I. Introduction

A. About Friends Hospital

Founded in 1813 by members of the Society of Friends, Friends Hospital was the first private psychiatric facility in the United States. The hospital was originally modeled after The Retreat, a Quaker asylum founded in York, England during the 18th century. Friends Hospital is located in Northeast Philadelphia on a beautiful 100-acre campus.

Today, Friends Hospital provides recovery-oriented inpatient behavioral health services for a diverse population of individuals from the Philadelphia area and around the world. The hospital has a 192-bed capacity with several specialty programs, including recovery-oriented treatment units, an older adult unit, an adolescent unit with an integrated educational program, and an intensive adult unit for clients with acute mental health symptoms requiring a higher degree of support. The Greystone Program is an on-site residential facility for adults with chronic and persistent mental health issues who choose to live in a group setting. The Crisis Response Center (CRC) is one of five psychiatric emergency departments in Philadelphia, providing evaluations for both voluntary and involuntary admissions.

Friends Hospital utilizes a multidisciplinary approach, integrating professionals from psychiatry, psychology, nursing, social work, expressive arts, spiritual care, and peer specialists. Treatment teams employ a recovery-oriented and empirically-supported approach to client care.

B. Training at Friends Hospital

In addition to Clinical Pastoral Education, Friends Hospital serves as a training site for psychology interns and externs, psychiatric residents, medical and nursing students, social work interns, marriage and family therapy students, and expressive arts therapy students. The Drexel University College of Medicine’s Department of Psychiatry is located on the campus and has a clinical partnership with Friends Hospital. A wide variety of educational
seminars, workshops, case conferences, and continuing education activities are available to all students in residence as well as to the larger hospital community.

C. Clinical Pastoral Education

Friends Hospital’s Clinical Pastoral Education (CPE) program provides an opportunity for students who are pursuing or have completed graduate-level theological education to work under close supervision in a professional setting that is committed to the principles of recovery-oriented care and empirically-supported treatments. The CPE program employs an Action/Reflection model of education. The Action/Reflection model is used to promote the growth of the student psychologically, emotionally, and socially in the area of professional ministry. The program provides exposure to a broad range of clinical experiences, roles, and responsibilities, and encourages professional development through clinical experience, group and individual supervision, and didactic training. Students will be provided with experiences in group therapy, individual pastoral visitation, and worship leadership. Cultural competence and ethical decision-making are emphasized.

II. Overview of the Clinical Pastoral Education Program

A. Program Components

Description of the Extended Unit

As an accredited ACPE satellite site of Thomas Jefferson University Hospital’s Department of Pastoral Care and Education, Friends Hospital offers a nine-month extended unit of Clinical Pastoral Education to 3 – 6 students per year. Students engage in four hours per week of intensive group supervision, case studies, didactic training, and interpersonal professional relations seminars. In addition, participants complete eight hours per week of direct client care. Students are also asked to complete a variety of written assignments, such as clinical verbatim and self-reflection papers.

General Adult Programs

The General Adult unites are 24-bed units that serve individuals over 18 with acute psychiatric issues. Clients on these units typically struggle with a wide range of mental health concerns, such as mood disorders, anxiety disorders, psychotic symptoms, and personality disorders. Many also have co-morbid substance use disorders. The five General Adult programs utilize a recovery-oriented and trauma-informed care framework. Individual treatment, positive social experiences, and group process are emphasized.

Older Adult Program
The Older Adult unit is a 24-bed unit that serves individuals generally aged 55 and above who are coping with mood and anxiety disorders, dementia, psychotic disorders, as well as medical, neurological, and social issues often associated with aging. Common concerns of clients on this unit concern loss of loved ones, declining physical health, and decreased independence.

Recovery Program

The Recovery Unit is a 24-bed unit that fully incorporates the recovery-oriented treatment model and is the first inpatient unit of its kind in Philadelphia. The program focuses on empowering the individual to be the driving force in his or her treatment, as well as involving family, friends, and community supports in the client’s care. Treatment is individualized, person-centered, strengths-based, and holistic. A focus of each person’s treatment is the development of a Wellness Recovery Action Plan that guides the client’s recovery during and after hospitalization. Upon discharge each individual leaves the unit with a plan that includes not only therapy and medication follow-up appointments, but also resources in the community that link the person with their specific areas of interest and support.

Adolescent Program

The adolescent unit is a 24-bed therapeutic milieu for adolescents aged 12-17 who are coping with a variety of psychiatric and behavioral difficulties. The milieu is designed to address the developmental tasks of adolescence while promoting growth and healthy functioning. The unit takes into account principles of trauma-informed care, using the therapeutic environment as an opportunity for young people to be supported as they learn new ways of coping and opportunities for positive change. Much of this work is done in daily group and individual therapy sessions, as well as community meetings. Other treatment services integral to the program include creative arts and recreation therapy; the unit maintains an integrated education program to provide structure and continuity, as well as to help keep individuals up to date with their schooling. Due to their life circumstances, many young people experience longer lengths of stay on this unit.

Intensive Adult Program

The Intensive Adult unit is designed for individuals diagnosed with severe and persistent psychiatric disabilities, as well as individuals who present to the hospital with a higher level of acuity. An additional level of support and supervision is provided in order to ensure safety and facilitate participation in treatment activities.

Greystone Program

Together, Greystone and Hillside House make up the Greystone Program, a residential, private-pay group home setting for individuals with chronic mental illness. Programming at the two houses is varied: some residents choose to work in paid or volunteer employment, and field trips are planned to local restaurants, shopping malls, and cultural
venues. Residents of Hillside House tend to be older and more medically acute than those at Greystone.

Crisis Response Center

The Crisis Response Center (CRC) is the psychiatric emergency department of Friends Hospital. The title of “CRC” is given by the City of Philadelphia (it is analogous to a Level I trauma center) and designates Friends Hospital as a site where clients can be brought in by family or law enforcement and involuntarily committed for inpatient treatment. However, most individuals experiencing psychiatric symptoms choose to come to the hospital on their own or decide to remain for treatment on a voluntary basis. CRC staff evaluate clients and either admit them to the hospital or connect them with a more appropriate level of care.

B. Core Activities and Time Commitment

Clinical Pastoral Education students will need to be on-site for four hours of educational time and eight hours of clinical work per week during the nine-month extended unit. During an average day, CPE students spend a large portion of their time on an inpatient unit of the hospital working with a multidisciplinary team to provide patient care.

1. Clinical Experience

Clinical Pastoral Education students provide pastoral visitation to clients, their families, and staff. CPE students also have the opportunity to lead ecumenical spirituality groups as well as to facilitate denominational worship, sacramental, and holiday observances.

2. Education

CPE students participate in a variety of educational activities, including case presentations, didactics, book studies, and interpersonal professional relations groups. In addition, students are encouraged to attend hospital-wide grand rounds and clinical trainings.

3. Supervision

Individuals in CPE receive both individual and group supervision from an ACPE-accredited supervisor. Group supervision occurs weekly; individual supervision is scheduled with the primary supervisor on a regular basis.

C. Primary Clinical Rotations
In consultation with peers, CPE students choose a unit on which they will spend the majority of their time during their training. Students attend treatment team on this unit and are asked to serve as the primary pastoral resource for clients, families, and staff. As needs arise throughout the hospital, students are asked to visit units other than their own; it is expected that each student will gain experience in nearly every area of the hospital by the end of their unit.

III. Application Procedure

A. Eligibility

The extended unit is open to qualified students and professionals who are enrolled in or have completed graduate-level theological study. Offers for admission may be extended to individuals who, through a written application and admissions interview, have demonstrated the ability to participate in Clinical Pastoral Education. Students must be willing to engage fully in a highly diverse interfaith setting.

B. Application Materials

Applications are accepted at any time, but only completed applications will be reviewed. Following the receipt of your written materials, you may be contacted for an interview. CPE students begin their extended unit in early September.

Application materials may be accessed here.

Please submit applications to:

Rev. Caroline Cupp, M.Div, BCC
Director of Spiritual Care
Friends Hospital
4641 Roosevelt Boulevard
Philadelphia, PA 19124-2399
(215) 495-4323
caroline.cupp@uhsinc.com

C. Requirements for Acceptance

Formal acceptance as a Clinical Pastoral Education student is contingent upon the following:

- Completion of Human Resources database, including emergency contact information

- A signed and dated Friends Hospital Confidentiality Statement
• Satisfactory provision of an original State of Pennsylvania Child Abuse Clearance and Criminal Background Check. These are required for all personnel having contact with clients and/or confidential records. The state charges a nominal fee for these clearances. Out-of-state residents are required to obtain fingerprinting criminal clearance through the local state police precinct at their primary residence. Please note that this may take up to 90 days for all non-Pennsylvania residents. After a formal acceptance is made and accepted, please contact Sally Dylinski at 215-831-4057 for information on obtaining these forms.

• A medical clearance (Fit for Duty) form signed by your personal physician or a copy of a recent school physical.

• TB testing and confirmation of TST test results.