

CONNECTIONS

April—June 2021



I AM NO LONGER ACCEPTING THE THINGS I CANNOT CHANGE. I AM CHANGING THE THINGS I CANNOT ACCEPT.

ANGELA DAVIS

President's Column	2-3	Veterinary Social Work	10
CE Program Approval in Connecticut	3	Telehealth Bill Moving Forward	12
Executive Director's Column	4-5	Advocacy Fund Drive	13
Latino/a Social Workers Network Mentoring Program	6	Nursing Home Social Work Bill Advance	14-15
Members in the News	7	Thanks to Our Presenters!	16-17
CT Municipalities Should Hire BSWs and MSWs	8	Psychology of Suicide Webinar	18
Chapter Submits Record Amount of Testimony	9	Social Work & Policing Webinar Series	19



Shannon Perkins, LMSW
President, Connecticut Chapter

All in a Year's Work

As I write this, we are just over three weeks into Spring. It is getting warmer and warmer each day, the days are getting longer, and the trees are blooming once again. One year ago, the World looked incredibly different; we had already passed the “two-week” quarantine we were promised, and everything seemed so uncertain. Now, we have three highly efficacious vaccines and growing numbers of CT residents are getting vaccinated each day. Grandparents are meeting their grandchildren for the first time and children hugging parents they had not seen in months. Despite this renewed hope and sense of joy, we must remain vigilant and protect those around us by protecting ourselves. Stay safe, mask up, and get the vaccine when you can.

In one way or another, each person in this World has been impacted by COVID-19 over the last year. Social workers have been in the center of it all from the start and as we continue to face the ramifications of COVID-19, we must be as prepared as we can; not only by arming ourselves with education but by putting our own oxygen masks on first, something often easier said than done. Take steps to learn to accept the help that those around you offer. Set boundaries that ensure

your wellbeing, however small they may seem. Set your own definition of self-care, cultivating realistic practices that you can incorporate into your daily life. Join the growing number of NASW/CT members and get involved with the chapter. Join a committee, volunteer to make phone calls for legislation that matters to you, attend a webinar to better your practice – whatever you do, stay connected, we need you. You can learn more about what NASW/CT has to offer at <http://naswct.org>.

Mid-way through writing this column, it dawned on me – in less than three months, I will have completed my first year as President of NASW/CT. Considering this, I cannot help but reflect on how much has changed for me, both personally and professionally in these last 12 months. As challenging as it has been, I have grown tremendously, and I wouldn't change the person I've become as a result. As I look back, I struggle hearing folks talking about getting back to “normal” because what does that even mean? Is our normal the senseless killings of black and brown people by police? Is our normal alarming increases in the rates of hate crimes directed at Asian Americans? Is our normal waking up to the news of another mass shooting what feels like every day?

Year, continued

The COVID-19 pandemic shined a light on a lot of what is wrong in this country and it is important that we continue to examine these issues and work to dismantle them. As we forge forward, our “new normal” must include standing up against harmful norms and speaking out against racism, hate, and violence. Our new normal must include saving countless lives by advocating for common sense gun control and law enforcement reform. As social workers it is our job, our ethical mandate to challenge social injustice and ensure the dignity and worth of all people. We cannot allow the excitement of getting back to “normal” cloud our dedication to the work we have been doing day in and day out for over a year.

Much progress has been made and because of the hard work of social workers, the best is yet

to come. Now, more than ever, we want to show our appreciation to all social workers, especially those who have excelled and shown strength and leadership through the COVID-19 pandemic. I implore you to nominate a social worker for the NASW/CT Award for Excellence During COVID. This year, we will be honoring up to three social workers who have made outstanding contributions to the field during this unprecedented time. For more information or to submit a social worker for consideration of this important recognition, please email phartman.naswct@socialworkers.org.

I look forward to another year serving every one of you as we fight to improve our profession and the lives of those in need. Thank you for allowing me to represent you.

How to Know if a CE Program is Approved in CT

Covid-19 has led to a dramatic increase in virtual trainings, with most offering CEUs. If you are seeking continuing education units make sure when you sign up for a program that it has CT recognized approval. DPH accepts programs approved by NASW, Association of Social Work Boards (ASWB), and schools of social work (BSW & MSW) that are accredited by the Council on Social Work Education (CSWE). If a program does not have one of these approvals it is **not acceptable** for license renewal. If you take a course that is not approved by one of the aforementioned bodies, NASW/CT does offer an approval review after you have taken a program <http://naswct.org/continuing-education/individual-reviews-continuing-education-credit/> at a fee of \$20 for members and \$60 for non-members.



In the Eye of the Storm?

Steve Wanczyk-Karp, LMSW
*Executive Director
Connecticut Chapter*



I am writing this on April 8, 2021, about 13 months into the pandemic and my working remotely from home. In some ways it does not feel real that it has been over a year of virtual work. On the other hand, it is hard to remember what it is like to have worked out of the office and hard to imagine what it will be like to return to the Chapter office. At this point the Chapter has no plans to reopen the office full-time (2 staff go in on some days) and NASW/CT does not plan to hold any in-person events, most likely for the remainder of the calendar year. When we do return what will it be like? What will be different? How will we pick up from where we left off? How will the lessons of virtual functioning be utilized? I actually do not know the answers to these questions other than to say it will never be quite the same. Covid-19 is making an indelible impression that I believe most, if not all of us will live with for the remainder of our professional careers.

Today is a sunny and warm day that makes one want to leave the mask at home and go outside to fill one's lungs with fresh spring air. In fact, I see many neighbors that are doing just that. The temptation is strong, but I know it is not safe. We have variants plaguing our state, we do not know how long the vaccine will protect us (for those who are vaccinated) and the calm belies the dangers that still abound. Our personal lives and professional lives are still very much at risk. We still need to practice being safe, which for some of you who are essential workers is no easy task. Social work is rooted in community practice, be it micro, mezzo or macro

practice. My thoughts go out to all of you who are serving clients directly because remotely is not an option. The importance of your work and the commitment you make by going to work cannot be overstated.

I remember having lived through a hurricane where the "eye of the storm" passed overhead. The strong rain and winds slowed down, then came to a halt. The sun came out and I went outside to see the damage to the yard. Then the eye passed, the rain started again, and the wind blew from the opposite direction. We may be entering the eye of the Covid-19 pandemic. There is an increasing sense of security as more and more people are vaccinated, more businesses open, and restrictions are lifted. Will this lead to another phase of Covid-19 spreading? We do not know but we should prepare ourselves for the remainder of the year to be potentially difficult. We need to keep up our guard and remain safe.

So, I go back to the questions of how will practice change? We know that telehealth has dramatically changed the delivery of behavioral health and physical health. I hear from clinicians who report that no-show rates have considerably dropped, access to care has considerably increased, and the significant costs of going virtual is not something agencies and individual practitioners are all going to totally walk away from.

Cost shifting needs to be looked at. The Chapter office's operating costs have never been lower. Staff

Storm, continued

travel is non-existent, the rate of consumables is near zero, and space needs in the future will need to be evaluated. I used to travel to schools and agencies to speak in-person, now it is virtual and the student/participants experience needs to be evaluated. From my perspective it has worked well. The time I save in travel alone has made me more productive. Our Executive Committee and Board of Directors have chosen to stay virtual. The work gets done in less time, members do not have to travel to Rocky Hill (meaning members who reside at a distance so were never able to serve in leadership now can) and the experience has come to be comfortable. We have committees that had been hybrids, with some members on conference call while others were in the room. This was never a great experience for those on the phone, invisible persons with only voices over a speakerphone. Now all can be visible, virtually visible but seen and heard. How will our committees operate in the future? Perhaps some will choose to return to in-person or hybrid. How many will choose to be primarily or solely virtual? In a "person profession" how will we proceed?

This is not to say that virtual has been a blessing in disguise. Technical glitches with equipment and little to no access for those without computer access is a major challenge that faces Connecticut. Addressing the digital divide has never been more important and when the pandemic subsides, we cannot forget the divide still must be closed. Plus, there is less down time when you can go from a meeting at 3, to one at 4 to one at 5 etc. without that break that comes from travel or chatting or just cleaning up the meeting room. If we are to remain largely virtual or even partially so, we need to address the need for transitions. Additionally, employers need to address the cost shifts from employer's facility-based cost to employee's personal costs at home, such as increased utility usage and the expenses associated with setting up a home office.


As we look at all of the changes wrought by the pandemic, we must begin to plan for practice post-

pandemic. I suspect that for NASW/CT it will lead to hybrids that recognize the reduced costs to the Chapter and the ability to involve more members (yes, I remember all of you who are not in the Greater Hartford/New Haven corridor). At the same time, we need to appreciate the advantages and joy of coming together in-person. It is a challenge that the Chapter's Board of Directors and staff will have to figure out. I encourage members to share your thoughts and experiences in your interactions with the Chapter office since the pandemic began.

As we move forward the research on Covid-19 and mental health gives us reason to pause, reflect and prepare for far worse. An Oxford University study found that 19% of persons with Covid had a psychiatric diagnosis within 90 days of contracting the disease. A Harvard University study of 224 children and adolescents found that about two-thirds of them had clinically significant symptoms of anxiety and depression, and the same number had behavioral problems such as hyperactivity and inattention between November 2020 and January 2021, far higher rates than what one would normally see. Covid-19 is bringing upon us a tsunami of mental health needs the likes we have not seen in our lifetimes. I fear that the Governor's proposed budget and the Legislature's actions to date are insufficient to deal with the coming flood of mental health needs. Tell your elected officials we need to do more, NOW.

Social workers deliver about two-thirds of all mental health services in Connecticut. We are the frontline of treatment. Social workers have risen to the challenges this pandemic has brought upon our communities and clients. For us it has been a double whammy; we are addressing our clients struggles and losses while experiencing our own. We are amongst the unsung heroes of this pandemic. We should all be proud of our work on behalf of our state's individuals, families, organizations and communities. We at NASW/CT thank you.

Latino/a Social Workers Network



LATINO/A SOCIAL WORKERS NETWORK

WHAT?:
The 2021 Mentoring Program

WHEN?:
Last Friday of the Month
6pm – 8pm

WHERE?:
ZOOM link will be sent after you rsvp for events!

WHY?:
To enhance your social work education

Come join us, a group of social workers with varying years of experience, to discuss topics from a Latinx perspective.

To the right you will find our Spring 2021 group mentoring sessions, open to BSWs, MSWs, and LCSWs.

If you have an interest in being mentored by a Latinx Social Work mentor, on a one-to-one basis, please notify your Latino Network co-chairs: [Alberto Cifuentes, Jr.](#), & [Celaura Estrada](#).

Interested?
RSVP to Alberto and Celaura at:
LSWctMentoring@gmail.com

2021 MENTORING PROGRAM

NETWORKING FOR SOCIAL WORKING
February 26, 2021

THE ART OF NEGOTIATION
March 26, 2021

WHO SAYS SWs HAVE TO BE POOR?
April 30, 2021

GET LICENCED
May 28, 2021

Can We Get to \$10,000?

NASW/CT is in the midst of our annual advocacy fundraising campaign. Each year we ask members to make an individual donation at whatever level is comfortable, to help us cover the costs of our lobbyists and advocacy actions. No donation is too small!

The Legislative Session is at the mid-point and we are pleased to announce that this year we are at the 89% mark to reaching our **goal of \$10,000**. As of April 8th, we have raised \$8,926. Can you help put us over goal? All donations go 100% to the Chapter's successful work advancing social justice and social work issues.

With less than \$1,100 to go to reach our 2021 goal you can be the member that puts us over the top! Please consider a donation made to NASW/CT and sent to NASW/CT Advocacy Fund, 2139 Silas Deane Hwy., Ste. 205, Rocky Hill, CT 06067 or securely donate online at <http://naswct.org/donate-to-advocacy-fund/>

Thank you for building the Power of Social Work!



Members in the News

Mina Bibeault had an opinion editorial on school social work during the pandemic, printed in the Stamford Advocate. **Kathleen Gilbert** was extensively quoted for an article on the impact of the pandemic on school children, in the CT Mirror.

Tanya Rhodes Smith was awarded the **2021 Outstanding Individual in Academia Award** from the Congressional Research Institute for Social Work and Policy (CRISWP). The award was presented at the CRISWP 2021 Social Work Day on the Hill.

Shannon Lane is running in a primary for the Board of Education in Bethany and we are pleased to announce that CT PACE, the political action committee of NASW/CT has endorsed her.

Why Connecticut's Municipalities Should Hire BSWs & MSWs for Social Service Positions



Just before Covid-19 hit NASW/CT had launched a campaign to increase the employment of social workers in municipalities. This summer we are planning to restart the campaign with an emphasis on social workers as essential workers now and post-pandemic.

Social workers are excellent candidates for positions in human services departments, schools, elderly services, youth bureaus, libraries, senior centers and police departments. The chapter has sent a mailing to the chief executives of each municipality and will be doing a similar mailing soon to municipal Human Resources directors. If you learn of a job posting in your city or town let NASW/CT know so that we can advocate for preference in hiring of BSWs and MSWs. Below are pointers from a fact sheet we are using in the campaign:

- Studies that date back to the 1980's have shown that individuals with a baccalaureate degree (BSW) or master degree (MSW) in social work have better client outcomes than individuals with related degrees.
- Connecticut has six graduate schools of social work and eight undergraduate

programs. Combined with nearby BSW & MSW programs in surrounding states there is an ample pool of candidates to fill municipal social work positions.

- BSWs and MSWs acquire their degree through a rigorous curriculum that is nationally standardized by the Council on Social Work Education. This curriculum includes 10 practice competencies, augmented by 42 practice behaviors that each social work student must attain in order to earn their degree. Individuals with related degrees do not have this level of preparation.
- Social Work students must complete supervised field internships to earn their degree. This guarantees that the social worker is entering the workforce with real life practice experience. Most related degrees do not have such experience.
- In 2014 the State of Connecticut made an administrative decision to give preference in hiring of BSWs and MSWs for most state social worker positions. Due to the successful results of such hiring in 2019 the state put the preference into state statute for all state social worker positions.

40 and Counting! Chapter Submits Record Amount of Testimony

NASW/CT has always made the voice of social work heard at the State Capitol, however 2021 has set a new record. With several more weeks still to go of public hearings on bills, NASW/CT had submitted 40 pieces of testimony as of March 24th. By the time that the public hearings are done we anticipate having submitted up to 45 pieces of testimony! While we cannot physically be at the Capitol this session, we are having a very strong virtual presence.

Among the topics that NASW/CT has offered testimony on is: telehealth, Medicaid expansion for immigrants, Medicaid expansion for HUSKY A parents, state financial assistance programs, housing, homelessness, voting reforms, corrections reforms, license reciprocity, nursing home social work, home care social work services, equitable taxation, Red Flag Law, aid in dying, workers compensation for mental health, crisis intervention teams, public option, age discrimination, zoning & desegregation, Governor's budget, birth certificates for

adoptees, health equity, education, racial justice, school based health clinics, and the Parentage Act.

Legislative alerts have been sent on many of these issues to our members who have legislators on the committees that bills were being heard. For priority bills chapter

volunteers and interns made hundreds upon hundreds of follow-up calls to members.



A special thank you to the following ELAN (Education and Legislative Action Network) members who wrote testimony so far this year: Kathleen Callahan,

Christina Cowan, Melissa Keilty, Amber Kelly, William Knoegel, Gina Rosich, Stephen Monroe Tomczak, and Stephen Wanczyk-Karp.

To read the testimony submitted this legislative session go to <http://naswct.org/category/leg-testimonies/> where all 2021 testimony is posted in chronological order.

**Your legislators work for you, so let them know how you want them to vote,
and when you call, make sure to say you are a social worker!**

Veterinary Social Work: A New Direction in Connecticut



Veterinary Social Work is not a new concept but it could be having its start in Connecticut as the Central Hospital for Veterinary Medicine in North Haven is presently looking for their first full time LCSW to join their team. The licensed social worker will provide emotional support to clients and staff, short term interventions, and psychoeducational programs on compassion fatigue, self-care, human and animal bond, grief and loss, and communication. **Please see the NASW/CT Chapter's classified advertising for more information.**

Social workers have attended to human animal issues in practice for over 30 years, the first peer-reviewed published account being a case summary in Social Work back in 1975. Over the years social work literature has addressed issues of pet loss, animal-assisted therapy, companion animals, the importance of pets for the elderly, social work implications of animal hoarding, and even the debate over the social worker's responsibility to attend to the welfare of animals. What was missing, however, was the professionalizing of this aspect of social work practice until The University of Tennessee College of Veterinary Medicine and College of Social Work established the country's first veterinary social work program in 2002.

Today more and more veterinary clinics are hiring social workers to run pet loss support groups, help owners make difficult treatment decisions, and counsel their work colleagues who are suffering from compassion fatigue having experienced grief and loss over and over again in the clinic. The attachment between animal and human can be intense, some owners expressing a desire not to live if serious illness were to befall their pet. There are ethical challenges associated with offering treatments that clients can't afford along with quality-of-life conversations with pet owners. Having a social worker on staff can free up the medical staff for treatment of the animals while still attending to the human client's needs. Those involved in veterinary social work programs feel this is an important, exciting frontier in veterinary medicine.

Recorded Trainings Now Available

SOCIAL WORK ONLINE CE INSTITUTE

Some of the trainings we have been doing via Zoom were recorded and are now available on the **CE Institute**. These would count towards the 6 CECs you can have via web based (pre-recorded) media and because they are approved by NASW/CT, they are accepted in Connecticut. Thanks again to the presenters who helped make this possible!

["Mindfulness for Social Workers" by Dana Schneider, PhD, LCSW, ACC, CMT-P, RYT 200](#)

["Zooming into Mindfulness: Telehealth with Children" by Rose-Ann Wanczyk-Karp, LCSW, BCD, DCSW, ACSW](#)

["Screening, Assessment, Support, and Intervention for Victims & Survivors of Domestic Violence During the COVID-19 Pandemic" with Kai Belton, LCSW, Linda Blozie, and Sharlene Kereleja, LMSW](#)



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Telehealth Bill Moving Forward

There are two major telehealth bills before the state legislature. The first bill is 1022: An Act Concerning Telehealth that has passed the Insurance Committee on March 22nd. The second bill is 6472: An Act Concerning Telehealth in the Human Services Committee that is specific to Medicaid and not voted on as of March 23rd. Both bills are being supported by NASW/CT though 6472 has a sunset date of June 30, 2023 that the Chapter is seeking be eliminated.

Both telehealth bills maintain the current provisions of Governor Lamont's executive order that has significantly led to the success of telehealth in our state. Here are the key provisions sought by NASW/CT that are in the bills:

- Allows for audio only as well as video & audio.
- Prohibits insurers from dictating the platform used by providers as long as the platform is HIPAA compliant.
- Requires reimbursement rate equity of telehealth with in-person payment.
- Allows for the provision of service to be from any location.
- Bill 1022 makes the above provisions permanent.

Bill 1022 covers all in-network providers. In the Chapter's testimony we called for out-of-network providers to be included, which as of this writing has not been done. Bill 6472 includes a study by DSS as to whether telehealth has been beneficial to the Medicaid population, what regions of the state saw the most benefit and if medical transportation costs were reduced. The study is due to the Legislature by January 1, 2023 and will be

considered in determining if Medicaid will continue to approve telehealth, and if yes, under what provisions after June 30, 2023. At the bill's public hearing there were statements made by the Human Services House Chair that the study is for the purpose of determining if statutory revisions are needed and is not meant as a means for elimination of Medicaid telehealth. This may be the intent but NASW/CT is concerned that the actual language in the bill reads otherwise, which is why we testified in favor of adopting clarifying language or elimination of the study. Prior to the pandemic Connecticut was the only state not to cover telehealth under Medicaid.

The Legislature has until April 19th to pass a telehealth bill ahead of the Governor's telehealth executive order that expires on April 20th. It is possible that the Legislature may extend by 30 days the Governor's authority, in which case it is highly likely that Governor Lamont would extend the telehealth order if a bill had not yet reached his desk for signature.

NASW/CT has proactively supported and lobbied for telehealth. The Chapter has done so in collaboration with other health care providers and on our own. Telehealth is a high priority for NASW/CT, and nationally for NASW, as it has shown to have benefited consumers and providers during this pandemic and clearly will continue such benefits post-pandemic.

We thank all of our members who have contacted their legislators, often multiple times. It has made tremendous difference in gaining bipartisan support for all of the current telehealth provisions, from a majority of state legislators, despite the objections of insurers.

The NASW/CT 2021 Advocacy Fund Drive

Help Us Protect & Expand Social Services & Expand Social Justice Laws

Our Legislative Agenda Includes:

Social Justice Issues

Protecting the Safety Net for Connecticut's most vulnerable citizens;
Making Telehealth changes **PERMANENT**;
Expanding HUSKY to cover parents up to 210% poverty rate;
Creating a Public Option in health insurance;
Increasing funding for community non-profit providers;
Expansion of mental health services in schools and community;
Criminal justice reforms;
Expanding voting rights, use of absentee ballots and early voting;
Promoting progressive revenue sources to pay for human services.

Social Work Legislation

Increasing number of social workers in nursing homes;
Medicaid coverage for social work services in home care;
Increase the number of CEU hours allowed as home study;
Defeating any bills that infringe on social work practice;

100% of your donation goes to the cost of having contract lobbyists that are our "eyes and ears" at the virtual Capitol.
Donating today means that NASW/CT is positioned to have maximum legislative and administrative impact.

YES I AM BUILDING SOCIAL WORK POLITICAL POWER!

\$500____ \$250____ \$100____ \$50____ \$35____ \$25____ \$10____ Other____

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Let us know if you DO NOT want your name listed as a donor in the newsletter.

Contributions are an investment in your profession but regrettably not tax deductible.

Nursing Home Social Work Bill Advances—More Work to Be Done

Go back to 2008. NASW/CT was advocating for a bill that would require nursing homes to hire only BSWs and MSWs as nursing home social workers and to reduce the bed to social worker ratio from 120/1 to 60/1. The worker qualification problem was resolved when the Department of Public Health (DPH) assured NASW/CT that state regulations no longer allowed nursing homes to hire social work designees, those with less than a social work degree, to perform social work functions in nursing homes. But the 120/1 ratio never changed. This year may be different.

The Legislature has two bills on nursing home reforms that have a section on staff ratios. Bill **1030: An Act Concerning Long-Term Care Facilities** includes language directing the Commissioner of the Department of Public Health (DPH) to reduce the current minimum bed to worker ratio of 120 beds to 1 social worker. The other bill, **1057: An Act Concerning Nursing Homes** does not include social work staffing. NASW/CT strongly supports a reduction in the minimum staffing ratio to 60 beds to 1 social worker. SEIU/1199 supports the position of NASW/CT and together we are working to have the specific 60/1 ratio adopted in the language of the bills. Our assumption is that only one bill will ultimately move forward, though there is the possibility that addressing of staff ratios in nursing homes may not make it into a final bill.

The ratio of 120 beds to 1 full-time (40 hours a week) social worker was established over 30 years ago. Needless to say, practices in nursing homes and residents needs changed tremendously since then. Only the DPH regulations remain stuck in the past and

nothing would be different this year had Covid-19 not occurred. The pandemic early on hit nursing homes especially hard, causing over half of the state's Covid deaths to be in nursing homes. Simply put, what happened in nursing homes was a nightmare for both residents and staff. For the first time in a long time executive branch and elected officials took notice leading to the legislation before the CT General Assembly dealing with numerous reforms, **including the social worker ratio.**

The social worker ratio is being looked at solely because NASW/CT forced the issue into the discussion. Nursing homes have always been the underbelly of health care and nursing home social work was the underbelly of the underbelly. As valuable as social work services in nursing homes are, even when nursing home care came into prior policy arena discussions, social work was left out, until now!

Governor Lamont appointed a work group to study nursing home care and make recommendations to assure the disaster in nursing homes would not be repeated. The Nursing Home and Assisted Living Oversight Work Group was formed and had a Staffing Sub-committee. NASW/CT lobbied the sub-committee members and other members of the Oversight Group, calling for a bed to social worker ratio of 60/1. Ultimately, the Oversight Group did not recommend a specific social worker ratio, however recommended that the DPH commissioner reduce the current ratio. This was the first time that any recommendation on reducing the ratio had been adopted by an appointed or elected body.

Nursing Home, continued

In the Chapter's testimony we spelled out the numerous tasks, functions and practices of nursing home social workers. We also offered the following:

We estimate that under the current ratio with just the pre-Covid-19 responsibilities of nursing home social workers that the social worker has about 11 minutes per week to address individual resident's concerns and needs. In the spring of 2010 NASW/CT conducted a survey of all nursing home social workers that had a 50% return rate. When asked what their biggest challenges were 72% answered it was lack of time to effectively perform their job.

The National Consumer Voice for Quality Long-Term Care proposed to CMS that every facility employ at least one full-time social worker for every 50 long-stay residents and at least one

full-time social worker for every 15 short-stay residents.

NASW/CT is prioritizing this issue as the one professional "guild" bill that we will be focusing on. Having social work included at all is actually a significant victory and if the current language passes it will be a positive step forward. However, we are concerned that if a specific ratio is not defined in statute that the ratio determined by DPH could still be too high. Watch for updates as the bills move forward. This year offers us our best chance to finally address the bed to worker ratio.

We ask all members to contact your state legislators and urge them to **pass bill 1030 with an amendment to have a specific bed to social worker ratio of 60 beds to 1 social worker.**

Wondering how to get 6 Continuing Ed Online Credits that you know will meet Connecticut's licensing requirements?

Go to the **CE Institute** on the NASW/CT website at www.naswct.org, then click on Continuing Education/CE Institute. There are dozens of classes on dozens of topics at reasonable prices!



Continuing Education Opportunities Offered by the Chapter Thanks to our Presenters!



Since our last newsletter, with the generous help of chapter members and allies, the Chapter has been able to continue to offer a broad and excellent selection of continuing education classes via ZOOM as the pandemic persisted.

Those who assisted me by kindly accepting my invitation to present and sharing their expertise with our members through well prepared, well presented, and well attended Zoom Webinars and Zoom Meetings deserve a huge thank you!

Thanks to **Sharon Young, PhD, LCSW**, from Western CT State University for presenting **“Working with the Post 9/11 Veteran”** last November. Eligible for Veterans Services credits, this was an informative and moving workshop.

Thank you, thank you **Pat Carl-Stannard, LCSW**, Interim Dean of the School of Social Work at Sacred Heart, for finding time in your busy schedule to offer, once again, your always well received class on **“Starting and Managing a Private Practice”** in December!

Thank you **MaryKay O’Sullivan, LMFT, LADC, LPC** from the Capital Region Mental Health Clinic for your **“Psychology of Suicide”** presentation last October and for your upcoming return engagement by popular demand on May 20, 2021 when you will focus on teens in **“The Psychology of Suicide in Adolescents and Young Adults”**.

We were thankful to have **Linda Sanford, LCSW** from the neighboring state of Massachusetts present **“The Power of Shame”** in January. Author of Strong at the Broken Places and a previous keynote speaker at one of our conferences, Linda is always an amazing and popular speaker.

In February **Mara Gottlieb, PhD, LMSW** offered a meaningful, thoughtful, and critical training—**“Brave Conversations: Understanding Racism and Skin Color Bias”**—which took us from the very origins of the word Caucasian through to our present day struggles with structural racism. This should be a required class in every school of social work! Actually, every school everywhere how about?

Education Opportunities, continued

March brought us to Social Work Month when we offered weekly, free, trainings to our members thanks to the expertise and generosity of

Billy Bromage, MSW, Director of Community Organizing at the Yale Program for Recovery and Community Health who offered “**Impact of Covid-19 on Social Determinants of Health, Health Equity, and Resource Access**”.

Srinivas Muvvala, MD, MPH, Medical Director of the Substance Abuse Treatment Unit at CMHC and Associate Professor of Psychiatry at Yale School of Medicine who presented “**What Clinicians Need to Know About Commonly Used Synthetic Drugs**”.

Yvette Tyndale, LCSW, ACSW, clinical social worker with DMHAS, Chair of the Chapter’s Ethics Committee, and a Reviewer for the Chapter who spoke to “**Diversity and Cultural Competency: An Interactive Approach**”.

Jack Gesino, DSW, LCSW Associate Professor of Social Work at Southern CT State University, private practitioner, and popular conference speaker, brought us “**The Challenges and Benefits of Using Telehealth with Mental Health Clients**”.

Jane Fleishman, PhD, MED, MS, CSE, another visitor from Massachusetts,

Consultant and Owner of Speaking Of, LLC offered “**Consent is Sexy: Ethical Dimensions in Sexuality and Aging**”.

We just finished a novel and informative training called “**Climate Crisis Calls for New Mental Health Model**”, presented the day before Earth Day by **Merritt Juliano, JD, LCSW and Elizabeth Allured, PsyD**, Co-Presidents of the Climate Psychology Alliance North American. Again, one of those topics that is important and pertains to all of us—while also providing concrete ideas for mental health professionals.

The last year has been challenging for all of us in a myriad of different ways. From my corner, however, I would like to thank all of you who responded so positively to my calls for virtual training and to all of you who enthusiastically attended these workshops. Huge thanks also to **Meghan Maxwell**, the Chapter’s Office Administrator, who schooled herself in ZOOM overnight so we could move ahead with virtual trainings. Attendance provided much needed revenue for the chapter but also provided some of the networking and sharing (if only with our faces and remarks in the Chat Box) that we have been missing. I enjoyed seeing many of you at the trainings and expect to see more of you as we continue in this vein through the summer and into the fall.

Patricia Hartman
Coordinator, Professional Development

Save the Date!

Our annual conference will resume, in person, on April 1, 2022. See you there!

The Psychology of Suicide in Adolescents and Young Adults

**MAY 20, 2021
9 AM TO 12 PM
VIA ZOOM**



Every day in the United States an average of 5,400 suicide attempts are made by young people grades 7 to 12, resulting in approximately 4600 lives lost each year. According to the Centers for Disease Control, suicide is the third leading cause of death for youth between the ages of 10 and 24, the rates having been going up for almost a decade. Problems brought on by the pandemic, creating a perfect storm of stressors for kids, suggest that families, schools, and mental health professionals might look more closely for clues to identify those who are vulnerable.

This presentation will focus upon the issues of suicide and thoughts of self-harm through a developmental and environmental lens. The manner in which individuals manage stressors and trauma is impacted by maturation, coping skill development, resources, and external experiences. However, in these particularly stressful and uncertain times, the ability to problem solve using abstract reasoning is fundamental but likely not completely developed in this age group.

Age related coping skills, thinking, and problem-solving capacity for adolescents will be discussed while re-capping the major stressors and vicariously traumatizing events of the last year that have impacted this group. There will be discussion of the “option” of self-harm or suicide as it is conceptualized by kids of this age leading to a review of the options to assist individuals in re-framing their experiences and develop new coping skills.

We are pleased, once again, to have *Mary Kay O'Sullivan, LMFT, LADC, LPC* presenting for NASW/CT. The Director of Education and Training for the Capital Region Mental Health Clinic, she has been a clinician, a trainer, and an instructor at colleges and universities for over 30 years.

Approved for 3 CECs

\$50 Members of NASW; \$75 Yet to be Members

[Click HERE to Register](#)

Upcoming Webinar

The NASW/CT Diversity Committee & Quinnipiac University Social Work Department

Present

Social Work and Policing: A Webinar Series **Join us for our first webinar**

To explore the history of collaborations between social workers and police, current policy recommendations for collaboration, as well as alternate approaches to address racial justice in policing through a panelist discussion.

Saturday, May 15, 2021

10 am to 12 pm

Via Zoom

Approved for 2 Cultural Competency CECs upon completion

\$30 members/\$45 non-members

\$20 student members/\$25 student non-members

[Click here to register](#)

For additional information contact Info.naswct@socialworkers.org

Join us for our town hall meeting

(more info to come!)

Saturday, June 5th, 2021

9 am to 12 pm via Zoom, free, no CECs

This town hall meeting is discussion-based and will surround social workers, community safety, and police accountability in aim to answer the question: as a profession what do we see as the next steps for us, here in the state of Connecticut?

Call For Social Worker Nominations

NASW/CT 2021 AWARD for EXCELLENCE DURING COVID

This year the Connecticut Chapter of NASW will honor individuals who have made outstanding contributions to the social work profession while working during the COVID 19 pandemic. Anyone who appreciates a Social Worker is eligible to make a nomination. NASW/CT's Award Committee will recognize up to three social workers who have had a positive impact on individuals and their community while practicing under the COVID restrictions and health insecurities. This award gives the Chapter an opportunity to show appreciation to members of the profession who have gone above and beyond in remarkable ways to exemplify the commitment, spirit, advocacy, and integrity of a social worker during a pandemic that is unprecedented in our lifetime.

Criteria For Award

All nominees must:

- Be a member of NASW/CT in good standing. NASW/CT Board Members are not eligible for consideration
- Have made a recent outstanding and remarkable contribution to individuals and/or their community during COVID
- Contribute to the positive image of the social work profession
- Demonstrate a willingness to take risks for improved social work services
- Represent the professional ethics of social workers

To Submit Nominations

Send to: NASW/CT, 2139 Silas Deane Highway, Suite 205, Rocky Hill, CT 06067
or email to phartman.naswct@socialworkers.org

ALL NOMINATIONS MUST BE RECEIVED by 5/31/21

Nominations should include:

- A statement explaining why you are nominating the individual for this award that includes a clear and specific description of the nominee's outstanding contributions during the Covid 19 pandemic
- Supporting documentation (i.e. letters of support from colleagues, newspaper clippings, etc.)
- The **CANDIDATE's** name, place of employment, address, phone, and CV
- **YOUR** name, address, and phone number

Upcoming SWES Exam Prep Courses Now Online Via Zoom!

Due to circumstances around COVID-19, and the closure of venues, SWES has migrated its upcoming exam prep classes to Zoom! Please see the attached flyer for details. Register in advance to receive your Comprehensive Study Guide, included with registration, by mail. www.swes.net or by calling 800-933-8802.

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IN PARTNERSHIP WITH NASW/CT

2021 LICENSE EXAM PREP COURSE SCHEDULE

ALL COURSES ONLINE VIA ZOOM!

- February 6 - 7 — Two-day Course
- March 20 — One-day Intensive
- May 1 - 2 — Two-day Course
- June 5 - 6 — Two-day Course
- October 16 — One-day Intensive
- November 13 - 14 — Two-day Course

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*All courses taught
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- Quinnipiac University,
Social Work Department
- Springfield College,
School of Social Work
- Connecticut Women's
Consortium
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Reminders: On Our Website

Seeking Online Education for LCSW Renewal?

Visit the NASW/CT website www.naswct.org and click on the CE INSTITUTE. Here you will find a wide range of online classes and webinars all with continuing education credits. Remember CT LCSW renew allows up to 6 hours of home study including online education. Live webinars count the same as in-person programs.

No matter what practice field you are seeking education on you will find it at the NASW CE INSTITUTE @ <http://naswwa.inreachce.com/>

Seeking LCSW Supervision?

If you are a LMSW seeking supervision for LCSW eligibility check out the **NASW/CT Supervisors Registry**. Here you will find supervisors that have met the criteria of NASW/CT to offer supervision. Under state law any LCSW can offer clinical LCSW supervision. NASW/CT has a higher standard that we apply to the LCSWs on the **Supervisor's Registry**. Go to <http://naswct.org/supervisors-registry/> to see the full list of available supervisors.

Are you an LCSW seeking to offer supervision? Consider being on the **Supervisors Registry**. For details on qualifications, cost and an online application go to <http://naswct.org/add-new-supervisor-listing/>

Advertising Your Classified Ad on the Web

NASW/CT ACCEPTS EMPLOYMENT AND CLASSIFIED ADVERTISING ON OUR WEB PAGE

IT'S OUR 30 – 30 - 30 PROGRAM

30 WORDS FOR 30 DAYS AT \$30.00

Web Advertising Is EFFECTIVE AND INEXPENSIVE! We'll post your ad of up to 30 words for 30 days for only \$30.00. For larger ads, there is a range. Ads 31 to 50 words are \$50.00, 51 to 75 words are \$75.00 and so on, but that's not necessary; there is a field to link to an online employment listing, whether on your website, or elsewhere. Submit your ad with payment to NASW/CT. For more information or to discuss this service contact us at 860/257-8066. To submit an ad go to <http://naswct.org/place-classified-ad/>

Value added feature for advertisers. We will forward your ad to our members who have signed up for our Job Seekers list at no additional cost to you.

Contact Information

2139 Silas Deane Highway, Suite 205
Rocky Hill, CT 06067

(860) 257-8066
Fax: (860) 257-8074

naswct.naswct@socialworkers.org
www.naswct.org

Change Membership Data
National Office, DC
*Members can make changes online

800-742-4089*
www.socialworkers.org

NASW Assurance Services

855-385-2160

LCSW Exam Application—Department of Health

800-509-7603

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