


THIRD SPACE³ CHARITY

INTERNSHIP PROGRAM 2023-2024

A modern, minimalist workspace with a wooden desk, white chairs, and a desk lamp. The desk is made of light-colored wood and has a white desk lamp on the right side. On the desk, there are several items: a stack of three white boxes, a wooden box with a deer figurine, and a stack of books. The chairs are white with wooden legs. The background is a plain white wall.

**Building capacity.
Supporting community.**

MISSION

To provide accessible mental health services and supports.

VISION

A community in which mental wellness is prioritized, and quality mental health care services are available to everyone.

CORE VALUES

The following values guide our decisions and actions:

- Professionalism and integrity
- Inclusivity and diversity
- Responsiveness and innovation
- Authenticity and compassion
- Connection and collaboration
- Growth and sustainability

KEY ACTIVITIES

TRAIN



We train the next generation of mental health professionals through an intensive, clinically-supervised practicum internship.

SUPPORT



We provide supportive care, pay-what-you-can, counselling service to young adults between the ages of 18 and 29.

SHARE



We engage in public awareness and education activities around mental health and related issues.

OUR PROGRAMS

We support the clinical counsellors of tomorrow by offering comprehensive, quality training to master's level students from a variety of academic institutions. Under the guidance of experienced clinical supervisors, our interns provide supportive care counselling to young adults in need while accumulating practicum hours, and a range of added-value experiences to meet educational criteria and move into their careers with confidence, and capacity to thrive.

Student Care

Our flagship program offers accessible, supportive care counselling to students at UBCO and Okanagan College.

Community Care

This program provides accessible, supportive care counselling to Okanagan residents aged 18 to 29.

WHY IT MATTERS



- By age 25, about 20% of Canadians will develop a mental illness.
- Young people between 15 and 24 are more likely to experience mental illness and/or substance use disorders than any other age group.
- From September to December 2020, 1 in 5 Canadians over 18 screened positive for symptoms of depression, anxiety or PTSD, with young adults 18 to 24 most likely to report those symptoms. Of those who screened positive for a disorder, 68% reported their mental health had worsened since the start of the Covid-19 pandemic.
- Mental health care providers are struggling too.
- Nearly one-third of psychologists report seeing more patients since the start of the pandemic.
- A recent study shows 78% of psychiatrists had scores equivalent to high levels of burnout themselves, with 16% screening positive for major depression

CARING FOR THE CARERS



At Third Space Charity, we work to equip our interns with knowledge, skills, and capacity-building tools to support their own mental health while serving the needs of the community for years to come. Our intensive, internship training program includes:

- High-level field instruction and focused guidance from experienced clinical supervisors.
- Requisite direct and indirect service hours to complete practicum requirements.
- A team-based learning and practice experience.
- Regular case-consultations and team discussions.
- An ever-evolving client base that represents a variety of people, presenting issues, and needs.
- Opportunities to offer in-person and remote client service.
- Multi-session, experiential training in compassionate self-care for frontline, mental health workers.
- Evidence based, 90-day, guided, self-care journaling program.
- Experiential learning in equine-assisted therapy.
- Expert guest speaker sessions and workshops on topics such as eating disorders, sexual and relational trauma, gender and sexual diversity, brain injury in intimate partner violence, and suicidal ideation and prevention.
- Access to community experts and resources.
- Training in how to set up a practice and speak to clients about payment.
- Option to participate in our Alumni Referral Program upon degree completion and professional certification.

***To learn more, or to apply to our internship program,
visit <https://www.thirdspacecanada.org>***

We are striving to build a diverse team, and may give preference to candidates who are Indigenous, Black or racialized, people with diverse gender identities or expressions, and/or, people with disabilities. If you fit these preferences, and feel comfortable sharing, it will really help our screening process if you mention that in your application.