



SASKATCHEWAN SOCIAL WORKER

Volume 29 Number 2

“Strengthening Individuals, Families & Communities”

June 2018 Edition

President’s Message



My year as President-Elect has passed by quickly and I look forward to taking on the role of President of the Association. Fortunately my introduction to Council was in 2014, thus the learning is for the new role I will take on rather than the Association itself.

For those of you who may not know of me, this wonderful profession of ours has

taken me from the Ministry of Social Service to the Ministry of Health working within Community Living Division, Child & Family Services, Primary Health Care and presently Employee Health & Workplace Safety. Some of this work was urban; however, most has been rural working and living in Southeast corner of our province.

I became involved with SASW in 2007, working with the Health Services Committee until the committee became inactive in 2012. I have been a part of Council since 2014 and am excited to fulfil my new role as President. Our May 31, 2018, Annual General meeting in Prince Albert closed out Ryan Labette’s two-year team as President. I am fortunate to work closely with Ryan, his leadership and guidance have been integral and his role on Council continues as he assumes the role of Past President.

We are off to a great start in 2018. The Strategic Planning session in June 2017 revealed a new Strategic

Plan that will take us into 2022. This plan will move our Association further along in strengthening our vision and mission. Our goals and strategies have been set out in the following pillars: Member Engagement; Inclusion; Communications; Advocacy and Social Justice; Administration and Member Services; and Ensure efficient Management of Resources. The hard work of our volunteers, Council members and staff will push the actions required to meet the vision, mission and plan forward for our organization. Council is presently working with the Advisory Board to engage committees and branches in the strategic plan by connecting the great work they are doing with the pillars outlined in the plan. This way we can move the plan forward by connecting directly with the activities and events that are happening.

The Authorized Practice Endorsement Task Team continues the work with policies, procedures and communication for the APE. Launch date was May 1, 2018. This team has put in a great deal of time and energy in order to see the project through to launch. They will carry forward following May 1 in order to ensure process for grandfathered and new applications runs smoothly. This has been a dedicated team, one who is to be commended for all the great work they have accomplished. Information about APE is on the SASW website.

I would like to close by inviting you to reach out to me with any requests, feedback and/or suggestions. I look forward to meeting many of you over the next few years.

*Submitted by
Wanda Miller, MSW, RSW*

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The Saskatchewan Social Worker is published by the Saskatchewan Association of Social Workers.

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Members of the Editorial Board can be contacted through the SASW Office at sasw@accesscomm.ca. We are interested in readers' stories, thoughts and ideas, letters to the editor, pictures and current events. The Board reserves the right to reject any article as well as edit submitted material. Publication does not imply endorsement by the Saskatchewan Association of Social Workers. Printed materials represent the views of the contributors and do not necessarily reflect the view/policies of the Association.

The Saskatchewan Social Worker is published and released in February, June, and November. Deadlines for submission of information are December 31st, April 30th and September 15th.

Advertising Rates are as follows:
 \$200 half page

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• ADVOCATE FOR SOCIAL JUSTICE
 • PROMOTE THE PROFESSION
 • REGULATE THE PROFESSION
 • SUPPORT FOR ETHICAL PRACTISE

Executive Director's Message



By the time you read this, our Annual General Meeting will have occurred, and we will be winding down the committee and branch work for a much deserved summer break.

Reflecting on our Annual Report, SASW has accomplished much over the last year. As our new strategic plan rolls out, I think of two

important goals; member engagement and inclusion. Our AGM was held in Prince Albert, an opportunity for our members in the northern part of the province to participate in person. The 2019 AGM will be held in Saskatoon – thank you Saskatoon branch for volunteering to host!

Congratulations to Erin Beckwell who was awarded the CASW Distinguished Service Award at the AGM. Erin works tirelessly for her community and profession and is well deserving of this award. Unfortunately, we had no nominations for the SASW Distinguished Service Award. This serves as a reminder to consider nominations for next year, the nomination can be made anytime. As well, congratulations to Ashley Sharpe on winning the SASW Student Award. It is encouraging to see our student membership continue to increase – students, you are the future of our profession!

We welcome Lynda Kushnir Pekrul, recently appointed by Government, as our second Public Representative on Council, joining Sarah Tekatch who is nearing completion of her first term. Lynda has a Bachelor of Science in Nursing and Master of Science

in Administration. She has extensive experience working in the health care field as well as experience in regulation with the Saskatchewan Registered Nurses Association. This is the first time that SASW has had two public representatives appointed to Council. Public representatives serve an important role in ensuring accountability of self regulating professions and safeguarding the public interest. Sarah and Lynda are voting members of Council and are expected to “ensure that the profession acts fairly, follows our Act and bylaws, and fosters appropriate standards of practice and professional ethics” (Ministry of Social Services Public Representatives Orientation Manual). The public representative’s appointment is a 3 year term with the opportunity for appointment to a second term.

In today’s world of technology, there are lots of questions about interjurisdictional practice. For example:

- My client moved to Alberta and has requested I do some follow up for a month. Can I contact my client after they move to another province?
- I am a social worker in Manitoba, I have been contacted by someone in Saskatchewan who wishes to access my services. Can I provide services to someone residing in Saskatchewan?
- I am a licensed social worker in the United States. Can I provide services to someone residing in Saskatchewan?

The use of technology has prompted these questions, common not only for SASW but other jurisdictions as well. The Association of Social Work Boards (ASWB) is comprised of regulatory organizations in the United States and Canada and adopted Model Regulatory Standards for Technology and Social Work Practice in 2014. More recently, ASWB convened a Mobility Task Force which recommended a Mobility Strategy which includes a centralized, secure databank that could provide member boards with access to verified primary source documentation for social workers seeking licensure in additional jurisdictions. In Canada, social work regulators are members of the Canadian Council of Social Work Regulators (CCSWR) who are also having ongoing discussions about interjurisdictional practice in the Canadian context. Further questions arise regarding the category of registration required by social workers practising in another province and the complaint and investigation process if the social worker is registered in one jurisdiction and the client lives in another. There are many considerations: the best interests of client services and protection of the public. This work is ongoing and you will hear more in the future.

continued on page 4

Registrar's Message



Issue

I am currently a Student Member with SASW and will soon be graduating. I plan on moving to another jurisdiction either within Canada or outside of Canada so I do not plan to upgrade my membership to RSW. Do I identify myself as being registered with SASW if I only held a Student Membership?

Answer

Student members do not have RSW status. Most jurisdictions where registration is required for practice will ask if you have been registered in another jurisdiction. They will then do a Verification of Registration with the jurisdiction in which you have been registered to ensure you were/are a member in good standing. If you only held a Student Membership with SASW you would not include your student membership in your response to another jurisdiction.

Executive Director's Report, continued

Did you know?

- SASW Council has been using Zoom technology for meetings – this is a video conferencing program. Any branches or committees who are interested in trying it out are welcome to contact me and we will set it up.
- The long awaited Authorized Practice Endorsement (APE) is now a reality. For any members wishing to apply, the information you need is posted in the online system. You will need to log in as you do when doing your renewals and the information is there on the main page.

Have a great summer!

*Submitted by:
Karen Wasylenka, MSW, RSW*

Issue

Why does SASW charge a \$15.00 late fee if I renew my annual membership after Dec. 1? Does my registration not cover me until December 31 of the year?

Answer

A member's annual registration fee covers them until the end of the calendar year (December 31). Members are encouraged to renew their registration early and by December 1 of each year.

SASW currently has about 1800 members. In order to ensure all members are fully registered by January 1 we require time to process all of the renewals which includes the process of auditing 10% of all renewals for Continuing Professional Education Activities.

SASW's primary mandate is protection of the public through registration of its members. In order to fulfill this mandate our renewal deadline is set to ensure members are registered by January 1 of each year.

Issue

Can I be registered in more than one jurisdiction in Canada?

Answer

Yes. All certified workers in regulated occupations are covered under the Labour Mobility provisions of the Canada Free Trade Agreement (CFTA) which states "a certified worker does not need to be a resident of a province or territory to be certified there. Certification cannot be denied on the basis of residency."

For more information on Labour Mobility provisions of the CFTA visit the following website. <http://www.workersmobility.ca/regulators/>

Have Questions?

My position as Registrar is approximately 10 hours a week which means I am not in the office on a regular basis. However, I am available on a regular basis. I check for phone messages and e-mails on a daily basis. Over the summer months there may be occasions where I am not available for a few days. You can leave me a message at 306-545-6878 or send me an e-mail at registrar.sasw@accesscomm.ca

Always happy to connect!

*Submitted by:
Fay Schuster, MSW, RSW*

Update on Authorized Practice Endorsement

Information is now posted within the SASW online system for members considering making application for the Authorized Practice Endorsement. In order to access the information, you will need to:

1. Go to www.sasw.ca
2. Click on Member Services Login (orange button)
3. Enter your username/password which will take you to your member home page where you will see the section "Authorized Practice Endorsement"

If you have any questions, please contact Karen Wasylenka, SASW Executive Director at ed.sasw@accesscomm.ca

SASW Has a Facebook Page

If you have Facebook, visit the [Saskatchewan Association of Social Workers](#) page.

A page was chosen versus a group to be more visible to the public, in accordance to our mandate to promote the profession to our members and the public. This page is managed by two Public Relations Committee members and the Executive Director who post relevant information and articles (following the media guidelines), communicate SASW updates when requested by the SASW Office/Council and police potential spam (controls will be set to minimize this risk).

You can search for "Saskatchewan Association of Social Workers" or enter the following link: <https://www.facebook.com/Saskatchewan-Association-of-Social-Workers-1507915522864962/?fref=ts> to view the page.

In memory of Joan Sanderson

March 30, 1946 - April 20, 2018

Many of you will have known Joan through her work and academic career. Joan was a Registered Social Worker most recently from 2009 to 2018. A memorial service was held on April 24, 2018 in Prince Albert.

Resources for Social Workers

Among recent changes to the SASW Web site is an updated and expanded list of resources with links to relevant web sites. Below is a list of the content areas you can find by going to www.sasw.ca. If you have suggestions for other links that we should add please contact us at sasw@accesscomm.ca.

- Social Work Organizations/Associations
- Social Work Education
- First Nations/Indigenous Resources
- Information on Social/Practice Issues
- Child Welfare/Children's Issues
- Family Violence
- Health/Mental Health Resources
- Poverty Resources
- Workplace Bullying
- Policy Organizations
- Free On-Line Journals
- Practice Guidelines
- Social work and social media
- General Social Work Sites
- Saskatchewan Links
- Employment Opportunities
- Records Storage
- Grant Writing
- Advocacy & Social Action



SASW
Toll Free Number
(outside Regina)
1-877-517-7279



Article Section

It's not about the waffle maker: Trauma Informed Social Work Practice

I completed a clinical practicum placement as a component of my MSW degree providing trauma-informed therapy to clients who have experienced varying degrees of interpersonal trauma. The purpose of the practicum was to enrich my theoretical understanding of trauma-informed practice and enhance my clinical skills in direct social work practice with clients who have experienced trauma. I worked with a psychologist in private practice who agreed to be my professional associate for my practicum. My professional associate works primarily with adult trauma survivors in individual, couple and family counselling, and offered a range of clinical interventions for her clients. In my practicum placement, my professional associate and I co-facilitated client sessions with individuals, couples and families. I, too, was given the opportunity to lead sessions and completed 450 hours of clinical practice. Given that my professional associate was not a social worker, I had a second professional associate external to my placement setting with an MSW who provided a social work lens on the work we were doing with clients. Despite differences in their clinical approaches, my professional associates taught me that therapeutic work is in “the best interests of your clients,” which requires meeting them where they are at in terms of processing their own trauma.

As a requisite for the MSW practicum placement, I completed a detailed report summarizing my practicum experiences as a clinical social worker in a private practice setting. This report began with an overview of my personal and professional experiences and highlighted the rationale for my practicum placement. I then discussed my literature review defining the term “trauma,” focusing on a broader definition of trauma inclusive to the cumulative nature and adversities of clients’ experiences in order

to bring these experiences to the forefront of therapy. I discussed cognitive behavioral therapy (CBT) and attachment theory as foundational theories that guided my clinical work, and highlighted the conceptual framework for practice I followed throughout my practicum. I outlined important aspects of trauma-informed practice

Despite differences in their clinical approaches, my professional associates taught me that therapeutic work is in “the best interests of your clients,” which requires meeting them where they are at in terms of processing their own trauma.

in my practicum placement regarding: client communication, the role of the therapist, and my skill enhancement in trauma-informed practice. I pay specific attention to the importance of recognizing underlying meanings clients attach to daily life and the need to move deeper into the transcendence of what may present simply as a waffle-maker. “It’s not about

the waffle maker.” Throughout the report, I blend professional and practicum experiences regarding theoretical and practical applications of social work tools to client experiences. I noted challenges and ethical dilemmas of trauma-informed practice and concluded with a brief summary and recommendations for future social work practice.

My practicum experiences enhanced my clinical skills in trauma-informed practice and paved the way for me to pursue my passion in working with people who have experienced trauma, specifically with First Responders and their families. As I continue my social work journey, I am forever grateful for the support and guidance I received from my professional associates, academic supervisor and committee member at the University of Regina, Saskatoon Campus.

*Submitted by:
Michelle McAvooy BA (Hon), BSW, RSW*

Michelle’s Field Practicum Presentation was March 23, 2018.

Research Practicum Report - Integrating mainstream counselling approaches with First Nations healing practices for First Nations clients healing from sexual abuse

Introduction

The purpose of the research practicum was to create a manual that integrates First Nations healing practices with Western therapeutic approaches. The healing suggestions in the integrated model can help First Nations clients overcome the psychological, emotional, physical and spiritual impacts of sexual abuse. The research consisted of an extensive literature review from peer reviewed journal articles authored by Indigenous and western therapists that specialize in healing from sexual abuse and historical trauma.

The research practicum was also completed in part to recognize the Calls to Action by the Truth and Reconciliation (2015) report which includes recognition of the value of Aboriginal healing practices and using them in the treatment of aboriginal patients and have a knowledgeable elder available to fulfill the requests of Aboriginal clients.

Guidance and consultation from a traditional practitioner, elder and knowledge keeper is also included in this research as they provided insight to the various healing ceremonies that are a part of the First Nations spiritual healing and traditional ways of knowing. An art therapist also provided experiential learning in the field of art therapy and the connection to First Nations identity it can provide to First Nations clients healing from sexual abuse.

The research practicum primarily focused on the healing practices of the Nakota/Dakota traditional practitioner and elder who resides within the Treaty 4 territory. The First Nations healing practices suggested in this guide can also be utilized in different tribal territories utilizing their own traditional healing ceremonies.

Summary

Sexual abuse impacts an individual on the emotional, psychological, physical and spiritual aspects of the victim. The integration of First Nations healing practices and Western therapies is to promote and enhance the healing process for First Nations clients healing from the impacts of sexual abuse. A manual has been created to aid the therapist working with First Nations clients who have been impacted by sexual abuse. It is suggested that, through use of this manual, healing can begin and the cycles of sexual abuse can be interrupted

and broken. First Nations clients tend to not continue with Western counselling as they feel that the counsellor does not understand their world view and they do not return to counselling after the first visit. The manual is to provide cultural education to not only the therapist but also the First Nations clients who wish to have some understanding of traditional practices and are willing to participate in healing ceremonies.

Traditional healing ceremonies include all aspects of the individual, bringing about a balance in their life. Spirituality is the central focus of indigenous healing in contrast to the Western therapies. Integrating Western cognitive behavioural therapy and indigenous spirituality can bring about a healing process with First Nations clients and their families. The medicine wheel teaches harmony among the four quadrants of physical, emotional, mental and spiritual and the cognitive behavioural therapy provides specific tools to change thought and heal negative emotions which bring about a positive perspective on how they see the world and try new behaviors.

The guide is presented in four separate parts that includes educational information sheets for the service provider and client. The four parts of the guide are:

1. Understanding sexual assault and the impacts it has on the victim
2. Therapeutic approaches to sexual assault
3. Understanding First Nation worldviews
4. Combining Western therapies with traditional healing practices

It is through this research and following the resulting manual that healing can begin for many First Nations people and bring about change in the individual, their families, and eventually the community.

Submitted by:

Corrine McArthur, RSW

Corrine McArthur is currently employed as the Sexual Assault Counsellor and Program Manager at the Society for Involvement of Good Neighbors (SIGN) Sexual Assault Counselling Program in Yorkton. Corrine is a member of the Kahkewistahaw First Nation. Corrine's Research Practicum Presentation was February 22, 2018.

“I think we’re all having the wrong conversation”: The Relationship between the Gentrification of Riversdale and the Well-being of Local Residents

In order to obtain my Master of Social Work degree, I completed a thesis focusing on the neighbourhood of Riversdale in Saskatoon. The aim of my research was to find out how the gentrification of Riversdale impacted local residents. Using a case study methodology, I completed semi-structured interviews, examined archival records in the forms of newspaper articles and community newsletters, as well as completed over 100 hours of direct observation within the community between June 2014 and October 2016. The following article is an excerpt from my thesis research.

Most people in Saskatoon have either witnessed or heard about the changes occurring in the downtown core neighbourhood of Riversdale. A community previously known for high rates of poverty and crime, now “boasts multiple fair-trade coffee shops, trendy record stores, and restaurants where the food is locally grown, or gathered from the neighbourhood farmer’s market” (Bradshaw, 2018, p.1).

Four themes emerged from the research. These themes revolved around the value of community resources, the two distinct groups of people within Riversdale, an appreciation of the esthetic upgrade to the community, and how accessible does not equate to accessibility. Gentrification often occurs in neighbourhoods containing higher numbers of residents on the lower end of the socio-economic scale (Freeman, 2006). It is essential to have these services where people who need them can access them. Both Riversdale and the neighbouring community of Pleasant Hill have the highest concentration of residents living in poverty in Saskatoon (Anderson, 2013). As discussed by the participants in this study, the community resources in Riversdale are incredibly valuable to the neighbourhood, and play a significant role in creating community.

Pawn shops and boarded up windows do not equal a healthy community. Participants interviewed in the study all viewed the esthetic changes to the neighbourhood of Riversdale as a welcomed facelift. However, the changes also drew attention to two distinct groups of people: those who accessed the new businesses along 20th Street West and those who utilized the community resources. And although the coffee shops and res-

taurants could be physically accessed by all residents, that did not mean all participants in the study were comfortable accessing these amenities.

The Canadian Association of Social Workers (CASW) Guidelines for Ethical Practice (2005) states that social workers must advocate for the best interest of the client and society as a whole (CASW, 2005). The community resources in the core neighbourhood of Riversdale play a key role in supporting the social determinants of health and protecting those who are vulnerable from harm.

When examining how the gentrification of Riversdale has impacted local residents, it is essential to not only consider personal experiences, but the experiences of the entire community as a whole. As social workers, we have an ethical responsibility to be mindful of social needs, and strive to interpret the needs of not only individuals and groups, but of the greater community as a whole (CASW, 2005). This includes being aware of current

events and what is affecting the communities we work in and the residents within them. Social workers “must examine existing social structures with a critical theory lens, and be mindful of how they perpetuate marginalization and oppression that is rampant in our society” (Bradshaw, 2018, p. 85). Therefore, it is essential to examine the topic of gentrification and how it impacts communities and the local residents that reside within these changing neighbourhoods.

At this time the future of Riversdale is uncertain; local residents are unsure how far the changes occurring within their community will go. But the participants in this study all shared their desire for the neighbourhood to remain a place where everyone can co-exist and the wish for resources and businesses that can be accessed and enjoyed by all.

*Submitted by:
Chelsey Bradshaw, RSW*

Chelsey Bradshaw is a Registered Social Worker in Saskatoon, working with KidsFirst as a Mental Health and Addictions Counsellor. Her thesis presentation was January 16, 2018.

The Experiences of People with Schizophrenia or Schizoaffective Disorder in Accessing Non-Psychiatric Health Care – MSW Thesis

In this study, a phenomenological approach was used to understand the lived experience of individuals with schizophrenia or schizoaffective disorder when accessing non-psychiatric health care services. Health care can be accessed upon a variety of levels such as primary care physicians, specialized physicians, or emergency services. For the purpose of this study, all three levels of entry to health care were considered and included. Doing so provided a rich description of overall health care services accessed and the ways in which this population experienced accessing it. The findings from this study will contribute to the literature available to identify the ways in which people with a major mental illness experience health care, choose to access it, factors that impact the experiences, as well as ways in which health care practitioners can better support this population in receiving satisfactory care.

In using a phenomenological perspective, multiple interviews were conducted with six participants. A total of 348 significant statements were identified and then clustered into six common themes and three sub themes. The six significant themes included the experiences of the onset of mental illness, physical health experiences, unsatisfactory experiences, family support, community support, and the relationship with the psychiatrist. From these major themes three sub-themes were also identified; reciprocation of support, mutual respect in the relationship between the patient and health care professional, and lack of trust for health care professionals. Overall the reported findings were mixed with both negative and positive experiences.

This study highlighted the importance of a positive patient-psychiatrist relationship and the concept of mutual respect in this relationship. Participants that identified a level of mutual respect in this relationship also reported higher rates of satisfaction of care in both physical and mental health services. Individuals lacking mutual respect reported decreased satisfaction of care and a reluctance to seek future health care interventions. The importance of perceived family support was a major theme throughout this study. Participants

each accessed family support at different levels, however it remained important to have a support network available to discuss health concerns with or decrease feelings of loneliness. In identifying the available family support, it became very apparent that the ability to reciprocate that support was equally as important. Similarly, the reciprocation of support can be offered at a variety of levels; big or small gestures. Reciprocation is also extended beyond the family unit and can be delivered in a peer-to-peer relationship. Reciprocation of support has also been shown to promote recovery in mental illness.

Overall the findings highlight the experiences of this population in accessing non-psychiatric health care services as well the importance in the relationship with family and mental health practitioners. These findings will contribute to the literature already available and can also help guide mental health professionals in improving the services provided to this population to increase their positive health outcomes and promote recovery in mental illness.

*Submitted by:
Jessica Richardson, RSW*

Jessica Richardson works at the Regina Mental Health Clinic in the Early Psychosis Intervention program. Her thesis defense was April 20, 2018.

In identifying the available family support, it became very apparent that the ability to reciprocate that support was equally as important. Similarly, the reciprocation of support can be offered at a variety of levels; big or small gestures.

Contributions to the newsletter are always welcome.

Read any good books lately?
Working on an interesting project?
Have an area of interest that you would like to share with other people?

Write to SASW Editor and see your name in print!

**Deadline for the next newsletter is
September 15, 2018.**

Supporting Those Who Treat Mental Health and Addictions

Mental health and addictions is a serious public health issue in Canada. Statistics show that one in five Canadians have experienced a mental health or addiction problem.¹ In Saskatchewan, this would mean more than 200,000 individuals are affected to some degree.

The concept of “recovery” is well known and widely embraced by practitioners, service providers and policy makers in Canada and around the world.² However, it’s often referred to in literature as a “process” or a “journey”, implying that being “in recovery” does not mean that symptoms of mental health problems or addictions issues are completely gone. Rather, recovery is a continuum and is experienced as moving through and beyond the limitations of one’s illness towards improved health and functioning.

But what if your profession is counselling other people with a mental health or addictions problem? How does your own recovery affect your performance, effectiveness and identity as a counsellor?

For Dr. Gabriela Novotna, Associate Professor in the Faculty of Social Work at the University of Regina (U of R), the personal recovery experience of substance abuse counsellors is one of the most distinctive aspects of what she sees as a unique specialty within health services. With 15 years of experience in mental health and addictions as a clinician, researcher and academic, she became aware of this specific group of counsellors a few years ago while doing postdoctoral studies.

“We have realized just recently how valuable they can be in relating to their clients, but at the same time, how vulnerable they can become because of their own experiences and conditions,” she says. During her postdoctoral training prior to joining the U of R, she conducted a small pilot study with a group of managers in recovery, which helped to drive her interest into further researching counsellors with this attribute.

People with personal, lived experience of addictions are now delivering services across the treatment landscape, be it in residential settings, outpatient programs or community outreach. However, the prevalence of counsellors in recovery is much higher in the prairies – especially Saskatchewan – than anywhere else in Canada. In fact, a national survey shows Saskatchewan has the highest proportion of substance abuse counsellors in recovery, at 46 per cent. By comparison, the proportion in Ontario and Quebec is about 20 per cent.

Even though this group represents a significant component of the addiction workforce in Saskatchewan, there is a lack of research about this cohort. Novotna received a 2017/18 SHRF Establishment grant to study this unique group, investigating how their recovery status affects their professional identity and impacts their counselling performance and effectiveness.

To address this gap in knowledge, her research will include interviewing counsellors to determine how to capitalize on their lived experience. “I would like to give this community the opportunity to speak and have a voice in this project,” she states. Novotna’s research goal is that her findings will allow her to make recommendations that will influence the development of policies to assist and support these counsellors through their personal and professional journeys. She also hopes to inform the education and training that goes into the certification of counsellors at the provincial and national level.

Delivering effective counselling requires good counsellors, and “we need to understand who these particular services providers are and what their needs are,” says Novotna. “They deserve our attention and deserve to be heard,” she continues. “I think my research can contribute to a better understanding of what we can do for them and how we can support them. We cannot really provide good services if we don’t have service providers that are well-trained, well-supervised and supported.”

Helping counsellors in recovery to integrate their lived experience into their treatment, while supporting their own recovery needs, could ultimately mean better outcomes for these counsellors and those they treat.

Submitted by:

Richard Kies, Director of Communications and Outreach, Saskatchewan Health Research Foundation (SHRF)

Mentorship Committee

Are you working in isolation? Would you appreciate the opportunity to connect with other social workers who are also working in isolation? The provincial Mentorship Committee would like to hear from you – please e-mail to ed.sasw@accesscomm.ca and the chair of the committee will be in touch with you.



CASW Section



CASW Representative Report

There is a great deal of work being done at the national level. These are some of the highlights:

An open letter: The number of Indigenous Children in Care is a Humanitarian Crisis to the Honourable Dr. Jane Phipott on January 19, 2018, from CASW President, Jan Christianson-Wood.

CASW launched National Social Work Month – March 2018 with “Bringing Change to Life.” *Registered, Professional & Competent: How Social Workers Bring Change to Life* was included as a special insert in the National Post on March 21, 2018. The message from CASW President on International Women’s Day 2018: Me Too, Us Too is available on the CASW site.

The November 21, 2017, the CASW Board convened a special meeting regarding reconciliation, and as a result the Reconciliation Hub has been established, a work in progress on the CASW website.

Webinars available on the CASW site include:

- A Sacred Story: Gladue Reports March 21, 2018;
- Unsettling Ourselves: Settler Engagement with Truth and Reconciliation - March 26, 2018;
- Before Cannabis Becomes Legal: Social Work Practice within a Changing Drug Culture - March 27, 2018;
- How Social Workers can prevent compassion fatigue - April 5, 2018;
- Honoring Jordan’s Principle: Putting Kids First - March 8, 2018; Aboriginal Community Social Work: Committing to Anti-Oppression Practice – December 31, 2017;
- Indigenous Perspectives & Social /Work Series Part 1: Our Shared Past & Future December 13, 2017;
- Is the Bucket half full or half empty? Examining the mental health of children and adolescents today March 6, 2018;
- Trauma and the body: An Introduction to Sensorimotor Psychotherapy March 13, 2018;

The National Social Work Month Raffle brought us many exciting projects with 750 entries submitted

with the winners for this raffle: Kelly M from Alberta - \$1000.00 Air Canada gift card; Jenn P from Saskatchewan - \$500.00 Petro Canada gift card; and Melanie M from Nova Scotia - \$500.00 Petro Canada gift card. This initiative was generously supported by BMS, our national liability insurance provider.

Dr. Mary Valentich was awarded the 2018 Glenn Drover National Award winner for Outstanding Service in Edmonton at Alberta college of Social Workers at the at the AGM on March 23, 2018.

CASW Distinguished Service Awards are given annually during National Social Work Month. For 2018 they are: Calgary and Area Social Workers for Social Justice; Erin Beckwell; Jan Wood; Korrina Harvey; Lyla Andrew; Sandy Bay Child & Family Services; Susan Fitsky.

CASW staff are reviewing the recommendations regarding the Child Welfare Project. This will be on the agenda for the June Board meeting.

The CASW Board meeting on March 16, 2018, was mainly to review and approve the proposed CASW budget 2018/2019.

The CASW Executive Director has reviewed the over 70 nominations for the 2018 Champions of Mental Health.

2018 CASWE Conference: Honouring Reconciliation and Respecting our Differences is being held with the Faculty of Social Work, University of Regina, from May 28 to 31, 2018.

CASW Past President, Morel Caisse accepted a seat on the IFSW Nominating Committee on behalf of the North American Region for the upcoming elections for the IFSW in Dublin, Ireland on July 1-2, 2018. The 2020 IFSW Conference to be hosted by the School of Social Work at the University of Calgary.

I look forward to our next CASW Board Meeting planned for June 8 - 9, 2018 in Ottawa.

*Submitted by:
Hazel Berg, BSW, RSW*



Committee & Branch Section

Regina Mental Health Clinic - Saskatchewan Health Authority

National Social Work Month is celebrated across the country in March of every year. In Saskatchewan, Social Work Week was celebrated March 18-24, 2018, with the theme being “Bringing Change to Life.” The Social Workers at the Regina Mental Health Clinic, embraced the theme of “Bringing Change to Life” by hosting activities that included both their colleagues and the community.

A tree of change was created and all staff were encouraged to post their “hope for change” butterfly with a message of the change that they would like to see in themselves, others, community or the world. Messages of hope included peace, tolerance, curiosity, acceptance, more rest and the powerful reminder “*Sometimes I inspire my clients but more often they inspire me.*” The staff that participated entered their names in a draw for a gift card.

As part of Social Work Week, the clinic social workers decided to give back to the community by donating new hand held gardening tools and seeds to North Central Community Gardens. The donated items will be presented to the coordinator of the gardens sometime in early April. In turn, North Central Community Gardens have invited the clinic staff to volunteer their time to participate in a planting bee that will be held

in late May or early June. It will be a great opportunity for those who donated to work alongside those that will benefit from the donations.

The clinic social workers enjoyed working together as a team to create this fun activity as part of Social Work Week. Whether providing front line mental health care or in a leadership role, Social Work Week is one way to acknowledge the many types of roles and responsibilities that social workers provide daily in health care. To those of you who are reading this story, what is your hope for change?

*Submitted by:
Kim Pelletier, RSW*



And The Award Goes To...

CASW/BMS Scholarship Fund

The Awards Committee has been busy in April and May.

Through the CASW/BMS Scholarship fund we received and approved applications from Wanda Seidlikoski Yurach, Jody Hanson, and Susana Prado Becerra for registration to the CASWE Congress held in Regina May 28-31. Scholarship awards were also approved for Ruth Ann Thomas, Amelia Fewings and Amanda Mihalicz. Congratulations to these RSW's who will attend educational opportunities this year. A big thanks to CASW/BMS for the funding. Earlier in 2018, scholarships were approved for Ashley Sharpe (student) and Jocelyn Akins.

The 2018 funds for CASW/BMS Scholarships have now been awarded. Watch for announcements in 2019 for acceptance of new applications.

The Awards Committee also announced new awards. One was for activities during Social Work Week. The Saskatoon Branch won the contest to name this award with their submission of "Be the Change." Congratulations to the Swift Current Branch who are the first recipients of the award for their event "Diversity of Professionals in Social Work Practice." The activities of the Saskatoon Branch during Social Work Week were also acknowledged.

We recognize that during Social Work Week, events are planned that are not connected to branches. We have awarded the Community Development Award to the Regina Mental Health Clinic. Social Workers created a tree of change, and then donated new gardening tools and seeds to North Central Community Gardens. Clinic

SASW Student Award



The SASW Awards Committee is honoured to present the 2018 SASW Student Award to Ashley Sharp (Saskatoon). This award is funded through the South Saskatchewan Community Foundation.

Ashley is working hard at obtaining her BSW and is also a dedicated volunteer for the Saskatoon Sexual Assault Center. The Centre describes her volunteering experience in the 24-hour Crisis Line as exemplary!

We commend Ashley on her commitment to her volunteering and wish her the best of luck in finishing her degree and starting her career.

Congratulations!

staff will also be invited to a "planting bee" at the Community Gardens in late May/early June. We also wish to acknowledge the Connecting to Care program in Saskatoon and the work of social workers Lane and Brette whose work was highlighted on the SASW website during Social Work Week.

Nominations for the SASW Distinguished Service Award and the CASW Distinguished Service Award don't need to wait

until the deadline! In addition, nominations don't need to be individuals – a work group or team can also be nominated.

Submitted by:

*Awards Committee – Brenden Wallace,
Jessica Gardipy, Barb Pohozoff*



CASW National Distinguished Service Award



Erin Beckwell, BSW, MSW, RSW (SK), received the CASW National Distinguished Service Award.

Erin is a social worker who has spent her career working in the areas of health, education, and community development. She is particularly passionate about community engagement, anti-racist education, harm reduction, and trauma-informed care.

She currently works a Knowledge Translation Specialist and Policy Analyst with the Public Health Observatory in the Saskatchewan Health Authority, and as a Sessional Instructor with the University of Regina Faculty of Social Work. In 2014, she founded Nourish YXE, a community-based group that works to promote body acceptance and weight-neutral approaches to health and challenge weight stigma.

Originally from Treaty 4 Territory in rural Southwest Saskatchewan, she now lives in Saskatoon (Treaty 6 Territory & Homeland of the Métis) with her wife, Lisa.



Faculty of Social Work, University of Regina Section

Dean's Message



Happy spring and happy gardening to my gardening colleagues! It's felt like a long winter so glad the weather has finally improved.

The Faculty of Social Work had another busy Winter semester. Two very difficult situations hit the province during the past months and our Faculty was certainly not immune to the impact. The

first was the Gerald Stanley acquittal of second degree murder in the killing of Colton Boushie. The events, discussions, and emotions that followed the trial served as a reminder that we have a lot of work to do to address the deep seated racism and mistrust that reflect Canada's history with Indigenous people. The events and discussions revealed how important it is for us to review our curriculum and our teaching approaches to ensure they are culturally relevant and anti-colonial. As well, we have to do a better job in providing supports to students who are located in Northern and rural areas and building pedagogical skills among all academic staff – full time faculty and sessionals. We will plan to address

these issues more fully in the coming months.

The second very difficult issue was the April 6 bus tragedy involving the Humboldt Bronco team members. Our Faculty was particularly affected because we are a decentralized program in a relatively small province. We have students who call Humboldt home and so it was inevitable that we had to think about the kinds of supports and resources for students who might be affected. We also had to think about the role of social workers – whether they were attached to the health region, or to community based agencies, to the school system, or to one of the government ministries. They too were severely affected by the tragedy, whether in their role as service providers, family members, neighbours, or community members.

Another challenging event was the release of the provincial budget. The University of Regina did not receive an increase to the operating grant so it will be another tough year for the university. All our faculties are experiencing challenges with respect to lack of resources. Our faculty was happy to learn that the university approved granting two new tenure track positions to the Faculty of Social Work. I want to thank my colleagues for their many contributions to the Faculty. We have all been working hard, with limited resources, so we were relieved to learn about the new positions. I also want to thank our students. They were very vocal about the lack of resources and did a fine job advocating for increased resources. We were proud of them!

Most of our good news stories related to graduation. The University of Regina is the degree/certificate granting university for students graduating from Aurora College, Yellowknife and Yukon College in Whitehorse. Sixteen students completed all the requirement for their Certificate in Social Work at Aurora College. This is a huge milestone for the students and a really major accomplishment for the Northwest Territories. These are students who call the Northwest Territories home. They understand their communities and are committed to making their contributions as human service providers. I wanted to express appreciation to colleagues at Aurora College. The College received notification several months ago that they would cease to deliver the

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Navigating an Ethical Minefield? Pondering a "Grey Area"?

The **Practice Ethics Committee** is a confidential support service for SASW members that offers guidance on ethical decision-making. The committee will make every effort to respond in a timely fashion, and will provide alternate ways of viewing and acting on ethical issues.

To contact the Practice Ethics Committee with your questions or dilemmas, please complete the form that has been developed and placed under each member's Profile home page. This form is received in the SASW office and forwarded to the Chair of Practice Ethics.

Dean's Message, continued

Certificate Social Work program effective June 2019. It was therefore great to see many of the students push hard so that they could complete their programs by June 2019. We hope to see several of these students move to Regina or Saskatoon to complete their degree programs.

Congratulations to University of Regina and Yukon College Bachelor of Social Work and Master of Social Work students who will also be convocating in Spring 2018. Eight Yukon College students will be attending their graduation ceremonies in Whitehorse on Friday May 18. I attended the graduation celebration for the Saskatoon campus students and will attend the Regina campus students' celebration in June.

I couldn't end the good news stories without saying welcome to Dr. Lise Milne who will begin employment with us effective July 2018. Lise will be employed as an

Assistant Professor and will be based at the Saskatoon campus. Lise has a long history in Social Work practice and is a graduate from McGill University. Lise completed a one-year term position with us at the Regina campus. We are thrilled that she has accepted our offer of the tenure track position.

Finally, Congress 2018 has absorbed much of our time. Thanks to Dr. Gabriela Novotna and the rest of the planning team for their exceptional organizational skills.

Submitted by:
Judy White, Ph.D., RSW



SASW Student Award Fund



Climb on Board....

Make a Difference

What does your donation do?

- increases the amount of the award yearly; as the fund increases so does the award
- attracts students to the profession and to SASW while still in school
- an opportunity to pay back for support you received as a student
- official income tax receipts are issued for individual donations

How can donations be made?

- individual donations
- bequests from estates
- as a beneficiary of your life insurance policy
- through fund raising events

The SASW Student Award Fund is established through and managed by the South Saskatchewan Community Foundation.

Your donations can be sent to:

South Saskatchewan
Community Foundation
3934 Gordon Road
Regina, SK S4S 6Y3

Saskatchewan Association of Social Workers

www.sasw.ca

UPCOMING CONFERENCES, WORKSHOPS & WEBINARS

Nobody's Perfect Parenting Program Facilitator Training

June 4-7, 2018
Saskatoon, SK

Contact: Connie Herman
at cherman@skprevention.ca
or 306-230-4242

Self-harm Workshop: Assessment & Treatment

June 21, 2018: 8:30 a.m. to 4:00 p.m.
Yorkton, SK.

Contact Information: Dr. Dawn McBride,
Registered Psychologist in Alberta (clinical) and
professor at DPSpayments@yahoo.com
or Jarvis at 403-332-3600.

Becoming a Trauma Competent Caregiver

June 14 & 15, 2018
Radisson Hotel, Saskatoon
Contact: Pam Kostyk: 1-888-276-2880
www.Saskfosterfamilies.ca/conference

Caring for Aboriginal Children

June 15, 2018
Radisson Hotel, Saskatoon
Contact: Pam Kostyk: 1-888-276-2880
www.Saskfosterfamilies.ca/conference

Occupational Awareness Training for Therapists: Understanding First Responder Trauma

June 25 and 26, 2018
Saskatoon, SK
Contact: [https://centeredlifestyle.com/services/
matt@centeredlifestyle.com](https://centeredlifestyle.com/services/matt@centeredlifestyle.com)

Facing the Future...Together Conference

June 15 & 16, 2018
Radisson Hotel, Saskatoon
Contact: Pam Kostyk: 1-888-276-2880

EMDR-Basic Training

Sept 6-8, 2018
Regina, SK
Contact: Sidney McGillicy
livingskycounselling@gmail.com
306-551-0371

Ethics in Counselling - Consent and Record Keeping Workshop

June 19, 2018: 8:00 a.m. to 5:00 p.m.
Saskatoon, SK
Contact Information: Dr. Dawn McBride,
Registered Psychologist in Alberta (clinical) and
professor at DPSpayments@yahoo.com
or Jarvis at 403-332-3600.

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Upcoming events, news and workshops are regularly posted on the SASW website.
Please visit the website for more information.