PEDIATRIC MENTAL HEALTH INSTITUTE

Psychology Externship Training Program

Young Mothers and Families Clinic Rotation

2027-2028

Children's Hospital Colorado/University of Colorado School of Medicine offers a psychology externship training program in Pediatric Health Psychology. **The Young Mothers and Families Clinic (YMFC)** is a pediatric primary care clinic that serves adolescent mothers up to age 25 and their children. The program provides comprehensive multidisciplinary care, which includes social work, case management, resource connection and support, and integrated behavioral health services, in addition to pediatric and well-woman care and family planning services. YMFC sees approximately 2,000 adolescent mothers and their children each year and provides approximately 7,000 visits. YMFC is a subsection of the Department of Pediatrics at Children's Hospital Colorado and the behavioral health program is a collaboration between the Department of Pediatrics and the Pediatric Mental Health Institute. Behavioral health services offered include staff consultation; developmental, psychosocial and mental health assessment; medication evaluation and management; and individual, couple, and family psychotherapy. The multidisciplinary behavioral health team is composed of psychology and psychiatry faculty, as well as social work staff, along with trainees from each of these disciplines. The YMFC patient population is composed of young women and their children from racially/ethnically diverse backgrounds and low socioeconomic status, with nearly 90% publicly insured. Patients are drawn from the surrounding urban communities, primarily Aurora and Denver.

Number of Positions: 2

Time Commitment: 8-16 hours per week

- Required – Tuesdays, other day flexible
- Required- 1st and 3rd Thursdays YMFC didactics from 12pm-1pm (zoom or in person)

Dates: August 2, 2027 – May 31, 2028

*Please note: MANDATORY ORIENTATION is held during the first week of the externship.

*End date may be flexible based on supervisor and training director approval.

Requirements:

- **Completed 1 year of training at Children's Hospital Colorado**
- Enrolled in at least the 3rd year of an APA accredited Doctoral Program in Clinical, Counseling, Clinical Health, or School Psychology
- Completed coursework in child and/or adolescent assessment and treatment
- Experience with child and/or adolescent assessment and treatment
- Interest in women's health, perinatal mental health, and/or infant mental health
- Proof of malpractice coverage: must be provided by the extern's training institution or by the extern
- Available to start the externship on June 21, 2027

**Those applicants selected for externship will be subject to drug screening and criminal background checks (there may be associated costs so speak with your graduate program as these fees are not covered by CHCO). Unacceptable results on the criminal background check or drug screening may result in dismissal from the program.

APPLICATION PROCEDURES

A completed application consists of the following materials:

1. Cover Letter
2. Curriculum Vitae
3. 2 letters of recommendation
4. Attestation of Professional Conduct
5. Extern Application Face sheet

Children's Hospital Colorado

Children's Hospital Colorado Department of Psychiatry and Behavioral Sciences
13123 E 16th Ave, B130, Aurora, CO 80045, 720-777-6200 | childrenscolorado.org

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Emailed by *February 1, 2027* at *5pm* to the following:

1. CHCO Psychology Training Program email
   Email: CHCOPsychTrainingprogram@childrenscolorado.org
2. If you have questions, please email Kelbie Burdis-Beers, Operations Coordinator
   Email: Kelbie.Burdis-Beers@childrenscolorado.org

Recruitment Timeline

February 1, 2027 @ 5pm:	Application deadline (early submissions encouraged!)
February 4-19, 2027:	Interviews scheduled (early interviews available with early, complete submissions)
March 4, 2027:	Positions offered (prompt confirmation of acceptance/declination requested)

Supervision

The goal of supervision is to support the extern during exposure to new patient populations, assessment tools, and intervention strategies as well as to build feelings of competence and functional autonomy in areas of strength. Additional supervision and consultation will be provided as needed. Externs will have 1 hour of weekly supervision.

DUTIES OF PSYCHOLOGY TRAINEES

The focus of the YMFC externship is for psychology externs to learn to conduct behavioral health consultation in an integrated medical home for young mothers and their children. The YMFC has adopted a trauma-informed care approach to serving a patient population with higher rates of trauma and mental health histories. Psychology externs will conduct patient consultation on needs and concerns related to maternal mental health, including risk assessment, child development, and behavior concerns, in addition to staff consultation.

Externship Components

Externs are exposed to a variety of treatment approaches, interventions, and modalities through instruction and observation to augment their previous clinical experiences. These training experiences are organized to provide direct clinical, assessment, and consultation experiences in child clinical and pediatric psychology.

Externs will focus their training on integrated care consultation for young mothers and their children and families on the YMFC rotation.

Services provided

This externship placement provides students with the opportunity to work in an integrated primary care clinic with a specialized population of adolescent/young adult mothers and their babies. This placement will provide experience working in perinatal and infant mental health. Trainees will provide health promotion and prevention through delivery of the HealthySteps program. Trainees will provide brief intervention during medical visits for concerns about child development, behavior, maternal mood concerns and risk assessment.

Type of clients served on this externship

YMFC patient population is composed of urban, low income, and racially diverse young women (up to age 25) and their children, and nearly 90% are publicly insured. Patients are drawn from the surrounding communities, primarily Aurora and Denver.

General Information:

Supervised by: Amy Ehmer, PsyD, Lindsey Rogers, PsyD, & Jessica Shankman, PhD

Theoretical Orientation: Cognitive-Behavioral; Dialectical Behavior Therapy; Strengths-based; Family Systems; Motivational Interviewing

Supervision format: Weekly individual supervision

Ratio of hours (supervision to clinical hours): 1:8

Number of psychology trainees on site: 1-2 Psychology Predoctoral Interns, 2-3 Psychology Postdoctoral Fellows

Number of hours/week externs work for this rotation: 8-16

Pay: None at this time

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