

AMCH Mingus Mountain Academy Externship

Date: August 10th, 2007



Overview

AMCH is making an externship experience available for AMCH students at Mingus Mountain Academy by September 1st, 2007. This experience is available to 2nd and 3rd year Homeopathic students in the Certificate Programs and Preceptorship Program.

Structure and Format

The clinic is a constitutional care clinic and meets Monday (every other), Wednesday (every other) and Friday from 9AM-5PM. Students sign up on a first come first serve basis. Only one student is permitted at the site at a time. Priority will be given to third year students and those who have not yet done the rotation, over students who are in their second year, or those who wish to repeat the rotation.

What to Expect

All patients are teenage women ranging from 14-18 years old. The pace is variable. You can expect to sit around for some time and then be suddenly busy. All work at the clinic will be under the direct supervision of Ed Gogek MD, MD(H). Dr. Gogek is both a psychiatrist and licensed homeopathic physician. He is on the AMCH faculty.

Work will be observational only and will not allow the opportunity to treat patients on your own. Time may be given for discussion of the case. Dr. Gogek uses the Sankaran method but also relies on keynotes and confirmatories. Opportunities are also available for follow up on the case through Dr. Gogek.

What to Bring

The students will need to have a picture ID with them when they arrive, and go to the HR department (in the reception office) to sign in and sign a confidentiality statement. Jose Toro, the HR director, will then do a 5-10 minute briefing before taking them to Dr. Gogek's office.

Language Issues

Some of the patients at Mingus Mountain speak Spanish. However translators are usually present in the room during the intake.

Conduct, Dress and Equipment

All students are required to abide by all Mingus Mountain Academy policies and procedures while at Mingus Mountain. Students are also expected to abide fully by the AMCH Code of Ethics.

Students should dress professionally (the same as they would for clinic at AMCH). It may be helpful to bring materia medica and repertory books or a computer with homeopathic software for reference purposes.

Contact Us For More Information or Scheduling a Rotation Time

The clinic Director is Ed Gogek MD, MD(H). Dr. Gogek is on clinical faculty at AMCH. For more information about the clinic or to set up a clinic visit time contact him at: edgogek@cableone.net. Any problems related to the rotation should first be addressed to Dr. Gogek, and if unsuccessful to the AMCH School Administrator at admin@AMCofHlorg.

Driving Directions From Phoenix• Drive North on I-17 •• Take exit #262 (HWY 69 West) – Prescott exit• Remain on Highway 69 until you reach Fain road• Turn right onto Fain Road• Follow Fain Road to the first stop HWY 89A N (Robert Road)• Turn right onto Hwy 89A North towards Jerome/Cottonwood• Remain on 89A North for approximately 8 miles •• Just before milepost marker 332 is JCT 151 •• Turn right onto JCT 151 Prescott National Forest Road• Follow the road and the signs to Mingus for approximately 3 miles.

What Is Mingus Mountain Academy

Overview

Mingus Mountain Academy is a JCAHO-accredited facility offering treatment and educational services for emotionally and behaviorally at-risk girls. Founded in 1985, the Academy is located on a 120-acre campus at the base of Mingus Mountain in beautiful Prescott Valley, Arizona. The campus consists of multiple dormitories, a North Central Association-accredited educational center, a medical/clinical complex, an administration center, and a spiritual growth center. Mingus Mountain Academy offers a variety of individual treatment and educational services, including its unique Equestrian Program.

Mingus Mountain Academy provides a structured and nurturing environment for at-risk and delinquent youth. Mingus' highly structured program focuses on instilling positive norms and values. Individual goals are set forth in each student's treatment plan that strive to maximize intellectual, social, emotional and physical growth. Goals are based on the holistic philosophy that each student will become a positive young adult through exposure to Mingus' challenging and enriching program.

Mingus Mountain Academy was founded in January, 1985 to help young girls from Arizona who had special emotional needs. It now attracts girls from across the nation. In 1992, Mingus Mountain proudly received Joint Commission (JCAHO) accreditation and also North Central Association (NCA) school accreditation.

Mingus Mountain Academy offers a 6–12 month, highly structured residential treatment program for female youth. Mingus utilizes a normative culture model designed to reduce the frequency, duration, and intensity of negative behaviors and to increase the strength of positive, alternative behaviors. The major treatment goal is to assist the student in internalizing permanent change. Increased self-discipline is introduced through normative culture applications. Students share ownership in their programs by creating positive behavior norms that are meaningful, attainable, and allow them to hold themselves and their peers accountable. Students progress from orientation with campus activities only, to off-campus activities; unsupervised visits, including home visits; and finally, through increased trust, to transitional living in one of two therapeutic group homes.

Mingus Mountain Academy operates two therapeutic group homes not far from the main campus. The group homes provide a safe and nurturing environment from which a student may begin the transition back to her home community.

Group home students are able to practice their newly developed social, emotional and educational skills in the community through jobs and volunteer work. They also continue to attend classes and special weekend activities on the Mingus Campus. The Group Home program plays a vital role with transitioning students from the main campus. It can also serve as a stand-alone program for girls who have recently completed treatment elsewhere and need a step-down environment before returning home.

Emily House

- Seven bed residential home in Prescott Valley, Arizona
- Students ages 16 to 18 in need of employment
- Preparation for independent living

Farrington House

- Eight bed residential home in Dewey, Arizona
- Students ages 12 to 16
- Preparation for family re-unification, foster care or adoption
- Community service focus

In each group home, every student is responsible to strive for personal success as well as promote the success of others. The focus at the group home level is on improving interpersonal skills while maintaining appropriate, acceptable and positive behavior.

Clinical Services

Mingus Mountain Academy's Outpatient Clinic is a stand alone facility, geographically separate from all other Mingus Mountain Academy facilities. It is licensed as an outpatient clinic authorized to provide psychiatric evaluations, individual, family, and group counseling, and medication monitoring services to clients who are referred through contracting agencies or on a walk-in basis. The clinic provides services to male and female children and adolescents between the ages of 3-18. Fees will be obtained from and returned to clients pursuant to referring agency contract. For clients who are not referred from a contracted agency, fees will be collected at the time services are rendered. Fees are based on a sliding scale, current information is available at the reception desk.

A full range of psychiatric and psychological services, including testing and assessments are available on campus. Each student receives a Diagnostic Psychiatric Evaluation, medications monitoring and consultation for both the outpatient and inpatient settings. In addition, Mingus offers a variety of gender responsive groups that address the specific needs of each student.

Anger Management Group meets weekly to address the need of students to develop the ability to handle conflict and provocation more effectively in socially acceptable ways. It is understood that anger may be related to deeper problems with unmet childhood needs and dysfunctional family issues, but the group focus is on learning practical methods of self-control through cognitive restructuring (e.g., questioning beliefs, self-talk "reminders"), relaxation training, imagination rehearsal, and assertiveness. Anger control logs are used to help identify anger patterns and triggers. Role-play in group and "homework" of practicing in the treatment milieu add to the learning process for students, supporting the internalization of skills that are taught. Health and emotional costs of anger along with benefits such as increased personal power are considered. The last four weeks of this 16 week group involves gender specific discussions on the book *Odd Girl Out: The Hidden Culture of Aggression in Girls*.

Voices: A Program of Self-Discovery and Empowerment for Girls

Developed by Stephanie S. Covington, PhD, LCSW, co-director of the Institute for Relational Development and the Center for Gender and Justice, *Voices: a Program of Self-Discovery and Empowerment* addresses the unique needs of adolescent girls and young women between the ages of twelve and eighteen. The program model uses a trauma-informed, strength-based approach that helps girls to identify and apply their power and voices as individuals and as a group. The focus is on issues that are important in the lives of adolescent girls, from modules about self and connecting with others to exploring healthy living and the journey ahead. Given the pervasive impact of abuse and substance use in many girls' lives, these themes are woven throughout the sessions. *Voices* encourages girls to seek and discover their "true selves" by giving them a safe space, encouragement, structure, and support to embrace their important journey of self-discovery. In addition, skill building in the areas of communication, refusal skills, anger management, stress management, and decision making is integrated across program topics.

This program is designed for facilitation in a group setting but can be adapted for one-on-one use. The suggested number of participants per group is between six and ten. Ideally, the groups would be "closed," that is, the same girls would begin and end the program together. The curriculum can be adapted for larger groups and open groups, if either is essential to the program setting.

Beyond Trauma: A Healing Journey for Women is an integrated curriculum for women's services based on theory, research, and clinical experience. While the materials are designed for trauma treatment, the connection between trauma and substance abuse in women's lives is a theme throughout. The

program has been developed for use in residential and outpatient treatment settings, domestic violence programs, mental health clinics, and criminal justice settings. Beyond Trauma has a psycho educational component that teaches women what trauma is, its process, and its impact on both the inner self (thoughts, feelings, beliefs, values) and the outer self (behavior and relationships, including parenting). The major emphasis is on coping skills with specific exercises for developing emotional wellness.

Contact Information

Mingus Mountain Academy

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AMCH Externship Guidelines

What is an AMCH Externship?

AMCH Externships are voluntary clinical experiences that are available to students during their training. These externships are not graded or required, but are highly recommended to help further the professional development of the student. These clinical experiences are off-site from the AMCH Campus. Generally these rotations are only available to more senior AMCH students.

How do I sign up for an AMCH Externship rotation?

Sign up for AMCH Externships is through the individual rotation director. Contact the School Administrator for an up to date listing of contact information for each director.

What externships are available at AMCH?

The list of externships is constantly growing. Please contact the school administrator for a detailed listing of the AMCH Externships. Bios of each director are available on the faculty section of www.AMCofH.org. As of 12/1/2007 the following externships were available:

- AMCH Fertility Clinic; Rob Bannan Director
rob_bannan@yahoo.com
- Las Fuentes Health Clinic; Dr. Shelly Weisman Director
peacemakermedicine@cox.net
- Mingus Mountain Academy; Dr. Ed Gogek Director
edgogek@cableone.net

What are the policies and procedures for AMCH Externships?

1. All AMCH Externships are shadow supervision only. Students do not take or treat cases during the rotation.
2. Students should contact the externship director for any questions or concerns about the rotation.
3. All students are required to abide by all AMCH Ethics and Behavior Policy guidelines during AMCH Externships.
4. Students should familiarize themselves with the individual AMCH Externship policies and procedures before engaging in the Externship.
5. Any problems that arise during the AMCH Externships should be first addressed to the specific AMCH Externship Director, and if unsuccessful to the AMCH School Administrator.
6. All students are expected to dress professionally during the AMCH Externship experience and to abide by the AMCH dress code.
7. Each site is independently run-students will need to arrange the date through the rotation director.