

News from the Psychological Services Division: Fact Sheet

Last update: December 2015

The Psychological Services Division provides a wide array of services to the Lake County Courts, Adult Probation Services, and Juvenile Probation Services. These services include conducting psychological evaluations, providing counseling to probationers and their families, consulting with probation staff, and coordinating referrals to and monitoring service contracts with community social service providers. More about the individual functions of the Division may be found here.

NEW STAFF PSYCHOLOGIST

Dr. Janelle Shinhoster joined the Division in September of 2015 and will replace Dr. Kanukollu as the staff psychologist dedicated to providing clinical services to the Specialty Courts. On October 21, 2015 Dr. Shinhoster passed the EPPP exam and is officially an Illinois Licensed Clinical Psychologist.

EXPANSION OF THE DIVISION'S CLINICAL PSYCHOLOGY DOCTORAL TRAINING PROGRAM

Prior to the expansion of our training program, the Division offered two Diagnostic Practicum positions at its Waukegan campus. Practicum students at the Division of Juvenile Probation and Detention Services were contractual and not supervised by the Division's clinicians which at times was problematic yet out of our direct control. By the discontinuation of the contract with the Center for Psychological Services, and the addition of Dr. Holly Hinton, licensed clinical psychologist as assistant director of the FACE-IT program, the opportunity was afforded to review our training program. Dr. Anthony Latham and Dr. Sophia Jaeger-Manson took the lead and explored the prospects of expanding the training program. Together with Dr. Hinton and Dr. Kanukollu, these clinicians identified and created four Diagnostic Practicum positions and two Advanced Practicum positions. These positions were filled by eligible candidates that will begin their training in September of 2015. The Division's training program is outlined as follows in a Practicum Training brochure that is provided to Chicago area universities:

The Division of Psychological Services of the 19th Judicial Circuit provides a wide range of clinical services including: psychological evaluations; adjudicatory fitness evaluations and other forensic evaluations; sex-offender evaluations; violence risk assessments; crisis interventions; group, individual, and family psychotherapy; consultation to legal and probation staff; expert witness testimony; and practicum training. Our division has locations in Waukegan (adult) and Vernon Hills (juvenile) and is staffed by five licensed clinical psychologists and four licensed masters-level clinicians.

Practicum students can expect to provide clinical services to a diverse population presenting with a broad range of clinical and behavioral issues. Diagnostic Practicum students typically complete 20 evaluation reports during the training year. Advanced Practicum students will complete approximately 10 evaluation reports in addition to maintaining a psychotherapy caseload of approximately eight to ten hours of direct care per week. Psychological Services has a wide variety of clinical and forensic assessment measures.

Psychological evaluations include the administration of intelligence and personality testing, clinical and collateral interviewing, DSM-5 diagnostic impressions, and treatment recommendations. Psychological Services provides individual and group supervision in addition to didactic training. Students are encouraged to observe or "shadow" clinical staff. Students are on site 16-20 hours per week for two or three days. Wednesday afternoons are required.

Diagnostic Practicum

On a rotation basis, Diagnostic Practicum students will spend half of their training conducting psychological evaluations of juveniles and half of their training conducting psychological evaluations of adults. Diagnostic Practicum students may have the option to co-facilitate psycho-educational groups.

Advanced Practicum

Advanced Practicum students conduct psychological evaluations, provide individual psychotherapy, co-lead group psychotherapy, may co-facilitate psycho-educational groups, and participate in treatment meetings. Advanced Practicum students work with adults who are participating in specialty courts or on probation.

FACE-IT CLINICAL PROGRAMS

Staff Therapists, Ms. Melanie Umphress, LCSW, CADC and Ms. Jordana Ballesteros, LPC, NCC, CADC and Juvenile Counselor, Mr. Roger Salgado of the FACE-IT Program attended a four-day training in January, 2015 to become facilitators of the Washington Aggression Interruption Training (W.A.I.T) Groups. W.A.I.T. is a cognitive behavioral intervention designed to assist youth with aggression, to reduce anti-social behaviors, and to offer alternative, prosocial skills. Washington State's implementation and research of this program concluded that it has positive outcomes. Specifically, the research found that the program is cost-effective and helps reduce recidivism. The curriculum consists of three components: Social Skills Training (The behavior component); Anger Control Training (The emotional component); and Moral Reasoning (The cognitive component). The W.A.I.T. Program is an intensive, 10-week program that meets three times per week, with a different component taught each day (i.e., Social Skills on Tuesdays; Anger Control Training on Wednesdays; and Moral Reasoning on Fridays). The W.A.I.T. Program is incentive-based. This means that all W.A.I.T. Programs shall provide both tangible (extra privileges, food, prizes) and intangible (praise) incentives. All missed sessions must be made up to Successfully Complete.

Due to her consistent hard-work, organizational commitment, and dedication Staff Therapist, Ms. Melanie Umphress, LCSW, CADC; was promoted to Principal Juvenile Counselor this year.