

Humanidad Therapy & Educational Services(HTES)



Humanidad Therapy and Education Services (HTES) is a multicultural community mental health agency and Marriage and Family Therapist training program. HTES offers low-fee, psychological and court affiliated services in Sonoma County. As a therapist mentorship program, our focus is on nurturing culturally aware, qualified therapists to serve diverse populations.

We provide counseling and classes for individuals, couples, families, teens and children. In addition we also offer education about psychological issues to schools, non-profits, and private industry.

A key component of the HTES mission is to help bridge the gap between cultures, to reduce the stigma of utilizing community mental health resources, and to increase early bilingual, bicultural involvement in community mental health. Bilingual services are available.

Located at 95 Montgomery Drive, Suite 112, Santa Rosa, CA 95404 707 525-1515.

Services include:

One-to-one counseling for individuals, couples, families, and children
Trauma informed, evidence based, and alternative modalities
Parenting, couples and family, education and counseling groups

Mentorship for youth interested in a career in community mental health

School-based intervention and faculty support
One Circle groups for men, women, boys and girls.
Psychological presentations on contemporary and relevant issues
Supervised Visitation Monitoring, Therapeutic Supervised Monitoring, and Co-parenting education.

All supervision for services provided by Maria Hess Ph.D, MFT # 20111.

Contact me at mariahess@sbcglobal.net for an interview or information.

Humanidad is pleased to offer **clinical internships** at Cook Middle School for the Fall and Spring semesters. We are providing the psychological services for Cook Middle School and are working with 7th and 8th grade students. Many of the student body are high-risk and marginalized most are boys and Latino. **This is a very creative placement; high energy, independent position. Basic communication skills are absolutely necessary.**

Job Description: Students will work in the Renewal Room or as Classroom Advocates. (see more detailed description below). Both positions require: patience, the ability to listen and suspend judgment, set boundaries, follow instructions, be kind, reliable, and consistent. This position also requires attendance at bi-monthly check-in meetings.

Placements are 1 – 3 units with each unit = 45 hrs.

Requirements: To be considered for this placement you **must like pre-pubescent kids**, have an interest in helping, have reliable transportation, pass a background check, you must be able to work in consistent 3 - 5 hour blocks of time, and fulfill the agreed upon commitment (semester or school year).

HTES is looking for **volunteers for the Renewal Room, and to serve as Classroom Advocates** for the students and teachers during class.

What is the Renewal Room? The Renewal Room is a non-punitive opportunity for a student, or teacher, to request a facilitated reset time for that student, out of the classroom. The purpose of this reset time is to help bring awareness to the student about the circumstances that disrupt not only their learning and the learning of those around them, but their overall quality of life.

Sadness, lethargy, social isolation, anger, lack of self-modulation, difficulty with emotional reactivity, threatening, and bullying are all appropriate behaviors for referral to the Renewal Room. This venue will also help alert the school counselor to students who may be in need of additional psychological services.

In this structured and facilitated setting, the student will answer a set of questions about their motivation, thoughts, feelings, and behaviors that necessitated a reset. They will be assigned 1:1 time with a trained adult monitor, and then work with target specific exercises focused on self-awareness and self-regulation.

The mission of the Renewal Room is to provide a safe environment for students to identify, challenge, and change choices that they make or have been created for them, that impinge upon a successful learning experience. This is an environment that will help develop Emotional Intelligence, relational social skills, and mechanisms for change/transformation/renewal!

What is a Classroom Advocate? We are operating off of the premise that all disruptive behavior is a bid for contact. Highly traumatized and high risk students, need connection and for us to be interested in his or her process and them.

The advocate is there to assist with the development of emotional intelligence, and to help them learn to self-regulate. Classroom Advocates are friendly, helpful adults who are resident in “their” classroom and help his or her assigned students anywhere from 3 – 5 hours per week.