



Human Services Department/ Youth & Family Services

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**What our interns/trainees have to say about their experience at
City of Fremont
Youth and Family Services**

Listed below are comments made by interns over the past five years in response to different questions we ask them to respond to as they complete their internship with us. The years listed in parentheses tell you which internship year the responses came from. For more information about the program, email **Laurie Linscheid** at llinscheid@fremont.gov

Feedback about your individual supervision: (2014-2015)

- My supervisor was responsive, accessible, and supportive
- I felt like I could openly talk with my supervisor
- I felt that I was able to grow immensely through the support of my individual supervisor. I think it's important for each supervisor to have only a few interns in order to keep the balance manageable.
- My supervisor was always there to help and answer questions. Our 1 on 1's were always very helpful.
- Extremely positive, warm, and helpful!
- My supervisor was available, supportive, competent, and insightful. I could not have asked for a better supervisor.
- I loved my individual supervision hour with my supervisor. I found it so helpful and learned so much from her.
- It was great, challenged me both personally and clinically.
- Easy going and very helpful. I learned a lot.
- It was great. My supervisor challenged me to develop as a clinician and supported me during difficult experiences. She always brought interesting ideas and knowledge to our meetings. She let me figure things out on my own with clients, as opposed to giving me really specific directions, which I appreciated. It made me feel like she trusted me as a clinician and wanted me to develop my own style of doing things instead of just copying what others were doing.

What did you find most valuable about this placement? (2018-2019)

- Very supportive staff, always felt welcomed and appreciated
- Working and gaining knowledge from other experienced clinicians, support from fellow interns and staff, variety of ages for clients
- Very friendly and supportive staff. Knowledgeable supervision Open minded group members feel fit for the site.
- Understanding how the school system works with mental health and the limits to my abilities.
- The trainings on different topics, and getting to work with families at clinic.

- The connections I made with my clients.
- Being exposed to varying clinical issues.
- Learning about paperwork and expanding our knowledge
- I think the most valuable part was the support we received. There was so much structure and very open communication which is so crucial. I think the staff and supervisors do an amazing job of leading by example of not just clinical skills but overall professional skills needed in this field of work. I loved how helpful each and every staff member was, and also how funny everyone was! I never felt alone in this experience and the reminder emails/contacts really helped me to stay on track!

Did this internship meet your expectations? (2017-2018)

- Yes! I appreciated the structure, organization and support throughout this whole internship.
- Yes—I have gotten a taste of the MediCal process in a way that was still manageable with my school workload and life responsibilities. Though it's an ever changing process, it was nice to have the support and patience from the supervisors to egg me along. It was a great learning experience and I met amazing clinicians.
- I enjoyed my practicum with great and helpful supervisors in a well-organized program.

Feedback regarding your group supervision: (2016-2017)

- Group supervision felt very supportive. Appreciated the opportunity to discuss cases as well as ask questions about the paperwork aspect of the work. At times felt the check ins went really long but overall enjoyed group supervision
- Group supervision was helpful in hearing the experiences my cohort endured and what solutions discussed that can help.
- My supervisor was amazing. She created a group atmosphere of acceptance, which was infectious and spread throughout the group's members. Seriously, going to miss my group mates.
- Group supervision was helpful in consulting on our cases. Even though one person presented each week, my group supervisor made sure there was time to consult on any other cases and to answer questions that other group members may have. She provided us with great resources, such as handouts, and or books to help us educate our clients and families on their condition. She helped me be comfortable in our group environment which allowed me to be open and support my group members through our personal and or professional experiences.
- Helpful giving & listening to case presentations
- My supervisor was awesome and gave good insight and is very resourceful
- Loved that we were given the support and space to make it our own group, discusses current sociopolitical topics that impact our work as therapist. I had such a positive experience and looked forward to group every week.

Feedback regarding what you found most valuable about the internship: (2015-2016)

- Supervision, Group supervision and trainings.

- The collaborative work with all the staff
- Getting to work with families, children, and adolescents, and the number of referrals available!
- Supervision, experience at the school with clients.
- I found the trainings, group supervision, individual supervision, talks with other trainees/interns, and talks with other therapists so helpful. Overall everything was helpful.
- If I needed help or had a question I could go to anyone and no bias was found.
- The supervision and staff support was the best part of the internship.
- The experience I gained working with children and their families this year. I was able to gain a lot of BBS hours as well as strengthen my skills with Medi-cal and completing assessments and treatment plans. I also found the supervision very valuable this year as I did last year too.