

**SPECIAL POINTS
OF INTEREST:**

**CEU
OPPORTUNITIES**

(Dates to be
announced -
watch for
emailed flyers)

- Field Instructor Training: Skills and Roles of the BSW Student
- Fall Outreach - Spirituality: Utilizing Strengths-based Assessment & Intervention
- Self-care for the Helping Professional

**INSIDE THIS
ISSUE:**

From the Program Director	1
From "Seeing" to "Doing" Diversity	1-2
Featured Community Agency	2
Study Abroad in Umea, Sweden	3
Practice Tip from Dr. Rick Hooper on Self-Care	3
Contact Information	4
SSWA Club News	4

From the Program Director

Thank you for your support of the Idaho State University Social Work Program.

Our Site Visit for Reaffirmation of Accreditation in March was a rewarding experience and went well. The CSWE Commission on Accreditation meets in October and will issue comments at that time. Faculty and students found the reaffirmation process to be a valuable learning experience in program assessment, strategic planning, and team work. We look forward to implementing strategies for continuous improvement of our program.

Other News:

- Faculty member Dr. Rick Hooper has left the ISU Social Work Program to accept a position as a clinical supervisor for the Veteran's Center in Provo, Utah. Good luck to you, Dr. Hooper!
- Forty-five professionals attended the Spring Social Work Program Outreach Community Workshop on The Ethics of Sexual Diversity! Watch for news on the Fall Outreach and join us!
- Students have again demonstrated their competency. Spring 2011 assessment results indicate that 100% of graduates demonstrated proficiency on multiple assess-

ment measures.

- Based on her essay, Lalana Navo was awarded the Shanda Hart Resiliency Scholarship for fall 2011. Congratulations, Lalana!
- Maria Lemos, senior Social Work student, is heading to Sweden to study for the fall semester at Umea University (see Maria's article below for more information).

We hope you are enjoying the sunshine this summer and thank you again for your interest in our program.

*Staci Jensen-Hart,
Program Director*

From "Seeing" to "Doing" Diversity

According to the Council on Social Work Education (CSWE), human diversity is the vast range of differences among people including those related to "age, class, color, culture, disability, ethnicity, gender, gender identity and expression, immigration status, political ideology, race, religion, sex, and sexual orientation." Furthermore, "engaging in diversity" is one of the CSWE core competencies of social work.

Let's consider the meaning of the word "engage." To engage means to participate in or to connect with something or someone. In other words, engaging in diversity is not passive but active. It requires collaboration and facilitates interconnectedness. It is not about seeing, but doing, and doing in a way that benefits everyone. We are reminded of a slogan from San Francisco State University: "Unity in Diversity."

"Seeing" diversity includes recognizing one's own particular positioning according to the dimensions included in the above CSWE definition (first sentence of this article). In order to begin to "do" diversity, we must actively increase our personal awareness regarding how our perceptions are biased based on our specific positioning on these dimensions. Biases are inevitable, and they skew our perspective of

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both ourselves and others. We must actively reflect upon the making of our own lenses through which we see and understand people.

Just for fun, look again at the various dimensions of diversity

listed above, and identify your positioning on each. Now try to imagine how your perspective (and needs) might be different by changing some of these dimensions. By seeing more variation and recognizing the needs of diverse people, we

can actively join with others to work for solutions that promote social justice and empower all people. Actively joining with others to bring about such solutions is “doing” diversity!

DJ Williams, Ph.D

Featured Community Agency - Area Agency on Aging

The Area V Agency on Aging in southeast Idaho is comprised of Bannock, Bear Lake, Bingham, Caribou, Franklin, Oneida, and Power Counties and is part of the Southeast Idaho Council of Governments in Pocatello. Under the Older Americans Act, the Area Agency on Aging is responsible for developing, coordinating, and administering comprehensive systems of community-based services to maximize independence and quality of life for those persons who are 60 years of age and older.

The Area Advisory Council for the Area Agency on Aging enhances the leadership role for the Aging Network in carrying out the intent and objectives of the Congressional Older Americans Act. The members also advocate for older persons in their communities by identifying problems and needs while working to improve services through their linkage with the Area Agency on Aging.

Southeast Idaho Council of Governments as a grantee and parent agency is responsible not only for fiscal management of all federal, state, and local funds received from the Idaho Com-

mission on Aging in Boise, but also for compliance with the Older Americans Act and federal and state regulations (see contracted services in the right margin).

In addition, a new venture for the Aging Network began in March 2011. The Aging and Disability Resource Connection Program (ADRC), a collaborative effort of the Administration on Aging and the Centers for Medicare and Medicaid Services, is designed to streamline access to long-term care. The ADRC Program provides the Area Agency on Aging with an opportunity effectively to integrate the full range of long-term supports and services into a single, coordinated system. By simplifying access to long-term care systems, ADRCs and other single point of entry systems are serving as a cornerstone for long-term care reform in many states.

ADRC programs will create a person-centered, community-based environment that promotes independence and dignity for individuals, provide easy access to information to assist consumers in exploring a full range of long-term support

options, and provide resources and services that support the range of needs for family caregivers.

ADRC programs provide information and assistance to individuals needing either public or private resources, to professionals seeking assistance on behalf of their clients, and to individuals planning for their future long-term care needs. This will be done through advanced Options Counseling with families and caregivers.

ADRC programs serve as an entry point to publicly administered long-term supports, including those funded under Medicaid, the Older Americans Act, and state revenue programs.

For more information, contact:

TOLL FREE NUMBER:
1-800-526-8129

POCATELLO AREA:
(208) 233-4032, x 16

*Sister Anthony Marie Greving
Director, Area Agency on Aging*

AREA AGENCY ON AGING CONTRACTED SERVICES

- NUTRITION PROGRAM
- LEGAL ASSISTANCE
- TRANSPORTATION
- RESPITE CARE
- HOMEMAKER SERVICE
- INFORMATION & ASSISTANCE
- OPTIONS COUNSELORS
- SENIOR HEALTH INSURANCE BENEFITS ADVISORS
- CASE MANAGEMENT
- ADULT PROTECTION
- OMBUDSMAN for the ELDERLY

**Dare to reach out
your hand into
the darkness, to
pull another hand
into the light.**

~Norman B. Rice

Study Abroad in Umea, Sweden

Umea, Sweden is where I'll be for the fall semester of 2011. I'll be taking courses at the Umea University, and my excitement is beginning to build! As I make sure that everything is in order...such as housing, my student visa, and my class schedule...I am beginning to anticipate what experiences I will have during my time abroad.

As a social work major, I'm most interested in how the Swedish society looks at different social welfare issues and what their ideas and solutions are to different social problems. What do they consider as social norms? What are the social welfare issues that the country is facing? These are only a few of the many questions that I have as I prepare for my departure at the end of August. I am excited to see how my point of view expands and most importantly, how this experience will help me as a social work professional.

The decision to study abroad was not a difficult one. Once I had decided to do so, many of the faculty and staff within the department were and are very supportive of this decision. This support was very encouraging, and I'd like to give a special "thank you" to all of those who have helped me along the way.

This opportunity is one that I suggest others of you take. If study abroad is in the back of your mind, you should explore and pursue it. The application, all the paperwork, and the necessary items may appear overwhelming, but once you have made the decision, it's definitely worth the effort. Whether you are interested in sociology, social work, or criminal justice, I'm positive that any study abroad experience will broaden your horizon and will benefit you as a professional.

The experience that will await you will be priceless. The

great thing about studying abroad at Umea University is that it is a partner institution with Idaho State University; so, all financial aid and scholarships will pay for this wonderful opportunity. Along with many different scholarships, I am very grateful to have been awarded the Benjamin A. Gilman International Scholarship, sponsored by the U.S. Department of State Bureau of Educational and Cultural Affairs. This scholarship program has been one of the most important stepping stones in helping pay for my study abroad experience.

So, now I will be patiently waiting for August 29, for that will be when I step onto Swedish soil, and a new chapter in my life will begin!

*Maria Lemos,
Senior Social Work Student*

Practice Tip on Self-Care

With ongoing workload and budget issues within social services agencies, we all need self-care and stress management more than ever.

Try taking a 10-minute break to de-stress and improve your productivity by doing a self-guided, NLP version of visualization.

Read the following four steps first, then close your eyes while

visualizing:

- 1) Think of a beautiful relaxing place that you enjoy.
- 2) Notice the colors; make them full and rich.
- 3) Now notice the sounds. Imagine increasing or decreasing the volume so that the sounds are more relaxing for you.
- 4) Finally, touch objects that



are relaxing and enhance the physical feeling.

Notice how relaxed you feel and enjoy your "office mini-vacation" for a full 10 minutes.

Rick Hooper, Ph.D

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The Social Work Program is located within the Department of Sociology, Social Work and Criminal Justice in the College of Arts and Letters. The Bachelor of Arts in Social Work (BASW) degree program is fully accredited by the Council on Social Work Education (CSWE), the national accrediting agency.

The mission of the Social Work Program at Idaho State University is to prepare students to work as professionals in entry-level social work generalist practice. It is the program's vision that graduates will work within the social work profession by: 1) contributing to the enhancement of quality of life; 2) empowering individuals, families, groups, and communities; and 3) advancing human rights and social and economic justice. Consistent with the University's mission, the Social Work Program strives to develop students who think critically and are able to provide health-related and other professional social work services within agencies and programs to the people of Idaho, the nation, and the world.

SSWA Club News

Advocate To Make Things Great

The Social Work Club had the opportunity to participate in the NASW Advocacy Days. It was a two day event filled with numerous speakers along with opportunities to meet with state senators. Probably the most notable speaker was Cherie Buckner-Webb. Cherie is representing district 19 in the House of Representatives and also has her Masters in Social Work. She is a shining example of how a social worker can really get involved in the political system and that it really is possible to be advocating at the state level. In her speech she

reminded us that social work is a calling and that it takes a certain group of us to do this work.

Also on this trip we had the opportunity to meet with Senator Edgar J. Malepeai. We were able to confide in him our concerns with the cut of Medicaid. He was very personable as well as educational. Probably the most distinguished part of this trip, however, was when Senator Malepeai acknowledged the presence of us few Pocatello Social Work members in front of all the senators in one of

their Senate meetings. When he interrupted their meeting to announce our presence, all the senators clapped for us. It was quite a memorable moment.

The Social Work Club was also active this semester in assisting with the Snack Pack for the Backpack Program and supporting Family Service Alliance Services in raising funds and increasing awareness of domestic violence issues.

*Amber Mickelsen,
SSWA President for Spring 2011*