CareBreak at the Watson Institute

The field placement / internship program is a hands on learning environment that provides the student with exposure to the relationship based respite program from the foundational underpinnings through CQI procedures that are guided by evidence based practices and data driven decision making. In addition, students engage in direct service activities with families. Placement hours are flexible and available during weekends and evenings.

Participants in the CareBreak field placement / internship program are typically second year Masters level students although consideration is given to first year Masters level students as well. Undergraduate students are only accepted on a case by case basis depending on their field of study and abilities. Undergraduate students who are not candidates for the internship program may choose to volunteer as a CareBreak respite provider in order to gain experience.

All potential interns must:
• Participate in an internship application and interview process with the CareBreak Coordinator
• Have a field of study or professional interest consistent with CareBreak services
• Provide all relevant information specific to their University’s field site requirements
• Have access to transportation (The CareBreak office is not located near public transportation)
• Provide all necessary documentation including, but not limited to, references, certifications and applications PRIOR to the start of the placement

If accepted into the internship program, interns:
• Develop an understanding of the administrative aspects of running the CareBreak program including, but not limited to:
  o Day to day program administration
  o Outcome Accountability
  o Data Utilization
  o Program monitoring
  o Direct service
  o Collaboration with other agencies
• Participate in all levels of service delivery including
  o Intake
  o Assessment
  o Training
  o Retention strategies
  o Evaluation / closure
• Maintain a weekly feedback journal to provide a retrospective view of the impact of the week’s activity through the lens of the professional, the family and the community. The journal will be reviewed weekly and the intern will have follow up activities specific to their journal entry.
• Participate in webinars, virtual meetings, trainings and discussions of assigned readings
• Develop and implement an independent project that meets the interests of the student while addressing a specific component of the CareBreak program. (fulltime or two semester students only)
• Participate in individual supervision as well as group supervision with other interns

CareBreak was named the most innovative respite program in the country by the ARCH National Resource Center for Respite. Our previous interns have gone on to PhD fellowship programs, management positions and gainful employment within their field of study. We are excited that you want explore the potential of serving your field placement or internship with us!