



Job Title:	Wellness & Recovery Services Intern	Job Category:	Graduate Intern
Department/Group:	Psychiatric Rehabilitation Center	Supervision:	Ali Theis
Location:	Boston University	Travel Required:	N/A

Job Description

INTERN ROLE

The Wellness & Recovery Services Division at the Center for Psychiatric Rehabilitation at Boston University, cpr.bu.edu/wellness-and-recovery-services/ is an inspiring, educational environment for both the students who participate in the programs as well as the graduate interns who support student learning.

In this one-year placement, graduate interns will gain hands-on, practical experience teaching, coaching, facilitating and training in the field of psychiatric rehabilitation in the two overarching programs that comprise the Wellness and Recovery Programs: The College Mental Health Education Programs (CMHEP) and the Recovery Education Programs (REP). CMHEP is educational programming for young adult, college students living with mental health challenges enrolled to make progress toward their academic, social, and wellness goals, often involving returning to college following a leave of absence. REP is an adult education program that offers participants the opportunity to choose a range of wellness courses that support their recovery and choose, get, and keep meaningful roles of their choice.

Graduate interns are responsible for engaging students affirmatively and skillfully across social, cultural, and philosophical differences through teaching, coaching, advising, and advocating. The graduate intern will have the opportunity to coordinate and develop relationships with academic, health, and community resources to build a repository of student supports as well as connections with future potential collaborators. The graduate intern is expected to engage with co-curricular events within the Center and across the University as well as assist in the development of innovative curriculum and programming. We seek candidates with diversity of experience and perspectives.

MAIN RESPONSIBILITIES:

- 1) Coaching students individually:
 - a. Coaching is a solution-focused, hands-on, and collaborative approach to working one on one with young adults to help them thrive in all areas of their well-being. Using a student-centered approach coaching promotes student-driven leadership over their goals as it relates to academics, work, social connections, and their physical, emotional, and environmental wellness. In the coaching process, student and coach are partnering to identify and make progress toward their goals by building skills and supports to help the individual assume or resume their role of choice.
- 2) Co-Facilitator in CMHEP & REP Classes
 - a. Interns are assigned to be a co-facilitator in classes during the first semester there is room for growth in this role as decided by the intern, supervisor and lead instructor. The co-facilitator role is often less concrete and therefore can be more challenging, it entails keeping students on task as needed, engaging them in the class activity, redirecting them through empathy and other UDL teaching pedagogies. Provide one-on-one support and instruction around program-related assignments. Orient students who come in late to tasks and miss material. Responding



to students who seems to be in distress or distracted in the classroom. Your role also includes knowing what the lesson is for the day and assisting with leading icebreakers, activities, taking attendance, setting up room, providing feedback on class curricula, observing, etc.

- 3) Attend CMHEP Staff Meetings and the All-Service Staff Meeting
 - a. These staff meetings provide a framework for the work, values and roles we assume here at the center and additionally provide trainings and collaborative learning experiences for the Interns.

QUALIFICATIONS AND EDUCATION REQUIREMENTS

Graduate students in the field of Mental Health Counseling, Social Work, Special Education, Public Health, etc.

PREFERRED SKILLS

Working Style: Ability to work well in teams and individually, self-directed, curious learner, ability to receive and give implement constructive feedback and then implement said feedback or strategize on how to.

Flexibility: this role is fast paced and often requires the intern to be adaptable to in the moment changes

Innovative: These programs are constantly evolving and growing, we ask the interns to learn about what is currently being done and then share in the development and growth of these ideas

Communication: We here at the center have an open-door policy to our students and staff, this often means non-structured pop in meetings with students, staff and other interns is also a part of the daily work.

ADDITIONAL NOTES

As a higher-ed placement we have semester-based programming, every September we transition, from our less intensive summer programming to our standard fast-paced fully immersed programming. As such we ask that intern join us during our summer programming in order to familiarize themselves with the center and our values.