# **RSW NEWS**

**July 2022** 

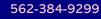
Issue #11



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- Supporting children after a traumatic event
- Are you providing culturally competent services?
- Upcoming events

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Happy 47H of July

How are you doing? I know last month I said I was ex-hausted but June oh June... It brought us so many dis-appointing and infuriating surprises that keep adding

use the internet to educate ourselves and others, etc.

Marilyn Mejia-Peña, LCSW

#### SUPPORTING CHILDREN AFTER A TRAUMATIC EVENT

We have had our share of traumatic events in the past few months and children were not dren may experience feelings of be expressed in challenging defiance, challenges in sleeping and eating, nightmares, regressive behaviors, trouble getting along with others and following directions, irritability, anger outcreased interest in regular activities including playing with ing are some tips on how to support children after a traumatic event:

- Take time to talk
- Promote children's self-
- Help them feel safe
- Maintain routines, expectations and/or rules
- dangerous behaviors
- Limit exposure to news
- Be patient
- Talk about feelings of isolation-shame-guilt
- Manage things that re-
- Monitor changes in your relationships with others
- Involve other adults
- Seek professional help www.NCTSN.org

### **ARE YOU PROVIDING**

### **CULTURALLY COMPETENT SERVICES?**

According to the Council on Social Work Education



(CSWE), cultural competencies are "processes that promote effective interactions with individuals of all cultures based on curiosity and respect about differences related to language, class, ethnicity (race), and religion. This perspective affirms the dignity of individuals, families, and communities and informs practice with individuals, families, groups, communities, and organizations in roles that include direct service providers, administrators, and change agents." July is National Minority Mental Health Awareness Month, so I ask- are you providing cultural competent services? And how do you know if you are or aren't? What about your co-workers and your organization as a whole? If you have not really thought about this, I am grateful that you are reading this today because gaining awareness is part of becoming culturally competent. Awareness opens the door to asking and answering those questions and hopefully start making some changes if needed. It makes such a difference in the quality of care and service delivery when we are able to apply culturally competent services because it helps our clients be seen, heard and valued. We are all different therefore we can determine that a one-size-fits- all approach to services when working with diverse populations it's not going to work. I'm sharing the framework and model below from www.minorityhealth.hhs.gov to help in evaluating your own practice and begin making changes if needed to strengthen your cultural competence and that or your organization. Thank you for taking the time to best support the diverse populations we serve.

The **ADDRESSING** framework can help you remember some of the key social identities to consider when getting to know someone's cultural identity.

- The **RESPECT** model can help you remember what factors to consider to engage clients in a culturally and linguistically competent manner. These factors are important throughout assessment, diagnosis, and treatment.
- A Age and generational influence
- R Respect-Understand how respect is shown within given cultural groups.
- **D** Disability (developmental)
- **E Explanatory Model**-Devote time in treatment to understanding how clients perceive their presenting problems.
- Disability (acquired physical, cognitive/psychological)
- **S** Sociocultural Context-Recognize how class, race, ethnicity, gender, education, socioeconomic status, sexual and gender orientation, immigrant status, community, family, gender roles, and so forth affect care.
- orientation,

Religion and spiritual

- **P** Power-Acknowledge the power differential between clients and counselors. E Empathy Express, verbally and nonverbally, the significance of each client's concerns so that he or she feels understood by the provider.
- **E** Ethnicity and race
- **C** Concerns and Fears Elicit clients' concerns and apprehensions regarding help-seeking behavior and initiation of treatment.
- **S** Socioeconomic status
- T Therapeutic alliance, Trust Commit to behaviors that enhance the therapeutic relationship; recognize that trust is not inherent but must
- S Sexual orientation

National Origin

Indigenous

## **G** Gender Identity

## Source:

www.minorityhealth.hhs.gov

## **UPCOMING EVENTS**

Vision Board Goal Setting Workshop

We are halfway done with 2022, how are you doing in meeting the goals you set at the beginning of the year? So much has happened that we can get easily distracted and forget about our wellness and personal goals. Join us in this fun and interactive workshop to set new goals or get back on track with previous goals.

Thursday July 28th at 10 a.m. or 7 p.m. Cost: \$25

Sign up at: https://resiliencesocialwork.com

### COACHING

Skill Building Therapists'
Coaching Group

Wednesdays July 6 & 20 at 7:30 p.m. Cost: \$20 p/group or \$30 a month Sign up at:

https://resiliencesocialwork.com

## ACCEPTING NEW REFERRALS:

I am available to provide In-person or virtual staff development training in a variety of topics and tailored to your needs.

Also for consultation services and professional coaching/therapy. For questions or referrals contact me via social media, website, email or phone provided in the first page.