Richard L. Roudebush VA Medical Center

Doctoral Psychology Internship Program in Health Service Psychology

Richard L. Roudebush VA Medical Center
1481 West 10th Street (116P)
Indianapolis, IN 46202
(317) 988-3658
http://www.indianapolis.va.gov/

Applications Due: November 15th

Serious Mental Illness and Recovery (2 positions) – **216812**

General Track (2 positions) – **216813**

Note: Information in this brochure reflects updates as of 8/15/2022

Accreditation Status

The doctoral internship at the Richard L. Roudebush V.A. Medical Center is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC). This program was initially accredited by the Commission on Accreditation (CoA) of the American Psychological Association, effective November 5th, 2013. At its July 13-16, 2022 meeting, the APA Commission on Accreditation (CoA) voted to approve continued accreditation of the internship program at Richard L. Roudebush VAMC in Indianapolis, IN, with its next site visit scheduled 10 years from the date of the program's last site visit. This decision is based on the CoA's professional judgement that the program has demonstrated that it adheres to the Standards of Accreditation in Health Service Psychology (SoA). The current record indicates that a full review of the program is warranted within ten years of its last site visit, including interim reporting, to ensure continued adherence to the Standards.

For more information or questions please contact CoA at:

Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street, NE, Washington DC 2000
Phone: (202) 336-5979/Email:
apaaccred@apa.org Web:
www.apa.org/ed/accreditation

Application & Selection Procedures

Criteria for acceptance into the program

In accordance with VA policy, our internship seeks applicants who are U.S. citizens and are enrolled in APA-accredited doctoral programs in clinical or counseling psychology. In addition, we require that a prospective intern's university advisor or director of training verify that s/he approves and recommends that the student receive an internship at this facility, as specified on the APPIC "Academic Program's Verification of Internship Eligibility and Readiness" form. As an equal opportunity training program, the internship welcomes and strongly encourages applications from all qualified candidates, regardless of gender, gender identity, age, religion, race, ethnicity, culture, nationality, socioeconomic status, sexual orientation, disability, or other minority status. We are committed to ensuring a range of diversity among our training classes, and we select candidates representing different kinds of programs and theoretical orientations, geographic areas, ages, racial and ethnic backgrounds, sexual orientations, disabilities, and life experiences. All things being equal, consideration is given to applicants who identify themselves as veterans; as members of historically underrepresented groups on the basis or racial or ethnic status; as representing diversity based on sexual orientation; or as representing diversity based on disability status. These factors may be indicated on their application.

We also seek candidates who evidence professionalism, scientific mindedness and good interpersonal skills. In addition, we look for those who demonstrate strong verbal expressive skills and overall goodness-of-fit with our training program. We are interested in applicants who have obtained a range of clinical experiences but who are also interested in pursuing a range of ideas as their careers emerge. Applicants should have met the Basic Competency Requirements established by APA for readiness to enter the Internship Program. In addition, we require a minimum of 400 intervention hours, 60 assessment hours and 5 integrated reports. (*Note: We recognize that prospective applicant's hours may have been impacted by the COVID-19 pandemic and will review applications with that in mind. Please address any deficits in hours requirements in your cover letter.*) Other requirements include:

- Verification by the intern's host program DCT of eligibility for participation in the APPIC internship match, which is included in the completed AAPI
- Enrollment in an APA Accredited clinical or counseling graduate program (Ph.D or Psy.D)
- Successful completion of comprehensive examinations
- Graduate GPA of 3.0 or higher
- No evidence of significant professional conduct issues
- Completion of academic and practicum requirements

Further VA internship eligibility requirements:

1. U.S. citizenship. VA is unable to consider applications from anyone who is not currently a U.S. citizen. Verification of citizenship is required following selection. All interns and fellows must complete a Certification of Citizenship in the United States prior to beginning VA training.
2. A male applicant born after 12/31/1959 must have registered for the draft by age 26 to be eligible for any US government employment, including selection as a paid VA trainee. Male applicants must sign a pre-appointment Certification Statement for Selective Service Registration before they can be processed into a training program. Exceptions can be granted only by the US Office of Personnel Management; exceptions are very rarely granted.
3. Interns and Fellows are subject to fingerprinting and background checks. Match result and selection decisions are contingent on passing these screens.
4. VA training occurs in a health care setting. Some of the patients served by VA are elderly or infirm, and could succumb to common illnesses like influenza. It is important to be able to document that your vaccinations are up to date and that you have been screened for active tuberculosis prior to starting your training at VA or other hospitals. Securing a statement from university student health center, your regular health provider, or an urgent care clinic can expedite your appointment. Additionally, maintaining a current flu vaccination during the training year (or taking additional preventative measures to limit patient exposure to the flu) will be required. Please discuss this with the program training director after you have matched and well before to your start date to facilitate your onboarding
5. Internship applicants also must meet these criteria to be considered for any VA Psychology Internship Program:
6. Doctoral student in good standing at an American Psychological Association (APA) or Canadian Psychological Association (CPA) accredited graduate program in Clinical, Counseling, or Combined psychology or Psychological Clinical Science Accreditation System (PCSAS) accredited program in Clinical Science. Persons with a doctorate in another area of psychology who meet the APA or CPA criteria for respecialization training in Clinical, Counseling, or Combined Psychology are also eligible.
7. Approved for internship status by graduate program training director.
8. To be eligible for employment as a VA Psychologist, a person must be a U.S. citizen and must have completed an APA, or CPA accredited graduate program in Clinical, Counseling, or Combined psychology or PCSAS accredited Clinical Science program AND must have completed an APA or CPA accredited internship in Psychology, with the emphasis area of the degree consistent with the assignment for which the applicant is to be employed. The only exception is for those who complete a new VA internship that is not yet accredited.

Position information:

- The stipend for the 2022-2023 training year is $26,517.00. The stipend for the 2023-2024 training year has yet to be announced.
- Only 52-week full-time internships are available (2088 hours).
- Our anticipated start date is August 7, 2023
- This setting complies with all APPIC guidelines and with local licensing requirements.
- APPIC Program Match Numbers:

- Serious Mental Illness and Recovery (2 positions) – **216812**
- General Track - **216813**

Application Process

Our internship program participates in the APPIC match, and application must be made through the online AAPI (APPIC Application for Psychology Internships), which can be found at the APPIC website: www.appic.org/. No mail or email application materials will be accepted. We request no additional supplemental documents beyond those indicated on the APPIC website. The deadline for completed applications is **November 15th.** Interviews will be arranged for selected applicants (see *Candidate Interviews* below for more information).

Offers of acceptance will be made in agreement with the guidelines developed by the Association of Psychology Postdoctoral and Internship Centers (APPIC). APPIC Match Policies are available on the APPIC website (http://www.appic.org/). Applicants must obtain an Applicant Agreement from the National Matching Service (http://www.natmatch.com/psychint) and register for the match to be eligible to match to our program. This internship site agrees to abide by the APPIC Policy that no person at this training facility will solicit, accept, or use any ranking-related information from any intern applicant. We will offer appropriate guidance to all applicants during the application process. We strongly suggest that you apply to this program only if it ranks highly in terms of your personal and professional priorities.

Prior to beginning the internship year, it will be necessary for applicants selected for the internship training program to complete an Optional Application for Federal Employment (OF 612) and a Declaration for Federal Employment (OF 306). Initial drug screen and physicals are mandatory and a part of the on- boarding process. During the training year, interns are responsible for adhering to the policies and procedures of the Psychology Training Program and the Psychology Section. Also, many of the laws, rules, and guidelines that apply to federal employees are applicable to trainees in federal training positions. For example, interns may be subject to random drug screening. A copy of the policies and procedures of this training program will be made available to intern applicants during orientation at the beginning of the training year.

The application procedure includes the following steps:

- Complete the **on-line APPIC Application for Psychology Internships**.
- Initiate three letters of recommendation from individuals, as part of the Online AAPI.
- Indicate in your cover letter your major track preferences. Candidates are encouraged to apply to multiple tracks.
- All materials should be received by November 15th.
- Psychology staff will review all applications and will offer interviews to those who best match with our program and clinical tracks. Preference is given to applicants who have specific training and/or research experiences that are consistent with the type of work that is performed at the Roudebush VAMC. Notification of interview status will be sent by December 15th.

All correspondence and application materials should be sent to the Training Director:

Candace Tomes PsyD
Psychology Training Director
Richard L. Roudebush VA Medical Center

1481 W. 10th street (116P)
Indianapolis, IN 46202
Candace.tomes@va.gov

COVID-19 Response and Impact on Training

The ongoing COVID-19 pandemic has created numerous challenges. This internship program strives for transparency in providing detailed information about how our program and training opportunities have been or may be impacted. This means that we cannot definitively predict how specific rotations may evolve for the 2023-2024 training year.

We can reasonably say that there will be continued utilization of telehealth and technology-based delivery platforms. We do not expect that there will be any significant changes to the base clinical services or populations served through rotations described in our brochure.

The VA campuses have strict restrictions on patients or other members of the public visiting. All employees and visitors must wear a mask in all public areas on campus as part of our 100% masking policy. Further, employees must have their temperature taken upon entering the building. If staff become sick, they can be tested on-site and must be cleared by Occupational Health before they are allowed to return to campus to work. Most outpatient clinics have resumed face-to-face services. Personal protective equipment (PPE) is available. All didactics and seminars are currently held virtually. When supervision occurs in-person, social distancing and masking requirements will be observed.

During the pandemic, interns have been offered the opportunity to telework. Staff in some outpatient clinics, are working a hybrid teleworking/in office schedule. The decision of offering telework opportunities to interns in the 2023-2024 cohort will be based on patient care, training needs, federal requirements, and APA accreditation guidelines.

Selection and Interview Process

The Selection Committee is comprised of the Training Director, at least all major emphasis area supervisors, and other psychologists who are members of the Psychology Training Committee. All applications are screened for basic eligibility. Applicants who are deemed to be a good fit with this internship program are invited to interview. All personal interviews are conducted individually and by invitation only. Candidates will be informed via e-mail by December 15th at the latest as to whether they have been invited for a personal interview. Applicants invited to interview will be informed about the emphasis area for which they are being considered as applicants are free to apply to more than one emphasis area. Therefore, applications to more than one emphasis area does not necessarily mean that candidates will be considered for all areas of interest.

Half-day virtual interviews will be held January 13th, 2023 and January 20th, 2023. Interviews serve as a two-way process: a chance for us to meet and learn more about you, and an opportunity for you to meet us and get a better understanding of our program. An interview is required to match with our program. It is not yet determined if interviews will be offered in-person. Regardless, virtual interviews are acceptable and will be offered if applicants are unable to attend the interview days on the second and third Fridays in January.

Match Process

We will adhere strictly to the match policies established by APPIC. The only information that we may communicate to applicants prior to the February deadline is whether they are still under consideration for admission. Additional information regarding the match is available through the National Matching Services.

Psychology Setting

The Richard L. Roudebush VAMC is a Category 1A facility located in the heart of downtown Indianapolis, and it serves veterans from a 45-county area in Indiana and Illinois. The Psychiatry Service employs 46 psychologists and includes programs representing the entire continuum of mental health services. Our facility is affiliated with the Indiana University School of Medicine and has participated in training of IU psychology interns. We maintain academic affiliations with seven APA-approved graduate psychology programs at five different universities including University of Indianapolis, Indiana University - Purdue University Indianapolis, Ball State University, Indiana State University, Indiana University-Bloomington, and Purdue University.

The psychology staff members at our facility are supervised by an executive psychologist who reports to the Chief of Psychiatry. The psychologists are organized into six groups based on similarity of function, purpose, or activities. The training program is overseen by Executive Psychology, Shannon Woller, Psy.D, ABPP, and is managed by the Training Director, Dr. Candace Tomes.

Training Model and Program Philosophy

We adhere to a practitioner-scholar training model and provide opportunities to engage in numerous clinical, educational, and research activities. The program is designed to develop psychologists who are adept at managing a wide range of adult psychological disorders, conducting therapy in multiple modalities (e.g. individual and group), conducting and interpreting psychological and neuropsychological assessments, and providing psychoeducation. We utilize a mentorship model for both emphasis areas which means that each intern's primary emphasis area supervisor also serves as the intern's mentor. The two primary emphasis areas include: 1)Serious Mental Illness and Recovery which focuses on recovery oriented treatment for veterans with serious mental illness and 2) General Track. As a site serving primarily adult veterans and some active military service people, the population served is predominantly male, although a growing percentage of younger Veterans and active duty service members are women (approximately 15%). Because we are a general medical and surgical facility rather than a neuropsychiatric facility, several of the training opportunities that we provide have a behavioral medicine or health psychology focus.

We flexibly tailor our internship program to meet the training needs of each intern. No differentiation is made between clinical and counseling interns with respect to the content of their clinical training experiences.

Program Aims and Objectives

The overall mission of the doctoral psychology internship training program is to provide a high-quality, experiential learning environment from which to cultivate ethical, scientifically grounded, psychologically flexible skills, experience, and knowledge that will guide an intern in the transition from graduate student to entry-level professional in the field of psychology. Through a developmental approach, interns will experience graduated exposure to increased autonomy as training progresses throughout the year. Specific aims of the training program include ensuring interns demonstrate competence in nine key areas including:

1. Individual and Cultural Diversity
2. Professional Values, Attitudes and Behaviors
3. Ethical and Legal Standards
4. Communication and Interpersonal Skills

5. Assessment
6. Intervention
7. Supervision
8. Consultation and Interprofessional/Interdisciplinary Skills
9. Research

Among these aims, specific objectives involve the development of foundational and functional competencies reflecting readiness for entry-level practice. Objectives related to foundational competencies include developing awareness and abilities in reflective practice of self-assessment, scientific knowledge and methods, relationships, individual and cultural diversity, ethical and legal standards and policy, and interdisciplinary systems. Functional competency objectives include knowledge, skills and abilities in assessment, diagnosis and case conceptualization, intervention, consultation, research and evaluation, supervision and teaching, management and administration, and science and practice. We seek to expose our interns to an array of treatment settings and therapeutic challenges as they progress through the internship year to accomplish these objectives. Interns will learn through graded exposure, based on their individual needs, readiness, and previous experience. Graduating interns develop the competencies and a sense of professional identity needed for entry-level positions or post-doctoral residencies. Interns will receive training in shared decision making, the sustenance of long term relationships, and recovery and integration within interdisciplinary collaboration. See *Requirements for Completion* for more information about experiential training objectives.

Program Structure

We have four full-time funded internship positions. Interns will complete two six-month major rotations and two six-month minor rotations while supplementing training with adjunctive training experiences. SMI interns are guaranteed a rotation in their selected emphasis area and receive mentorship from their emphasis area supervisor. General track interns will create a training schedule of their desired rotations from a menu of options (See rotation descriptions below). Each intern has one major and one minor rotation supervisor at any given time, and each rotation supervisor provides one hour of scheduled individual supervision weekly.

One day per week is set aside for training activities including didactics, case presentations, reading, research, and special projects. Interns can expect at least four hours of supervision per week, with at least two of those hours being individual supervision and the rest group supervision (depending on rotation). Additional training opportunities take place in the context of interactive didactics, treatment team staff meetings and related multidisciplinary meetings. Interns will receive training in supervision and depending on availability of practicum students in clinics where interns are rotating, there may be opportunities to gain experience providing umbrella supervision. The degree of responsibility given to the intern and the amount of structure provided depends on the intern's prior experience.

Interns will be formally evaluated at the mid-point and the end of each rotation and upon completion of the training year for a total of four evaluations to provide feedback and to cultivate a collaborative effort toward skill advancement. Interns also provide feedback to the program quarterly for the purposes of program quality enhancement. At mid-year and the year's end, interns will meet with the training director individually to discuss training issues and program quality enhancement in more depth. Please see the *Requirements for Completion* section for more information about evaluation processes.

Training Schedule and Rotations

Interns are expected to provide no less than an average of 10 hours of direct services per week. Interns will spend approximately 24 hours per week (three days) in their major rotations and approximately eight hours per week (one day) in their chosen minor rotations. Each rotation lasts six months, however involvement in the full DBT program through the MHC requires a year-long commitment.

During orientation week, interns meet with the Training Director to discuss options and preferences regarding their training schedule for the entire year. SMI interns are guaranteed one major rotation in the PRRC with Dr. Lysaker. For SMI interns who are interested in a year-long experience in their emphasis area, they may opt to have one minor rotation in their emphasis area. General track interns can also choose their rotations from the list of rotations below.

Interns then collaboratively establish their training plan with all supervisors who will be involved in their training. The Training Director approves the training plan to ensure that it includes experiences that best meet intern individual training needs. Interns are expected to develop a well-balanced rotation schedule rather than one that is narrowly focused. Interns are given considerable latitude in their choice of specific rotations.

Training Experiences

Below is a list of the major and minor rotations that are currently available for psychology interns at the Richard L. Roudebush VA Medical Center. The specific program developed by an intern must involve the approval of the Director of Training.

Major Rotations

- Domiciliary Residential Rehabilitation Treatment Program (DRRTP)
- LGBTQ+
- Outpatient Mental Health Clinic (MHC)
- Primary Care Mental Health Integration (PCMHI)
- Rehabilitation for Persistent Pain
- Serious Mental Illness and Recovery (PRRC)
- Trauma Recovery Program (TRP)

Minor Rotations

- Clinical Research (SMI)
- Dialectical Behavioral Therapy (DBT)
- Domiciliary Residential Rehabilitation Treatment Program (DRRTP)
- Health Promotion and Disease Prevention
- Home-Based Primary Care
- LGBTQ+
- Neuropsychology
- Primary Care Mental Health Integration (PCMHI)
- Rehabilitation for Persistent Pain
- Serious Mental Illness and Recovery (PRRC)
- Substance Use Disorders Recovery Program (SUDRP)
- Trauma Recovery Program (TRP)

Rotation Descriptions

Serious Mental Illness and Recovery
Major or Minor Rotation
Supervisor: Paul Lysaker, Ph.D., HSPP

This rotation focuses on long term psychotherapy with veterans with significant mental health needs including those related to schizophrenia, bipolar disorder, major depression, personality disorders, substance use, and trauma. Treatment is delivered in the Psychosocial Rehabilitation and Recovery Center (PRRC), an outpatient clinic housing within the lager medical center. The PRRC is made up of an interdisciplinary team including psychologists, psychiatrists, nurse practitioners, social workers and graduate level trainees. Group programming offers a range of possible experiences, including process groups and social skills training. Patients seen in PRRC engage in group and individual therapy, and family counseling if desired.

Many of the patients treated in the PRRC have complex mental health needs which include potentially early trauma, social adversity, and multiple comorbid psychiatric and non-psychiatric medical conditions. The treatment is individualized and conceptualized as something that develops as the patient and clinician get to know one another. This rotation offers a strong recovery framework in which meaningful recovery must be directed by the patient. The clinical work and supervision is based on a metacognitive model of serious mental illness and personality disorders (Metacognitive Reflection and Insight Therapy; MERIT) which stresses interventions that assist clients to utilize integrated ideas about themselves and others to decide how to effectively respond to the psychosocial challenges posed by psychiatric conditions. It is an integrative and flexible approach in that it describes principles that can be adapted by therapists from other perspectives in order to promote metacognition and help clients meaningfully recover. This work, rather than focusing on the contents of thoughts alone, is interested in how information is pieced together to form a sense of the larger social world and to decide how to manage emotional pain. Emphasis will be placed on developing an understanding of barriers to recovery, which include stigma, emotion dysregulation, deficits in social cognition and metacognition, as well as methods used to formally assess these barriers and intervene accordingly.

Interns will become able to deliver services to effectively address cognitive and intersubjective processes. Interns will become able to utilize a range of empirically supported techniques based on the unique need of the patient. The intern will also be able to consult and participate in interdisciplinary treatment team meetings with fellow PRRC providers to develop comprehensive psychological conceptualizations to guide treatment planning. Interns may have the opportunity to offer supervision to practicum students who are providing similar services to adults with severe mental illness. Interns will become familiar with methods for assessing metacognition and using that as a framework to guide intervention.

Psychology Training Provided: Individual and group psychotherapy, diagnostic and personality assessment, and clinical research.

Roles and responsibilities of interns in this rotation include the following:

- Carrying a caseload of individual psychotherapy patients during the rotation and throughout the training year
- Facilitating group psychotherapy
- Providing psychological assessment
- Attending team meetings
- Providing staff in-service and education
- Participating in ongoing clinical research

- Participating in supervision of practicum students providing group and individual psychotherapy as well as diagnostic assessment

Primary Care Mental Health Integration
Major or Minor Rotation
Supervisors: Craig Deken, PhD, HSPP; Allison Rodgers, PhD, HSPP; Sarah Taylor, PsyD, HSPP

The purpose of this rotation is to provide interns with an opportunity to provide short-term, solution-focused therapy with Veterans in the Primary Care setting as part of the patient-centered medical home model (known as Patient Aligned Care Teams, or PACT). Interns will spend the majority of their time working as an integrated member of the PACT where they will support primary care providers in the provision of services to Veterans presenting with mental health (e.g. depression, anxiety, insomnia) and behavioral health (e.g. chronic pain, weight management., tobacco cessation, medication compliance) concerns while increasing awareness of complex medical needs, including and not limited to diabetes, traumatic brain injury, COPD, chronic pain, and cancer, in patient functioning. Interns will also learn to function as the mental and behavioral health subject matter expert on a multidisciplinary team, thus gaining ample experience with interprofessional collaboration and consultation.

Within the Primary Care Mental Integration Model (PCMHI), the intern will learn how to effectively assess and determine the appropriate level of care needed for Veterans presenting with mental and behavioral health conditions within the primary care setting. Interns will learn how and when to refer patients to other levels of care and related programs utilizing the stepped-care model of treatment. Interns will also learn to create a plan of care (POC) via the measurementbased care model, which involves utilizing a brief, standardized assessment and other measures to guide treatment planning and assess treatment outcomes while delivering services in one to six 30-minute sessions. Finally, interns will learn to utilize a broad range of interventions including but not limited to behavioral activation, goal setting, motivational interviewing, problem solving, thought challenging, and pleasurable activity planning. Dr. Taylor and Dr. Rodgers will also participate through co-moderating weekly PCMHI Group Supervision.

The intern will be able to meet with supervisors during orientation and discuss a preferred location for this rotation. This will be based on desired training experiences of the intern and supervisor availability. Dr. Rodgers and Dr. Taylor will provide supervision at the main hospital and Dr. Deken will provide supervision at the Brownsburg CBOC. At both sites, interns will provide same-day patient care by conducting triage assessments for veterans referred by their treating provider and/or other PACT members. Interns may have the opportunity to participate in the PCMHI Competency Training depending upon training availability. Opportunities may also exist for the intern to assist in providing training and consultation to other healthcare providers to enhance their ability to function as health coaches for patients within the PACT model. Interns in the clinical health emphasis area will participate in the weekly health didactic series throughout the year.

Roles and responsibilities of interns in this rotation include the following:
• Conducting initial PCMHI assessments
• Introducing PCMHI services to patients without prior engagement in PCMHI and/or MHC
• Providing consultations and brief therapy to primary care patients for mental and behavioral health concerns
• Providing brief group telehealth interventions
• Attending team meetings and educational activities
• Potential to provide supervision to PCMHI practicum students
• Collaborating and consulting with providers representing other disciplines involved in patient care
• Utilization of evidence-based interventions (e.g., BCBT, CBTI, BCBT-CP, Motivational Interviewing) to promote both physical and mental health

Outpatient Mental Health
Major or Minor Rotation
Supervisors: Jason Beyer, PsyD; Anthony McMahon, PsyD, HSPP

The purpose of the rotation is to provide the intern with intensive experience in an outpatient mental health clinic. The Mental Health Clinic is a very active, full-service general adult outpatient mental health clinic, serving the full and comprehensive mental health needs of all veterans.

Trainees may expect to treat individuals diagnosed with a wide spectrum of psychiatric disorders utilizing a variety of evidence-based individual and group psychotherapies including Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT) and Dialectical Behavioral Therapy (DBT) in application to specific disorders (depression, anxiety, personality disorder). Group psychotherapy experiences range from psychoeducational to experiential and supportive. Trainees rotating through MHC will participate with a multidisciplinary treatment team of psychiatrists, advanced nurse practitioners, psychologists, and social workers. Opportunities will be available to perform a wide variety of psychological assessments.

Roles and responsibilities of interns in this rotation include the following:

- Carrying a caseload of ongoing individual psychotherapy patients
- Facilitating and/or co-facilitating group psychotherapy. Groups offered include but are not limited to: Cognitive Therapy for Depression; Acceptance and Commitment Therapy for Anxiety
- Conducting diagnostic psychological assessments
- Attending and actively participating multidisciplinary treatment team meetings
- Learning and utilizing both brief, time-limited evidence-based psychotherapies and depth-oriented, integrative therapies

Neuropsychology

Minor Rotation
Supervisors: Ryan Greene, PsyD, HSPP; Gili Goldfrad, PsyD, HSPP; Sarah Small, PsyD, HSPP; and Jay Summers, PhD

The purpose of the rotation is to provide training in neuropsychology that is tailored to the intern's previous level of experience in the area. Specifically, interns with little to no experience in neuropsychology will have the opportunity to familiarize themselves with the process of neuropsychological assessment, including learning about normative statistical comparisons, standardized test administration, basic neuropsychological test interpretation, and basic report writing. Interns with greater background in neuropsychology will have the opportunity to gain more experience with complex assessment, advanced neuropsychological test interpretation and clinical conceptualization, comprehensive report writing, and application of current scientific research findings. The neuropsychology program provides clinical neuropsychological consultation to the entire healthcare facility. Patients referred to the program typically complete ½ day of neuropsychological testing, with the estimated length of evaluation being 4-6 hours. Typical diagnoses of patients seen include cortical and subcortical dementia due to various etiologies, mild cognitive impairment, cognitive dysfunction associated with conditions including stroke, traumatic brain injury, hepatitis C, and mood disorders. Other referral issues are related to mental capacity and appropriateness for medical procedures (e.g., pre-surgical candidates for transplant, pain interventions, or brains surgeries for seizure management or Parkinson's disease). In addition to working with staff who have diverse backgrounds and specialties, the patient population we assess is highly diverse, with wide range in age (19-93+), race/ethnicity, education (6th grade to doctoral level practitioners), gender (male, female, and transgender

veterans), and sensory abilities (i.e., hearing impairment, low vision/blindness, motor deficits, mobility limitations secondary to neurologic disorders).

For the minor rotation, interns can expect to learn a standard clinical interview and a flexible battery of neuropsychological tests, including those designed to assess engagement in the testing process. Interns will be responsible for chart review, standardized administration of measures, interpretation of collected data and integration with gathered clinical information, and composition of a neuropsychological report that contains diagnoses and recommendations applicable to the patient's treatment regimen. Interns are assigned an average of approximately two outpatient neuropsychological cases each month, with alternating weeks allowing time for report writing and supervision of report edits. Supervision of testing is done on a one-to-one basis with a board-eligible neuropsychologist. In order to learn more about the field of neuropsychology, interns involved in this rotation are required to participate in weekly didactics comprised of lectures on topics pertinent to the field of neuropsychology, fact-finding cases, case presentations, and article reviews. Subjects included in this series include neurocognitive screening measures, functional neuroanatomy, differentiation of normal aging and dementing processes, traumatic brain injuries, stroke, and the differential diagnosis of multiple neurodegenerative illnesses, etc. At the end of the year, learners present on a chosen topic they have selected for self-study. Due to time commitments, this rotation involves an alternate tour of duty on Tuesdays starting at 7:30 am. Of importance, interns who select the neuropsychology minor rotation are expected to attend didactics throughout their training year regardless of which semester they are completing the rotation.

Dialectical Behavioral Therapy
Year-long Minor Rotation
Supervisors: Anthony McMahon, PsyD, HSPP and Candace Tomes, PsyD

The purpose of the rotation is to provide the intern with experience in a fully functioning Dialectal Behavior Therapy program within the outpatient mental health clinic. Dr. Chambers will supervise interns in this rotation. Veterans participate in six months of weekly group and individual therapy as well as using phone coaching when needed. The majority of the veterans participating in DBT have been diagnosed with Borderline Personality Disorder, traits of BPD, or PTSD.

The DBT program at the Indianapolis follows Dr. Marsha Linehan's dialectical cognitive behavioral model and case formulation. The program consists of dual elements of treatment including weekly skills training group and weekly individual psychotherapy. Training opportunities include diagnostic assessment, learning to use a structured clinical diagnostic screening tool, opportunities to co-facilitate the structured psycho-educational skills training group, provide individual DBT therapy, and to participate on the multidisciplinary DBT consultation team. Interns will be expected to carry a caseload of at least two veterans diagnosed with BPD and co-facilitate at least three of the four skills training modules for group.

Roles and responsibilities of interns in this rotation include the following:

- Participation in weekly DBT Consultation Team meetings
- Co-facilitating DBT skills group
- Provide individual therapy for two veterans in the program
- Completing DBT intake assessments
- Read foundational texts including Cognitive-Behavioral Treatment of Borderline Personality Disorder and DBT Skills Training Manual

Domiciliary Residential Rehabilitation Treatment Program (DRRTP)
Major or Minor Rotation
Supervisor: Sarah Horine, PsyD

The mission of the Domiciliary is to provide an opportunity for Veterans to participate in a residential, rehabilitative therapeutic community. Veterans will be supported to achieve their optimal level of functioning and return to independent living. Specialized services are provided in a therapeutic residential community and are based on psychosocial rehabilitation and recovery-oriented principles. The Domiciliary is a program for homeless Veterans to transition to independent housing. The Domiciliary program provides Veterans with 24/7 structured, stable housing and an opportunity to address issues that contributed to one's homelessness. The Domiciliary uses the recovery model, which is based on principles of personal responsibility, partnership, empowerment, interdependence, skill development, use of social supports, and clean and sober recreation.

The Domiciliary program utilizes the therapeutic community as its model of care. This mutual self-help approach is based on the belief that a community with a common goal can accomplish more than one can alone. Domiciliary Veterans are expected to work through the process of recovery together, assisting one another, providing peer support, and intervening when appropriate and necessary to maximize every community member's chance of success. The DRRTP is located in Lawrence, IN about 14 miles from the main hospital. The DRRTP is located right next to Fort Benjamin Harrison State Park. The DRRTP has 50 beds: 45 male and 5 female. The Domiciliary is a therapeutic living environment with 24/7 VA nursing staff, 3 meals every day and support from dietitian, and individual furnished rooms. Veterans participate in a variety of services while at the DRRTP including case management by social workers, group therapy from the interdisciplinary team, individual therapy with clinical psychologist, employment assistance with a vocational rehabilitation specialist, chaplain/spiritual services, medication and disease education by a clinical pharmacist, recreational therapy and assistance with developing therapeutic leisure activities, psychiatry medication management, primary medical needs by nurse practitioner, financial education, and peer support. The goal of psychotherapy interventions is to address mental health and/or substance use that may create barriers to maintaining independent living.

Roles and responsibilities of interns in this rotation include the following:

- Complete psychotherapy intake evaluations
- Provide individual and group psychotherapy
- Participate in daily multidisciplinary treatment team meetings as well as progress toward completion meetings

Substance Use Disorders Recovery Program (SUDRP)
Major or Minor Rotation
Supervisor: Jennifer Chambers, PhD, HSPP

The purpose of this rotation is to provide the intern with evidence-based training in the assessment and treatment of Substance Use Disorders. SUDRP provides a variety of group and individual evidence-based psychotherapies to veterans with SUD and co-occurring disorders through the process of evaluation, treatment, and relapse prevention. Interns interested in this area of training will have the opportunity to learn to conduct SUD-focused assessments and use measures including the Brief Addiction Monitor (BAM-R). They will receive training and the opportunity to provide individual therapy using MI/MET and CBT-SUD as well as lead psychoeducation and CBT informed groups. They will work closely with an interdisciplinary team of prescribers, nurses, peer support specialists, social workers, counselors, and psychologists to provide comprehensive and effective treatment.

Roles and responsibilities of interns in this rotation include the following:

- Participate in SUDRP staffing
- Complete Intake assessments including the BAM-R
- Provide MI/MET and CBT-SUD therapies
- Facilitate groups in IOP or Outpatient program

- Develop individualized treatment plans

Trauma Recovery Program
Major or Minor Rotation
Supervisor: Nichole Rose-Freeman, PsyD, HSPP; Ellie Miskiel, PsyD, HSPP

The purpose of this rotation is to provide the intern with evidence-based training in the assessment and treatment of PTSD. The TRP is a time-limited trauma-focused treatment program that offers evidence-based psychotherapies to Veterans with symptoms of PTSD. Interns interested in this area of training will have the opportunity to learn and administer gold-standard diagnostic interviews for a diagnosis of PTSD including the Clinician Administered PTSD Scale for DSM-5 (CAPS-5) and PTSD Checklist (PCL-5). Additionally, interns will learn to provide empirically-supported treatments including Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), and Written Exposure Therapy (WET). Interns will also have the opportunities to facilitate empirically supported trauma focused groups such as TRP Orientation Group, Cognitive Processing Therapy (CPT), Moral Injury, Skills Training in Affective and Interpersonal Regulation (STAIR), and Military Sexual Trauma. Training will focus on providing culturally competent, trauma focused evidenced-based treatments to a diverse Veteran population including, but not limited to, developing culturally sensitive interventions based on individual diversity factors (e.g. race, ethnicity, age, ability, SES), and understanding how trauma related experiences may be influenced by community, institutional, and cultural inequities. Finally, the intern will have the opportunity to attend and participate in the PTSD Clinical Team Meetings.

Roles and responsibilities of interns in this rotation include the following:
- Participate in weekly TRP staff meetings
- Complete CAPS-5
- Provide Cognitive Processing Therapy, Written Exposure, and Prolonged Exposure therapies
- Record therapy sessions to ensure fidelity to treatment model

LGBTQ+
Major or Minor Rotation
Supervisor: Heather Sperry, PhD, HSPP

The purpose of the rotation is to provide the intern with experience in LGBTQ+ healthcare and advocacy by working closely with Dr. Sperry, the LGBTQ+ Veteran Care Coordinator (VCC). In 2016, National Program for Points of Contact for LGBTQ+ Veterans (and the LGBTQ+ VCC role) was created to address them sustained and present impact on LGBTQ+ individuals who have historically experienced social stigma and discrimination which contribute to health disparities related to access, engagement, and quality of care. Each VA Medical Center Director appointed at least one LGBTQ+ VCC to serve their respective facility. The LGBTQ+ VCC role is administrative in nature, although many LGBTQ+ VCCs engage in clinical care with LGBTQ+ Veterans as well. LGBTQ+ VVC responsibilities include the implementing national and Veterans Integrated Service Network (VISN)-level policies, advocating and problem-solving LGBTQ+ Veteran-related health care issues at the medical center and associated Community-Based Outpatient Clinics (CBOCs), communicating regularly with National LGBTQ+ Program, providing regular training and consultation to staff members, coordinating with Equal Employment Opportunity (EEO) LGBTQ+ Special Emphasis Program Manager (SEPM) in addressing LGBTQ+ employee concerns, educating staff and LGBTQ+ Veterans on available services, engaging in outreach events and facilitates LGBTQ+ special observances (e.g., LGBTQ+ Pride Month, LGBTQ+ Health Awareness Week, Transgender Awareness Month), and assisting with completion of Healthcare Equality Index (HEI), and networks with key stake-holders, staff members, and community members. In addition to these administrative responsibilities, Dr. Sperry also provides clinical care to LGBTQ+ Veterans (e.g., Transgender Support Group, management of LGBTQ+ Vet Services consult) and facilitates the care provided by other providers (e.g., readiness evaluation for hormones/surgeries, LGBTQ+ Support Group, PRIDE Group).

The purpose of the rotation is to provide the intern with experience in LGBTQ+ healthcare and advocacy, particularly the intersection of LGBTQ+ and Veteran identities. This rotation offers a blend of clinical and administrative opportunities. Interns will receive training and supervision from the LGBTQ+ Program Manager, deliver care to LGBTQ+ Veterans, facilitate trainings, participate in program development, and engage in leadership opportunities.

The LGBTQ+ Health rotation can be selected as major or minor rotation. It offers psychology interns an opportunity to engage in a variety of activities including direct patient care (e.g., consultations, hormone/surgery readiness evaluations, group) and administrative tasks (e.g., care coordination, staff education, hosting special observances, engaging in VISN- and National-level programming). Interns are expected to build relationships across service lines and disciplines to ensure quality care is received by LGBTQ+ Veterans. Interns will also create and complete an LGBTQ+ project that will be developed with approval from the supervisor.

Roles and responsibilities of interns in this rotation include the following:

- Provide consultation services to LGBTQ+ Veterans and connect to care and resources
- Facilitate/co-facilitate groups (e.g., LGBTQ+ Support Group, Transgender/Gender Diverse Support Group, PRIDE In All Who Serve Health Education Group)
- Conduct hormone and surgery readiness evaluations
- Provide LGBTQ+ trainings to staff
- Assist in planning a minimum of 1 LGBTQ+ special observance (e.g., LGBTQ+ Health Awareness Week, Pride, Transgender Day of Remembrance)
- Read foundational materials and relevant guidelines, such as VHA Directives, WPATH SOC
- Create and complete LGBTQ+ project as agreed upon by intern/supervisor
- Participate in local, regional, and national calls and projects as available

Clinical SMI Research
Minor Rotation
Supervisor: Paul Lysaker, PhD, HSPP

The purpose of this rotation would be to provide the intern the opportunity to participate in an ongoing longstanding program of research. It is intended to help prepare interns who are interested in a career which both clinical practice and clinical research would be integrated. There will be opportunities for participation with a larger group of psychologists linked through funding or shared ideas. Activities may include the conceptualization of research questions, study design, study implementation, and data analysis. Opportunities for quantitative, qualitative, and theoretical work are available. It is expected that the intern will be the first author on at least one manuscript which will be submitted to a peer reviewed journal and be an author on at least one other paper prepared by other members of the research group. The research may explore many different phenomena but in general will be concerned with identifying psychological factors which contribute to health and recovery among persons with serious mental illness, significant mental health challenges, and relatedly the development of recovery oriented interventions.

Health Promotion and Disease Prevention Rotation
Minor Rotation
Supervisor: Katherine Fedele, PhD, HSPP

In this rotation the intern will have the opportunity to work alongside the Health Behavior Coordinator, Dr. Fedele, on the Healthy Living Team. The intern will have the opportunity to provide evidence-based interventions to promote health behavior change for Veterans. Specifically, the intern will learn to facilitate MOVE! weight

management classes, tobacco cessation groups, and a diabetes class. The intern also will learn how to conduct pre-bariatric surgery evaluations. Additionally, the intern has the exciting opportunity to co-facilitate Motivational Interviewing and TEACH for Success trainings that are provided to Primary Care staff. The intern may have the opportunity to start their own group depending on their interests and availability.

Roles and responsibilities of the intern in this rotation include the following:

- Facilitation of MOVE! weight management classes
- Co-facilitating MI and TEACH trainings for Primary Care staff
- Facilitation of tobacco cessation groups
- Conducting pre-bariatric surgery evaluations

Home-Based Primary Care

Minor Rotation
Supervisor: Bradley Mossbarger, PhD

Home-Based Primary Care (HBPC) provides comprehensive, longitudinal primary health care in the homes of Veterans who qualify for this home-based program. Most patients are geriatric and have complex, chronic medical issues, and many have dementia and/or significant psychiatric disability. A large interdisciplinary team (including primary care providers, nurses, physical and occupational therapists, dietitian, social work, pharmacy and psychology) serve patients via home visits, video connect, and telephone-based contacts. Psychologist responsibilities include psychiatric and cognitive assessments, assessments of medical decision-making and financial capacity; psychotherapeutic interventions with patients and caregivers; trainings for facility staff and the medical team; staff consultation; and team development activities. Presenting patient problems are varied and include depression and anxiety, coping with chronic illness, motivation/adherence issues, caregiver stress, and behavioral problems in dementia. Standardized assessment instruments and evidence-based therapy approaches are used. In this training program, a developmental, competency-based model of supervision is employed, with interns initially accompanying the supervisor in a government vehicle to the Veteran's home to observe and ultimately conduct assessments and interventions under room-level supervision. Telephone-based interventions with Veterans and their families, conducted from HBPC offices, will also be utilized. The supervising psychologist will physically accompany the intern on a home visit at all times, but based on the graduated level of supervision, the goal of this rotation will be to have the intern conduct the session/assessment without intervention from the supervising psychologist. Travel can be up to one hour each way to a Veteran's home, as the team serves Veterans within a 50-60 mile radius of the VA Hospital. Due to travel time, generally only one or two home visits will be possible within a day. HBPC treatment team meetings are held Tuesday and Thursdays at 0800 and last until the completion of the reviews. These meetings are at the HBPC offices (offsite). Interns are expected to attend one of these meetings (each supervisor covers one meeting weekly) during the remainder of the rotation.

Roles and responsibilities of interns in this rotation include the following:

• Conducting triages and lengthier mental health evaluations
• Managing a caseload of patients
• Attending team meetings and educational activities
• Collaborating and consulting with providers representing other disciplines involved in patient care (MD/NP/PA, LCSW, OT, PT, PharmD, etc.)
• Utilization of evidence-based interventions (e.g., CBT-CP, ACT-D, CBT-I, PST-HBPC, Motivational Interviewing) to promote improved functioning and quality of life for Veterans

Rehabilitation for Persistent Pain

Major or Minor Rotation
Supervisor: *Michael Hines, PsyD, HSPP*

This rotation is designed to provide the intern with experience in rehabilitation for persistent pain. Housed under Physical Medicine and Rehabilitation Services (PMRS), The Veteran's Integrated Pain (VIP) Clinic is an interdisciplinary team comprised of medical providers, physical therapy, chiropractic care, pharmacy, recreational therapy, social work, and psychology. As an integrated part of the team, the intern will gain exposure and experience providing a wide range of psychological and behavioral interventions for Veterans with persistent pain conditions. There are well known racial, ethnic, and gender disparities in the treatment of individuals with persistent pain. Interns are expected to explore and confront their own biases, and to consider all intersecting aspects of the patient's identity when developing their conceptualization and plan for treatment.

The intern will be based in the VIP Clinic at the OrthoIndy YMCA location. While the primary focus of treatment is persistent pain, Veteran's dealing with persistent pain often have several co-morbid mental health concerns. The intern will serve as part of an interdisciplinary team, will conduct initial psychiatric diagnostic evaluations, carry an individual caseload throughout the rotation, provide biofeedback training, facilitate/co-facilitate therapy groups, complete OUD/SUD screening, and participate in interdisciplinary treatment team meetings. Opportunities may also exist for the intern to co-treat with other members of the team (PT), conduct psychological assessments for Veterans being considered for spinal cord stimulator placement, and to assist with training other healthcare providers about non-pharmacological options for treating persistent pain.

Roles and responsibilities of interns in this rotation include the following:
• Conducting triages and lengthier pain focused mental health evaluations
• Managing a caseload of patients working toward rehabilitation in the VIP clinic
• Co-facilitating therapy groups
• Attending team meetings and educational activities
• Collaborating and consulting with providers representing other disciplines involved in patient care (MD, LCSW, RT, PT, PharmD, etc.)
• Utilization of evidence-based interventions (e.g., CBT-CP, Biofeedback, CBT-I, Motivational Interviewing) to promote improved functioning and quality of life for Veterans with persistent pain

Didactics

The Internship Seminar meets weekly throughout the year. Each two-hour session consists of topics spanning the breadth of internship rotation areas, as well as issues commonly encountered by our patients and staff. Areas covered include: Introduction to Military Culture and the VA, Psychological Disorders, Health Psychology within Primary Care, Personality Disorders and Attachment, Supervision and Consultation, Interdisciplinary Perspectives, Pharmacotherapy, Ethics and State Law, Neuropsychological Assessment, Psychotherapy Orientations and Modalities, Rehabilitation, First-episode and Chronic Psychosis, Metacognitive Approaches to Treatment, Health and stress, Women's health, Assessment and Treatment with diverse populations, Assessment and Treatment of Disorders related to Traumatic Stress Exposure and related conditions, and many others. Several seminars are dedicated to topics related to Professional Development and Inter-professionalism. Several experiential diversity seminars are also included on training day throughout the year. Psychology staff members and some invited speakers will be responsible for the training provided in the Internship Seminar. Below is a sample didactic schedule.

CC: Introduction to Military Culture
Tx: Treatment Planning
E/ID: Resolving Ethical Dilemmas in Clinical Practice
Tx: Assessment of PTSD
CC: Experiential Diversity Seminar
Working with Stigma

PD: Post Doc vs Seeking Employment
White Privilege
Tx: CBT-Insomnia Pt. 1
Tx: CBT-Insomnia Pt. 2
Strengths-Based Approaches
CBT - Chronic Pain
Performance-based Validity Measures
Evidence-based Psychotherapy for PTSD
HOLIDAY
PD: Licensure, Credential Banking, Board Cert., and Loan Repayment
Military Sexual Trauma
Suicide
HOLIDAY
HOLIDAY
Job Talk
CBT - Depression
Psychopharmacology
Power of Metaphors in Psychotherapy
CC: Experiential Diversity Seminar
Psychiatric Rehabilitation and Recovery
E/ID: Ethical Aspects of Evidenced-Based Practice in Psychology
Tx: CBT for Generalized Anxiety Disorder
CC: LGBTQ+ part 1
CC: :LGBTQ+ part 2
Intern-led Didactic
Generational Trauma
Conversion Disorders
Job Talk
Intern-led Didactic
Consultation
A/Tx: Substance Use Disorders
Sizeism
Personality Disorders and Recovery
Intern-led Didactic
Pain Neuroscience
Inpatient Psychology
PD: Sexual Harassment and Managing Inappropriate Comments
PD: Involvement in professional Organizations, Advocacy, Legislature re: MH
Intern-led Didactic
S/C: Addressing Diversity in Supervision
CC: Experiential Diversity Seminar
Perspectives on Long-Term Therapy

Group Supervision

Every week, interns meet with the Training Director for group supervision. This is a forum for interns to present cases, journal articles and special projects. The goal of these activities is to help interns develop case conceptualization and critical thinking skills. Two formal evidence-based psychotherapy case presentations are required for completion of the internship year. The first group supervision session of each month will be open discussion. This allows for discussions related to supervision, application to post-doctorate programs, professional career development, licensure preparation, and other related topics.

Diversity

The Richard L. Roudebush VA serves Veterans who represent a wide variety of diversity dimensions including but not limited to gender, race, ethnicity, sexual orientation, physical disability, national origin, regional affiliation, age, and religious/spiritual beliefs. This psychology training program is deeply committed to the appreciation of diversity and the development of multicultural competence. During the training year, trainees develop awareness, knowledge, and skills to enhance multicultural competence/cultural humility through a variety of experiences. These include diversity-focused presentations, readings, and learning activities; discussions with supervisors, peers, and other clinical staff; and direct provision of services to Veterans from diverse backgrounds. The overall goal of diversity-related training activities is the promotion of social justice and multicultural competence/cultural humility within the mental health profession and society as a whole.

Diversity-Related Training Opportunities

- Sexual Orientation and Gender Identity
- Racial and Ethnic Diversity
- Age and Generational Differences
- Rural Communities
- Disability
- Socioeconomic status

Requirements for Completion

It is expected that each intern will attend and actively participate in all scheduled didactic presentations and actively engage in the training rotations for the full duration of the assignment unless there is prior approval for the absence. Program completion requires 2088 hours of internship training activities under clinical supervision (two to four hours weekly). It is expected that, upon completion of the program, all interns will demonstrate competence in the nine general domains mentioned above.

Completion of the internship program is conditional upon an intern meeting the stated objectives along with professional behavior that meets or exceeds competencies. No partial credit is granted regarding the internship. Successful completion of the internship is an all-or-none decision.

At the beginning of each rotation, the assigned supervisor(s) will review the competency assessment with the intern and clarify critical domains for that professional experience. Overall rotation scores should flow naturally from the scores assigned, however, specific domains may have greater or lesser weight from one rotation to another (i.e., neuropsychology – assessment skills; MHC – intervention skills).

Interns are rated from Level 0 – Level 5 across each competency area and then given an overall score for each rotation. Level 2 reflects "Requires close supervision/Emerging skill level". Level 3 reflects "Requires occasional supervision/Competent skill level." By the midpoint of the training year, interns must achieve a Level 2 rating for all competencies. At the conclusion of the training year, interns must meet a Level 3 rating for all competencies.

Throughout the internship year, the intern will receive ongoing evaluation. If, at any point, the supervisor evaluates the intern to be performing at a substandard level, this may prompt a remediation plan to go into effect. This written remediation plan will be developed by the relevant training staff along with the intern's input. The plan will be tailored to meet the specific needs of the intern to enhance the areas of substandard performance and to support the intern in meeting the minimum required standards.

If the intern does not respond to remediation (i.e. continues to perform at substandard level), due process probationary procedures will be implemented.

Initial Evaluation: Prior to beginning the internship, the intern completes a self-evaluation that examines experiences with specific treatments, inquiries about perceived areas of strength and weakness, and helps to define overall training aims. At the beginning of internship, the intern's performance is observed closely by the primary supervisor to identify strengths and further assess training needs. Supervisors then share these observations informally with each other in a staff meeting one month after commencement of the first rotation and make recommendations to interns as indicated.

Rotation Evaluations: Interns are evaluated at the midpoint and end of each rotation (quarterly). This involves written evaluation of the intern's progress and performance during the rotation. The intern also evaluates the supervision received. Feedback is exchanged to improve the quality of supervision and to facilitate the professional development of the intern.

Final Evaluation: This follows the same format as the end-of-rotation evaluation and occurs during the final month of the internship. Each intern completes a written evaluation of the internship experience as well, including recommendations for change, and this is submitted to the Psychology Training Director and overall results are shared with training staff. Each intern completes a written evaluation of the internship experience as well, including recommendations for change, and this is submitted to the Psychology Training Director. Results are discussed with the training committee and are utilized to improve program quality.

Specific Program Requirements for Successful Completion of the Internship

- Diversity/Issues related to individual and group differences are addressed as in integral part of all clinical material addressed. In addition to this, we require special emphasis diversity experiences which include the completion of a Diversity Project. For this project, each intern will identify a diversity issue within VA or related to Veteran care. With the guidance of a mentoring psychologist, interns will create and execute a plan to address disparities within the environment. Interns present their experience, findings, and key learning about their project in group supervision. This presentation will be graded as pass/fail.
- Case conceptualization and presentation
    - Present at least two evidence-based psychotherapy case studies in a didactic presentation, which employs your theoretical orientation, client conceptualization and treatment description. Explain your conceptualization of patient's symptoms and diagnosis based on your orientation. Two articles relevant to the case (e.g. describing the theory, evidence based treatment, challenges in working with the population) should be provided to fellow interns and training director the week prior to the presentation
- Obtain 500 direct patient care hours

- Complete 6 comprehensive assessments that respond to the referral question and integrate appropriate data to provide diagnostic and/or treatment recommendations using at least three measures
- Lead or Co-lead at least 2 psychotherapy (either psycho-educational or process-oriented) groups with a minimum of 6 sessions each
- Video or audio-tape sessions or be involved in "live" supervision and prepare recordings for supervision
    - A sampling of assessment and/or therapy sessions at the beginning of the rotation will be observed by the rotation supervisor either via means of audio/video recording or through live observation. Recording or live observation throughout the duration of the rotation will be left up to the discretion of the rotation supervisor who will base their decision on intern needs, interest, and time availability/practical logistics
- Attend and actively participate in weekly group supervision and intern didactic seminars unless on Leave Status
- Complete Hours Log and submit monthly summary of training hours to training director
- Be prepared for and attend 4 hours of supervision per week. Intern supervision is regularly scheduled and sufficient relative to the intern's professional responsibility assuring at a minimum that a full-time intern will receive 4 hours of supervision per week, at least 2 hours of which will include individual supervision
- Prepare and present one two-hour didactic seminar to peers on topic of choice
- By the midpoint of the training year, interns must achieve a Level 2 rating for all competencies. At the conclusion of the training year, interns must meet a Level 3 rating for all competencies.
- Provide clinical supervision to practicum students under the supervision of licensed psychologist (dependent on availability of practicum students)

University Contacts: We follow the Councils of Chairs of Training Councils (CCTC) guidance for communication between host program. At the beginning of internship, the Director of Psychology Training corresponds with the university director of clinical/counseling training for each incoming intern. A copy of this brochure is sent to the directors. This affords the university faculty an opportunity to communicate with the Director (s) of Training about the internship and the training needs of their students. Competency evaluations at mid-year and upon the year's end are sent to host program DCT. Additional exchanges between the internship and the intern's academic program faculty are welcome and may be necessary under special circumstances.

Facility and Training Resources

Interns are provided with office space and will each have his or her own computer and phone, along with space to write reports and notes. They have access to the online VA Medical Library, as well as the Medical Library located on the grounds. A program support assistant serves psychology and assists interns in scheduling and managing appointments.

Administrative Policies and Procedures

Our internship policy and procedure manual covers all domains applicable to our trainees, including, but not limited to (a) Administrative (e.g., training committee structure and function, intern's involvement in faculty meetings, intern selection, evaluations of interns, faculty, rotation, etc.); (b) Training (e.g., compliance with training and ethical requirements, outside placements, supervisor qualifications, rotation placement changes, etc.); and (c) Other (e.g., grievance procedures, disciplinary procedures.). Our privacy policy is clear: we will collect no personal information about you when you visit our website, and our internship program does not require self-disclosure.

Grievance and Due Process: A specific policy is established to ensure and guide grievance and due process for all interns. Grievances covered by this policy include, but are not limited to (a) challenging a performance rating, (b) grievances, against clinical, teaching, supervision, or other professional behavior of faculty member(s); or (c)

challenging a program policy or procedure. (This policy does not deny the intern's right to grieve directly to the Chief of Staff or the Human Resources Management Service.)

Leave Policy: The typical VA working hours ("tour of duty") are 8:00 a.m. to 4:30 p.m. with one-half hour lunch and two 15-minute breaks. Depending on the rotation, some interns have had 7:00-3:30 or 7:30-4:00 tours. It is assumed that interns will work a minimum of 40 hours per week, unless you have planned to use leave. Requests for such exceptions need to be made in writing to the Training Director, with the prior concurrence of the supervisor.

Interns are entitled to 11 federal holidays (New Year's Day, Martin Luther King Jr.'s Birthday, President's Day, Memorial Day, Juneteenth, July 4th, Labor Day, Columbus Day, Veterans Day, Thanksgiving, and Christmas Day). They accrue four hours of sick leave and four hours of annual leave during each of the 26 pay periods in the year. Interns are not required to use all their annual leave before completion of internship. If interns have annual leave remaining at the end of the training year, they will be paid out for the remaining leave. Sick leave balances will be carried over to new federal appointments but annual leave will not.

Leave policies follow the national VA standards for sick and annual leave. Five working days of Authorized Absence will be granted for approved professional activity including attendance at educational events, conferences, dissertation defense, and similar activities. To be approved, educational events or conferences must be relevant to practice or research in clinical or counseling psychology. The professional relevance of the activity is judged by the Psychology Training Director after consulting with the intern, the immediate supervisor and, if necessary, the Training Committee.

In the unusual event that an intern cannot complete the minimum time commitment within the one-year period, the intern will be required to make up this time on a "without compensation" (WOC) basis. The time commitment may be defined as the full year, including any earned time off or assigned learning time elsewhere. In the latter instance, certification of completion of the internship will be withheld until the full-time training year requirements are met.

Training Staff

BEYER, Jason
Current VA Position: Clinical Psychologist, Mental Health Clinic and Trauma Recovery Program
Additional Position: Adjunct Graduate Psychology Professor, Brescia University
Area of Specialization: General Mental Health, Trauma Therapy, and Whole Health Interventions (Mindfulness and Tai-Chi)
Degree and Graduate Program: PsyD, Spalding University
Doctoral Internship: Wichita Collaborative Psychology Internship Program
Postdoctoral: Kansas City VA Medical Center (Dual emphasis in Substance Use and PTSD treatment)
VA Hire: 2015
E-mail address: Jason.Beyer@va.gov
Licensure: Kansas (2016)
Theoretical Orientation: CBT and ACT
Areas of Clinical Specialization: Mindfulness and evidenced-based psychotherapies
Professional Organizations: APA, Div18 and Div34 of APA
Intern Training Rotation: Mental Health Clinic
Teaching/training interests: Abnormal Psychology, Program Assessment/Development, Environmental Psychology, Mindfulness

CHAMBERS, Jennifer
Current VA Position: Clinical Psychologist, SUDRP (Substance Use Disorders Recovery Program) Program Manager
Degree: Ph.D., George Mason University, 2008
VA Hire: 2012
Doctoral Internship: DC VAMC; 2002-2003
E-mail address: jennifer.chambers@va.gov
Licensure: Virginia (2009) Indiana (2018)
Theoretical Orientation: Cognitive Behavioral, Dialectical Behavior Therapy
Areas of clinical specialization: Personality Disorders, Co-occurring Disorders
Intern Training Rotation: Substance Use Disorders Recovery Program
Teaching/Training Interests: Dialectical Behavior Therapy; Personality Disorders

DEKEN, Craig
Current VA Position: Clinical Psychologist, Primary Care Mental Health Integration
Additional Position: Adjunct Graduate Psychology Professor, University of Indianapolis
Area of Specialization: Health Psychology
Degree and Graduate Program: PhD, Ball State University, Counseling Psychology
Doctoral Internship: Medical College of Georgia/Charlie Norwood VAMC
Postdoctoral: N/A
VA Hire: 2019
E-mail address: Craig.Deken@va.gov
Licensure: Indiana (2021)
Theoretical Orientation: CBT, Brief Intervention
Areas of Clinical Specialization: Health Psychology
Professional Organizations: APA, Div38 and Div17 of APA
Intern Training Rotation: Primary Care Mental Health Integration/Health Psychology Didactics
Teaching/training interests: Health Psychology

GOLDFRAD, Gili
Current VA Position: Clinical Neuropsychologist
Area of Specialization: Neuropsychology
Degree: PsyD, University of Hartford, 2016
Doctoral Internship: Erie Psychological Consortium, Erie, PA, 2015-2016
Postdoctoral Fellowship: Neuropsychology Fellowship, Indiana University Medical School, Indianapolis, IN, 2016-2018
VA hire: 2018
E-mail address: gili.goldfrad@va.gov
Licensure: Indiana (2018)
Theoretical Orientation: Biopsychosocial
Areas of clinical specialization: Clinical Neuropsychology
Professional Organizations: American Psychological Association (APA), Indiana Psychological Association (IPA), International Neuropsychological Society (INS), American Academy of Clinical Neuropsychology (AACN)
Intern Training Rotation: Neuropsychology Minor Rotation
Teaching/Training interests: Neuropsychological evaluations for neurodegenerative illnesses, acute neurological injuries, pre-surgical cognitive assessments for DBS and epilepsy surgeries, and complex medical/psychiatric populations.

GREENE, Ryan
Current VA Position: Clinical Neuropsychologist, Older Adult Mental Health Clinic
Area of Specialization: Neuropsychology
Degree: PsyD, Wheaton College, 2014
Doctoral Internship: Henry Ford Health System, Detroit, MI, 2013-2014
Postdoctoral Fellowship: Neuropsychology Fellowship, Indiana University Medical School, 2014-2016
VA hire: 2016
E-mail address: ryan.greene13@va.gov
Licensure: Indiana (2016)
Theoretical Orientation: Biopsychosocial
Areas of clinical specialization: Clinical Neuropsychology
Professional Organizations: American Psychological Association (APA), Indiana Psychological Association (IPA), International Neuropsychological Society (INS), American Board of Professional Psychology (ABPP)
Intern Training Rotation: Neuropsychology Minor Rotation
Teaching/Training interests: Neuropsychological evaluations for neurodegenerative illnesses, Pre-surgical cognitive assessments for DBS and epilepsy surgeries, Psychological collaboration within multi-disciplinary medical teams

HINES, Michael
Current VA Position: Program Manager, Integrated Pain Clinic
Area of Specialization: Clinical Psychology
Degree: Psy.D., University of Indianapolis, 2010
Doctoral Internship: University of Missouri – Kansas City Counseling Services, Kansas City, MO, 2009-2010
Postdoctoral Fellowship: Indiana University/Purdue University-Indianapolis (IUPUI) Counseling and Psychological Services, Indianapolis, IN, 2010-2011
VA hire: 2018
E-mail address: Michael.Hines7@va.gov
Licensure: Indiana (2011)
Theoretical Orientation: Integrative, CBT, ACT, Interpersonal
Areas of clinical specialization: Pain Psychology, Health Psychology, Substance Use Disorders
Intern Training Rotations: Rehabilitation for Persistent Pain
Teaching/Training interests: Pain Neuroscience, Non-pharmacological Treatment of Persistent Pain

HINES, Steven
Current VA Position: Clinical Psychologist; Mental Health Clinic - Brownsburg CBOC
Area of Specialization: Clinical Psychology
Degree and Graduate Program: Psy.D. University of Indianapolis
Doctoral Internship: Virginia Tech Cook Counseling Center
VA Hire: 2021
E-mail address: Steven.hines6@va.gov
Licensure: Indiana (2011)
Theoretical Orientation: CBT/IPT
Areas of Clinical Specialization: Generalist
Professional Organizations: IPA
Intern Training Rotation: MHC
Teaching/training interests: Interpersonal Psychotherapy; Resiliency; Mood Disorders; Trauma; Resiliency; Mindfulness; Self-compassion; LGBTQ+

LOBRACO, Melanie
Current VA position: Staff Psychologist, Trauma Recovery Program; Womens Mental Health Champion
Area of Specialization: Trauma
Degree: Clinical Psychologist
Doctoral Internship: White River Junction VA Medical Center
VA hire: 2017
E-mail address: Melanie.Lobraco@va.gov
Licensure: Indiana
Theoretical Orientation: Cognitive Behavioral, Psychodynamic
Areas of clinical specialization: Trauma, Women Veterans
Professional Organizations: American Psychological Association
Intern Training Rotation: Trauma Recovery Program
Clinical Interests: Evidence-Based Pychotherapies, Trauma, Women Veterans

LYSAKER, Paul H
Current VA Position: Staff Psychologist, Psychosocial Rehabilitation and Recovery Center
Area of Specialization: Clinical Psychology
Degree: Ph.D., Kent State University, 1991
Doctoral Internship: West Haven VAMC, 1988-1989
VA hire: 1998
E-mail address: plysaker@iupui.edu
Licensure: Indiana 1995
Theoretical Orientation: Integrative
Areas of clinical specialization: Integrative Psychotherapy, Metacognitive and intersubjectively focused psychotherapy for persons with serious mental illness
Publications: Psychosis, schizophrenia, vocational rehabilitation, psychotherapy, stigma, phenomenology, trauma, metacognition, theory of mind, insight Professional Organizations: American Psychological Association
Intern Training Rotation: Serious Mental Illness and Recovery, Primary Mentor
Teaching/Training interests: Psychotherapy and metacognition

MARINER, Jennifer
Current VA Position: Staff Psychologist, Home-Based Primary Care
Area of Specialization: Clinical Psychology

Degree: Psy.D., University of Indianapolis, 2007
Doctoral Internship: 2006-2007
VA Hire: 2007
E-mail address: Jennifer.Mariner2@va.gov
Licensure: Indiana (2007)
Theoretical Orientation: Eclectic
Areas of Clinical Specialization: Neurocognitive disorders/dementia; Decision making capacity assessment; Late life depression
Intern Training Rotation: Home-Based Primary Care Supervisor
Teaching/training interests: Dementia and neuropsychiatric sequelae; Elder abuse/ neglect; Alpha-stim; CHF/COPD

MCMAHON, Anthony
Current VA Position: Clinical Psychologist, Coordinator of the Dialectical Behavior Therapy Program and Complex Care Committee
Area of Specialization: Clinical Psychology
Degree: Psy.D., The Chicago School of Professional Psychology, 2016
Doctoral Internship: Rutgers Biomedical and Health Sciences 2015-2016
VA Hire: 2019
E-mail address: Anthony.mcmahon1@va.gov
Licensure: Indiana (2016)
Theoretical Orientation: Cognitive-Behavioral
Areas of Clinical Specialization: Personality Disorders, Anxiety Disorders
Intern Training Rotations: Mental Health Clinic, Dialectical Behavior Therapy
Professional Organizations: American Psychological Association, APA Division 12
Professional Interests: Borderline Personality Disorder, Dialectical Behavior Therapy, Exposure Therapy, Clinical Consultation

MEYER, Jenelle N.
Current VA Position: Clinical Psychologist, Director of PTSD Clinical Team
Degree: Ph.D., Ball State University, 2010
VA Hire: 2013
Degree: Ph.D., Ball State University
Doctoral Internship: Illinois State University, Student Counseling Services, 2009-2010
E-mail address: jenelle.meyer@va.gov
Licensure: Virginia (2011)
Theoretical Orientation: Integrated Interpersonal, Feminist, Cognitive Behavioral
Areas of clinical specialization: PTSD, Sexual Trauma, Interpersonal Trauma, Spirituality, College Student Development
Professional Organizations: American Psychological Association (Division 17, Counseling Psychology; Division 35; Society for the Psychology of Women)
Teaching/Training Interests: Evidence-Based Therapy for PTSD, Diversity Issues (Spirituality, Gender), Sexual Assault, Supervision

MOSSBARGER, Bradley
Current VA Position: Staff Psychologist, Home-Based Primary Care
Area of Specialization: Clinical Psychology
Degree: PhD, Ohio University, 1996
Doctoral Internship: Bay Pines VA Medical Center 1993-94
VA Hire: 2008

E-mail address: bradley.mossbarger3@va.gov
Licensure: Indiana (2013)
Theoretical Orientation: Cognitive Behavioral
Areas of Clinical Specialization: Geriatric concerns, Coping with health and psychosocial changes
Professional Organizations: Gerontological Society of America
Intern Training Rotation: Home-Based Primary Care Supervisor
Teaching/training interests: Dementia assessment and care, Primary vs. secondary control in late life

RODGERS, Allison
Current VA Position: Primary Care Psychologist, Gold Team
Area of Specialization: Clinical Health Psychology
Degree: PhD, University of Louisville 2020
Doctoral Internship: Indianapolis VA Medical Center 2019-2020
VA Hire: 2020
E-mail address: allison.rodgers@va.gov
Licensure: Indiana (2021)
Theoretical Orientation: CBT, ACT
Areas of Clinical Specialization: Health Behavior Change (insomnia, tobacco cessation); Managing Health Conditions (tinnitus, chronic pain); Mindfulness-based interventions
Professional Organizations: Indiana Psychology Association
Intern Training Rotation: Primary Care Mental Health Integration
Teaching/training interests: health promotion, intersection of physical and mental health; mindfulness

ROSE-FREEMAN, Nichole
Current VA position: Staff Psychologist, Trauma Recovery Program
Area of Specialization: Trauma
Degree: Clinical Psychologist
Doctoral Internship: North Florida/South Georgia Veterans Health System
VA hire: 2018
E-mail address: Nichole.rose-freeman@va.gov
Licensure: Indiana
Theoretical Orientation: Cognitive Behavioral
Areas of clinical specialization: Trauma
Professional Organizations: American Psychological Association
Intern Training Rotation: Trauma Recovery Program
Clinical Interests: Evidence-Based Psychotherapies, Trauma

SMALL, Sarah
Current VA Position: Clinical Neuropsychologist
Area of Specialization: Neuropsychology Degree: PsyD, Argosy University - Atlanta, GA, 2004
Doctoral Internship: New York University/Mount Sinai School of Medicine, New York, NY, 2003-2004
Postdoctoral Fellowship: APPCN Neuropsychology Fellowship, Shepherd Center, Atlanta, GA, 2004-2006
VA hire: 2018
E-mail address: sarah.small4@va.gov
Licensure: Georgia (2005), Indiana (2015), and Hawaii (2017)
Theoretical Orientation: Biopsychosocial
Areas of clinical specialization: Clinical Neuropsychology, specifically acquired brain injuries
Professional Organizations: International Neuropsychological Society (INS), American Academy of Clinical Neuropsychology (AACN)
Intern Training Rotation: Neuropsychology
Teaching/Training interests: TBI, stroke, capacity assessments, forensic evaluations, and expert witness testimony

SPERRY, Heather A.
Current VA Position: LGBTQ+ Program Manager, Staff Psychologist
Area of Specialization: Counseling Psychology
Degree: PhD, University of Akron, 2016
Doctoral Internship: Gulf Coast Veteran's Healthcare System, 2015-2016
VA Hire: 2016
E-mail address: heather.sperry@va.gov
Licensure: Indiana (2017)
Theoretical Orientation: Multicultural Feminist, Integrative
Areas of Clinical Specialization: Trauma, Diversity-related issues (e.g., LGBTQ+), Disrupted sleep (e.g., insomnia)
Professional Organizations: Association for Women in Psychology (AWP)
Intern Training Rotation: LGBTQ+ Rotation
Teaching/training interests: LGBTQ+ care, transgender and non-binary care, diversity and multiculturalism, trauma, disrupted sleep

SUMMERS, Jay
Current VA Position: Staff Psychologist, Neuropsychology
Area of Specialization: Clinical Psychology
Degree: Ph.D., University of Kansas, 1993
Doctoral Internship: Palo Alto VAMC, 1992-1993
Postdoctoral Fellowships: Postdoctoral Fellow in Clinical Neuropsychology, Rehabilitation Institute of Michigan, Detroit, Michigan 1993-1994; Postdoctoral Fellow in Clinical Neuropsychology, Barrow Neurological Institute/St. Joseph's Hospital & Medical Center, Phoenix, Arizona, 1994-1995
VA hire: 2012
E-mail address: jay.summers@va.gov
Licensure: Arizona (1994)
Theoretical Orientation: Cognitive-Behavioral
Areas of clinical specialization: Clinical neuropsychology, rehabilitation psychology, health psychology
Professional Organizations: American Psychological Association, Arizona Psychological Association
Intern Training Rotation: Neuropsychology
Teaching/Training interests: Psychological assessment, neuropsychological assessment, mindfulness-based psychotherapy

TOMES, Candace
Current VA Position(s): Psychology Training Director; Staff Psychologist, Mental Health Clinic
Area of Specialization: Clinical Psychology
Degree: PsyD, Xavier University, 2017
Email: candace.tomes@va.gov
Internship: Tuscaloosa VAMC 2016-2017
Postdoctoral Fellowship: Postdoctoral Fellow in PTSD, Salem VAMC, 2017-2018
VA Hire: 2018
License: Virginia (2018)
Theoretical Orientation: Cognitive-Behavioral, Dialectical Behavior Therapy
Areas of Clinical Specialization: Anxiety, Trauma, Personality Disorders
Professional Organizations: Association of Behavioral and Cognitive Therapies
Professional Interests: Evidence-based psychotherapies, Dialectical Behavior Therapy, Trauma, Sexual Trauma

WOLLER, Shannon E.
Current VA Position: Executive Psychologist, MHC Director

Area of Specialization: Health Psychology; ABPP in Health Psychology; APA Ethics Fellow
Degree: Psy.D. University of Indianapolis, 2008; ABPP in Health Psychology
Predoctoral Internship: Dayton VA Medical Center, Dayton, OH
VA hire: 2008
Email: Shannon.woller@va.gov
Licensure: Indiana (2009)
Theoretical Orientation: Eclectic
Professional Organizations: American Psychological Association, Indiana Psychological Association; APA Ethics Fellow
Teaching/Training interests: Health psychology, HIV, Chronic pain, Sexual health, Mindfulness, Pre-surgical psychological assessment, Ethics, Obesity, and HIV

Pictured: Group of psychologists at the Psychology Holiday Party

Current and Past Interns

Pictured: Dr. Tomes with incoming and graduating interns at annual Welcome/Graduation Party

2021-2022
University of Indianapolis
Loma Linda University
Midwestern University
Indiana State University

2020-2021
University of Minnesota
University of Indianapolis
California School of Professional Psychology
Adler University

Pictured: Dr. Tomes (right) with members of graduating internship cohort

2019-2020
University of Louisville
Spalding University
Eastern Kentucky University
University of Missouri-Kansas City

2018-2019
University of Nebraska-Lincoln
Yale University
Wright State University
George Fox University

2017-2018
University of North Carolina – Chapel Hill
La Salle University
Purdue University
Wright State University

2016-2017
University of Nevada-Las Vegas
Loma Linda University
University of South Alabama
University of Indianapolis

2015-2016
Indiana State University
Philadelphia College of Osteopathic Medicine
University of Indianapolis

2014-2015
Pacific Graduate School of Psychology
University of Indianapolis
Indiana State University

2013-2014
University of Denver
University of Indianapolis
California School of Professional Psychology

The Greater Indianapolis Area

The City of Indianapolis

Census data from 2020 suggests that approximately 977,203 people reside within Indianapolis and that the metro area is home to over 2 million people. Indianapolis is diverse in terms of race, ethnicity, country of origin, language, religion, sexual orientation and gender identity. The population of Indianapolis is 52% white, 27.9% Black, 13% Hispanic/Latino, 4.3% Asian, 8% other, and 8% multiracial. Compared to cities of similar size, most people find living in Indianapolis to be affordable. Indianapolis was rated in the top 10 affordable cities by Money Magazine in 2012 and was the largest city in the top 10 of the most affordable cities in the United States.

Recreation in Indianapolis:

- Sports - Home of the 2006 World Champion Indianapolis Colts (and host of the 2012 Super Bowl), Indiana Pacers, Indiana Fever, Indianapolis Indians AAA baseball, and the Indianapolis Motor Speedway with events such as the Indy 500.

- Fitness –There are clubs, marathons/half-marathons, triathlons (yes, there is water in Indy), countless gyms, yoga studios, and personal trainers to meet your every fitness need.

- Parks and Outdoor Activities - Close proximity to Eagle Creek Park (the largest municipal park in the nation), White River State Park, the Monon Trail, the Indianapolis Zoo, and many wonderful state parks within an hour drive.

- Dining – Indianapolis is home to countless award winning restaurants in all price ranges! We have some amazing established and up and coming chefs who are drawing national attention. Downtown, Broad Ripple, Mass Ave, Fountain Square, and the International Market Place offer options ranging from steakhouses, fine dining, small farm-to-fork establishments, vegetarian/vegan restaurants and cuisine from around the world.

- Cultural Activities - A variety of opportunities with the Indianapolis Symphony Orchestra, the Indiana Repertory Theater, Phoenix Theater, Indy Fringe Fest, the Heartland Film Festival, and the Indianapolis Arts Center.

- Museums - Options are available for all interests including the Children's Museum, the Indianapolis Museum of Art, Indiana State Museum, NCAA Hall of Champions, and the Eiteljorg Museum.

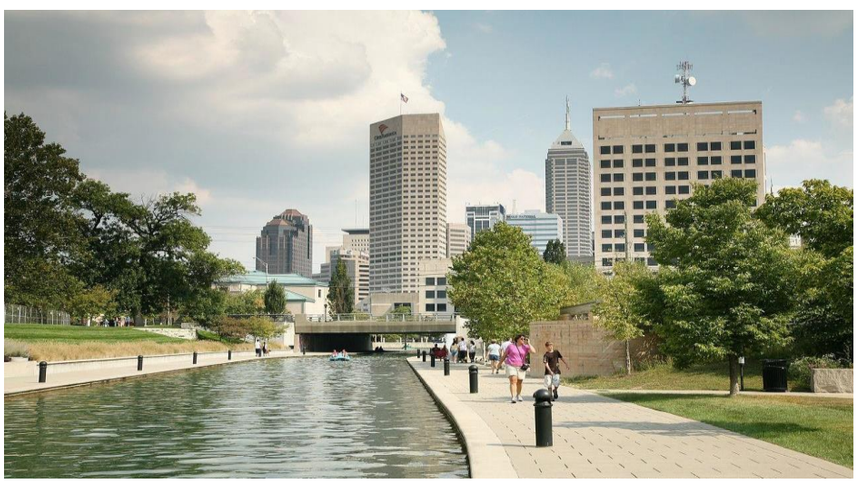
- Family Friendly Activities - Indianapolis is a great place to find family friendly activities. The zoo and Children's Museum are great downtown options and Conner Prairie just northeast of the city offers a unique living history experience with hands on activities. Indianapolis is also home to many excellent public and private schools, and countless opportunities for kids to get involved in sports, camps and the arts.

- Festivals – Festivals abound in Indy throughout the year! Food, music and culture are not in short supply.

- Shopping – From the small, independent shops on Mass Ave., to numerous malls, to outlet shopping just south of Indianapolis in Edinburg, there are options for every shopping need.

- Orchards, farmers markets and more.

- For more information see VisitIndy.com



The Canal at White River State Park

"White River State Park boasts world-class attractions and destinations that offer distinctive experiences for every visitor. Greenspaces, trails, trees, and waterways co-mingle alongside cultural, educational, and recreational attractions across 250 beautiful acres in downtown Indianapolis. White River State Park is a great place to hold events, too! The greenspaces, hardscapes, and facility rentals are perfect locations for weddings, parties, charity events, corporate get-togethers and more." - https://www.whiteriverstatepark.org/

Massachusetts Ave

Known affectionately as Mass Ave, this five-block area is ripe with theaters, restaurants, art galleries, and, most attractively for shoppers, a number of eclectic, independent boutiques. You'll encounter unique finds on each block, from Stout's Shoes (the nation's oldest shoe store, established in 1886), to Silver In The City/At Home In The City (offering silver jewelry and unique gift items), to The Best Chocolate In Town (which is fairly self-descriptive). Venture to the Athenaeum for a stein of German lager in the historic Rathskeller biergarten, try local craft beers at Ralston's Drafthouse, or sip a cocktail at the prohibition-era ball&biscuit. Foodies can indulge in American-modern cuisine at Mesh or take down a platter of tacos at Bakersfield. Take in Indy culture at its finest on Mass Ave, "45 Degrees from Ordinary." - https://www.visitindy.com/indianapolis-mass-ave-arts-district

Broad Ripple Village

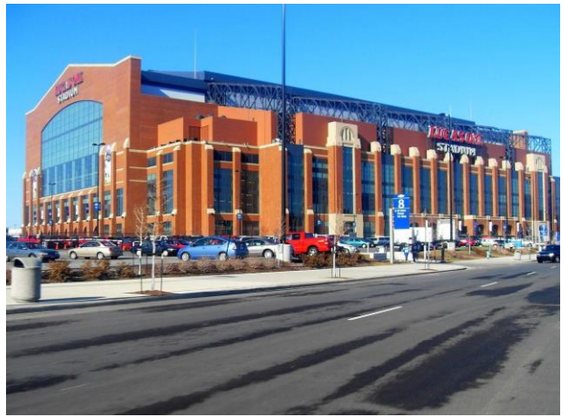
Twenty minutes north of downtown (give or take a minute), this neighborhood offers a lively mix of bars and clubs, as well as art galleries, restaurants, and shopping. One-of-a-kind shops include the Indy CD & Vinyl record shop, Artifacts art gifts, The Shop with handprinted apparel, and Haus Love for designing your space (among many, many others). https://www.visitindy.com/indianapolis-broad-ripple-village

Indianapolis Art Center

"The Indianapolis Art Center was founded in 1934 as a Works Progress Administration program during the Great Depression to serve artists. Today, the Art Center inhabits a beautiful Michael Graves-designed building which sits on a 9.5 acre stretch along the banks of the White River in the Broad Ripple neighborhood of Indianapolis. Each year, the Art Center offers hundreds of art classes, over 50 art exhibitions in six art galleries, an Outreach program that takes art to underserved communities, and the Broad Ripple Art Fair." - https://www.indplsartcenter.org/

Newfields Art Museum

"As the Indianapolis Museum of Art has grown to become an internationally renowned museum, we now turn our attention toward increasing our emphasis on combining art with nature. This combination of art and nature was always part of the original vision—and now we see a vision for the next fifty years. The galleries are surrounded by gardens, water features, over a hundred acres of woodland filled with surprise and beauty. The campus itself is ideal for performances, afternoon walks, kite-flying, cloud-gazing, memory-making, new-idea-having. There's a mansion to stage unforgettable events, restaurants for relaxing, bars for microbrews and friendships. Newfields is a setting where it's easy to make connections of all sorts. Like no place else in Indianapolis." - https://discovernewfields.org/



Lucas Oil Stadium – Home of the Colts

" Lucas Oil Stadium is a state-of-the-art retractable roof, multi-purpose facility seating over 67,000 fans while featuring spectacular views of the downtown Indianapolis skyline. Opened in 2008 as the new home of the NFL's Indianapolis Colts, this facility already boasts an impressive resume having been named the 2009 Sports Facility of the Year by Street and Smith's SportsBusiness Journal and having their Fieldturf surface ranked as the NFL's best artificial surface in both 2009 and 2010." - http://www.lucasoilstadium.com/about.aspx

Eagle Creek Park

" With 1400 acres of water and 3900 acres of forest, Eagle Creek Park is one of the largest city parks in the nation, offering unmatched opportunities for recreation, enjoyment, and discovery of nature only minutes from downtown Indianapolis. Eagle Creek has a wide variety of facilities and programs." - http://indy.gov/EGOV/CITY/DPR/ECPARK/Pages/default.aspx

Downtown Indianapolis

" Jazz? Rock? 80s Power Ballad Karaoke? Whatever your taste in music (or libations), Indy has something for the night owl in everyone." -https://www.visitindy.com/indianapolis-things-to-do-music-nightlife

Local Information

The Richard L. Roudebush Indianapolis VA Medical Center, located two miles northwest of the heart of downtown Indianapolis, has been serving Indiana Veterans since 1932. As Indiana's tertiary care facility, the Indianapolis VAMC receives referrals from VA facilities at Ft. Wayne and Marion, Indiana, and from nearby Danville, Illinois for primary care, mental health care, dental care and a wide variety of specialties.

The medical center is committed to providing care where Veterans live, and operates five Community Based Outpatient Clinics (CBOC's) located in
Bloomington, Martinsville, Western Indianapolis (Indy West), Terre Haute, and most recently Columbus, Indiana. An additional clinic at West Lafayette, Indiana will be welcomed to the Richard L. Roudebush VA Medical Center Family of Community Outpatient Care in FY2017. The more than 64,000 patients (nearly 4,000 women Veterans) treated by the Indianapolis VA Medical Center require over 717,000 outpatient visits and almost 7,900 inpatient episodes of care yearly.

The Richard L. Roudebush VA Medical Center is affiliated with the Indiana University School of Medicine and physician residents and fellows pursue clinical training under the supervision of VA physicians in 22 accredited medical specialties. There are also nursing student affiliations with the Indiana University School of Nursing as well as education arrangements with 31 universities representing 94 fields of study involving dentistry, pharmacy, social work, allied health, psychology and others. The Pharmacy Residency program features a strong affiliation with both Purdue University and Butler University.

Directions to the Richard L. Roudebush VA Medical Center

The Outpatient Mental Health Clinic (MHC) is located on the 5th floor in the main building.

From the North
I-65 to West Street Exit (#114). Turn west (right) on 11th Street which becomes 10th Street. Follow 10th Street until you see the VA Medical Center on the left hand side of the road.
I-69 South to I-465, south to I-70, west to I-65 North to West Street Exit (#114). Turn west (right) on 11th Street which becomes 10th Street. Follow 10th Street until you see the VA Medical Center on the left hand side of the road.

From the South

I-65 to I-70, west on I-70 to West Street Exit (#79), north (right) on Missouri Street which turns to West Street. Follow West Street, which turns into Dr. Martin Luther King Jr. Street to 11th Street. Turn west (right) on 11th Street which becomes 10th Street. Follow 10th Street until you see the VA Medical Center on the left hand side of the road.

I-465 to I-65, north to I-70, west on I-70 to West Street Exit (#79), north (right) on Missouri Street which turns into West Street. Follow West Street, which turns into Dr. Martin Luther King Jr. Street to 11th Street. Turn west (right) on 11th Street which becomes 10th Street. Follow 10th Street until you see the VA Medical Center on the left hand side of the road.

From the West

I-70 east to West Street Exit (#79), north (right) on Missouri Street which turns into West Street. Follow West Street, which turns into Dr. Martin Luther King Jr. Street to 11th Street. Turn west (right) on 11th Street which becomes 10th Street. Follow 10th Street until you see the VA Medical Center on the left hand side of the road.

US-136 turn east (right) onto Crawfordsville Road, or take I-74 which becomes Crawfordsville Road. Follow Crawfordsville Road

(Speedway) which becomes 16th Street. Follow 16th Street to Stadium Drive. Turn south

(right) onto Stadium Drive. Follow Stadium Drive to 10th Street. Turn west (right) onto 10th Street. Follow 10th Street until you see the VA Medical Center on the left hand side of the road.

From the East

I-70 to I-65, north to West Street Exit (#114). Turn west (right) on 11th Street which becomes 10th Street. Follow 10th Street until you see the VA Medical Center on the left hand side of the road.