



## **UT Health Clinical Psychology Internship Program and COVID-19 (Date: 8/1/2020\*)**

Please notice that the UT Health San Antonio Clinical Psychology Interns have had no difficulties maintaining their training or accruing training hours during the pandemic. All previous interns have graduated on-time with a modified training schedule to ensure the safety of our interns, faculty, staff, and patients.

UT Health San Antonio Clinical Psychology Interns are considered “**essential personnel**”.

### **Safety Precautions:**

Upon entering the building, individuals are asked if they are experiencing symptoms and temperatures are checked. Masks are required on campus and during patient visits. Face shields are also required during in-person visits. Personal protective equipment (PPE) has been provided for interns. Waiting rooms, patient rooms, and provider offices have been configured to maintain social distancing and are being sanitized frequently. Individuals accompanying patients to visits and in-patient visits have been minimized. There are frequent sanitation stations available with hand sanitizer. Large group meetings (with more than 10 individuals) are prohibited.

### **Rotation Sites by Track:**

#### **Child, Adolescent, and Family Track**

##### **Clarity Child Guidance Center**

Currently, the majority of psychotherapy cases are being provided via telepsychology but this can increase or decrease in response to changes in COVID-19 data trends. At this time, psychological testing cases are being seen in-person; however, testing cases may decrease if city lockdowns occur. Clarity has a COVID-19 group that meets twice weekly and consists of executive leadership and department directors. They review current city and county COVID data and guidelines and discuss information relevant to operations, such as infections data for staff and patients, changes in procedures and reports from the Infection Control Officer. Relevant information from those meetings is disseminated to all staff via email and an all-staff text messaging system. Psychology interns will be provided ample PPE. Clarity’s leadership is committed to a collaborative approach for establishing internal COVID-19 guidelines, including welcoming input from psychology interns.

#### **Forensic Track**

##### **Kerrville State Hospital (KSH)**

Psychology interns are working in-office at Kerrville State Hospital. However, KSH has the ability to have interns work from home (3-days at home; 2-days in-office) if there is a surge in COVID-19 cases.

#### **Integrated Behavioral Health Primary Care Track**

##### **Department of Family and Community Medicine**

Psychology interns provide a mix of in-office patient care (50%) and care through telehealth (50%). These percentages can (and have been adjusted) based upon city closures. Interns are given PPE to wear during face-to-face encounters with patients daily (i.e., face shield and surgical masks). Patients who are seen at the Family Health Center are also required to wear a surgical mask (provided to patients upon entry into the clinic daily) during the entire patient encounter (and when in the clinical building) in order to receive care face-to-face from providers.

### **Center for Health Care Services**

Psychology intern is providing services through telehealth at this time which follows the CHCS COVID-19 protocol for both Primary Care and outpatient psychiatric services. The psychology intern is reporting on-site daily to manage telehealth visits and clinical tasks. The psychology intern may be approved to work from home to manage visits as COVID-19 remains a concern or surges. This can (and has been adjusted) based upon city closures.

### **CBT Track**

#### **San Antonio State Hospital**

Psychology interns provide a mix of in-office patient care and care through telehealth. Currently, the intern is on-site 1-day per week.

#### **STRONG STAR**

As part of the Intensive Outpatient Program (IOP), interns see patients in-person. Patient load is low and generally consists of 1-2 patients at a time. If no patients are currently enrolled in the IOP, interns may be given permission to work from home while COVID-19 remains a concern.

#### **Student Counseling Center**

Psychology interns provide all care through telehealth. Currently, the intern is on-site 1-day per week.

#### **Transitional Care Clinic**

Currently, 50% of patients are seen in-office while 50% are seen through telehealth. During COVID-19 surges, telehealth services may be expanded.

### **Group Experiences:**

#### **PCIT**

PCIT supervision can be conducted through telehealth during COVID-19 surges. However, treatment is currently being conducted in person. Providers and families will be required to wear masks and engage in regular hand washing. Toys will be disinfected between uses. The risks and benefits of in-person treatment will be monitored closely and regularly.

#### **DBT**

All DBT groups are being conducted via telehealth.

**RAMP/CHAMP**

Currently RAMP/CHAMP is being conducted exclusively through telehealth.

**Clarity Groups**

Due to the current pandemic, groups at Clarity are not being offered at this time. Groups at Clarity will resume once the pandemic is well-controlled.

**Additional Patient Care:****Advance Clinic**

Psychology interns are seeing patients in the Advance Clinic both in-person and through telehealth. This decision is based upon the preferences of the patient. Currently, approximately 75% of Advance Clinic patients are being seen via telehealth while approximately 25% are being seen in-office.

**Didactics:**

Tuesday didactics and internship meetings are currently being conducted through zoom. This is likely to be the case until at least January 2021.

**Supervision:**

Psychology intern supervision is being provided in a variety of ways. This includes in-person, telephone, and through telehealth platforms.

Please visit UT Health San Antonio's COVID-19 webpage for updates:

<https://wp.uthscsa.edu/coronavirus/>

**\*Note:** This is a living document and is up to date based upon current COVID-19 surges in our community and based upon the recommendations of UT Health San Antonio in conjunction with the city of San Antonio, and Centers for Disease Control. The internship expects that as COVID-19 cases decrease and when a vaccine becomes available, in-person treatment will increase.