

Learn. Grow. Feel Better.

**High School Internship Program**

This internship is designed as an opportunity to learn what it’s like to work in the field of mental health through hands on experience. The primary experience has a community psychology focus to bring awareness to a community mental health issue through writing, speaking partnering with others, events, groups, tipsheets and printables, etc.

**The ideal candidate is:**

1. Interested in the field of mental health and wellness
2. Curious about small business development
3. Looking for an opportunity to learn through hands on experience
4. Passionate about a cause he or she wants to shed light on
5. Focused on making a difference in the community

**Duties of the internship:**

1. Bring awareness to a mental health issue in a community.

Project Key Components:

* + - Writing component (blog, paper, article, tweets, etc.)
		- Research component (interviews, literature review, etc.)
		- A community partnership is cultivated (not for profit, church, school, small business, etc.)
		- Social media is used
1. Learn about the different dimensions to working in mental health: clinical intervention, small business development, marketing and social media.

3. Administrative duties may include but not limited to: coping, organizing, data entry, updating forms, etc.

**Examples:**

Bring awareness to Alzheimer’s by researching the topic, writing a tip sheet and sharing the information with the families and residents at a local Senior Center.

Make a video with a message about teen anxiety prevention. Research the topic, interview someone working for the Anxiety and Depression Association of America, share the message through social media, newspaper article, and/or other forums.

Raise funds to donate a park bench where people can sit and enjoy fresh outdoor air.

Pick a local group to partner with and have a shoe drive to benefit Rerun Shoes. Money raised by donating shoes is given to families in need through a local shelter.

Offer a parent’s night out to Darien Residents while their 7-10 year olds participate in a fun psycho-education group around how to navigate tough homework, school, bullying, and stress.