

# Cal Poly Friday Night Live Internship

## PROGRAM DESCRIPTION

### OBJECTIVE

The Friday Night Live Internship serves as an introduction into the field of behavioral health. Interns will gain experience developing education and activities that promote emotional, psychological, and social well-being and prevent substance use disorders and related consequences among youth and young adults.

### BEHAVIORAL HEALTH AS IT RELATES TO THE FRIDAY NIGHT LIVE INTERNSHIP

- Promotion of wellbeing through awareness education, self care strategies, stigma reduction, and healthy coping skills.
- Prevention of substance use disorders and other consequences (e.g binge drinking, underage drinking, alcohol poisoning/ drug overdose, impaired driving, decreased academic success, mental health issues).

### STANDARDS OF PRACTICE

#### Safe environment

- Create a space for students to feel physically and emotionally safe to be who they are.

#### Meaningful relationships

- Provide opportunities for students to build relationships with peers, professionals, and community members.

#### Opportunities for community engagement

- Provide opportunities for students to learn about, interact with, and give back to their community.

#### Leadership and advocacy.

- Provide opportunities for students to participate in decision-making and express their opinions about important issues.

#### Skill building

- Provide opportunities for students to build specific and useful skills.

### PROGRAM REQUIREMENTS

**Cal Poly focused:** Requirements to be completed in collaboration with all Cal Poly Friday Night Live interns.



Plan and implement events that promote emotional, social, or psychological well-being (1 per quarter).



Develop a presentation or activity related to impaired or distracted driving (1 per quarter).



Develop a campaign related to mental health, prescription drug use, impaired driving, or other behavioral health topic (1 per quarter).



Maintain the Cal Poly Friday Night Live social media accounts.



Attend an additional coalition meeting or Behavioral Health event of your choice.

#### Youth focused:



Partner with full-time Friday Night Live Coordinator to support youth development programming at local high schools and middle schools.



Attend weekly Friday Night Live coordinators' meeting.



Attend quarterly Friday Night Live Board meeting (1 per quarter).

### TRAININGS PROVIDED:

Mental Health First Aid Certification, Naloxone and Overdose Prevention Training, Introduction to Youth Development, Special Topics (Traffic Safety, Vaping, Bullying, etc.).



COUNTY OF SAN LUIS OBISPO  
BEHAVIORAL HEALTH DEPARTMENT



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## INTERNSHIP DETAILS AND LOGISTICS

### EMPLOYMENT INFORMATION

This student internship is offered through the County of San Luis Obispo Health Agency, Behavioral Health Department, Prevention & Outreach Division.

**Hours:** 10-12 hours per week for a minimum of 2 academic quarters.

**Compensation:** \$15.50 per hour

### APPLICATION PROCESS

- All applications are due by Friday at 5pm during week 3 of the quarter prior to the start of the internship.
  - To apply, go to [governmentjobs.com/careers/slocountyca](http://governmentjobs.com/careers/slocountyca) and complete the Student Internship application or [click here](#).
  - Once you have submitted your application, email Annie Jankovitz at [ajankovitz@co.slo.ca.us](mailto:ajankovitz@co.slo.ca.us) with your full name and resume (OR a copy of your application).
- Interviews will be held week 5 of the quarter prior to the start of the internship.
- Notification of internship status will occur week 6 of the quarter prior to the start of the internship.
- Once you have been accepted to the internship, you are required to complete all necessary paperwork and background checks before the start of the internship.
- The internship begins week 1 of the quarter.

### INTERN EXPECTATIONS

College-focused components: 4-5 hours per week

- 2 hours special project assignment
- 2 hours of meetings/trainings

Youth-focused components: 6-7 hours per week

- 2 hours direct service at assigned school site
- 2 hours prep and collaboration with full-time Friday Night Live Coordinator
- 2 hours of meetings/ trainings

Evaluation:

- Interns will be evaluated on a quarterly basis

### GET TO KNOW US!

County of SLO Behavioral Health

[www.slobehavioralhealth.org](http://www.slobehavioralhealth.org)



@slobehavioralhealth

SLO County Friday Night Live

[www.slofnl.com](http://www.slofnl.com)



@slo.fnl

Cal Poly Friday Night Live



@cp.fnl



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