



SFUSD Student Intervention Team (SIT)

April 2015 Newsletter

April Updates

2015-2016 Intern Recruitment Statistics

- Number of Informational Interviews held: 6
- Total number of candidates participating in informational interviews: 120
- Total number of SFUSD School Social Workers/Wellness Coordinators interested in supervising a SIT intern: 55
- Number of interns from the 2014-2015 school year interested in returning next year: 10
- Stay tuned for updated statistics in our next Newsletter.

Appreciations

We would like to express our appreciation to:

- * School Social Workers and Wellness Coordinators who applied to be Site and Clinical Supervisors for SIT interns for the 2015-16 school year.
- * Shira Andron, Foster Youth Services and Ling Busch, School Counseling for collaborating on the Counseling/Mental Health Intern Spring Institute.
- * Richmond Area Multi-Services (RAMS) for opening up their trainings to our interns this year. We value our partnership with you!

Upcoming Trainings...

RAMS Trainings:

- **Termination in School Based Services.** Friday, April 10th, 9:00-10:45AM. Presenter: Michelle Fortunado, LCSW.
- **Case Management and Continuity of Care in School Based Services.** Friday, April 17th, 9:00-10:45AM. Presenter: Mia Gutfreund, LCSW.



Mark your Calendar!

- * **Last day of School....Friday, May 29, 2015!**



How to reach us...



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SIT Mental Health Intern Corner and Resources

Terminations and Transitions



What you should know about Termination and Transitions

Termination is the final stage of the counseling process, but it is not something that should be broached during your last (or next to last) session with a client. Termination should be among the first topics that you and your client discuss. According to Kramer (1990), "The therapist must be clear from the first contact, unless there are mitigating circumstances, that the intent of treatment is to help the (client) function without the therapist."

As a counselor, you are ethically bound to communicate to your client how long you will be available to counsel them, to discuss openly the timeline of your relationship, and to make appropriate referrals or recommendations at the conclusion of your relationship. It is a stage of counseling that clients need to be prepared for and counselors need to address early on in the counseling process to avoid feelings of abandonment.

References:

http://soe.syr.edu/academic/counseling_and_human_services/modules/Termination/moving_toward_termination_of_theory.aspx

Tips for Successful Termination

- Identify all individuals with whom you will be terminating. Students seen individually, in groups, for check-ins, etc.)
- Review all students with your site supervisors to discuss next steps.
- Identify with your site supervisor which students you will refer to the **SFUSD Transition Program** (see site supervisor for more information.)
- Discuss termination with your students early on in the counseling process.
- When creating a termination timeline, pay attention to the developmental needs of the students with whom you are working.
- Establish clear goals with your students so that progress toward these goals can be recognized and completion of goals is apparent.
- Help students review the success they have had in counseling.
- Allow students to discuss feelings of loss surrounding termination and process your own feelings surrounding the process, as well.

Adapted from: Terminations and Transitions Presentation, SFUSD, March 2015

Resource Corner

Cohen, E. (2003). *Playing Hard at Life: A Relational Approach to Treating Multiply Traumatized Adolescents*. Hillsdale, NJ: The Analytic Press. Chapter 11 (Termination—traumatic for whom?) p. 193-209

Griffin, M. (2011) *Parting Ways: Anticipating and Avoiding Problems Which Commonly Occur During Termination*, The Therapist.

Meeks, J. (1986). *The Fragile Alliance*. Malabar, FL: Kreiger Publishing. Chapter 20 (Termination of psychotherapy with the adolescent), p. 265-286

See the APA, CAMFT, and NASW's Code of Ethics regarding Termination for additional information

Intern Spotlight



Jazelle Washington, SIT Intern at SF Community, is in the intern spotlight this month. In her own words, Jazelle tells us about her background growing up in San Francisco and what inspired her to pursue a career working in the mental health field:

"As a child, my family moved to San Francisco and I fell in love with the diversity and richness the city has to offer. Growing up in the city gave me an appreciation of its treasures, but also highlighted the harsh realities that some have to face living within an urban setting. When I graduated from undergrad I was unsure of what I wanted to do, but I knew that I wanted to help others. I stumbled across mental health and after 7 years, I can truly say I enjoy working with children and families. When I decided to pursue my masters, I wanted to intern in a school setting since much of my previ-

ous experience had been in community mental health and at juvenile probation. I thought of SFUSD since I had heard good things about the programs that they offer interns. Through this experience I hope to use the skills and knowledge gained to further reach out to and support the urban community in San Francisco. After graduation I plan to work with trauma exposed youth, and be a part of creating and implementing programs to assist youth in transitioning successfully to adulthood. One of my favorite quotes by Frederick Douglass states that "it is easier to build strong children than repair broken men," and I feel this embodies the spirit of what I want to take with me as I continue to be an ally and an advocate for underserved youth and families."

We wish Jazelle all the best in her future endeavors.



April is Gay Pride/Respect Month. See your site supervisor and www.healthiersf.org for information and resources.