

Things I Wish I Knew

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

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. 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.

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.
- 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!
- At Pathways, 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.
- 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.

Travel

- 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!

Perks

- Take advantage of all the employee discounts!

Places to Eat

- The Aviary is the best restaurant in Springfield! Be sure to check out their patisserie in the Farmer's Market Pavillion. 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 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.
- 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
- 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).
- Restaurants in Clinton – Applebee's, 2 Mexican restaurants, Golden Corral, several fast food chains, a Chinese restaurant and a few family diners.
- There are so many choices in Springfield! Best pizza is Garbo's, if you like sushi- Mijuri usually has lunch specials, I like Prima's for Mexican and if you want lots of food for cheap go to Cheddar's.

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 bootcamp classes at Extreme Fitness.
- 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.
- 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 sucks, but there are a few gems, like Java Junction that gets world-class coffee beans from all over the world.
- 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.
- 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, t.v.'s 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.
- 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.