



**UNIVERSITY OF CALIFORNIA, DAVIS
SCHOOL OF MEDICINE
Department of Psychiatry and
Behavioral Sciences**

**CLINICAL CHILD AND ADOLESCENT PSYCHOLOGY (CCAP)
DOCTORAL INTERNSHIP TRAINING PROGRAM BROCHURE**



UC Davis Medical Center, Dept. of Psychiatry and Behavioral Sciences



Sacramento County Child and Adolescent Psychiatric Services

TABLE OF CONTENTS

Program Description and Administration	3
Program Values	4
Location	5
Diversity and Inclusion Statement	6
CAPS Clinic Staff and Population	6
Pediatric Clinic Staff and Population	7
Competencies and Learning Elements	7
Training Activities and Expectations	8
Supervision	10
Didactic Seminars and Case Conferences	11
Appointment, Stipend, and Benefits	12
Eligibility and Application Procedures	13
Selection Procedures	14
Accreditation Status	14
Training Program Contact Information	15

PROGRAM DESCRIPTION AND ADMINISTRATION

The UC Davis Medical Center, located in Sacramento, California, is an integrated, academic health system that is consistently ranked among the nation's top medical schools. Within the UC Davis School of Medicine, the Department of Psychiatry and Behavioral Sciences has strong collaborative relationships with Sacramento County's Department of Health Services and UC Davis Health. Our doctoral internship program in clinical child and adolescent psychology offers interns the best of both worlds: training from a strong academic approach that emphasizes evidence-based treatment in community mental health and integrated behavioral health outpatient settings. Alongside UC Davis clinical faculty, postdoctoral psychology fellows, as well as psychiatry residents and fellows, our clinical child psychology interns will receive their training and provide direct psychological services at the **Sacramento County Child and Adolescent Psychiatric Services (CAPS) Clinic**, which serves diverse Sacramento County Medi-Cal/EPSDT child and family recipients. In addition, interns complete a secondary rotation at a **UC Davis Health Pediatric Clinic**, providing pediatric integrated behavioral health care.



UC Davis Clinical Faculty

Interim Training Director (TD)

Tanya Holland, Psy.D.

Associate Training Director (ATD)

Olivia Briceño-Contreras, Psy.D.

Additional Supervising Psychologists and Psychiatrists

Meera Ullal, Psy.D.

Melissa Hopkins, M.D.

Richelle Long, Ph.D.

PROGRAM VALUES



1. **Lead Person-Centered Care** in the best way, at the best time, in the best place, and with the best team
2. **Reimagine Education** by cultivating diverse, transdisciplinary, life-long learners who will lead transformation in health care to advance well-being and equity for all
3. **Accelerate Innovative Research** to improve lives and reduce the burden of disease through the discovery, implementation and dissemination of new knowledge
4. **Improve Population Health** through the use of big data and precision health
5. **Transform Our Culture** by engaging everyone with compassion and inclusion, by inspiring innovative ideas, and by empowering each other
6. **Promote Sustainability** through shared goals, balanced priorities and investments in our workforce and in our community



SACRAMENTO
COUNTY

Department of Health Services

Our Mission

To provide a culturally competent system of care that promotes holistic recovery, optimum health, and resiliency

Our Vision

We envision a community where persons from diverse backgrounds across the life continuum have the opportunity to experience optimum wellness

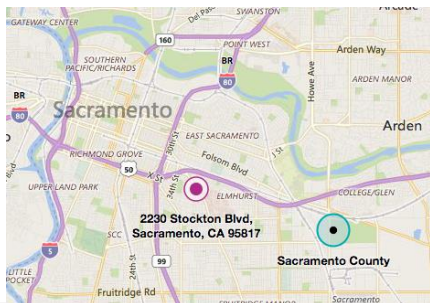
Our Values

Respect, Compassion, Integrity • Client and/or Family Driven • Equal Access for Diverse Populations • Culturally Competent, Adaptive, Responsive and Meaningful • Prevention and Early Intervention • Full Community Integration and Collaboration • Coordinated Near Home and in Natural Settings • Strength-Based Integrated and Evidence-Based Practices • Innovative and Outcome-Driven Practices and Systems • Wellness, Recovery, and Resilience Focus

LOCATION

The UC Davis Department of Psychiatry and Behavioral Sciences is located in Sacramento, California, approximately 20 miles east of the main UC Davis campus, in Davis, California.

The CAPS Clinic is located at the Granite Regional Park (GRP), which is less than 5 miles away from the UC Davis Medical Center campus. The GRP provides a fishing pond, nearby walking paths, outdoor benches, soccer fields, and a newly constructed skate park. The CAPS Clinic is also located near a light rail station that provides frequent shuttle services. Business hours are from 8:00am – 5:00pm, therefore interns are not expected to work outside business hours, unless other arrangements have been made with the intern’s supervisors.



UC Davis Health Family Medicine, Internal Medicine, and Pediatrics has a main campus in Midtown Sacramento and a satellite campus in Citrus Heights. Trainees’ offices are located at the UC Davis Health Citrus Heights Clinic at 7551 Madison Ave.



DIVERSITY AND INCLUSION STATEMENT

As a training program, the UC Davis Health Clinical Child and Adolescent Psychology (CCAP) Doctoral Internship stands for diversity, inclusion, equity, and justice. We are committed to creating a welcoming training and teaching environment that respects individual differences while supporting the attainment of nationally recognized competencies for becoming a health service psychologist. To this end, we commit to: recognizing and addressing unconscious bias within our training organization, making efforts to recruit and retain diverse trainees and faculty from historically

underrepresented groups in the field, engaging our team to create a more just and inclusive environment, developing the space for all team members to gather, share, and learn from one another, and to increase our awareness of inequality, power and privilege, discrimination, and various forms of oppression across clinical, professional, and personal settings to better engage in respectful and inclusive practices.

CAPS CLINIC STAFF AND POPULATION

The CAPS Clinic is staffed by county clinicians, administration and psychiatric nurses, UC Davis faculty psychologists and board-certified child psychiatrists, as well as psychology and psychiatry trainees. It is the primary training site for our doctoral psychology interns, as well as UC Davis' postdoctoral psychology and psychiatry fellows. At our training site, there is a strong collaborative atmosphere and emphasis on interdisciplinary teamwork.

The CAPS Clinic is a county-operated outpatient community mental health clinic for roughly 200+ infants, children, adolescents, and transitional-aged youth (ages 0 to 21-years-old), who receive therapy, psychological testing, and/or medication management services. The CAPS Clinic solely serves children and adolescents who have mental health coverage through California's state-funded health care program, Medi-Cal/EPSDT. These clients present with a wide range of complex diagnostic concerns. Most of our clients and their families struggle with multiple environmental stressors including low income, unemployment, poor social support, and/or family history of mental health or alcohol/substance abuse problems. Oftentimes, our clients and their family members have also experienced complex developmental trauma, maltreatment, exposure to other adverse childhood experiences, and may be involved with Child Protective Services (CPS). Clients may also be involved with the juvenile justice system. In addition, many of our clients experience difficulties in the learning environment and are provided special education services (i.e., 504 Behavior Plan or IEP). Clients represent diverse backgrounds and identities.

PEDIATRIC CLINIC STAFF AND POPULATION

A range of specialized medical and mental health professionals staff the UC Davis Health Family Medicine, Internal Medicine, and Pediatric Clinic. It is the secondary training site for our doctoral psychology interns. Medical students and psychiatry residents in psychiatry also complete rotations at the Midtown Pediatric Clinic. Doctoral interns will be responsible for providing brief, targeted evidence-based interventions, primarily utilizing cognitive behavior therapy, to a child and adolescent population screened by their pediatricians to have moderate symptoms of depression and/or anxiety. Following a population health model, clients seen at the Pediatric Clinic benefit from early intervention approaches to reduce the development of severe and persistent mental health symptoms. Clients come from diverse backgrounds and identities that are representative of the

Sacramento community. Eligible clients are ages 8 to 17. While most clients have insurance, this clinic can also serve individuals with Medi-Cal/EPSDT.

COMPETENCIES AND LEARNING ELEMENTS

The primary goal of the one-year UC Davis Clinical Child and Adolescent Psychology (CCAP) Doctoral Internship Training Program is to promote professional growth and development and prepare interns for independent practice as health service psychologists with specialized experience with diverse and/or underserved child and family populations. We firmly believe that it is our responsibility to train interns and fellows who will exercise strong clinical judgment and contribute both to the welfare of society and to the profession. Our clinical child training program is committed to the lifelong learning process and aims to create an environment that supports trainees to develop across different competency areas by recognizing their strengths, unique identities, and areas for growth. The program subscribes to a practitioner-scholar model, which emphasizes knowledge of current research to guide assessment and intervention with diverse, underserved, and oftentimes historically oppressed communities. The clinical psychology training program is a challenging and dynamic internship program that provides advanced training in the areas of direct evidence-based, developmentally appropriate, and culturally sensitive clinical service, professional development, ethical decision-making, and scholarly inquiry. We support interns in reflecting on their self-care practices in order to increase their longevity and effective engagement in the field. Successful interns are actively open to the learning process, responsible, adaptable, flexible, culturally curious, and collaborative.

Training and practical application of the program's stated profession-wide competencies spans from the orientation period and continues throughout the year within the yearlong seminars; weekly individual and group supervision, case conferencing, live supervision, and daily clinical experiences obtained in the program's integrated primary care setting. The training program is structured so that it is sequential, cumulative and increases in complexity and breadth over time.

Over the course of the one-year UC Davis CCAP Doctoral Internship Program, interns will receive training and supervised experience in therapeutic interventions (e.g., individual, family, and group therapy), psychological testing (e.g., comprehensive psychological evaluations, intake assessments, and brief psychological screening), and consultation (e.g., to internal providers and to medical teams).

It is expected that the interns will develop competencies in a range of areas outlined by the Association of State and Provincial Psychology Boards (ASPPB), the Association of Psychology Postdoctoral and Internship Centers (APPIC), the American Psychological Association (APA), the Commission on Accreditation (CoA), and the APA Standards of Accreditation (SoA) for Health Service Psychology (HSP). These competencies include:

- 1) **Intervention**
- 2) **Assessment**
- 3) **Ethical and Legal Standards**
- 4) **Individual and Cultural Diversity**
- 5) **Research**
- 6) **Professional Values and Attitudes**
- 7) **Consultation and Interdisciplinary/Interprofessional Skills**
- 8) **Supervision**
- 9) **Communication and Interpersonal Skills**
- 10) **Self-Care**

TRAINING ACTIVITIES AND EXPECTATIONS

Doctoral interns at the Sacramento County CAPS Clinic and the UC Davis Pediatric Clinic provide several important services to our clients. Following a developmentally appropriate, culturally sensitive, and trauma-informed systems approach to client care, interns develop competencies throughout the training year in order to coordinate and collaborate with several professionals involved in the client's care, including those working in the mental health, medical, academic, and legal domains. Interns will have the opportunity to provide short-term individual therapy at the Pediatric Clinic and longer-term individual and family therapy at the CAPS Clinic. Interns also complete intake services at both clinics and help determine eligibility for services at the Pediatric Clinic. In addition, interns conduct extensive psychological assessments at the CAPS Clinic. During the course of their training year, interns also participate on and may have the chance to co-facilitate the Comprehensive Multidisciplinary Assessment Team (CMAT) that is led by our faculty psychologists and post-doctoral fellows at the CAPS Clinic. Interns also have the opportunity to observe and co-facilitate therapy groups. Lastly, interns will have opportunities to provide consultation and/or brief psychological screening within the CAPS Clinic and with outside providers.

Average 40-44 hours per week for about 50 weeks (2000 internship hours total)

1. **Primary Rotation:** CAPS Clinic- Community Mental Health (24 hours/3 days)
2. **Secondary Rotation:** Pediatric Clinic- Integrated Behavioral Health (16 hours/2 days)
 - a. **10 -15 Hours/Week: Direct Clinical Service (Face-to-Face; Telehealth)**
 - **CAPS Clinic**
 - 3 to 5 psychological peasting cases over the course of the year
 - a. Up to 1 consultation and/or brief psychological screening cases over the course of the year
 - b. 1 Comprehensive Multidisciplinary Assessment Team (CMAT) Consult case (based on interest and experience)

- 4 to 5 long-term individual, dyadic, and/or family psychotherapy sessions each week (5-8 cases over the course of the year)
 - a. 2-3 TF-CBT cases
 - 4 to 5 intake assessments over the course of the year (as available)
 - **Pediatric Clinic**
 - 10 to 12 individual brief CBT sessions each week (up to 50 cases over the course of the year)
 - 1-4 intakes per month
- b. 10 -14 Hours/Week: Indirect Clinical Service (Not Face-to-Face)**
- Psychological screening and testing (scoring, interpretation, report-writing)
 - Case management and family collateral services (via phone) 1 to 2 hours/week
 - Consultation 1 to 2 hours/week
 - Clinical documentation (progress notes, psychosocial assessments)
- c. 4-9 Hours/Week: Indirect Service**
- 2 to 5 hours/week: Training seminars/didactics/case conferences
 - 1 to 2 hours/week: Non-billable services (i.e., managing appointments, emails, literature reviews, administrative duties)
 - 2 hours/month: Staff meetings
- d. 4.5 - 5 Hours/Week: Supervision**
- 3 hours/week: individual assessment supervision (CAPS Clinic) and individual therapy supervision (CAPS Clinic and Peds Clinic)
 - 1 hour (bi-monthly): professional development supervision
 - 1 hour (bi-monthly): CAPS psychology team group supervision
 - 1 hour/week: Peds Clinic group supervision (Systematic caseload review [SCR])

Interns are expected to complete clinical documentation using various online documentation systems (i.e., progress notes within 48 working hours, treatment plans, psychosocial assessment paperwork, etc.) in a timely manner consistent with both professional expectations and specific county/clinic guidelines. All documentation will be reviewed and co-signed by their supervisors.

SUPERVISION

All primary supervisors of interns are University of California Davis, Medical Center clinical faculty members who have doctoral degrees in clinical or counseling psychology and are licensed to practice in the state of California. They are required to have active, valid licenses, free of any disciplinary action with the California Board of Psychology. In accordance with regulations set by APPIC, APA, SoA, CoA, and the California Board of Psychology, our training program provides doctoral interns with a minimum of **4 hours** of supervision per week or 10% of direct service time for a 40 hour work week (2.5 hours of

individual supervision and 1.5 hours of group supervision). Recurring, protected time is scheduled for supervision to ensure consistency and predictability of the supervision time, as well as the availability of supervisors. When in-person supervision is not feasible, video supervision will be utilized as an alternative. Supervisors also have an “open-door” policy, in which interns are encouraged to seek out supervision and/or consultation outside of the designated supervision hour. In accordance with CA regulation, supervisors are available at all times the intern is accruing supervised professional experience (SPE).

- **Primary Therapy Supervision:** Doctoral interns are assigned to separate supervising psychologists who provide clinical oversight and supervision of therapy clients at each rotation site. Individual therapy supervision meets on a weekly basis for 1 hour to discuss their therapy cases. In addition, the therapy supervisor will be responsible for co-signing progress notes for therapy clients, discussing professional development-related issues, and overseeing other administrative duties.
- **Assessment Supervision:** Doctoral interns are assigned one of the supervising psychologists as their assessment supervisor, with whom they meet individually for 1 hour each week to discuss assessment clients. The assessment supervisor is responsible for helping to screen assessment clients; oversee evaluation, battery and report; co-signing progress notes; discuss various issues that pertain to the roles and responsibilities of an evaluator (e.g., responsibility, expectations, ethical concerns, interprofessional relationships, etc.).
- **Pediatric Group Supervision (Systematic caseload review [SCR]):** Following an integrated behavioral health model, interns will meet with the post-doctoral fellows, psychiatry residents, and child and adolescent psychiatry fellows for group supervision for 1 hour. Interns will be asked to bring case-related material to engage in case consultation opportunities for therapy clients at the Pediatric Clinic. New intakes, acute issues, medication questions, and client updates (using outcomes measures) are prioritized.
- **Psychology Team Group Supervision:** The purpose of this group supervision is to spend 1 hour as a team on a weekly basis discussing a variety of issues, while also fostering a sense of community, building relationships, and increasing socialization across the team. Each meeting will have either a focused topic for the team to discuss and/or include a case conference. These topics typically will fall under the following categories: Law and Ethics, Research, Individual and Cultural Diversity, Trauma, and Self-Care. The focus is often on emergent interprofessional issues.
- **Professional Development Group Supervision:** In this bi-monthly supervision, interns will develop their professional identity and acquire competencies to support their growth across the training year. This group supervision space will focus on a range of professional issues, including setting professional goals, learning time management skills, understanding the licensure process, and applying to fellowship

or a job. The second half of the supervision will focus on developing their supervision skills (via role-playing and peer supervision). Beginning in January, interns may begin to meet with fellows for supervision of a specific therapy and/or assessment case, under the supervision of a licensed psychologist supervisor who facilitates the lateral supervision/supervision of supervision component for the post-doctoral fellows.

DIDACTIC SEMINARS AND CASE CONFERENCES

All of our required core seminars meet on a regular basis throughout the entire training year. As part of the internship, we are committed to providing our interns with opportunities to learn from psychologists who have experience with a wide range of clients in a variety of treatment settings. As such, our seminars are facilitated by the program's supervising psychologists as well as several volunteer clinical faculty members who are employed with UC Davis or throughout the Sacramento area. Didactic seminars and case conferences aim to provide additional training in:

- Theories and effective methods of psychological assessment, diagnosis, and interventions
- Consultation, program evaluation, supervision, and/or teaching
- Strategies of scholarly inquiry
- Professional conduct, ethics, law, and related standards
- Issues of cultural and individual diversity

Required didactic seminars and case conferences, which are detailed further in the program manual, include:

- | | |
|--|---|
| ▪ Orientation Seminars | ▪ Professional Development Seminar |
| ▪ Intervention Seminar: CBT, Trauma Focused-CBT, FFT | ▪ Neurodevelopmental Seminar |
| ▪ Assessment Seminar | ▪ Diversity Seminar |
| ▪ Trauma-Informed Care Seminar | ▪ Comprehensive Multidisciplinary Assessment Team |

APPOINTMENT, STIPEND, AND BENEFITS

Two applicants will be accepted for the upcoming training year. The training year starts July 1 and ends June 30. Clinical internship appointments are **full-time** (average 40-44 hours/week) for one year. Our doctoral interns acquire a total of **2000 supervised hours** during the training year to qualify for the California Board of Psychology, in which the program resides, as well as various states' licensure requirements. Upon successful completion, the doctoral clinical child psychology intern will be awarded a certificate of

internship completion from the UC Davis School of Medicine. Clinical moonlighting is not permitted.

Interns receive a stipend of \$23/ hour (or min \$46,000 for the training year), which is paid out on a biweekly basis. Applicable federal and state taxes and social security deductions are withheld. Interns receive approximately **40 days of paid time off** (including **24 vacation days** and **12 days** of sick time per year) **and paid holidays** (approximately **12 days off** per year for county and federal holidays). In addition, interns receive **4 educational/professional leave days**, which they can use for training, dissertation release time, and/or licensure preparation. At this time, we are pleased to offer our interns **UC Davis Resident and Fellow benefits**. Active interns working at least 20 hours a week are eligible for coverage in the UC medical, dental, vision, life and disability insurance plans. For more information about the Resident and Fellow benefits plan, please visit:

<https://ucdavis.app.box.com/s/4t1285hh4ydcgtvmcn8yhka0t6u71tvv>

Our interns have their own designated offices at both the CAPS Clinic and Pediatric Clinic, though each site reassesses space needs on a regular basis. Interns are provided laptops, office and mobile phones, voicemail, and email (UC Davis and Sacramento County). All workstations are equipped to provide telehealth services (webcams). There is a possibility for telework one day/week which will have to be approved by the site supervisor and training director in advance. Across clinical sites, interns are also provided administrative assistance (faxing, scanning, phone appointment reminders to clients, and phone calls when clients arrive to the office). Interns also have full access to the UC Davis libraries and associated services. They can utilize available art/play therapy materials located at the CAPS Clinic. In addition, interns can reserve a number of offices, observation rooms (with one-way mirror and audio/visual equipment), and the psychological testing office to provide confidential, direct services with CAPS Clinic clients.

ELIGIBILITY AND APPLICATION PROCEDURES

Applicants currently enrolled at an **APA-accredited graduate university** from a **clinical or counseling psychology** are preferred. Applicants from educational psychology programs with a strong emphasis in clinical training will also be considered.

Prior to the interview, applicants must have completed **at least 3 years** of graduate level training, **300 hours** of doctoral level supervised intervention hours, **all doctoral coursework** as required, pass their academic program's **comprehensive exams**, be accepted into **doctoral candidacy**, and have an **accepted dissertation proposal** before the beginning of the internship. Successful applicants will have acquired doctoral level **experience with children and adolescents** and have written at least **three integrated psychological assessment reports (preferably with a child and/or adolescent client) and/or completed 50 hours of assessment interventions**. Due to covid-19 impacting the accrual of supervised clinical experience (intervention and assessment hours and/or

number of psychological reports), the UC Davis Health CCAP Doctoral Internship program may consider applicants who are close to meeting these requirements and include in their cover letter how their hours have been impacted and what they have done to supplement their clinical experience.

The UC Davis Health CCAP Doctoral Internship program utilizes the uniform application developed by the Association of Psychology Postdoctoral and Internship Centers (APPIC). **Our National Matching Service (NMS) Program Number is 245711.** Please submit only the APPI online application located on the APPIC website (www.appic.org). Follow the directions detailed on the APPIC website for submitting your application and uploading additional documents requested below. Your application will be considered complete upon receipt of the following:

	A completed APPIC Uniform Application (APPI)
	A cover letter
	A current Curriculum Vitae
	Transcripts of all graduate level coursework
	A psychological evaluation with all identifying information removed (preferably of a child or adolescent client)
	Three letters of recommendations- one from current graduate school faculty, and preferably two from practicum placement supervisors

Our application deadline is **Sunday November 10, 2024 (11:59PM, EST)**.

SELECTION PROCEDURES

Intern selection is made by a committee comprised of the training director, associate training director, and the supervising training psychologists. Applicants are rated on the basis of their clinical training (i.e., assessment and therapy), academic coursework, letters of recommendation, clinical and research interests, progress toward dissertation completion, and stated goals for internship. Strong writing skills are also favorably evaluated, as evidenced by the APPI essays and redacted psychological report. Those prospective candidates assessed by the committee to hold interests and goals most closely matching those opportunities offered by our program will be asked to participate in a virtual interview.

Prospective candidates will be notified via email by **Friday December 13, 2024** whether or not they will be granted a virtual interview (via Zoom) with the training director and supervisors. During the interview, candidates will also have the opportunity to meet with

the current doctoral interns, postdoctoral fellows, clinical staff, and virtually tour the clinic. Interviews are typically for half a day and will be held mid-January. Interviews are required and weigh heavily in the matching process, as this provides an opportunity for program staff and applicants to determine fit. In addition, the program values applicants who are able to demonstrate an ability to balance strong interpersonal skills with professionalism. Interviews will only be offered to applicants who have submitted a complete application and only after these applications have been screened by the faculty. Applicants who wish to be considered for interviews should submit application materials prior to **November 10, 2024**.

ACCREDITATION STATUS

At this time, our internship training program is a member of Association of Psychology Postdoctoral and Internship Centers (APPIC; program code 2457). Supervised hours accrued meet the California Board of Psychology's requirements for licensure. Our training program is currently **fully accredited by the American Psychological Association (APA)**. Our self-study was completed in 2024 and our next site visit will occur in 2026. Any questions about accreditation may be addressed to: Office of Accreditation, American Psychological Association, 750 First Street, NE, Washington, DC 20002. Telephone: 202-336-5979.

Our program will be participating in the National Matching Service (NMS). **Our National Matching Service (NMS) Program Number is 245711**. The internship training program agrees to abide by the recruitment and ranking policies. More specifically, no person at this training facility will solicit, accept, or use any ranking-related information from any intern applicant.

TRAINING PROGRAM CONTACT INFORMATION

Detailed information about our program is available in our Training Manual uploaded on our UC Davis webpage:

https://health.ucdavis.edu/psychiatry/education/child_psychology/internship.html

For additional information, please contact:

University of California, Davis Medical Center
Department of Psychiatry and Behavioral Sciences
Clinical Child and Adolescent Psychology (CCAP) Training Program
2230 Stockton Blvd. Sacramento, CA 95817-1419
Monica Mercado, Health Professions Education Specialist: 916-734-7865
mmercado@ucdavis.edu
Dr. Tanya Holland, Interim Training Director: 916-875-1183
tlholland@ucdavis.edu
Dr. Olivia Briceño-Contreras, Associate Training Director:
obcontreras@ucdavis.edu