

**CENTRAL STATE HOSPITAL  
MILLEDGEVILLE, GEORGIA**

**THERAPEUTIC RECREATION**

**INTERNSHIP PROGRAM**

## **GOALS AND OBJECTIVE FOR INTERNSHIP**

To provide an opportunity for interns to gain experience and insight into Recreation Therapy (Activity Therapy) and its role in the treatment of patients.

To be able to articulate a clearly defined philosophy of Recreation Therapy (Activity Therapy) and the role or function it plays in the treatment program.

To acquire a working knowledge of the interdisciplinary team approach.

To acquire leadership techniques and experience.

To gain experience in the practical application of theory.

To gain training and experience in the planning, leading and evaluation of programs.

To promote professional development through inservices, symposiums, conferences and articles.

To acquire some exposure to the administrative areas of financial management, communications, facility design and maintenance, policies and procedures, and personnel management.

## **GENERAL DUTIES AND EXPECTATIONS OF AN INTERN**

Attend rounds, treatment team meetings, clinical conferences, in-service training and staff meetings.

Be able to demonstrate an understanding of mental illness and/or developmental disabilities which includes being able to identify symptoms/impairments, including social, cognitive and affective, which correlates to the different diagnosis.

Be able to identify interventions which address illness/impairments.

Be able to complete an Activity Therapy assessment, writing appropriate goals, interventions, and outcomes for assigned clients.

Be able to provide input into the treatment planning process.

Be able to demonstrate the ability to plan appropriate activities.

Be able to demonstrate the ability to lead and motivate clients in a variety of Activity Therapy groups.

Be able to work with clients on a 1:1 basis.

Be able to document client progress in their chart, showing how they responded in relations to the objective listed on the treatment plan.

Complete at least one special project and/or special event as decided on jointly by the internship coordinator and the intern.

Be able to present a case study on assigned clients. Presenting:

- Assessment findings

- Objective (short and long term)

- Activities and the rational used to achieve the objectives

- Interventions/Facilitation techniques used

- Evaluations of specific results of the program following a specified period of time

- Modifications needed in the program

- Recommendations for future recreational involvement

## **CENTRAL STATE HOSPITAL – MILLEDGEVILLE, GEORGIA**

Central State Hospital, a middle Georgia mental health/mental retardation/substance abuse facility serving 23 counties in middle Georgia and has specialty programs serving citizens from the entire state of Georgia. The hospital is operated by the Division of Mental Health/Mental Retardation/Substance Abuse within the Department of Human Resources. CSH is one of eight MH/MR/SA facilities in the state.

Central State Hospital has adult psychiatric admissions units, adult treatment units, a children and adolescents unit, a forensic services unit, a skilled and intermediate care unit, developmentally disabled units. The average daily census is 790.

Central State Hospital offers an internship to therapeutic recreation students providing an opportunity to gain experience in working with adult psychiatric, children and adolescents, forensics, skilled and intermediate nursing care and/or developmental disabled clients. Students will have the opportunity to work with two or more client populations.

Students are offered “hands on” experience in leadership, programming, completing client assessments, writing individual treatment plans with appropriate interventions, writing progress notes, attending rounds, treatment team meetings, and client conferences.

The internship will be 40 hours a week for a minimum of 15 weeks, and as required by NCTRC. The first week will be spent in a required hospital orientation, followed by on site orientation. The internship is a learning experience during which the student develops skills, understanding of clients and their needs, and in general adds to their bases of knowledge. The internship should be flexible enough to accommodate student needs.

### **GENERAL INFORMATION**

**Liability Insurance** – Proof of liability insurance shall be provided by the student. Liability insurance can be purchased at a reasonable rate from Maginnis & Associates, Division of KVI, 332 S. Michigan Avenue, Chicago, Illinois 60604 800-621-3005.

**Housing** – Housing is the responsibility of the student, but may be available in the staff dorm, on the hospital grounds for little or no fee.

**Meals** – There are several restaurants, and fast food establishments located within a short distance from the hospital. If housing can be arranged, there is a centralized kitchen area that can be use to prepare food.

**Dress** – Dress is casual, but professional. Employees are expected to be clean and neat in appearance, and abide by the hospital dress code policy (C-1201).

## **SUPERVISION AND EVALUATION**

The intern will meet weekly with the internship coordinator or their designee. The intern should receive daily supervision and input from the assigned unit supervisor. The coordinator or designee is available at all times to answer questions, discuss problems, progress, assignments and responsibilities.

The interns will gradually be given more and more responsibility. They will move on to more self-sufficiency, as the intern and supervisor feel comfortable with them advancing to greater independence.

Each intern receives at least two formal evaluations, one at the midterm and a final one at the completion of the internship. Informal evaluations will be done weekly or on an as need basis.

Upon completion of the internship, interns will be asked to evaluate their internship with us. These evaluations are for the purpose of helping us improve our service to the clients, as well as to future interns. Evaluations will be given to the internship coordinator at the end of the internship. They will be held in strict confidence and in no way effect the intern's evaluation or grade.

For further information on an internship at the hospital, please contact:

Therapeutic Recreation Internship Program Supervisor  
Activity Therapy Department  
Powell Building 113 E  
Central State Hospital  
Milledgeville, Georgia 31062

**CENTRAL STATE HOSPITAL - MILLEDGEVILLE, GEORGIA**  
**INTERNSHIP APPLICATION**

Name: \_\_\_\_\_ School Phone (    ) \_\_\_\_\_

School Address: \_\_\_\_\_ Work Phone (    ) \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Social Security Number \_\_\_\_-\_\_\_\_-\_\_\_\_

Date of Internship: \_\_\_\_/\_\_\_\_/\_\_\_\_ [Begins]                      \_\_\_\_/\_\_\_\_/\_\_\_\_ [Ends]

Home Address (if different): \_\_\_\_\_ Home Phone (    ) \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ Phone (    ) \_\_\_\_\_

SCHOOL NAME/ADDRESS: \_\_\_\_\_

Name of Advisor: \_\_\_\_\_ Phone (    ) \_\_\_\_\_

Address: \_\_\_\_\_

BRIEFLY EXPLAIN WHY YOU CHOSE THIS FIELD:

WHAT STRENGTHS DO YOU BRING TO YOUR INTERNSHIP?

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