

## **Recreation Therapy Internship**

The baccalaureate internship at Northpoint School, a service delivery network of the Child and Family Guidance Center, provides in-depth training in Recreation Therapy, approved by the California Board of Recreation and Park Certification and the National Council for Therapeutic Recreation Certification.

### **Northpoint School**

A non-public school setting that provides a combined, highly intensive, clinical and educational program for 72 students, ages six to eighteen. These students have been diagnosed with severe emotional and behavioral problems whose needs cannot be met in public school. The school is open for eleven months and the students attend from 8:00 a.m. to 3:00 p.m., 5 days a week. The students are provided with a structured environment involving classroom instruction and therapeutic activities utilizing positive reinforcement. The objective is a supportive approach to promote social, emotional and academic growth and behavioral change. The services provided by a multi-disciplinary team uses a multi-modality approach of academics, individual, group and family psychotherapy, speech and language therapy, recreation therapy and art therapy.

### **Recreation Therapy Internship**

The program trains potential recreation therapists in a baccalaureate level of practice to complete degree requirements and be eligible to sit for both California's and the National certification exams. The program is approved by the California Board of Recreation and Parks Certification as a training facility. The supervising recreation therapist is recognized by National Council of Therapeutic Recreation Certification to train interns from accredited university/college programs.

The internship is 600 hours in duration meeting eligibility requirements to sit for the Recreation Therapy Certification exam for the state of California. Applicants from outside California will be expected to perform the 600 hours/15 weeks. The hours beyond the 480 hours required by NCTRC will enable the applicant to enhance his/her abilities in a more diverse application of knowledge as a future practitioner. The hours are from 8:00 a.m. to 4:00 p.m., Monday through Friday. The calendar year follows a public school schedule September - August. There are days the school is closed for holidays, but each semester allows the student to work 480 hours before extended breaks. After 480 hours the program was given exemption by CBRPC of its 600 hours being consecutively, allowing for winter break, spring break and summer break. Examples of internships offered per year.

September - January

January - April

May - September

The application process begins at least one semester before internship for local applicants and at least two semesters for applicants that would require housing. There are stipends offered at this time.

### **Internship Requirements**

I. One Case Study

Social history

Physical assessment (name, D.O.B., age, height, weight, grade in school, etc.)

Diagnosis

Special precautions

Medication and possible side effects

Physical limitations

II. Pick two groups and lead a different R.T. activity or project to each group. Include a written report on:

Program plan

Title and description of activity or project

Number and age of participants

Equipment and supplies needed

Rationale (why activity/project was chosen)

Goals and objectives of the session

Assessment and Evaluation

Problems encountered and how they were solved

Strengths and weaknesses

Discuss any changes or modifications for future use of this project.

III. Plan and lead two physical activities with two age different groups. Included a written report on:

Program plan

Title and description of activity

Number and ages of participants

Equipment and supplies needed

Rationale (why activity was chosen)

Goals and objectives of the session

Assessment and Evaluation

Problems encountered and how they were solved

Strengths and weaknesses

Discuss any changes or modifications for future use of this activity

IV. Develop and write a set of realistic goals and objectives of what you personally desire to accomplish during your internship (prior to start of internship).

V. Assignment to work individually with one or two clients to develop fine/gross motor skills, social skills, and/or leisure awareness. This will include involvement in planning, written treatment plan (including goals and objectives), and written progress notes entered into the charts.

VI. Select two special activities or projects from the following:

Plan and implement a recreation program for one of the Satellite Homes for one afternoon per week.

Plan and implement a new activity group. Include goals and objectives.

Organize and lead an all-school event (e.g., Olympics Day, holiday party and events)

Design and implement a special project of your own choosing, with the approval of the Recreation Therapist.

\*\* Each of these special projects must include an evaluation after each activity or project is implemented.

VII. Develop a budget for one chosen special event from VI. Include:

List of supplies and equipment (include quantity of each item)

Cost of each item and total cost of activity

List sources of price/cost information

VIII. Instruction will be provided regarding giving motor skill tests, evaluating performance and test scores, and setting up prescribed individual recreation therapy. Prior to the end of your internship, you will be responsible for conducting at least three motor skills tests, evaluating results, and setting up individual recreation therapy program.

IX. Assist on-going recreation therapy groups.

X. Write up two treatment plans for clients seen during individual recreation therapy sessions.

XI. Meet with Recreation Therapist (your agency supervisor) once a week for consultation.

XII. Attend staff and teacher's meetings.

XIII. Participate in both a mid-term and a final evaluation with your agency supervisor.

### Intern/Volunteer Program

Weeks 1-2:

Observation.

Learn about clients (histories, diagnosis, medications, behavioral difficulties, social skills, etc).

Develop independent interactions with clients during groups.

Meet with other disciplines and teams for co-leading groups.

Begin programming ideas for R.T. groups and special events.

Meet with supervisors on a weekly basis.

Weeks 3-4:

Begin leading selected R.T. groups on a weekly basis.

Documentation on groups including activity assessments.

Co-lead in multi-modality group therapies.

Assist in other Recreation Therapy groups.

Begin programming for Physical Activity groups.

Continue previous week's objectives.

Weeks 5-6:

Begin leading Physical Activity groups.  
Continue leading R.T. groups.  
Evaluate, document and assess.  
Establish special programming date (can be done earlier).  
Begin individual sessions with clients.  
Continue previous weeks' objectives.

Weeks 7-13:

Continue previous weeks's objectives.  
Conduct or implement special programming.  
Mid-term evaluation @300 hours.

Weeks 14-15:

Continue previous week's objectives.  
Begin leaving procedure (week 14)  
Final evaluation 600 hrs.

### Application Process

Please mail or fax the following information to :

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Northpoint School  
9650 Zelzah Ave.  
Northridge, CA 91325

Phone: (818) 739-5323  
Fax: (818) 993-8206

- Cover letter as to why you are interested in our training program.
- Resume listing all practicum sites, hours, supervisors.
- Three Letters of Reference (from professors and practicum supervisors).