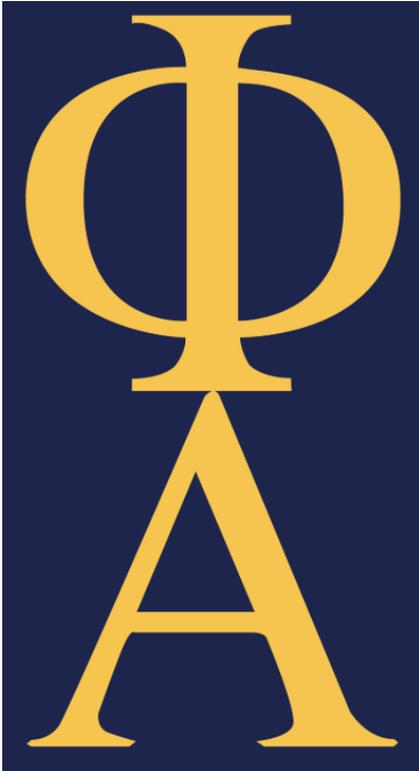


SOCIAL WORK DEPARTMENT NEWSLETTER

University of St. Francis



Phi Alpha Honor Society Induction

On March 3, 2021, the Department of Social Work honored nine students, Megan Allensworth, Avery Hannig, Megan Little, Marina Mikic, Shannon O'Brien, Dariana Ortiz, Elizabeth Ponce, Julie Sander, and Angelica Flores, as they were inducted into the Phi Alpha Honor Society. The purpose of Phi Alpha Honor Society is to provide a closer bond among students of social work and promote humanitarian goals and ideals. Phi Alpha fosters high standards of education for social workers and invites into membership, those who have attained excellence in scholarship and achievement in social work. The induction ceremony was held virtually via Zoom.

Social Work Scholarship Fundraiser

The Department of Social Work Scholarship Committee hosted a virtual Scholarship Fundraiser throughout the month of March 2021. Each year the Department of Social Work at USF offers scholarships to students in the BSW and MSW programs. By helping these students pay for college, we are investing in the future of our graduates as future social workers in the community. The department was able to offer three big ticket items and eleven themed baskets. The donations were split between the three scholarships the department offers, **Dr. Christine Ponquinette Scholarship, Dr. James P. McCabe Scholarship, and Dr. Billie Terrell Multicultural Scholarship**. The drawing took place March 31st, 2021 and the fundraiser was a tremendous success!



Recognition of Awardees

On May 7 of 2021, the Department of Social Work recognized five students during the Graduation Celebration with awards from the department. **Brandi Mullins** was the recipient of the Meritorious Service Award. This award recognizes a senior who has been personally responsible for providing outstanding service to a department, program or college and who best represent the university's values of Respect, Compassion, Service and Integrity. **Hannah Schilling** was awarded the Dr. Christine Ponquinette Scholarship. This scholarship is awarded annually to an undergraduate junior or senior majoring in social work or a graduate student, based upon academic excellence, and financial need. **Avery Hannig** and **Megan Little** were awarded the Dr. James P. McCabe Scholarship. This scholarship was established in 1996 and is awarded annually to a junior or senior pursuing a degree in social work. An application must be submitted and awards are based on factors including academic achievement, community involvement and financial need. **Rosa Mejia** was awarded the Dr. Billie Terrell Multicultural Scholarship. This scholarship is intended to support the advancement of MSW level students of color who contribute to the profession and society in the area of leadership. Recipients must demonstrate financial need, academic excellence, community involvement, service, and leadership skills.



Dr. Ogbuagu Presents

Dr. Buster Ogbuagu presented the topic entitled, "White ivory spaces & Black academics ghettos: Race & microaggressions musings of a Black professor in a predominantly White institution in the United States, Teaching While Black!" on Wednesday, February 24, 2021. The event was hosted by Diversity and Equity Committee (DEC) Conversation Series [School of Social Work], Dalhousie University, Halifax, Nova Scotia, Canada for Commemorates African Heritage Month.

Panel discussion with Dr. Audrey Davis

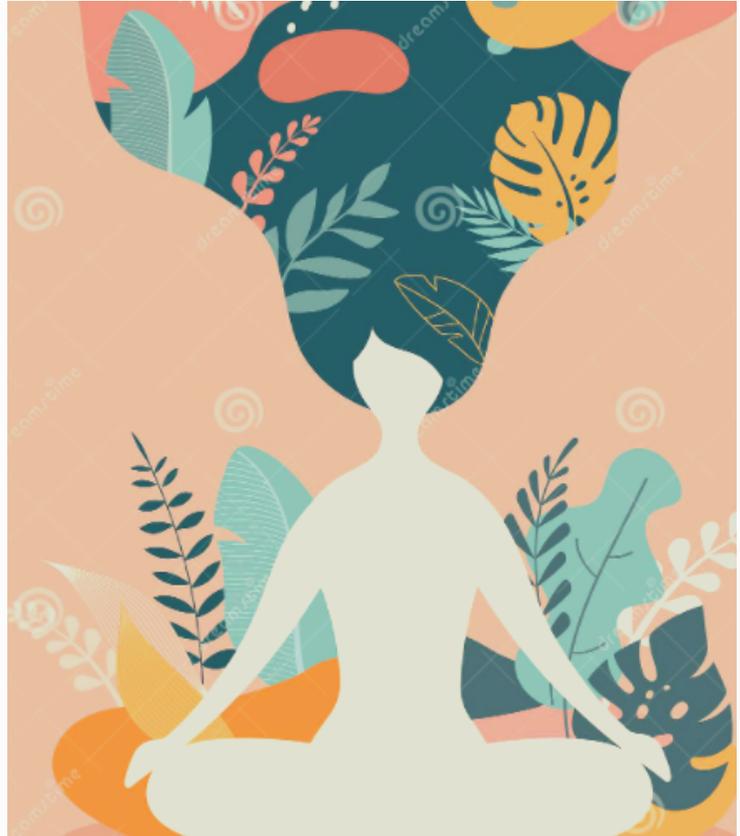
Dr. Audrey Davis was invited to participate in a panel discussion on "Reinforcing Sameness, Static Bodies, Static Interventions: Reimagining Diversity and Inclusion in Social Work Education, Classrooms and Practices".

Dr. Davis's topic was "Exploring the Challenges and Triumphs of Making Social Work Pedagogy Work in Multicultural, Multidisciplinary, and Multifarious Classrooms in America's Mid-West". The event was hosted by Dalhousie University's School of Social Work, Diversity and Equity Committee Conversation Series on Wednesday, March 24, 2021.



Virtual CEU Event

The Department of Social Work presented ***Mindfulness in Social Work Practice***. This virtual CEU event was taught by social work faculty Dr. Laura Honegger and Dr. Dan Knapp on Wednesday, April 7, 2021. They discussed mindfulness-based interventions for direct practice, mindfulness for social workers, preventing burnout, and provided demonstrations and practice of mindfulness.



***"Mindfulness is a way of befriending ourselves and our experience" ~
John Kabat-Zinn***

Spring Faculty Forum

Professor Joyce Kraus, Dr. Kyung-Mee Choi, and Dr. Laura Honegger presented the topic entitled "International Social Work Students in Field Education: A Cross-Cultural Exploration to Inform Best Practices" in the Spring Faculty Forum at USF on April 29, 2021. This research proposal has been accepted by the Council on Social Work Education (CSWE) at the 67th Annual Program Meeting in Orlando, FL, November 4-7, 2021.

A banner with a purple and blue background. On the left, there is a graphic with the text "Leading Critical Conversations 2021" in white and blue. In the center, the text "RACIAL, ECONOMIC, & ENVIRONMENTAL JUSTICE" is written in bold, black, uppercase letters. On the right, the text "CSWE 67th Annual Program Meeting November 4-7, 2021 Orlando, Florida" is displayed in white. The CSWE logo is in the bottom right corner.

Leading Critical Conversations 2021

RACIAL, ECONOMIC, & ENVIRONMENTAL JUSTICE

CSWE 67th Annual Program Meeting
November 4-7, 2021
Orlando, Florida

CSWE

Licensure Prep Workshop

On February 6th and 13th of 2021, the Social Work Department held an intensive, 8-hour, preparatory review workshop for LSW/LCSW licensure. The workshop was virtual and held via Zoom. The workshop was led by social work faculty professor Joyce Kraus, Dr. Laura Honegger, Dr. Audrey Davis, and Dr. Kyung-Mee Choi. Relevant examination content was covered, such as: social work practice theories, therapeutic strategies and terminology, assessment and diagnosis, practice techniques, professional ethics, and diversity sensitive practice. This workshop included 8 hours of CEUs and test-taking strategies, sample test questions, and a course manual review. The workshop was attended by Alumni, community members and students from the MSW Program.

STUDENT RESEARCH PROJECTS

On April 29 and May 6, 2021, students of Dr. Alicia McLaughlin's Advanced Research course presented their USF IRB approved research projects via Zoom. We congratulate them on disseminating such thoughtful and insightful knowledge.

Jonquil Chason: "Removing Domestic Violence Service Delivery Barriers: Telehealth During COVID"

Angelica Flores: "Strong Children Today, Strong Adults Tomorrow: The Affect of Witnessing Domestic Violence on Adulthood"

Alejandra Zamudio: "Movement, Muscles, and Mental Minds: How Exercise Relates to Your Happiness"

Jessica Terrell: "Does Health and Wealth Relate?: The Relationship Between Income and Eating Habits"

Francesca Zarate: "COVID Resources: Where are They for Low Income People"

Jenna Lanoue: "So You're Adopted?: Societal's Harmful Perceptions and its Affect on Korean Adoptees"

Sean Herbert: "COVID Stress and Performance for Student-Athletes"

Marissa Gillium: "How Generational Trauma Can Change Your Psyche"

Kailynn Fielding: "Challenges of Family Caregivers: Who Cares for the Invisibles?"

Davisha Pulley: "Healthy Cultural Paranoia: Does it Still Exist for COVID-19 Vaccinations?"

Self-Care Brochure

A group of students within Dr. Laura Honegger's Advanced Generalist Practice II course decided to create a self-care brochure for USF social work students, which provides self-care resources, tips, and activities.

SOCIAL WORKERS ARE ALWAYS CARING FOR OTHERS SO WE, AS SOCIAL WORKERS, MUST TAKE CARE OF OURSELVES TO BETTER HELP OTHERS.

IF SOCIAL WORKERS DO NOT CARE FOR THEMSELVES, THEY LACK THE ABILITY TO CARE FOR OTHERS.

WHEN SOCIAL WORKERS EXPERIENCE BURNOUT, IT CAN HAVE A DIRECT EFFECT ON THEIR CLIENTS AS WELL.

NOT CARING FOR SELF HAS PHYSICAL AND PSYCHOSOCIAL EFFECTS:

- MAY BE PHYSICALLY ILL DUE TO UNMANAGED STRESS
- PSYCHOSOCIAL ISSUES SUCH AS BURNOUT OR BEHAVIOR CHANGES

WHY IS SELF-CARE IMPORTANT?

- IT RELIEVES THE PRESSURES OF EVERYDAY LIFE
- RESET YOURSELF BACK TO A HEALTHY POINT OF PRODUCTIVITY
- MAY ULTIMATELY BENEFIT EVERYONE

What is Mental Health?

- Mental health includes our emotional, psychological, and social well-being
- Causes of mental health: Childhood abuse, trauma, or neglect, social isolation or loneliness

Components of mental health:

- Physical
- Intellectual
- Environmental
- Vocational
- Social
- Emotional
- Spiritual

What is Self-Care?

- Self care can look like an act that is taken by someone in order to encourage one's own mental, physical, and emotional health
- something we need to set aside a few minutes to do so or else, it might get put off or shoved aside for different needs
- vital for building resilience toward those stressors in life that you can't eliminate
- plays a big role in mental health and in general

Example of self care



Self Care

KAILYNN FIELDING
MARJUN WANNAH
ABDULELAH ALGHAMDI
FIONA KANAM



Resources

The Counseling Center is located on Motherhouse third floor, Rm. 310, and can also be reached at 815-740-3598. Normal hours are 8:30 am-4:30 pm Monday-Friday.

The on-call crisis counselor can be reached at (815) 278-2235. If you need to contact the on-call crisis counselor after hours (6 p.m. until 8:30 a.m.), contact the Security office and Security will get in touch with the on-crisis counselor for you. In the event of a life-threatening emergency, please call 911. The Will County Crisis Line is available 24/7, 365 days a year by calling 815-744-5280.

Self-Care Plan

Mind:
Current practice: _____
low practice: _____

Emotions:
Current practice: _____
low practice: _____

Body:
Current practice: _____
low practice: _____

Spirit:
Current practice: _____
low practice: _____

Relationships:
Current practice: _____
low practice: _____

Tips

- Make a self care plan
- Set your specific goals
- Focus on solutions, not problems
- Understand your reality
- Identify your strengths and weaknesses
- Practice time management as preventive form of self-care
- Keep work-life balance in check
- Surround yourself with positive and motivating people

Questions to ask yourself

Barriers to maintaining my self care:
How will I address these barriers and remind myself to practice self care:
Negative coping strategies I would like to use less:
What will I do instead:

Activities

1- Body:

- Make sure you are getting enough sleep (8 hours is ideal)
- Be sure to eat a balanced diet
- Walk / exercise regularly
- Check in routinely with your doctor

2- Mind:

- Meet with a counselor
- Take a day off when needed
- Think about your future in a positive way
- Practice breathing techniques / other coping skills

3- Time:

- Simplify your schedule
- Ask for help with difficult tasks
- Leave some time to do something that isn't tied to your schedule (free time)
- Set your priorities and goals

4- Spiritual:

- Practice your religious or spiritual values
- Connect with nature
- Do yoga or meditate
- Listen to music that moves you

School Social Work Concentration

The ISBE approved the Department of Social Work's proposal for a School Social Work Concentration in January 2021. The department is happy to announce that four MSW students are already enrolled in the first class that will be offered in this new concentration for the fall semester 2021, SWRK 671A -School Social Work Practice and Policy I. There are six classes in total that will be required for the MSW Program School Social Work Concentration.



Online MSW Program

The online Master of Social Work (MSW) program at the University of St. Francis has been approved by Council on Social Work Education (CSWE) and will be offered for the Fall 2021 semester. The online MSW program is available nationwide and provides graduates with the advanced social work knowledge and skills necessary to meet the needs of diverse individuals, families, and communities. Online MSW students take classes with faculty members who have rich and varied clinical and policy expertise, and students obtain real world experience by interning within their local community. Come find your passion within our online MSW program! Visit our website by clicking the link: <https://www.stfrancis.edu/social-work-msw/>



MSW Open House

An MSW open house was held on Wednesday, May 19, 2021, via Zoom. We had ten RSVPs and seven attendees at the event. We shared interests, career goals, expectations, needs, etc. especially in the School Social Work concentration and online MSW program with prospective students. We had a lot of positive and supportive interactions with students and shared helpful information about our unique MSW program, admissions, and financial aid.



UPCOMING EVENTS

BSW Open Houses

The BSW Program will host Open Houses for Fall 2021 via Zoom:

August 21, at 9 a.m.,
September 23 at 6 p.m.,
October 9 at 9 a.m.,
November 11 at 5 p.m.,
December 18 at 9 a.m.

Anyone who is interested in learning more about our program, please email BSW program director Dr. Dan Knapp at DKnapp@stfrancis.edu for the link!

Summer Macro Project/Supervisor Appreciation Event will be held on August 6, 2021, 9 am – 11 am.

Virtual Field Supervisor Orientation will be held on August 20, 2021, 9:30 am – 11 am

Mandatory New and Returning Student Kick-Off will be held on August 26, 2021, 9 am – 3 pm.

Advisory Board Meeting will be held on September 28, 2021, 5:30 pm – 6:30 pm.

