

Family Counseling Center of Armstrong County

Family Counseling Center Facilities



This is FCCAC Kittanning, where I spent most of my time. I worked out of the Family Based Services department. This facility is home to many services including FBS, psychiatric rehab, outpatient therapy, and



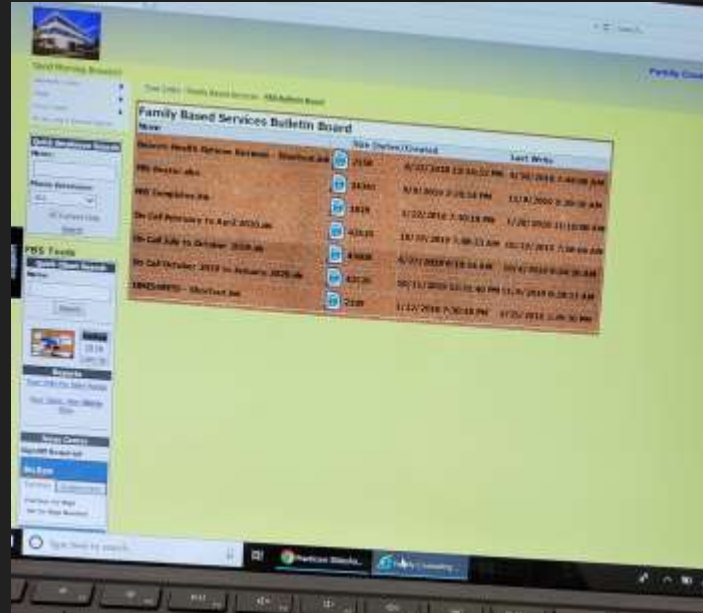
This is FCCAC Leechburg. I spent my time here mainly in the Child Adolescent Partial Hospitalization department (building on the left). This facility provides FBS, CAP, outpatient therapy services.

FBS Start-up training



One of my first internship experiences was attending a start-up training for Family Based Services. This gave me an in-depth view of what FBS is and how services are conducted. I also made some valuable connections within the field at this training. The pictured certificate was given to me at the end of the first day of training. These are used as ongoing education credits for therapists.

Family based services bulletin board



This FBS bulletin board is the central hub of the department. From here, I could access progress notes, therapist patient information, etc. Obviously it is encrypted as this information is confidential, but it is a great tool for the therapists. Also, tools and templates that employees use were available here.

CAP classroom



This is the Child Adolescent Partial Hospitalization unit. It is setup as a classroom, with the ideal being to get these children prepared to transition back to their respective school. This classroom was used for kids aged 6-14 years old. This is the classroom designated primarily for schoolwork.

CAP Classroom



This is the classroom designated primarily for group therapy, in addition to crafts, free time, and other miscellaneous activities. This is the classroom in which I spent most of my time.

Conference room



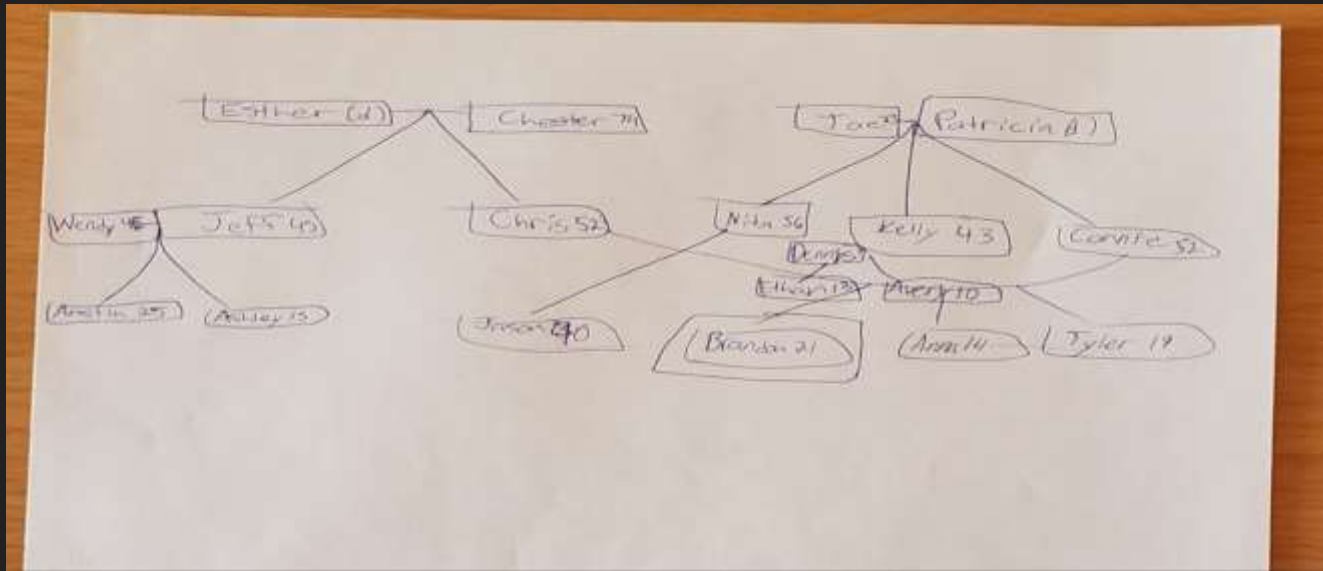
This is the conference room in Kittanning that my advisor and I would normally meet in. This is typically where I would work on projects that he assigned, or sit in on group supervisions. I also sat in on supervisor meetings here.

Organizational Project

I was tasked with organizing trainings from the past few years into a binder and creating an index. I was assigned this project in order to make referencing trainings easier. When all was said and done, I had organized 100+ training materials comprised of several hundred pages.

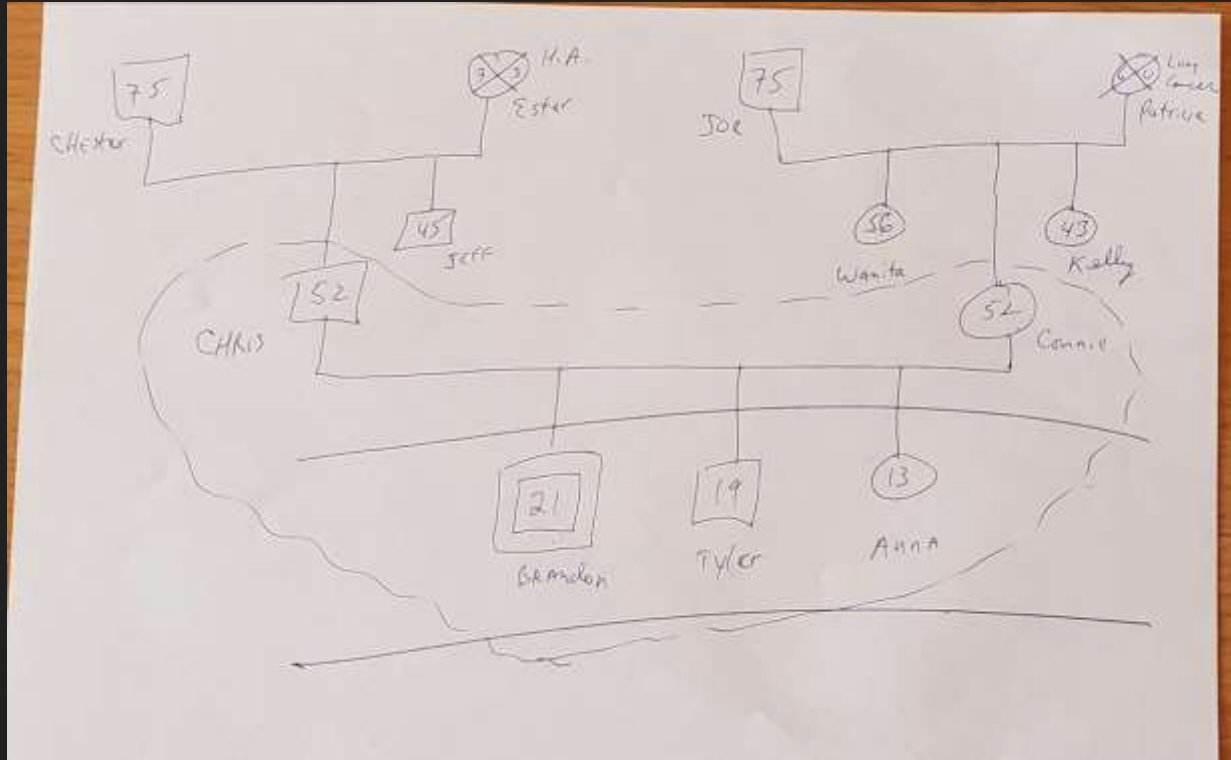


Genogram



One important tool that therapists use is the genogram. Pictured above is my genogram (prior to learning how to properly construct one). The next slide shows my advisor's properly constructed genogram for my family.

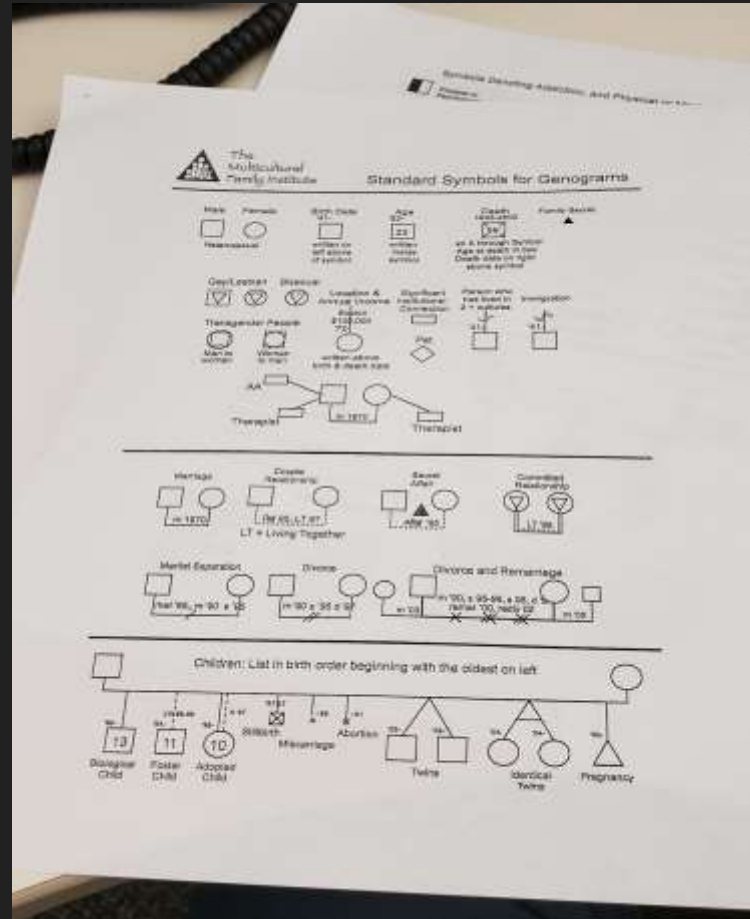
Genogram



This a useful tool as it can trace issues in the family and where they may have been inherited from (addiction).

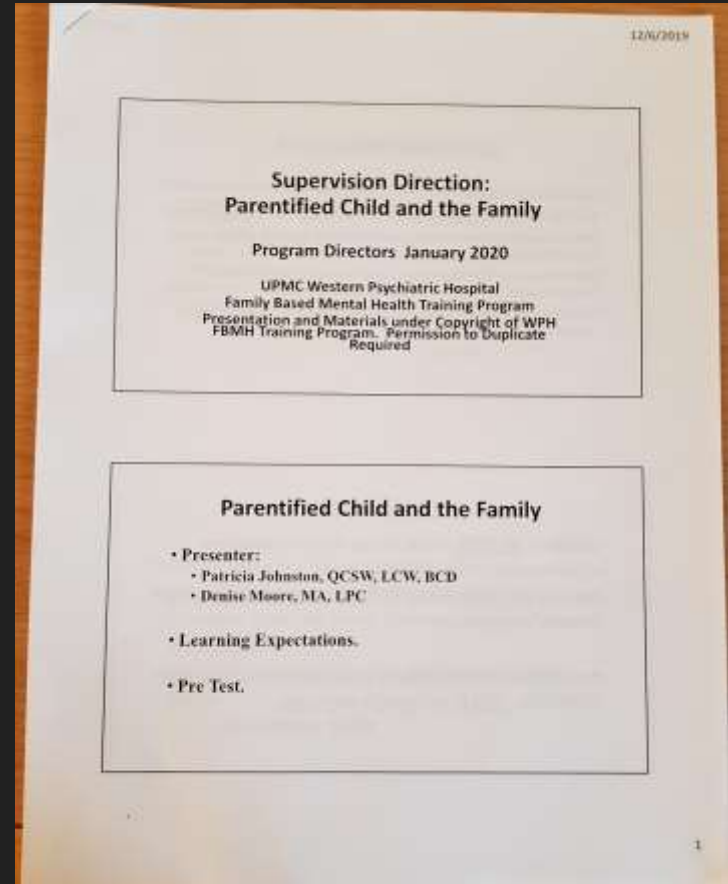
Genogram

This is reference material that I found while organizing trainings. It shows the proper symbols used to denote important information in a genogram.



Program Directors Meeting

This packet is a powerpoint summary of the supervisors lecture that takes place roughly once a month. I accompanied my advisor to Penn Hills to attend as the last day of my practicum experience. The lectures always cover a different topic in Family Based Services, and focus on how to adequately direct their therapists in a given situation.

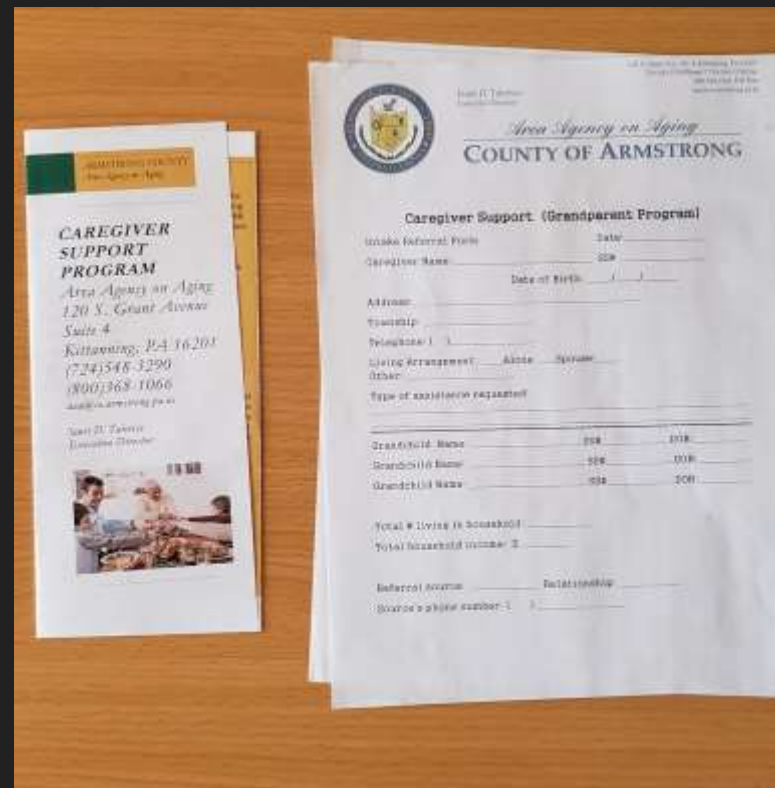
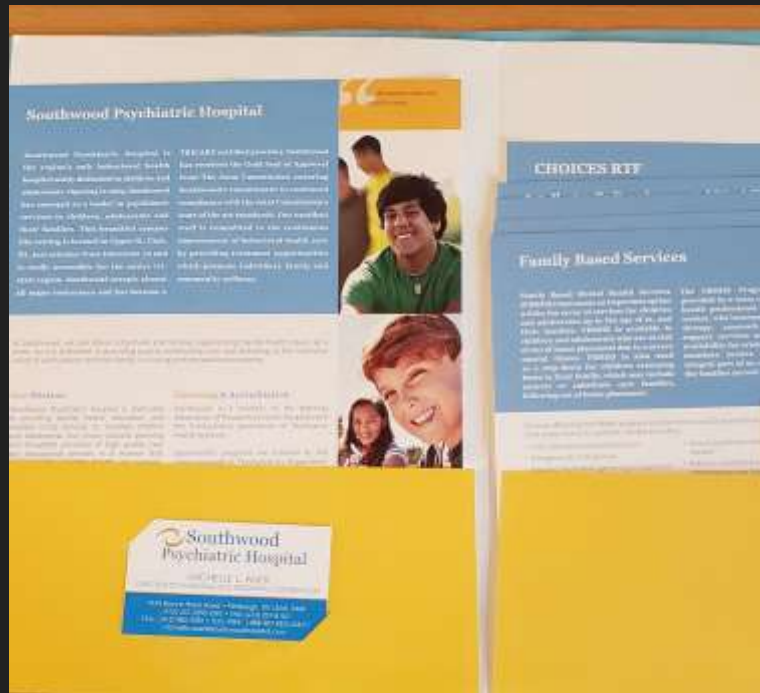


Planner

This planner was given to me at the outset of my internship in order to organize my meetings. A simple tool, but it helped me keep everything straight, including who I was meeting and with and when.



Presentations



I was able to sit in on some presentations given by representatives of a psychiatric hospital, as well as a local program for assisting elderly caregivers in the community. These presentations were informative and are good resources for those working in the field of mental health to know of.

Conclusion

- Overall, I had a valuable experience during the course of this practicum.
- I learned about the field of mental health, and different career opportunities that exist within it like...
 - Child and Adolescent partial hospitalization
 - Psychiatric rehabilitation
 - Family Based Services