan folder and attached to the appropriate permanent location. The scanned document should then be immediately deleted from the scan drive. All contents of the Scanned Files folder will be deleted every Thursday at 6pm. This is in accordance with a Department Policy and Procedures Manual (PPM). All PPM's may be accessed via the intranet or via the following link:  
<https://pbcportal.pbcgov.org/youthservices/default.aspx>.

### Case Manager Pro (CMP)

Case Manager Pro is the Youth Services electronic charting system. Usernames and passwords for CMP are the same as they are for the Palm Beach County Network.

### Internet

Trainees are able to use the Internet for work related purposes. As the Division is part of a government agency, use of the internet is monitored.

### Use of Social Media

This policy is not intended to infringe on a trainee's first amendment rights to freedom of speech. This policy is intended to give guidance to relevant general parameters based on their role as trainees at the Youth Services Department. Trainees who use social media (e.g., Facebook, Twitter, Snapchat, YouTube, LinkedIn, blogs) and other forms of electronic communication should be mindful of how their communication may be perceived by clients, colleagues, staff, and others. As such, trainees should make every effort to minimize material that may be deemed inappropriate for a psychologist or other mental health provider in training. To this end, trainees should set all security settings to private and should avoid posting information/photos or using any language that could jeopardize their professional image. Trainees should consider limiting the amount of personal information posted on these sites, and should never include any client, client family member, or other people connected to their client as part of their social network, or include any information that might in any way lead to the potential or actual identification of a client, or compromise client confidentiality in any manner.

Trainees are reminded that, if they identify themselves as a trainee, the Youth Services Department has some interest in how they are portrayed. If trainees report doing, or are depicted on a website or in an email as doing something unethical or illegal, then that information may be used by Youth Services to determine sanctions, including probation or even dismissal. As a preventive measure, the Youth Services Department advises that trainees (and staff) approach social media carefully. In addition, the American Psychological Association's guidelines on "Technology in Practice" maybe consulted for guidance: <https://www.apaservices.org/practice/business/technology>.

Social Media is intended to provide individuals with the ability to access information quickly and communicate with others. The Youth Services Department utilizes its website and social media platforms to disseminate information to staff, clients, and the community in a variety of ways, including through the circulation of training flyers, making training recordings accessible, and providing community outreach through online psychoeducation and mental health tips. Trainees are encouraged to reference and contribute to this information, while being mindful of the caveats listed above.

### Outlook

Email accounts are created for trainees and all Division staff for work-related use. If you are sending an email that you believe is exempt from disclosure under public records law, all users should include "PREX" (public records exempt) in the subject line. This will help flag the email in the event of a public records request.

To maintain confidentiality, email correspondence with clients is prohibited from individual user accounts. Emails containing any client identifying information must be flagged as confidential. Any electronic content that is to be sent via email to clients may only be sent from approved email accounts created for each site within the Division. Only specific staff have access to sending and receiving emails from these accounts, but may do so on behalf of others. All such emails should be flagged as Confidential and must include "PREX" in the subject line. The format should appear as follows: [Subject: Joe Smith FT Session 6/24/21 (PREX)]

### Outlook Webmail

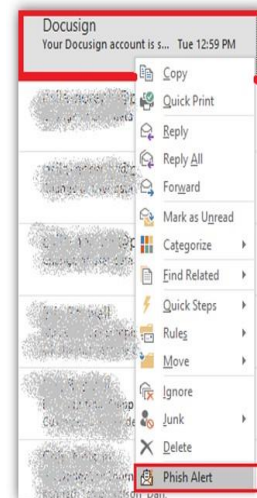
To access your Palm Beach County email account on the internet, use the following address:  
<https://webmail.pbcgov.org/>

The Outlook Calendar is used to keep track of scheduled appointments. Each individual email account has the Calendar feature. Appointments created in CMP are automatically sent to the Outlook calendar, with de-identified information. All items in the CMP calendar should be synchronized with Outlook by checking the 'Synchronize with Outlook' box in the CMP calendar.

### Suspicious Emails

If you receive suspicious emails, do not open any links or attachments. Please follow the directions below:

1. Right click the suspicious email in you outlook inbox to bring up the drop down menu
2. Scroll down the list and select the Phish Alert button, which will delete the email and report the email to ISS for review.
3. If you are missing the Phish Alert button, please contact ISS at 561-355-4357.



### CMP Calendar Scheduling

To schedule a *client-related service* appointment (e.g., family therapy, intake):

1. Go into the client file.
2. Double click on the service name.
3. Click on the “Calendar” button on next to “Appointments.”
4. Locate the correct date and time on the calendar and double click on the desired slot.
5. Ensure that all information entered in the dialogue box is accurate.
  - a. Subject: the activity being completed (this information will automatically populate if you are scheduling through the client service)
  - b. Location: the location of the activity (Ed Center, YFC, HRFC)
  - c. Start Time: the start date and time of the activity
  - d. End Time: the end date and time of the activity
  - e. If applicable, click on the ‘Recurrence’ icon located on the top of the dialogue box and enter the desired recurrent pattern (day, time, etc.)
6. Click Save and Close on the dialogue box.
7. Click Save and Close again on the calendar view.
  - a. Make sure the “Synchronize with Outlook” box is checked so the information will populate in your Outlook calendar as well.

To schedule *non-client related* appointments (e.g., didactic training, supervision, etc.):

1. Click the “Appointment” calendar icon located at the top banner of the CMP homepage.
2. Follow steps #4 through 7 above.

### Zoom

Zoom accounts are created for all trainees in order to provide telemental health services and participate in other remote meetings. All trainees are required to take two Zoom tutorials (Getting Started with Zoom & Zoom Meetings) in order to learn how to use the videoconferencing platform, and everyone must submit a certificate to their supervisor acknowledging that these trainings were completed. The trainings can be accessed from the following link: <https://support.zoom.us/hc/en-us/articles/360029527911>. Additionally, the required didactic training, “Basics of Telemental Health” is offered during the first few weeks of the training year.

### Psychological Evaluation Measures

Most measures can be accessed from any computer by visiting the designated website and entering the username and password. Usernames and passwords can be found in the G-Drive in the respective folder. Please check this document prior to accessing tests or scoring content, as passwords are updated periodically. There is a designated testing computer on which certain psychological evaluation measures can be administered and scored, which is located in the Education & Training Center conference room. Scoring programs are available for the following measures: ARES, Roberts, Rorschach, and TOVA. The ARES and Roberts require a key fob to be inserted prior to scoring (already inserted in the testing computer). The TOVA must be administered as well as scored using this computer, meanwhile, scoring software for the Rorschach is found on this computer.

### IT Support/Helpdesk

If you are having problems with any of the programs on your assigned computer, you **MUST** send a request for assistance to the computer technicians. This is done by visiting the Home page on Internet Explorer (<http://pbcgovportal.pbcgov.org>). Scroll to the bottom of the page and on the right-hand side to the ‘IT Support section’ Click on “Submit ISS HelpDesk Ticket,” then click on the computer icon on the top left-hand side of the IT Support section to submit a problem, which will allow you to describe your problem in detail. You may also reach the ISS Help Desk by calling 355-4357. You may be

contacted by the ISS staff member to whom your case has been assigned. You should receive an email notification when the case has been resolved and closed.

#### PCIT Therapy Equipment

At the Education & Training Center, the conference room is equipped with a one-way mirror and PCIT technology equipment that allows the therapist to hear, see, speak to, and record the clients in the other room. This equipment includes a mixer, microphone, bug-in-the-ear device, camera, and monitor. Trainees involved in the delivery of in-person PCIT services may use this equipment following supervisor training and approval to do so.

## Dress/Grooming/Hygiene Guidelines

### Purpose

The Youth Services Department recognizes that the presentation of trainees in the workplace contributes to a professional environment and public image that contributes to the success of the Department. Therefore, the Youth Services Department expects trainees to be well groomed and professional in appearance when coming to work or engaged in work-related tasks with clients and colleagues. These guidelines have been developed to ensure that all trainees understand the importance of appropriate dress, grooming, and hygiene in the workplace or when otherwise representing the Youth Services Department.

### Procedures

Every trainee is expected to practice hygiene and grooming habits as set forth in further detail below:

- **Body** - Maintain personal cleanliness, including proper oral hygiene and absence of body odors.
- **Hands** - Hands and nails should be kept clean.
- **Hair** - Hair should be neatly trimmed or arranged. Sideburns, mustaches, and beards should be neatly trimmed.
- **Clothing** - Clothing should be business casual. Clothing should be clean, pressed, in good condition and fit appropriately.

**The following items are not permitted:**

- |   |   |
|---|---|
| ▪ Hats                                    | • Any clothing in which an undergarment (bra or underwear) is exposed                                   |
| ▪ Sweatpants or sweatshirts               | • Any form of clothing that is generally offensive, controversial, disruptive, or otherwise distracting |
| ▪ T-shirts                                | • Any form of clothing that is overtly commercial, contains political, personal, or offensive messages  |
| ▪ Low-cut tops                            | • Rubber/Plastic flip-flops   |
| ▪ Halter tops                             | • Tennis shoes/Sneakers   |
| • Spaghetti strap tops                    | ▪ Clear heels   |
| • Shirts or pants that expose the midriff |   |
| • Exercise pants                          |   |
| • Blue jeans or ripped/distressed pants   |   |
| • Shorts                                  |   |
| • Mini-skirts                             |   |
| • Jumpsuits                               |   |

**Note:** Theme days are occasionally approved by the department that allow certain casual clothing to be worn (as long as business will not be affected). Additionally, certain articles of clothing listed above may be permitted in extenuating circumstances with supervisor approval (such as in instances related to medical/health needs).

- **Make-Up** - Make-up must be professional and conservatively applied.
- **Fragrance** - Colleagues and clients in the workplace may have sensitivities or allergies to fragrant products, including but not limited to perfumes, colognes, fragrant body lotions or hair products. Therefore, fragrant products should be avoided or used in moderation.
- **Jewelry** - Conservative jewelry may be worn in moderation.
- **Tattoos** – Visible tattoos should not be of a provocative or offensive nature.

### Violations

Every trainee is responsible for exercising sound judgment and common sense for their attire at all times. If a trainee is deemed to be wearing inappropriate attire, their supervisor is responsible for coaching the trainee accordingly. The trainee may be asked to leave work until compliant. Continued violations of this guideline will result in discipline, up to and including termination.

### Exceptions

Trainees seeking an exception from any of the above standards should speak with their supervisor.

## Due Process and Grievance Procedures

### *Introduction*

This document provides an overview of the identification and management of trainee problems and concerns, a listing of possible sanctions, and an explicit discussion of the due process and procedures. Also included are important considerations in the remediation of problems. We encourage staff and trainees to discuss and resolve conflicts informally; however if this cannot occur, this document was created to provide a formal mechanism for the Youth Services Department to respond to issues of concern.

### *Definitions*

*Trainee:* Any person in training who is working in the agency, including a doctoral practicum student, doctoral intern, postdoctoral fellow, social work intern, marriage and family therapy intern, or mental health counseling intern.

*Supervisor:* A staff member who oversees trainees' clinical activities at the Youth Services Department.

*Training Director:* The staff member who oversees all training activities at the Youth Services Department. The Training Director will always be consulted prior to consulting with the Youth Services Department's Residential Treatment and Family Counseling Division Director.

*Division Director:* The staff member who oversees the Youth Services Department's Residential Treatment and Family Counseling Division.

*Training Committee:* The group comprised of the Training Director and the clinical supervisors.

*Working days:* Days in which the office is open for business, which include Monday through Thursday from 8:00am-7:00pm (Education & Training/Youth & Family Counseling) and from 9:30am-8:00pm (Highridge), not including federal holidays. There may be variances in schedule due to holidays, events, and other circumstances.

*Due Process:* The basic meaning of due process is to inform and to provide a framework to respond, act, or dispute. These procedures are implemented in situations in which a concern is raised about the functioning of a trainee. Due process ensures that decisions about trainees are not arbitrary or personally based. It requires that the training program identify specific procedures which are applied to all trainees' complaints, concerns, and appeals. These procedures are a protection of trainee rights and are implemented in order to afford the trainee with every reasonable opportunity to remediate problems and to receive support and assistance. These procedures are not intended to be punitive.

*Problematic Behavior:* Problematic Behavior is defined broadly as an interference in professional functioning that is reflected in one or more of the following ways:

1. An inability and/or unwillingness to acquire and integrate professional standards into one's repertoire of professional behavior;
2. an inability to acquire professional skills in order to reach an acceptable level of competency; and/or
3. an inability to control personal stress, strong emotional reactions, and/or psychological dysfunction which interfere with professional functioning.



Professional judgment is used to identify when a trainee's behavior becomes problematic rather than simply of concern. Trainees may exhibit behaviors, attitudes, or characteristics that, while of concern and requiring remediation, are not unexpected or excessive for professionals in training. Problematic behavior typically becomes identified when one or more of the following exist:

1. The trainee does not acknowledge, understand, or address the problem when it is identified;
2. the quality of services delivered by the trainee is sufficiently negatively affected;
3. the problem is not merely a deficit of skills that can be rectified by training;
4. more than one area of professional functioning is affected;
5. a disproportionate amount of attention by training personnel is needed to address the problem;
6. the trainee's behavior does not change as a function of feedback, remediation efforts, or time;
7. the problematic behavior has potential ethical or legal ramifications if not addressed;
8. the trainee's behavior negatively impacts the public view of the agency;
9. the problematic behavior negatively impacts the training cohort;
10. the problematic behavior potentially causes harm to a patient; and/or,
11. the problematic behavior violates appropriate interpersonal interactions with agency staff.

*Grievance:* An official statement of a complaint over something believed to be wrong or unfair.

### *Due Process Procedures*

#### **Informal Review**

When a supervisor believes that a trainee's behavior is becoming problematic, the first step in addressing the issue should be to raise the issue with the trainee directly and as soon as feasible in an attempt to informally resolve the problem. This may include increased supervision, didactic training, and/or structured readings. This process should be documented in writing (Support Plan may be used) in supervision notes and discussed with the Training Director, but will not become part of the trainee's professional file.

#### **Formal Review**

If a trainee's problem behavior persists following an attempt to resolve the issue informally, or if a trainee is not meeting minimal expectations on any competency area on a supervisory evaluation, the following process is initiated:

The supervisor will meet with the Training Director within 3 working days to discuss the problem and determine what action needs to be taken to address the issue. If the Training Director is the trainee's direct supervisor, an additional supervisor who is also a member of the Training Committee will be included in the meeting.

After discussing the problem, reviewing informal steps that have already been taken, and in the case of doctoral interns and postdoctoral fellows, utilizing APPIC's Informal Problem Consultation process, the supervisor and Training Director may determine one of the following four courses of action:

1. Training Plan is a time-limited, remediation-oriented, closely supervised period of training designed to return the trainee to a more fully functioning state. Its purpose is to assist the trainee in responding to difficulties attaining competencies in the required areas and/or personal reactions



to environmental stress, with the full expectation that the trainee will complete the clinical placement.

This period will include more closely scrutinized supervision conducted by the site supervisor in consultation with the Training Director. Several possible and perhaps concurrent courses of action may be included in a Training Plan. These include but are not limited to:

1. increasing the amount of supervision, either with the same or additional supervisors;
2. changing the format, emphasis, and/or focus of supervision;
3. recommending personal therapy;
4. reducing the trainee's clinical or other workload;
5. requiring specific academic coursework.

The Training Plan contains an acknowledgment statement:

- a) that the supervisor(s) and Training Director are aware of and concerned with the problem;
- b) that the problem has been brought to the attention of the trainee;
- c) that the supervisor(s) will work with the trainee to specify the steps necessary to rectify the problem or skill deficits addressed by the inadequate evaluation rating; and,
- d) that the problem is not significant enough to warrant further remedial action at this time.

The Training Plan will be developed by the supervisor(s) in consultation with the Training Director, and then presented to the trainee. Feedback from the trainee may be incorporated, and the trainee will sign the document, indicating acknowledgement of the contents of the document. The Training Plan will become part of the trainee's permanent file. It will be approved by the Training Director and supervisor(s), and sent to the Director of Clinical Training at the trainee's graduate institution, if applicable.

The length of time that the Training Plan is in effect will be determined by the supervisor in consultation with the Training Director, and will be between 8 and 16 working days, after which time the status is reviewed by the supervisor(s) in consultation with the Training Director, and discussed with the trainee. \*Note: In some cases the supervisor(s) and Training Director may agree to monitor the status of a training plan over a shorter or longer period based on the competencies that need to be addressed and/or the length of time that may be needed to notice and measure progress.

If the problem has been rectified to the satisfaction of the supervisor and the trainee, the graduate institution and other appropriate individuals, as applicable, will be informed and no further action will be taken. If concerns remain, the Training Plan may be extended, and modified if necessary, for another 8 to 16 working days. This process may be repeated as needed.

2. Probation is another time-limited, remediation-oriented, more closely supervised training period that is added when a Training Plan has not adequately resolved the concern, and the trainee requires additional restriction from clinical and/or professional activities. Its purpose is to assess the ability of the trainee to complete the program and to return the trainee to a more fully functioning state. Probation defines a relationship in which the supervisor(s) and Training Director systematically monitor, for a specific length of time, the degree to which the trainee addresses, changes, and/or otherwise improves the behavior. The length of the probation period will depend upon the nature of the problem and will be determined by the trainee's supervisor(s) and the Training Director. In the case of doctoral interns and postdoctoral fellows, APPIC's Informal Problem Consultation process should be utilized.

A written Probation Statement is shared with the trainee and the Director of Clinical Training at the trainee's graduate institution within 3 working days of the decision for probation and includes:

1. the specific behaviors or areas of professional functioning that are particularly problematic;
2. the direct relationship of these behaviors to written evaluations;
3. the specific recommendations by which the problem can be rectified;
4. the time frame for the probation period after which a final review will be conducted prior to dismissal, if not remediated, or reinstatement if remediated; ,
5. the procedures designed to ascertain whether the problem has been appropriately rectified; and,
6. due process procedures available and the time frame in which the trainee can appeal the decision.

At the end of the probation period, the Training Director will provide a written statement indicating whether or not the problem has been remediated. This statement will become part of the trainee's permanent file and also will be shared with the trainee and sent to the Director of Clinical Training at the trainee's graduate institution. If the probation period interferes with the successful completion of the training hours needed for completion of the program, this will be noted in the trainee's file and the trainee's graduate institution, and APPIC will be informed, in the case of doctoral interns and postdoctoral fellows. All information related to this decision will be documented on a Training Plan.

3. Leave of Absence involves the temporary withdrawal of all responsibilities and privileges at the Youth Services Department. This may be recommended by the supervisor(s), in consultation with the Training Director, or requested by the trainee in some circumstances. The Training Director will inform the trainee of the effects the leave of absence will have on the trainee's stipend, privileges, and estimated date of completion. If the leave of absence interferes with the successful completion of the training hours needed for completion of the program, this will be noted in the trainee's file, and the Director of Clinical Training at the trainee's graduate institution, if applicable, will be informed. In the case of doctoral interns and postdoctoral fellows, APPIC will also be informed. All information related to this decision will be documented on a Training Plan.
4. Dismissal involves the permanent withdrawal of all agency responsibilities and privileges. When the aforementioned formal review steps have been attempted and specific interventions do not, after a reasonable time period, rectify the problem behavior or concerns, and the trainee seems unable or unwilling to alter his/her behavior, the Training Committee will discuss with the Division Director the possibility of termination from the training program. The Division Director will make the final decision about dismissal.

*Immediate dismissal* may be necessary under extenuating circumstances, and involves the immediate permanent withdrawal of all agency responsibilities and privileges. Immediate dismissal would be invoked, but is not limited to cases of severe violations of the Code of Ethics, or when imminent physical or psychological harm to a client is a major factor. In addition, in the event that a trainee compromises the welfare of a client(s), the agency, or the community by an action(s) which generates grave concern from the supervisor(s) or Training Director, the Division Director may immediately dismiss the trainee from the Youth Services Department.

This dismissal may bypass the other formal review steps identified above.

In the case of doctoral interns and postdoctoral fellows, APPIC's Chair must be notified before dismissal takes place. APPIC acknowledges there is a formal match agreement and wants assurance that all policies including due process have been completed. When a trainee has been dismissed, the Training Director will communicate to the Director of Clinical Training at the

trainee's graduate institution, when applicable, that the trainee has not successfully completed the training program.

In the event of dismissal, the following steps may occur:

- a. consultation conducted by the Training Director with internal and external sources (e.g., legal consultation, APA, and APPIC);
- b. letter given to trainee reiterating probation criteria, trainee's response, and reasons for dismissal;
- c. copy of letter forwarded to trainee's academic department no later than 3 working days following the dismissal meeting with the trainee in order to ensure all parties are informed;
- d. determination of how and when the trainee's status with YSD will change, with consideration of protecting client welfare;
- e. specification of due process procedures and time frame in which the trainee may appeal the decision.

### **Appeals Process**

If the trainee wishes to challenge a Probation or Dismissal decision, they may request an Appeals Hearing before members of the Training Committee. This request must be made in writing (an email will suffice) to the Training Director within 3 working days of notification regarding the decision made above. If requested, the Appeals Hearing will be conducted by a review panel convened by the Training Director and consisting of him/herself (or another supervisor, if appropriate), the trainee's supervisor, and at least one other member of the Training Committee. In special circumstances, the YSD Department Director and/or a representative from the Palm Beach County attorney's office may be included. The trainee may request a specific member of the Training Committee to serve on the review panel. If the trainee requests the presence of a representative who is not affiliated with YSD to also serve on the review panel, this request will be considered for appropriateness by the Training Director (or another supervisor, if appropriate). The Appeals Hearing will be held within 5 working days of the trainee's request. The review panel will review all written materials and have an opportunity to interview the parties involved or any other individuals with relevant information. The review panel may uphold the decisions made previously or may modify them. The review panel has final discretion regarding outcome.

### **Grievance Procedures**

Grievance Procedures are implemented in situations in which a psychology trainee raises a concern about a supervisor or other staff member, trainee, or the training program. These guidelines are intended to provide the trainee with a means to resolve perceived conflicts. Trainees who pursue grievances in good faith will not experience any adverse professional consequences. The following procedures are followed in situations in which a trainee raises a grievance about a supervisor, staff member, trainee, or the training program:

### **Informal Review**

The trainee should raise the issue as soon as feasible with the involved supervisor, staff member, other trainee, or Training Director in an effort to resolve the problem informally.

### **Formal Review**

If the matter cannot be satisfactorily resolved using informal means, the trainee may submit a formal grievance in writing, with all supporting documents, to the Training Director. If the Training Director is the object of the grievance, the grievance should be submitted to another member of the Training Committee. The individual being grieved will be asked to submit a response in writing within 3 working days. The Training Director (or Training Committee member, if appropriate) will meet with the trainee and the individual being grieved within 3 working days of receiving the written response from the individual being grieved. In some cases, the Training Director or other Training Committee member may wish to first meet with the trainee and the individual being grieved separately. The goal of the joint meeting will be to develop a plan of action to resolve the matter. The plan will include:

1. the behavior associated with the grievance;
2. the specific steps to rectify the problem; and,
3. procedures designed to ascertain whether the problem has been appropriately rectified.

The Training Director or other Training Committee member will document the process and outcome of the meeting. The trainee and the individual being grieved will meet with the Training Director (or other Training Committee member, if appropriate) within an established number of working days, but no longer than 8 working days. At this meeting the plan of action will be reviewed and the Training Director (or Training Committee Staff member, if appropriate) will determine whether the issue has been adequately resolved.

### **Review Panel**

If the plan of action fails, the Training Director (or other Training Committee member, if appropriate) will convene a review panel consisting of him/herself and at least one other member of the Training Committee Staff within 3 working days. The trainee may request a specific member of the Training Committee Staff to serve on the review panel. The review panel will review all written materials and have an opportunity to interview the parties involved or any other individuals with relevant information. The review panel has final discretion regarding outcome. Within 3 working days, the review panel will submit a written report, which will be shared with necessary parties.

# Fire Setting Interview Guidelines (CANS)

FLORIDA CANS – C 5 & UP

## FIRE SETTING

### **SERIOUSNESS** *Please rate most recent incident*

- 0 Child has engaged in fire setting that resulted in only minor damage (e.g. camp fire in the back yard which scorched some lawn).
- 1 Child has engaged in fire setting that resulted only in some property damage that required repair.
- 2 Child has engaged in fire setting which caused significant damage to property (e.g. burned down house).
- 3 Child has engaged in fire setting that injured self or others.

### **HISTORY** *Please rate using time frames provided in the anchors*

- 0 Only one known occurrence of fire setting behavior.
- 1 Youth has engaged in multiple acts of fire setting in the past year.
- 2 Youth has engaged in multiple acts of fire setting for more than one year but has had periods of at least 6 months where he/she did not engage in fire setting behavior.
- 3 Youth has engaged in multiple acts of fire setting for more than one year without any period of at least 3 months where he/she did not engage in fire setting behavior.

### **PLANNING** *Please rate most recent incident*

- 0 No evidence of any planning. Fire setting behavior appears opportunistic or impulsive.
- 1 Evidence suggests that youth places him/herself into situations where the likelihood of fire setting behavior is enhanced.
- 2 Evidence of some planning of fire setting behavior.
- 3 Considerable evidence of significant planning of fire setting behavior. Behavior is clearly premeditated.

### **USE OF ACCELERANTS** *Please rate most recent incident*

- 0 No evidence of any use of accelerants (e.g., gasoline). Fire setting involved only starters such as matches or a lighter.
- 1 Evidence suggests that the fire setting involved some use of mild accelerants e.g. sticks, paper) but no use of liquid accelerants.
- 2 Evidence that fire setting involved the use of a limited amount of liquid accelerants but that some care was taken to limit the size of the fire.
- 3 Considerable evidence of significant use of accelerants in an effort to secure a very large and dangerous fire.

### **INTENTION TO HARM** *Please rate most recent incident*

- 0 Child did not intend to harm others with fire. He/she took efforts to maintain some safety.
- 1 Child did not intend to harm others but took no efforts to maintain safety.
- 2 Child intended to seek revenge or scare others but did not intend physical harm, only intimidation.
- 3 Child intended to injure or kill others.

## Record Keeping Guidelines

### The Main Reasons To Keep Records:

(from <http://www.zurinstitute.com/recordkeepingguidelines.html>)

- Good records help therapists provide quality care by providing therapists with continuity where they do not need to rely on their memory to recall details of their patients' lives and the treatment provided.
  - Not keeping any records is below the standard of care, is unethical and, in many states, illegal.
  - In case of civil, criminal, or administrative litigation, it is often not the therapist's word against the client's, but the client's word against the psychotherapy records. Many boards make the decision of whether to pursue a case based on experts who develop their opinion from reading the clients' complaints and the therapists' records but not necessarily interviewing the therapists themselves.
  - If the treating therapist becomes disabled, dies, or cannot continue to provide care for other reasons, clinical records can help the next treating therapist with information and the clients with continuity.
- 

### Content of Records Needed per APA:

(APA, 2007)

A psychologist strives to maintain accurate, current, and pertinent records of professional services as appropriate to the circumstances and as may be required by the psychologist's jurisdiction. Records include information such as the nature, delivery, progress, and results of psychological services, and related fees. For complete information on "use of language" and "content of records," please refer to the article Record Keeping Guidelines (APA, 2007).

### Minimum APA Requirements for Therapy Note Content:

- Date of service and duration of session (automatically included in all CMP notes)
- Types of services (e.g., consultation, assessment, treatment)
  - When conducting telemental health, note how services were provided
- Nature of professional intervention or contact (e.g., treatment modalities incorporated in the session)
- Formal or informal assessment of client status (e.g., client presentation, client response to the intervention used during the session)
- Plan (e.g., next scheduled session and intervention plans)

### Content of the Records Mandated by Florida law:

<http://www.apadivisions.org/division-31/publications/records/florida-record-keeping-laws.pdf>

Florida law sets forth specific record-keeping guidelines for psychologists in Chapter 64B19-19 of its Administrative Code. In addition, various other Florida laws set forth below address recordkeeping by psychologists who work in certain settings or health care providers generally. Neither the Florida Statutes nor the Administrative Code adopt the American Psychological Association's Ethical Principles of Psychologists and Code of Conduct ("APA Code of Ethics") explicitly. The law, however, implies that Florida psychologists are subject to the Code of Ethics and its recordkeeping provisions.

Florida law calls for an intake and evaluation note, and progress notes. Additionally, a termination note will likely reduce exposure to arguments about continued duty of care, and reduce the risk of responsibility in a duty to protect/warn jurisdiction.

**Florida Statute 64B19-19.0025 states:**

To serve and protect users of psychological services, psychologists' records must meet minimum requirements for chronicling and documenting the services performed by the psychologist, documenting informed consent and recording financial transactions.

(1) Records for chronicling and documenting psychologists' services must include the following: basic identification data such as name, address, telephone number, age and sex; presenting symptoms or requests for services; dates of service and types of services provided. Additionally, as applicable, these records must include: test data (previous and current); history including relevant medical data and medication, especially current; what transpired during the service sessions; significant actions by the psychologist, service user, and service payer; psychologist's indications suggesting possible sensitive matters like threats; progress notes; copies of correspondence related to assessment or services provided; and notes concerning relevant psychologist's conversation with persons significant to the service user.

(2) Written informed consent must be obtained concerning all aspects of services including assessment and therapy.

(3) A provisionally licensed psychologist must include on the informed consent form the fact that the provisional licensee is working under the supervision of a licensed psychologist as required by Section 490.0051, F.S. The informed consent form must identify the supervising psychologist.

*Rulemaking Authority 490.004(4), 490.0148 FS. Law Implemented 490.002, 490.0051, 490.009(2)(s), (u), 490.0148 FS. History—New 11-23-97, Amended 10-22-98, 5-14-02*

**Note Writing Guidelines**

- Be sure you have the right chart!
- Think about what you are going to write and formulate before you begin
- Proofread
- Use proper spelling, grammar, and sentence structure
- Document all participants referring to adults as Mr./Mrs./Ms. and referring to youth with their first name (rather than stating client, parent, mom, dad, etc.)
- Always document as soon as possible after the intervention/session (ideally immediately after)
- Document all contacts or attempted contacts
- Content should be **concise, consistent, and in sync with your treatment plan**
- Because no records are immune from disclosure, be careful in your documentation and do not include details that can cause unnecessary harm for clients or others, if they are disclosed or become public
- Avoid labels, personal judgements, value-laden language, or words open to personal interpretation (e.g., uncooperative, manipulative, abusive, obnoxious, normal, spoiled, dysfunctional, functional, drunk, passed away)
- Use only standard abbreviations and avoid slang. It is important that your documentation can be understood by anyone reading the health record.
- Keep quotes to a minimum. Use when clinically pertinent. "The goal (of a note) is not to give a verbatim account of what the client says, but rather reflect current areas of client concern and to support or validate the counselor's interpretations and interventions in the assessment and plan section... (Cameron, & turtle-song, 2002)."

- Give description if using the words “seems” or “appeared” in order to provide evidence for observations, such as:
  - “Client appeared dysphoric as evidenced by tearfulness.”
  - “Client remains at risk for \_\_\_\_\_ as evidenced by \_\_\_\_\_”
  - “Client continues to be depressed as evidenced by \_\_\_\_\_”
  - “Client continues to have suicidal ideation as evidenced by the following comment made to this writer: \_\_\_\_\_”
- Document (as applicable), give the clinical rational and, when appropriate, ethical considerations for:
  - Gifts received, loans of books, or CDs
  - Extensive use of touch or self-disclosure
  - Recording or videotaping of sessions
  - Phone therapy or any other telehealth practices, including a special disclosure if these practices are the basic mode of therapy.
  - Dual relationship: The nature, extent, etc.
  - Out-of-office experiences, such as attending graduations, weddings, or funerals, school visits/observations, and clinically meaningful incidental/chance encounters
- Your note can be brief to the extent that you can communicate your competence, thoughtfulness, decision-making ability, capacity to weigh available options, rational for treatment selection and knowledge of clinically, ethically, and legally relevant matters
- If creating/choosing a note-writing template, make sure it works for you and your setting/client population
- Before every session with a client, the previous two or three notes should be opened and read. This will give you a clear understanding of where you need to go in the current session. Without this type of methodology every therapy session is just a random discussion of the client's current events. The sessions don't really go anywhere productive.
- In order to be clear and concise, and present information in a succinct and coherent manner, client documentation can be easily accomplished with note types such as DAP, PAIP or SOAP.

#### **Different Note Types Pros and Cons:**

**SOAP (Subjective, Objective, Assessment, Plan)** = most commonly used, especially if notes will be shared with the medical community. Good for process-oriented therapies because it focuses more on the client's response during session and your assessment that day. However, the “*subjective*” field used as the “S” in *SOAP* can be related to the medical field, thus, be sure to include pertinent information about what the family reports to ensure psychological crossover. The *Subjective* field should only contain what the family tells you.

**DAP (Data, Assessment, Plan)** = popular and possibly the most simple. Good for process-oriented therapies.

**PAIP (Problem, Assessment, Intervention, Plan)** = allows you to focus in on a problem area, but also has sections for your assessment, as well as the interventions you provided. **If you use a modality where you provide specific interventions**, this may be a great template for you.



## Telemental Health Guidelines

Use this checklist to help structure Telemental Health sessions with your families/clients.

\* For all clients engaging in telemental health, their appropriateness for this modality of treatment should be assessed during the intake as well as the initial therapy session. If at any time the therapist no longer considers this modality to be appropriate, the family will be notified and rescheduled for in-person therapy.

### Establish Ground Rules

- A Zoom link for all sessions will be provided by Youth Services at the start of treatment. The client should save this link and use the same one over the course of treatment.
- In select cases, it may be deemed appropriate to use the telephone in lieu of videoconferencing software for telemental health sessions. These cases should be discussed with a supervisor.
- Be on time for sessions. If the client needs to cancel or reschedule a telemental health session, client should notify the office by calling and emailing twenty-four hours prior to the scheduled session.
- At the initial intake and therapy session, therapist will confirm client's identity by asking for specific identifiers (i.e. D.O.B, Address).
- Adhere to professional/school appropriate dress code for telemental health sessions.
- Due to the possibility of encountering technical difficulties during session, client must agree to develop a plan at the beginning of each session, which may include providing an alternate phone number, restarting a device, or reconnecting to a program in order to resume services.
- Therapist will explain that telemental health will be provided over a password protected, secure network. It is the client's responsibility to ensure a secure connection from their end. Despite security measures in place, breaches to security are possible.
- Sessions will NOT be recorded unless explicitly consented/assented to in writing prior to the inception of treatment and also verbally at the beginning of each session to be recorded.
- Parent/guardian must be present at the same location as child under age 18 at the time of the session.
- If the client is having suicidal or homicidal thoughts, or experiencing a mental health crisis that cannot be resolved remotely, telemental health services may not be appropriate and a higher level of care may be required.

### Emergency Protocols

- At the start of each session, location/address of where the client is will be provided to therapist.
- Establish an emergency contact. (Name, Relationship, Address, Phone Number). ROI should be signed in the event that the individual(s) identified are not the consenting caregivers already involved in treatment.
  - In some instances, an emergency contact should be identified for the parent. Therapist discretion is expected in these situations.
- In the event of an emergency, therapist may need to contact the identified emergency contact and/or appropriate authorities.
- If client is having suicidal or homicidal thoughts, or experiencing a mental health crisis, the therapist should conduct a risk assessment as needed.
- Therapist should complete a safety plan when appropriate and send a copy of the plan to the youth and parent.

### Setting Up the Environment

- Designate a therapy area, which should be a quiet, well-lit, and private space that is free from distractions.
- Limit chances of distractions and interruptions (e.g., cell phones, emails, apps, notifications).
- Everyone participating in session must be in camera view so the therapist can see who is participating. This is also clinically useful for the therapist to observe all participants' facial expressions and other nonverbals.
- Therapist should be mindful of their own appearance, attire, background, and positioning.
- In the event that subsystem work is deemed appropriate for the family, each client should designate a safety word with the therapist to indicate that someone is within earshot to hear what is being discussed in session.



## Safety Plan

**PALM BEACH COUNTY  
YOUTH SERVICES DEPARTMENT  
RESIDENTIAL TREATMENT & FAMILY COUNSELING**

This safety plan has been created for:

\_\_\_\_\_ on \_\_\_\_\_  
Client's Full Name Date

### Step 1:

Warning signs (e.g., thoughts, feelings, mood, situation, behavior) that a crisis may be developing:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Crying a lot                    | <input type="checkbox"/> Intense worry/anxiety        | <input type="checkbox"/> Death of someone close       |
| <input type="checkbox"/> Changes in appetite             | <input type="checkbox"/> Feeling angry/aggressive     | <input type="checkbox"/> Anniversary of trauma        |
| <input type="checkbox"/> Increased use of alcohol/drugs  | <input type="checkbox"/> Feeling humiliated/ashamed   | <input type="checkbox"/> Financial/legal problems     |
| <input type="checkbox"/> Isolated/closed off from others | <input type="checkbox"/> Missing doctor appointments  | <input type="checkbox"/> Too many responsibilities    |
| <input type="checkbox"/> Changes in sleep                | <input type="checkbox"/> Thinking "I can't cope"      | <input type="checkbox"/> Health problems              |
| <input type="checkbox"/> Poor hygiene                    | <input type="checkbox"/> Overreacting to minor things | <input type="checkbox"/> Family arguments             |
| <input type="checkbox"/> Getting lost in thought         | <input type="checkbox"/> Divorce                      | <input type="checkbox"/> Difficulty in school/work    |
| <input type="checkbox"/> Feeling restless, fidgety       | <input type="checkbox"/> Relationship break-up        | <input type="checkbox"/> Being scolded or screamed at |
| <input type="checkbox"/> Others:                         |   |   |

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### Step 2:

Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (e.g., relaxation, physical activity, mental activity):

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### Step 3:

People and social settings that can provide distraction:

Name= \_\_\_\_\_ Phone= \_\_\_\_\_  
Name= \_\_\_\_\_ Phone= \_\_\_\_\_  
Place= \_\_\_\_\_ Place= \_\_\_\_\_

### Step 4:

People I can ask for help (e.g., therapist, parent, family member, friend):

Name= \_\_\_\_\_ Phone= \_\_\_\_\_  
Name= \_\_\_\_\_ Phone= \_\_\_\_\_  
Name= \_\_\_\_\_ Phone= \_\_\_\_\_

### Step 5:

How to make the environment safe:

- ☐ Remove guns from my home and/or places I visit frequently (or have others remove them)
- ☐ Lock up medicine (or have others lock them)
- ☐ Remove drugs and alcohol (or have others remove them)
- ☐ No environment changes needed at this time
- ☐ Others:

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### Step 6:

What has kept me alive so far? What do I look forward to in the future? What things are important to me and worth living for?

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### Step 7:

Professionals or agencies I can contact during a crisis:

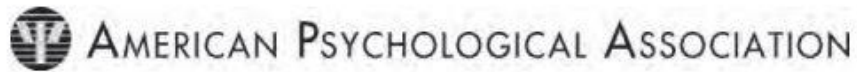
- ☐ 911
- ☐ Crisis or Information = 211
- ☐ Crisis Text Line = Text TWT to 741741
- ☐ National Suicide Prevention Lifeline = 1-800-SUICIDE (1-800-784-2433)
- ☐ National Domestic Violence Hotline = 1- 800-799-SAFE (7233)
- ☐ Florida Child Abuse Hotline = 1-800-96- ABUSE (22873)
- ☐ Mobile Crisis North County = (561) 383-5777
- ☐ Mobile Crisis South County = (561) 637-2102 or (877) 858-7474
- ☐ South County Mental Health = (561) 737-8400 from North and Central County
- ☐ South County Mental Health = (561) 495-0522 from South County

Other:

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# ETHICAL PRINCIPLES OF PSYCHOLOGISTS AND CODE OF CONDUCT

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Adopted August 21, 2002  
Effective June 1, 2003  
(With the 2010 Amendments  
to Introduction and Applicability  
and Standards 1.02 and 1.03,  
Effective June 1, 2010)

With the 2016 Amendment  
to Standard 3.04  
Adopted August 3, 2016  
Effective January 1, 2017

<http://www.apa.org/ethics/code/ethics-code-2017.pdf>



Palm Beach County  
Youth Services Department  
Residential Treatment and Family Counseling Division

## Acknowledgment Statement

I acknowledge that I have received and reviewed the Youth Services Department Handbook and Documentation Manual, including all of the policies within. I agree to abide by all policies and procedures outlined in these documents. I have read and understand the following (please initial next to each):

- YSD Training Program Handbook
  - Training Requirements & Expectations
  - Professional Conduct Expectations
  - Supervision
  - Formal Evaluations of Trainee Performance
  - Diversity and Non-discrimination Policy
  - Trauma-Informed Care at the Youth Services Department
  - Family Therapy Overview
  - Parenting Overview
  - Diversion Programs
  - Required Meetings
  - Tracking Hours
  - Clinical Procedures and Guidelines
    - Community Meeting Guidelines
    - DCF Reporting Procedures
    - Baker Act
    - Intake Assessment Guidelines
    - Missed Appointment Documentation and Extension Request Procedures
    - Psychological Evaluation Procedures
    - Referral Guidelines
  - Other Procedures and Guidelines
    - Audio and Video Recording Guidelines
    - Computer and Social Media Policy
    - Dress/Grooming/Hygiene Guidelines
    - Due Process and Grievance Procedures
    - Fire Setting Interview Guidelines (CANS)
    - Record Keeping Guidelines
    - Telemental Health Guidelines
  - APA Ethical Principles and Code of Conduct
- YSD Documentation Manual
  - Risk Assessment and Safety Planning

I also understand that I may access these documents and any updates to them on the Youth Services Department website (<http://www.pbcgov.com/youthservices>) and/or the Common (G:) Drive.

Print Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_