



Saskatchewan Social Worker

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Mâwawinitotân - “All Together” Turtle Island Cultural Humility Conference

By Holly Flett

On October 20, SASW had the opportunity to present the Mâwawinitotân - “All Together” Turtle Island Cultural Humility Conference. The conference took place at Wanaskewin in Saskatoon and was an amazing opportunity to get together for a time of learning and celebration of the work undertaken to create the SASW Standards for Cultural Humility in Social Work Practice.



Those in attendance had the opportunity to meet together and hear from Colby Tootoosis, Seapieces Marsland, Nicole White, and Alison Elsner. Our day together also began with a welcome from Knowledge Keeper Andre Letendre and music from fiddler Jordan Daniels. Everyone who shared with us throughout the conference had so much wisdom to share and we are hopeful that each of you who joined us will take this wisdom with you into your day to day social work practice. For those that were not able to join us, you were missed!

There is nothing like a day of learning and networking in person! We've included these standards for you within this month's newsletter.



Table of Contents

- 1** COVER STORY
Mâwawinitotân - “All Together” Turtle Island Cultural Humility Conference
- 3** PRESIDENT’S MESSAGE
Kindness in Social Work Practice
- 4** EXECUTIVE DIRECTOR’S MESSAGE
Changing Times
- 5** REGISTRAR’S MESSAGE
When should I Complete the Annual Renewal as Non-practicing?
- 6** Introducing our Incoming President
- 7** SASW Leadership & Calendar Spotlight
- 8** South East Branch & New Code of Ethics
- 9** James Smith Cree Nation Bursary
- 10** Ranch Ehrlo Quality Improvement Team & Drop off Locations for Winter Clothing
- 11** Saskatoon Branch Movie Night & Membership Renewal
- 12** Thinking Outside the Medicine Cabinet
- 14** Speaker Series Update & Social Work Research Centre
- 15** Saskatoon Branch Mentorship
- 16** IN CRITICAL DEMAND
Social Work is Essential, Including Social Work
- 17** Swift Current Branch
- 18** Next on The Social Work Beginnings Podcast
- 19** Standards for Cultural Humility in Social Work Practice

Saskatchewan Social Worker

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

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PRESIDENT'S MESSAGE

Kindness in Social Work Practice

By Brenda Schock, BSW, RSW

Kindness is a great quality to have. Extending compassion, caring, and understanding demonstrates kindness. Kindness draws people into our conversations, seeks to understand another person's perspective, increases our emotional wellbeing and society as a whole. We can choose to extend it consistently to everyone during interactions regardless of professional role, gender, age, or economic status or not. How do we know if we extend it because of the limitless or limited value we place upon people and circumstances?

I watched this short video the other day about kindness, how we can close ourselves off to kindness, thereby limiting our life, or how we can open ourselves to kindness adding abundance and joy to life. Being kind to someone is choice and does not cost us anything but can bring someone everything.

We can know we are kind by how we treat others we interact with that is true. The

real example of the extent of our kindness is measured by how we treat the person we do not know, or the person we are angry with but don't listen to understand their perspective, or how we treat someone we see as less valuable than we are. Kindness doesn't place a judgmental value in these ways.

As social workers kindness is a cornerstone value of our discipline. We discuss kindness, compassion, and empathy our classes. Kindness is in the conversations we have with clients and colleagues, or at least should be. Kindness is part of the advocacy work we do, it's part of caring for someone in a vulnerable situation, it's part of acceptance of other's differences: It is social work.

Regardless of the role we have, the work we do, the population we serve, kindness

should be one of the cornerstones of our personal philosophy within relationships. If

“As social workers kindness is a cornerstone value of our discipline.”
- Brenda Schock

we want true joy we can share a little kindness with others throughout our day. Take kindness with you to each meeting, webEx, zoom call, phone call, text, or email and see how it goes.

Here's the link to that short video I mentioned earlier: <https://fb.watch/nj3wlq4gk-j/?mibextid=HSR2mg>. I hope it moves you as it moved me.



New Staff at SASW

Hi everyone! My name is Holly Flett and I am new in the role of Member Support Coordinator here with SASW! I have the opportunity to work alongside many of our committees and members throughout the year. Prior to joining the team at SASW, I come from almost 13 years of frontline case management social work practice. Outside of work, you'll find me at my local CrossFit gym, grabbing a Starbucks with a friend, or streaming a series on Amazon Prime with my dog Daisy Belle! Looking forward to connecting with many of you in the months to come!



EXECUTIVE DIRECTOR'S MESSAGE

Changing Times

By Karen Wasylenka, MSW, RSW

Change is a big part of our lives – both in our personal and professional lives. Think back 25 years – we saw people in person, talked on the phone that sat on our desk, did research in the library, took out a map for travel. We support change in those we work with, our organizations, our communities, and society. Sometime we adapt and sometimes it is more difficult. I was recently at a conference with a keynote presentation on change. One of the important messages I took back was to reframe “Change is hard” to “Change feels hard”. And it does feel hard as we are in a new era at SASW.

In January, we will have a new Code of Ethics. The process to revise the 2005 Code began in 2019. As SASW members you had opportunity to participate in 2 surveys and in a focus group. The new Code has been through many rounds of review and consultation. Will it be perfect or will everyone agree with and like every word? Not likely, but I can assure you that the Canadian Association of Social Workers was diligent in gathering feedback and bringing forward a new code that every provincial jurisdiction

could agree to. You will be hearing more about a series of webinars in the new year to introduce the new Code and Guidelines. In addition, you will receive a copy of the Code and a poster with our Social Work Values.

As part of the legislative change we are proposing a new set of Regulatory Bylaws, which we hope to have approved by the Minister in the coming months. Once completed, we will then begin revisions to our Administrative Bylaws.

“Our dilemma is that we hate change and love it at the same time; what we really want is for things to remain the same but get better.”

- Sydney J. Harris

The *Social Workers Act* was amended earlier this year, along with the legislation of a number of other health regulators in Saskatchewan. The changes came into force in May, 2023. The amendments result in a number of changes for SASW. I have written previously about them and spoke about them at the AGM in May. A significant change is the “Objects” section of our Act. It is clear that our mandate is protection of the public and the public interest and some former functions of the association role are not included. We are working through what these changes mean in the role that SASW going forward.

In May, Council, Advisory Board, and staff began development of a new Strategic Plan, which is nearing completion with implementation beginning in 2024. Once completed, the new Strategic Plan will be posted on the SASW website and will guide our work over the next 3 years.

As you read this, we will be in the midst of renewals. SASW currently has over 2,800 registered social workers so renewal time is busy for the SASW office. When I began my role as Executive Director in 2016, our membership was approximately 1800 – what a change! We are so encouraged by the growth in the number of Registered Social Workers in Saskatchewan!

Enjoy the last of the fall season!

“In order to design a future of positive change, we must first become expert at changing our minds.”

- Jacque Fresco



REGISTRAR'S MESSAGE

When should I Complete the Annual Renewal as Non-practicing?

By Fay Schuster, BSW, MSW

SASW offers members the option of a non-practicing registration at a reduced cost (\$92.00) to accommodate various types of leaves of absences from practice, retirements, unemployment and employed but not in the practice of social work. **Members can select the non-practicing option at annual renewal time only.** We do not do status changes from practicing to non-practicing once annual renewals are completed.

Members who complete the annual renewal as non-practicing are not issued a license to practice so if you will be practicing for the first part of the renewal year you cannot select this option. For example, if you will be going on maternity leave in March 2024 you cannot complete the 2024 annual renewal as non-practicing as you will need a license to practice from Jan-March 2024.

Members who are approved for a non-practicing registration at renewal time will need to complete a Member Status Change form and payment when they return to practice to be issued a license to practice. Members who are approved for a non-practicing registration and return to practice later in the year are considered exempt from reporting continuing professional education hours for that year.

Members are encouraged not to let their registration lapse. If you are unsure at annual renewal time what category of registration you should choose given your circumstances feel free to call the Registrar at 306-545-6878 or send an e-mail to registrar@sasw.ca.

My position at work does not use the title "social worker" and my employer does not require me to be registered. Why am I not eligible for the non-practicing registration based on "employed but not in the practice of social work"?

Our legislation, the *Social Workers Act*, requires those using the title "social worker" to be registered with SASW. Individuals who may be practicing social work and using a position title other than "social worker" are not required to be registered. However, once an individual chooses to be registered SASW makes the determination as to which positions are within or outside the practice of social work. In evaluating positions we use the CASW Scope of Practice Statement (https://www.casw-acts.ca/files/attachements/Scope_of_Practice_Statement_2020_0.pdf) All new applicants and all renewing members who apply for a non-practicing registration are reviewed by the Registrar. In cases where the individual indicates "employed but not in the practice of social work" the Registrar reviews the actual job description.

In Memory of Harriet Greenhow

Harriet was a registered member of SASW since 1986. Harriet practiced as a social worker primarily in health care as a medical social worker at the Wascana Rehab Center, the ER at the Pasqua Hospital and as the Palliative Care social worker at the Pasqua Hospital. Harriet was Chair of the SASW Discipline Committee and then the primary investigator for the Professional Conduct Committee of SASW for several years until she retired for health reasons. Harriet passed away on October 19, 2023. We thank her for her valuable contributions to the profession of social work and SASW.



Introducing our Incoming President

Welcome to our incoming SASW Council President, Amanda Knievel! Here is a little bit about Amanda in her own words...

I was born and raised in Regina. I graduated from the University of Regina with a Bachelor of Social Work degree in 2012. As part of my university experience, I took social work classes in Australia for a semester as part of the Travel Abroad program. I also completed a Bachelor of Arts degree with a major in Psychology at the University of Regina.

“I started my social work career as a Domestic Violence Counsellor at a shelter.”

– Amanda Knievel

I started my social work career as a Domestic Violence Counsellor at a shelter. I was a board member at the Regina Sexual Assault Centre. I worked for eight years as a Community Services Worker at Community Living Service Delivery (CLSD) with the Ministry of Social Services. Since April 2021 I have been the Quality Assurance Liaison at Ranch Ehrlo Society.

In my spare time I like to travel, read (especially true crime), watch figure skating and hockey, and spend time with my family including my husband Adrian and our rescue dog Nellie (she is a husky-lab cross). I am also a certified scuba diver and a self-declared cinephile (movie lover).

“Of particular interest to me is the awareness and support for self-care and wellness of our social workers which is so important.”

– Amanda Knievel

As we all know, social work can be really hard and stressful at times. Of particular interest to me is the awareness and support for self-care and wellness of our social workers which is so important. I am grateful for the opportunity to be the Incoming SASW President and to be a part of all the great work SASW is doing.

Consider Serving SASW in a Leadership Role!

Nominations for Council positions available in May, 2024 will be accepted until March 15, 2024. Serving on Council is an opportunity to be involved in policy and direction of SASW. Meetings are approximately every 6-8 weeks, for approximately 3 hours, with material provided in advance for review. With the new legislative amendments in force May 15, 2023, SASW Council is revising bylaws, implementing a new

Strategic Plan, and reviewing the governance structure and role of SASW. Serving on Council is also an opportunity to gain a better understanding of the national and international organizations supporting the social work profession.

Positions open at the May AGM will be:

- Secretary
- Treasurer
- Member at Large (2)

For more information, please contact the Executive Director at executivedirector@sasw.ca.



SASW 2024 Calendar Spotlight

As we enter fall and move towards the end of 2023, the SASW PR Committee is proud to announce the theme of the 2024 Calendar. This year, the calendar will feature many of you, SASW members, sharing what your favourite part of being a social worker really is. We hope each month, the words of other social workers will remind you why it is that we do what we do!

"My favorite aspect of being a social worker is the beauty of getting to know people and watching them grow along with having your own personal and professional self-grow and learn along with each situation."

- SASW Member

"Social work is one of the only careers where you get a front row seat to the true resiliency of the human spirit. This is why we love what we do."

- Humboldt Branch

"My favourite part of being a social worker is the opportunity to work with people from diverse backgrounds and also working in a field that aligns so well with my own values related to social justice."

- Sarah S.

South East Branch Unsung Heroes Initiative

By Lorraine Wilkinson in consultation with Carrie Thorn-Langer on behalf of SE Branch

Weyburn, Estevan and surrounding areas are fortunate to have a variety of resources to assist individuals, families and communities address the impact of a multitude of social issues. Many of these individuals and agencies quietly go about their day often above and beyond their mandate with little to no recognition for their efforts to lighten the load of those in need.

In 2021/2022, members of the South East Branch of the SASW were encouraged to submit nominations who would be honored throughout Social Work Week on our Branch Facebook page as well as being personally presented with a certificate of recognition for their accomplishments. These 15 individuals/agencies also received a basket containing SASW/CASW swag, treats with catchy phrases and humorous memes. The nominees included the following:

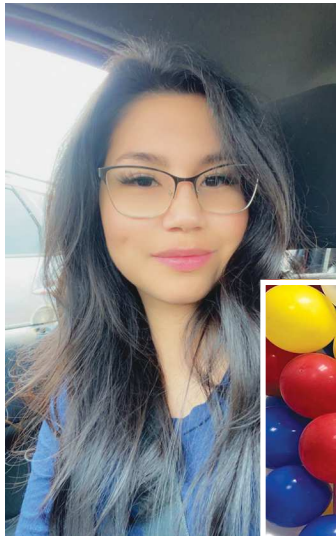
- Weyburn Group Home Society Inc.;
- Anne Schnell/Southeast Youth Employment Services (YES)/Weyburn;
- Rose McInnis/Blue Earth Environmental/Weyburn;
- Judy Valentine/Carlyle Housing Authority;
- Independent Futures/Windthorst;
- Envision Counselling and Support Center/Weyburn, Estevan, Carlyle and Oxbow;
- Fred Sandeski/Community Low Income Center(CLIC) /Weyburn;
- Weyburn Housing Authority;
- Southeast Advocates For Employment;
- Weyburn Ministerial Association;
- Redvers Activity Center;
- Canadian Mental Health Association/Weyburn

This initiative continues to be a standing agenda item at our local branch SASW meetings with the opportunity to recognize individuals and organizations that go above and beyond to support our SE communities.



New Code of Ethics

The Canadian Association of Social Workers has approved a new version of the Code of Ethics and Guidelines for Practice. The new Code will come into effect January 1, 2024. As soon as the new version is available, it will be shared with SASW members. SASW will print a poster with the new values as we have for the current version. In addition, CASW is planning a series of webinars in the new year to introduce the new values and guidelines. Watch for those webinars to become familiar with the context and changes.



SASW JSCN Bursary
Mikayla Brittain

SASW and James Smith Cree Nation Bursary

The SASW Awards Committee is pleased to announce that the recipients of the SASW James Smith Cree Nation Bursary are Kc Moostoos and Mikayla Brittain. This bursary was awarded to individuals who had an interest in pursuing the profession of social work and notable community involvement. The Awards Committee carefully considered the applications and felt that Kc and Mikayla are outstanding representatives for their community of James Smith Cree Nation.



SASW JSCN Bursary
Kc Moostoos



Online Certification Programs

\$50 OFF!
ONLINE CODE:
SASW50

Holistic Addiction Treatment Certification

Live Streaming
February 2024
4, 6 Hour Sessions

CARISSA MUTH, PSY.D., CCC, R.PSYCH

Dialectical Behaviour Therapy Certification

Live Streaming
February - April, 2024
6, 4 Hour Sessions

SHERI VAN DIJK, MSW, RSW



Oppositional Defiant Disorder Certification

Live Streaming
January - February, 2024
6, 4 Hour Sessions

JAY BERK, PH.D.



Treating Trauma in Clinical Practice Certification

Live Streaming
January - March, 2024
6, 4 Hour Sessions

PATTI ASHLEY, PH.D., LPC



Ranch Ehrlo Quality Improvement Team

Ranch Ehrlo Society's Quality Improvement Team is looking for retired social workers interested in contract work to conduct student, participant, parent, case manager and independent contractor surveys. Each of the various surveys have a one to two- month timeframe to be completed within at various points throughout the year.

The QI Team works with contractors and Ranch Ehrlo programs on a schedule that works for all parties in completing various surveys within the given timeframes. Surveys are often completed in person, however doing them virtually is also a consideration. The data collected from these surveys provides Ranch Ehrlo with feedback about the experiences of those we serve allowing us the opportunity to continually improve our practice.

For anyone interested in this type of contract work please reach out to Ryan Labatt - Director of Quality Improvement - Ranch Ehrlo at **306-781-1814** or by email ryan.labatt@ranchehrlo.ca



Drop off Locations for Winter Clothing Items

No matter how we might feel about it, good or bad, winter is on its way! Though there are always needs and ways that we can help those in our community, winter is a big one. Below is a list of some agencies in the province that are ready to take new and gently used winter clothing items for those that might need some as the snow begins to fly and the temperature drops.

If you don't see your community listed, we encourage you to reach out and see if there is an agency, school or other community group local to you that could use your support!

- Prairie Harm Reduction - Saskatoon
- Elizabeth Fry Society of Saskatchewan - Saskatoon
- STC Wellness Centre - Saskatoon
- CUMFI - Saskatoon
- The Bridge on 20th - Saskatoon
- YWCA - Saskatoon
- Humboldt Regional Newcomer Centre
- Salvation Army - Regina
- Carmichael Outreach - Regina
- Souls Harbour Rescue Mission - Regina



Saskatoon Branch Movie Night

By Allison Morgan

On Thursday August 31, 2023, in recognition of International Overdose Awareness Day (IOAD), the Saskatoon branch of the SASW organized a film screening. There were 275 registrants via eventbrite for the film, Love in the Time of Fentanyl, and a wonderful post film discussion. Along with the film and discussion, there was opportunity for collaborating with community agencies/groups for IOAD.

The day was full in Saskatoon from 10:00-22:00 on 20th Street, and included involvement from the SASW/Social Justice Committee. Following the film, the Family Addiction Healing Circle Group closed down 20th street outside of the theatre, and used the space to have speakers and a candlelight vigil. This was a beautiful and powerful act of remembrance. As the event was free, we had donation bins in support of Prairie Harm Reduction, and were able to collect \$338.25. This was donated to the agency the following day.



REMINDER Renewals for 2024 Due

Renewals are due December 1. If you missed the deadline, you will be charged a late fee of \$15, but will have your license for January 2024. If you renew after Jan 1, 2024, you will be charged \$50 in addition to the fee and you will not have a license until your renewal is approved.

Thinking Outside the Medicine Cabinet:

New Resources Help Social Workers Support People Living with Chronic Pain

By Krista Kaminski, MPH, BSc, and Erin Beckwell, MSW, RSW | Reprint from February 2021

For most people, pain is temporary, and it serves as a warning something is wrong, that something has caused or may cause damage to some part of our body. This is acute pain, which usually resolves as we heal. Chronic pain – defined as ongoing pain, accompanied by emotional distress and/or functional disability that lasts longer than three months (primary chronic pain) or persistent pain that emerges as a symptom of another underlying health condition (secondary chronic pain) – can impact people of any age or background. In Canada, one in four people over the age of 15 (more than 7.6 million Canadians) are impacted by chronic pain.^{1,2} People who live with pain often struggle to access formal and informal supports and have their experiences of pain minimized or misunderstood by health professionals, in part due to its invisibility and complex nature.

In their October 2020 report, the Canadian Pain Task Force highlighted that – while pain can impact any of us – as with many

health issues, “...chronic pain is not distributed equally among Canadians. Biological, psychological, social, cultural, and other factors influence the occurrence and severity of pain, and barriers to care are higher in populations affected by social inequities and discrimination”.

As we are often directly connected with individuals and communities who are impacted by structural oppression and the associated inadequacy of resources, services, and supports, social workers are often ideally positioned to support people living with pain. We may be the first team member to recognize that someone is struggling with chronic pain when other concerns such as resource deprivation, mental health, and substance use are the reasons for referral. Social workers are able to assess barriers such as trauma, feelings of cultural unsafety, literacy, and isolation – which can impact one’s ability to meaningfully engage with their health care provider to identify appropriate and effective pain manage-

ment strategies. We can support people living with pain through a trauma-informed approach, providing accessible and appropriate pain education, coping skill development, counselling, advocacy regarding the impact of pain on the patient or family, and identification of resources to improve quality of life and effectiveness of pain management plans.

The Saskatchewan Health Authority and the Canadian Agency for Drugs and Technologies in Health (CADTH) is pleased to announce the release of a series of patient and clinician resources on the effectiveness of non-drug methods for the treatment of chronic, non-cancer pain in adults. These include a chronic pain prescription pad, evidence summaries for clinicians with practical advice for recommending different non-drug methods, patient evidence summaries written at a grade 7 reading level, as well as a poster. A number of individuals with chronic pain used their valuable lived experience to review the patient



resources, contributing to their quality and practicality. CADTH completed a series of evidence reviews to review and summarize the research on the effectiveness of non-drug methods for the treatment of chronic, non-cancer pain which then served as the content to develop this evidence-based resource package which is now available at www.cadth.ca/chronicpain.

Social workers in any practice setting can share these resources with people they support and refer them to the website when chronic pain is identified as a care need.

The need for these resources was identified in a 2018 CADTH Environmental Scan that highlighted issues with access to non-

drug methods for chronic pain, as well as the very limited information available to support clinicians and patients in making evidence-informed decisions about how to choose an appropriate method for addressing chronic pain.

If you have any questions about these resources, contact SKSupport@CADTH.ca.

CAN YOU HELP US OUT?

The Faculty of Social Work is seeking practicum placements in the following areas throughout Saskatchewan:

- any placement in rural communities - especially Yorkton, Moose Jaw, Swift Current, North Battleford, Nipawin, Melfort, and Meadow Lake areas
- housing (especially Housing First, Indigenous housing approaches, and other leading practices in housing)
- intimate partner violence
- health promotion
- outreach (street outreach, substance use/addictions outreach, youth outreach)
- substance use (harm reduction, community-based, and residential supports)
- mental health (especially communities outside Regina and Saskatoon)
- geriatrics (hospital, long-term care, and CPAS)/SWADD)
- prenatal outreach and support
- criminal-legal system (young offender and adult programs, correctional facilities, including programs based in health, education, and other settings)

We are currently planning for Fall 2024 (and beyond) practicum placements. Please contact us at the email below if you have questions, or would like to discuss placement opportunities in your organization.



CONTACT US:

Bayani Trinidad, Placement Coordinator (Saskatoon, Central and Northern SK): SW.Placements.Saskatoon@uregina.ca
Miranda Hoiland, Placement Coordinator (Regina and Southern SK): SW.Placements.Regina@uregina.ca



Speaker Series Update

We have had the pleasure of having two speakers join us as a part of our speaker series over the last two months. We would like to thank Wendi Stumborg (Harris' Hope Foundation) and Shana Mohr (FASD Network) for taking time out of their busy schedules to share about their work. Wendi's lunch and learn session is posted on the SASW website for those that may have missed it.

Continuing on in the speaker series, we are excited to have Marlene Jackson join us on December 12th to share on Grief and Loss. Marlene's lunch and learn will take place live via Zoom from 12:00 to 1:00 that day. It will also be recorded and posted on the SASW website in case you need to view it at a later date.

We encourage you to take the opportunity to view our speaker series on a regular basis to care for yourself through learning and discussion with colleagues!

Finally, it is our goal to have a speaker series event each month. If this is something that may interest you, please feel free to connect with Holly (membersupport@sasw.ca) to discuss further!



Social Work Research Centre Releases Annual Report

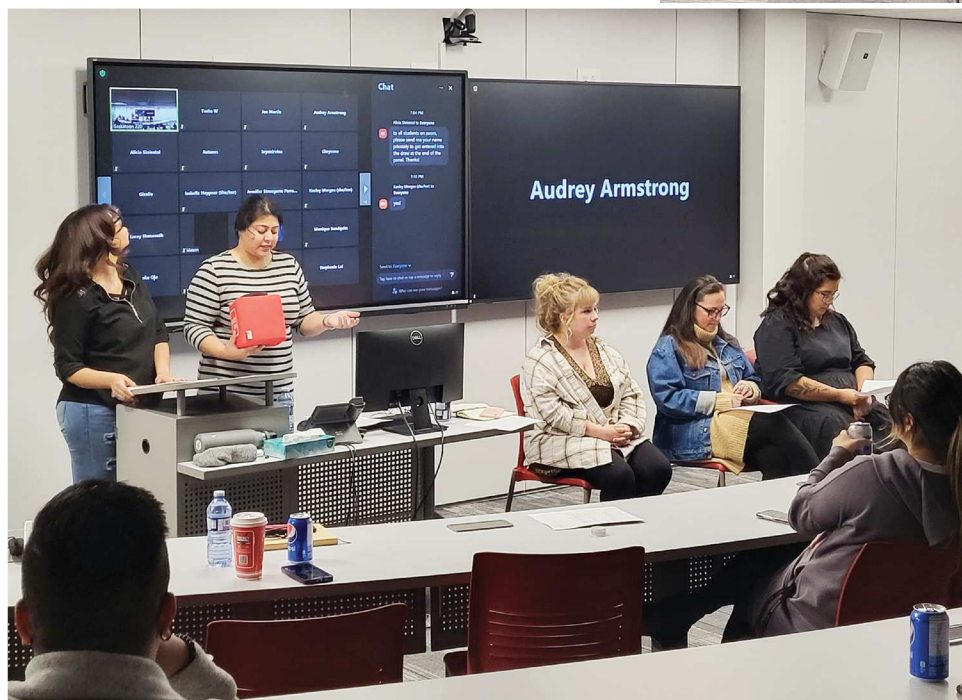
The Social Work Research Centre, a part of the University of Regina, has released its Annual Report! The report is available online and provides updates on all the exciting, up and coming research within our social work profession. Along with research updates, the report shares congratulations to Social Workers Dr. Darlene Chalmers and Dr. Kara Fletcher who were awarded the Queen Elizabeth II Platinum Jubilee Medal for their work in Saskatchewan!

Feel free to check out the report in full online at www.uregina.ca/social-work/swrc.

Saskatoon Branch Mentorship Committee

By Alicia Steiestol

The SASW Saskatoon Branch Mentorship Committee hosted a successful mentorship panel on October 17, 2023, at First Nation University of Canada Saskatoon Campus. We had a mixture of 62 BSW, BSW, Master students and Registered Social Workers in attendance both in person and virtually. Students and social workers came together to hear from current Registered Social Workers who have experience in the areas of private practice, counseling, medical social work, mental health and addictions, child protection, non-government/community-based organizations and corrections and justice. Students were able to network, learn about different areas of social work and ask all their questions about the field of social work to help guide their studies while preparing for future success in the profession.



We would like to extend a huge thank you to FNUC – Saskatoon Campus for collaborating with SASW and offering their space to host our event. Also, many thanks to the FNUC – Saskatoon Campus Student Association for sponsoring supper. Finally, to our committee student members: Thank you to our BSW student representatives, CeeJay Douglas, Shay Gunn and Kyla Primeau, and our BSW student representatives, Susan Jepsen and Kristin Esmail. Your involvement, creativity, communication, and teamwork made this event the most successful panel in years! We look forward to working together again and offering our next mentorship panel in March 2024 at the University of Regina Saskatoon Campus.

Finally, in addition to the mentorship panel, the Saskatoon Branch Mentorship Committee will be offering Mentorship matching where a Bachelor or Master student is paired with a registered social worker in the student's area of interest. If you would like to participate in this opportunity, please email sasw.yxe.mentorship@gmail.com.

In Critical Demand

Social Work is Essential, Including Social Work

By Megan Wilson, BSW/RSW | Reprint from Volume 32, Number 2

The CASW National Social Work Month theme this past March was "In Critical Demand - Social Work is Essential", and we must not forget to include Social Work students in this statement. As practicing social workers, we have faced some of the most difficult situations in our careers and personal lives due to the Covid-19 pandemic: ever widening gaps in the provincial social safety net, workload demands and occupational stress, accessing self care in meaningful ways, and lack of connection and human interaction, to name a few. These same issues impact students pursuing an education in social work, and continue to result in unique and uncharted paths towards completion of their degree.



From discussions with student members at the University of Regina Bachelor of Social Work program, as well as with Erin Beckwell, Field Education Coordinator for the University of Regina, particular themes surfaced in the last two years that are worth highlighting to members of the SASW. In 2020, some practicum placements discontinued students being on-site due to public health orders. Similarly, as the pandemic continued into 2021, some facilities were not able to take on students due to staff shortages and pauses in workplace functioning. This was amplified in rural settings as the number of opportunities are less available in comparison to city centers such as Saskatoon and Regina. The U of R Social Work Faculty, students, and their practicum field instructors were left to try and supplement these challenges in new ways.

Currently, as Saskatchewan communities work towards a "new normal", social work students are still faced with these residual barriers and the constant need for practicum placement experiences. Perhaps you are wondering, how can we as registered social workers advocate for our future workforce? One of the most tangible actions is to become a practicum placement field instructor. Supervising a social work student has many benefits - having students involved in the workplace offers fresh creativity, knowledge, and perspectives. In some cases, face-to-face or frontline opportunities may be reduced, though this does not mean that supervising a student is out of the question. Beckwell shared some insight as to how to work with our current landscape, highlighting opportunities for students to assist

with workplace items such as integration of the Truth and Reconciliation Commission Calls to Action, conducting research oriented work, revamping or renewing workplace policies, and creating education programming and/or materials. These types of undertakings can be virtual/computer based, which offers the flexibility to meet both students and field instructors' needs moving forward.

Naturally, this role comes with added professional responsibility, though it also includes professional perks. Supervising a student counts towards a maximum of 20 continuing professional education (CPE) hours that can be used towards the 40 CPE hours required to be registered with the SASW. More so, being a field instructor offers an opportunity to pass along wisdom and expertise, which for many is an experience that can promote a positive sense of self. Field instructors act as a foundation towards students' professional development, and continue to make an impact as students become front line workers. For those who are interested and want to know how to become a Field Instructor, please direct questions and inquiries to Erin Beckwell via email (erin.beckwell@uregina.ca).

Megan Wilson is a member of the Education Committee for the Saskatchewan Association of Social Workers, and a frontline medical social worker. The Education Committee is looking for opportunities to strengthen support for social work students and faculty; folks who would like to reach out and provide ideas can do so by contacting our Chair, Ellen McGuire at emcguire@sasktel.net.

Swift Current Branch Update

By Kimberly Duquette

What a wonderful experience for our SASW members to once again volunteer to provide classroom presentations about the social work professions and a SASW information booth at the Chinook School Division Career Expo in Swift Current on Oct. 11.

Our branch has taken part for many years and will continue to do so as the experience has many benefits for us as social workers and of course for the students! The Chinook Career Expo provides a chance for over 1500 high school student from Swift Current and rural schools in the Southwest to explore a variety of career options and educational opportunities.

Students attend several classroom presentations by professionals where they learn about a profession they may be interested in, what the job entails and how to get involved. Karla Remple, working for SHA, the PACT program, her daughter Tessa Whalen, a pre-social work student and myself, Kimberly Duquette, a social worker for Saskatchewan Distance Learning Center, all provided presentations to students. What a great experience!

Students asked questions like 'Is it hard? How do you deal with seeing all the hard things every day?', 'what classes do I need to get in?' 'What is your favorite thing about your job?' and 'What do you do to keep your mental health good?' Nine social workers from many different fields of work in Swift Current area volunteered to work at the booth answering students questions and sharing our love and pride in our profession.

This experience also allows our branch to connect with both our executive and other members. We are reminded of why we chose our profession in the first place and why we are dedicated to our work, our colleagues, our professional organization, and the people we support.

Personally, I also love the chance to hear about the other social worker's careers, as I work primarily remotely for a provincial organization. Connecting with others who have that same passion and dedication to their career is a highlight of my year as an SASW member.



Next on The Social Work Beginnings Podcast

By Brad Fraser, BSW Student

The Social Work Beginnings podcast returns this fall with multiple guests and topics that highlight the journey of social work. Next, part two of our Social Work in private practice episode, will feature Erin McLeod (MSW, RSW) from Prince Albert. Erin takes us through her unique journey to social work after stops in scientific and legal focused work. These backgrounds informed her focus on ethical private practice. She shares her experiences setting up her own private practice with her business partner, the different skillset outside of social work that this requires, and the importance of supervision both at the start of her career as a counsellor and its ongoing importance.

Episode six will switch gears with a focus on field education and practicums as we sit down with Bayani Trinidad (BSW, RSW). Bayani is the Practicum Placement Coordinator for the University of Regina Faculty of Social Work's Saskatoon Campus serving students north of Davidson. Bayani helps explain the practicum process both behind the scenes as staff, what it looks like for agencies and individuals who provide supervision to students, and what the process looks like for students applying for Practicum I and Practicum II. A particular reminder Bayani reflected on for students was, "Field Education is a time to make mistakes. You are not going to be good the first time. We are students, we are still learning." Bayani takes us through his own personal journey of social work including his experience incorporating his passion for breakdancing and what it looks like to incorporate art and culture into social work with youth. He reflects on how important it is to reflect on the people that you are helping and how to center them in light of colonialism that moves beyond the Canadian context.

Subscribing to the Social Work Beginnings podcast will make sure you automatically receive new episodes. In the queue to be released are three recent MSW graduates from the University of Regina. Rayna Fisher (MSW, RSW), Cody MacSorley (MSW, RSW), and Taylor Chetty (MSW, RSW).

Rayna details her research that focused on harm reduction and some surprising results in consideration of the possible rural/urban divide. She gives examples of how student and practicing social workers can advocate for harm reduction as an evidence-based policy and describes her "why" of social work. Finally, Rayna speaks about how social work is political and how she addresses this within her own work as she continues to advance child services legislation.

Cody takes us through his own journey as a social worker in the Autism Program for the Saskatchewan Health Authority in Regina during the start of the pandemic. He details his own experience of his family welcoming newborn twins during the start of his MSW pursuit during peak Covid-19 lockdowns and his own mental health during this journey. During Cody's MSW he discovered that the experience of fathers was underrepresented in the research literature when raising children with Autism which then became the focus of his own research. Cody takes us through the results of his findings and then offers some recommendations on how to target the mental health of fathers when delivering services to parents and children.



Taylor Chetty currently works for the First Nations University as the Interim Director of Student Success Services. As a graduate of their BSW program, and as a graduate of the University of Regina's MSW program, Taylor's experience as a student in both programs provides her with a rich perspective to share with prospective, current, and former students. As part of her MSW, Taylor's research focused on evaluating the sexual abuse prevention program in Saskatoon schools. Taylor shares her own experience of working in trauma recovery with people experiencing sexual violence, mental illness, and systemic inequalities.

The Social Work Beginnings podcast can be found on all major podcast networks and is also available at www.swss.ca. Each episode features a written transcript, helpful links to resources to learn more, and an opportunity to get further involved. There are paid opportunities for students with the podcast either as a producer, podcast host, audio editor, transcriber, or research. There continues to be volunteer opportunities for new guests and we'd appreciate any interested folks reaching out to us on our website.

Standards for Cultural Humility in Social Work Practice

The SASW has developed 10 standards in cultural humility for standards of practice in social work. These standards were developed for social workers to reflect on and use in their daily practice.

These Cultural Humility Standards of Practice for Social Workers have been developed on the cultural foundational inspiration of Wholistic sacred teachings of LOVE, RESPECT, WISDOM, HUMILITY, COURAGE, TRUTH, and HONESTY.

A social worker will support, treat fairly, and engage in respectful dialogue and behavior with First Nations and Métis peoples whereby developing and maintaining respectful relationships.

A social worker will engage in life long learning and self reflexivity practices to begin to understand First Nations and Métis paradigms.

When possible, a social worker will provide or secure social work services in the language chosen by the First Nations and Métis people. If using an interpreter, the social worker will, when possible, engage an independent and qualified professional interpreter.

A social worker will provide or secure social work services with respect to First Nations and Métis Knowledge Keepers and Elders to provide appropriate and ethical support in relation to the protocols, customs, and cultural practices of First Nations and Métis people.

A social worker will seek to attain knowledge and explore their relationship to First Nations and Métis communities within their geographical area including cultural, spiritual, and land connections from a shared First Nations and Métis perspective.

A social worker will advocate for First Nations and Métis peoples in the event of witnessing unfair treatment, racism, and discrimination.

A social worker will gather knowledge about First Nations and Métis history, cultures, and experiences in Saskatchewan and advocate for cultural humility training in social work education and practise.

A social worker will advocate for cultural humility, education in First Nations and Métis history, cultures, and experiential learning and training in the workplace.

A social worker will acknowledge First Nations and Métis children; and, their families and communities which are impacted by the large number of children in care in the child welfare system. A social worker will advance towards a First Nations and Métis lead community-centred-approach within the child welfare system.

A social worker will engage in reflective practise to advocate for the enhancement of First Nations and Métis focused services in social work, justice, education, employment, and health.



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