JR. INTERNSHIP
BY: AERIAL L. ADAMS

St. Anthony’s Hospital
Behavioral Health Unit
ACCENTs
ACCENTs

- A unique program designed for youth who are facing the dual challenge of living with developmental disabilities accompanied by mental or behavioral problems.
- The program evaluates and treats males and females ages 10 – 17.
- All are diagnosed with mental illness along with an IQ between 45 – 70.
- Focus is placed on self-care, management of behavior, community living skills, functional academics, leisure time enjoyment, rehabilitative learning activities and individual, family, and group therapy.
- This is a full residency unit with 6 months to 1 year minimum admission.
"On my first day at ACCENTs I thought that the residents were excited about having someone new on their unit. I also got to witness two of residents in crisis, which was alarming, but also enlightening at the same time."

"I was greeted and made welcome by many of the residents rather quickly."

- Aerial L. Adams
**TYPES OF THERAPY OFFERED**

- **Group Therapy**
  - 3 Types Offered:
    - *Expressive* – Focus on emotions felt in different situations.
    - *Rehab* – Focus is to educate residents about a certain skill set.
    - *Discharge Planning* – Focus is to prepare residents for life after ACCENTs.

- **Individual Therapy**
  - The focus of this treatment is the patient and meeting his or her needs during admission.

- **Family Therapy**
  - The focus is on incorporating the resident’s family into treatment and addressing any issues within the family.

- **Most Used Form by RT:**
  - *Group Therapy (Expressive, Rehab, Discharge Planning)*
Learned:
- That you can always try a new technique or style to approach groups.
- Your energy sets the tone for the group, **ALWAYS**.

Loved:
- Working with different age groups everyday.
  (ACCENTs splits the unit into three different age groups)

Wish I would have known:
- You can differ from the normal style of group whether it be activates in group, setting, structure, or materials used.
FOR OTHERS INTERESTED IN INTERNING ON ACCENTs

- **Ask about:**
  - Hours you will be working
  - Temperament of population
  - Techniques and styles used
  - Being able to visit other units
ADVICE FOR JR. INTERNS

- Visit others populations that are different from yours.
- Observe other RT’s styles of conducting group.
- Be confident in your skills learned from school.
- Be grateful at all times.
- Remember there is an opportunity in every situation, but it is up to you to make the best of it!
“To my Cite Supervisor, TAS staff, MHT staff, and residents..... Thank you! Thank you! Thank you! A million times thank you! I cannot even put into words how thankful I am to have met you all. You have taught me so much and we have made so many memories. This is an experience I’ll never forget.”

-Miss Aerial