



**North Carolina Department of Public Safety
Division of Adult Corrections**

Predoctoral Internship
in
Professional Psychology

Internship Year
8/13/18 - 8/09/19

Match Code: 214211

GOALS

The North Carolina Department of Public Safety's Division of Adult Correction's primary goal is to promote public safety by the administration of a fair and humane system which provides reasonable opportunities for adjudicated offenders to develop progressively responsible behavior.

The North Carolina Division of Adult Correction (NC DAC) Pre-Doctoral Internship in Professional Psychology offers interns education, training, and preparation for the future practice of professional psychology. Our internship provides a platform for future work in substance abuse, trauma, severe mental illness, community mental health, and integrated healthcare settings. In addition, the NC DAC pre-doctoral internship experience provides a wealth of corrections-specific instruction for interns wishing to find permanent employment in a correctional setting. This goal is accomplished by providing interns with didactic seminars, supervision, and opportunities to achieve proficiency in consultation, assessment, and intervention and therapy with a diverse, under-served, disenfranchised, and frequently disadvantaged client population.

MENTAL HEALTH SERVICES

The North Carolina DAC has the responsibility to deliver comprehensive mental health services which provide for the care and treatment of inmates with mental disorders. Treatment programs contain multi-disciplinary services designed to prevent, control, reduce or eliminate those conditions which contribute to the inmate's mental impairment. These services include, but are not limited to: (1) patient identification and diagnosis, (2) services for the acutely ill, (3) outpatient services, (4) residential services, (5) special programs for selected diagnostic categories, and (6) preventive services.

INTERNSHIP STRUCTURE

The Pre-Doctoral Internship Program consists of six full-time (2000 hour) internship positions. Interns have the opportunity to rotate sites over a 12-month period. Collectively, the sites offer a wide-range of generalist clinical experiences that form the foundation of a culturally-competent, ethical, professional psychologist. The internship program is directed by the Internship Core Committee. The Committee, in turn, is led by the Internship Training Director. The Committee meets regularly to conduct reviews of the internship program, attend to administrative matters, and organize and plan the didactic experiences and clinical rotations available in the program.

Built into every rotation is the opportunity to engage with staff in other healthcare disciplines including nursing, social work, physical therapy, primary care, and dental. The following activities take place at most every site: individual and group therapy, crisis intervention, assessments, and treatment planning. Each rotation/site provides a unique training experience in terms of offender population characteristics and overall facility layout. Interns will have opportunities to receive experience and training in the following areas, in conjunction with the site selected

- Outpatient services to males - Providing initial assessments of inmates entering the prison system along with assessments of inmate transfers are available. Psychological testing and collaborating in psychiatric assessment is also available.
- Residential Mental Health – Residential services include a program of activities designed to stabilize, assess and move seriously mentally ill inmates to their greatest level of independence. Participation on a multidisciplinary team within the defined program is required. Residential services are offered at Central Prison and the North Carolina Correctional Institute for Women in Raleigh, NC.

- Inpatient Mental Health – Inpatient services are provided in the Raleigh area at Central Prison for males and the North Carolina Correctional Institute for Women. Crisis admissions, stabilization and transfer and long term management of the most seriously disturbed inmates are provided at this level of care. Participation in treatment teams is a key element.

SUPERVISION AND TRAINING

Interns will receive at least two hours of individual, face-to-face supervision per week from licensed psychologists during the course of the training year. Each intern will be assigned a Training Supervisor chosen among the doctoral level staff associated with the training site selected who will monitor the site performance of the intern and arrange appropriate supervision. In addition, the intern will receive 2 additional hours of supervision and/or interactive training in a group setting with the other doctoral interns and clinical staff. Group supervision days will coincide with didactic seminars and other training events. Thus, as well as 2 hours of individual supervision, interns receive 2 hours of group time devoted to issues pertinent to the practice of psychotherapy, and didactic seminars. The individual supervision will be provided by at least two different psychologists across the internship year to broaden exposure to different supervision styles and content.

The intern's Training Supervisor is responsible for guiding the overall development of the intern by focusing on professional, ethical, and personal issues. Supervision is intended to help the intern integrate knowledge and skills with personal values and goals. An important role of this supervisor is to foster stability across the internship experience and to help the intern develop the skills and personal maturity necessary for entry-level practice. Each Training Supervisor is responsible for working with the intern to establish training goals that are consistent with the mission and resources of the agency and the interests and needs of the intern. The Training Supervisor will act as the primary supervisor for most clinical activities, including case conceptualization, diagnosis, treatment planning, and intervention. Interns will receive instruction in a variety of therapeutic modalities including but not limited to brief, solution-focused strategies, crisis intervention, and cognitive-behavioral techniques.

The didactic time typically will consist of educational and professional presentations provided by the agency staff and guest speakers from the community. The presentations are typically case conferences, discussions of treatment protocols for specific disorders, or other types of experiential or learning activities. Interns are required to co-lead at least two group presentations. Interns are invited to suggest training topics and every effort will be made to comply with such requests.

Formal written evaluations are done at a minimum of twice per year by the Internship Training Director and the Intern's Training Supervisor. Rotation supervisors are asked for their feedback and this is included in the evaluation. Successful interns demonstrate critical-thinking, respect for cultural diversity, and good therapeutic boundaries. Copies of the mid-year and final evaluations will be given to the intern and Director of Clinical Training at the respective University. The NC DAC is willing to meet any of the evaluation requirements requested by the Intern's school (ie. More frequent schedule, specific evaluations form, etc.).

INTERNSHIP SITES AND CLINICAL ROTATIONS

Our Pre-Doctoral Internship is one program, but with multiple placement sites in the greater Raleigh, NC area. Interns typically participate in 2 - 4 different placements during the year, giving them an opportunity to vary their clinical experiences. They work in institutional settings of varying degrees of security (i.e., minimum, medium, and close). An intern will spend four full days a week at clinical placements. Throughout the year, the fifth day of each week (currently scheduled for Wednesdays) is reserved for professional development, report writing, formal didactic training, and group supervision (as described above). The following site descriptions are for the sites expected to be available for the 2018-2019 training year. Some of the listed locations may become unavailable, while others may be added. Any changes that occur are due to supervisor hiring and availability.

Central Prison (CP)

Built in 1884, Central Prison is the oldest prison in North Carolina. It is a maximum security facility that houses approximately 800 inmates. The facility is broken up into 5 separate units that each house a unique population (Death Row, Restrictive Housing, Pre-Trial Detainees, Assessment/Diagnostic Center, and General Population). The mental health department is responsible for maintaining the wide diversity of mental health services that is offered to these populations. In addition to individual therapy and assessment the mental health department runs over 20 weekly structured psycho-educational groups that include art therapy, mindfulness, chess, creative writing, and drama.

Attached to the prison is the newly opened Central Prison Healthcare Complex (CPHC). The CPHC is the main hub for the entire department to address both the intensive medical and mental health needs of the entire correctional population of North Carolina. CPHC is divided up into two separate facilities which are the Regional Medical Center and the Inpatient Mental Health Facility. The Regional Medical Center holds a capacity for 122 beds and is designed to meet the community standards in terms of a broad range of medical needs for this population and includes an Urgent Care, Dental, Physical Therapy, and Oncology. The Inpatient Mental Health Center has a bed capacity of 212 beds and is designed to address the severe mental health needs of this population. Built around a treatment team model the facility offers a wide range of psychopharmacology, rehabilitation groups, assessment, intensive individual therapy, and aftercare planning.

North Carolina Correctional Institute for Women (NCCIW)

The North Carolina Correctional Institution for Women (NCCIW) is the state's primary correctional facility for women. NCCIW houses over 1,600 female inmates of all custody levels and control statuses including death row, maximum, close, medium, minimum and safekeepers (pre-trial detainees). It houses the largest inmate population in the state and serves as the support facility for the state's other female prisons. The campus-style facility sits on 30 acres of a 190-acre tract of state land in southeast Raleigh.

The prison originally served as a road camp for male inmates who worked on highway projects. However, the NCCIW has housed female inmates exclusively since the 1930s. In 1942, Mrs. Edna B. Strickland was named Superintendent and became North Carolina's first female prison Superintendent. In 1996, the Superintendent's position was elevated to that of Warden and Carol Caldwell became the first female Warden in the state's history.

In 1986, an aggressive construction and renovation plan for NCCIW began with the funding for a 28-bed infirmary and outpatient medical services building. Over the next seven years, lawmakers funded approximately \$25 million to replace or renovate deteriorated buildings and to accommodate offender population growth. Behavioral Health is located within NCCIW's Medical Complex, a 101,000 square foot, three-floor facility which opened in 2012. The Medical Complex employs over 300 full-time staff that assist in providing ambulatory care, long-term care, and behavioral care for the female offender population. The complex has 150 dedicated patient beds (39 inpatient medical, 70 behavioral/mental health, 42 assisted living). Urgent care, disease clinics, dentistry, dietary, physical therapy, podiatry, optometry, and OBGYN are just a handful of the many health services available on-site.

From mental health aftercare planning to acute inpatient services, the Behavioral Health department at NCCIW provides a wide range of services. On average, over half the offender population is engaged in some type of mental health treatment. Outpatient services include crisis intervention, as well as individual and group psychotherapy. Self-esteem, art therapy, medication non-compliance, and stress management are a few of the outpatient groups offered. The popular Day Treatment Program is in the process of being restarted. The Medical Complex also houses a Residential program, as well as the newly opened Therapeutic Diversion Unit which serves offenders with co-occurring mental illness and behavior management problems. The second floor of the Medical Complex houses the 24-bed Acute and Chronic mental health inpatient units for offenders in need of intensive mental health treatment and stabilization. In conjunction with NCCIW's Diagnostic Center, behavioral health providers also conduct mental health screenings, assessments and testing for new and returning offenders who may require Behavioral Health services.

Harnett Correctional Institution (HCI)

Harnett Correctional Institution is a medium custody prison located in Lillington, North Carolina. It is a 30-acre prison compound that sits on 198-acre site. Harnett can house up to 988 adult male offenders. HCI has eight housing units divided into 29 separate dormitories. There are 34 single cells used for restrictive housing of inmates. The Outpatient Mental Health Unit at HCI consists of a Psychological Program Manager and two Staff Psychologists. Outpatient Mental Health provides short and long term therapy, group therapy, Risk Assessments, and other psychological assessments/testing when appropriate. Assessment instruments include; MMPI-2, M-FAST, TOMM, RBANS, and D-KEFS. HCI also houses the S.O.A.R. Program. S.O.A.R. was established in 1991 and is an intensive 20 week cognitive-behavioral program teaching men who have committed sexual offenses to take responsibility for their behavior. The Program is offered twice a year with one session beginning in January, and the other in July. One Psychological Services Coordinator, two Staff Psychologists, and one Contractual Psychologist conduct the program and they are assisted by twelve inmate peer counselors.

TRAINING RESOURCES

NC DAC has a wide range of training resources that are available to meet the needs of interns. We have a wealth of printed educational information and video tapes pertinent to issues common to the various populations that are treated. Interns have access to computer facilities for scoring psychological tests and report writing. Time off for relevant training may be granted by the intern's Training Supervisor. Clerical staff assists with scheduling and transcription, and also provide other support functions. Interns have office and computer access with e-mail and internet services.

INTERNSHIP ELIGIBILITY

1. Three years or more of pre-internship training in a regionally or nationally accredited doctoral program in psychology.
2. Completion of at least 1,000 practicum hours
3. Advancement to candidacy for doctoral degree (i.e., completion of Comprehensive exams, completion of all doctoral program course requirements).

STIPEND AND BENEFITS

- \$28,662 annual stipend, paid biweekly
- State holidays

For information, e-mail the Internship Training Director, Lewis J. Peiper, Ph.D., at Lewis.Peiper@ncdps.gov