

Things I Wish I Knew

A Quick Guide to Intern Life at the NPTC - Central Region. The following tips were collected from people standing right where you are now!

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Where to Live

- I advise living in Warrensburg, as opposed to Windsor or Clinton. It is by far the more livable town and has easier access to KC and the world via the Amtrak (11 hrs. to Chicago through STL, but cheap). You also get the use of the UCM library to complete any school tasks or just get out of the house to do work, post-doc searches.
- Clinton, MO – nice small town population around 9,000. It has the minimum things you need i.e. Walmart, grocery stores, movie theater, parks, and restaurants. Only about an hour to KC. There is a pool and a disc golf course. Also, it is really close to the lake where there are walking trails.
- Clinton...what it lacks in resources and things to do, it makes up for by being mellow, safe, and easy to navigate. The community center has a small, complete work out space that is free; the indoor pool has a small fee.
- Clinton is close and easy to travel to work at Royal Oaks.
- I lived on the south side of town (Springfield), but there is plenty of eating and shopping around here. Downtown Springfield is a lot of fun if looking for more of a night life and would encourage anyone new to the area to spend time down there, depending on preference of activities. Bars, yes, but there are also live performances and music.
- When lodging for didactics, use AirBnB. “Comfortable and Tidy Home” is a three bedroom and two-bathroom home that allows pets. Huge yard and good location. About 10 mins from NPTC. \$105 a night. Linda Davidson (559) 287-7343
- I thought I understood what rural was, but it was shocking at times realizing what rural life was like. The limited access to medical care (in some areas local clinics don't hold evening hours on the weekend), limited access to restaurants, shopping etc.

Work Life

- Our site was a little slow to build our caseload with individual clients. I wish I had taken advantage of more group opportunities in the earlier months to shore-up my client contact hours. However, I was able to catch up fairly quickly.

- Refresh yourself on diagnosis/clinical interview for patients with personality disorders and psychosis.
- Be prepared for patients who are mandated for treatment and how to engage in services/approach in clinical interview.
- Stay humble and don't hesitate to ask a bunch of questions to support staff – they rather than have an error they have to fix. Also ask past interns at your site for any documents/diagrams that helped get through learning things like the intake process, triage, crisis, etc.
- The best thing about our site is the flexibility. The supervisors and training director work with you to ensure you have good minor rotations experiences. Additionally, they understand the 40-50 hours/week requirement and they help you set a schedule with enough hours, breaks, and travel time to meet your needs.
- My advice to future interns is to keep track of your hours early on. It can be difficult to make up hours toward the end. Don't forget to watch your client contact and supervision hours when you take vacation, and remember that your supervisors take vacation, too.
- My supervisors were great about working in extra hours here and there, but 7AM supervision is nobody's favorite thing to do!
- Learn to be OK with not checking off 100% of our "to do" list each day. It's rare to get everything done - be OK with prioritizing (or you'll go nuts!)
- Set boundaries about your work schedule, work load, etc., early on. Be willing to be flexible - just not all the time!
- Regarding Royal Oaks:
 - Take advantage of the down time to do administrative tasks and get ahead on work tasks.
 - You do have to work weekends once a month.
 - You don't have to cover for other people.
 - You don't have to fall on your sword.
- Regarding Burrell: Seeing clients at Burrell will start a little late due to orientation, but there will be plenty of hours to come, so no need to be discouraged. There is scheduled supervision but very little micromanaging and need to ask for help if needed. 4 hours of supervision will be available per week, one of those for testing. One day a week was at the Kinsley Clinic doing testing, and this was consistent, as they will have you scheduled months in advance because of the need. Kinsley staff are very nice, so feel free to let them know if you need to miss a day, like for didactics, or need to reschedule something for a personal need. Jordan Valley is a required 6 month rotation and you will be involved in the pain clinic, helping run groups and do group screenings with the psychologist located there.
- Make partners out of the case managers and nurses. They can make your life a pain or smooth like butter.
- Laugh (often, even in team) this can be a tough job and humor, especially about your own learning curve, is appreciated.
- In Clinton, Jami and Jean are the primary front desk staff. Email them to keep them updated with your weekly schedule. This includes: individual therapy appointments, groups, testing, supervision, writing progress notes or report writing. They keep your schedule, so if a patient calls to reschedule their appointment time this prevents double booking appointments
- Do your best to defend your dissertation before internship begins.

Travel

- Abide by the speed limit that is posted. The “10 miles above speed limit” standard that’s kind of normal practice back home (especially for the California folks) does NOT apply here. Don’t test it and just fall in line. The ticket is expensive and not worth the hassle.
- Travel wasn’t an issue with our site. All of our minor rotations locations are within 15-20 minutes of our primary location.
- If you live in a smaller city, plan to run errands when you are in Springfield for didactics.
- If you live an hour or further from Springfield, you’ll save as much time/energy/cost of gas as you’d pay for an inexpensive hotel on Wednesday evenings during didactics. Staying in town is worth it!
- From Warrensburg, it would be a major PITA to drive back and forth every day from didactics, so I drove from Royal Oaks on Tuesday nights and spent two nights in a hotel. This helped me be able to pay attention and complete tasks, see Springfield, etc. I had a rotation of cheaper hotels (they get more expensive in the summer, so building up a hotel chain rewards thing might pay off at the end) and never spent over \$65/nt. My requirements were being clean enough and having great high-speed internet. My rotation was: Greenstay, Lamplighter Inn (north or south), & Best Western Rail Haven.
- Clinton to Windsor is only about 15 miles. Clinton to Springfield is a straight shot on the highway for 90 miles. Weather problems – The road to Windsor from Clinton is not the best – leave early with plenty of time.
- Carpooling to work with another intern has been a great outlet for consult/support/venting/socializing.
- Carpooling to didactic from Clinton is not as bad as it could have been. Stop at Panera Bread at the library on the way in!
- Watch out for turtles
- If you don’t leave the heat on in your house, your pipes will freeze
- Let your car warm up before you drive when it’s below freezing out
- Print out directions before driving in rural areas. You don’t want to be using your phone for directions and then become surprised *en route* to find out that you lost phone service or internet connection.

Places to Eat

SPRINGFIELD

- Rama Thai Springfield. Yummy Thai restaurant. Their curries freeze well. (417) 865-3204
- The Aviary is the best restaurant in Springfield! Be sure to check out their patisserie in Farmers Park. Both the downtown location and south side location have a great atmosphere. It might be a little pricey, but the pomme frites and salted caramel crepes are worth it!
- Best Springfield Restaurant to Satisfy Craving for Asian: Thai Peppers – Good amount of food for the price and the Pad Thai is fantastic.
- The create-your-own bibimbap at Koriya is phenomenal and usually a ton of food for the price. Definitely spring for the plum tea!
- At Bambu, come for the best boba tea in town, stay for the delicious spring rolls.

- Grad School and Casper's are great for burgers. They're staples for a reason. Go early for Casper's so you can get the chocolate cake before it runs out.
- Most sushi places in town are comparable because most are owned by the same two companies. Mijuri tends to have the most Groupons, Kai is best for date night, and Ocean Zen has a great happy hour. Bonus for Ocean Zen = Drive thru.
- Most people have never heard of Neighborhood Pizza, but they win best pizza every year! They have pizzas, sandwiches, and salads. The prices are great and the service is better.
- Lunch in Springfield is easy as there are plenty of good restaurants. My haunts: Aviary (French-ish), Houlihan's (American), Grad School (Burgers), Ocean Zen (Japanese), & The Grotto (West Coast).
- There are so many choices in Springfield! Best pizza is Garbo's, I like Prima's for Mexican, and if you want lots of food for cheap go to Cheddar's.
- Civil Tap Room is downtown and is a great place, all day happy hour on Sundays and bar type food prices.
- Houlihan's has a good late night happy hour from 9-close, \$4 apps and cheaper drinks.
- The Roost on sunshine, has a good happy hour depending on the night and good food specials; Tuesday \$2 Tacos, Wednesday \$4 sliders, etc.
- Cantina Laredo has really good Mexican food. It's more expensive to have dinner, but you get ½ price apps if sitting at the bar from 4-7 and 9-close every night. Drinks are reasonable during those times too.
- Haurno is great for sushi! Late night happy hour for drinks and several of their rolls are on special.
- Longhorn Steakhouse has lunch combos for \$6-\$8 and it's quite a bit of food for the price.
- We loved Dublin's Pass and Big Whisky's for happy hour and after didactics. If you live in Springfield, Black Sheep is an amazing hamburger place, located downtown and on the south side. I have to give props to City Butcher as well for the amazing BBQ and pie.
- Great places to eat during didactics in Springfield are Pho Kim, Gem of India, and Umi Japanese food.
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OTHER CITIES

- If you live near Waynesville, Purn's Thai Kitchen is one of the better restaurants around, 304 Historic Rte. 66 E in Waynesville, MO 65583
- Restaurants in Clinton – Applebee's, 2 Mexican restaurants, Golden Corral, several fast food chains, a Chinese restaurant and a few family diners.

Things to Do

- Be sure to check out OOVIDA winery. They have bands during the summer, you can bring your own food to grill, and wine tasting is free.
- Rather than join a gym, I prefer to get Groupons for different classes. That way, I never get bored and I don't get stuck in a contract. My favorites have been the yoga and boot camp classes at Extreme Fitness.
- Love Planet Fitness! \$11 a month and no contract!! There are now two locations in Springfield and have never had to worry about running into clients there.

- Springfield has some very cool places so take the extra time to explore or shop. We have taken to stopping at the Hyve on the way home at the end of didactic for a better selection of groceries and special treats. Lunch at the antique mall can be fun on a bad weather day.
- There are some nice state parks in Missouri, especially in Warsaw.
- There are a ton of things to do in the Springfield area! We have excellent parks, great rivers for float trips, fantastic restaurants, and fun FREE activities downtown. If you stay connected to businesses and groups on Facebook, you're bound to discover exciting things to try around here.
- If you stay the night, I would recommend the Starplex theaters on Tuesdays. It's \$4.50 and you get to sit in a clean, enormous, full-on automatic recliner. If you want to get your swerve on, there are some decent bars downtown.
- Warrensburg has a state university with options there (rec center membership, library, bars, etc.). Easy access to KC, STL, Chicago via train or car. The food is not great, but there are a few gems, like Java Junction that gets world-class coffee beans from all over the world.
- If you live in Clinton, the gym at the community center is FREE and it is AWESOME. There is a full size basketball court, a track, exercise equipment, TVs etc.
- The other interns have really made sure I am not the isolated loner and we try to socialize once or more a week outside of work. We have a homemade dinner together each week and have done weekend outings to Kansas City, Springfield, Warrensburg, and Branson.
- The Heritage Festival in Warsaw is October 15 and 16th, 2016. There are lots of arts and crafts and make sure to head up to the visitor center where they recreate 19th century living and an outdoor concert with bluegrass music.
- Visit Kansas City! Boulevard Brewery tasting room (get the pretzel bites), Q39 for BBQ, Joes Kansas City, Burnt Ends BBQ in Kansas.
- Nelson Atkin art Museum in Kansas City is amazing, and free!
- Oak Park Mall – in Kansas
- Love going to goodwill in Springfield and using the free vacuums at the car wash.

Other Tips

- Take advantage of all the employee discounts!
- Camp Bow Wow. Doggy day care and boarding. They have webcams and a downloadable app so that you can see your kiddos play. (417) 882-9247. They offer a free trial visit to make sure your dog plays well with others.
- Springfield Family laundry (417) 883-0800. \$1 per pound by weight. Laundry service and they wash and fold or hang your laundry. For \$2.50 they will deliver or pickup.
- I recommend Springfield Physical therapist David Metz (417) 881-4032.
- Acacia spa, (417) 823-8318, has \$99 specials for three bundled services and the infrared sauna and steam room is included with your apt.
- Enjoy the adventure, it goes by quickly.
- Take an intern group picture at your site at the beginning of the year. At the end of August, we all scattered and took vacation at different times, and we never took a picture of the five of us

