

Initial Clinical Supervision Plan

MEANWELL, Inc.

777 Some Place St. Minneapolis. MN

Date of hire: June 15, 2010
Date of implementation: July 4, 2010
Review due date: July 3, 2011

Supervisee (Minnesota Rule 9505.0371, subpart 4, item C, 1):

Name: Jane Jackson. LGSW.

Agency providing supervision: Meanwell, Inc.

Supervisor (Minnesota Rule 9505.0371, subpart 4, item C, 2):

Name: Theresa Thomas. LICSW. LMFT.

Psychology Doctor.

Board approved supervisor since 1999 by the SW, MFT, and Psychology Board.

Experience: 17 years of direct services focused on relationship problems, depression and PTSD in low income families and individuals. 11 years of supervision experience after participating in a supervision group for supervisors for 2 years at the OKE U of MN. Adjunct Professor for the Psychology department since 1995.

Logistics (Minnesota Rule 9505.0371, subpart 4, item C, 3):

We will meet weekly for individual supervision sessions on Tuesdays from 1:30 to 2:30 p.m. and group supervision on Thursdays by video conference from 8:00 a.m. to 9:00 a.m. during the next year. All supervision sessions will be held in my office. Because your placement at this agency is a requirement for your practicum, attendance at all sessions is mandatory. In the event that you are unable to attend a session, contact me, preferably in advance, to reschedule. You are also required to develop a learning contract, including skills and knowledge you wish to develop, special development activities to be accomplished, and an anticipated timeline.

Supervisor availability and contact methods (Minnesota Rule 9505.0371, subpart 4, item C, 4):

Should you need to speak with me between sessions, please contact me through the agency or at my cell 612 430-1231 phone number. During times of service provision after hours or in the event of a client emergency you can page my beeper directly. In my absence Susie Q, LP, can be contacted through the agency answering service or you can access the mental health professional on the on-call list.

Emergency procedures (Minnesota Rule 9505.0371, subpart 4, item C, 5):

Please read and follow the agency guidelines in the employee handbook in regards to what is consider a crises situation that requires supervisor notification. Please also review agency policy on referring client to mobile crisis team.

Note - If you think you, a client, or another individual is in imminent danger, first call the police department and then follow the procedure above.

Description of the supervisee's service responsibilities: (Minnesota Rule 9505.0371, subpart 4, item C, 6):

As your supervisor and a licensed mental health professional, I am responsible for your practice under my license. The scope of your practice will involve conducting diagnostic assessments, development of treatment plans, conducting psychotherapy, and documentation of progress notes.

- The next in-service for new employees is the first Monday of the month, please make sure to register for the next upcoming one.
- For training purposes, first you will be shadowing me from two to four sessions in order for you to learn the process I use to conduct diagnostic assessments. After that we will co-lead the sessions where you will lead the interviews

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supported by my feedback. Next, when you are familiar with the process and we have evaluated your level of skill, you will start to conduct those alone.

- When clinically appropriate I will randomly select to co-lead one of the sessions when you conduct a diagnostic assessment.
- All your diagnostic assessments will be reviewed and signed by me.
- We will utilize supervision time to focus on the use of self in regards to culturally mindful practices, to increase your awareness on how your own culture impacts the therapeutic process, case conceptualization, differential diagnosis and clinical summary. In the next three months you will need to :
 - Complete the diagnostic assessment section on cultural influences, using yourself as the individual.
 - Present on three cases where your culture and/or someone else's culture, had an impact on your practice.
- For the treatment plan we will have the same process, once you have gained some experience you will be preparing those with consultation as needed, as well for documenting progress notes.
- The provision of psychotherapy will follow the same steps, to make sure you master the skills and have time to ask questions and review your impressions and concerns.
- You are responsible for maintaining supervision notes. Those notes, presenting recommendation for specific cases, will be kept in the case file. Other supervision targeting your professional skills and professional growth will be kept in a supervision file specific for you. All supervision meetings will be documented, reviewed and signed by both you and myself.
- The agency requires for you to get familiar with the billing procedures and the specific guidelines regarding administrative issues.

Remember the services you provided are billed under my professional license which means I am responsible for the care you provide. In order to protect my license and for you to become adequately prepared and a professionally competent provider, we both need to partner to monitor the quality of client care, improve clinical skills and facilitate professional and personal growth.

Description of client population:

Due to the location and the affordable fee scales the agency offers, we serve a very diverse population. The majority of the population in the area represents a vulnerable population and may be at risk of exploitation. We define and have the expectation that diversity encompasses all of the following: age, race, ethnicity, culture immigration status, disability, educational level, religion, gender, sexual orientation, gender identity or expression and socioeconomic status. You will be seeing both adults and children who reside in and around Minneapolis. The majority of clients you will be serving are covered by a program called Medicaid or Medical Assistance, or MinnesotaCare.

Treatment methods and modalities. I will review your goals presented in your learning contract where you need to include the methods and modalities you are seeking to gain experience and will evaluate the need for consultation in areas where my expertise might not be sufficient to support your learning experience. **I am competent to train you on cognitive behavior therapy (CBT), trauma focused-CBT, and PICT. My knowledge is based on clinical experience and specific trainings. Any other modalities you may be interested in gaining experience, we will seek appropriate consultation and training opportunities.**

Continuing education will focus on Suicide Risk Assessment, DBT, and Personality Disorders.

Mutual agreement. Your signature below acknowledges that we both agree with the content of this plan and that any changes to it will be reflected in a revised and signed document.

Supervisor signature

date

Supervisee signature

date