



Maryland

DEPARTMENT OF HEALTH

*Department of Psychology, Addiction Recovery,
& Trauma Services*

EXTERNSHIP PROGRAM

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SPRINGFIELD
HOSPITAL CENTER

Established 1896

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Springfield Hospital Center (SHC)

Springfield Hospital Center (SHC) is a regional psychiatric hospital operated by the State of Maryland. SHC is accredited by the Joint Commission and is in Sykesville, Maryland (<https://health.maryland.gov>).

History: SHC first opened in 1896 and was originally named “The Second Asylum for the Insane of Maryland.” The land was purchased from the Maryland Governor at the time, Frank Brown. In the 1930’s and 40’s, the patient population grew to more than 3,000, which led to crowding and poor maintenance. Subsequently, additional buildings and funding were provided. However, the patient population at SHC drastically decreased in the late 1960’s to 1980’s due to the emphasis on community-based treatment and introduction of new medications. The current population is approximately 230 patients.

Patients Served: SHC admits patients through direct referrals from hospital emergency rooms, inpatient units in general hospitals, or from State and Local courts: most patients at SHC are court-involved. The SHC patient population is culturally diverse and includes forensic, civilly committed, and voluntary patients. SHC implements a multidisciplinary model for treatment care, which include psychiatrists, psychologists, social workers, therapists (OT, PT, AT), nursing, and more.

Hospital Organization: SHC provides different services depending on the patient’s need and is divided into two programs: Acute and Recovery. The Acute Care Service provides shorter-term treatment for stabilization and consists of three admissions units and one step-down unit. The Recovery Program provides longer-term treatment for patients who require further hospitalization and consists of six inpatient units in two buildings. SHC also has one Assisted Living Placement unit as an option for patients after discharge from hospitalization.

Hospital Mission, Vision, and Values: SHC is a patient-centered psychiatric hospital dedicated to the care and treatment of persons with mental illness within a safe environment. Our vision includes excellence in performance-driven, recovery-oriented, mental health treatment. Lastly, our values are integrity, compassion, competency, and teamwork.

THE PsyARTS DEPARTMENT

PsyARTS Department Staff:

- *Charles N. Zeitler III, Psy.D., CSAT:* Department Director and Director of Internship Training
- *Tatiana Chakko, Psy.D.:* Director of Externship Training and Psychologist II
- *Karina Zanko, Psy.D.:* Psychologist II
- *Cheryl Zwart, Ph.D.:* Psychologist II
- *Murugi Mungai-Kamau, Ph.D.:* Psychologist II
- *Tracy Bloom, Psy.D.:* Psychologist I
- *Rita Mercer, Psy.D.:* Psychology Associate
- *Aldith Campbell, Ed.D.:* Psychology Associate
- *Yvonne Dowell, M.S.; M.Ed.; LCADC:* Licensed Clinical Alcohol and Drug Counselor
- *Kimberly Moxley, B.S.;* CAC-AD: Addictions Counselor
- *Robert Pallozzi, B.S.;* CAC-AD: Addictions Counselor
- *Laurie Yaffe, B.S.;* CAC-AD: Addictions Counselor
- *Lisa Rollison:* PsyARTS Administrative Assistant
- *Jaqueline Caldwell:* PsyARTS Administrative Assistant

The Psychology, Addiction Recovery, & Trauma Services Department at SHC is directed by Charles Zeitler, Psy.D, CSAT. The staff includes addiction counselors, a masters level alcohol and drug counselor, psychology associates, and psychologists. The department also has two full-time administrative assistants on staff.

Patient care at SHC is provided by multidisciplinary treatment teams composed of psychiatrists, psychologists, social workers, somatic physicians, nurses, occupational therapists, art therapists, music therapists, recreation therapists, dietitians, and activity therapists. Within PsyARTS, staff psychologists draw upon a range of theoretical orientations, including psychodynamic, cognitive-behavioral, humanistic, and integrative.

Psychologists and interns conduct group therapy, crisis management, psychological assessment, individual psychotherapy, cognitive remediation, behavioral consultation, and provide other consultations with treatment teams. The Addiction Recovery part of PsyARTS provides consultation to treatment units regarding screening, assessment, and treatment targeting substance use and trauma-related symptoms. The PsyARTS department also conducts violence risk and psychosexual assessments for referred patients as well as treat compulsive sexual behaviors.

PsyARTS strives for cultural competence, cultural humility, and to offer culturally adaptive and culturally affirmative treatments and assessments and is aware that this is an ongoing and dynamic process. PsyARTS adopts an “other-oriented” stance marked by openness, curiosity, respect of different experiences, lack of arrogance, and genuine desire to understand our patients’ cultural identities. It is also important that PsyARTS attends to our own lack of knowledge and/or training concerning language that is affirming of an individual’s or group’s actual identity experiences. Research has indicated that patients’ perceptions of clinicians’ cultural humility is associated with improved therapeutic outcomes. In addition, evidence indicates that the clinician’s attention to patients’ identifications of what is salient concerning their identity statuses rather than relying on the clinician’s assumptions is an important factor in therapeutic processes and outcomes.

Through a focus on how contexts of identities inform biases, PsyARTS strives to develop a formulation of a patient’s surrounding world, the cultural lenses with which they experience life through and recognize how their own range of identities interacts with those of the patient, thus engaging differences as well as commonalities that have an impact on and influence their work together. PsyARTS adopts an intersectional framework encouraging a depth of curiosity to learn from diverse perspectives for a holistic understanding of the psychologist’s self as well as the person of the patient.

The Externship Program in PsyARTS

Philosophy: The PsyARTS externship is tailored for externs enrolled in doctoral-level programs at local universities for supervised practical clinical experience as part of the requirements for their degree. The PsyARTS Department provides a supportive, collaborative environment where students can develop and enhance psychological clinical skills to an inpatient population.

Goals of PsyARTS Externship Training: The primary goal of the PsyARTS Externship Training at SHC is to provide students with the opportunity to apply clinical skills to an inpatient population of adults with serious mental illness. Specific goals are as follows:

1. Externs will co-facilitate psychology, forensic, addiction, and/or trauma groups with clinical staff
2. To obtain knowledge in the trauma assessment process, provide culturally competent assessments, and offer recommendations to treatment teams
 - a. Psychological assessments may be an option for externs who are interested (and referrals are available). Psychological assessments (cognitive and personality) may be used to assess these areas and recommend treatment options.
3. To design and carry out effective and culturally competent individual and group therapeutic interventions with various patients
4. To gain awareness of their own and patients’ cultural identities/factors and how these impact clinical services
5. To gain experience working in a multidisciplinary setting
6. To improve writing skills in assessment reports, progress notes, etc.
7. To gain practical experience with the application of the necessary APA’s ethical code and patient’s right’s issues in an inpatient psychiatric environment
8. To participate in a supervisory relationship in a hospital atmosphere

Training Model and Supervision: The Department of PsyARTS is committed to a culturally sensitive practitioner-scholar and developmental training model. Consistent with the developmental model, as externs enhance their clinical skills and competence, they will obtain more independence in all roles.

Externs will be assigned to a Primary Supervisor, who is a licensed psychologist. Externs will also be assigned to a unit. Primary supervisors will ensure the extern obtains competency in services (e.g., individual therapy, group therapy, consultation, trauma assessment) through live and direct observation.

Externs will receive formal and informal individual supervision. Individual supervision includes direct observation of the extern's work, review written reports and progress notes, and consultation with other professionals. An extern will also be paired with a doctoral psychology intern who will be involved in supervision and support during the extern's training year. Students will meet with the externship coordinator monthly to discuss administrative matters as well as any other topics related to their externship experience.

Didactics: Externs have the opportunity to participate in multiple seminars, grand rounds, and case conferences. The PsyARTS Department provides multiple seminars throughout the year that address the patient population, assessment, cultural competence and humility, and ethical/legal issues; externs will attend certain seminars. The PsyARTS department may also provide specific training on topics related to the department (e.g., motivational interviewing, stages of change, trauma-informed care, etc.) and externs are also invited to attend these didactics.

Requirements: The following are required to be considered for SHC's PsyARTS Externship Program:

1. Current enrollment in a Ph.D./Psy.D. Program in Clinical or Counseling Psychology
2. Currently in good standing in your program
3. An Educational Placement Agreement/Contract must be in place between the home university and SHC. This may be arranged by contacting the Coordinator of PsyARTS Externship Training.
4. To provide an exceptional externship experience, a two-semester (first Wednesday of September to June 30) commitment must be made to SHC for the Fall/Spring externship. The opportunity may be made available for an extern to extend his/her externship into the summer. Summer externship extensions are a two-month commitment (beginning of July to end of August).
5. Specific requirements will be determined based on the extern's training needs. To this end, an Extern Training Plan will be developed with the Primary Supervisor at the beginning of the training year, which will establish goals and minimal requirements for the externship year. The plan will be reviewed with the Primary Supervisor and Externship Training Coordinator at the beginning of the year and during the evaluation periods (Midterm-December, and Endterm-June). The Extern Training Plan can be adjusted throughout the year as needed.

The following are required to start the externship at SHC if selected:

- A copy of a background check (a background check completed by your school at admission is acceptable)
- Certificate of Liability Insurance from home university
- A copy of the home university catalog pages which describe the course the student will sign up for when he/she goes on externship (or copy of current university catalog)
- Specific SHC forms that will be provided via email once the student is selected
- Immunity Status for Measles, Mumps, Rubella and Varicella (MMRV)
 - Individual immunity status documentation for MMRV must be on file for each individual working within the hospital regardless of job classification due to the communicability of the MMRV diseases to those who are non-immune. The Centers for Disease Control state that MMRV immunity status may be demonstrated through:
 1. Documentation of age-appropriate vaccination for MMRV by a healthcare provide

- Preschool age: 1 dose
 - School age children, adolescents, and adults: 2 doses
2. Evidence of Immunity
- Laboratory evidence of immunity (MMRV titer result) or laboratory confirmation of MMRV disease **OR**
 - Diagnosis or verification of history of MMRV disease signed by a healthcare provider

- Tuberculosis Clearance

- All healthcare personnel must be cleared of active tuberculosis disease prior to beginning any position at Springfield Hospital Center. Failure to complete the screening as directed and/or submit a copy of the chest x-ray for TB clearance will affect the start date. Tuberculosis Clearance Evidence of tuberculosis clearance is provided through one of the following documents:
 1. Current Two Step TST clearance (*a Two Step TST means that you receive TWO negative TST tests. The second test must be completed at least 4 weeks AFTER the initial test performed within one year of the service start date*) **OR**
 2. Current IGRA (Quantiferon Gold® or T-Spot) blood test within one year of service start date **OR**
 3. Individuals with previously positive TST/IGRA results require documentation for CXR indicating no active TB disease is present (CXR must be obtained within six months of pre-employment physical date)

- Hepatitis B Vaccine or Declination (upon request)

- There is a risk for bloodborne pathogen exposure in the Springfield Hospital Center unit setting. Those at risk for bloodborne pathogen exposure must be offered the Hepatitis B vaccine. **The educational facility is responsible** for ensuring the required documentation is obtained for those individuals assigned to an externship at Springfield Hospital Center. Proof of vaccination offering may be demonstrated through:
 1. Documentation of a completed (3 injections in a series: initial, one month interval and six-month interval) **OR** partially completed (initial and one month interval should be completed prior to starting whenever possible with an updated copy of documentation when the 6-month interval is obtained if the individual is still assigned to SHC) Hepatitis B vaccination series
 2. Laboratory evidence of immunity (Hep B titer result) or laboratory confirmation of Hep B

- Tdap Vaccine or Declination (upon request)

- Individual immunity status documentation for Tdap must be on file for each individual working within the hospital. Tdap immunity status may be demonstrated through:
 1. Documentation of a vaccination by healthcare provider
 2. Laboratory evidence of immunity (Tdap titer result)

- Proof of current flu shot or Declination (upon request)

- Proof of COVID-19 Vaccination

- CPR Certification

- Springfield Hospital Center requires that all staff complete the American Heart Association Basic Life Support CPR. We can provide you with this certification on site.

Time Commitment: Externs are expected to attend SHC for at least sixteen clinical hours per week from the beginning of September to the end of June for a two-semester externship in the Fall/Spring. Summer externs are expected to attend SHC for at least 16 clinical hours from July-August. Additional hours may be available if the extern expresses an interest, and it is approved by their school. Externs are required to keep a record of his/her hours. Typically, the externship will use the home university's hour log.

Specific days of the week and times to attend SHC are arranged between the extern, Externship Coordinator, and their Primary Supervisor. We do require externs to be available at SHC on Wednesday mornings as that is when monthly meetings with the coordinator and didactics will be held. All externs will be required to attend a

mandatory hospital orientation which will be scheduled at the beginning of the externship year. Additionally, students will be required to complete a Prevention and Management of Aggressive Behavior (PMAB) course that SHC offers as well as monthly refresher classes, which will be completed during the monthly meetings with the externship coordinator.

Extern Evaluation Process: Each extern will receive an evaluation at the end of each semester (December and June); typically, the Supervisor will use the extern's home university's evaluation form. If there are specific areas of concern, a remedial plan may be developed immediately after the concerns are recognized (if necessary). Our goal and motivation are to provide support to aid students in areas of needed growth. However, we have the option to terminate the student's externship if remediation is not effective.

Application Procedure

Required Materials: The application should include:

1. The Externship Application Form (***request via email for the application***)
 - i. *To request an application, please email Dr. Chakko at Tatiana.Chakko@maryland.gov*
2. A cover letter indicating their interest
3. Curriculum Vitae
4. Affirmation of Eligibility from the Director of Clinical Training at the student's home university to participate in PsyARTS Externship Training at SHC and that the student is in good standing
5. A photocopy of the home university catalog pages which describe the course the student will sign up for when he/she goes on externship (or copy of current university catalog)
6. Proof of malpractice coverage
 - i. **ACTUAL CERTIFICATE *Must be provided on or before the start of the externship***

All required materials should be emailed to:

- Tatiana Chakko, Psy.D.: Tatiana.Chakko@maryland.gov
- Please use the heading: "**SHC PsyARTS Externship Application**"
- Once applications are obtained, the coordinator will select students for an interview (see timeline below)

Timeline for Externship Applications:

- ❖ Current brochures available **1st Friday in November**
- ❖ Materials submitted by **3rd Friday in January**
- ❖ Interviews offered by **4th Friday in January**
- ❖ Interviews **2nd and 3rd weeks of February**
- ❖ Offers no later than **3rd Friday of March**

**To request an Externship Application, or if you have any questions about the PsyARTS Externship Program at SHC, please do not hesitate to email Tatiana Chakko, Psy.D. or Charles Zeitler, Psy.D., CSAT*

NOTE: SHC, PsyARTS Department Externship Program, does not participate in any regional standard notification schedules. Preference is given to those students who are willing to commit to a placement at SHC when an offer is extended by the Coordinator of PsyARTS Externship Training.

MDH is an affirmative action and equal opportunity employer. All qualified applicants will receive consideration for this externship without regard to race, color, religion, sex, disability, age, sexual orientation, gender identity, national origin, veteran status, or genetic information. SHC PsyARTS is committed to providing access, equal opportunity, and reasonable accommodation for individuals with disabilities in this externship, its services, programs, and activities. To request reasonable accommodation, contact Dr. Chakko and Dr. Zeitler (see contact information above).