

*5<sup>th</sup> Annual Learning Institute  
Global Well-Being and Social Change Conference*

**Wellness in our Global Community:  
Clarifying Definitions, Providing  
Opportunities, Protecting Rights**

**June 6-8, 2018**



*Millersville University  
In Beautiful Lancaster County*

*Welcome to the*

**5<sup>th</sup> Annual Learning Institute**  
**Global Well-Being and Social Change Conference**

**Wellness in our Global Community:  
Clarifying Definitions, Providing  
Opportunities, Protecting Rights**

**June 6-8, 2018**  
**The Ware Center**  
**Lancaster, Pennsylvania**

*Hosted by*  
*Millersville University*  
*School of Social Work*

*Enjoy the conference and your stay in scenic, historic,  
Lancaster County, Pennsylvania!*

# **MILLERSVILLE UNIVERSITY SCHOOL OF SOCIAL WORK**

Joyous Bethel  
Beth Colvin  
Bertha DeJesus  
Marc Felizzi  
Leonora Foels  
Jennifer Frank  
Ninaflore Gbegnon  
Heather Girvin  
Laura Granruth  
David Johnson  
Christine Kolenda  
Roseanna Lance  
Ivonne Maldonado  
David McCollum  
Wanja Ogongi  
Curtis Proctor  
Alex Redcay  
Karen Rice  
Kathleen Walsh

## **Conference Planning Committee**

Marc Felizzi, Assistant Professor, MSW Co-Coordinator  
Jennifer Frank, Instructor  
Ninaflore Gbegnon, MSW Graduate Assistant  
Heather Girvin, Associate Professor  
Laura Brierton-Granruth, Assistant Professor, DSW Co-Coordinator  
David McCollum, MSW Graduate Assistant  
Wanja Ogongi, Assistant Professor  
Karen Rice, School Chair, Associate Professor

## GENERAL INFORMATION

### **Parking:**

Parking will be available at the Prince Street Garage on **111 N. Prince St, Lancaster, PA 17603.** Upon entering the garage, you will receive an entrance parking ticket that allows you to stay parked in the garage. You will need the ticket to exit the garage.

### **For Wi-Fi Access:**

You will need to make a guest account to log into the Wi-Fi

### **ATM Machine:**

ATM machine will be located at the front of the Ware Center Lobby. The ATM offers 24-hour accessibility and will accept deposits to any bank that is a part of the Cirrus System.

### **Police/Emergency Information:**

**Address:** 39 W Chestnut St, Lancaster, PA 17603

**Phone:** (717) 735-3300

### **24-Hour Emergency Services:**

Lebanon House 237 N.

George St.

Millersville, PA 17551

8:00 am-4:30 pm

**Emergency:** 911

**Non-Emergency:** (717) 872-3433

**Tweet:** [\*\*#LearningInstitute2018\*\*](#)



To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.

- Buddha

## PROGRAM AT A GLANCE

### Wednesday, June 6, 2018

4:30 – 6:00 P.M.	Conference Registration and Check in at The Ware Center
6:00 – 8:30 P.M.	Special Event: “ <b>Resilience</b> ” Documentary Screening with Panel Discussion (Refreshments and popcorn provided)

### Thursday, June 7, 2018

8:00 – 10:00 A.M.	Conference Registration and Check in at The Ware Center
8:45 – 9:00 A.M.	Welcome and Opening Remarks
9:00 – 10:00 A.M.	Keynote Speaker: Sara S. Bachman, PhD
10:10 – 11:10	Workshop Session A
11:20 – 12:20 P.M.	Workshop Session B
12:30 – 1:30 P.M.	<i>Lunch is on your own</i>
1:40 – 2:40 P.M.	Workshop Session C
2:50 – 3:50 P.M.	Workshop Session D
4:00 – 5:00 P.M.	Workshop Session E

### Friday, June 8, 2018

7:00 – 8:00 A.M. Breakfast is on your own. Feel free to visit **Lancaster County’s Central Market** located at 23 North Market Street, Lancaster PA 17603

8:00 – 10:00 A.M.	Registration and Check in at The Ware Center
8:00 – 9:00 A.M.	Workshop Session F
9:10 – 10:10 A.M.	Workshop Session G
10:20 – 11:20 A.M.	Workshop Session H
11:30 – 1:30 P.M.	Lunch and Plenary Speaker: Nani Cuadrado, PA-C; Student Poster Presentations
1:40 – 2:40 P.M.	Workshop Session I
2:50 – 3:50 P.M.	Workshop Session J
4:00 – 5:00 P.M.	Workshop Session K

A bodily disease, which we look upon as whole and entire within itself, may, after all, be but a symptom of some ailment in the spiritual part.

- Nathaniel Hawthorne

## PROGRAM GUIDE

### WEDNESDAY, JUNE 6<sup>th</sup>

4:30 – 6:00 P.M.	Conference Registration and Check in at The Ware Center (3 <sup>rd</sup> Floor Atrium)
6:00 – 8:30 P.M.	Special Event: <b>“Resilience”</b> An exploration into the developments of medical studies where conditions like heart disease can be linked to childhood experiences. (Refreshments and popcorn provided) (Ware Center – Choral Room)

### THURSDAY, JUNE 7<sup>th</sup>

#### Morning Keynote

9:00 – 10:00 A.M.

Ware Center – Atrium (3<sup>rd</sup> Floor)



**Sara (Sally) S. Bachman, PhD**, is the Paul Farmer Professor at the Boston University School of Social Work and Research Professor in the Department of Health Law, Policy and Management at the Boston University School of Public Health. Dr. Bachman is the Director of the Boston University School of Social Work’s Center for Innovation in Social Work and Health. Dr. Bachman is an expert in healthcare financing and organization, focusing on alternative payment strategies. She has over twenty years’ experience with health policy research and program evaluation, especially in the area of healthcare finance, health reform, social work, state health policy for individuals with disabilities or complex health and social conditions, including children with special healthcare needs. Dr. Bachman is Principal Investigator of the HRSA funded project: Improving Access to Care: Using Community Health Workers to Improve Linkage and Retention in HIV Care. She is also Principal Investigator of the Catalyst Center, the HRSA MCHB national center on financing healthcare for children and youth with special healthcare needs. Through her work with the Catalyst Center, she has worked extensively with state policymakers providing research, policy analysis, and technical assistance related to innovative financing with vulnerable populations. Dr. Bachman received her MS in Epidemiology from the University of Massachusetts School of Public Health, and her Ph.D. in Health Policy from the Florence Heller School at Brandeis University where she was a Pew Health Policy Fellow.

#### **Eliminating health inequities to promote well-being: Advancing meaningful change**

Inequities in health and well-being are pervasive and persistent, determined by the zip code of birth and mounting over the life course, owing to race, ethnicity, class, disability, gender, age and a range of social determinants of health. The United States thus spends far more on the healthcare of older adults with chronic conditions, treating the compounded ill effects of inadequate healthcare coverage, fragmented service delivery, poor housing or deficient nutrition that began in childhood. Social workers can play a pivotal role in identifying and implementing strategies to create a new funding and workforce model that will mitigate health inequities, developed using the conceptual models of life course theory, transdisciplinary interventions and cross-sectoral collaborations. The effective application of these perspectives will require significant overhaul in the way health and social support services are currently financed and delivered, including integration of funding from multiple sources and greater emphasis on a systems outlook over the life span. Resources will need to be bundled to pay for comprehensive services and supports that address the broad range of social determinants of health including housing and education as well as services that are more traditionally identified as in the realm of healthcare. Cross-sectoral strategies implemented through integrated mechanisms can ensure that all people receive not only high quality, cost effective care, but also that people live in environments that promote a lifetime of well-being.

## WORKSHOP SESSION A: 10:10 – 11:10 A.M.

### *Detailed Description of Concurrent Presentations*

#### **A-1 Room 3-04**

**TITLE: Multidimensional wellness promotion: An effective approach to the well-being of a multicultural society**

**ABSTRACT:** Wellness can be tracked to Aesculapius, the 2nd century Greco-Roman God of medicine. He treated illnesses to promote lifelong healing and positive habits of living as a prophylactic against diseases. Hettler (1984) defines wellness as "an active process through which people become aware of, and make choices toward a more successful existence."

**PRESENTER:** *Abdelhadi Halawa*, PhD, Associate Professor, Department of Wellness and Sport Sciences, Millersville University

#### **A-2 Room 3-05**

**TITLE: Community attachment and psychological well-being in older adults**

**ABSTRACT:** Discuss findings from research that examined the relationship between community attachment and psychological well-being in older adults. Examine practical applications and techniques that support community attachment for older adults. Participants will also reflect upon the definition of community and think about community attachment in relation to case management and assessments.

**PRESENTER:** *Sheri Boyle*, PhD, MSW, Associate Professor and MSW Program Director/Chair of the Social Work Department at California University of Pennsylvania

#### **A-3 Room 3-08**

**TITLE: It takes a 'ville-age to save a child: Practicing sustainability at Millersville University**

**ABSTRACT:** Come see how the Center for Sustainability engages students to TerraCycle everyday waste items like energy bar wrappers and shampoo bottles, proving that together we can fund children's life-changing cleft lip and palate surgeries through the SmileTrain for free! Meet MU and elementary students who are making a difference.

**PRESENTERS:** *Nadine Garner*, Ed.D., LPC, M.Ed., M.S., Associate Professor of Psychology, Millersville University; Coordinator of the Supervisor of Guidance Services certificate, Millersville University; Director of the Center for Sustainability, Millersville University; *Ms. Emily Frantz; Ms. Emily Forry; Ms. Hannah Bittner; Ms. Malorie Sassaman*, Millersville University students

## WORKSHOP SESSION B: 11:20 A.M. – 12:20 P.M.

#### **B-1 Room 3-04**

**TITLE: Wellness in social work education: Exploring burnout among students and instructors**

**ABSTRACT:** Burnout and compassion fatigue are well documented hazards of helping. However, there is a gap in the literature as it relates to students and instructors and their experience of these same phenomenon. This presentation will share research and promote discussion of the presence of these hazards in social work education.

**PRESENTERS:** *Selina Matis*, LCSW, PhD, Faculty, California University of Pennsylvania; *Sara Strayer*, LSW, PhD Candidate, Adjunct Instructor, Center for Social Work Education at Widener University

The existence of illness in the body may no doubt be called a shadow of the true illness which is held by man in his mind.

- Inayat Khan



## **B-2 Room 3-05**

**TITLE: Assessing and understanding the food insecurity of college students**

**ABSTRACT:** This presentation will share the preliminary results and implications from our study of food insecurity among college students. The purpose of our study is to examine the levels of food security of the students who utilize the Campus Cupboard for food and the mechanisms by which the utilization of the Cupboard becomes necessary.

**PRESENTERS:** *Jennifer M. Frank*, PhD, LSW, Instructor of Social Work, Millersville University School of Social Work; *Karen Rice*, PhD, LSW, ACSW, Associate Professor and Chair, Millersville University School of Social Work; *Ms. Ayla Torchia*

## **B-3 Room 3-08**

**TITLE: Social work and sport: The wellness connection**

**ABSTRACT:** The connection between mental and physical wellness has been documented in the last several years (Felizzi, 2017; Gill, 2008; Gill, 2014; Moore, 2016a; Moore, 2016b; Schyett, Dean & Zeitlin, 2016). The level of mental health wellness of athletes from all levels- youth through professional has been affected by the inability to participate due to physical injuries, as well as impacted levels of emotional wellness due to injury, end of career, eating disorders, internalized pressures, combining academics and athletics, head injuries, and loss of a sense of personal identity due to the inability to participate. This presentation will discuss the connection between physical (athletic) wellness and emotional wellness, and present interventions for social workers who work with athletes.

**PRESENTERS:** *Marc V. Felizzi*, PhD, LCSW, Assistant Professor, MSW Program Coordinator, Millersville University School of Social Work

12:30 – 1:30 P.M. *Lunch is on your own*

## **WORKSHOP SESSION C: 1:40 – 2:40 P.M.**

## **C-1 Room 3-04**

**TITLE: Managing everything but the kitchen sink: Collaborative solutions to social work management obstacles**

**ABSTRACT:** This session will allow professionals the opportunity to work through management obstacles and various challenges in the field that have the potential to spill into other areas of our lives. Practical, creative, and energy-refocusing solutions will be offered as professionals work collaboratively to enhance our tools for improving wellness.

**PRESENTER:** *Allison Gosch*, MSW, LCSW, Doctoral Student, Kutztown-Millersville University Doctor of Social Work Program, School Social Worker, Northern Lebanon School District; *Sirae Sprecher*, MSW, LCSW, Social Worker, Annville Cleona School District

## **C-2 Room 3-05**

**TITLE: Utilizing expressive arts to promote well-being**

**ABSTRACT:** Expressive arts, used to promote healing, is applicable to many populations, scenarios, and settings. This workshop will explore various expressive arts modalities and provide participants with an opportunity to engage in various forms of expressive arts as we identify ways to utilize the modalities with specific populations and social issues.

**PRESENTERS:** *Karen Rice*, PhD, LSW, ACSW, Associate Professor and Chair, Millersville University School of Social Work; *Heather Girvin*, PhD, M.S.S., Associate Professor, Millersville University School of Social Work; *Jennifer M. Frank*, PhD, LSW, Instructor of Social Work, Millersville University School of Social Work

## **C-3 Room 3-08**

**TITLE: Where did Grandma's (or Grandpa's) money go?: Understanding and preventing the financial exploitation of elders**

**ABSTRACT:** Financial exploitation of the elderly is an increasing concern as the rate of elders aged 60 and over increases and has been identified as a public health concern. This presentation reviews findings from cases recently prosecuted by the Lancaster County District Attorney's office. Most victims were scammed by contractors.

**PRESENTERS:** *Laura Brierton Granruth*, PhD, Assistant Professor and DSW Coordinator, Millersville University School of Social Work



## WORKSHOP SESSION D: 2:50 – 3:50 P.M.

### D-1 Room 3-04

#### **TITLE: DIY aromatherapy: Utilizing essential oils to promote a healthier well-being**

**ABSTRACT:** In life, there is everyday pain, stress, anxiety, and depression that can result in a burnout, physical, and mental injuries (Miller-Graff & Graham-Bermann, 2016; Smith, Collins, & Crowther, 2011). According to Sánchez-Vidaña, Ngai, He, Chow, Lau, B, and Wing-Hong Tsang (2017), depression is reported as the largest health concern in the 21st century (WHO, 2014). More than 50% of all persons suffer from depression, domestic stress, pain, and abuse (Steflitsch, 2015). Aromatherapy, using essential oils is a natural way of healing a person's mind, body and soul (Gnatta, 2016; Huang & Capdevila, 2016; Steflitsch, 2015). There are many things aromatherapy can be used for. In this workshop, I will demonstrate the uses of essential oils topically, inhalation, and through a diffuser.

**PRESENTERS:** *Vanessa Barnes-Bey*, Walden University; Founder/CEO, Aumi Resource Coalition and Earths Retreat Empowerment

### D-2 Room 3-05

#### **TITLE: A frontier of exclusion and inclusion: A study based on Right to Education Act 2010 and ESW (Economically Weaker Section) students in St. Mary's School, New Delhi, India\***

**ABSTRACT:** In accordance with the Right to Education (RTE) Act of 2010, the Government of India encourages the authorities of private and public schools, to consider extensive inclusion of country's 'Economically Weaker Section' (EWS) students in their respective educational programs with the assurance of bearing 25% of the expenses incurred by such students' participation. The emerging educational paradigm currently envisaged by the RTE Act demands greater inclusion and integration of children handicapped under a variety of circumstances to help create a more equitable social milieu for them to access opportunities in both employment and higher education sectors. In this context the RTE Act requires private unaided schools too to take in 25% children from the (EWS) category. The study aims at familiarizing with the realities St. Mary's School, New Delhi, India, that functions as an un-aided Christian Minority School has experienced in its effort on the implementation of the RTE act with EWS students.

**PRESENTER:** *H.M.D Subodini Herath*, Lecturer; *Dr. Riddley Jayasinghe*, Director General, National Institute of Social Development, Sri Lanka

\*will be presented via teleconference

### D-3 Room 3-08

#### **TITLE: Responding to structured sources of stress in social work undergraduate students**

**ABSTRACT:** Demographics of students entering higher education are changing. This study examines the vulnerable student statuses relative to questions of stress in their lives at school and in their communities. The workshop will explore how social work programs can meet the challenge of educating students as levels of stress increase.

**PRESENTER:** *Jon Talebreza-May*, PhD, LCSW, Assistant Professor of Social Work, Pacific University

## WORKSHOP SESSION E: 4:00 – 5:00 P.M.

### E-1 Room 3-04

#### **TITLE: Working our bodies and our minds: Strategies to enhance motivation for physical activity and self-care**

**ABSTRACT:** Physical activity and exercise are positively correlated with mental, and physical health. Exercise and physical activity decrease risk of developing stroke, type 2 diabetes, and some forms of cancer. It can also lower blood pressure, assist in weight management, preserve bone mass, and reduce risk of falls. Exercise can also prevent and improve mild to moderate depressive disorders and anxiety and may enhance one's feeling of "energy," well-being, and cognitive functioning. Participants in this workshop will be encouraged to move and be physically active. Comfortable shoes and clothing preferred. The only other requirements are that participants try to have fun, smile, and if physically engaged, have doctor's approval for low-impact, high-fun fitness.

**PRESENTER:** *Kathleen (Kat) Walsh*, PhD, LCSW, Associate Professor and BSW Coordinator, Millersville University School of Social Work

## E-2 Room 3-05

**TITLE: Community-based social group work for promoting and facilitating active aging: An analysis of the role of senior citizens committees (*Wadihity Samithi*) in rural localities\***

**ABSTRACT:** The last two national censuses in Sri Lanka demonstrate a transformation in the population structure of the country. Predictions of future trends confront the prospect of a further steadily aging population (Department of Census and Statistics, 1993; 1997). In 2001, 9.2% of Sri Lanka's population was 60 years of age and older, which is a relatively large elderly population for a developing country (Department of Census and Statistics, 2001). This was projected to be 12.5% by 2011, and will be 24.8% by 2041, almost a quarter of the total population of the country. The concept of senior citizens' society implemented by the government under the "Act no 09 in 2000" is, among few, one such initiative planned and implemented by the government with the active participation of the community sector. The government encourages community to form the Senior Citizen Committees (SCC), facilitate with a range of logistical support including some financial assistance and enable the community to create a socio-culturally conducive environment to help enhance the well-being of the elderly people.

**PRESENTERS:** *Dr. Riddley Jayasinghe*, Director General, National Institute of Social Development, Sri Lanka; *C.M. Munasingharachchi*, Lecturer, School of Social Work

\*will be presented via teleconference

## E-3 Room 3-08

**TITLE: A view of well-being through a trauma informed lens**

**ABSTRACT:** This session will include a review of research that is focused on defining well-being as a multifaceted construct requiring the satisfaction of needs in diverse wellness domains. Additionally, we will review research on the barriers to achieving positive well-being such as Adverse Childhood Experiences (ACES) and toxic stress. Protective factors to reduce the implications of these barriers will be proposed.

**PRESENTERS:** *Heather Girvin*, PhD, M.S.S., Associate Professor, Millersville University School of Social Work; *Micah Beaton*, Doctoral Student, Kutztown-Millersville University Doctor of Social Work Program

## FRIDAY, JUNE 8<sup>th</sup>

7:00 – 8:00 A.M. Breakfast is on your own. Feel free to visit **Lancaster's Central Market** located at 23 North Market Street, Lancaster Pa 17603

8:00 – 10:00 A.M. Registration and Check in at The Ware Center 42 North Prince Street, Lancaster

## WORKSHOP SESSION F: 8:00 – 9:00 A.M.

### F-1 Room 3-04

**TITLE: The complexity of providing mental health support to homeless adults**

**ABSTRACT:** Untreated mental health disorders are a significant contributor to homelessness, which then increases challenges in accessing treatment. This workshop explores these challenges, reviews case examples and outlines promising practices for treating mental illness in homeless adults. Approaches to this issue in Milwaukee and Madison, WI are compared and contrasted.

**PRESENTER:** *Debbie Minsky-Kelly*, LCSW, Field Director/Clinical Assistant Professor, Carthage College

### F-2 Room 3-05

**TITLE: A line in the sand: How defining disability impacts wellness**

**ABSTRACT:** Ability and disability are socially constructed concepts and are defined in many different ways and are often tied to services and perceptions of disability. This interactive workshop will be an incubator for exploration, discussion, and growth relating to the impact a definition has on the wellness of individuals with disabilities.

**PRESENTER:** *Tyler P. Gehman*, MSW, Program Specialist, Friendship Community

Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.

- Greg Anderson

## WORKSHOP SESSION G: 9 :10 – 10:10 A.M.

### G-1 Room 3-04

**TITLE: The international classification of functioning, disability, and health to global wellness**

**ABSTRACT:** The WHO's International Classification of Functioning, Disability and Health (ICF) focuses upon health and health-related domains. With its biopsychosocial framework and comprehensive classification, the ICF provides a useful mechanism for assessing an individual's physical, mental, and social well-being. This presentation will address the ICF and its usefulness in addressing wellness.

**PRESENTER:** *Patricia Saleeby*, PhD, MSSA, Associate Professor at the Southern Illinois University Carbondale School of Social Work

### G-2 Room 3-05

**TITLE: "Mindfulness is for white people miss!" trauma & mindfulness in an urban environment**

**ABSTRACT:** Reynolds Middle School launched its first year of intentional mindfulness practices. "Mindfulness is for white people Miss" is intended to address the realities, challenges, and advantages of mindfulness practices in an urban setting. This workshop will provide an overview of trauma and practical methods in implementing and explaining mindfulness in an urban environment.

**PRESENTER:** *Sylvia Bekele*, MSW, LSW, Doctoral Student, Kutztown-Millersville University Doctor of Social Work Program, School Social Worker, School District of Lancaster, Reynolds Middle School; *Amanda Funk*, M.Ed., Instructional Coach, School District of Lancaster, Reynolds Middle School

### G-3 Room 3-08

**TITLE: Exploring the complexities of mental wellness and treatment considerations for Congolese refugee and immigrant families in Lancaster: A case presentation**

**ABSTRACT:** Refugees and immigrants are a particularly vulnerable population that is at risk for mental health problems for a variety of reasons: traumatic experiences in and escapes from their countries of origin; difficult camp and/or transit experiences; cultural conflict and adjustment problems in the country of resettlement; and multiple losses - family members, country, and way of life. Clinical and research literature suggests that there are significant degrees of psychological distress among refugees and immigrants, with relatively high levels of physical and psychological dysfunction during the first two years of resettlement in a new country. This session will highlight and address some of these unique set of mental health challenges experienced by immigrants and refugees, as well as some creative, culturally appropriate treatment approaches that the presenters have utilized with a Congolese family resettled in Lancaster.

**PRESENTER:** *Wanja Ogongi*, PhD, LGSW, Assistant Professor, Millersville University School of Social Work; *Zipporah Ngarama*, MSW, LSW, Social Worker, Penn Medicine Lancaster General Health

## WORKSHOP SESSION H: 10:20 – 11:20 A.M.

### H-1 Room 3-04

**TITLE: Child maltreatment effects on health outcomes**

**ABSTRACT:** A current "catch word" in behavioral health treatment services seems to be "trauma-informed," but there may be a gap between the science of how trauma affects individuals to implementing this information into practice that has meaningful benefit in treatment. This proposed presentation will show the impact of childhood trauma on the brain and offer some practical strategies for practitioners and family members to support individuals who experienced childhood trauma.

**PRESENTER:** *Bonnie Christian Marsh*, MSW, LSW, Doctoral Student, Kutztown-Millersville University Doctor of Social Work Program, trainer and consultant for University of Pittsburgh Child Welfare Resource Program

### H-2 Room 3-05

**TITLE: With liberty and justice for all: Gender, leadership, and the Veterans Administration**

**ABSTRACT:** The Veterans Administration (VA), the nation's largest healthcare system, employs over 12,000 social workers. Its executive leadership displays a sharp gender disparity when compared to its predominantly female workforce. Research utilizing a mixed methodological approach and implicit leadership theoretical framework will examine factors influencing female ascent to VA leadership.

**PRESENTER:** *Meredith Moore*, DSW, LCSW, ACSW, C-SWHC, MT-BC, Veterans Health Administration, Department of Veterans Affairs

11:30 – 1:30 P.M.

**Lunch and Plenary with Nani Cuadrado, PA-C**  
Atrium (3<sup>rd</sup> Floor)



**Small steps to global social change: Street medicine – Tackling homelessness & human trafficking**

Nani Cuadrado is acting director for Lehigh Valley Hospital's Street Medicine Program providing healthcare to the community's most vulnerable – homeless and human trafficking victims. She has worked as a certified physician assistant (PA) for 15 years and works in the Lehigh Valley Hospital emergency department. She is a board member and volunteer speaker for local non-profit Valley Against Sex Trafficking (VAST) educating nursing and PA students, healthcare providers, as well as local and national organizations about human trafficking. She was recently asked to join Christian Medical Dental Association's national commission against human trafficking as the first physician assistant member. She also works as an adjunct professor for DeSales University in their physician assistant program. This presentation will outline small steps for social justice in order to move from fiery passion to becoming a champion of social change.

11:30 – 1:30 P.M.

**Student Poster Presentations**  
Atrium (3<sup>rd</sup> Floor)

Students from across disciplines will have posters on display highlighting their research. Please stop by before and after the plenary speaker to learn more.

**WORKSHOP SESSION I: 1:40 – 2:40 P.M.**

**I-1 Room 3-04**

**TITLE: A Co-facilitative approach to poetry therapy and the healing arts**

**ABSTRACT:** The presenters will demonstrate a flexible co-facilitative approach to group work that can be used by both therapists and educators. This approach is comprised of an innovative use of poetry therapy, primarily involving veterans with PTSD; however, the presentation will show the efficacy of this approach within several of the healing arts.

**PRESENTERS:** *Scott Sorensen*, Program Coordinator, University of Utah; *Dr. Danielle Dubrasky*, Associate Professor, Southern Utah University

**I-2 Room 3-05**

**TITLE: Risks of extreme drinking to women's wellness: Building awareness in social work**

**ABSTRACT:** Extreme drinking among women in the U.S. involves psychosocially complex behaviors associated with a variety of wellness risks to women's mental and physical health and safety. Social workers are called to be aware of why women engage in binge and heavy drinking, and its implications for personal and public wellness.

**PRESENTERS:** *Natasha W. M. Bragg*, MSW, LCSW, Doctoral Candidate, Research Assistant, Adjunct Professor, Indiana University School of Social Work

**I-3 Room 3-08**

**TITLE: The Indian Child Welfare Act's (ICWA's) present-day challenges: Native American children and families' well-being**

**ABSTRACT:** The Indian Child Welfare Act (ICWA) of 1979 affects state child welfare proceedings. Yet, many social work agencies and practitioners are not confident about how to be compliant with ICWA's mandates. After this presentation, social workers will know the components of ICWA, its current challenges, and preliminary results of tribal child welfare department's workers' perspectives towards the well-being of Cherokee families.

**PRESENTERS:** *Patrick Gann*, MSW, Brief Treatment Clinician, Laurel Life, York, PA; *Curtis Proctor*, MSW, PhD, Assistant Professor, Millersville University, Millersville, PA

## WORKSHOP SESSION J: 2:50 – 3:50 P.M.

### J-1 Room 3-04

**TITLE: The social work role in supporting collegiate recovery**

**ABSTRACT:** Young people in recovery who pursue higher education face multiple challenges in balancing developmental and recovery-related tasks. Collegiate recovery programs are one approach to improving academic and recovery outcomes. The recovery and peer support models of these programs are a natural fit for social work ethics, theories, and practice approaches.

**PRESENTERS:** *Amber Holbrook*, PhD, Assistant Professor of Social Work at West Chester University; *Adam Sladd*, Program Coordinator for The Council of Southeast PA

### J-2 Room 3-05

**TITLE: When poverty becomes boring: A paradigm shift to end homelessness**

**ABSTRACT:** This presentation addresses the notion of homelessness at a paradigmatic and conceptual level. Such an approach will challenge social workers to deconstruct and reconstruct their worldviews on individuals who are in situations of homelessness in order to design effective interventions, and elaborate transformative policies to eradicate homelessness.

**PRESENTER:** *Dieuveut Gaity*, PhD, MSW, former consultant at the United Nations/UNDP and at the International Organizations for Migrations/IOM

### J-3 Room 3-08

**TITLE: Using prayer as an element of resilience**

**ABSTRACT:** Prayer is examined as a tool to develop resilience in clients within the context of social work practice. Through their work, social workers should help clients develop the capacity of dynamic system to withstand or recover from significant challenges that threaten their stability, viability, or growth. Teaching clients how to pray and how to use prayer to cultivate a spiritual self will help them adapt successfully to adverse experiences.

**PRESENTER:** *Sonia M. Brown*, DSW, LSW

## WORKSHOP SESSION K: 4 :00 – 5:00 P.M.

### K-1 Room 3-04

**TITLE: Using motivational interviewing in health care settings: Making a difference in obesity**

**ABSTRACT:** Obesity affects over one third of the US population (2017) and is a risk factor for morbidity in this country. Using obesity as an example, this round-table presentation will allow participants to learn and practice motivational interviewing techniques as a method of assisting clients in achieving a healthy lifestyle.

**PRESENTER:** *Ruth E. Davis*, Ed.D., CRNP, NP-C, Professor of Nursing, Millersville University

### K-2 Room 3-05

**TITLE: Building A community hygiene bank: Filling a current gap of basic wellness**

**ABSTRACT:** The “Community Hygiene Bank” is a model for creating awareness and offering needed hygiene items to families and individuals across the US. Current SNAP policies disallow their purchase affecting basic health. This workshop discusses how to develop and integrate this community based project along with a school of social work.

**PRESENTER:** *Scarlett A. Aeckerle*, LMSW, Doctoral Candidate at University of South Carolina, Coordinator Community Hygiene Bank, Concordia Lutheran Church, Adjunct Social Work Faculty, Roberts Wesleyan College

### K-3 Room 3-08

**TITLE: Mindfulness-based stress reduction tools for self-care**

**ABSTRACT:** Mindfulness can be defined as purposeful awareness to the present moment. Research indicates that mindfulness can have a positive effect on mental and physical health. Mindfulness-based stress reduction (MBSR) is an evidence-based intervention that can be applied by social workers and their clients to enhance self-care.

**PRESENTERS:** *Kevin Lally*, LCSW, Doctoral Student, Kutztown-Millersville University Doctor of Social Work Program



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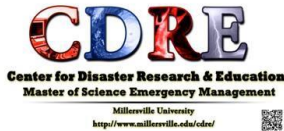
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The part can never be well unless the whole is well.

- Plato

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The mind has great influence over the body, and maladies often have their origin there.

- Molière