

RSW NEWS

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Resilience
Social Work

RESILIENCESOCIALWORK.COM

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Happy 4th of July



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How are you doing?

How are you doing? I know last month I said I was exhausted but June oh June... It brought us so many disappointing and infuriating surprises that keep adding to our emotional load. I think I can safely guess that like me you are also drained and even more exhausted and overwhelmed than we were last month with everything that is going wrong in our world.

So I am here to remind you that it is ok to feel whatever you feel and it is important to share it with your friends and support network. Also, to remind you that the world has always been full of chaos and somehow we are still here as humans, we have surprisingly made it this far as a species. Thus, we have the capacity to overcome, learn and thrive as well as advocate and fight for our rights. The generations before us did just that and they allowed us to enjoy some of the freedoms we hold or held until this month. So it looks like now it's our turn to take action and advocate for our and future generations rights and that is scary and terrifying. We are lucky to have technology in our times and can take action by making a phone call to our elected officials to demand action, look for causes to support either with our voice by showing up at a march or by donating money and bringing awareness, use the internet to educate ourselves and others, etc.

It is easy and normal to feel helpless, powerless and get tunnel vision during a crisis. Therefore, taking a step back, looking at the big picture and getting outside feedback and support is necessary to move us forward. We cannot afford to be stuck in crisis mode, we have to move to action as there are too many important things on the table: body autonomy, access to health care, women rights, safety, LGBTQ+ rights, immigrant rights, civil liberties, the environment, democracy and the list goes on and on.

As a social worker it is my responsibility to educate and advocate for self-determination and unfortunately that right has been stripped away in several states already with the new reproductive health legislation. So I urge you to acknowledge your feelings and then move to action and advocate/vote for legislators that support human kindness, respect, diversity and equal access to power in whatever way best suits you. Also, remember to take care of yourself by implementing relaxation techniques daily and allowing yourself to experience joy. Life continues in the midst of chaos and we have to live it to the fullest while we have the capacity to do it.



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 immune to them. After exposure to a traumatic event children may experience feelings of anxiety, worry, ambivalence, confusion, and mistrust in the world around them. These may be expressed in challenging behaviors such as hyperactivity, defiance, challenges in sleeping and eating, nightmares, regressive behaviors, trouble getting along with others and following directions, irritability, anger outbursts, isolation, sadness, decreased interest in regular activities including playing with friends, among others. Following are some tips on how to support children after a traumatic event:

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

ARE YOU PROVIDING

CULTURALLY COMPETENT SERVICES?

NATIONAL MINORITY
MENTAL HEALTH
AWARENESS MONTH



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 of 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.

- A** Age and generational influence
- D** Disability (developmental)
- D** Disability (acquired physical, cognitive/ psychological)
- R** Religion and spiritual orientation,
- E** Ethnicity and race
- S** Socioeconomic status
- S** Sexual orientation
- I** Indigenous
- N** National Origin
- G** Gender Identity

Source:
www.minorityhealth.hhs.gov

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.

- R Respect**–Understand how respect is shown within given cultural groups.
- E Explanatory Model**–Devote time in treatment to understanding how clients perceive their presenting problems.
- 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.
- 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.
- C Concerns and Fears** Elicit clients’ concerns and apprehensions regarding help-seeking behavior and initiation of treatment.
- T Therapeutic alliance**, Trust Commit to behaviors that enhance the therapeutic relationship; recognize that trust is not inherent but must be earned.

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.