A LETTER FROM THE CHAIR
Dr. Karen Rice, Professor/Department Chair

I am honored to share with you some highlights from the Fall 2023 academic semester that speak to the social work profession's values (competence, service, dignity and worth of the individual, integrity, social justice, importance of human relationships) and the mission of the School of Social Work at Millersville.

Fall is always an exciting time in academia as you welcome new cohorts of students and begin another academic year. We also launched the start of an online option within our MSW program. We continue to be committed to responding to the needs of our students and community. We recognize the demand for social workers is great and our BASW, MSW, and DSW programs are preparing our students to meet those needs. What follows are just a few examples of how our students are being prepared to lead in their respective roles.

Together, we can, Be The CHANGE.
To further engage the students, faculty, staff, and community members, the PRIME (Promoting Rigorous and Interdisciplinary Mental Healthcare Education) program hosted its first ever asynchronous book club this semester. Over the course of 9 weeks, the group read the highly acclaimed book on emotional intelligence and well-being Permission to Feel: The Power of Emotional Intelligence to Achieve Well-Being and Success by Dr. Marc Brackett, Director of the Yale Center for Emotional Intelligence. The first session was held from September 18th-November 17th and participants were encouraged to participate in reflecting and responding to guided prompts through the Book Clubs platform. Prompts were provided by Nancy Scherlong, LCSW who is a corporate wellness educator, coach and trauma therapist trained in the methods of EMDR, SE, IFS, MBSR, DBT, poetry, journal therapy and psychodrama. Participants were given a schedule to follow over the course of the 9 weeks and prompts that correlated with those weeks’ chapters were posted and monitored on the Book Clubs platform.

The first group was made up of 48 members including MU undergrad and graduate students in the Social Work, Psychology, and Clinical Psychology departments, faculty, and staff throughout various departments on campus, and community members. A post-survey was sent out to record feedback from the experience, and Madeline Mitchell, MU MSW student, stated that her biggest takeaway was that “it was a great, therapeutic experience that helped [her] practice self-care”. Anna Hogsett, MU M.S. in Clinical Psychology student, shared that her biggest takeaway from the experience was “learning to feel one’s emotions is a key step in learning to manage and express them”. It was also shared that they would have liked to have at least one in-person meeting to discuss the book club, so for the next session, there will be 1-2 in-person sessions available for those who would like to participate. If you are interested in participating in the next session of PRIME’s book club, please register here! The second cohort will start January 22, 2024, and go until March 22, 2024.
PRIME, and Book Club Cont:

As the final learning component of the book club, and last PRIME training of the 2023-2024 cohort, Nancy Scherlong, LCSW, will provide a training titled “An Introduction to Using Interactive Biblio-Poetry Therapy”. Join us for this didactic and experiential workshop for an introduction to the history and theoretical background of the field of poetry therapy, discussion of how to select and utilize literature and the impact of metaphor use in clinical settings. Each participant will be supplied with a list of resources for further learning. This 2½ hour training equips participants with beginning skills applicable to a range of client populations, though additional consultation and training are needed for in-depth application. This training is open for anyone to attend, not just book club participants. But we encourage you to participate in the reflective reading portion to be fully engaged with the whole bibliotherapy series. We will meet virtually on Friday, April 5th from 1:00pm-3:30pm and you can register here. Any questions regarding any PRIME trainings or the book club, please reach out to PRIME@millersville.edu

The PRIME (Promoting Rigorous and Interdisciplinary Mental Healthcare Education) Program has had an exciting start to the third year of the program. There have been two PRIME-sponsored trainings so far with great turnouts. The first training, “Treating Trauma with Evidence-Based Practices via Telehealth” was presented by Dr. Kimberly Ernest, Ph.D., LPC on Friday, October 20th both virtually and in person. There were 117 students, faculty, staff, and community members that attended this training. The second PRIME training, “Promoting Mental Health in the Refugee/Immigration Community: Challenges and Opportunities” was a panel presentation with CWS staff members Matt Johnson, Kate Daneker, and Jeanne Martin-Sczechowicz and Nepali mental health advocate Samickshya Subedi. This training was also held virtually and in person on Friday, November 7th, and had 125 people in attendance.

Looking ahead for the spring semester, there will be some additional opportunities the public are able to participate in. We hope you can join us!

- **PRIME Book Club reading “Permission to Feel” by Marc Brackett, Ph.D.** Register Here- [https://millersville.qualtrics.com/jfe/form/SV_4IrW6OX15OPxDoq](https://millersville.qualtrics.com/jfe/form/SV_4IrW6OX15OPxDoq)
- **PRIME Training 3: “Utilizing the Community Resiliency Model (CRM) ®: Supporting the Mental Health of Workers and the Community”** presented by Dr. Kat Walsh, LCSW. Register Here- [https://millersville.qualtrics.com/jfe/form/SV_5oq8TAjAtM5zt5A](https://millersville.qualtrics.com/jfe/form/SV_5oq8TAjAtM5zt5A)
- **PRIME Training 4: “An Introduction to Using Interactive Biblio-Poetry Therapy”** presented by Nancy Scherlong, LCWS. Register Here- [https://millersville.qualtrics.com/jfe/form/SV_2mWh1IWNs3bZY1M](https://millersville.qualtrics.com/jfe/form/SV_2mWh1IWNs3bZY1M)
I knew the need was great for the community to have a program that allows parents to have a moment to discuss the challenges, successes, and everything in between of parenting. Still, I wanted the group to be inclusive and encourage not only the focus to be on mothers but also fathers, aunts, uncles, grandparents, and anyone who was a guardian/caretaker. A Moment to Breathe: Parent Mental Wellness aims to provide some much-needed free time for parents to connect in a judgment-free, supportive, safe environment. All parents in Lancaster County are welcome to attend with their children. Parents may bring questions or topics for discussion or simply come to learn, listen, and meet other parents in the community.

Shanece Bowman: “We will provide guest facilitators to discuss issues such as healing from trauma, parent and child advocacy in schools, self-care, and more.” Along with the support group, participants can meet one-on-one (in-person, via Zoom, or TEAMS) with Shanece to work towards individual short-term and long-term goals in parenting.

The A Moment to Breathe: Parent Mental Wellness program held its first meeting on August 16 and will continue to hold meetings at the CAP office (601 S. Queen Street, Lancaster) on the third Wednesday of each month from 5:30 p.m. to 7:30 p.m. To register or for additional information, please visit https://touchstonefound.org/parents/.
During the Fall 2023 semester, Professor Patience Buckwalter and her BASW students visited the Ware Center to participate in the Traveling While Black Exhibition. Traveling While Black is a virtual reality cinematic experience that immerses viewers in the history of the restricted movement of Black Americans and the creation of safe spaces in our communities. Racism and social justice perceptions, attitudes, and behaviors were measured through a voluntary pre- and post-survey. Watching and listening to first-hand accounts provided students with an opportunity to view racial injustice from the perspective of those who experience it.

BASW Students Participated in the Traveling While Black Experience at the Ware Center by Professor Patience Buckwalter

During the Fall 2023 Semester, UNIV 108 students were tasked with researching a social justice warrior selected at random and creating a professional research poster to tell the story of their findings. This allowed them to get inspired about social justice, learn about someone new, and learn all kinds of research skills including information literacy, library resources, and digital applications. The students also gave a presentation about their social justice warrior in a conference talk format. Students gained an understanding of the historical context of social service delivery through this exploration. By researching social justice warriors, students were able to connect their passions with advocates in history and develop professional identity. It was a great experience!!!

UNIV 103 Students Inspired by Social Justice Warriors Research Project by Dr. Frank
Learning at Lone Oak by Dr. Heather Girvin

On November 18th, 2023, MU students participated in a day of EPPIIC learning! The experience was a collaboration between Lone Oak Animal-Assisted Therapeutic and Educational Services (Lone Oak) and the Living Learning Communities (LLC) at Millersville University, represented in this endeavor by Dr. Karen Rice, School of Social Work. This project, generously funded by the University College, was framed by several EPPIIC values, including public mission, exploration, inclusion, and compassion.

**Exploration.** Millersville University encourages dynamic learning, curiosity, and innovation. These same values are celebrated at Lone Oak and were an integral part of LLC students’ experience there. Many students do not have access to or familiarity with rural, agricultural, and/or equestrian cultures, so traveling to the LO farm in Reinholds, PA offered opportunities to see and briefly experience a very different way of life. Learning at Lone Oak allowed students to experience firsthand the benefits of combining intellect and behavior; of stepping outside one’s areas of comfort; of stretching and seeing the world differently. Activities included opportunities to ride horses and work collaboratively to benefit the entire community by completing chores that sustain the herd.

While facilitating this work, Dr. Girvin shared programming ideas with LLC students, making explicit Lone Oak’s efforts to teach skills and wellness to community members by utilizing nontraditional pedagogy and andragogy. The “Lone Oak origin story” was shared with students as an example of the forward-thinking efforts of community leaders, academics, and service providers who created an organization to address gaps in traditional services and education.

**Public Mission.** Lone Oak Animal-Assisted Therapeutic & Educational Services (LO) is a 100% volunteer, nonprofit organization founded by Dr. Heather Girvin, Associate Professor within the School of Social Work. Using a community-care model and a trauma-informed framework, LO offers innovative programming by partnering horses and other animals with humans to foster wellness. LO’s mission includes making services accessible to all community members, regardless of socioeconomic status and/or their ability to pay. LO provides services that augment (and sometimes challenge) medicalized models of care and maintains an active research agenda to explore different understandings of “help” or “treatment,” while improving its own programming through the careful analysis of outcome data. Data from Learning at Lone Oak will be utilized to support LO’s ongoing research.
Learning at Lone Oak Cont:

**Inclusion.** Lone Oak’s mission is dedicated to cultivating and celebrating difference, offering services that “promote healing and well-being through relationships with nature, animals, and other diverse community members.” LO’s vision is “to establish a compassionate, just, and inclusive community that fosters attunement or connectedness across its members” (loneoaktherapeutic.org). LO’s commitment to accessibility and inclusion shapes every aspect of its work, from cost to program content. Economic barriers are perhaps the most obvious exclusionary devices, but equally oppressive and distancing are the stereotypes that inform the dominant narratives related to horses, horsemanship, equestrians, and even farming. Cultural portrayals of white, male cowboys; media illustrations of stallions leading the herds; narratives around dominance and control that shape traditional strategies of horsemanship; portrayals of white, male farmers; and the stories that relegate people of color to ancillary roles (at best) form a formidable barrier between diverse groups that have been forcibly disconnected from their own histories. The accurate telling of “cowboy history,” the inclusion of diverse groups, and instilling a sense of belonging for all community members, are priorities that shape Lone Oak curricula across programs. This content was offered as part of Learning at Lone Oak.

**Ethos of Compassion.** Learning at Lone Oak involved pairing horses that have experienced trauma with students to teach lessons about compassion, empathy, and the effect of trauma on development and wellness. LLC student participants met the horses, heard their rescue stories, and actively participated in their care with strategies that demonstrated compassion and empathy. Learning at Lone Oak also provided opportunities for Drs. Rice and Girvin to facilitate discussion that connected compassion and empathy to both community and leadership. Utilizing nature and equine-based strategies, “Learning at Lone Oak” provided MU LLC residents an opportunity to gain insight into their own areas of strength related to leadership, communication, and teamwork.
Impact. At the conclusion of Learning at Lone Oak, Drs. Rice and Girvin facilitated open discussion and reflection related to the day’s experiences. It seems the horses were excellent teachers. One student, who majors in animal behavior at MU, was “fascinated” by all that she learned and expressed an interest in developing an internship that would allow her to “partner with animals.” Another student expressed her gratitude for the opportunity to explore her “relationship with horses...connection with nature.” She raised questions regarding the interaction of gender and nature that prompted further discussion. Several participants in Learning at Lone Oak described the uncomfortable but rewarding process of moving from “vulnerable” (riding a very large animal) to “empowered” (overcoming fear and making a connection). Other discussion topics included utilizing similar formats for training helping professionals; the ability of horses to move us “away from ourselves” and into “something bigger and more connected to community;” the connection between work with horses and mindfulness; the rich opportunities of teamwork; cultural (ADEI) implications; self-exploration as an integral component of exploring nature; and the need for more nature and equine-based therapeutic and learning practices.

(Stay tuned for a more formal, published summary of findings from Learning at Lone Oak!)

Celebrating Partnership. LO has been an ally and educational partner with Millersville University (MU) and the larger community since its inception in 2021. LO has hosted MU Summer Institutes related to trauma-informed, expressive arts practices, with particular emphasis on equine-assisted therapeutic and educational work. Interns from several institutions of higher education are completing their practicums (at bachelor’s and master’s levels) at Lone Oak. LO has collaborated with MU’s veteran outreach and the provision of programming for the Student Access and Support Services Office to foster leadership and relationship skills for current MU students, who in turn provided mentoring and lessons related to college readiness to potential, future college students.

Trauma-Informed Behavioral Health (TIBH) Certification. Millersville University School of Social Work is thrilled to announce the approval of its Certificate in Trauma-Informed Behavioral Health. This certificate offers post-baccalaureate content and experiential opportunities related to the expressive arts, animal-assisted strategies, innovative service practices, and trauma-informed interventions. Equally exciting is that this certificate lays the foundation for the continued refinement of tracks in our certificate programming. Currently under development is a two-track certificate structure that will allow students pursuing their TIBH Certificate to focus specifically on equine-assisted therapies or the arts-based expressive, trauma-informed interventions. Updates will be posted to our webpage: Certificate in Expressive Arts | Millersville University
Dr. Foels Showcases the First HSV Cohort from Erie Public Schools

We have been excited to welcome the first cohort from the Erie School District into our Home and School Visitor (HSV) certification program in fall 2023. Dr. Foels in collaboration with Natalie Fatica (Director of Human Resources of Erie Public Schools), Mr. Brian J. Polito (Superintendent of Erie Public Schools), Dr. Victor DeSantis (Vice President of External Affairs and Chief of Staff), and Dr. James Delle (Associate Provost) are among the individuals involved in making this partnership a reality.

Two years ago, Mr. Brian J. Polito (Superintendent of Erie Public Schools) reached out to discuss offering the Home and School Visitor (HSV) program to a cohort of their employees. At the time, Erie School District was restructuring their student assistance program and looking to certify several of their staff members as HSV. The District’s goal was to place at least one certified HSV in each of their schools. That goal became a reality, when in early spring 2023, Natalie Fatica (Director of Human Resources of Erie Public Schools) resumed talks to have their staff certified as HSV to provide services to students in grades PK-12. In Fall 2023, a cohort of 20 candidates began the HSV certification program. We are fortunate to be able to offer this program to a cohort of Erie School District professionals in collaboration with our colleagues in the Departments of Educational Foundations; Early, Middle, and Exceptional Education; and Special Education. Below are a few words from two of the HSV candidates in the first Erie Public Schools cohort.

“Partnering with Millersville University has provided me the opportunity to obtain my Home School Visitor certification online, outside of the workday in my full-time role as a Behavioral Intervention Specialist. The return to the classroom after years away was intimidating but our professors have been encouraging and engaging. The classes our cohort take provide additional perspectives and skills in servicing our students and their families, as professionals. As growth minded professionals, taking the time to enhance our knowledge is a much-needed refresh.” ~ Anne Rydzewski

“Professor Foels has gone above and beyond to meet her students on a professional and personal level. She was and continues to be supportive to every student in her [class]room to ensure we are all successful in getting our Home School Visitor certification. Her class was always uplifting and enjoyable and I plan to keep a relationship with her moving forward. I had lots of hesitation in returning to school, but her class being my first class has made me excited about this process.” ~ Jerry Roberts

Of noteworthy, we have begun accepting candidates for our second cohort from the Erie School District that will start in spring 2024. Supporting the professional development and specialization through certification of professionals that are working to meet the needs of student and their families in PK-12 is just one of the many evolving and exciting innovations at the School of Social Work.

Learn more about the Home and School Visitor (HSV) and the Post Masters School Social Work certification programs by visiting our website [Post Graduate Certificate Options | Millersville University]. If you have any questions, do not hesitate to contact us as we are always happy to assist.
MU SSW Represented at the NASW-PA Conference

Social workers recognize that safe and affordable housing is a human right. Dawn M Watson, MSW, and Jenna Graeff, MSW, Millersville University, Director of Strategic Partnerships, Loft Community Partnership, and Jennifer M. Frank, Ph.D., LSW, Assistant Professor, Millersville University School of Social Work presented at the NASW-PA conference in the Poconos. The group shared the results of their qualitative, community-based research study about unsheltered homelessness that sought to better understand the use of public spaces and the needs of those experiencing unsheltered homelessness. “We found that the institutional disconnect between formal organizations and informal aid efforts seemed to undermine strategies for collaboration and that strategies that lack a human-first focus might act as a barrier to engagement. Congregants shared that agencies where they felt valued and welcomed as individuals were most effective.
LauraEllen (Gochnauer) Ashcraft Shared her Success Story

LauraEllen (Gochnauer) Ashcraft (she/her) graduated with her BASW from MU in 2012. She then went on to complete her MSW at the University of Pittsburgh in December 2013 with concentrations in community organizing and social administration (macro social work). LauraEllen spent about a year working as a consultant and developed a single point of entry for housing and homelessness services for a large non-profit in Pittsburgh. In October 2014, Ashcraft began working as a research coordinator in the Department of Critical Care Medicine at the University of Pittsburgh. In her work as research staff, she continually saw the gap between research findings and equitable practice in critical care and other aspects of medicine. In the fall of 2017, she began her PhD in Social Work at the University of Pittsburgh. Early in her doctoral studies, Ashcraft stumbled upon the field of dissemination and implementation science. This has become the foundation for her scholarship and service. After completing her PhD in July 2021, she worked as an implementation science methodologist at the University of Pennsylvania and the Corporal Michael J. Crescenz VA Medical Center in Philadelphia, PA. In January 2024, Dr. Ashcraft joined the faculty in the Perelman School of Medicine as an Assistant Professor of Epidemiology in the Department of Biostatistics, Epidemiology, and Informatics. She will continue to function as an implementation science methodologist across both the Penn and VA communities. Dr. Ashcraft’s work seeks to advance the field of implementation science by leveraging theory to promote equity, excellence, and innovation in methods, analysis, and dissemination in health and human services.

Reflection: My time at Millersville has been so foundational to my professional identity as a social worker and my scholarship as an implementation scientist. The faculty at Millersville gave me space to reconstruct my perceptions of the world and rebuild as an advocate and scholar.

I remember being interested in conducting my own research study as part of the requirements for departmental honors. Dr. Rice as my research professor was very encouraging, and Dr. Johnson (DJ/Mudcat) agreed to be my chair. Although the development and execution of my study design had some painful moments (including missing a data collection point!), the faculty and program continue to support my interests and find ways to help me succeed. It was Mudcat who was the first person to tell me that he could see me doing a PhD. I had never thought it was an option for me! Mudcat continued to be a mentor and friend throughout the rest of my education and career until his heartbreaking passing in 2023.
Additionally, the field placements as part of my BASW program resulted in important professional development and career guidance. I found my passion for macro social work, policy, and evaluation (research) through my placement in the administrative offices for the Lancaster County Behavioral Health and Developmental Services and the Lancaster County Coalition to End Homelessness. These experiences gave me invaluable insights into how large-scale change is incredibly complicated and also possible. Without these experiences as a foundation, I would not be able to have the success I have today.

Key publications:


Another highlight was the experience I gained as President of the Social Work Organization. It gave me the opportunity to learn how to lead and, most importantly, listen! I also learned the importance of capacity and community building which I have taken with me as a key component of my ongoing career. This experience allowed me to develop the Pittsburgh Dissemination and Implementation Science Collaborative (Pitt DISC) which now is a group of over 150 faculty and staff at the University of Pittsburgh. I help to lead the Dissemination and Implementation Core at the Center for Health Equity Research and Promotion (CHERP) at the Corporal Michael J. Crescenz VA Medical Center.

Elizabeth Zimmerman Clayton, third-year DSW student, had abstracts accepted to conferences.
- Aging and Social Change Thirteenth Interdisciplinary Conference September 14, 2023, at Marche Polytechnic University, Ancona, Italy
  Presentation Title: “How Do Primary Health Care Professionals Recognize and Respond to Late Life Suicide Risk?: An Exploratory Study”
  Poster Presentation Title: “How Do Primary Health Care Professionals Recognize and Respond to Late Life Suicide Risk?: An Exploratory Study.”

Bethany Franklin, second-year DSW student, was invited as a guest speaker on a recovery radio show called “Pushy Broad” in Bronx, New York, in June 2023. This show is also available on YouTube. In addition, she conducted a webinar for professionals on culturally competent practices with LGBTQIA+ individuals on behalf of Caron Treatment Centers in June 2023. She will be conducting the same session from the Caron Atlanta Office in October 2023.


Miranda Blackburn, third-year DSW student, was chosen to join the CSWE Task Force in revising the Military Curricular Guide for Specialized Practice.

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**Intensive Residency Weekend – August 25–27, 2023**

New Incoming Students – First Year  
Second-Year Students  
Third-Year Students
The Positive Change Conference is a professional development conference offered by Compass Mark in collaboration with Millersville University and the Lancaster County Drug & Alcohol Commission. Over 300 community members, students, and service providers attended this 2-day virtual learning event last year - including members of the education, criminal justice, behavioral health, substance use prevention/treatment/recovery, law enforcement, healthcare, and other sectors.

Positive Change VIRTUAL Conference will be held on April 3 - 4, 2024, and will be geared towards helping professionals on addiction and mental health. Registration for presenters closed on December 18. 2023.

The theme of this Positive Change VIRTUAL Conference is Bridging the Gaps: Building Integrated Systems of Care.

Possible workshop topics include, but are not limited to:

Best Practices & Innovation; Collaborative Approaches; Equity & Inclusion; Our Workforce; Trauma-Informed Care; Social Determinants of Health; Digital Technologies; Peer Support; Navigating Access to Services; Emerging Trends; Addressing Stigma; and Co-Occurring Mental Health & Addiction Disorder. Presentations should also fit within one of the following three workshop tracks for conference attendees: Education and schools, Prevention, and Treatment and Recovery. For more information please contact Staci Strauss at sstrauss@compassmark.org, or Jessica.Weiss-Ford@millersville.edu
Congratulations to our BASW Fall 2023 graduates!!

Stay connected! We love to hear from our alumni and feature the great work you are doing! Click here to give us an update!