

**Bellwood Health Services, Mental Health and Addiction Program (CORE AND MAP Program)**

**175 Brentcliffe Rd. Toronto, ON, M4G 0C5**

Year 2 Practicum

September 2024 – April 2025

**Practicum Description**

Bellwood Health Services, situated in Toronto's Eglinton and Laird district, a distinguished treatment facility that integrates both private and public resources. This practicum is tailored for students pursuing an interest in mental health and addiction.

Learning experiences will encompass observation, facilitation, shadowing of support staff, and involvement in project-based tasks. Moreover, students will have opportunities for social connection within the Bellwood community and group settings, fostering supportive interactions outside of clinical contexts. Although direct one-on-one therapy sessions are not available to students, they will have the chance to refine their social work skills and engage in supportive dialogues with clients, fostering both personal and professional development. By the end of their placements, students will acquire knowledge in Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), understanding of psycho-educational groups, and insights into prevalent issues faced by individuals struggling with addiction, including but not limited to boundaries, people-pleasing, and communication challenges. Shadowing opportunities will extend across various groups, providing a holistic learning experience.

Students will witness the assessment process firsthand and document their observations, integral to their learning journey. Furthermore, they will have the chance to explore different facets of the program, including admissions and nursing departments, to gain a comprehensive understanding of Bellwood Health Services.

**Practicum Requirements**

- Immunizations per PHA Guidelines
- Police Reference/Vulnerable Sector Check
- Comfort working with the population being served
- Other requirements: TB test

**Fields(s) of this Practicum:** Mental Health and Health

**Does your practicum require any previous experience? If yes, please specify.**

N/A

**Please indicate whether this practicum will be in-person, remote or hybrid.**

In-person only

**Please indicate whether this practicum will involve direct work or a mix of direct and indirect.**

Mixed

**Field Instructor(s) name and credentials:**

Sara Jane Cresswell, BSW, MSW, RSW

Antoline Thiruchelvam – Psychotherapist and Clinical Manager

**Accessibility Considerations:**

- Will the student have access to a private space for notes or computer use? Yes
- Are there breaks between clients/patients/meetings? Yes
- Is the practicum considered fast-paced? Medium
- Is there a high noise level in the practicum? Low
- Is the site wheelchair accessible? Yes
- What are the physical demands of the practicum?
- Are there any other accessibility considerations that potential applicants with disabilities should be aware of? None

Students registered with University of Toronto Accessibility Services may receive appropriate accommodations for practicum settings. To register: <https://studentlife.utoronto.ca/department/accessibility-services/> or call 416-978-8060

**If you are interested in this practicum, please send a cover letter and resume to**

**[alexi.sparaggis@utoronto.ca](mailto:alexi.sparaggis@utoronto.ca) by 4pm on April 26, 2024. Applications will be forwarded on to the site.**