



MAINSTREAM MENTAL HEALTH

October 2021/ Issue 19

INTERNSHIPS

“Education is not just about going to school and getting a degree. It’s about widening your knowledge and absorbing the truth about life.”

~Shakuntala Devi

Mainstream has four interns this semester—three in the Lighthouse Psychosocial Rehabilitation Program and one in the Intensive Outpatient Substance Abuse Program. Two of them are in the Master of Social Work at Radford University and two are undergraduates at Roanoke College. They were asked questions, such as what professional contributions are you making, what are you learning in the process and what do you like about Mainstream.

Odion Edionwele, a student in the Radford University Master of Social Work program, is the one assisting with the substance use groups in a mediator role between clients and the group leaders. She may ask questions pertaining to expand on what they are speaking on at the moment. For example, if a client is angry, she may ask why they feel angry or what ways they can cope with their anger. She is becoming proficient in chart auditing and arranging paperwork. “I’m learning more how to clinically write cause it’s difficult to transition from writing regularly to clinical writing,” says Odion. She is taking a diagnosis class and her supervisor, Kaitlin Carter, gives her insight when she does an assessment for diagnosing to understand applied knowledge and how to clinically write. “I’m learning different ways to reach out to clients through different approaches being used. Kaitlin uses arts to get the clients...to be

creative.” Odion continues, “It is very great to see clients succeed in the past few weeks that I’ve been here. They have been learning a lot and to me I can see the reward just from that.” Odion understands the clients who may be on the autism spectrum and their need for more help grasping the information, so she reiterates what has been learned towards the end. “I really like how the staff is very kind. They have allowed me to observe and shadow them while they work so I can grasp some knowledge and people are very open to helping me,” says Odion.

Paige Hughes is also in the Radford University Master of Social Work program. She assists in the Lighthouse PSR program. She takes numerous policy and intervention classes and uses this information at her internship. She hopes to gain skills working with adults so this will help her be a QMHP-A. Paige contributes by completing paperwork and supporting staff by developing activities. “We are hoping to implement emotional check-ins once the clients arrive and right before they leave so that staff are aware of where they are mentally at,” says Paige. She likes the safe and open environment that Mainstream provides for their clients.

James Suleyman is a student at Roanoke College working on a Bachelor of Arts in Sociology and Criminal Justice. He also has been able to take a mediator role with the clients in the PSR program. For example, if the clients have been arguing, he and the staff have stepped in and helped them get through it and mediate the conflicts. James says, “I remember one activity we did where the group was trying to identify strengths to help you get through trauma and tough life experiences and some of those clients were having a really hard time coming up with positive traits about themselves so I was able to talk them through it and help them recognize the things they take for granted about themselves that are really important to their care and help pinpoint their strengths so I think that made a big difference to me.” He takes classes about the societal factors that influence poverty and mental illness and all sorts of incarceration. During his internship, he has heard people’s stories, how their past experiences have influenced them and about the trauma that people have gone through. He wants to understand from their perspective and what their needs are so he can support them, and this internship has been great for that so far. James appreciates the informal setting without a clinical feel that allows him a space to feel comfortable interacting with clients.

Ellington Cooke is a student at Roanoke College working on a Bachelor of Science in Psychology and a Bachelor of Arts in Philosophy. This internship in the PSR program gives him the unique opportunity to build up skills talking and conversing with different types of people. He likes to build rapport. Ellington likes the size of Mainstream and the staff and hopes to meet and exceed the expectations of the internship.

OCTOBER BIRTHDAYS

Kaisha W. 10/11
Larry C. 10/18
Pam M. 10/12
Tina F. 10/23
Cindy H. 10/30

October

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 In-House (board games, cards, & movies)	2 Spooky Saturday with Sam
3 Tailgate with Sam	4 Sam's group What makes you, you? @ 10:30 am Karaoke	5 Scott's Emotional Wellness Group @ 10:30am Bowling in the afternoon	6 Peer to Peer Group @ 10:30 am Halloween art Activity	7 Goodwill @ Peters Creek in the morning In-House (cards, board games, & movies)	8 Troutville Park Fun Friday Group with Scott!	9 Spooky Saturday with Sam
10 Tailgate with Sam	11 Group with Sam @ 10:30 am (Coping Skills) Coping Skill Card Game	12 Scott's Emotional Wellness Group @ 10:30am / Making Chocolate chip cookies and movie	13 Group with Blue @ 10:30 am (Positive Thinking) Color Hour/Socializati on	14 Peer to Peer with Maria @ 10:30 am 5 & below	15 Troutville Park Fun Friday Group with Paige!!	16 Spooky Saturday with Sam
17 Tailgate with Sam	18 Group with Lilly @ 10:30 am Nutrition Music Therapy Hour	19 Scott's Emotional Wellness Group @ 10:30am Things that I can control activity	20 Peer to Peer Group with Duane @ 10:30 am Karaoke	21 Group with Lilly @ 10:30 am Nutrition Self-Talk Flower Craft	22 Fun Friday Group with Scott! Karaoke	23 Spooky Saturday with Sam
24 Tailgate with Sam	25 Halloween Party @ PSR Dress up in a costume!!	26 Scott's Emotional Wellness Group @ 10:30am Bowling in the afternoon	27 Peer to Peer with Taz @ 10:30 am Goodwill	28 Christiansbur g Pumpkin Patch (Big group Outing)!!!!	29 Fun Friday Group with Lilly! Karaoke	30 Spooky Saturday with Sam
31 Tailgate with Sam						