

CONNECTIONS

April—June 2018



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Kurt Fuchs, LCSW
President
Connecticut Chapter

“How lucky I am to have something that makes saying goodbye so hard.” — Winnie-the-Pooh

Before I dive into this column, I want to express my appreciation to Stephen Karp for his leadership, guidance, and dedication to NASW-CT not only during the past 2 years of my tenure as president but for the past 30 plus years. It was a privilege to work with him throughout my time on the Board and I look forward to continuing to work with him in other capacities.

I also want to thank all of the Board members with whom I have worked over the past 5 years. You are an amazing group of people and some of the finest social workers I have ever known. Your dedication to the profession, our colleagues and the clients we all serve is astounding. You made every Board meeting engaging, interesting, and thought provoking and ultimately made my job the past 2 years much easier. I am proud to have you all as colleagues.

Thank you Michelle Kenefick, incoming Board President for your help with projects, your valuable input into discussions and your willingness to “jump in” whenever necessary. I am excited about what you bring to the Board and the Association. You will do a great job.

I have joked for the past 2 years that I am President of the Board until 12 midnight on June 30, 2018. The date and the fact that my term ends that day are both true. My “joke” contained the implication that I couldn’t wait for that moment so that I could be done with my term as pres-

ident. But, my implication within the joke – that I couldn’t wait for it to be over - could not be further from the truth.

My columns over the past 2 years have contained quotes from Dr. Martin Luther King and Grateful Dead lyrics, among others. So, I think it is only natural that my true feelings about my term ending should be from Winnie the Pooh - speaking for A. A. Milne, naturally. (If you doubt that Winnie the Pooh has an actual voice, then you’ve never heard a 3 year old boy - specifically my oldest son who is now 28 years old - ask “What’re Heffalumps and Woozles?” My younger son, now 24, identified much more with “Tigger” but that’s a different story...)

I have actually been on the Board of Directors for 2 different times. My first run began in 1998 as a regional representative and ended in 2004 as Vice President. I did run for President that year but lost to Sophie Tworkowski. And truth be told, I was actually glad I lost because Sophie was much more qualified to be Board President than I was. I even voted for her over myself when I saw the ballot and found out she was my opponent. I don’t know what her margin of victory was but I have a deep appreciation for all things comically weird and/or ironic, so I am intrigued and very amused by the thought that the margin could have been by one vote – mine.

My second tour on the Board began when I ran into Steve Karp at a conference. I mentioned to Steve that my kids were grown and out of the house, I was in my own practice and that I had some free time in my life and a desire to volunteer it to the Association. Very soon after that conversation, I was back on the Board as a regional representative– although my memory is a little fuzzy as to how that happened so quickly. And then, in what seemed like an eye blink, and even though I still didn’t feel qualified enough to do it, I was running for President Elect and was elected. That was 3 years ago. The joke that could obviously be made here is that it has felt like an eternity since I was elected. But that would again be a lie. The truth is that the past 3 years has elapsed faster than an eye blink. Maybe that’s age related – I am now officially in my “mid to late 50’s” and time does seem to pass much more rapidly –but I don’t think that’s the reason.

So, I hope what I discuss next becomes motivation for anyone who is thinking about volunteering for our Association. I have been blessed by the Universe and whatever

my Higher Power happens to be (still trying to figure that one out) to be part of an amazing family (both nuclear and extended - I'll spare you the genogram). I have a job that I love going to every day; when I opened my practice I quickly remembered that the real reason I became a Clinical Social Worker was to actually do Clinical Social Work. And, I have a great network of friends and colleagues, many of whom I would not have met had I not joined the Association in the first place.

So what is the "something" that I am going to miss that made my opening quote bring tears to my eyes when I read it? Part of the answer lies in the next quote.

"If you want to lift yourself up, lift up someone else." —
Booker T. Washington

Ok, that's an easy one. That outcome is probably important to almost every social worker who went into the field. It feels good to help people and be part of their journey, whether it is on a micro- or macro level. But this is what I discovered through my time on the Board. While I can have that feeling of helping and lifting others up through my work (and I am grateful that I do every day), that feeling was amplified exponentially through volunteering to the association. I had a feeling of fulfillment beyond what I get through my work because the time I spent volunteering created a "ripple" effect. It feels really good to think about the number of people I may have assisted in lifting up because I volunteered my time to support the Social Work profession, the thousands of social workers who practice in CT, and the thousands of people those social workers serve.

But wait there's more. There was also the added bonus of meeting regularly with colleagues who shared my passion not only for our work, but also for the advocacy efforts of the Association on behalf of clients, social workers and the profession in general. Board meetings were a place to decide on strategies for changing policies to improve services and protect social workers and their positions. We shared wonderful conversations on professional and sometimes personal levels. We at times had passionate disagreements about decisions to be made, some of which I initiated and others in which I only participated. But, the disagreements were always respectful, well thought out and productive; group think was neither encouraged nor allowed because better decisions are made when all sides are considered.

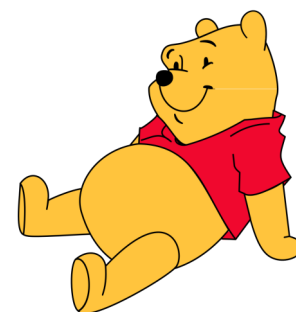
So, if you are reading this and are on the fence about volunteering to run for a seat on the Board or joining a committee, please consider all the positives you can gain for yourself from the experience and about all of the thousands of people you can help lift up through the "ripple" effect. There is little doubt that adding some volunteer hours to your schedule can and probably will be challenging, but the personal and professional rewards are - in my humble opinion - absolutely worth the extra effort.

It seems appropriate to me that I should finish my last column with the following quote, which is where I think I initially grasped the idea of being a social worker, which was, oddly enough, in a Psychology Class entitled "Motivation and Emotion." (Did I mention that I have an appreciation for the ironic?) That particular class was taught (thank goodness) by Dr. Kenneth Ring at UCONN who incorporated a great deal of Eastern Philosophy into his teachings. So it was also the first class I had that did not stick to traditional Western European/American models of conceptualizing psychological processes. "Zen and the Art of Motorcycle Maintenance" was a required text for the class. The quote below from the author reflects my ideas about how one person can improve many different aspects of the world through social work at the micro- and macro levels.

"The place to improve the world is first in one's own heart and head and hands." - Robert M. Pirsig

If you have the passion in your heart, an idea in your mind and are willing to be hands on to improve the world, please volunteer your time to NASW-CT in one capacity or another. You just may come away feeling as fulfilled as I have felt during my time on the Board.

I am extremely lucky to have had something that is making saying goodbye so very, very hard. So, thank you Steve, Michelle, past and present Board members and the NASW-CT staff and interns for providing me with such an exceptional experience as president the past 2 years. And thank you to Pooh for summing it up so very nicely....



Many Thanks to Many Members

Most of us think of the end of a year as in the calendar year with December wrapping up the year. Here in the chapter however we have a program or fiscal year that runs from July 1st to June 30th. So as this is the April-June newsletter it is good time to reflect on the year and the volunteer leadership and other members who made it all possible.

Programmatically, NASW/CT initiated several new initiatives that are in their infancy stages. We are looking at social workers' roles within library settings. Around the country, libraries have begun to utilize social work services, in some cases through direct employment and in others on a contractual basis with an agency. We have been tracking some of these efforts and hope to make progress in the coming year amongst CT libraries. Likewise, we are looking at how local law enforcement connects with social work practice, again with the intent to expand opportunities for social workers. Plus we are involved in a work group that is looking at how best to integrate mental health services into pediatric settings. All of these areas have in common the expansion of social work services to populations that currently may not be served, and the building of new employment settings for our profession.

Legislatively, we defeated a bill that would have weakened our social work confidentiality law, a statute that has been in existence without revision since its passage in 1992. We put our clout behind sounding the alert about cuts to the Medicare Savings Plan, being one of first groups to sound the alarm about a harmful budget reduction affecting over 100,000 elderly and disabled residents, and through the work of advocates and those directly harmed it has been put on hold until June 30th. Our efforts to protect Medicaid funding has been recognized amongst advocates and policy makers. Our legislative agenda is forward thinking, with support for Paid Family Leave, National Presidential Vote, protections of health care provisions under ACA and women's health, mental health parity and rights of adoptees to access birth certificates. Despite the very bleak budget, we have pushed for bills that will improve people's lives and have encouraged legislators not to shy away from the new revenues necessary to pay for programs, even though it is an election year.

Our continuing education programs have grown in the amount of offerings (and will continue to expand in the new program year) and our annual conference sold out for the third straight year. The chapter's provider approval program where we authorize presentations of continuing education for credits is having a record year in terms of the number of programs we have approved.

After many years without a membership committee we successfully launched one this program year and we are already seeing results. Our connections to reaching social work students has been enhanced, we have a beautiful new student member brochure and we are doing a better job of reaching out to new members and those who have let their membership lapse. At a

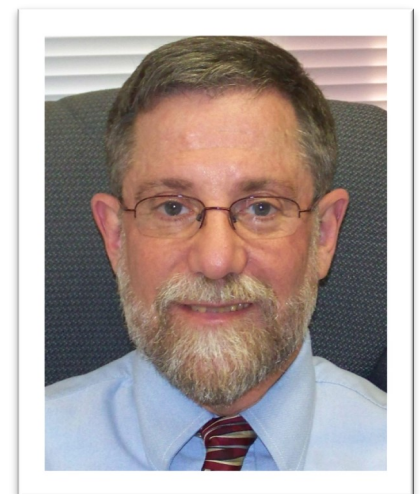
time when most membership associations are losing members (including us) we have gained members in the last two months, with a 1.7% growth.

So how do we manage to have a successful year? Partly it is due to a hard working staff that keeps on top of our programs. For the most part though it is the volunteer leaders of the chapter that give generously of their time. From our Board of Directors, to our committee chairs, to our committee members, to the member who responds to a legislative alert, these are the members to whom I give my heartfelt thanks.

The chapter is fortunate to have a Board of Directors that consists of thoughtful members who have rolled up their sleeves and provided the chapter with strong leadership. At times, discussions are lively as Board members debate issues, yet they always come together to move the chapter forward. It has been a pleasure working with the 2017-18 Board of Directors.

Committee chairs and active committee members deserve a shout out. Much of the chapter's work is conducted through our committees. The chairs provide the direction for their committee and assure the work is done in collaboration with a strong involvement by the active committee members. Thank you, one and all.

A special thank you goes to our out-going chapter president, Kurt Fuchs, LCSW. Few people see the time and commitment that a president puts into the association. Kurt took on the role with energy, new ideas and an openness that encouraged the best from our Board members. He offered me guidance and support within the framework of our respective roles. His enthusiasm for NASW and his strong emphasis on membership recruitment and retention had a contagious effect in the most positive sense of the word. At a time of reorganization of the association Kurt kept the volunteer leadership focused on the work of NASW/CT. And on a personal note it was fun to have a president that shared my love for the Grateful Dead and introduced me to Dead and Company. Keep on Truckin' Kurt.



Steve Karp, LMSW
Executive Director
Connecticut Chapter

Donors to Our Advocacy Fund

The chapter thanks the following members for their generous donation to our Advocacy Fund. This fund is primarily used to cover part of the costs of our contracted lobbyists at the State Capitol. This covers the period of January 1 – May 10, 2018.

Donations to our Advocacy Fund can be made online at

<http://naswct.org/donate-to-advocacy-fund/>

or checks made out to

NASW/CT and can be sent to NASW/CT, 2139 Silas Deane Hwy., Ste. 205, Rocky Hill, CT 06067.

Rebecca Anderson

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Robert Belliveau

Jennifer Bennett

Debra Benveniste

Tom Broffman

Diane Cady

Toby Coit

Antonia Cordero

Trish Dayan

Jean Fitzpatrick

Diane Friedman

Kurt Fuchs

Robin Gilmartin

Linda Goodman

Christopher Greene

Nusie Halpine

Catherine Hayden

Connie Janssen

David Jones

Stephen Karp

Michelle Kenefick

Mary Ellen Killeen

Carol Lahan

Anthony Maltese

Paul Mayglothling

Julio Morales

Denise Novak

Judi Orlando

Susan Pearson

Ellen Pfarr

Maureen Salerno

Beth Sharkey

Rose-Ann Wanczyk

Thank you!

LCSW Application Goes Online

The Department of Public Health recently put the LCSW application online. When applying for the LCSW you have to file the **application form only** online with payment by credit card. The other forms that are required, including the supervisors form and employer form are still printed out and submitted by mail.

The LCSW renewal of license continues to be through the mail. At some point in the future DPH intends to make the LCSW renewal online. The LMSW application and renewal are already online.

Legislative Session Ends With Success

The 2018 state legislative session proved much better than we had anticipated going into the session. State tax revenues brought in 1.2 billion dollars more than expected and persistent lobbying saved funding for numerous social service and health care programs. NASW/CT members played a key role in the legislative successes, with member's contacts with legislators making all the difference. While we did not get all of our priorities through the Legislature we did achieve most of our agenda!

Here is a brief wrap-up of the session's results:

The biggest success story was **restoring funds for HUSKY A parents**. Until the last day of session we were not sure that funding would be secured. NASW/CT joined a group of dedicated advocates that never gave up. Mobilization of members took place the entire session, we testified at hearings, met with legislators, participated in a press conference and in the final days of session had members who were in legislative leadership's districts make a final pitch. Thank you to all who helped make the highly unlikely (restoring funds) happen.

The **Medicare Savings Program** was another success as full funding was restored to over 100,000 elderly and disabled persons. NASW/CT played a significant role in extending the program to June 30 and we worked hard to get the funds restored for the coming fiscal year.

Another area where we helped to keep funding was for **school based health clinics** that were facing a 2 million dollar cut. Funding for the clinics was restored to current levels. NASW/CT also successfully lobbied for additional funding for **DCF to hire over a 100 new social workers**.

Health care saw considerable advances as a bill passed that adds the **Affordable Care Act's 10 essential health care benefits** to state statute. In addition, a bill that adds transparency to **prescription drug costs** passed, as did a bill that will allow **pregnant women to initiate and exercise a living will**. The essential benefits bill and the pregnant women bill were priorities for NASW/CT.

CT joined the states that have already passed the **National Vote Compact** giving the state's electoral votes to the candidate that wins the national popular vote. CT is the tenth state to sign onto the Compact (District of Columbia also signed on) and legislation is pending in ten other states. Again this was a priority bill this year for the Chapter.

The **"Dreamers bill"** that will allow Dreamers to receive financial aid passed as did a bill that provides **protections and fair treatment to incarcerated women**. We also advocated for the **Bump Stock Ban** that passed the legislature. While these were not priority bills NASW/CT did support them and added our voice to the campaigns that got them passed.

Another piece of good news came in the beginning of the session when we defeated a bill that would have weakened the **social work confidentiality law**. It would have allowed disclosure of records in child custody cases without client consent. NASW/CT organized a response that included members lobbying against the bill and having other advocates oppose it too. We were able to successfully stop the bill in Committee.

Of course not every priority bill made it through the session. We were disappointed when the **Paid Family and Medical Leave Bill** did not get voted on in the House or Senate. Our hope had been to have it at least pass the House this year. Nonetheless, the bill did make it through committees and progress was achieved in advocating for paid leave.

Adoptees rights to an original birth certificate again met without success despite a well-coordinated effort to pass the bill. Other bills that we supported that failed passage this year was **Mental Health Parity, Combating Sexual Assault & Harassment, and Increasing the Minimum Wage**.

NASW/CT was recognized by advocates and legislators as a powerful voice in the 2018 legislative session. Our greatest power is you, our membership, who called, emailed and met with your legislators. Again, thank you to all of our members who took action on bills. Your voice made a huge difference!

SNAP Fights Hunger While School is Out (and In!)



End Hunger CT! (EHC!) wants to partner with schools to provide information about SNAP (the Supplemental Nutrition Assistance Program) to households in your district this Spring.

End Hunger CT!, the only statewide anti-hunger organization in CT wants CT children to have a full belly over break! As a partner, EHC! can provide you with many free resources – from materials to distribute to your families, to presentations for your staff, to newsletter templates, to a web button for your website and much more! Please help **all** of the students you serve enjoy their Spring Break and contact EHC! today (snap@endhungerct.org or [860.560.2100](tel:860.560.2100)) to discuss how we can help connect your families and students to SNAP at no cost to your school or district.

One of the many benefits of SNAP is that participation in the program automatically makes children eligible for FREE SCHOOL MEALS. This is an opportunity to streamline and eliminate the school meal application process as any student living in a household with a SNAP participant will be directly certified for free school meals without having to complete a school meals form. Connecting more eligible households to SNAP benefits not only helps families make ends meet while fighting hunger, but SNAP also helps your school district receive the highest reimbursements possible for its school meals programs. A win-win for all involved!

The screening and application process is also quick, easy, and confidential. We invite you to visit End Hunger CT!'s website at www.ctsnap.org and try our screening tool and see for yourself how easy it can be working with End Hunger CT!!

Submitted by
Sherry L. Suber | SNAP Program Manager

End Hunger Connecticut! | 65 Hungerford St | Hartford, CT 06106 | [860-560-2100 x306](tel:860-560-2100)

You can support End Hunger CT! by voting at [Blue State Coffee](#) in Hartford January through June, 2018!

ANOTHER SOLD OUT CONFERENCE!

May 4 was a great day for another SOLD OUT Connecticut NASW Annual Conference. The Cromwell Radisson, now known as the RED LION Hotel, accommodated close to 550 attendees, presenters, and exhibitors throughout the day. With the title of the conference being “Social Workers: leaders, advocates, champions”, borrowed from the National Social Work Month theme, the attendees selected from 37 varied workshop offerings and were able to visit 37 different exhibitor tables.

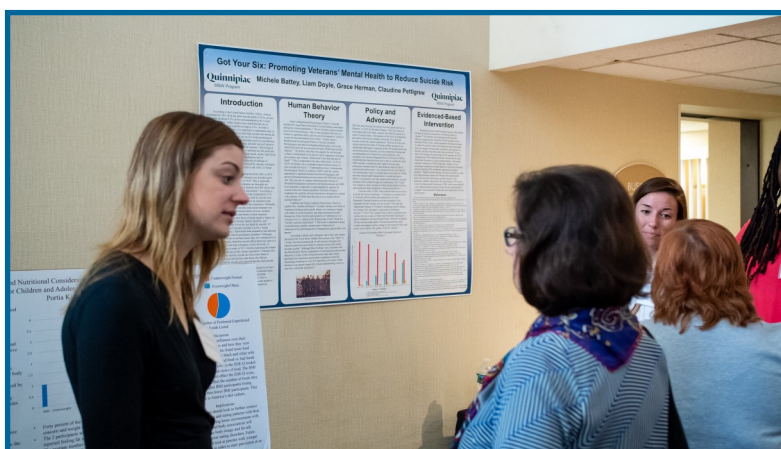
Charles Atkins, MD, Chief Medical Officer for Community Mental Health Affiliates, was our Keynote Speaker. His address on “Humor, Healing, and the Power of the Positive” was extremely well received. A knowledgeable and engaging trainer, Dr. Atkins went on to present a workshop on the opioid-overdose epidemic that got rave reviews as well.

In fact, with the exception of the ongoing issue of rooms being either too hot or too cold, all the workshops were appreciated and well received. Evaluations revealed that attendees felt presenters were organized, informed, and informative. From a “new” workshop for NASW called “Intersex 101” to Veteran’s Benefits, to Self-Care, to Mindfulness, many of the workshop rooms were filled to capacity and attendees hoped to see the presenters at future conferences! The experience, professionalism, and knowledge of our presenters has always been something we are very proud of and this year was no exception. The gift of their time and energy and expertise is the heart of the conference and we thank them.



ANOTHER SOLD OUT CONFERENCE!

The Poster Session for students was once again well attended and Central Connecticut State University, the University of Saint Joseph, Southern Connecticut State University, and Quinnipiac University were represented. The judging is always a difficult process as the student work is excellent, well researched, and well presented in this visual format. The winners this year were Joshua Fisher from USJ for Best Original Research, Limattie Garcia and Sabine Romsaint from Quinnipiac for Best Research Project, and Portia Kimbis from USJ for Judges Special.



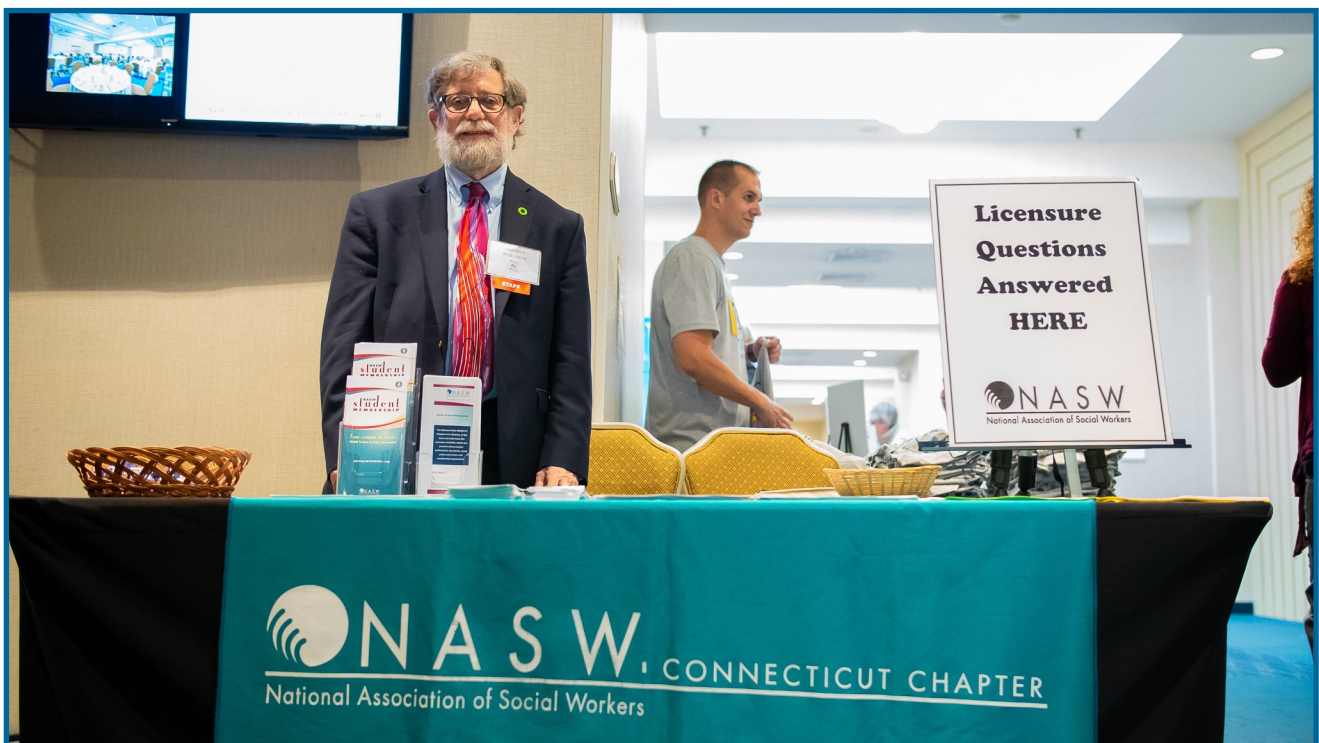
The support and loyalty of our Exhibitors was ever present again with the hallways overflowing with information and resources, representatives from agencies, and lots of brochures, pens, and giveaways. High Watch Recovery Center in Kent, CT was our Partnering Sponsor this year and we are grateful for their exceptional support.



ANOTHER SOLD OUT CONFERENCE!

continued

During lunch the Chapter Board President, Kurt Fuchs, initiated a new award he called the President's Award. This first year the award was given to Steve Karp, Executive Director of the Chapter, and Kurt hopes the award will be an ongoing tradition, given by the Board President in their second year of office to a staff person or member who has made an outstanding contribution to the mission of NASW and the Connecticut Chapter.



A huge thank you to the Conference Planning Committee, Chapter Staff, the Moderators who so graciously accepted my invitation to moderate, the hotel staff and, most importantly, those of you who attended the conference. It is always a busy and somewhat chaotic "run" to the day of the conference, but always exciting to see all of you and hear that you enjoyed and profited from the day's activities. See you next year! Happy Summer,

Pat Hartman, Coordinator of Professional Development

Thanks To Our Sponsors

NASW/CT's 33rd Annual Statewide Conference, May 4, 2018

Partnering Sponsor

High Watch Recovery Center

Tote Bag Sponsors

University of Connecticut School of Social Work
Wheeler Clinic

Lunch Sponsors

Access & Nelson Ambulance
Companions and Homemakers
Juniper Homecare

Exhibitors

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A & D Home Health Solutions
AdCare Hospital of Worcester Inc.
Adoption Assistance Program (AAP)
Alzheimer's Association
Caregiver Homes
Community Mental Health Affiliates, Inc.
Companions and Homemakers
Connecticut Council on Adoption (CCA)
Delta-T Group
Drazen Law Group, LLC
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Geisinger Marworth
GLSEN Connecticut
Hartford Healthcare Behavioral Health Network
High Watch Recovery Center
Home Sweet Home Care
Juniper Homecare
KidsPeace

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Springfield College School of Social Work
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Walden Behavioral Care
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Access and Nelson Ambulance
Cheryl Schwartz Associates
Companions and Homemakers
High Watch Recovery Center
Juniper Homecare
UConn Health Center Adoption Assistance Program
University of Connecticut School of Social Work
Wheeler Clinic

Call For Nominations

NASW/CT ANNUAL AWARDS 2018

LIFETIME ACHIEVEMENT AWARD ∞ SOCIAL WORKER OF THE YEAR
 STUDENT OF THE YEAR, MSW & BSW ∞ EDUCATOR OF THE YEAR
 LEGISLATOR OF THE YEAR ∞ PUBLIC CITIZEN OF THE YEAR

The Connecticut Chapter of NASW annually honors individuals who have made valuable contributions to the social work profession. Anyone who appreciates a Social Worker is eligible to make a nomination. NASW/CT's 2018 Annual Awards Dinner Committee considers all the nominations and the selected honorees are recognized at the Annual Dinner. The awards give the Chapter an opportunity to show appreciation to the members of the profession who exemplify the commitment, spirit, advocacy, and integrity of a social worker. Those wishing to resubmit past nominations are encouraged to do so.

Criteria For Awards

The **LIFETIME ACHIEVEMENT** award is given to a person having a career-long history of exemplary performance representing the mission of social work and notable participation in NASW. She/he should be a role model to other social workers.

The **SOCIAL WORKER OF THE YEAR** should have made a recent outstanding contribution to the profession. She/he should demonstrate exceptional qualities that make her/him exceed the expectations of her/his job.

The **STUDENT OF THE YEAR**, either a MSW or a BSW student, should have an above average academic record in addition to having made noteworthy contributions to the professional community beyond the expectations of the field experience. *May include students who graduated in 2017.*

The **EDUCATOR OF THE YEAR** award is given to an educator who has excelled in the field of social work education.

The **LEGISLATOR OF THE YEAR** award is given when a legislator demonstrates outstanding leadership and commitment to social and economic justice.

The **PUBLIC CITIZEN OF THE YEAR** award is given to someone who is not a member of the social work profession but who has advanced the profession's aims and ideals.

All nominees must:

- Be a member of NASW/CT in good standing (with the exception of the Public Citizen of the Year and the Legislator of the Year); demonstrate notable ability to take a leading role in contributing to the growth and development of the social work profession; and stimulate the contributions of others. NASW/CT Board Members are not eligible for consideration.
- Contribute to the positive image of the social work profession.
- Effectively integrate experience and education to promote the development of social work practice to meet human needs.
- Represent the professional ethics of social workers as defined in the [NASW Code of Ethics](#).
- Demonstrate a willingness to take risks for improved social services.

To Submit Nominations

Send to: **NASW/CT, 2139 Silas Deane Highway, Suite 205, Rocky Hill, CT 06067**

ALL NOMINATIONS MUST BE RECEIVED by 9/28/18 ***** Dinner will be held on 11/29/18

Nominations should include:

- A statement explaining why you are nominating the individual AND the award for which the candidate is being nominated. (Please include clear and specific description of the nominee's outstanding contributions)
- Supporting documentation (i.e. letters of support from colleagues, newspaper clippings, AND her/his resume or c.v.).
- The **CANDIDATE'S** name, place of employment, address and phone.
- **YOUR** name, address, and phone number.

Annual Awards Dinner—Save the Date!

Social Workers Rollin' on the River



SAVE THE DATE!
Annual Awards Dinner
November 29, 2018

Inn at Middletown
70 Main Street
Middletown, CT 06457
Submit Your Nominations by 9/28/18

Consider your educators, your mentors, your colleagues, and those in the community who are making a difference in the lives of others and nominate them for an award this year. You'll find the Call for Nominations in this issue of the newsletter. We are seeking nominations for a BSW Student, a MSW Student, a Social Work Educator, and a Public Citizen, as well as a Social Worker of the Year and a person to receive the 2018 Lifetime Achievement Award. Students may include those who graduated in 2018. Nominees, with the exception of Public Citizen, must be NASW/CT members in good standing who have contributed to the social work profession and exemplify the commitment, spirit, advocacy, and integrity of a social worker. We ask that you submit your nominations by September 28, 2018 to NASW/CT, 2139 Silas Deane Highway, Suite 205, Rocky Hill, CT 06067.

It's Time to Vote!

It's that time again. Your input is needed to elect our new chapter leadership. Please keep an eye on your email box for the ballot of candidates and the link to cast your vote. That email will go out in early June with a June 25th voting deadline. It's all online so you won't even have to leave your office to make your voice heard!



Seeking Employment? NASW/CT Can Help!

Did you know that NASW/CT has a Job Seekers services for members only? Many positions are not advertised widely, if at all, on often ARE YOU SEEKING EMPLOYMENT OR

WANT TO KNOW WHAT'S OUT THERE IN THE JOB MARKET?

NASW/CT has instituted a new, free, job listing service for **MEMBERS ONLY**. For the past year the chapter has been proactively recruiting employers to post employment ads in the chapter's newsletter and web site, with the latter being available for all to view. That has been good for employers but for members it has meant non-members have equal access to the job announcements. **BUT NOT ANY MORE!**

Members can now sign up for "**Employment E-Listings**" that will send you job postings as we get them, not as we post them. With this free service you get notified of jobs before they are available for viewing by non-members. Your membership in NASW/CT gives you a heads up on the competition.

Signing up for this free service is simple. Send us an email to mmaxwell.naswct@socialworkers.org and in the subject line type "Employment E-Listings". In the body of the email we will need your name, phone number, and mailing address to verify your membership, and **the email address you want the job listings to be sent to**. NASW/CT will forward you all job listings as they are received in the chapter office.

NASW/CT is not responsible for problems with emails that may cause you not to receive a listing or to receive a notice late. We will send all job postings that we receive; we do not screen jobs based on employment search preferences. We ask that you notify the chapter when you would like to be removed from the email list. The chapter may periodically inquire as to whether recipients want to remain on the list. We also verify membership on a regular basis. Employment opportunities tend to be received by the chapter regularly however we cannot predict their frequency, thus we cannot predict how often to expect the emails.

About ASI

NASW Assurance Services (ASI) is a wholly-owned subsidiary of [NASW](#) and exists to manage member insurance programs with the social worker's best interests in mind. We work hard to be a socially responsible organization dedicated to improving the lives of social workers.

In all our insurance products, we offer excellent value: the best possible product to meet the specific needs of NASW member social workers at the most competitive group rates. ASI understands the abundant rewards of social work. We also understand the importance of assessing and minimizing risk when working in today's litigious society.

As social workers become increasingly subject to [malpractice](#) lawsuits, defense against such claims, even when they are groundless or fraudulent, can be extremely expensive. Consequently, malpractice insurance is no longer simply an option for social workers; it's a necessity.

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Unlike many insurance companies that focus on creating profits for corporate shareholders, our goal is to pay program expenses that invest in initiatives that benefit [NASW](#) member social workers and advance the profession.

We offer Professional Liability Insurance for Individuals – both [Professionals](#) and [Students, Schools, Partnerships, Corporations, and Agencies](#). In addition, we offer a variety of products to enrich the lives of social workers and their families.

ASI's offices are located in Frederick, Maryland.

Meet Our New Office Administrator

The chapter is pleased to announce that Meghan Maxwell has joined the NASW/CT staff, filling the position of office administrator. Prior to joining the NASW/CT staff Meghan was employed by Mental Health Connecticut, Inc. (formerly Mental Health Association of Connecticut) where she was employed for 20 years. Meghan has excellent experience in managing an office, having held the position of Executive Assistant, Office Manager, and Administrative Assistant for MHC. She also has program coordination experience as Information and Referral Coordinator for MHC, plus counseling experience with MHC.

Meghan sought a position with an organization that had a mission she believed in and whose conduct exemplified transparency, integrity, and personal and social conscience, and after reviewing NASW/CTs website and speaking with our staff, felt she found exactly that with us. Meghan began her work with the Chapter in mid-May. We all welcome Meghan to NASW/CT.

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NASW/CT Defeats Bill That Weakened Confidentiality Statute

We are pleased to announce that through the efforts of NASW/CT and other mental health advocates we were able to defeat HB 5512: An Act Concerning the Disclosure of Certain Communications Made to a Social Worker in a Family Law Matter Involving the Custody of a Child.

The bill would have created an exemption in the social work confidentiality law allowing for disclosure of records without client consent in child custody cases. While not requiring disclosure it would have left social workers in a position to be highly pressured by family members and/or their legal representative, to disclose information about treatment. The bill also would have allowed disclosure to the court when a family member has a mental health condition.

NASW/CT testified against the bill and enlisted testimony from other advocates. We pointed out that the confidentiality statute has been in place since 1992 and works just fine. We further pointed out that the current statute already allows for disclosure if a child is at risk and that no further disclosure is warranted. Additionally, we testified as to the chilling effect it would have on clinical treatment if records could not be held in confidence.

NASW/CT mobilized members to contact the members of the Judiciary Committee in opposition to the bill. Our efforts were successful as the Judiciary Committee, following a public hearing, did not vote on the bill, effectively killing it.

We thank the following members for testimony against this bill, Robert Madden, LCSW, JD and Rose-Ann Wanczyk, LCSW, BCD, DCSW, ACSW and the following organizations, Alliance For Children's Mental Health, Advocacy Unlimited, Connecticut Legal Rights Project and Connecticut Legal Services.



Clarifying Continuing Education Requirements

The chapter gets lots of inquiries as to the continuing education requirements for licensed social workers. Here is what you need to know:

LMSWs and LCSWs must get 15 hours of social work continuing education per license year. A license year is the 12 months covered by your license.

When you attain your license for the first time you **DO NOT** need to get continuing education. The CE requirement starts with your **first renewal of the license**.

You can attain up to 6 hours of home study continuing education per license year. Home study includes online courses, DVDs/CDs and reading material. Home study hours must include a post-test that you have to pass. Live interactive webinars count as live programs (not home study).

You need to get 1 hour of continuing education each license year related to cultural competence. For a definition of what counts for cultural competence and more information on this requirement <http://naswct.org/continuing-education/ce-regulations/ce-requirement-cultural-competence/>

You need to get 2 hours of continuing education on veterans. This requirement takes effect when you **renew your license for the first time and every six years thereafter**. For more information on this requirement <http://naswct.org/ce-requirement-for-veterans-services/>

Continuing education programs must be approved by: NASW (national or any chapter), Association of Social Work Boards, or a MSW or BSW school of social work that is accredited by CSWE. **If you take a program that is not approved by one of these bodies you can apply to NASW/CT after taking the program for individual approval** <http://naswct.org/continuing-education/individual-reviews-continuing-education-credit/>

CE programs only count when they are taken during your license year. You cannot apply a program from a previous license year to the current license year. So if you have more than 15 hours of CE in one license year you cannot carry over the extra hours.

If you give an original presentation on a social work topic to a group of professionals you can count it for 5 CECs. You can only count the 5 CECs once (if you give the same presentation more than once you cannot get CECs for repeated presentations).

You must maintain a record of your continuing education hours (certificates of completion) for 3 years. When you submit your license renewal you will attest to attaining your CE hours. You do not submit your proof of CE hours unless requested to do so by the Department of Public Health.

The chapter often is asked if Ethics training is required.

Many states have an ethics training requirement but CT is not one of them.



Message from our Membership Coordinator

Kaitlin Binnington, BSW

I had the pleasure of working on membership as a volunteer for two years prior to coming on staff here at the chapter. In my time as a volunteer I worked primarily to increase student membership through membership presentations to students at Connecticut social work programs. During this time my focus was students because I was a student. In the past six months my membership outreach has grown beyond students, and the chapter has been increasing in membership for the past three months. In January our membership was 2609 and in the beginning of May it was 2649 – a 1.9% growth that developed in just three months.

In the time that I have been at the chapter as a staff member we have developed the Membership Recruitment and Retention Workgroup into a chapter committee that was approved by the board. This committee is comprised of a small handful of people who are working diligently on developing recruitment campaigns, programming for welcoming new members, retention programming, and other initiatives.

The committee's current initiative is a student-based conference. The committee had the idea to develop a conference, similar to the one we do for our annual conference, but specifically geared towards students and topics that will help them as new social workers. This conference will consist of workshops around resume building, interview skills, how to avoid a burn out, and other topics. The main purpose of this conference is to reach students in a new way. The committee plans on having this conference be a low cost, just enough for a student membership. The price that the student pays to attend will

pay for their membership for a year. This would heavily increase membership as well as pour into the next generation of social workers.

I am excited to have a position here at the chapter that allows me to connect to members and meet the needs of social workers all at once. The other part of my position is continuing education. I have had the pleasure of collaborating with the chapter regional representatives on having a robust selection of regional meetings throughout the state. Additionally, I have been working on developing continuing education programming sponsored by the chapter.



We have coordinated an excellent presentation from Robert Whitaker called *“Mad in America: Why We Need to Create a New Paradigm of Care”* with the NASW Clinical Social Workers Network. This event is taking place at the Four Points by Sheraton in Meriden on June 15th. It promises to be an invigorating conversation about different interventions for those with a major mental health disorder. You can register for this workshop on our website,

www.naswct.org and I look forward to seeing you there.

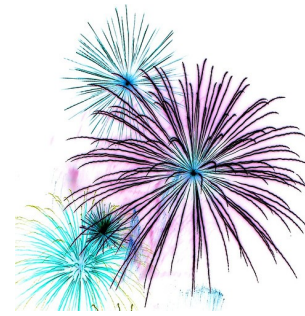
Membership and continuing education projects are under constant development. If you have any interest in becoming a part of the Membership Recruitment and Retention Committee, being a part of the student conference, or if you have an idea for a continuing education project please reach out to me via email kbinnington.naswct@socialworkers.org or phone 860-257-8066. I look forward to working with you to enhance social work and pour into the next generation of social workers!

New Members

| | | | |
|-----------------------------|--------------------------------|--------------------------|---------------------------------|
| Elizabeth Arcila | Maria C. Figueroa | Eileen Heaney Krueger | Naina Rana |
| Breanna Rose Aurigema | Jordana Fowlin | Sergena Lee Laine | Laurie A. Rios |
| Andrea Loftus Bayley | Jillian N Frey | Sandra Lauth | Sabine Romsaint |
| Anna Marie Birchenough | Francis Peter Furmanek, III | Kelly Leach | Yamilette Rosado |
| Margaret C. Bottone | Britni Baer Gagne-Fox | Priscilla Paula Leon | Marissa Ryan |
| Brenda L. Bryant | Loly Gallego | Dorian Long | Carol Linda Samuel |
| Ellen Buffa | William C. Gilbert | Melissa Lopes | Deanne Sansone |
| Kathleen Callahan | Cindy Guilbe | Xylia Lopez | J-Ada Serrano |
| Stephanie Marie Caouette | Dawn Hebert | Molly Malone Mannix | Monique Simone |
| Lourdes Carrasco | Meaghan Helmbrecht | Shana A. Marques | Lindsey Smereczynsky |
| Isabel Carrasquillo | Grace Herman | Jacqueline Moffatt | Cynthia Smith |
| Lauren Chapman | LaToya Renee Hobbs | Morgan Moller | Maggie Marie Smith |
| Jean Coady | Chelsea Lynn Houston | Maria Alessandra Morales | Shannon Delise Smith |
| Emily Anne Coffey | Jennifer Huber | Francinne Anez Moronta | Crystal Lynn Sonntati |
| Damaris Colon | Danielle Hubley | Joseph Mwangi | Samantha Steinmetz |
| Sage D'Angelo-Sylvia | Alvaro Enrique Huerta | Denise Michelle Newton | Sara Stevenson |
| Jaclyn Ann Davis | Angela Hurzeler | Nicole E. Noche | Brittnie Veronica Stoy |
| Lorraine Davis | Shazia Husain | Joanne O'Connor | Laura Taets |
| Chelsea Day | Ivette M. Ivette | Tara C. O'Neil | Katharine Teper |
| Danica Delgado | Bo Ellen Jacaruso | Ryki Pearce | Gretchen Test |
| Julie Powers DeMarco | Alexa Jacobs | Jenna M. Pelazza | Caitlin Rita Thornhill |
| Marisa Desjardins | Suzanne Caroline Jacob-Muccino | Susan Perreira | Elizabeth Catherine Trojanowski |
| Domina DiBiase | Magalie Jean | Bevin Perry | Lynn Tylec |
| Christopher P. DiElsi | Claire Kaiser | Dany Pichardo | Daniel J. Varley |
| Fantasia Eason | Kathleen Kaliscak | Tanisha Pickard | Andrew Spencer Vitale |
| Ashleigh Jasmine Edwards | Linda A. Kelly | Jennifer Pool | Ashley Vosburgh |
| Sarah Elliott-Stowe | Abigail Kessler | Erica Pope | Patrici Cyre Wallen |
| Tanya Maria Ennis-Bleckford | Serina Kissko | Dana Prisloe | Christopher Schofield Walters |
| Boris Enowitch | William Erich Kregel | Amanda Puryear | |
| Kristin C. Erickson | | Rebecca Ramos | |



Welcome!



Sample Social Media Policy For Clinical Workers in Private Practice

By Mirean Coleman, LICSW, CT, Clinical Manager from the Spring 2018 Issue of Practice Perspectives, NASW

Clinical social workers who use social media in their private practice should develop a social media policy to inform patients how social media will be used in the therapeutic relationship. Recognizing that private practices are different in the way services are provided, the social media policy in this document serves as an example to assist private practitioners in developing a policy that may meet the needs of their practice.

An introduction is recommended to inform patient of social media usage in your practice and its potential risks. An example is as follows:

Social media is used to deliver services in this practice and my office policies on social media are outlined below. Social media includes online communications to seek and share information, provide professional services, and send and receive information. Examples include emails, texting, blogging, Facebook, and Twitter. Please note that social media may not protect your privacy and is considered public communication. The use of it to provide services is only done with your approval.

Identify the social media sites you may or may not use in your practice. Examples include but are not limited to the following:

Search Engines

Search engines are not used to seek information about you. A rare exception would be during a crisis when I have reason to suspect that you

may be in danger to yourself or others and I have exhausted other resources. Should this ever occur, I will document it in your clinical record and discuss it with you at your next session. If you should use search engines to seek information about me, I recommend that you discuss any concerns that you may have about me at our very next session.

Texting

(Decide whether you will use texting in your practice.)

I do not respond to mobile phone text messages (SMS) and please do not send them to me. This type of communication can compromise confidentiality. Any text message I receive is documented in your clinical record.

Emails

(Decide what types of emails you will accept and respond to, if any.)

Emails are used only for scheduling or canceling an appointment and it must be from your personal email account only. Do not email content related to therapy sessions because such communication may not be secure nor confidential. Nor should you use emails for emergencies and crisis because I have limited business hours in which I check my emails. Emails received from you and sent to you become a part of your clinical record.

Sample Social Media Policy Continued

Friends

Friends or contact requests from current or former clients on social networking sites may compromise confidentiality and our therapeutic relationship and are not accepted. There will be no friending via social networking sites such as Facebook and LinkedIn. If there is content you wish to share with me from your social media site, bring it to a psychotherapy session for discussion.

Tweets/Blogs

I do not follow current patients or former patients on twitter nor blogs. Doing so may negatively influence our therapeutic relationship. I may sometimes publish a blog on my professional Website and offer information about my practice. I have no expectation for you or any patient to follow me on Twitter or read my blogs. If there is content you wish to share with me from your online site, you may bring it to our next session for discussion.

Location-Based Services

There are privacy concerns related to location based services on a mobile phone. If you have GPS tracking or a location-based device on your mobile phone, it may compromise your privacy and provide a clue that you are a therapy patient due to your regular check-ins. Separate Accounts I have a professional social media account which is used solely for professional matters regarding my practice. I will not reveal any

information about you on my professional account nor will I have an online relationship with you on my professional site. You are not expected to respond or comment on anything that I post. I will not respond to any comment you may have online. If you have a concern about anything I post, please make me aware of it during our next session so that it can be discussed. I have a personal account which is separate from my professional account and is used for non-professional activities. No information about you will be posted on my personal nor professional account. If you have any questions about my social media policy, please let me know. Should there be any changes to this policy, I will inform you.

Name (Print)

Date

Name (Signature)

Date

Therapist (Signature)

Date

The Aging Brain

By Virginia Lee, MSW, MS, ACSW

What's Aging Brain

Alzheimer's Dementia is a progressive neurologic disease that affects an estimated 5.5 million patients in the United States.

According to the Alzheimer's Association, in 2017, the estimated cost of caring for those with Alzheimer's (and other dementias) in the United States will total approximately \$259 billion for caregivers. The costs of a person with dementia totals more than \$287,000 (Compare to the cost of raising a child from birth to eighteen years old is \$233,610). In 2017, Medicare and Medicaid will spend approximately \$175 billion caring for those with Alzheimer's and other dementias, a big portion of their total budgets.

What's Alzheimer's Disease?

It's a physical disorder affecting the brain, with psychological symptoms, problems remembering, thinking and eventually affecting one's ability to function.

The plaques and tangles within the brain are two of the main features of AD. Another physical finding in the brain of an individual with AD is a loss of connections between nerve cells (neurons).

Research suggests that damage to the brain caused by the disease may start a decade or more before problems become more pronounced.

These abnormalities within the brain affect the neurotransmitters chemicals in the neurons that enable cells to communicate across tiny gaps called synapses, and this leads to an imbalance of these chemicals. Over time, neurons lose their ability to function appropriately and communicate with one other, eventually, they die, in combination with the chemical imbalance, this leads to changes in behavior and personality. As AD progresses, the microscopic damage spreads to a structure in the brain called the hippocampus.

As more neurons die, more areas of the brain are involved and begin to atrophy (shrink). By the final stage of Alzheimer's; damage is widespread, and the brain atrophies significantly.

In 2017, an American was diagnosed with Alzheimer's every 33 seconds. By 2050 it will double, to every 66.

What are the leading causes of Dementia?

- Alzheimer's Disease
- Vascular Dementia(multi-infarct)
- Parkinson's Disease
- Lewy Body Disease
- Alcohol- Related Dementia (Korsakoff's syndrome)
- HIV/AIDS Dementia
- Frontal Temporal Dementia (Pick's disease)

Early Mild Cognitive Impairment

- Increased forgetfulness
- Depression and anxiety are common. The person may be-

come rigid in his/her thinking.

Still able to function in all areas socially, occupationally, and in the home

Folstein Mini Mental Status Exam Score is 26-30 for Early Mild Cognitive Impairment

Early Dementia

Memory loss, especially for recent events, and problems acquiring new material. Speech may become repetitive and stories repetitive. Increased difficulty communicating, problems finding words, and difficulty making decisions.

Depression, anxiety, loss of interests in activities. Paranoia and hallucination may occur. Impulsive behavior

Mistakes and accidents common in balancing the check-book, driving a car, and preparing meals

Folstein Mini Mental Status Exam Score is 20-26 for Early Dementia

Moderate Dementia

Memory worsens, including memory for more distant events, and people.

Lose ability to reason, only able to follow simple one step instructions, such as chew food

Agitation and rapid changes in mood and behavior Only able to perform the most basic tasks.

Folstein Mini Mental Status Exam Score is 10-20 for Moderate Dementia

Severe Dementia

Total loss of memory, including being able to recognize relatives.

The ability to comprehend and follow instructions Speech is mostly gone.

Extreme disturbance in both behavior and emotion- Either highly agitated behavior or totally flat, in which the person does absolutely nothing and can remain motionless for hours.

Requires complete assistance with all activities, including bathing, toileting, eating, walking and dressing.

Folstein Mini Mental Status Exam Score is 0-10 for Severe Dementia

Dementia Evaluation

- MRI or CT Scan
- EEG
- Physical examination
- Blood test CBC, Electrolytes, Thyroid function tests
- Genetic test
- Folstein Mini Mental Status Exam for cognition
- Mini Cog Wheel for cognition

Reversible Demetia

- Normal Pressure hydrocephalus

The Aging Brain Continued

Medication effects
Hypothyroidism
Infectious causes
HIV disease
Other infections

Risk Factors

Age
Sedentary Lifestyle
Genetics
Head Trauma
Lower education
Poor Social Supports
Obesity
Depression
Hypertension
Smoking
Heart Disease

Alzheimer's can be prevented as evidenced by physical activity, exercise, cardio respiratory fitness, diet and mental stimulation.

University of Wisconsin-Madison (UWM) investigators found that for people at risk for Alzheimer's, moderate-intensity exercise is better than light -intensity because the intensity level is linked to healthier patterns of glucose metabolism in their brain.

The investigators were led by senior author Dr. Ozloma Okonkwo and Ryan Dougherty, a graduate student under the direction of Dr. Dane B. Cook co-author. The research involved 93 members of the Wisconsin Registry for Alzheimer's Prevention, which, with more than 1,500 registrants is the largest parental history Alzheimer's risk study group in the world.

Investigators used accelerometers to measure the daily physical activity of participants, all of whom are in late middle-age and high genetic risk for Alzheimer's disease, but presently show no cognitive impairment.

Researchers discovered moderate physical activity (a brisk walk or vigorous strenuous run) was associated with healthier (greater levels of) glucose metabolism in all brain regions analyzed. Light physical activity is (= walking slowly).

Subjects who spent at least 68 minutes per day engaged in moderate physical activity showed better glucose metabolism than those who spent less time.

This study has implications for guiding exercise that could help protect the brain from Alzheimer's Disease as per Dougherty.

Social Worker's Recommended Treatments and Advocacy for Alzheimer's Disease

Medications
Treatment of problems
Regular vision and hearing assessments
In home nursing care
Use of durable medical equipment
Consult with rehab staff
Behavioral approaches to problem behaviors

Adult day care
Music therapy
Emergency response system
Massage therapy
Activity therapy
Exercise (as mentioned in UWM by researchers Dr. Okonkwo and Dougherty)
Respite days in nursing homes
Reminiscence therapy – going through an old album, watching old television shows, recalling important past events.
Encourage and discuss past achievements, skills, and talents.
Validation technique- validating the person's present moment via verbal and therapeutic touching.

Social Worker's Recommended Behavioral Treatments and Strategies in Keeping Older Adults in a Positive Frame of Mind:

Positive Psychology-focus on well being and increasing positive emotions (Seligman).
Find a pleasant sight
Practice Gratitude daily list (3 things) ; write a letter to someone whom you are grateful
Optimistic thinking, to promote positive moods, vitality and high morale
Laughter – an instant vacation (Ketner, 2009)
Music
Dance
Humor
Savoring – If one is Gratiified, enjoying tastes, smells, and sights one tends to be less hopeless, less likely to experience depression, stress, guilt, and shame.
Smiling(the human brain prefers happy faces (Goleman, 2006)
Social support
Nature or Tree therapy- decreases depressive symptoms, anxiousness and improves sleep.
Refuge- A cup of tea, going to Church or Synagogue, or eating chocolate M & M.

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Edited

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