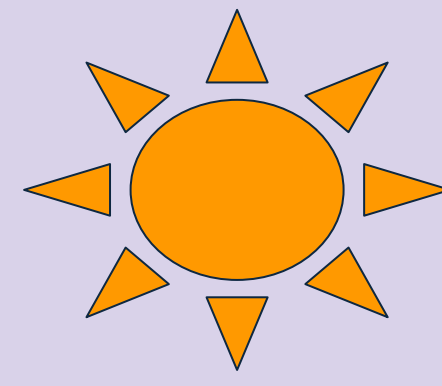


Mental Health Training Internships

Gender Health Center (Sacramento, California)

Priority population: LGBTQ+

Local evaluation Time-Period: March 2022 - June 2025



CDEP Purpose, Description and Implementation

Mental Health Provider Training Program Training to Serve LGBTQ+ Communities

1. Improve access to quality mental healthcare;
2. Bolster the capability of counseling trainees and doctoral interns to deliver culturally attuned, humble, and ethical service;
3. Provide community members with diverse healing pathways.

Program Components

Queer-informed Narrative Therapy

"The person is not the problem, the problem is the problem."

- Michael White + David Epston



Evaluation Design and Methods

PARTICIPANT-ORIENTED EVALUATION APPROACH

Document/
Curriculum
Review

Trainee Exit
Interviews

Community
Advisory
Board
Feedback

Counseling
Trainee
Survey

Results

50+

Students Trained

15

Universities represented throughout California and U.S.

2205

Hours of introductory onboarding training completed



Images above are of community based events. Left to right: 1) Queerly Be(Loved) student-led talking circle with on-site screen printing; 2) Counseling Program Manager, Charlie Hutchinson, (any/all pronouns) tabling; 3) Ari Lozano (elle/they) Director of Mental Health and Chioko Juliette Grevious (she/her) Registered Psychological Associate Student Clinician presenting a training.



Gender Health Center alumni, current students, and clinical supervisors, varying from 2015-2025, united at the International Narrative Therapy Conference in Sacramento, CA in October 2025.

Exit Interview Student Feedback

"I could tell that GHC was different because I was being asked about racism, structural oppression, and power and privilege. I realized that this wasn't just a counseling position - it was about engaging deeply in the kind of justice-centered work I want to do"



Key Takeaways & Next Steps

Key Takeaways

GHC training emphasizes *cultural humility, critical thinking, collaboration, and authenticity.*

Exit interviews indicated that trainees value both technical counseling skill development and supportive clinical supervision fostering emotional resilience.

Trainees learned therapeutic approaches to provide community-engaged care, showing up as advocates, supporters, and providing a trusted presence both inside and outside clinical spaces.

Next Steps

Recommendations: (1) Expand interactive learning opportunities; (2) Enhance cultural and gender diversity within CORE training materials; (3) Increase structured onboarding and mentorship; and (4) Strengthen feedback loops between trainees, trainers, and supervisors..

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