

Higher Ground Military Internship Fact Sheet



Each recreation therapy intern will be supervised by a Certified Therapeutic Recreation Specialist (CTRS) and incorporated into as many aspects of the assessment, planning, implementation, and evaluation (APIE) process as possible.

Why HG Military:

- Military staff put a high level of trust and confidence in recreation therapy interns and depends on them as an integral part of the team.
- Interns with the military program have the valuable opportunity to spend time with participants 1:1, as well as in group situations.
- In addition to working with Service Members and Veterans, interns also have the unique opportunity to work with their supporters – close friends, family members, or significant others.

Schedule:

- In accordance with NCTRC standards, each recreation therapy intern will be scheduled for a minimum of 14 consecutive weeks aligning with the camp schedule for the given season.
- Typical work weeks in the office are 8a-5p, Monday through Friday, with an hour break for lunch (with some flexibility on specific hours if you have to make some turns in fresh powder, etc.).
- Military staff has off for weekends and national holidays (except for those during camp weeks).
- There are typically 3-5 weeklong camps and 1-2 daylong clinics for local military participants during each internship.
- Camp weeks are the heart of what we do. They require energy and enthusiasm, but are very rewarding on a personal and emotional level! Because of the long hours it is difficult to expect to have much time outside of camp. We do not recommend attempting to hold another job, or take classes during your internship. Due to the hard work, however, usually some flexible time off can be organized with your supervisor to get out of the office to catch up on rest (or life!)

Compensation/Housing:

- With lift passes in the winter, access to the YMCA, and weeks away in the summer (think, floating down the river in the middle of a 2.4 million acre wilderness, or getting up early for a sunrise paddle through the mist on a near-private mountain lake) there are certainly plenty of perks that come along with the hard work of an internship with HG!
- HG offers a modest stipend to interns that is distributed amongst pay checks received on the 1st & 16th of each month. While it is a small perk, it will not cover many of your expenses.
- HG does not provide housing for interns, however some assistance and recommendations can be provided for those searching from a distance. The best starting point is www.mtexpress.com where they keep the classifieds from the paper up to date. The paper comes out every Wednesday & Friday, so you may see new postings on those days.

What to Bring:

- Prior to your internship, you will receive a “what to bring” list that is typical for what we send to participants for camps during the given season. You should plan on bringing any personal gear you might need for the season’s activities, though there are plenty of outdoor shops in town where you can rent gear you do not already have.
- Your can-do attitude, a willingness to step outside your comfort zone, and the expectation of an incredible season!