



# The Children's Receiving Home of Sacramento Supporter

## Training Ground for Tomorrow's Mental Health Providers



Through an innovative partnership with Alliant University, the Children's Receiving Home is helping to address the shortage of mental health providers in our region. Under the supervision of our Clinical Director, Doctoral students facilitate group therapy, case management, and child & family team meetings with the youth we serve. As student clinician **Lydia McGaffee** prepares to conclude her practicum with us and enter the field of mental health care, she shared a bit about how this time has helped prepare her to serve clients. She specifically served youth in our Sprouts: Trauma Informed Care Preschool and Residential Treatment Program.

### Why did you decide on CRH for your practicum?

The Receiving Home stood out to me because it provided an opportunity to work with kids who've experienced extensive trauma (the direction I'm headed professionally), and I was able to gain experience in a crisis setting.

### How have you seen kids benefit from the mental health treatment services CRH is providing?

The services at CRH are unique – they are on-site and the kids have regular access to clinicians. This provides them with consistency and builds trust with therapists. CRH provides a safe holding space, a non-judgmental environment, and advocacy (which many of them do not feel they've had before.)

### What skills did you learn here that you will use going forward?

Kids tend to be resistant to opening up – identifying new techniques to draw them out is something I've added to my toolbox throughout this practicum. Sometimes the best way to build rapport and engage with a resistant youth is by playing simple games or making art together, making general conversation about non-personal topics until they decide they are ready to share.

