

National Association of Social Workers **Utah Chapter**

Utah NEWS



Fall 2011

Membership Matters!



Fall Education Series 2011 *and* licensing prep course

NASW members!

Receive one **FREE** workshop with a paid workshop registration! Enter promotional code **MEMBER** at checkout. This only applies to a paid workshop registration.
For NASW members only. *Licensing Prep Course not included.*

October 14

9a-12p: Yoga as a Tool for Compassion Fatigue and Stress Reduction for the Clinician and the Client \$40 member/\$55 nonmember/\$25 retired, student

3 ceus Yael Calhoun, M.A., M.S., RYT, and Elizabeth Finlinson, LCSW

1p-4p: Introduction to the Principles and Skills of DBT

\$40 member/\$55 nonmember/\$25 retired, student

3 ceus Chuck Nuttall, LCSW

November 18

9a-12p: Treating Pornography and Sexual Addiction

\$40 member/\$55 nonmember/\$25 retired, student

3 ceus Dan Gray, LCSW

1p-4p: Self Care: Managing Compassion Fatigue

\$40 member/\$55 nonmember/\$25 retired, student

3 ceu's Marc Potter, LCSW

November 5th 9a-5p: Licensing Prep Course

with study guide: \$140 members/\$185 nonmembers

without study guide \$120 members/\$165 nonmembers

Register or print a mail-in registration form at www.utnasw.org

Fall Education Series 2011 *Workshop Descriptions*

All courses will meet at the University of Utah College of Social Work Goodwill Community Room. **Parking is reserved in the EAST STADIUM LOT only (east of Rice Eccles Stadium)**

Friday, October 14

9a-12p

Yoga: A Tool for Compassion Fatigue and Stress Reduction--for the Clinician and the Client

Yael Calhoun, M.A., M.S., RYT, and Elizabeth Finlinson, LCSW 3 ceu's

The class provides general information on the yoga/ social work connection, compassion fatigue, stress reduction, and self-care for the clinician. Then, from an informed position, social workers can evaluate the appropriate yoga options for themselves and for their clients, both within and outside of the therapy setting.

1p-4p

Introduction to the Principles and Skills of DBT *Chuck Nuttall, LCSW 3 ceu's*

Dialectical Behavior Therapy (DBT) is an empirically validated treatment for complex, treatment resistant mental illnesses. Studies have shown efficacy with Borderline Personality Disorder (BPD), substance use disorders, and binge eating disorders. DBT is a principle driven treatment, with a strong skills-training component. The following workshop will focus on the underlying principles of DBT, specifically Dialectic theory and the balance of acceptance and change. This will include discussion of the biosocial theory and development of emotional dysregulation, how clients are conceptualized through this framework, and assumptions about dysregulated clients. Application of these principles will be discussed via specific emotion regulation skills (Check the Facts, Opposite to Emotion Action, and Problem Solving). Attendees should leave the workshop with an understanding of the principles driving DBT, and how to use a sub-set of the Emotion Regulation skills developed to help clients self-regulate intense emotions.

Friday, November 18

9a-12p

Treating Pornography and Sexual Addiction *Dan Gray, LCSW 3 ceu's*

The internet and other technologies have greatly contributed to the increased numbers of individuals seeking professional help for their compulsive and addictive sexual behaviors. To help clinicians know what we're facing, this training will address some of the current trends in the world of cybersex. It will also address important therapeutic issues in treating individuals and couples seeking help for disruptive, hypersexual behaviors.

1p-4p

Self Care: Managing Compassion Fatigue Through Mindfulness, Meditation and Story

Marc Potter, LCSW 3 ceu's

In this workshop, we will explore compassion fatigue through story and learn the basics of mindfulness meditation that can be practiced anywhere. By paying attention to your breath, you will be able to calm your mind and open your heart. We will then spend time exploring the wonder and awe in our work and learn tech-

Saturday, November 5

9a-5p *Lunch Provided*

Licensing Prep Course *Sue Middleton, PhD, LCSW*

Join us for the most effective preparation course for your licensing exam. You will be involved in a one day intense course designed with students' busy schedules in mind. A comprehensive preparation book will be provided as companion to the course (unless you opt to register without the study guide). This course will review items frequently seen on the Masters and Clinical exams. This course will not teach all of the concepts; rather, it will refresh and clarify what you have learned either in school or as a social worker. Test taking strategies and a review of all content areas will leave you feeling prepared and confident. Study Guide and course have been modified to reflect recent changes to the ASWB exam.

NASW: social work's professional voice

Be empowered. Be a voice for social work.

Economic times are hard and we appreciate your continued membership in NASW. There truly is strength in numbers, but sadly, only 25% of social workers belong to NASW, which is social work's ONLY collective voice on behalf of **wages, safety issues, loan forgiveness, licensing, caseloads, prestige, professionalism, and political influence.**

The work we do is not possible without your membership. Now more than ever we appreciate your commitment to NASW and professional social work!

To show our appreciation, this year we have added many new benefits for Utah NASW members, including **the Tom Mulder Memorial Fund Dinner and Lecture (3 free ceu's); FREE 3 ceu online ethics course (go to www.utnasw.org); discounts on the licensing prep course, one free workshop during the Fall Professional Education Series (with paid registration); discount on the "Critical Issues" conference for student members and of course, free ceu offerings through our "CEU's Near You" series in Northern Utah, Salt Lake City, Utah County, Cedar City and St. George, and beginning October 14th, EAPrefer. As always, members receive free ethical consultation and discounts on courses, liability insurance and publications!**

NASW is dedicated to helping seasoned social workers, social work students and those new to the profession. NASW is the primary voice on behalf of professional social work.

Thank you for giving social work a collective voice on behalf of issues crucial to our long term sustainability as a profession. It really is one of the most empowering choices you can make!

Elise Kasteler Hutchings Fall Scholarship Recipient Announced

Longtime NASW member, former NASW president, NASW pioneer®, and University of Utah alumnae, Elise Hutchings, LCSW, ACSW has established both an annual award and a scholarship fund for outstanding University of Utah social work students who demonstrate academic aptitude and leadership in NASW at its intersection with social work practice.

This year's *Elise Kasteler Hutchings Scholarship* recipient was **Jenna Christensen**, a second year MSW student. In addition to the scholarship fund, the *Elise Kasteler Hutchings NASW Annual Award* recognizes an outstanding graduating student and NASW member for his/her commitment to the relevance of NASW in social work practice. The Spring 2011 Award recipient was **Stephen Moore**, an advanced standing MSW student. Both the scholarship and the annual award honor students who demonstrate involvement and membership in NASW, and an interest in and dedicated service to social work practice.

Look for additional details regarding the *Elise Kasteler Hutchings Scholarship for Leadership in NASW* at : www.socwk.utah.edu/students/financialaidscholarships.html

MORE SCHOLARSHIP AND FELLOWSHIP OPPORTUNITIES FOR NASW MEMBERS CAN BE FOUND AT:
www.naswfoundation/fellowships.asp

Tom Mulder Memorial Fund



Tom Mulder Memorial Benefit Party. Pictured (L-R) Ben Johnsen, NASW intern; Emily Bleyl, NASW executive director; Don Austin, benefit host and Tom Mulder Memorial Fund chair; Elise Hutchings, NASW president-elect.

July 21st -Dinner and Lecture NASW hosted the first Tom Mulder Memorial Fund Dinner and Lecture on July 21, 2011 at the University of Utah College of Social Work. The lecture, facilitated by Don Austin, LCSW, and focused on coming-out issues was attended by over 50 social workers and community members. The dinner and three ceu lecture were free for NASW members. NASW hopes to offer two similar events annually in both Salt Lake and St. George.

August 28th-Fundraiser Don Austin and Brett Clifford hosted a wonderful garden party to benefit the Tom Mulder Memorial Fund. Attendees donated \$1,200 to support the Tom Mulder Memorial Fund. The Tom Mulder Memorial Fund is funded through private donations and is intended to support LGBT-related clinical education for social workers in Utah.

All donations to the Tom Mulder Memorial Fund are tax deductible. If you are interested in donating to the Tom Mulder Memorial Fund, please visit our website, www.utnasw.org, or call us at 801-583-8855. Donations should be made to the NASW Foundation/Tom Mulder Memorial Fund, c/o NASW, 395 South 1500 East SLC, UT 84112



Welcome New NASW Members!

Asma Aldobaie
Francisco X Ampuero
Amber Lynny Anderson
Robyn B. Axtell
Kathleen G. Bennett
Jeri Lyn Benson
Carma Carlsen
Jenna Christensen
Heather Cox
Jennifer Danneman
Dannette Stanger Hartz

Dana Hatch
Scott D. Henderson
Jana Hooper
Amanda McNab
Kenneth William McGee
Amanda Marie Lung
Destiny R. Messmer
Laurie J Mohlman
Kimberlee Olsen
Kristen Michelle Perlmutter
Kindra Sealy

Shannon Camille Seibt
Raymond Dirk Shumway
Shellie Smith
Susan Ann Secor Stauffer
Terrie Lee Stephenson,
Zane Randall Swim
Tara Tulley
Robert D Walden

We apologize if we overlooked a member who joined between May and August! If you are a new member and your name does not appear, PLEASE contact us in the NASW-UT office! 801-583-8855/naswemail@yahoo.com

Licensing Prep Course

when: Saturday, November 5th, 2011

What's Included: Study guide, full day intensive review and pizza

For details and registration, visit

www.utnasw.org

MEMBER DISCOUNT

DID YOU KNOW...

Social work pioneer Jane Addams was one of the first women to receive a Nobel Peace Prize (1931). She was known best for establishing settlement houses in Chicago for immigrants in the early 1900s, and was named one of the 100 most influential Americans...

MEMBER RECOGNITION

NASW, Utah Chapter would like to recognize and congratulate the following members who have exceeded the practice expectations for social workers by achieving nationally recognized credentials and certifications for the profession of social work.

Kay D. Simons, LCSW, C-ASWCM

Certified Advanced Social Worker Case Managers (C-ASWCM) reflects advanced training in complex client case management. C-ASWCM's strive to meet the complex needs of clients and have a strong sense of professional identity and commitments to the core values outlined in the *NASW Code of Ethics*, the *NASW Standards for Social Work Case Management*, and the *NASW Standards for Continuing Professional Education*.

Gordon Limb, PhD, ACSW

The **Academy of Certified Social Workers (ACSW)** is a leadership credential and a symbol of social work excellence. The ACSW holder enjoys worldwide recognition from peers, clients, and employers. Employers and agencies have recognized the merits of engaging ACSW social workers as the most highly qualified to staff key leadership positions within their organizations.

Paula Ann Larsen, LCSW, ACHP-SW

The **Advanced Certified Hospice and Palliative Social Worker (ACHP-SW)** is the premier credential for social workers in end-of-life care and those who practice social work in pain and symptom management, and who possess the specialized knowledge, skills, and abilities of professional social workers in hospice and palliative care settings

Advocacy Blog and Tweet Roundup

Grassroots Advocacy

Take Action on the Federal Issues Important to Social Workers!

Join the NASW Advocacy Network Listserv

NASW's Government Relations staff is fighting hard to make the voice of professional social workers heard on Capitol Hill. The most effective way to express our ideas and vision, however, is through our members. By joining the advocacy network listserv, you will receive periodic updates and action alerts, geared specifically to the areas in which you indicate an interest, via e-mail from NASW's government relations staff.

To join NASW's advocacy network listserv, please go to capwiz.com/socialworkers/mlm/signup

Send a Letter to Your Member of Congress

NASW's CapWiz system assists you in preparing and sending e-mails or letters on key federal issues to your Members of Congress. To learn more about your delegation go to capwiz.com/socialworkers/home

Check out the Social Work Policy Institute

The Social Work Policy Institute examines issues that relate to the work of social workers, including how to serve people who have multiple or complex needs and how public agencies and other structures deliver health and human services. For more information, go to www.socialworkpolicy.org

DID YOU KNOW . . .

The Utah legislative session begins on the fourth Monday of January and runs for 45 days.

NEED TO FULFILL YOUR ETHICS REQUIREMENT?

FREE Online Ethics Course for NASW Members

3 ceu's

go to www.utnasw.org

Click on link under "Announcements"

FREE for NASW members. \$45.00 for non-members.

In Utah, LCSW's may take up to 15 credits online/10 online for SSW's.



NASW Annual Report 2010-2011 NOW AVAILABLE

NASW is involved in numerous national policy discussions and champions workforce issues in every state. Learn about the benefits our members enjoy as part of a nationwide network of social work leaders

socialworkers.org/nasw/annual_report/default.asp

National Association of Social Workers

HOPE CONFERENCE

Restoring Hope: The Power of Social Work

July 22-25, 2012

Marriott Wardman Park Hotel

Washington, DC

socialworkers.org/nasw/conferences/hope2012/default.asp

CEU's Anywhere. Anytime

Utah's Online CE Institute

www.utnasw.org

Utah LCSW's can earn up to 15 ceu's through online and homestudy continuing education.

Utah SSW's can earn up to 10 ceu's through online and homestudy education.

CHECK OUT OUR COURSE CATALOG!

Important Numbers

NASW, Utah Chapter Office:	801-583-8855
Membership (changes, etc.):	800-742-4089
Insurance:	800-355-3869
DOPL:	801-530-6767
ASWB:	888-5sw-exam
hearing impaired/TT	888-332-exam

The Utah NASW Career Center

www.utnasw.org

LISTINGS UPDATED WEEKLY!

A Members-only benefit

Members-only benefit

Office of Ethics and Professional Review
Washington, DC

1.800.638.8799 x231 *consultations*

NASW Code of Ethics-online edition

<http://www.socialworkers.org/pubs/code/code.asp>

Meet our MSW Intern: Jenna Christensen!



My name is Jenna Christensen and I am a second year MSW student at the University of Utah, as well as the MSW intern at Utah NASW, a position that didn't exist until this year.

I entered the MSW program from a political science background with the intention of going into macro work and social policy. I wasn't going to be a micro practitioner and because I saw NASW as an organization exclusively for them, I had very little interest in it. Thankfully, my ambivalence changed drastically my second semester here.

In my Communities and Organizations course I worked with two other women, Tyler Asman and Jessica Curtis, on a needs assessment. We chose NASW and the primary population it serves – social workers. We saw social workers as an underserved population and we wanted to know why that was.

Many of our research findings were incredibly disheartening. We are all (perhaps painfully) aware of the low salaries endured by social workers. In fact, social workers are the lowest paid mental health professionals and yet we provide more services than psychiatrists, psychologists, and psychiatric nurses. Not surprisingly we are also among the lowest paid masters level professionals.

It's impossible to blame this on one phenomenon. However, there is a simple process that would help alleviate the adversities faced by social workers: join NASW, renew your membership, and become involved. You'll get all the perks of membership, but more importantly (in my opinion), you'll have the power of a collective voice.

Putting trust in NASW is both problematic and essential for social workers. It is problematic because social workers generally don't make self-care a priority. In the graduate program here, personal self-care is heavily emphasized, but what about professional self-care? With dismal retention rates and a mass exodus to private practice, it is evident that something is not working. Social workers are not taking care of their profession.

Professional self-care is simply not a priority among social workers and it isn't difficult to see why. Social workers are so focused on doing what is best for their clients, they forget to do what is best for themselves, even if it will help their clients in the long run. Indeed, national membership in NASW is currently around 24%. It is because of this lack of self-interest that membership is essential to the growth and respect of the social work profession. NASW has the resources to make social work a more attractive, rewarding, respected profession, but only if social workers put their trust in their professional organization. My research really helped me realize that there really is a high cost to low membership.

Jenna graduated from Utah State University with a degree in political science. Before entering the MSW program, she completed an internship with the Senate Democratic and Steering Committee under Senator Harry Reid. After graduation, Jenna hopes to pursue a career in the social policy arena. Jenna will be a tremendous asset to NASW!

Welcome Jenna!

CEU's Near You free ceu's for NASW members

Northern Utah Meetings TBA. Please check our website www.utnasw.org

Salt Lake City Meetings are held from 12:00 Noon-1:00 pm--locations vary.

October 20, 2011: The Social Work Role in Assisted Living Environments—Shelly Dettman, LCSW, and Tammy Leifson, LCSW VA Main Street Clinic 2970 South Main Street, SLC

November 17, 2011: Caregiver Respite and Resources for Veterans of Current Conflicts Michael Tracy, LCSW George E. Whalen VA Medical Center Building 3, Mental Health Administrative Conference Room, SLC

Utah County/Central Utah Meetings are held the 3rd Wednesday of each month,

10:00 am-12:00 Noon/ Utah County Courthouse,3rd Floor Ballroom/51 S. University Ave./Provo

October 19, 2011

Intimacy in Human Relationships —Monica Blume, LCSW

November 16, 2011

Ethics—Evan Coates, LCSW, former member of the DOPL Licensing Board

Cedar City Meetings are held the 3rd Tuesday of each month, 11:30 -1:00 Location: Garden House Restaurant 164 S. 100 W. Cedar City

St. George Dixie State College School of Nursing/Russell Taylor Health Svcs. Bldg/1526 Medical Center Drive, Room 158/St. George/11:30 am-1:00 pm

October 5, 2011

Critical Incident Stress Management/Ed Weaver, LCSW

November 10, 2011

Special Event--Ethics: A Two-Part Series **NOTE TIME CHANGE: 1:00-4:15 pm**

Part I: Ethics in Substance Abuse Treatment/Jeremy Boberg, LSAC, NCAC II, BRI II, vice-president/counselor, The Ark of Little Cottonwood

Part II: Ethical Choices at the End of Life/Ed Reber, M.R.E., M.A., associate professor at Dixie College

December 7, 2011

And Justice For All: Utah Legal Services/ Cynthia Mendenhall

Free for NASW members.

\$10 charge may apply for non-members.

A New Opportunity for NASW Members!

EAPrefer can expand your referral base

Beginning in October NASW will launch EAPrefer™ in Utah. EAPrefer is an exciting new benefit – solely for NASW members - that puts your expertise and experience as social workers to use as Employee Assistance Professionals.

By participating in EAPrefer, Utah NASW members can provide much-needed services to the community through the workplace, helping employees with issues ranging from substance abuse to childcare. Members have the opportunity to receive referrals from EAP network providers through a program that allows them to easily match qualified social workers with clients in need.

"I think this is a terrific new benefit for our members", said Emily Bleyl, LCSW, Utah Executive Director. "Participating in EAPrefer can provide an excellent opportunity for our members to build their private practice or supplement their existing income, with a program tailored to fit their schedule."

EAPrefer has made it easy for members to participate by prescreening and negotiating with select EAP network providers in Utah to provide fair compensation. EAPrefer has also reduced much of the paperwork and administrative burden by creating an easy system for members to sign up and begin receiving referrals. To learn more about EAPrefer, requirements for participation, and to sign up please visit www.eaprefer.org or call 866-307-2325 to speak with a representative.

How it Works

The EAPrefer program allows EAP network providers to easily match qualified social workers with clients who need them. As an NASW member participating in EAPrefer, your information will be provided to a regional EAP network provider, which may contract with you to deliver services to employees on a range of issues from financial and work-related stresses, to relationship and care giving concerns.

How it Benefits You

The EAPrefer program was developed as a benefit of your NASW membership at no cost to you. It's an opportunity for you to strengthen your private practice, supplement your current income, or enable you to continue to work in the profession after retirement. It's designed to be flexible to fit your schedule. You'll have the opportunity to determine when and if you take on cases.

Plus, the process is streamlined, with limited paperwork and fair and timely reimbursements. NASW ASI has negotiated with select EAP network providers in your area, and has created an easy system for you to sign up and begin receiving referrals, if you qualify. To qualify, you must have an MSW or PhD, state licensure, and hold professional liability insurance.

Visit www.eaprefer.org or call 866-307-2325 to speak with a representative.



EAPrefer™
Connecting Qualified Social Workers
with Employees Who Need Them™



Providing comprehensive Mental Health Billing services for over 20 years

- Spend less time on billing, more time with patients
- Make more money
- Eliminate billing headaches
- Unmatched customer service
- Insurance and patient billing
- Prompt follow-up on unpaid claims

Contact Tom at:
Phone: 801-562-4484
Email: info@mhmi.net
Web: mhmi.net

100% of our providers (surveyed) said they would recommend us to a friend or associate



IAEDP-Utah is a non-profit organization dedicated to the prevention and treatment of eating disorders in our community. Our goal is to support ED professionals by providing training opportunities, news about emerging research in the field, and updates about ED standards of care.

UTAH CHAPTER

Upcoming Workshop

*Fullfilling Legal, Ethical, and Clinical Responsibilities:
Every Provider's Duties With Regards to Insurance Authorization*

and

Selected Topics in Psychopharmacology of Eating Disorders in Adolescents

October 20, 2011 9:00 am – 12:00 pm

**University of Utah Student Union Building, Room, Parlor A
Salt Lake City, Utah**

Light refreshments will be provided.

NASW/ADA/APA CEU's are available for \$25.00 for IAEDP members/ \$35.00 for non-members.

**Social Work
 just got more Social.**
 Follow **NASW UT** here:



National Association of Social Workers, Utah Chapter

Member SWoupon!

NASW Members! Receive one free fall workshop with a paid workshop registration. Enter promotional code "MEMBER" at checkout. 3 free ceu's! See pages 1 & 2 for more information

NASW Staff and Board of Directors



National Association of Social Workers, Utah Chapter

National Association of
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 Salt Lake City, Utah 84112

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We're on the web!
www.utnasw.org

Membership Matters!

2011-2012 Board of Directors

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Rebecca Mabe, LCSW	Salt Lake Representative
Marilee Vanwagenen, LCSW	Utah County Representative
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Jessica Crapp	BYU Representative
Jennifer Erazo	USU Representative
Zane Swim/Melissa Meeks	UU MSW Representative

Nominating Committee: Stephen Moore, MSW; Jesse Ellis, CSW;
 Marc Potter, LCSW; Sue Middleton, PhD, LCSW; Kip Rishton, MSW

Chapter Staff

Emily Bleyl, LCSW	Executive Director
Bethany Gull	Communications Director
Fred Barton, EA	Controller
Rod Julander, PhD	Lobbyist

NASW Membership distinguishes you as a professional social worker.

The other option leaves you without services, without benefits, without ethical consultation, without legal help, without low cost liability insurance, without money saving benefits, without FREE and discounted workshops, without current practice information, without a state and national organization to represent you, and without a collective voice on behalf of social work.

Be empowered.

Renew or join. www.socialworkers.org