



2008-2009 Training Programs

Youth and Family Enrichment Services (YFES) is a private, non-profit, multi-disciplinary agency that is dedicated to enriching the lives of individuals and families by transforming challenges into opportunities. Our core values are reflected in our commitment to building skills and enhancing strengths by collaborating with youth, adults and the family unit as a whole to effect positive change. We do this by providing a comprehensive array of free or low-cost bilingual social services to residents of San Mateo County. YFES is also committed to an asset-based approach to youth development. Many of our strongest youth programs are structured on the model of helping youth develop assets that will make them well-adjusted, active participants in their communities.

YFES is the product of the 2003 of two of San Mateo County's most well-regarded non-profit agencies, Family and Community Enrichment Services, Inc. (FACES, established 1970) and Youth and Family Assistance (YFA, established 1976). In response to the downturn in the national economy and the subsequent reduction in public and private philanthropic dollars, the Boards of both agencies decided that it was prudent to join forces and ensure the continuing provision of high-quality services to the San Mateo County community. YFES draws on the rich historical legacy of service that each agency bears and is fully committed to continuing that legacy in the future.

While the family is our primary focus, our diverse programming provides services for children, adolescents, and adults through support services and individual, couples, group and family counseling. Some of the programs we offer include: school-based services, youth diversion services, residential services, women and adolescent girls dual diagnosis day treatment services, and our counseling clinic. YFES has contracts and collaborative relationships with San Mateo County Mental Health, Juvenile Justice, police departments, school districts, and other agencies within the area. Our main office is conveniently located on the San Francisco Peninsula off of Highway 101 in San Carlos. We also have a number of ancillary sites throughout San Mateo County including Redwood City, San Mateo, and Daly City.

Youth and Family Enrichment Services

The Training Program

YFES will offer over twenty traineeships for a twelve month, 20 hour per week training year beginning September 2008 through August 2009. Trainees will be selected from clinical psychology, marriage and family therapy, and social work programs. Post-graduate marriage and family interns and associate clinical social workers who are registered with the Board of Behavioral Sciences (BBS) will also be considered. The training positions are unpaid.

The YFES training program offers three Primary Training Tracks to focus and ground the trainee's experience. Though the assigned Track will operate as the trainee's primary focus for the year, the diversity of YFES opportunities allows trainees the ability to gain experience outside their Track. Trainees will be assigned to Tracks based on a number of factors including the training interests of the trainee, the experience of the trainee and the needs of the agency. We offer a diverse range of therapeutic interventions and provide excellent training and supervision in each track.

Track 1: Co-Occurring Services

Track 1 training focuses on building competencies in working with people who have developed alcohol, drug and other addictions that co-occur with mental health disorders. The Track 1 trainee primary placement will be with the Archway, GIRLS, Insights or Women's Enrichment Center programs.

Track 2: Youth and Family Services

Track 2 training focuses on building competencies in working with youth and families in a variety of clinical and community based setting. The Track 2 trainee primary placement will be with the School-Based, Children's Place, Diversion, Early Childhood Mental Health or Family Enrichment Clinic programs.

Track 3: Child and Family Welfare Services

Track 3 training focuses on building competencies in working with families who are involved with, or at risk of being involved with, the child welfare system. The Track 3 trainee primary placement will be with the Differential Response or Child Abuse Treatment programs.

YFES' professional staff includes psychologists, social workers, marriage and family therapists, and highly trained paraprofessionals in the areas of child development and substance abuse issues. Supervision is provided primarily by licensed psychologists (Psy.D. or Ph.D. in Clinical, Counseling, or Educational Psychology), licensed clinical social workers (LCSW), and licensed marriage and family therapists (MFT). Weekly in-service training seminars are provided throughout the training year, with a requirement that trainees participate as a presenter for a single training.

The YFES training program begins Wednesday, September 3, 2008 and operates through August 31, 2009. All YFES trainees are required to be available Wednesday mornings for didactic training and group supervision. The traineeship involves a minimum commitment of 20 hours/week for a twelve-month period. Availability for three evenings a week may be required for certain programs. A typical work week for a trainee can be broken down in the following manner (the following are approximates):

- 5 hours are training/supervision hours which includes: one hour of individual supervision; two hours of group supervision; one hour of weekly didactic, in-service training seminars; and one hour of other meeting/supervision to include for example program specific meetings, involvement in Quality Assurance, and adjunct supervision by the on-site supervisor, as needed.
- 10 hours providing face-to-face direct clinical service contact, providing individual, couples, family, and/or group psychotherapy.
- 5 hours for activities related to clinical work such as paperwork, case management, collateral contacts, consultations, presentations, etc.

We are also pleased to be able to offer our LIVE one-way mirror therapy supervision/training seminar experience. Our facility has a state of the art training that includes observations of trainees behind a one-way mirror and includes an earpiece for the trainee to receive in-the-moment supervision, with subsequent process groups. The formal LIVE supervision/training has limited space and therefore only the advanced trainees will be able to participate. The facility may be used for additional training with permission and assistance of the supervisor.

Trainees will be given approximately four weeks of scheduled time off. Some trainees may be expected to take their scheduled time off during the San Mateo County School District Calendar including usually the last two weeks in December, spring break usually in April, and one week during the summer. Some accommodations in the length of the traineeship may be made for practicum students who are beginning their predoctoral psychology internship.

Prerequisites

Trainees must either be enrolled in good standing in an accredited mental health graduate program and seeking training/practicum hours OR be graduates of a Masters graduate program and seeking hours toward licensure. Experience conducting family, individual, and/or group psychotherapy with children and/or adolescents is preferred. Course work in substance abuse, child/adult development, psychopathology and family therapy is preferred. If a trainee is a graduate, they must be registered with the California Board of Behavioral Sciences (BBS) in order to obtain hours and to secure a traineeship.

Multicultural and bilingual applicants are strongly encouraged to apply, as San Mateo County is an area of ethnic and cultural diversity, and YFES' goal is to maintain a staff that is culturally diverse, culturally competent, and representative of the populations served.

APPLICATION PROCEDURES

Applicants should be enrolled in good standing in an accredited graduate program. Applicants with graduate degrees seeking post-graduate training/supervision towards licensure are welcome and must be registered with the California Board of Behavioral Sciences.

To apply for YFES' Training Program, please submit:

- 1) **YFES Agency Application**
- 2) **Cover Letter**- Indicating your interest in a traineeship with the agency, and how your experience/interests match with the programs in the agency.
- 3) **Curriculum Vitae**
- 4) **Three Letters of Recommendation**- Arrange for three letters of recommendation to be completed by three persons who have knowledge of the applicant's clinical work.
- 5) **Blank Self-Addressed, Stamped Postcard (Optional)** - Due to the number of anticipated applicants, we are unable to accept telephone calls to acknowledge receipt of applications. If you want YFES to acknowledge receipt of an application, please include a blank self-addressed, stamped postcard with your application packet.

Final deadline Monday, March 3, 2008 (applications will be reviewed as they arrive and slots may be filled prior to the deadline)

Mail the completed application materials to:

Training Director
Youth and Family Enrichment Services
610 Elm Street, Suite 212
San Carlos, California 94070

Applications may be reviewed and processed as they are received, and offers may be made prior to the deadline. Applications received after March 3, 2008 may not be considered for a training program placement. Once applications are received, the interviewing process will involve group interviews to learn more about the applicants and for the applicants to learn more about the agency. Finalists will be invited back for individual interviews with offers being made before April 2008.

For further information regarding YFES' training program, please call the Training Director at 650-591-9623.