



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
2. 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.