



Field Placement at Summit House

Sydney DeMarco

Summit House

HRCBSB: Harrisonburg-Rockingham County Community Services Board:

“One of 40 community-based public providers of mental health, substance abuse, and developmental disability services throughout Virginia”

- provides Summit House to consumers

Summit House Mission Statement:

“Community based self-help rehabilitation program, assists individuals in mental illness recovery. A club where members are voluntary participants and contributors. Members carry out the work of the house, vote on decisions affecting the program and provide mutual support to each other”

- Psychosocial rehabilitation through a “clubhouse model”
- Voluntary member participation and contribution
- Social, learning, and work opportunities

My Responsibilities

- Behavior modeling
- Supervision
- Group therapy
- Member check in
- Cooking
- Serving meals
- Trauma informed care
- Emotional support
- General house maintenance
- Organize games

Adopted Skills

- Mental status exams
- Daily living assessments
- Trauma informed care
- Confidence/independence
- Group therapy techniques
- Leadership
- Teamwork
- An understanding of “not guilty by reason of insanity” (NGRI)

Contribution Project

Raising self-esteem through positive affirmations to strengthen treatment outcomes:

Research:

- Negative illness identity can lead to low self efficacy/self-esteem
- Low self esteem has been linked to poor treatment outcomes due to either isolation, resulting in lack of treatment or loss of insight as a defense mechanism and therefore a failure to recognize need for treatment
- Daily positive affirmations have been linked to raising self esteem which will therefore increase/maintain insight and reduce isolation, resulting in a greater desire and acceptance of treatment needs

Implementation:

- Led positive affirmation group therapy once a week in attempt to raise self esteem for those undergoing treatment, therefore strengthening their treatment outcomes

