

Practicum Student Summary of Expectations at South Calgary Primary Care Network

Introduction to the Organization

South Calgary Primary Care Network (SCPCN) is a non-profit healthcare organization funded by the Alberta Medical Association, Alberta Health Services and Alberta Health. There is a Board of Directors which governs and directs the organization. The Board is made up of three member physicians in south Calgary, three AHS representatives and three community members. SCPCN works closely with the 250+ member physicians to enhance primary care access, increase patient continuity and provide exceptional care to patients through specific programs and services. SCPCN offers both centralized programs and services as well as co-located team members working directly in our member clinics. SCPCN employs Registered Nurses, Social Workers, Therapists, Dietitians, Medical Office Assistants, Licensed Practical Nurses, IT specialists, Evaluation specialists, Pharmacists, Kinesiologists, as well as highly qualified leadership team. Our mission is "*to build healthier communities in south Calgary through the evolution and transformation of primary care in collaboration with our wellness partners.*"

Time 2 Talk

The Mental Health Team at South Calgary Primary Care Network is comprised of a team of therapists providing short term, solution-focused, strength based individual therapy along with facilitating a variety of psychoeducational and therapeutic groups. The Team also has a Social Worker and Triage Navigator providing resources, advocacy, referrals, and support to patients.

The student will have a **caseload** of clients. This is a generalist practice with clients experiencing mild to moderate mental health concerns ranging from age 4 to 84. The student will work collaboratively with clients in a short-term therapeutic relationship (approx. 6 sessions). Students are not expected to have on their panel:

- patients under the age of 10 years
- with long term, severe trauma
- eating disorders
- active addictions
- diagnosed with severe psychiatric disorders

They will document each session on an electronic medical record. Monthly group supervision will be provided along with weekly, individual clinical supervision. Practicum students are encouraged to attend monthly team meetings to expand their understanding of operations within the team environment.

Psycho-educational Workshops

The student will have an opportunity to be trained and then will be expected to co-facilitate one of the following **psycho-educational groups**. The groups may be:

Anxiety To Calm: an eight-week group focused on people learning more about anxiety, developing skills in class which are practiced at home to manage/reduce anxiety and experience more calmness.

Connecting to my values and moving through challenging times: This one-night workshop uses Acceptance and Commitment Therapy (ACT) and will help participants to connect with their values and implement a plan. Participants will learn skills, identify what's important to them and what gets in their way and leave with techniques to implement a plan for how they can move towards what is important for them.

Journey Through Grief: an eight-week workshop to develop the tools to understand your grief, coping skills while exploring your grief needs and deepen your emotional healing.

Characteristics of a Successful Applicant:

Growth Mindset

Enjoys a combination of group and individual work

Flexible

Experience providing counseling preferred

Knowledge and understanding of anxiety/depression preferred

Ability to work in a fast-paced environment

Collaborative, enjoys a team approach

Proficient with computers and technology, including but not limited to Electronic Medical Records (EMR TELUS CHR), SharePoint, Microsoft Suite, Zoom and resource and reference search database.

Practicum Placement Hours: Expectation of 400 hours as required by their university which may or may not include group training (30 hours) and orientation (70 hours that includes shadowing or observing clients) so the hours that a student may need to provide can be up to 500 hours.

Working Conditions:

- Normal clinic environment with a moderate degree of exposure to aspects of the work environment.
 - Some evening work required.
 - Prolonged standing may be required.
-

--	--	--

Student:

Name

Signature

Date

--	--	--

Name

Signature

Date