

Field Director's Message



Welcome to the fall semester! We hope this newsletter provides valuable updates on the offerings of our social work program and the inspiring activities of our students and alumni. As you read this, we encourage you to take some time to reflect on the trauma-informed contributions you have made and will continue to make for clients, students, and

people in the community. After diligent effort throughout the spring and summer, our field education team has successfully matched students with agencies for their internships where they serve for the 2019—20 academic year. Thanks to the collaborative community partnerships between the School of Social Work, students, and social service agencies, we currently have 166 Bachelor of Social Work and Master of Social Work students placed at over 100 agencies throughout northern California. At the end of the fall semester, this will be 44, 520 hours of practicum experience. This represents a significant investment of time and energy by agencies who provide supervision and training for students. In addition, this demonstrates the dedication and passion students have to learn the core values and practice skills to become skilled, ethical, professional social workers.

As students and field instructors/task supervisors are enriching their interactions at field placements, one of the important elements of this learning is trauma-informed supervision. The one-year anniversary of the Camp Fire especially brings to mind the significance of compassionate trauma-informed practice. Carolyn Knight's research from 2018 and 2019 on trauma-informed field instruction suggests that supervisors promote the following core principles when supervising interns: knowledge about trauma, safe and supportive relationships, and an overarching at-

mosphere that incorporates the following five tenets of trauma-informed practice: safety, trustworthiness, choice, collaboration, and empowerment. This will be explored further in our fall field instructor training, which we hope you will be able to attend. Thank you for your vital part in helping create and sustain social work field education. Please take good care of yourselves and those around you, and enjoy the newsletter!

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

-Patrick Borel

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VISIT US

www.csuchico.edu/swrk

Supervision *101*

Tuesday, November 12

2—5 p.m.

CSU, Chico

Colusa Hall 100B

Free CEUs

We invite you to attend our Fall Field Instructor Training, which will be covering important aspects of supervision with social work student interns. If you are a new or returning agency field instructor or task supervisor, you are welcome to join us to discuss ways to be more effective in supervision. The training is also designed to facilitate building supportive networks to sustain and revitalize us as we guide the learning of social work students. Please join us to further develop and honor the vital supervision experiences you share with social work students.

Learning objectives at this training will include: review of elements of supervision including skill building, support and feedback, supervision tools for new agency field instructors and task supervisors, managing challenging situations with students, integrating self-care and modeling for students, and incorporating aspects of Trauma Informed Supervision.

This training will be presented by Patrick Borel, director of Field Education and faculty in the School of Social Work. He is a Licensed Clinical Social Worker (LCSW) who has had the honor of supervising students for 17 years.

[Register Now](#)

Liaison Spotlight



This fall, the field education program welcomed Reidun Waddell as our newest faculty field liaison, working with our MSW Distributed Learning students. Waddell is alumni of Chico State, having received her BA in Psychology in 2009 and MSW degree in 2013. In 2018, she became a LCSW.

Waddell has worked for Butte County Department of Behavioral Health since 2009, starting as an intern and working her way up to case manager, clinician, and now as clinical supervisor in Crisis Services. She is a certified facilitator in both Wellness Recovery Action Plans (WRAP) and Applied Suicide Intervention Skills Training (ASIST).

Having served as an agency field instructor and task supervisor for social work students for the past five years, Waddell is thrilled to be on this side of the fence. The marrying of academia to real-life practice is what she most appreciates about field practicum. Waddell is excited to help foster some of those connections for social work students in the classroom.

Fun fact—prior to returning to college in 2006, Waddell was a professional cake decorator!

Social Work Welcomes...

Two new staff have joined our office! Jaime Nelson is the new Administrative Support Assistant and comes to us from the construction industry in Chico, but prior to that, she was the administrative coordinator for many years in Information Resources here at CSU, Chico. As an alumni of Chico State, Jaime (BA in Organizational Communication, 2002) is thrilled to be back on campus. She enjoys drinking coffee, walking, riding bikes in the park with her two boys, watching Jeopardy, talking about old cars, and going to the Saturday morning Farmer's Market.

Shannon Grubert is the new Administrative Support Coordinator (ASC) and comes to us with three years experience as the ASC in Information Resources (IRES). Prior to Chico State, Shannon spent 11 years working for Paradise Unified School District and five years as a legal secretary for a large construction defense law firm. Shannon is excited to make the move to the academic side of campus and has been overwhelmed with the welcome social work has given her. In her spare time she enjoys spending time with family, camping, and can often be seen watching her daughter play softball for her senior year at CSU, Sacramento. Shannon and her husband have raised their two children in Paradise and Magalia since 1996. They have lived in Chico since last November and plan on staying even after they rebuild their home.



Shannon Grubert & Jaime Nelson

Director Susan Roll has been a fulltime faculty member for seven years and was most recently the director of Civic Engagement for the campus. Susan is originally from Boston and was a practicing macro social worker in domestic violence and women's health for several years before going back to school at the University of Denver for her PhD in social work.

Susan is keenly interested in how research informs policy. Upon arriving in Butte County, she worked closely with Valley Oaks Children's Services to replicate her dissertation study on the child care cliff effect—a benefits cliff that occurs when just a small increase in income leads to a loss of public benefits resulting in a family being worse off financially. Susan spent her sabbatical time in 2016 working with policymakers in Sacramento to make changes to the child care voucher program in order to alleviate some of the implications of the cliff effect.

Most recently, Susan has been working on issues of homelessness in our Community. By way of example, for three years she has co-taught an interdisciplinary course for senior-level BSW students in which students conduct original research and compile their findings into policy recommendations which they then share with local policymakers. Students in this course have reported gaining skills in interdisciplinary collaboration, critical reflection,

civic engagement, and a deeper understanding of the real-world application of research and policy. In addition, with support from the Chancellor's Office, Susan is working with a team of colleagues to conduct a campus-wide study on housing insecurity among Chico State students.

Susan is excited to begin a three-year term as the new director of the School of Social Work. She believes deeply in the values of social work and is grateful to be in a community of teachers and practitioners who share these values every day in the classroom, in the field, and throughout our community.



Susan with students & Ed Mayer of the Housing Authority, consulting on local policy

Student Highlight



Social work student Amber Benedict is completing her BSW field placement with Chico Housing Action Team (CHAT). CHAT began 8 years ago as a safe space shelter and has developed over the years into its own nonprofit organization that includes programs such as Housing Now and Hand Up Supportive Housing (HUSH) that houses 120 people throughout Chico. CHAT is also in the process of fundraising for Simplicity Village, a tiny house village for homeless individuals aged 55 and over. Amber keeps very busy as an intern with CHAT, managing a busy schedule of meetings around town and being involved with strategic planning, grant writing, and fundraising. Amber comments on CHAT's knack for fundraising that includes creative events that bring the community together like celebrating John Lennon's birthday with local musicians, all while raising money for the organization. Another important task of her internship is putting together intake packets for the residents that includes a survey on their experience with CHAT.

In addition to the rich learning experiences that CHAT offers, Amber is spending part of her internship time working on a project near and dear to her. She is looking to start up a minor shelter in Chico that, in the beginning, would house up to six individuals. Surprisingly, this would be the only shelter of its kind in Chico. Research for this project includes speaking with local organization Youth for Change regarding a home they once operated, visiting currently operating minor shelters in other rural northern California areas, and developing a focus group with at-risk teens at The Annex in Oroville. As to be expected, much of Amber's time is dedicated to researching policies and regulations related to starting up this type of facility.

With her sights set on the MSW Advance Standing Program this coming year, Amber hopes to continue her work on developing the shelter as a master's project. With the support of CHAT, she aims to have the shelter open within 2 years after she graduates with her BSW degree!



Learn more about

CHAT

by visiting their

[Facebook](#)

page or going to

their [website](#).

Like us on



ALUMNI

Where are they Now?

with Aydin Olson-Kennedy

After graduating in 2013, I moved to Los Angeles and was hired by St. John's Well Child and Family Center to develop and grow their Transgender Health Program. The goal of the Transgender Health program was to address the needs of non-binary and transgender adults living in the Compton, and South Los Angeles areas. Other organizations were providing medical care to trans and non-binary adults in Los Angeles, however, those clinics were located in West Hollywood and did not reflect the communities of Compton and South Los Angeles. When I joined St. John's, the Transgender Health Program had 10 active patients and one ½ day clinic each week. When I resigned 14 months later, there were 450 active patients. We had also hired a full-time medical provider (from Chico!), and were providing trans-specific medical care five days a week. The Transgender Health Program was more than a medical clinic.

I met with each new patient and established a personal relationship with them. This model of prioritizing the human connection in a Federally Qualified Health Center was not common. It was one of the many things that I brought into the organization because of my social work background. In addition to establishing personal relationships with each patient, I only hired transgender and non-binary staff to work in the program. We centered the voices and experiences of trans people to guide and inform that program, service delivery, and future growth. "Community creating and delivering services for the community." This practice model has continued, with only non-binary and trans staff working in the trans health program. Despite the success I had at St. John's, I was unable to earn hours towards licensure, so I left in 2015 and joined the Los Angeles Gender Center as an associate. Shortly after that, the founder and then executive director decided to retire. Although I was not yet licensed, I was promoted to be the new executive director. In late 2018, I launched the Associate Training Program. For the first time in its 25 year history, we secured a physical location where LA Gender Center services would be delivered.



The goal of this program is three-fold. First, to provide training to associates specifically as it relates to working with non-binary and trans clients. We are the only associate training program that offers a program like this. Second, create services that allow clients to establish long-term relationships with their therapists, rather than the short term crisis concentrated model. We accomplish this by setting fees based on the client's monthly income and range from as low as \$15 to \$150. These fees are in stark contrast with private practice fees that average \$150 per 50-minute session. Our associate training program offers a private practice level of care in a community organization setting. Third, provide opportunities for non-binary and trans associates to earn their hours in a program that centers their own gender identity as a valuable asset to the organization and the therapeutic relationship. All associates must be part of the trans or non-binary community, this establishes a model that is "community providing services for the community."

Ultimately, the Associate Training Program's goal is to provide long-term, highly specialized therapy to individuals who wouldn't otherwise be able to afford it. Thus far, we have been very successful. 82% of the clients served earn less than \$25,000 per year, which is just above what the County of Los Angeles defines as "extremely low income," and 40% of our client's identify as non-white. LAGC is an all-volunteer organization, including my position as executive director.

In addition to my role at LAGC, I provide training to mental health and medical providers, social workers, support staff, juvenile, and adult (in)justice staff, parents, and many other providers across the world. Thus far, I have presented in Mexico, Norway, Denmark, Argentina, England, and Italy, as well as many locations across the United States. In addition to this addition, I maintain a full-time private practice, marriage, and the role of step-dad to a 12-year-old kiddo.

Q&A with Aydin Olson-Kennedy

What are you most proud of? It's taken me nearly 40 years to be able to have an answer to this question. I am proud that I have remained dedicated to ensuring access to mental health care for trans and non-binary communities. In LA, it's very easy to get caught up in the "get as much as you can" mentality. I could earn a lot more money if I focused all of my attention on private pay, private practice work. However, only a small sector of the non-binary and trans community would be able to access those services, and I would miss out on so many amazing people and their families.

Is there a piece of advice you received from a mentor that has helped guide you in your practice? I've been blessed with many incredible mentors along the way. One of which is Dr. Celeste Jones. When I met her in 2006, I had not yet transitioned and was floundering, trying to get hold of something in my life to keep me afloat. She emanated kindness, compassion, passion, and maybe most importantly for me at that time, hope. We had a brief chat about the pros and cons of an LMFT or LCSW pathway. Not surprisingly, she was a proponent for social work. I don't recall if she actually told me I could do it, or if I just decided that she thought I could do it. Either way, I latched on to that belief and seven years later graduated with my MSW. The other mentor that I have to acknowledge is my wife, Dr. Johanna Olson. I moved to LA to be with her and her daughter. She has mentored me as a professional and as a human and has opened countless doors for me to have the life and career that I have now.

Which Social Work course most stands out in your mind or has helped you in your current work? What stands out to me as being the most helpful for my career was electing to write a thesis rather than take the comprehensive exam. One more than one occasion, I felt there was a department-wide push to discourage thesis and encourage comp exams. Many times throughout the process, I questioned my decision, but I am so thankful that my committee supported and encouraged me. I frequently use some of the data that I collected in my presentations.

What is your advice for current social work students?

As much as possible, create relationships with your classmates and find the one or two instructors that really speak to you and foster those relationships. What you will learn in your classes is essential and will help you in your future careers. I genuinely believe that what sets social workers apart are our relationships with our clients and each other. The willingness to be vulnerable, learning to tolerate the discomfort and risk of rejection from others, will be the greatest asset you can acquire. After all, these are the very things we ask of our clients.

How do you practice self-care? Not so well. In that way, I suppose, I am not unlike many other social workers. I remember Dr. Steiner sharing with us the river parable. There are many versions; from what I can recall, this was essentially her version: you come to a river and you see someone drowning. You jump in and rescue the person. Then you see another person floating down the river, and you jump and save them too. This happens over and over, and you aren't able to keep up. Then you look upstream and see that someone is pushing people in the river faster than you can pull them out. Do you run upstream to stop the person from pushing more people in, knowing that people will drown while you are heading upstream? Or, do you stay downstream and continue to try rescue as many people you can knowing that you may not be able to get them all? If you remain downstream, you'll be reacting to the crisis, and you're going to get too tired to continue rescuing people eventually. If you go upstream, you may be able to prevent the crisis, but either way, you know people are going to perish. What do you do? To be fair, I'm writing this on a Saturday after a particularly grueling week. I feel like I've been running upstream and downstream trying to both prevent and respond to the crisis for too long. Undeniably, not sustainable. For now, my upcoming vacation will have to do.

Program

Profile

Distributed Learning



SCHOOL OF SOCIAL WORK SECURES \$850,000 GIFT FOR SUPERIOR REGION ENDOWMENT

SEAN MURPHY × JUNE 25, 2019



This past summer, Chico State Today featured an article on our Distributed Learning (DL) Program, highlighting the \$850,000 donation from the Superior Region Mental Health Workforce, Education, and Training (WET) Partnership. This gift enables the DL program to continue providing accessible social work education in the North State, using a hybrid (online and in-person instruction) educational model. [Click here to read the full article.](#)

The DL program is offered for BSW students in a two-year and three-year plan and for MSW students in a three year part-time program. Additionally, we will be offering an advanced standing MSW DL program for the 2020-21 academic year. If you are interested in learning more about this offering, please join the Zoom info meeting that will take place on Wednesday, November 6 from noon—1 p.m. Use the Zoom address: <https://csuchico.zoom.us/j/5308642396>.

Celeste A. Jones, PhD, became the new Distributed Learning (DL) Coordinator June 1, 2019. Although new to the position, Dr. Jones has been a faculty member in the School of Social Work since 1999. She has taught in both the BSW and MSW programs, traditional and distributed learning. Dr. Jones played a significant part in advocating for the DL Program and securing funding from the Superior Region WET Partnership. We welcome her into this role and are eager to see the program continue to grow in the years to come.

BSW Impaction Update

The School of Social Work declared impaction for its BSW program beginning with the 2017—18 academic year. While our original admissions criteria included a provision that incoming students would have to be from the 18-county service area of northern California, we have received new information from the Chancellor's Office that enables us to change our admissions criteria to give preference to applications from the service region but not restrict applications to only that region. From this point forward, we welcome all applications to our program. Students whose residence is in our catchment area will receive extra points on their application—as do veterans, students with experience working in social services, and those with specific language skills other than English. More information can be found on our [website](#).

Stay Plugged In

A message from our student associations

The Student Association of Social Work (SASW) is a club designed for Bachelor's of Social Work students who want to be more involved with the School of Social Work and who want to feel more connected to their classmates, the campus, and the community. This year's SASW club officers are helping to plan and coordinate some exciting upcoming events that any social work student can be involved in. One major event that the SASW helps to coordinate is Lobby Days. Lobby Days is a two-day event in early April put on by the National Association of Social Workers (NASW) where social work students and professionals from across California meet in Sacramento to learn about policies affecting our future clients. Students are able (but not required) to lobby at the capitol building. Lobby Days is not only a great way to step your toes into macro social work, but also provides an opportunity to get connected with other social work students and professionals in the field.

The SASW has open club meetings once a month where all BSW and pre-social work students are invited to join. If you are interested in receiving updates about upcoming events, meetings, fundraisers, or other social work related information, please text the phrase "@csuchico2" to 81010. Following the SASW on Instagram (@csuchicoswrkclub) and Facebook ([CSU Chico Social Work Club](#)) is another great way for students to be informed about the various happenings within the BSW program. Please utilize the direct message option on either social media platform if you have any questions or ideas for future club meetings. The SASW club officers are looking forward to an incredible year as we prepare to enter the professional field of social work. We hope to see you at our next meeting!

Caitlyn Patterson, public relations officer
cpatterson18@mail.csuchico.edu

The focus of the MSW Student Association of Social Work is on maintaining a sense of community within the cohort. The club has been busy planning their participation in Stand Down, which took place on Saturday, October 26.

northvalleystanddownassociation.org

Upcoming events that they will be participating in include Legislative Lobby Days 2020 and planning for the culminating event.

For information about the MSW SASW please contact president Autumn Brock at abrock5@mail.csuchico.edu or treasurer Gabby Banathy at gbanathy@mail.csuchico.edu.



BSW Club officers at the Social Work welcome picnic

IMPORTANT DATES

Field Instructor Training

Tuesday, November 12

2–5 p.m.

Colusa Hall 100B

Field Panel Presentation

Friday, November 15

12–2 p.m.

Colusa Hall 100A

Field Advisory Board Meeting

Thursday, November 21

5:30–7:30 p.m.

Butte Hall 509

BSW/MSW Field Fair

Thursday, February 6

2–4 p.m.

BMU Auditorium



Employment Opportunities

Students

Visit our [Employment Opportunities](#) website to look for current social work job postings

Community Agencies

Complete the [Employment Opportunities](#) form to have a job opening posted

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