

FEDERAL CORRECTIONAL COMPLEX Allenwood, Pennsylvania



Doctoral Psychology Internship Program 2017/2018

APPIC Membership Number: **2365**

*This program abides by the APPIC policy that no person at this training facility will solicit, accept, or use any ranking-related information from any internship applicant

Last Updated: December 27, 2016

INTRODUCTION

The Psychology Services Department at the Federal Correctional Complex (FCC) in Allenwood, Pennsylvania appreciates your interest in our doctoral psychology internship program. We recognize that choosing an internship site is an important step in your academic training, and we invite you to seriously consider the unique array of positive training experiences offered at FCC Allenwood. The one year, full-time training program (approximately 2,000 hours) is structured to provide certain core experiences to each intern, yet is sufficiently flexible that the training experience is individualized to provide learning opportunities in areas of special interest.

FCC Allenwood is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC). FCC Allenwood is not currently accredited by the American Psychological Association (APA). The BOP has a long-standing reputation of commitment to excellence at the various pre-doctoral internship sites. FCC Allenwood will continue to build on the internship traditions, accomplishments, proven standard operating procedures, and core elements displayed by our sister BOP institutions.

OVERVIEW OF THE FEDERAL BUREAU OF PRISONS

The 122 facilities which comprise the Federal Bureau of Prisons currently house approximately 207,000 offenders. With the core values of Respect, Integrity, and Correctional Excellence, over the past 80 years, the BOP has earned the reputation as one of the most elite correctional agencies in the world. Inmates convicted of the most serious offenses and those whose institutional adjustment is poor are housed in maximum security settings, or penitentiaries. A majority of inmates live in medium, low, or minimum security institutions which also provide greater degrees of personal freedom.

All facilities have in-house support services, including Medical and Psychology Departments. Although all inmates have been convicted of federal crimes and separated from the community, inmates are individuals, each with his (or her--about eight percent are women) own needs and abilities. Some have made conscious decisions to engage in repeated criminal acts. In fact, national recidivism studies indicate that approximately two-thirds of incarcerated inmates return to prison within three years of their release (Bureau of Justice Statistics, 2002). Yet others are incarcerated for offenses which reflect uncharacteristic behavior, perhaps due to poor judgment and situational stress. Many inmates suffer from serious mental and behavioral disorders and require assistance in maintaining the degree of psychological stability necessary to function adequately in their environment. Therefore, psychology services play an integral role in mental health management of the federal population both pre- and post-incarceration.

The prevailing philosophy regarding rehabilitation is that it is not something that can or should be forced upon an inmate. However, the Bureau of Prisons provides ample resources toward reentry programming to assist those who are motivated to change maladaptive thought and behavior patterns. These include academic and vocational programs, chaplaincy programs, and a wide range of psychological services.

PSYCHOLOGY SERVICES IN THE BUREAU OF PRISONS

With a team of over 38,000 employees including over 400 psychologists and over 650 clinical service providers, the Federal Bureau of Prisons is one of the largest employers of mental health

professionals in the United States. Within each institution of the BOP, psychologists function as the primary providers of mental health services to inmates. Departments range in size from a single individual to as many as 30 psychologists and operate in much the same way as community mental health centers. Most clients are self-referred. Some are staff-referred, or are advised by the Federal Courts or parole boards to seek treatment. In all cases, inmates have the right to accept or refuse psychological services.

Approximately 60 percent of federal inmates have been convicted of drug-related crimes, and the majority of these individuals have substance abuse histories. In response to this, Psychology Services has formulated DAP, the Drug Abuse Program, a treatment program which combines manualized treatment along with a modified therapeutic community modality to offer clients insight into the negativistic pattern of the criminal lifestyle.

Psychologists are also called upon to respond to a range of other problems. They provide crisis intervention to acutely suicidal and psychotic individuals as well as psychotherapy to those seeking to resolve a variety of deeply entrenched, self-defeating habits.

Psychologists frequently provide evaluations which are referrals from the Federal Courts or parole boards. Sometimes non-mental health staff within the institution will request assessments. For example, Psychology Services often provides intelligence testing for the purpose of determining special needs accommodations for inmates participating in GED programming. Bureau psychologists are also involved in conducting psychological assessments of candidates for the Federal Witness Protection Program.

Psychology Services in the Bureau of Prisons employs only doctoral-level clinical and counseling psychologists. Psychologists are required to be licensed or license-eligible, and are encouraged to seek further credentialing (e.g., ABPP, APA Division Fellowship). Maintaining professional competencies is a priority, and annual continuing education is provided to every Bureau psychologist.

Starting in 1930 with a mere seven institutions housing 12,000 inmates, the Bureau of Prisons has grown to its present size in the nearly 80 years of its existence. Today, the prison population is increasing at an unprecedented rate. In order to house and care for these inmates, many new institutions will be built, and thousands of new staff members hired. Thus, Psychology Services will continue to have a strong presence within the Federal Bureau of Prisons.

FCC ALLENWOOD

FCC Allenwood has three facilities: United States Penitentiary (USP); Federal Correctional Institution (FCI); and Low Security Correctional Institution (LSCI). The Allenwood reservation consists of 4,252 acres of federally owned land in rural central Pennsylvania, and is situated in the foothills of the Northern Allegheny Mountains.



The architecture of the main facilities reflects the character of vernacular residential buildings native to the region. Low one and two story structures of masonry and glass, with dark sloping metal roof, predominate. In keeping with the stated philosophy of the Bureau of Prisons, the

Federal Correctional Complex is designed to provide an environment that allows interaction between the inmate population and staff, and encourages inmates in self-improvement through educational, vocational, and social means.



The three main institutions at Allenwood are clustered in close proximity to each other, but remote from the surrounding properties. The Federal Correctional Complex is designed to house more than 3,500 inmates across the low

security institution (LSCI), medium security institution (FCI), and high security penitentiary (USP).

PSYCHOLOGY DEPARTMENT AT FCC ALLENWOOD

Psychology Services at FCC Allenwood is well-staffed and continues to expand through the addition of new clinical missions. Our staffing includes 16 Psychologists and 17 Treatment Specialists, along with four Psychology Technicians. Among the 16 Psychologists, seven are supervisory Psychologists who represent a broad and diverse range of experience and expertise. Psychologists at FCC Allenwood are heavily involved locally, regionally, and at the national level as trainers in Crisis Negotiation Teams and Crisis Support Teams. Psychologists, while representing a wide range of clinical and correctional experience, all emphasize and embrace evidence-based practices and have been involved in recent Zeitgeist shifts and audits within the BOP that are emphasizing increased programming and service delivery, especially with Restrictive Housing Unit inmates.

PSYCHOLOGY DOCTORAL INTERNSHIP PROGRAM

Accreditation - The internship program formally began with the 2015-2016 intern class. FCC Allenwood is an APPIC Member, but is not currently accredited by the APA.

The address and telephone number of APA's Commission on Accreditation is:

750 First Street, NE
Washington, D.C. 20002-4242
(202) 336-5979
(202) 336-6123 TDD

Training Model and Aim - The overall aim of the doctoral internship program is to produce entry-level professional psychologists who can also function competently in a correctional environment. Our belief is that this is most effectively accomplished by emphasizing direct service experiences. As a result, the training model adopted for the FCC Allenwood internship program is the Practitioner-Scholar model.

A strong emphasis is placed on quality mental health treatment offered to inmates, and we endeavor to provide interns with diverse and rich clinical experiences. To meet these goals, we offer a safe and supportive learning environment that allows interns to develop and enhance skills through the combination of direct care, individual and group supervision, didactic

presentations, and assigned readings. The internship curriculum focuses on the following competency areas as training benchmarks: Research; Ethical and Legal Standards; Individual and Cultural Diversity; Professional Values, Attitudes, and Behaviors; Communication and Interpersonal Skills; Assessment; Intervention; Supervision and Consultation; and Interprofessional/Interdisciplinary Skills.

Consistent with the Practitioner-Scholar model, the majority of training opportunities are experience-based. Generally, training experiences proceed in a step-wise manner. At the beginning of the training year, interns primarily observe supervisors' work and provide services jointly with a supervisor. However, as interns feel more comfortable and display increased competence, increased responsibility and autonomy is afforded to them. Across the completion of the internship, interns are expected to demonstrate a degree of autonomy and independence, consistent with their transition from student to practitioner.

Interns learn experientially by providing a variety of psychological services to several subsets of inmates throughout the training year and directly working with staff in other disciplines within the correctional environment. Although the inmate population consists entirely of incarcerated adult males, there are several distinct facets of that population, all of which require specific skills and knowledge. Furthermore, the inmate population is very diverse in terms of ethnicity, culture, sexual orientation, gender identity, age, religion, education, and socioeconomic status. Interns at FCC Allenwood complete rotations that specifically emphasize the unique client populations housed at this institution.

TRAINING EXPERIENCES/ROTATIONS

FCC Allenwood interns participate at the USP, FCI, and LSCI at various points in the training year. This assures exposure to a continuum of psychology services ranging from outpatient services through residential treatment programs, and offers the intern familiarity and experience for future work with any security level and a wide-range of presenting problems within a generalist training context.

Our training program provides interns three four (4) month rotations in Intensive Residential Treatment, Severe Mental Illness, and General Population/Restrictive Housing (listed in detail below). To further broaden the training experience, we request input from the intern, as there is some flexibility in tailoring training experiences to meet each intern's individual training needs and desires.

General Population/Restrictive Housing Rotation – Beyond the special programs noted below, FCC Allenwood has more than 3,500 inmates serving their sentences. Inmates in general population have a diverse criminal history and a wide array of psychological issues. In this rotation, interns will assist in the screening and evaluation of general population inmates, provide clinical services to inmates working to enhance their quality of life in prison, address factors related to recidivism, and ensure continuity-of-care issues are addressed prior to their release to Community Corrections. Interns will also have the opportunity to conduct comprehensive psychological assessments and Learning Disorder testing at the referral of the Education Department.

In the General Population/Restrictive Housing rotation, interns will also be exposed to the Special Housing Unit (SHU), where inmates are housed for disciplinary or administrative purposes. Interns will learn strategies in risk-relevant services to these inmates. Monitoring and providing services to the mentally ill population is especially important in SHU, as these inmates often do not request mental health services and can quietly suffer if Psychology staff are not proactive. Additionally, interns will collaborate with correctional staff on the development of management strategies such as Suicide Risk Management Plans for inmates who consistently engage in or threaten to engage in self-harm and other dangerous and disruptive behaviors.

Additionally, interns will have the opportunity for an out-placement at United States Penitentiary (USP) Lewisburg, which offers unique experiences in Phase I and II of the Special Management Unit (SMU). The SMU is a restrictive housing unit comprised of inmates who represent a high degree of antisocial, impulsive, and criminal pathologies.

Intensive Residential Treatment Rotation – Interns placed in this rotation become immersed in an intensive treatment program. At FCC Allenwood, there are three Modified Therapeutic Communities (MTC), with the medium and low security facilities housing Residential Drug Abuse Programs (RDAP) and the high security facility housing a Challenge Program.

RDAP is the Bureau of Prisons' most intensive drug treatment program offered to inmates once they are 48 months or less to their release. It is a unit-based program set apart from the general population in which inmates are required to participate in half-day programming and half-day work, school, or vocational activities. Research findings demonstrate that RDAP participants are significantly less likely to recidivate and less likely to relapse to drug use than non-participants. The studies also suggest that the Bureau's RDAPs make a significant difference in the lives of inmates following their release from custody and return to the community.

The Challenge Program is designed to address the unique challenges of high security inmates with substance abuse and mental health issues. Under the direction of a psychologist, this residential program involves using an integrative model that includes an emphasis on a therapeutic community, strong cognitive-behavioral and relapse prevention components, as well as the connection of substance abuse to faulty criminal patterns of thought and action. The program is an evidence-based treatment program designed to promote adaptive life skills to prepare inmates for transition to less secure prison settings, as well as to promote successful reentry into society at the conclusion of their terms of incarceration.

Interns will serve in a number of roles within the MTC, such as providing individual and group therapy, conducting diagnostic evaluations and psychosocial, treatment planning interviews, working together with the treatment team to address negative behaviors, and serving as an inter-department liaison.

Severe Mental Illness (SMI) Rotation – This rotation focuses on inmates with severe, persistent mental illness who need a higher level of care to remain psychologically stable, and will offer valuable clinical training to interns to facilitate their growth into efficacious clinical psychologists who can perform assessment, treatment planning, and direct treatment with the most severe of psychopathologies. The goals of the program are to stabilize inmates with mental

illness, help them build the skills necessary to decrease the level of care they need to remain psychologically stable, and to minimize recidivism after release. Inmates seen in this rotation provide the most intense exposure to a variety of significant psychopathologies, ranging from patients with severe psychosis to patients with severe personality disorders, and including comorbid disorders.

USP Allenwood has a mental health mission and houses inmates in general population or SHU who have significant mental health issues. In addition to providing brief and long-term treatment to these inmates, the SMI rotation offers a unique opportunity to provide services on the Secure Mental Health Unit (SMHU) at the USP. The SMHU is a unit of 30 inmates with severe mental illness and a significant history of violence, and represents a holistic treatment program that includes interventions and services from a variety of departments.

Interns will also be involved with the Tele-Psychiatry Clinic. This clinic occurs at all three facilities and will expose interns to the critical area of psychopharmacology.

DIDACTIC TRAINING

Psychologists in the department provide training in weekly didactic seminars. Additionally, other staff from the institution or psychologists from the community may be invited to participate in the didactic series. The didactic training schedule is developed to provide generalist training while at the same time exposing all interns to rotation specific applications. Interns participate in a planned series of lectures, case conferences, workshops, discussions, and webinars on a multitude of issues that coincide with the available rotations. Specifically, interns are versed on topics ordered sequentially throughout the year that relate to general population, substance abuse, severe mental illness, and overall professional development. Interns are also asked to present their dissertations during the course of the internship year. A schedule of the seminar series will be issued to interns as they begin internship.

ORIENTATION AND SUPERVISION

At the beginning of the training year, interns attend two weeks of Introduction to Correctional Techniques, which serves as an orientation to the federal correctional system and the broader correctional environment for all new staff. The Psychology Department also conducts a one week orientation for interns, with the goal of assisting with adjustment and learning procedural components of the Psychology Services Department and the internship's organization and structure.

At the beginning of the training year, rotation supervisors and interns discuss particular goals interns have related to their rotation. Every effort is made to provide training experiences and relevant supervision to interns to help them achieve their desired goals and improve upon targeted areas.

Providing high-quality supervision to interns is of the highest priority. Interns are provided with a minimum of two hours of individual supervision each week by a licensed psychologist. Additionally, interns participate in two hours of group supervision per week with the Internship Program Coordinator. This involves discussion of issues related to interns' adjustment to corrections, a case conference format in which interns present cases for review and discussion,

live peer supervision, and review of relevant research. Individual supervision is tailored to the needs of each person, and can include review of written notes and reports, discussion of therapy cases, and review of taped sessions.

EVALUATION AND GRIEVANCE PROCESS

The Internship Program Coordinator is responsible for the development, implementation and evaluation of the internship program. The Coordinator makes training assignments, handles clinical and administrative problems, plans the sequence of formal training experiences, prevents duplication of experiences, and keeps in close contact with other supervisors.

Each rotation has a statement of expected learning objectives, with the option of additional, individualized goals. Interns will be provided with the evaluation criteria/elements during orientation, and at the start of each rotation. Furthermore, feedback regarding an intern's progress and identified strengths and weaknesses will be provided by supervisors throughout the rotation.

Two written evaluations are prepared for each rotation, a mid-rotation evaluation and a final rotation evaluation, based on feedback from all supervisory staff. These are reviewed with the interns, and are also provided to the training director of each intern's doctoral program. Interns also complete evaluations of the quality of training and supervision they receive, and this feedback is utilized by the staff to further enhance the program. Upon satisfactory completion of the training year, each intern will receive a certificate of participation, and notification to this effect will be forwarded to the intern's graduate program.

Interns have access to existing federal procedures for resolving grievances, and are strongly encouraged to discuss any concerns or grievances about professional, ethical, or departmental issues. Most times, informal resolution will be successful. However, we recognize that this is not always the case. In those instances, use of the "chain of command" is warranted. In ascending order, interns should bring the matter to the attention of the rotation supervisor, Internship Program Coordinator, and Chief Psychologist. If there is still no resolution, the intern can approach the Associate Warden, then the Warden.

BENEFITS AND EMPLOYMENT OPPORTUNITIES

Salary and Benefits - Benefits for the internship include an annual stipend of \$50,600. Each intern accumulates four hours of vacation time ("annual leave," translating into 13 days of leave earned over the course of the year) and four hours of sick leave every two weeks as well as paid leave for 10 federal holidays. Interns may request administrative leave for dissertation defense dates. Interns are also eligible for health insurance.

Specific maternity and paternity policies are available in the Human Resource Management Manual (Chapter 6, Section 630.4). In general, interns who require maternity or paternity leave will be expected to first use all accrued hours of annual and sick leave. Additional time off will be determined on a case-by-case basis by the Warden. In the event of maternity or paternity leave, the Internship Program Coordinator will work closely with the intern to ensure all requirements for internship and clinical training hours are completed in a timely manner.

Participation in research, including dissertation work, is encouraged, but not required. The allocation of time for this purpose is decided on a case-by-case basis by the intern's primary supervisor and the Internship Program Coordinator.

Offices are located in each facility to accommodate interns. All staff and interns have computer workstations on an institutional and agency network with internet access. The Psychology Department has an extensive library containing books, audio, and visual materials related to a large variety of topics. The department also maintains a variety of standardized testing materials and equipment.

Employment Opportunities - The internship programs in the BOP have produced many individuals who now hold psychologist or administrative positions in the system. In fact, many of our psychology staff began their BOP careers as interns at other sites. Recently, it was estimated that over seventy percent of psychologists working in the BOP completed their internship at a BOP site. It is very common, although not guaranteed, for individuals who complete a doctoral internship program in the BOP to move into a Staff Psychologist position.

Opportunities for advancement of psychologists in the BOP are extensive. Since the federal inmate population continues to grow, and there is an emphasis on successful re-entry for inmates, several new treatment programs, particularly drug abuse programs, are opened each year. This necessitates the hiring of many psychologists as well as the promotion of psychologists to positions of increasing responsibility. In addition to advancement within Psychology Services, psychologists have advanced to the ranks of institution administration and beyond. Several BOP Wardens are former BOP psychologists. The former Director of the Bureau of Prisons, Dr. Kathleen Hawk-Sawyer, was a psychology intern and psychologist in the BOP.

Psychology staff members at FCC Allenwood feel strongly about assisting interns in subsequent job placement. During the internship year, interns will have access to job openings within the BOP as well as information about how to apply for positions. The Psychology Department can also assist interns in making connections with Chief Psychologists from other institutions who are hiring new staff members.

The BOP is an equal employment opportunity employer. All applicants are considered without regard to race, religion, color, national origin, sex, status as a parent, political affiliation, age (with authorized exceptions) or any other non-merit factor. All BOP positions are classified as "sensitive." Applicants must be United States citizens and must successfully complete a security clearance procedure that includes personnel interviews, a background investigation, a physical examination, and urinalysis drug screen. Offers are contingent on security clearance, and prospective candidates may be asked to complete this portion of the interview process prior to the Association of Psychology Postdoctoral and Internship Centers (APPIC) match date. In accordance with PL100-238, applicants for regular staff positions must be under the age of 37 (with waiver to 39 possible) at the time of initial appointment. Anyone who pursues a regular BOP staff appointment must meet the age requirements. Successful completion of the internship does not guarantee employment by the BOP.

APPLICATION PROCEDURES

The doctoral internship program at FCC Allenwood is open to doctoral students in Clinical and Counseling Psychology programs who are citizens of the United States. Applicants must be from an APA-accredited program. We do not accept applicants from non-accredited programs. At a minimum, applicants must have completed all graduate level coursework and practicum requirements and demonstrate progress in the completion of their dissertation.

All application materials must be submitted through the AAPI Online service, which can be accessed at www.appic.org, by clicking on the link for "AAPI Online." In addition to the AAPI Online, our site requires that you upload a sanitized assessment report as part of your electronic application. Your AAPI Online application must also include three letters of recommendation. Applicants applying for the 2017-2018 internship year must submit all application materials to our site through the AAPI Online service by November 1, 2016.

The BOP is an equal employment opportunity employer. All applicants are considered without regard to race, religion, color, national origin, sex, status as a parent, political affiliation, age (with authorized exceptions) or any other non-merit factor. The application of female and minority students is especially encouraged. Because the internship position (like all BOP employment positions) is considered a "sensitive" government position, applicants must take part in a security clearance process that includes a background investigation, physical, and drug screening. The preliminary background investigation occurs prior to the APPIC Match (often on interview day or prior), and the physical and drug screening take place after the applicant is matched to the program, but prior to the beginning of the internship year. Successful completion of this process is a necessary prerequisite for employment as a BOP intern. The security clearance process can be completed at this institution or at any other BOP facility.

After a review of all applications, applicants who receive the highest scores on our application review forms will be invited for an in-person interview. Although telephone interviews will be granted, in-person interviews are preferred. Once invited to interview, applicants are asked to fill out an NCIC form and a form agreeing to a credit check.

On interview day, the Internship Program Coordinator will meet you in the front lobby of the institution and escort you into the prison to the Psychology Services Department. You will then be interviewed by a number of different psychologists from the various areas of the department.

Intern positions will then be filled through the APPIC Match, and results will be communicated to both students and training sites on Match Day. This internship site agrees to abide by the APPIC Policy that no person at this training facility will solicit, accept, or use any ranking-related information from any intern applicant.

Applications and inquiries should be directed to:

Ashley Gemberling, Psy.D.
FCC Allenwood
Route 15, 2 Miles North of Allenwood
Allenwood, PA 17810

(email:agemberling@bop.gov)
(570) 547-7950 x5408
(570) 547-7739 (Fax)

FCC ALLENWOOD PSYCHOLOGY STAFF

Dr. AnnMarie Bruno, LSCI Residential Drug Abuse Coordinator

- Psy.D., 2010, American School of Professional Psychology, Washington, D.C.

Dr. Sarah Camp, Staff Psychologist

- Psy.D., 2014, Regent University

Dr. Laura Ennis, Advanced Care Level Psychologist

- Psy.D., 2014, Chicago School of Professional Psychology
- Virginia License
- BOP Intern at FCC Hazelton

Dr. Ashley Gemberling, Internship Program Coordinator

- Psy.D., 2013, Pepperdine University
- Ohio License
- BOP Intern at MDC Los Angeles

Dr. Laura Gilman, Staff Psychologist

- Psy.D., 2015, Indiana University of Pennsylvania

Dr. Alysia Handel, Advanced Care Level Psychologist

- Psy.D., 2006, Argosy University Washington D. C.

Dr. Waldemar Kuczowski, Advanced Care Level Psychologist

- Psy.D., 2005, Forest Institute of Professional Psychology
- Iowa License

Dr. Sarah Lada, Advanced Care Level Psychologist

- Psy.D., 2011, Marywood University
- Pennsylvania License
- BOP Intern at FCI Terminal Island

Dr. Nicole Lavertue, Deputy Chief Psychologist

- Psy.D., 2006, Wright State University
- Pennsylvania License
- BOP Intern at FMC Lexington

Dr. Maegan Malespini, Secure Mental Health Unit Coordinator

- Psy.D., 2011, University of Indianapolis
- BOP Intern at FCI Tallahassee

Dr. Tiffany McCain, Staff Psychologist

- Psy.D., 2015, University of Denver
- Pennsylvania License
- BOP Intern at FMC Carswell

Dr. John Mitchell, Chief Psychologist

- Psy.D., 1995, Indiana State University
- Pennsylvania License

Dr. Kathryn Morris, Challenge Coordinator

- Psy.D., 2011, Loyola University
- Maryland, Pennsylvania and West Virginia Licenses
- BOP Intern at FCI Forth Worth

Dr. Stacie Stoner, Non-Residential Drug Abuse Coordinator

- Psy.D., 2012, Georgia School of Professional Psychology

LOCAL AREA

FCC Allenwood is located between Williamsport, PA and Lewisburg, PA in the scenic Susquehanna Valley. The Susquehanna Valley offers a wealth of outdoor activity pursuits and natural resources, along with exposure to a wide variety of cultural events and activities in the local area. There are also nationally recognized colleges (Lycoming College), universities (Bucknell University, Bloomsburg University), quality medical care (Geisinger Medical Center, Williamsport Regional Medical Center, Evangelical Community Hospital), and quaint towns in neighboring communities. Local restaurants, shopping, and arts/music venues are on par with typical suburban areas. Access to metropolitan areas of Philadelphia (2.5 hours), New York City (3 hours), Pittsburgh (3.5 hours), and Washington, DC/Baltimore (3.5 hours) is appealing for individuals craving exposure to the vibrancy of city life.