THE CHANGE AGENT

Millersville University

SCHOOL OF SOCIAL WORK BASW•MSW•DSW

Fall 2020 Newsletter

LETTER FROM THE CHAIR



For the first time, we began and ended our semester without holding a single in person class. This is not how any of us imagined our Fall 2020 semester would turn out; however, it was necessary for our safety. I want to personally recognize our faculty, staff, and students' resiliency, flexibility, patience, and positivity during this unprecedented time. Although Spring 2021 will look very much like this semester, we are remaining positive and hopeful that change will happen soon, especially with the announcement of a vaccine. I recently shared, through a video, with our graduating seniors, that

The International Association of Schools of Social Work along with other international social work associations announced Ubuntu as the first theme for the Global Social Work Agenda and it couldn't be more fitting. Ubuntu means I am who I am because of who we all are.

As you begin a new year, I hope you will be guided by the philosophy of Ubuntu and seek to connect people, communities, and systems in ways that promote inclusive social transformation as no one person can address the myriad challenges that are facing our country and our world, today. It requires a collaborative effort with others if we wish to make a difference and effect positive change!

Social workers are positioned well to take on this challenge as this is what we were all trained to do. I am excited to share that we have 22 students graduating from our undergraduate social work program, 3 of whom are the very first graduates of our online degree completion delivery option. Our graduates will be entering the social work profession and are ready and prepared to make a difference.

I would like to wish each one of you a very happy, healthy, and safe holiday season. Until we can see each other again, in person, take care, be safe, and stay healthy.

Together, We Can Be The Change!

Hun lie

School of Social Work Website

Follow us on social media!

Millersville School of Social Work Facebook, Instagram, and YouTube Page:



EXPLORATION

Creative Arts Book Discussion



During the summer of 2020, a multi-disciplinary group of English and Social Work students joined virtually to discuss the book *Little Panic* by Amanda Stern. The memoir describes Stern's experiences of growing up with an untreated anxiety disorder. The two part session allowed students to engage with the book and then apply their learning through drawing and journaling prompts. Discussion of the book generated a variety of insights.

According to *Taylor Bortner, MSW Student*, the book was very relevant for clinical social work. Social work students were able to contribute their knowledge of anxiety disorders and their treatment. Meanwhile, English students provided analysis of the memoir itself, commenting on stylistic elements of prose and symbolism. **Bortner** says the interdisciplinary insight increased the impact of the book.

As a member of the Expressive Arts Certificate program, **Bortner** said she appreciated the workshop's art and journaling prompts. She says, "one of my favorites involved drawing my room from a bird's eye view. This activity is one I'm keeping in my back pocket for use with clients that struggle with feeling overwhelmed by the small details and need to take a step back to realize their perception is not reality".

Through the Expressive Arts Certificate, students are able to combine clinical training with creative expression to develop competency for different therapeutic interventions.

Stay tuned for information on the Spring 2021 Book Talk series.

Expressive Arts Certificate

OWEP Students Attend Mindfulness Training



The MSW Opioid Workforce grant provided students an opportunity for professional development by attending a mindfulness workshop led by David Fiala MSSA, LISW-S (left).

The OWEP (Opioid Workforce Expansion Program) grant gives students special training opportunities and classwork in preparation for entering the addiction recovery field. Millersville created the program through a grant from the federal government designed to equip future service providers to address the opioid crisis.

During the training, students learned techniques related to breathing, focusing, and relaxation. These techniques can help clients increase their self-awareness. OWEP student *Shayna Landis, MSW Student* stated that the training provided practical tools to use with clients. She was even able to put the training into practice immediately. As an assistant college field hockey coach, Landis implemented mindfulness activities to improve players' coping skills.

Opioid Workforce Expansion Program

Training Website

PROFESSIONALISM

Faculty Promoted to Associate Professor

The School of Social Work congratulates **Dr. Granruth** on her promotion to associate professor! *Dr. Laura Brierton Granruth* joined the faculty at Millersville University in August 2013 after teaching in other social work programs in Virginia and Washington, DC. She earned her BA in Sociology from Fordham University, her MSW from Virginia Commonwealth University, and her PhD in Social Work from The National Catholic School of Social Services at The Catholic University of America. Her dissertation examined the impact of state tax code progressivity on children's health, education, and poverty outcomes. Dr. Granruth teaches across the curriculum and in the BASW, MSW, and DSW programs. She currently serves as the MSW Program Coordinator, and was the DSW Coordinator from 2018-2020. She is the lead faculty member for the annual NASW-PA Legislative, Education and Advocacy Day

Dr. Granruth's areas of focus in social work are policy, policy analysis and advocacy, and political social work. She has been a Board Member for Influencing Social Policy since May 2018. **Dr. Granruth** is Research Fellow with Millersville University's Center for Public Scholarship and Social Change (CPSSC). Through CPSSC she collaborates with her social work and university colleagues on community-based research to include social isolation and the development of social connections between students and participants in a local anti-poverty organization. **Dr. Granruth** and Dr. Jennifer Frank recently appeared on the local NPR show, SmartTalk, to discuss their research. **Dr. Granruth** also is a member of the Leadership Team for the Opioid Workforce Expansion Program with responsibility for research.



Dr. Granruth enjoys working with students on their journeys to success. She researches her pedagogy and social work pedagogy to improve the quality of her teaching and the quality of social work education. She is inspired by her students and thankful for the opportunity to work with them.

Faculty Profile

Faculty Granted Tenure



After three years with the department, *Dr. Alex Redcay* has been granted tenure! Dr. Redcay was awarded the Social Work Educator of the year by the National Association of Social Workers (NASW) Pennsylvania in 2019 for the outstanding collaboration with NASW-PA and for significantly increasing student participation in research and the NASW annual conference. Dr. Redcay is also the President of the Pennsylvania Association of Social Work Education (<u>PASWE</u>) and provides international professional development, expert witness services, and program evaluation services.

In 2019, Dr. Redcay was awarded a 1.35 million grant from HRSA for the purpose of educating social workers and nurses in the field of addiction prevention, recovery, and treatment. Dr. Redcay is a Licensed Clinical Social Worker (LCSW) in NJ & PA and earned a PhD from Rutgers University in NJ and a MSW from Southern Connecticut State University. Dr. Redcay has previously worked for Princeton Hospital, Child Protective Services, and Department of Correction reentry services. Current research includes the impact of social, legal and medical transition on mental health and substance use for transgender, genderqueer, and nonbinary individuals. The department is excited to continue to grow as a result of Dr. Redcay's valuable contributions.

Faculty Profile

Students Receive Support Through Mentorship Program

The "Social work Cares" mentoring program was created to help undergraduate BASW students apply classroom learning to assignments and service-learning activities in preparation for their senior semester internship practicum and beyond within practice settings. Students from the Phi Alpha Honor Society (mentors) or MU Social Work alumni are paired with students (mentees) experiencing academic challenges and increase the development of skills related to post-baccalaureate social work practice before the field semester.

Mentees and Mentors will participate in biweekly seminars and a reading community, strengthening skills and knowledge in Writing (either for social work practice or scientifically), Critical Thinking, and Information literacy. The department is excited to begin supporting social work students with their personal and professional development needs.

If anyone is interested in participating in the mentoring program either as a mentor or mentee, please contact *Dr. Bertha Saldana DeJesus* at <u>bertha.dejesus@millersville.edu</u>or 717.871.7350.

Public Mission

Social Work Professors Discuss Their Research on WITF Smart Talk



Dr. Jennifer Frank (left) and Dr. Laura Brierton Granruth (right) were featured on the WITF broadcast to discuss their research on rural poverty and social isolation. The professors described their initial project on helping social work students develop empathy for community members in poverty. Through this letter-writing project, they found that loneliness was a recurrent theme among the rural community members.

The professors explained how during the Covid-19 pandemic, loneliness has become a universal experience. Their research demonstrated the value of mutual support for those facing isolation. The letter exchanges allowed students to reach out to community members, yet the community members also gave the students advice and encouragement. As the pandemic continues, the professors noted that social workers are well equipped for these challenges. Adaptability, focus on strengths, and overcoming barriers are all key parts of the profession. They shared that they hoped this research would be used to continue to promote an empowerment perspective towards clients.

Smart Talk Audio

Faculty Appointed Co-Chair of State Trauma-Informed Task Force



Dr. Karen Rice has been appointed co-chair of the Poverty Reduction Action Team for Governor Wolf's PA HEALS project. This project has been an ongoing effort to apply trauma-informed practice across the state. Interdisciplinary members representing healthcare, social work, public welfare, criminal justice, addiction recovery, and child protective services among others have all contributed to the brainstorming process.

Now, the new action teams will be working on implementing these principles in state and community agencies. The events of the past year have added to the project goals. Along with general maltreatment and neglect,

the project will be addressing the trauma of the Coronavirus across Pennsylvania. Finally, the project will incorporate healing the trauma of racial inequality and race-related violence.

New Faculty Appointment

INCLUSION

First Graduate from Online Degree Completion Delivery Option



The School of Social Work is excited to celebrate the first graduate of the online BASW degree completion delivery option, *Shanece Bowman*. The online program allows students with an associate's degree in human services to finish their degree in a flexible and supportive program. **Bowman** says that she appreciated the opportunity to build a sense of collaboration and support from the cohort.

She says, "We are all working mothers with the same dream of completing what we started, and the Online Degree Completion Program allowed us to do just that. We all started the program together which allowed us to build lifelong friendships as we encourage and support one another. I was able to balance work, school, and home which has been amazing."

Bowman encourages other students to never give up on their goals. She says that the social work faculty showed her compassion and understanding, and that their support helped her develop her professional confidence. Her advice is to "trust the process", a slogan also used by many of the department faculty. Through classes and other challenges, **Bowman** says trusting the process will allow students to become impactful social workers once finished.

Online BASW Website

BASW Students Promote Empathy for Migrant Workers



Dr. Jennifer Frank's Perspectives on Poverty in America class helps students understand poverty and the people affected by it. A major class project is the "Empathetic Storytelling" assignment. Students choose an American subpopulation that is majorly impacted by poverty. The students then combine scholarly research with personal narratives to explain both the challenges faced by the group and possible solutions.

Students <u>Haley Kissinger, Kelsey Novick, Megan Bowe, Mariah Thompson and Ariana Hake,</u> BASW Students, created their project on Migrant workers. Through personal testimonies the presentation highlights many challenges faced by migrant workers, including poverty, homelessness, lack of healthcare, and exploitation. The students also note the population's vulnerability to the Coronavirus. Migrant workers make up a huge part of the essential workforce, yet they have very limited access to healthcare. Finally, the project presents the work of several migrant advocacy groups including Farmworker Justice, Migrant Clinicians Network, and Migrant Justice.

Student Project

INTEGRITY

Faculty Receives Carnegie Fellowship



Dr. Wanja Ogongi was one of the 2020 awardees of the <u>Carnegie African</u> <u>Diaspora Fellowship Program</u> (CADFP). The fellowship is funded by Carnegie Corporation of New York and managed by the Institute of International Education (IIE). CADFP, now in its seventh year, is designed to increase Africa's brain circulation, build capacity at the host institutions, and develop long-term, mutually beneficial collaborations between scholars in universities in Africa and universities in the United States and Canada.

Dr. Ogongi will be travelling to Kenya in the Summer of 2021 and working collaboratively with Professor Christopher Kiboro at Chuka University in Eastern Kenya on a project entitled: *Curriculum Co-Development for New Baccalaureate, Master's and Ph.D. Programs in Social Work.* The primary goal of the project is to develop a robust culturally relevant social work curriculum that is cognizant of and addresses local realities; fits with the culture and incorporates the country's aspirations. They will be co-developing new coursework for Baccalaureate, Master's and Ph.D social work programs at the university, which currently does not offer any social work degrees. A secondary goal for **Dr. Ogongi** is to further pursue her interests in international and comparative social work education and practice and establish initial contacts for the purpose of future interdisciplinary and intra-disciplinary academic engagements.

Carnegie African Diaspora Fellowship Program

School of Social Work Continues to Adapt to Online Learning



After experiencing a disrupted spring semester, the school of social work continued to offer classes in a fully online format this fall. Some classes have been taught asynchronously, with assigned readings and/or powerpoints paired with regular assignments. Other classes have been taught synchronously, with regularly scheduled video call classes. Students have continued to engage with their classmates and professors through discussion boards,

virtual office hours, and even videotaped discussion posts.

According to field coordinator *Healther Strohman*, the pandemic did cause challenges for setting up students' field placements. Many field sites had extra restrictions to maintain the safety of their staff and clients. However, all students were successfully placed. Strohman states, "Our students really excelled in working collaboratively to obtain positive experiences and maintain safety within their placements."

Across the department, students and faculty have taken advantage of creative remote-learning opportunities. Students were able to attend a virtual poverty simulation to role play families in poverty. Students also attended the virtual NASW PA conference, as well as many virtual trainings and presentations throughout the semester. In many cases these virtual events allowed greater accessibility for participants who would have been deterred by time or transportation. Finally, students have continued to impact the surrounding community. They have volunteered in multiple locations, including shelters and after school programs. Through these efforts social work students have continued to support and empower the community in the face of the Covid-19 pandemic.

School of Social Work Website

COMPASSION

Social Work Student's Article Featured in United Way Publication



In October, **BASW Student Apsara Uprety's**, article "Nepali Women Pushing Back Against Oppressive Tradition" was published in the United Way newsletter One United. The article describes the stigma of perceived impurity experienced by Nepali women during their menstruation. As a result, they may be expected to follow restrictive practices which historically even included self-isolation.

Apsara interviewed Nepali women from the immigrant community. Their conversations explored the resistance against the stigmatizing traditions. Beyond an end to the restrictions, some women are also

calling for improved health education to end the taboo around menstruation. She noted that increased communication through social media is allowing Nepali women to advocate for themselves and support one another. Apsara performed her research as a participant in United Way's Refugee Youth Journalism Project. The program empowers refugee youth to share their insights and experiences through journalism.

Nepali Women Pushing Against Oppression Tradition

OWEP Participates in Recovery Day



On September 16th **Dr. Laura Granruth, Dr. Karen Rice, and Gwen Burkholder** (Coordinator of the Opioid Workforce Expansion Program) participated in Lancaster's Recovery Day Virtual 5K. They were virtually joined by students in the School of Social Work's OWEP program (Opioid Workforce Expansion Program).

Recovery Day is an annual event to celebrate and support people in all stages of their recovery journeys. Community support is a key component of this process. The Recovery Day 5K contributes by raising awareness and normalizing long-term recovery. For the school of social work this was a wonderful opportunity to connect with the Lancaster

community, and express the value of the work that OWEP students will perform as future addiction service providers.

Lancaster County Recovery Website

ALUMNI SPOTLIGHTS



Sarah Billings, BASW '11

Since graduating with her BASW, *Sarah Billings* has held a variety of social work positions. She began at the macro level, assisting with coalition-building, grant writing, and systems-change work. From there she went on to work as a medical case manager, coordinating the care of over 100 clients with HIV. She states that the experience has continued to impact her learning even to the present day.

For the past six years **Billings** has been a social worker within the school system. She has found that work fascinating since the school has widespread impact on the entire community it serves. Furthermore, she states that schools are a prime context for the generalist approach. The role spans both systems and policy work

as well as the micro level students and families impacted.

Reflecting on the BASW program, **Billings** states that she has continued to carry with her a quote given to her class by the late Dr. Fulmer, " "Education, n.: That which discloses to the wise and disguises from the foolish their lack of understanding." -Ambrose Bierce (writer, journalist, poet). She says that this quote has been an important insight for her career. With the dynamic reality of working with clients, she says that the Millersville program was valuable preparation.

For other BASW students **Billings** advises to hold onto their social work identity. She states that interdisciplinary work can be unsupportive to social workers. Therefore, she recommends keeping a close circle of social work friends and mentors, and using the code of ethics. Finally, **Billings** notes that several years ago she made a 10 year career plan.

Although many of her career developments have been unanticipated, one thing she did plan on is getting her Masters degree in social work. Currently Billings is on track to get her MSW right at the 10 year anniversary of her plan!

Bachelor of Social Work Program

, Brandon Lillie, BASW '12 MSW '20

With a lifelong interest in art and an undergraduate degree in social work, *Brandon Lillie* was drawn to the interactive piece of therapy and expressive arts. He decided to combine his interests and completed the MSW program with a certificate in expressive arts. He liked the idea of putting social work principles into motion by using art modalities. Through the Expressive Arts Certificate



program, **Lillie** completed his MSW placement at Center for Creative Arts and Play Therapy located in York. **Lillie** now works at the center Full Time as a Therapist.

In his work, he uses expressive arts as an alternative and less intimidating way for children to communicate. In particular, **Lillie** uses sand trays, child-centered play, art therapy, and bibliotherapy. By using tools and skills learned at Millersville University, **Lillie** utilizes his expressive arts training to increase engagement with his young clients.

Lillie is grateful for both the general social work track and expressive arts certificate that he acquired at Millersville University. He appreciated how clinical pieces were woven throughout the program. The social work base that he gained is applicable to his daily work in therapy. The certificate program was vigorous and challenged him to explore different areas of expressive arts and research. From the program, **Lillie** developed skills to work in multidisciplinary environments which are needed as he works with his clients, families, and school systems.

Lillie says, "the world needs social workers right now as we navigate new challenges on top of other human concerns and needs. Social workers are needed to advocate for clients and human rights".

As an LSW, **Lillie**'s next goal is to complete his hours for an LCSW and become a registered play therapist. For **Lillie**, pursuing expressive arts therapy reinvigorated his career. His statement to current students is, "keep staying interested in what you are doing and switch it up to avoid burn out".

For information about the Social Work Master Program and Expressive Arts Certificate Program, click below.



Lexi Patrick, DSW '19



Lexi Patrick has worked in a variety of job positions, including Allegheny County's Office of Children, Youth, and Families, the Boys & Girls Clubs of Western Pennsylvania, Allegheny County Juvenile Probation, and her current place of employment, Passavant Memorial Homes (PMH). Prior to beginning the DSW program, she was employed at Passavant Memorial Homes (PMH), a non-profit agency that serves individuals with intellectual disabilities, autism, and/or behavioral health needs in residential and vocational settings, as a Behavioral Specialist

Coordinator under the Director of Social Services.

Patrick says that the education received through the DSW program, specifically with the focus on leadership and non-profit management, helped her to grow and mature into her current executive role as the Director of Community Participation and Behavioral Supports. **Patrick** oversees two departments and performs multiple roles to serve the agency's clients. **Patrick** also functions as the agency's chairperson of the Human Rights Committee which evaluates restrictive procedures and advocates for consumers' rights.

Patrick says that the DSW program supported continued education in leadership, research, and teaching through coursework and praxis projects. Yet most importantly, it fostered lasting personal and professional friendships and network connections. She says that being a student in the program surrounded by a cohort derived from diverse backgrounds and life experiences was an enriching and profound experience.

Through the DSW program, **Patrick** says, "I learned to 'jump one hurdle at a time' and 'trust the process,' words of encouragement spoken by the dissertation chair, Dr. Marc Felizzi, that I still repeat in my head to this day. Learning to 'trust the process' and all of the uncertainty and vulnerability that comes in doing so has taught me *so much* and shaped me into a stronger, more confident person today."

Patrick says that initially she had been intimidated by the prospect of applying to a DSW program. Yet she encourages other potential students to not let insecurity stop them. She says, "the journey certainly requires passion, time management, discipline, and focus, but with the incredible support of professors and colleagues, you DO have what it takes to be successful in this journey and you CAN accomplish this dream. I strongly encourage you to take the leap... it will be worth it."

For information about the Social Work Doctorate Program, click below.



2020 December Graduation

Graduation Celebration Video

Graduation Message From Dr. Frank

PROFESSIONAL DEVELOPMENT AND SCHOLARSHIP ACTIVITIES

Scholarship

Dr. Ogongi was awarded a fellowship by The Carnegie African Diaspora Fellowship Program to work with Chuka University in Kenya and Prof. Christopher Kiboro on a collaborative project. Dr Ogongi and Prof. Kiboro will engage in curricula co-development of new coursework to establish a social work program at the university. March 26, 2020.

Presentations

Walsh, K. Ethical practice and special considerations among palliative and hospice professionals: Part I: Complex boundaries, ethical guidelines and common risk/violations, Part II: Case studies and ethical decision-making frameworks. June 5th and June 19th, 2020.

Dr. Karen Rice. Panelist on: Rated R: Unpacking Whiteness in the Face of Racism. Presented virtually at *The Rodham Institute at George Washington University*, Rodham Impact Speaker series. June 17th, 2020.

Ogongi, W. & Lowery, C. (MSW Student). Combatting Burnout and Vicarious Trauma at the Organizational Level: A Qualitative Research Study. Presented virtually at *The International Association for Social Work with Groups (IASWG) 2020 Virtual Symposium*, June 19th, 2020.

Dr. Karen Rice. Panelist on: The Family Unit: Keeping it Together in Two Pandemics-COVID-19 and Racism. Presented virtually at *The Rodham Institute at George Washington University*, Healthy Conversations with Dr. Gigi series. June 25th, 2020.

Ogongi, W. & DeJesus, B. S. Looking to the Future: Versatility of Social Work Ethics in International Contexts. Presented virtually at the *National Association of Social Workers* (*NASW*) Conference, Pennsylvania Chapter (*NASW-PA*), Annual Conference. October 29, 2020.

Frank, J. & Granruth, L. Human Connection and Social Isolation. Presented virtually at the *Inclusion Café of Shippensburg University School of Social Work*, November 5, 2020.

Frank, J. & Granruth, L. Rediscovering Our Roots: Calling for a Return to Grassroots Poverty Work. Presented at the 70th Annual *Convention of the North American Association of Christians in Social Work*, Washington D.C., November 6, 2020.

Publications

Dr. Jennifer Frank, J., Girvin, H., Granruth, L., & Leffler, B (Student) (2020). "Dinner Together: Using Experiential Learning to Build Human Connections in a Social Service Setting," *Journal of Community Practice*.

Dr. Felizzi, Rice, K. (2020). "Correlations Among Childhood Abuse and Family Violence, Prevention, Assessment and Treatment From A Trauma Focused Perspective," *Handbook of Interpersonal Violence Across the Lifespan*.

Frank, J., Granruth, L., Ogongi, W., & Nyce, K (Student). (2020). "Joining the conversation: Using technology to enhance policy practice," *Journal of Teaching in Social Work*.

Rice, K., Wubah, D., Brown, G., & Steuer, C. (2020). "Funding Community Sustainable Development Using Zero Energy Buildings," *International Journal of Sustainability in Higher Education*.

Appointments and Recognitions

Paula Ude (DSW Student) was appointed as a reviewer for *Perspectives on Social Work*. September 4th, 2020.

Dr. Karen Rice was appointed to co-chair the Poverty Reduction Action Team for HEAL PA on September 17, 2020.

Dr. Heather Girvin served as moderator for the Learning Institute's Policy Webinar Series: *Access to Resources* on September 23, 2020

Dr. David Johnson served on the National Taskforce to create CSWE's *Curricular Guide for Environmental Justice*, published October 2020.

Dr. Marc Felizzi submitted an Op Ed to Lancaster Newspapers on Pandemic Recovery on October 4, 2020.

Dr. Laura Granruth and Dr. Jennifer Frank were interviewed on WITF's Smart Talk about their research on social isolation and the pandemic on October 13, 2020.

Dr. Marc Felizzi was named to the Executive Board of the *Journal of the Alliance of Social Workers in Sports.* November 1st, 2020.

Alumni, stay connected and let us know what you are doing. We love to hear from our alumni and feature the great work you are doing.

Complete the form here:

https://www.millersville.edu/socialwork/news-and-highlights2/index.php

Upcoming Events

APRIL 14-16, 2021 8th Annual Global Well Being and Social Change Conference



GLOBAL CITIZENSHIP

ACKNOWLEDGING INTERCONNECTEDNESS AND CULTIVATING SOCIAL JUSTICE

April 14-16, 2021 I N. George St. Millersville, PA

See information below to submit proposals for the conference



Submit Proposal Here

Documentary & Dialogue Series





Policy Advocacy Webinar Series



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