

Field Notes

VOLUME 7, ISSUE 1

News from the Field Director

Welcome to the fall semester! The social work profession is a way to make a difference in our communities. We strive to have a positive impact on the world around us in our professional and personal capacities. This manifests through our interactions with clients at agencies, with families at home, and colleagues out in the community. This fall, we have a new start to the internships for BSW and MSW students. They are joining with agencies in our Northern California communities to learn the essentials of becoming skilled social workers in a trauma-informed and culturally proficient manner. Through this collaboration, students are given supportive and structured learning environments that help them grow their skills in a manner that is tailored to their unique attributes. The role of task supervisors and agency field instructors is pivotal toward this goal, and we extend our heartfelt appreciation to those who step up to provide this crucial service of helping to train the next generation of social workers.

Maintaining balance is a vital component while we strive to make a positive and corrective difference in vulnerable lives that we come into contact with. This can be a daunting goal, especially as we are assailed by numerous stressors from global, national, and local sources. The more



effectively we attain balance in our lives, the better prepared we will be to assist those around us who are in need. I encourage everyone to take a moment and reflect on our personal and professional self-care practices. As we reflect on the strategies we employ to revitalize ourselves and sustain our creative spark, think about when you last used these self-care tools. If it was recently, then I commend you and encourage you to continue in this practice. If it has been too long, then please use this reminder to prioritize time and cultivate self-care. Building and maintaining personal and professional balance allows us to be more effective practitioners. With our batteries recharged, we are equipped to be that better self with our clients, colleagues, families, and friends. Thank you for your efforts in making a positive difference.

Patrick Borel

A handwritten signature in dark ink, appearing to read 'P. Borel'.

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VISIT US

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Palliative Care *It's Everyone's Business*

Social workers play a key role in improving the individual experience of care, improving the health of populations, and reducing the costs of care for populations. Yet in many health care settings, social work services are undervalued and at times understaffed. Social workers trained in the specialty of palliative care bring extra value to employers, as they implement strategies that can:

- Implement goals of care conversations, resulting in improved satisfaction and lower healthcare costs
- Facilitate seamless care transitions by educating the caregivers, establishing relationships with home and community-based services, and monitor patient and family caregiver distress
- Decrease unwanted and unnecessary ER visits and hospital (re)admissions through advance care planning and proactive care planning to alleviate psychosocial distress and suffering
- Reduce Medicare spending per beneficiary by clarifying patient goals and improving communication between the patient, family caregiver, and care providers

Please join us for the fall field instructor training. The training will cover:

1. An overview of the areas of palliative and hospice care, and what differentiates them from each other (a common source of confusion)
2. Description of Enloe's interdisciplinary team and how they work together to provide "whole person, patient-centered care"

Training will be presented by Aldebra Schroll, MD who is a CSU, Chico graduate and current director of the Supportive and Palliative Care Program at Enloe Medical Center. Her medical training was completed at the University of Colorado. She is board certified in family medicine; as well as hospice and palliative care. Dr. Schroll will be joined by CSU, Chico School of Social Work graduate and Enloe social worker Alex Albarran, MSW.

November 7, 3—p.m.
Kendall Hall, Room 207

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REGISTER
NOW!

Upcoming Faculty Research

Social work as a profession works on empowering people to create transformation in their lives. Some of our social work students have earlier chapters of their personal lives where they experienced legal challenges that could impact their future field placements and ultimate career paths. Faculty members Dr. Vincent Ornelas and Patrick Borel are working on exploring how criminal backgrounds of BSW students influence field placement decisions. They will be reaching out to social service agencies to explore how the various agencies navigate these sensitive issues for student interns and looking at what is revealed with these findings. This could lead to more coherent information being provided to BSW students as they enter the professional sequence of the major.

Like us on



Agency
Field
Instructor

Words of Wisdom

Welcome new and returning field instructors. I had the luck and fortune to receive the BSW Agency Field Instructor of the Year Award. If there is anything I have learned from being a field supervisor, it is the importance of relationship at all levels of our work. If I want my students to be a “safe” active listener with their client, then I need to be that for them. Listen first and listen long! I teach them the 50/10 rule: to listen actively for 50 minutes of an hour contact and then (and only then) make a suggestion, do an intervention, teach something, or offer a referral. I train them in the beginning and remind them constantly that the “Common Factors” research (check out the excellent summary in the book *The Heart and Soul of Change: What Works in Therapy* by Mark A. Hubble & Scott D. Miller) tells us that the relationship skills of the therapist are the healing factor in therapy. It’s also not “natural” or easy to do. It takes work and practice. I don’t know about you, but I had about three class days devoted to that skill out of my entire graduate program. When you are an excellent active listener, not only will your clients improve, but you also can’t make critical mistakes. If I am assured that my supervisee can and mostly does listen well and listen long, then any mistakes they make can be easily remedied. It relieves me of the job of micro managing the students’ work. I can let them “own” their care. Students can out perform seasoned therapists when they become skilled at active listening! Be a “safe” active listener with your students. Don’t assume they know this skill. It takes practice, and no matter how well you do it, you can learn—with practice—to be even better. Good luck with the next generation of helpers. Your role is so important to their development!



Jeannie Jacobs is a Licensed Clinical Social Worker in Redding and Red Bluff. She has a small private practice and does supervision for nonprofits in Tehama and Shasta Counties.



Eloise Campbell is the recipient of the 2018 Task Supervisor of the Year Award. She works for Lilliput Families as the kinship social worker and has worked in Butte County as a social worker and therapist for 19 years.

Task supervisors, it is that time again! We have a brand new collegiate year and a roomful of enthusiastic social work students looking to us for an opportunity to take what they have learned in the classroom and experience real-world social work. It is such a wonderful opportunity to teach, model, mentor, coach, and be cheerleader to our interns. It is also an opportunity for us to learn from them. I have been blessed to have 11 interns over the past 10 years. I have had the honor to get to know each one individually and have chosen take the time to get to know their passions, strengths, learning curves, and what difference they hope to make in this world. We need to model first the social work ethics they have been taught while exhibiting compassion, good boundaries, team work including collaboration with other agencies, and self-care practices. It is also important to teach curiosity and to ask the question “what did you observe, experience, feel, and learn?” Ultimately our goal is to prepare them to shine, gain confidence and feel competent to work with clients independently, knowing we are available to process anything they need to. We are not providing just learning tasks for the interns but opportunities for growth as social workers and as human beings. I am thankful for my own 30-year social work career and that someone took the time to mentor me.

Words of Wisdom...



Roxanne Dalton is the recipient of the MSW Agency Field Instructor of the Year Award. She works for Shasta County Health & Human Services in Adult Services and has served as an AFI on and off for the past 11 years.

1. Having had experience with internships where the agency field instructor (AFI) and task supervisor roles were both separate and combined, I think it is critically important to keep these roles separate. The process of meeting with the AFI for an hour each week separate from the task environment greatly enhanced my process of self-reflection and contributed to the field/academic fusion. By the same token, it is essential that the AFI, task supervisor, and intern work closely together and meet at least once each semester.
2. Create an agenda with the student for your weekly hour of supervision. You can decide how you structure the format as you go along. Ask your student about their learning style and what they want to get out of the meetings.
3. Refer to the learning contract regularly. Remember that the goals are fluid and flexible. Your student will have an opportunity in the second semester to adjust their goals accordingly.
4. Include in the learning contract ample opportunity for trainings that fulfill the student's development as a social worker, are related to the agency mission/values, and are specific to their work discipline.
5. During weekly supervision, incorporate the agency mission and values into the discussion. It is important for the student to view their work through that lens to prepare for and enhance their social work practice. Compare the NASW mission and core values to the agency's mission and values to see alignment and similarities.
6. Include a few shadowing opportunities in the learning contract. Make sure the student shadows other related positions within the department and the broader agency. The purpose of shadowing is two-fold: the student learns about the different departments and programs in the agency to gain a better understanding of how they collaborate to provide services and make referrals (that fulfill the mission and values of the agency), and potentially attains consideration for career growth and pursuits. If you work in a small program that is not connected to a larger agency, look for shadowing possibilities in a related program or agency.
7. Often overlooked or undervalued is the opportunity to apply social work theory (e.g. systems, social learning, psychodynamic) to case discussions. Don't be afraid—have courage! Dust off those old textbooks and papers and ask your student what theories interest them. Be a role model in your combined quest to meld the academic and the practical field experience.
8. Emphasize to the intern that they are a vital contributing member of the team. In a cohesive unit, all members of the team (AFI, task supervisor, other social workers, other supervisors, support staff, and managers) share this philosophy of inclusion to ultimately serve the client and community in the best way possible.
9. Advocate for the student within the agency and when necessary, in coordination with the field liaison. Having an AFI that champions the student's highest educational interests is fundamental to the student's growth and development.
10. Celebrate mistakes and missteps as opportunities for self-reflection and growth.

On the Road to *Retirement*

By Nicole Davis

Spring 2018 marked the end of five years of service in the Faculty Early Retirement Program (FERP) and the beginning of official retirement for Dr. James “Patrick” Mace. Dr. Mace’s career and retirement was celebrated with a campus gathering on June 28 in which community, students, faculty, and staff gathered to recognize his contributions to Chico State and the social work profession.

Dr. Mace’s career in social work began in 1972 when, after graduating with an undergraduate degree in Psychology, he was hired as a social worker II in a West Virginia state mental hospital. He soon realized that in order to move up in the profession he would need to return to school, and through the assistance of a work scholarship received an MSW degree in 1976. Dr. Mace quickly moved up to a Social Worker IV and became the director of the acute care unit in the hospital. In 1978, he moved on to a position in a rural community mental health clinic working with clients who were dealing with concerns ranging from depression to marital issues. Five years later, Dr. Mace began thinking about higher education yet again, this time a doctoral program. He applied and was accepted to five schools and ultimately decided to attend UCLA because of the scholarships that were offered. Dr. Mace worked his way through the program teaching at both UCLA and California State University, Long Beach until he graduated with his DSW in 1989 and was hired on as a programmer analyst and to teach research.

When the opportunity to travel to a University in Hong Kong and assist with accreditation and course design came along, Dr. Mace jumped at the chance and spent two years abroad. He returned to the U.S. to the University of Texas, Rio Grande Valley in Edinburg to help with the development of their MSW program. After receiving news that CSU, Chico was trying to start a MSW program, Dr. Mace headed to California and was hired as an associate professor with tenure in 1999. Along with four other faculty, Dr. Mace worked to get the curriculum approved in the first year and achieve candidacy status the second year. Reflecting back on his career, Dr. Mace expresses great pride to have been

involved with the startup of these MSW programs.

“This was great work because the product was hundreds of new professional social workers in those rural areas,” he says.

During his two decades at Chico State, Dr. Mace taught everything from policy to community development but research was his favorite.

“I’m not afraid of the math,” he proudly states.

Throughout his career, Dr. Mace has enjoyed being active with the National Association of Social Workers (NASW) attending meetings, serving on the board of directors, and was presented with the NASW Lifetime Achievement Award in 2015! To this day, he continues to serve on the Policy and Legislative Committee and California Political Action Committee, which he finds exciting because he gets to help pick out which bills they use at the annual Lobby Days event in Sacramento.

Dr. Mace reminisces about his years spent working with other social workers, “those who dedicate their lives to helping others are a wonderful group of people to be with. It is great to be a social worker because you get to hang out with people who want to help other people.” For Dr. Mace retirement simply means a change of pace. He would like to explore the outdoors by hiking and fishing and is excited at the possibility of practicing his clinical work through private practice. After five years transitioning into retirement, Dr. Mace states that he feels he is in a good place and ready for this new stage of life.



Dr. Mace at his retirement celebration with Dr. Bassett

ALUMNI: *Where are they Now?*

Earlier this month I had the opportunity to connect with alumna Alex Brown to find out what life has been like since graduation.

Tell us about your work at CSU, Chico Safe Place and your experience serving as an agency field instructor for social work students.

Working at Safe Place was an incredible experience for me for multiple reasons. I was able to collaborate with all levels of campus in implementing policy to support survivors of violence and promote prevention, teaching students how to be active bystanders, and creating space for campus community members to show their support. Being a field instructor was one of my favorite roles, because it allowed me to mentor students and learn from them about what it means to be a strong leader and advocate. Students are incredibly inspiring, and when they have the room to be creative and engaged, they take on the challenge with enthusiasm, dedication, and passion.

Tell us about your work at Therapeutic Solutions.

I currently work as a marketer and business developer at Therapeutic Solutions, a behavioral health service provider. It's a bit of a pivot from direct service and administration, but I use my skills as a social worker and experience in the mental health field every single day in this work. From program development to community organizing and policy and process implementation to relationship-building, I've learned that the social work field has some of the most transferable skills of any field. We are creative, adaptable, good communicators, and have a good understanding of issues at all levels.

How have you been involved with the community since graduation? Last July, I decided to explore a career in marketing, but the marketing I do is always informed by my background in social justice and social change efforts. As I've cultivated my skills in the marketing field more and more, I've applied them to supporting a variety of causes. Most recently, I was the social media manager for Tami Ritter in her successful campaign for Butte County supervisor. What I didn't know coming out of that is that I would be declaring my candidacy for Chico City Council. I have been running for this office since June of this year, and it has been the most rewarding experience of my life.

What made you want to become involved with City Council?

The inspiration came from my first policy class during my MSW coursework (shoutout to Sue Steiner!), but the 2016 presidential election is what sealed the deal for me—I knew I needed and wanted to do more to effect change. What I know from my experience in violence prevention is that policy drives social change, and now is the time to step up and participate in it. I'm excited, and every step on the way, I have been lifted up by this community

What is your advice for current social work students?

What you are doing is important, and it will open more doors for you than you may have thought it would. Pay attention. Follow the topics that stir you emotionally and stimulate you intellectually. Seek mentorship and thank the people that invest in you as often as you can. They will lift you up when you doubt yourself.

What do you like to do in your spare time?

Ha! I do my best right now to keep up with a couple of things: My friends and exercise. Last year, I joined a Mixed Martial Arts (MMA) gym, and I go to my strength training or boxing classes as often as I can. It's an incredible outlet. I also spend as much time with "my people" as I can. They ground me and inspire me to stay the course.



Alex graduated from the Master's in Social Work Program in 2015

Stay Plugged In

A message from our student clubs

Hello new and returning students, faculty and community. On behalf of the Master's of Social Work Club, we welcome you to the 2018—2019 school year. We hope your summer was filled with sweet sunshine and fond memories. Hopefully, the transition to never-ending readings, papers, and exams is going smoothly and you are finding some beauty and meaning in the midst of chaos. This year, our club has set the intention of focusing on building and maintaining quality connections with each other and our community. We recognize that the life of a student is often overwhelming, and hope to create a space where individuals can come to feel supported and cared for. With a focus on quality relationship building, we plan on being active participants in our community together. The first event we will be participating in is called Make a Difference Day, which will be held in downtown Chico on October 27. Additionally, we plan on hosting a few fundraisers to support our colleagues in having the opportunity to attend Lobby Days this spring. To stay tuned on the latest club information and meeting times, please check out our Facebook page: Chico State MSW Club.

Cheers,
Sierra Schmidt, Co-President
sschmidt18@mail.csuchico.edu

The BSW Social Work Club started the year off with a welcome BBQ for all new and returning students, along with their family and friends. The BBQ took place on August 25 at Cedar Grove in lower Bidwell Park. Games and food were provided and it was also the first look at this year's social work T-shirts and other various merchandise that the club will be selling to raise money.

The 2018—2019 club officers are: Shelby Needham, president; Autumn Brock, vice president; Rebecca Brown, treasurer; Rebekah Qualls, secretary; Marla Oates, public relations; and Pavneet Dhillon, tabling.

This fall semester, the BSW Club will be holding its meetings every third Thursday of the month in Butte Hall, Room 102 from 2—3 p.m. At the meetings, we will go over events and will also be sharing some training opportunities. The first event that the club will be involved with is Stand Down, which will take place October 25 and 27 from 8 a.m.—3 p.m. in Anderson.

The club is also beginning to plan this year's Lobby Days, so please attend the meeting if you would like more information on this event or are interested in attending.

We are hoping for an amazing year of training and events and are also looking for input from fellow classmates or faculty. Let's make 2018—2019 the best year!

Marla Oates, Public Relations
moates1@mail.csuchico.edu

Liaison Spotlight

Professor Kui Hee Song joins the field liaison group this year. Kui Hee's education began at the Catholic University of Korea in South Korea where she earned a bachelor's degree in social work (BSW). She is a graduate of Seoul National University, Seoul, South Korea with her master's degree in social welfare (MSW) and attended Loyola University of Chicago, Illinois for her doctoral study at the School of Social Work.

Kui Hee brings over 27 years post-MSW experience in social work practice at multi levels of needs with all types of clients (i.e., community mental health; children, youth and family services; and community capacity building). Her practice experiences are centered in mental and behavioral health; substance abuse; child abuse and neglect; domestic violence; homeless and community-based service development and evaluation. The areas of her specialization of social work are mental health and child and family services (providing mental health services such as assessment and individual, couple, and family treatment).

As a student intern (during her two year doctoral internship placement) and a professional social worker (after the first year internship of two years), Kui-Hee had over four years practice experience at The Family Service Center, Wilmette, Illinois (as Professional Social Worker). Before her doctoral study, Kui Hee had four years practice experience as a clinical social worker at The Family Therapy Institute of Korea (as clinical social worker after a two-year internship placement) in South Korea.

As a field liaison, Kui Hee is most excited to be involved with the community and to foster a teaching and learning environment to enhance a meaningful field experience for our students in diverse regional agencies.

In her spare time, Kui Hee loves to play music, sing, explore on her mountain bike, cook authentic Korean foods, hike, and explore the world of gardening.



IMPORTANT DATES

NOVEMBER 7

Training: Palliative Care
3–5 p.m.
Kendall Hall
Room 207

FEBRUARY 7

BSW/MSW Field Fair
2–4 p.m.
BMU Auditorium

Resources



American
Foundation
for Suicide
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