



Calm Pittsburgh Practicum

Summer - 2022



Entryway



- Located in Lawrenceville, PA on Butler Street, Calm Pittsburgh fits right in with the city scenery
- It was a joy to be able to work in such a beautiful environment



Lobby

The lobby of Calm is one of the most nicely decorated rooms in the building.



Some tasks completed here are:

1. Watering plants
2. Organizing and putting out magazines
3. Dusting
4. Changing air freshener plug-ins



Kitchen and Coffee Station

The kitchen and coffee station are two of the most important parts of the Calm office



Coffee Station and Kitchen Tasks Include:

- Doing dishes
- Stocking snacks and fridge
- Changing water jugs
- Placing orders for coffee, creamer, sugar, etc.

Office Spaces

The offices at Calm were where I spent most of my time during my practicum



There are five offices at Calm plus two desks in reception, so there is always somewhere comfortable to work



Office Spaces, Cont.

Each office was furnished and decorated by a lovely woman at Calm named Jen, who is currently designing the inside of the new Calm offices in Monroeville



The Little Things



Library

My favorite room in the Calm office was the library

- I enjoyed being able to learn new things about the topics I am interested in
- I also spent some time finding new books that I feel we could use in the office



Library Tasks Include:

- Feeding the fish
- Organizing books
- Watering plants
- Finding resources



Fish

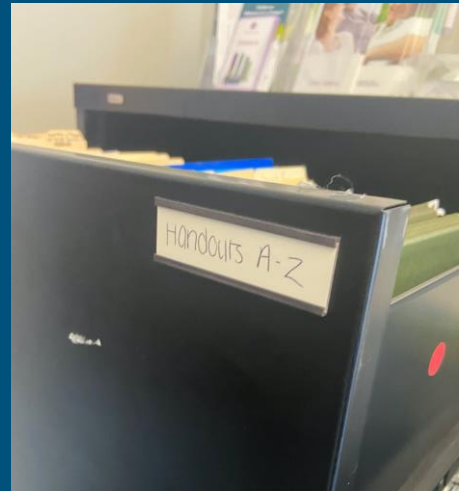
On Mondays,
Wednesdays, and Fridays,
the fish get fed



Organization

I worked hard to organize the file cabinets we use to store resources for clients

- In the process, I was able to learn a lot of new information on different diagnoses and treatments
- I also spent time searching online for other printable resources
- I created folders for bipolar disorder, LGBTQIA+ issues, maternal mental health, and other topics



Fun Tasks

I got to have some fun while I worked too

- I love plants, so it was a pleasure to be the one who took care of them
- I also got to organize business cards for clinicians and put them in cute gift bags
- I enjoyed getting to find handouts and resources that interested me

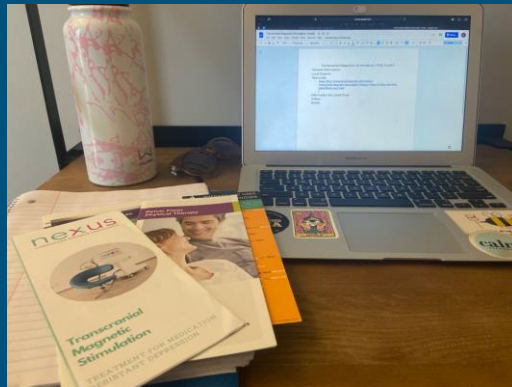
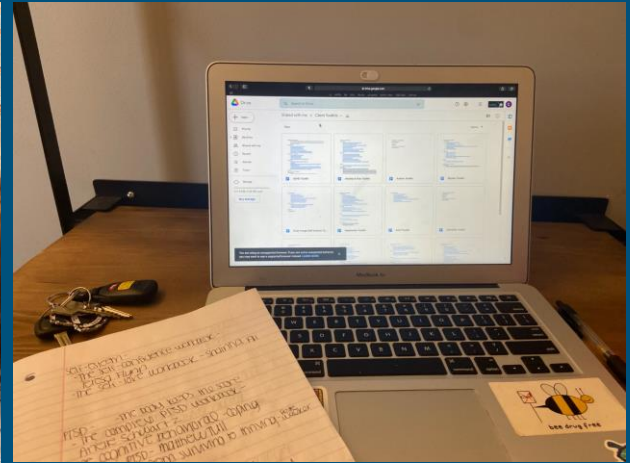


Toolkits

My main task at Calm was creating client toolkits for different diagnoses

The toolkits include:

- Diagnostic information
- Resources
- Local experts
- Videos and books
- Information for loved ones
- Support groups
- Etc.

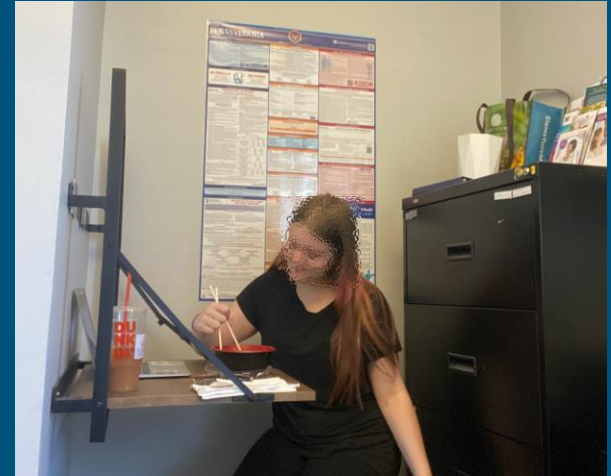


Lunch

One major perk of working at Calm was the free lunch on Wednesdays



If you plan to complete your practicum at Calm, be prepared to eat A LOT of good food!



Smiling

Finally, here are some photos that show how genuinely happy I was while working at Calm Pittsburgh:

