

# 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.

# FIRST IMPRESSION

- “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, LOVED, WISH I WOULD HAVE KNOWN.....

## ■ 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!*

# THANK YOU ACCENTS

- “To my Cite Supervisor, TAS staff, MHT staff, and residents..... Thank you! Thank you! Thank you! A million times thank you! I can not 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*