



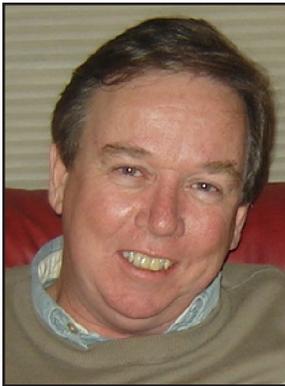
SASKATCHEWAN SOCIAL WORKER

Volume 21 Number 1

“Social Workers – Make a Difference”

February 2010 Edition

President’s Message



My two-year term as President of your association is coming to an end, and I am resisting the temptation to become wistful or philosophical. But I must tell you it has been one of the most satisfying experiences of my professional career. I would urge each of you to consider how you might serve your profession and your col-

leagues through participation in SASW. I have had the opportunity to meet and work alongside many remarkable social workers, within the province and through our national and international partners. I am grateful for the privilege of serving and representing you.

You are all invited to attend the SASW Provincial Conference, “Social Justice Works: From Discourse to Action,” which will be held in Regina, April 29-30, 2010. Congratulations to the Regina Branch and all those who have put together a tremendous program. The presenters include Cindy Blackstock, Shawn Cassiman, Bill Lee and James McNinch. While you are planning for the provincial conference consider attending the SASW Annual Meeting. It will be held on the evening of April 28. The Annual Report, tabled at the meeting, will give members a complete view of the Association’s operation and activity during the past year. Some new Council members will also be elected. I urge you to learn about the new process for nominations for Council positions. Here’s a link from the SASW site: <http://www.sasw.ca/council/AdminSection-Elections.pdf>. You will find the conference brochure enclosed with this newsletter.

March is the month we set aside to celebrate social

work, honor our colleagues and bring important issues to the attention of the wider public. The 2010 theme of Social Work week is “*Social Workers Speaking Up: Poverty Costs.*” Find out what your Branch is doing to promote the profession and join them.

The SASW, along with eight other provinces and northern Canada belongs to the Canadian Association of Social Workers (<http://www.casw-acts.ca/>). The expressed purpose of CASW is to provide a national leadership role in strengthening and advancing the social work profession in Canada. Over the past two years the member organizations along with the Board and staff of CASW have determined that a review of the organization is needed to ensure that we continue to have a strong, viable national voice for social work. This process was set in motion at the last annual meeting of CASW when a steering committee made up of Presidents and Executive Directors of member organizations and CASW Board members was formed to make the review happen. I am representing you on this steering committee. The

If the credentials of social workers are going to be recognized everywhere in the country, we need to ensure that there are national standards and qualifications that we all can agree to.

review, conducted by the Agora Group, is currently taking place and is expected to make its final report to the CASW Annual meeting in Montreal in June.

The second national organization SASW belongs to is brand new. At a meeting in Charlottetown in September 2009, representatives from all the social work organizations that have a regulatory function established the Canadian Council of Social Work Regulators (CCSWR). While still in its infancy, the Council has embarked on a project to establish a set of social work competencies for entry level social workers in Canada. Much of the impetus for national competencies comes from issues of labor mobility. If the credentials of social workers are going to be recognized everywhere in the country, we need to ensure that there are national stan-

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- **ADVOCATE** for SOCIAL JUSTICE
- **PROMOTE** the PROFESSION
- **REGULATE** the PROFESSION
- **SUPPORT** for ETHICAL PRACTISE

President's report, continued

dards and qualifications that we all can agree to. Agreeing on what competencies are required to do social work is the first step toward national standards. We can also predict that it is the first step towards nationally agreed upon certification or licensing examinations.

As I speak with those practicing social work, some SASW members and some not, I find that the concept of social work as a regulated profession is sometimes misunderstood. Recently I found a description of a "regulated profession" on the website of the Alliance of Canadian Dietetic Regulatory Bodies. This would be the Registered Dietician's version of the CCSWR. Here is quote from the dieticians:

"Where the public may be vulnerable to harm as a result of inappropriate conduct on the part of a professional, some mechanism must exist to protect the public interest. For many health professionals the government has delegated the responsibility of regulating the profession to the profession itself – self regulation"

As you know, SASW is both a regulatory body and a "member association" which promotes and supports

social work, social workers and advocates for social justice. The two roles are distinct while being intertwined. Your Council and Advisory Board are constantly aware of the need for balance in the functions of SASW.

Because this is my last newsletter report, I want to acknowledge the work and support of a number of people. First I wish to acknowledge the death of Council Member and Registrar, Joyce Reid. She was a valued colleague and friend to so many, and she is greatly missed. Thanks to all the SASW members who serve on committees, task forces, branch executives, and to those who have been elected to serve on Council. Your thoughtfulness, determination and hard work have been an inspiration to me. Thanks to Debb Fisher and Bill Tingley for their commitment to excellence on behalf of the members and the profession. Finally, my thanks to Richard Hazel who is a consummate professional, an invaluable guide and resource to Council, to me and to the organization.

Submitted by:
Jim Walls, MSW, RSW (Sask.)

Discipline Decision

On Thursday, October 29, 2009 a Hearing of the Discipline Committee of the Saskatchewan Association of Social Workers was held in Regina with respect to a complaint against **Mr. James Gordon Williams**. The complaint came from the member's former employer alleging the accessing of pornographic internet sites while at work. The Professional Conduct Committee investigated and recommended the matter be referred to the Discipline Committee to hear and determine the complaint. An Agreed Statement of Facts was reached between Mr. Williams and the Professional Conduct Committee in which Mr. Williams admitted to the allegation and that it constituted professional misconduct as defined

in *The Social Workers Act*.

The Discipline Committee concluded Mr. Williams was guilty of professional misconduct. It ordered that he be suspended for six weeks, then practice under the condition that he obtain counseling and treatment with the requirement of a compliance and progress report from the treating professional at the end of one year. In addition, Mr. Williams was reprimanded and ordered to pay the costs of the investigation in the amount of \$1,000. The Discipline Committee further ordered that their Order be provided to the complainant and that this digest of their Decision be published in the SASW newsletter and on its website.

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 April 30, 2010.



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

Executive Director's Message



In 2009, SASW developed a sharper focus on its social justice work. You may recall that the Social Justice Committee has two areas of emphasis, both of which have a long-term scope:

- Services to children and youth, with a specific focus on child welfare;
- Poverty, with a specific focus on development of

anti-poverty strategies.

The interest in services for children and youth has been mainly expressed through SASW's participation in the Saskatchewan Partnership for Children and Youth. As you may have read here before, "The Partnership," as it's often called, was developed over the last few years with the intention of bringing influence and profile to the most marginalized children and youth and to support an improved, better understood and less isolated child welfare system. SASW was instrumental in the initiation of The Partnership as our response to the earlier CASW project that focused on the child welfare system, called "Creating Conditions for Good Practice." Aside from ourselves, this group currently has representation from the College of Psychologists, the University of Regina Faculty of Social Work, the First Nations University School of Social Work, Ranch Ehrlo, First Nations Child and Family Services, The Youth-in-Care Network, the Education and Social Services Ministries, the Children's Advocate Office and the Prairie Child Welfare Consortium. The new piece in all of this is that The Partnership was invited to consider working as an advisory group to the Child Welfare Review Panel that was announced by Minister Harpauer on November 9. There was agreement with this request and the first meeting with Ministry of Social Services officials and Bob Pringle, Chair of the Review Panel occurred December 9. At this point, there have been additional meetings where advice has been offered in support of the Panel opening for submissions and consultation in March. The current understanding is that the advisory role for The Partnership will continue through later phases of this review.

This review of child welfare services includes a review of *The Child and Family Services Act*, but is broader in scope. Terms of Reference are available on the Ministry of Social Services website. I encourage

participation in this important time of analysis and planning.

Our continuing work on the theme of poverty was advanced significantly last year through a Masters practicum. Kirk Englot, co-chair of our Social Justice Committee did his practicum out of this office on a half-time arrangement from May until the end of December. Acting in support and advisory roles for the practicum were Sarah Lieberman of the Saskatchewan Registered Nurses Association and Jim Mulvale of the Faculty of Social Work. The May-December timing allowed for the experiential side of the practicum, and the advancing of the item from our current Action Plan that required examination of poverty-reduction strategies and what might be effective. Kirk's more detailed reflection on this project was provided to the recent meeting of the Advisory Board and will appear in the June newsletter, but for now it is clear that the profile of SASW has been improved in this area and some influence has been added to the wider discussion. There has been opportunity for more focused discussion with politicians on both sides of the House, and more detailed discussions with officials within both the Education and Social Services Ministries. A presentation was made to the December meeting of the Regional Intersectoral Committee Coordinators and another is planned with the Human Services Integration Forum. In addition, Kirk has served as the interim chair of the newly forming provincial collaborative group, "Action for a Poverty Free Saskatchewan."

In all of this work on poverty, the existing collaboration with the SRNA has continued. Typically, they would be represented at any of the meetings noted above. From time to time, the Councils of SRNA and SASW meet over dinner to share more of the common interest and involvement in social justice matters. The next of these opportunities will be in later summer of this year.

I would just like to add to Jim's comments about Joyce Reid by saying that she was a colleague long before I came to work here, and it was privilege to continue that connection here at SASW. In my experience of her, Joyce was always a thoughtful and dedicated professional as well as a kind and caring person. Please read her obituary on page 5.

I hope to see many of you at the AGM and Conference in April.

*Submitted by:
Richard Hazel, MSW, RSW (Sask.)*

Joyce Reid

In November of 2008, while serving in her third month as Registrar for SASW, Joyce Reid was diagnosed with lung cancer. Prior to that time, she had demonstrated her deep sense of professionalism in a number of ways, and had served as a committee member on the Education Committee, then as a member-at-large, and treasurer on the SASW Council. Joyce always impressed with her ethical clarity, dedication and a calm sense of reflection and consideration. She received her colleagues well and they typically felt very good about time spent in her presence. We will surely miss her contribution to the profession.

Following is the obituary published in the Regina Leader-Post from 11/23/2009 - 11/24/2009



REID, JOYCE Aileen (nee Becker) Joyce Aileen, of Regina passed away peacefully at 61 years of age on Sunday, November 22, 2009. At her side was her loving husband John; son Ian; and daughter Heather (fiance Adam Matchuk). To also cherish her memory are brothers Howard (Terry) Becker and Gerald (Bernice) Becker;

sister Annette Girling; sisters-in-law Pauline Becker and Arlene (Sorrel) Steinberg; nephews Dale (Melissa) Becker, John (Michelle) Becker, Travis Becker, Wayne Jr. Becker, Jason (Jennifer) Becker; nieces Kim (Mike) Hudye, Cindy Mandziuk, Annette (Mark) Aldorfor, Jody (Doug) Sabine and Nancy (Todd) Toombs-Heavisides, and a number of aunts, uncles and cousins. She was predeceased by parents Arnold and Geraldine Becker; brother Wayne Becker; nephew David Becker; and sister-in-law Diane Becker. Joyce was born on September 22, 1948 in Yorkton and raised on a farm near Kamsack, SK. She moved to Regina in 1966 to attend the University of Regina. In 1969, Joyce began her long and dedicated career as a social worker with Saskatchewan Social Services where she served in a number of capacities until her retirement in 2004. She subsequently worked with the Yukon Government and with the Saskatchewan Association of Social Workers until the fall of 2008. Joyce loved being around family and friends and they loved being around her as well. Family meant everything to Joyce, and together with husband John, the focus of the Reid household was around their two children: Ian and Heather. Joyce also enjoyed spending time with the family pets, cooking, gardening, sewing, and other interests.



SASKATCHEWAN ASSOCIATION OF SOCIAL WORKERS

Annual General Meeting - April 28, 2010

Provincial Conference - April 29 and April 30, 2010

West Harvest Inn – Regina, SK



Speakers:

Cindy Blackstock, First Nations Child & Family Caring Society of Canada
"Is this Our Canada?"

Shawn Cassiman, University of Dayton
"Discourse, Narrative & Social Justice: The Relevance to Social Work Practice & Policy"

Bill Lee, McMaster University
"Seeking Social Justice in Troubled Times: Some Lessons from the Past"

James McNinch, University of Regina
"I Thought Pocahontas Was a Movie: Perspectives on Race/Culture Binaries in Education & Service Professions"

For a conference brochure, please download one from the SASW Website: www.sasw.ca (click on the tab "news/events") or see insert with this newsletter.

Hosted by: SASW Regina Branch

Quality of Work Life Survey Report

The Quality of Work Life Project was initiated by the Ontario Association of Social Workers in 2005 to explore factors affecting the quality of work life for social workers. Presidents and Executive Directors of CASW-aligned associations decided in Halifax in June 2006 that all other provinces would run the survey with the goal of developing a country-wide picture to be used as a base for understanding, speaking to and seeking solutions for identified workplace issues. Research indicates that social workers are experiencing stress relating to a variety of factors including the quality of their professional practice environments and balancing the demands of their professional and personal lives. Quality of professional environment is known to affect factors such as job satisfaction, recruitment and retention, and ultimately client outcomes.

The Executive Summary below is from the Saskatchewan survey conducted in the late spring of 2008. The full report is available on the SASW website under the "Council/Committee Branch Information" tab.

Executive Summary

Overall Purpose

The purpose of this project was to solicit the views of professional social workers in the Province of Saskatchewan concerning the quality of their work life. Similar studies have been done in several other jurisdictions including British Columbia, Manitoba and Ontario in the hope that a pan-Canadian analysis may be developed.

The Saskatchewan survey was conducted in spring 2008 using an on-line questionnaire posted on the website of the Saskatchewan Association of Social Workers. The instrument was designed to gather baseline data with respect to employment conditions of social workers across the various fields of practice¹, including data on salaries, benefits, hours worked, opportunities for training and advancement, care-giver responsibilities, health and safety. This study is the first of its kind to collect such information about social workers in the Province, and it is thought to be unique in exploring the experiences of Saskatchewan social workers related to issues of stress, workload, personal safety and security on the job, and balancing personal care-giving with employment responsibilities. The instrument was designed as well for purposes of replicating the study across the remaining provinces and providing a national perspective on the work and life-conditions of social workers in Canada.

Responses were received from 154 individuals, yielding a response rate of roughly 12 per cent. While the

survey was also open to social workers in the Northwest Territories, the returns from this region were too low to include². The academic and professional qualifications of respondents ranged from the Certificate of Social Work (CSW), to the BSW, MSW and the PhD/DSW.

The majority of respondents said their work focuses on direct practice but a good number report they also work in areas of community development, policy, research and teaching. Although the respondents represent various fields of practice, and the composition of the sample seems consistent with the demographic characteristics of SASW membership as a whole, the marginal response rate calls for caution when attempting to generalize the results of the study.

Principal Findings

The most significant finding is that the majority of respondents report being satisfied with their career and would recommend social work as a profession to others they know. This, despite the fact that many say they are experiencing increased levels of workplace stress and feelings of being rushed at work.

Sixty-three per cent of respondents report they are feeling stressed. Thirty-three per cent cited feelings of depression, 40 per cent cited irritability with colleagues and 24 per cent with clients. Frequent illness and mistakes were reported by 21 per cent and almost half the respondents reported they usually or often skip meals.

Respondents report a number of key factors that contribute to feeling stress. These include: committee work, computer work, crisis situations, deadlines, expectations to do extra research, supervising students, the need to upgrade their education, attending rounds, lack of team cohesion, time lost in lengthy drives to client locations, and reductions in clerical support.

Respondents feel there are several important factors that can help alleviate stress. These include greater flexibility in the use of time or the opportunity to vary hours, opportunities to work from home occasionally and for making personal calls at work.

Respondents say they are busier than a year ago as a result of being asked to do more at work and to work at a faster pace.

The majority of respondents report that their feeling rushed at work is associated with several factors including staff shortages, the volume and overall complexity of work, taking on new duties, the fast pace of work, the need for increased documentation, covering for other staff, and new changes in policies.

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Work and Life Study Report, continued

Respondents feel underpaid for the work they do.

They perceive social work salaries and benefits to be lower than those for nurses and psychologists, and they do not find that higher academic qualifications in social work lead to higher salaries and improved benefits.

Respondents see administrative (clerical) work to be a major concern. Many stated that administrative work interferes with their ability to provide direct service to clients.

Half the respondents reported they are juggling work and care-giving responsibilities including caring for children, parents, and other relatives.

Forty per cent of respondents claim to be victims of workplace intimidation in the form of unwanted, unsolicited or intimidating attention, comments or behaviours. In 94 per cent of these cases the source of intimidation was a client or the family/friend of a client.

Future Directions

Several other provincial and territorial member organizations of the Canadian Association of Social Workers have already done or are planning to conduct similar surveys with the overall goal of establishing a national data bank to facilitate regional and national comparisons. Findings and conclusions from these surveys can be used in advocating for improved salaries, benefits and working conditions for members of the profession.

1. The fields of practice included medical health, child welfare, family services, school social work, housing, and services for the elderly. There were significantly more respondents in the health field than any of the other fields. This may be the result of an employer-driven requirement of registration for the health-care sector that is not part of other employment sectors.
2. All the questionnaires but one were completed by social workers in Saskatchewan. Efforts should be made to encourage more social work colleagues in the NWT to participate in such a survey so that their work experiences may be incorporated in future analysis.

Saskatchewan Association of Social Workers
CELEBRATE SOCIAL WORK WEEK IN SASKATCHEWAN
MARCH 21 - MARCH 27, 2010



2110 Lorne Street
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 Email: sasw@accesscomm.ca

www.sasw.ca



SASW

Distinguished Service Award

Eligibility Criteria:

1. Outstanding contribution in any area of social work practice.
2. A high degree of professional commitment and contribution to the furthering of the work of SASW in the province.
3. Current/valid registration with SASW.

Procedure for Nomination:

Names must be submitted for nomination and must have written support of at least **three** registered members of SASW. A brief biographical sketch must be included.

Selection Process:

Selection of the Distinguished Service Award will be made by a majority vote of SASW Selection Committee. The plaque will be presented at the SASW Conference Banquet.

Please mail or fax nominations to:



SASW Office - Selection Committee
2110 Lorne Street
Regina, SK S4P 2M5
(306) 545-1895 (fax)

Deadline for submitting nominations: March 15, 2010.

Name of Nominee: _____

Nomination Supported by: _____

City/Town: _____

Name: _____

Phone: (H) _____ (W) _____

Name: _____

Name: _____



SASW Student Award

Award

The SASW Student award is presented to a Saskatchewan social work student enrolled in the Faculty of Social Work, University of Regina, or the Social Work School of First Nations University, taking classes within Saskatchewan, or in an accredited social work program outside of Saskatchewan. The Award is presented in recognition of a student's contribution to his/her community, beyond the immediate requirements of education/employment. The amount of the scholarship is determined by the Scholarship Task Team and in accordance with Canada Customs & Revenue Agency Policy. The award is supported by the fund SASW has placed under the management of the South Saskatchewan Community Foundation. The amount each year shall be determined by the Student Award Committee in accordance with Canada Customs & Revenue Agency regulations.

Eligibility

- Eligible students shall be enrolled in the Faculty of

Social Work at the University of Regina, including the First Nations School of Social Work, or a Saskatchewan resident attending an accredited social work program outside Saskatchewan.

- Applicants to be considered are students in good standing academically at the undergraduate or graduate level, taking at least 60% of the full-time course load.
- The award shall be limited to one per student per degree.
- Involvement in community service over the most recent five year period shall be the main criteria used in evaluating applications. In this context, activities related to the professional association, group and volunteer work are the main areas for consideration.
- The Student Award Committee may also take into consideration financial need and whether there is student membership with SASW.
- Applications shall be received at the SASW office on or before March 15th.

SASW Student Scholarship, continued

Guidelines

The following information and documentation shall be provided with the SASW Student Award application form:

- Verification of enrolment in an eligible social work program, showing at least 60% of a full-time course load.
- Current transcript of marks to be sent directly from the university Registrar's office to the SASW

office.

- The place and activity involved in the community service, as prescribed by the application form.
- Reference letter from an individual who knows of the involvement in community service.
- Curriculum vitae/resume.
- Written statement as to financial need (optional).

Deadline for Submitting: March 15, 2010.

SASW STUDENT AWARD APPLICATION

Last Name: _____ First Name: _____

Address: _____ City/Town: _____ Postal Code: _____

Telephone: _____ Email: _____

Specify degree/certificate expected: _____ Graduation Date: _____

Institution at which are you are currently enrolled: _____

Are you a Student member of SASW: Yes No

SUBMISSION REQUIREMENTS/AWARD CHECKLIST:

The following must be submitted with this application:

- Verification of enrolment in an eligible social work program. This also includes verification that you are enrolled in at least 60% of a full-time course load as well as your transcripts (to be sent directly from the university Registrar to SASW).
- An outline of the place and activity of the community service. This information will include the following
 - Interests & motivation for having done the community service.
 - Objectives of the involvement
 - The process and results of the activities
- Reference letter from an individual who knows of the involvement in the community service.
- Curriculum Vitae/Resume.
- Written statement as to financial need (optional)

I have read and understand the requirements for this award that I am applying for and have submitted all required information and documentation. All information contained in this application is accurate and contains no false statements.

Signature of Applicant: _____ Date: _____



Article Section

Spiritual Healing Through Self Expression

Many people fear “art” because they believe it is tied to some sort of intrinsic skill or talent. Art, however, is subjective; it is more about the process and what we learn about ourselves along the journey than about the end result. Art helps us explore our creative self and draws us to the social and emotional aspects of our beings rather than to the academic.

People who are on a healing journey may experience a variety of symptoms including physical or emotional pain and stress. Traditional therapies, such as cognitive behavioural or drug therapy, are widely used to treat symptoms associated with illness or various afflictions. Many people, though, also benefit from the inclusion of spiritually-enriching activities that provide relief such as exploring our inner-creative self through art.

Bonnie Chapman, Artist in Residence with the Regina Qu’Appelle Health Region (RQHR), guides patients and their friends and family members as well as health region staff in the Creativity for Health program. The program focuses on empowering people spiritually by helping them discover their creative source as they follow along their own paths to wellness.

Bonnie began the program in 2004 after first approaching the Saskatchewan Arts Board with a proposal to fund an Artist in Residence program with the health region. She received funding to pilot a ten-month program and spent the first six months completing re-

search and development. Six years after its inception, the program is now fully funded by the RQHR under the auspice of Spiritual Care. It is the only program of its kind in Saskatchewan, and is but one of a handful of similar programs across the country.

Many of the program’s referrals come from the social work staff at the Pasqua and the Allan Blair Cancer Center. Currently, the patient focus includes referrals from Oncology, Palliative Care, Acquired Brain Injury and Mental Health. In the past, patient focus has also included Extended Care, Pediatrics and the Neo-Natal Intensive Care Unit. Families and friends of patients are invited to attend the classes in order to take part in the healing process, and health region staff can take part in classes that run separately in order to more fully understand how creative expression can support healing.

Sandy Gulka, a Clinical Oncology Social Worker with the Saskatchewan Cancer Agency, recommends the program to many of her own clients who come through the clinic. She states, “Upon meeting Bonnie, you will be instantly drawn to her genuineness, graciousness and gentleness.” Having attended sessions as a professional, she further finds that both Bonnie and the program have the ability to help people be people first and not patients, and to free themselves from the “busy-ness” of their minds.

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Prairie Breeze in the Garden.

Spiritual Healing Through Self Expression, continued

In the creative arts, there is also an element of very personal and inter-personal shared experience. While a free-flow of creative energy can help reduce stress and ease physical and emotional pain, the creative risks associated with the shared experience can allow people the opportunity to build the self-esteem often required to face the challenges that illness may bring and to build strength through community.

In 2008, 46 artists associated with Bonnie's program had the opportunity to share their own personal and inter-connected experiences through the creation of a mural entitled "Prairie Breeze in the Garden". The mural, consisting of one hundred and sixty-five hand-painted clay tiles and a twenty-one foot painted triptych backdrop, became part of a larger project called Garden Folk, a collaborative health and social service project that promotes awareness of how both gardening and visual arts can facilitate healing and social change. For

Bonnie and her group, it allowed the opportunity to take part in creating a lasting legacy that is a testament to inspiration and healing.

In the end, there really is nothing to fear about exploring your inner, creative self. The creative arts have the ability to inspire us to connect on a spiritual level that promotes healing by easing pain and emotional and physical stress. The Creativity for Health program has helped many patients at the Pasqua art studio who are on their healing journey find relief and release. Taking the risk to engage in the creative process as an antidote to the symptoms associated with illness can far outweigh any reticence or self-consciousness a person may feel because of a perceived lack of talent or ability. In art, as in healing, it really is the journey that has the power to transform us.

*Submitted by:
Rick Yachiw, BSW, RSW (Sask.)*



Imagine the difference a wish can make!

For a child with a life-threatening illness, the pain and discomfort of everyday life can be overwhelming and having something to look forward to can make things more bearable. This is the way The Children's Wish Foundation makes a difference in the lives of children and youth with high-risk, life-threatening illnesses in Canada.

The Children's Wish Foundation of Canada is the authority on wish granting in Canada. With 25 years of wish granting, and over 15,000 wishes granted, they have fulfilled more wishes for children in Canada than any other wish granting agency. There are Children's Wish Chapters in every province and territory of Canada.

Creating special memories, fulfilling dreams, and bringing smiles, laughter, and joy into the lives of children with a high risk, life threatening disease or illness is what the Children's Wish Foundation is all about. Examples of wishes that have been granted include a new computer, a hot tub, a trip to Disney, a Caribbean Cruise, meeting Kobe Bryant, getting a playhouse, getting a horse, attending a live taping of the RED GREEN SHOW and the list goes on. Each wish is as special and unique as each child.



Sara enjoying her wish in Hawaii

If you would like to make a wish come true by making a referral or volunteering, please contact the Saskatchewan Chapter of The Children's Wish Foundation at (306)-955-0511, 1 800-267-9474, or sk@childrenswish.ca.

"The best part of the whole experience was seeing our kids together. We have had so many separations in the last couple of years it was great to see our daughters getting to be sisters again."

Quote from Wish mom

Maternal Mental Health Strategy: Building Capacity for Saskatchewan

This article is about a new project being initiated by the University of Saskatchewan College of Nursing. A Working Group is being formed to develop a strategy to improve the awareness, supports, and policy for women who are suffering with depression in pregnancy and postpartum in Saskatchewan. SAWS member Jennifer Suchorab is representing SASW on this project. Jennifer works for the Prince Albert Parkland Health Region in the Prince Albert Mental Health Centre and for the time she represents the Association, she will be linking her work on the project through our Health Services Committee.

Maternal depression is an increasingly urgent health problem.¹ According to the World Health Organization depression is the number one cause of disability in women worldwide.² Up to 20 per cent of women may experience depression in pregnancy or postpartum.³ We have reported that 29.5 per cent of Saskatchewan high-risk pregnant women are depressed.⁴ Women depressed in pregnancy are at risk for further and more severe depressions, such as postpartum depression. Untreated it can lead to psychosis, homicide, and suicide.⁵⁻⁷

Andrea Yates, the Texas mother who drowned her five children, raised awareness of postpartum depression and psychosis.⁸ While they may not have made the headlines, sadly, we have many women who struggle with antenatal and postpartum depression in Saskatchewan, with some succumbing to suicide and the tragedy of a mother who attempted to kill her three young children.

While death is the gravest outcome of untreated maternal depression, there are other potentially deleterious effects, particularly during pregnancy. Women who are depressed are more likely to use alcohol, drugs, and tobacco and are less likely to have adequate prenatal care.⁹⁻¹¹ Their pregnancies are more likely to end prematurely and have obstetrical complications¹¹ and their babies are at increased risk for lower Apgar scores, lower birthweight, less frequency and shorter duration of breastfeeding.¹¹⁻¹³ Children of mothers who are depressed are more likely to experience growth, attachment, psychological, behavioural, and developmental problems than children of mothers not depressed.¹⁴⁻¹⁶

Increased awareness and early identification can promote primary prevention and optimal treatment. British Columbia has a framework for prenatal and postpartum depression screening and care¹⁷ and BestStart

in Ontario held a postpartum depression campaign in 2007-08.¹⁸ There has been increased awareness in Saskatchewan through a recent conference "Unmasking Postpartum Depression" in Regina, but we need to make a difference for individual women and their families.

"Maternal Mental Health Strategy: Building Capacity in Saskatchewan" is a project that is funded through research funds from the Royal Bank of Canada (RBC) Community Development Fund at the University of Saskatchewan in partnership with the Saskatchewan Prevention Institute and the Health Quality Council, and with support from the Saskatchewan Public Health and Psychiatric Associations. Our goal is to increase the capacity to identify and support women at risk for mental health problems in Saskatchewan. The strategy includes an awareness campaign and engaging women and stakeholders to make policy recommendations to the Government of Saskatchewan.

Depression is treatable; however, too many women suffer in silence, unsure of what they are experiencing and too frightened to tell anyone. Increasing our capacity to identify and support these women will help to improve the health of families in Saskatchewan.

Submitted by:

Angela Bowen, RN, PhD D

Assistant Professor, College of Nursing,

Associate Member, College of Medicine, Department of Psychiatry

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Website: www.sasw.ca

PUBLIC WORKSHOPS

Conflict Resolution Skills - Dealing with Difficult People

Saskatoon - February 23, 2010

Regina - February 25, 2010

Creating Work-Life Balance

Saskatoon - February 24, 2010

Regina - February 26, 2010

Negotiation for Life - Getting What You Need

Saskatoon - April 29-30, 2010



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CASW Section



CASW Report

CASW Board has met on two occasions in the last seven months; June/09 in Winnipeg and Oct/09 in Ottawa. I replaced Marlene Chatterson who was SASW's representative for the last six years. Marlene made a valuable contribution during her tenure and I know very much enjoyed her experience. We owe her much gratitude for working so hard and representing SASW so ably. She was well respected by fellow board members.

CASW continues to carry out its goals under the last strategic plan by addressing poverty. To this end the 2010 National Social Work theme for March/10 is "Social Workers Speaking Up: Poverty Costs," to be followed in 2011 with "Social Workers for Dignity and Inclusion: Upholding Human Rights."

CASW has commissioned a number of studies; the most recent to be completed are "Comparing Women's Income in 2000 and 2005: Improvements and Disappointments" and the December 1 release of "Tuning into Poverty the Provincial Way"—a report that assesses the poverty reduction strategies of five provinces in Canada. These reports can be accessed through CASW website: casw@casw-acts.ca. CASW is a partner in the Dignity for All Campaign, which is urging the federal government to combat the structural causes of Poverty. You can show your support by signing on to the Campaign and its goals by visiting www.dignityforall.ca.

As CASW's social policy representative, I made a presentation to the Finance Committee of the federal government on October 26, 2009, focusing on low-income women from the series of CASW research reports. In five minutes time and with the opportunity to respond to three questions from the Finance Committee members, I recommended improvements to OAS and GIS to levels above LICO for single senior women, more inclusive CPP benefits for unmarried elder and immigrant women, and for improvements in EI eligibility for women who leave voluntarily to care for children, parents or disabled family members, as well as, called for more workplace and employment training to allow women to enter and re-enter the workforce at higher wage levels.

One of the newer activities is acting as CASW board representative to a hoped-for funded Social Science

and Humanities Research Council (SSHRC) study on how child welfare workers address social justice issues from their practice. Erin Grey and Anne McLaughlin, faculty members at Lakehead University are the project coordinators.

Jim has noted in his report that CASW is undergoing an operational review coordinated by a National Steering Committee. The review arose when it was clear at the last annual meeting in June 2009 that some member organizations were strongly opposed to a membership fee increase, even though there has not been a fee increase for years. The Agora Consulting Group has been facilitating focus groups in preparation for a report that will address governance, organizational structure, decision-making processes etc. in light of the many tensions between member organizations and CASW. One of the factors pressuring provincial member organizations is the regulatory requirements enacted in legislations throughout the country. The administrative requirements for regulating practice are costly and some jurisdiction are now evaluating the current fee formula of CASW and the amount they contribute. The final report with recommendations will be available and debated at national meetings in May 2010 in Montreal.

CASW has various other interest groups; the Children's Interest Group with Wanda Yurach as SASW representative, the Aboriginal Interest Group with Hazel Berg, Marlene Chatterson continues to be involved as CASW's representative to a national committee addressing seniors and mental health issues.

CASW remains a very complex organization with many tentacles representing social work values and ideals, while promoting the profession through its activities at the national level.

*Submitted by:
Ray Pekrul, MSW, RSW (Sask.)*

Members Only Site - CASW Website
On April 1, the password to access the Members Only Site of the CASW Website will change to **bicycle10**.



Committee, Branch & Task Team Section

“A Day in the Life of a Social Worker”



It's Friday and I come in to my office at The Family Place at 7:00 a.m. In the peace and quiet I write the weekly newsletter, a necessity when you have a 14-member Board of Directors and 30-person staff. In the newsletter, I reflect on what happened throughout our organization during the week, and then lay out the plans for the next.

I like to tell real life stories, while ensuring confidentiality, so that everyone in our organization is always aware of the human component.

The Family Place is a dream of mine that the entire community embraced and continues to support. Fifteen years ago, we started as a small family resource center that focused on parents with early-years children, and has evolved into an unimaginable scope of services that keeps us busy. Referred to by one community leader as “the social conscience of Weyburn,” The Family Place is unique and has been touted as a model throughout Saskatchewan and Canada. We serve all people and facilitate our programs, free of charge, to all people together. We have evolved from an annual budget of \$30,000 and one staff (I was Volunteer Administrator for years) to an annual budget of \$350,000, the majority of which comes through donations and fund-raising.

Getting back to my day, though, at 8:00 a.m., the children who come to our intensive, privately-funded Pre-K school that starts at 8:30 begin to arrive. The school, called the Mini-Go School, is for high risk, vulnerable and special needs children aged 3-5. One staff plays with the children in the indoor play areas outside my office as they arrive, and I go give them a hug and play with the three Family Place cats, Belle, Dumbo and Minnie. At 8:15, staff members begin to pour in and I greet each with a hug, a hello and some chat.

Afterward, I go to the front area and greet people. Our practice is to personally and physio-

ally meet and greet each person who walks through the door. The front-end staff usually does this, but if I am up there, then I do it. The ‘Baba Brigade’ begins to arrive at 8:30 to make cabbage rolls that have been pre-ordered for sale to help raise funds. The night before, I made 20 gallons of filling in order to allow the ladies to get straight to rolling cabbage rolls and giggling! No time to waste!

The “Baba Brigade,” part of our bank of 250-plus volunteers aged 8 to 88, come regularly to make perogies, to cut vegetables for soup, and to help prepare for our school hot-lunch program, which is for the city-based elementary schools. Throughout the day, I will go up to the kitchen to help roll cabbage rolls when I have

continued on page 16

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“A Day in the Life of a Social Worker” continued

a spare moment as I love to kibitz with the Babas. The biggest component of my job is to personally ensure that each person involved in this massive machine feels valued and loved.

I have appointments this morning to meet with two individuals who are among some of the many people from the community who come to me to discuss their life issues. As I go to my office at 9:00 to prepare for my first client, though, our receptionist peeks in to say that a distraught young woman would like to come see me because of recent life events. I meet with her, and then the rest of my day proceeds from there. During the first of my scheduled appointments, I hear a mom and her young son having an altercation in the indoor playroom, so I assist by helping defuse the situation. By the time my second appointment is finished, I'll have defused another altercation, this time in the Mini-Go School. Using some massage-like techniques I learned from sensory integration training I help calm the child in about 30 minutes, getting a few kicks, scratches and bites from the child in the process.

Today is also my day to do 'Story Time' at the Mini-Go. Once a week, I read to the children, whom I love

spending time with! After that, I head back to my office where I have 15 phone messages on my desk and 20 email messages on my computer. As I begin returning calls, the receptionist comes in and says that a lawyer from Regina would like to set up supervised visits for a client. All this and it's not even lunch time!

After 33 years as a social worker, my daily reality as the administrator of a massive organization involves having hands-on, meaningful contact with people, ongoing community development in the areas of early childhood and family support, working with children and families in the Mini-Go/Tiny-Go schools, providing crisis services and counseling as well as referrals, mentoring and supervising practicum students, and engaging every aspect of the organization to work as a team. There are only two things I will not do: learn how to run the boiler heating system and change any poopy diapers!

Most days, I am literally running. Would I change anything, though? Absolutely not! I am totally and completely engaged with people of all ages. My luxury is being able to immediately respond to both people and community needs. We do not wait for anyone's approval or for a bureaucratic decision; rather, we respond to a need and then raise money to pay for it. People come before paperwork, administrative business and decision-making meetings. When I became a social worker, I wanted to be able to give individuals and the community what is needed to make positive changes, and I am able to say that this is what I am doing.

Submitted by:

*Linda Rudachyk, RSW (Sask.)
Weyburn, SK*



PUBLIC WORKSHOPS

**Violence Threat Assessment
- Planning and Response**
Saskatoon - February 10, 2010

**Self-Injury Behaviour in Youth
- Issues and Strategies**
Saskatoon - March 4-5, 2010
Regina - March 11-12, 2010

**Responding to Trauma
- An Introduction**
Saskatoon - April 15-16, 2010

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New Brochure Available

The Health Care Task Committee has released a second brochure. This one entitled, ***Social Work Services in Health Care Settings***. This brochure focuses on the skills and abilities social workers offer to the public and our role as part of health care teams. A copy of this brochure accompanies this newsletter. Should you be interested in additional brochures please contact the SASW office.

Saskatchewan Order of Merit Awarded to Linda Rudachyk

People in the community of Weyburn who know and work with Linda have been aware for a long time that she is an exceptional person. This past November, Lieutenant Governor Gordon Barnhart recognized her contributions to the community at a ceremony at Government House with the province's highest honour, the Saskatchewan Order of Merit. Honourable Barnhart said of all recipients, "These remarkable individuals have made astounding contributions in their respective fields and they are most deserving of our province's highest honour."

Linda graduated from Norquay High School and then attended the University of Saskatchewan, later receiving her Social Work Diploma from Kelsey Institute. She began her career in Social Work as a Juvenile Probation Officer with the Weyburn Department of Social Services in 1977. She developed a Parenting Partners Program and was active in foster parent training and provincial and federal community consultation work for Young Offenders and Child Welfare. She worked in a variety of positions in family services including child protection, child care, adoptions and supervision. She became involved in sexual abuse investigations and over the years she focused more on community education and development around the issue of child abuse. In 1985, she developed the Family Support Program (Parent Aid Program) for southeast Saskatchewan. This was a hands-on program designed to teach families the skills to provide and maintain a healthy, safe home for their children. In 1987, she "retired" from the department, but this was only the beginning of what would become her most important work.

Linda was a founding member of the Weyburn and Area Council on Child Abuse. She presented at the International Conference of Child Abuse Prevention in Toronto in 1989, helping establish Weyburn as one of five "Caring Communities" in Canada with the vision to welcome children and provide support to all families. In 1990, Linda presented her "dream" of creating an all-encompassing family support centre to the Council, which materialized in 1995 with the opening of the The Family Place, a nationally-recognized, community-based and community-funded resource centre that serves children and families in Weyburn and area. She also helped develop the Mini-Go preschool program for three to five year old children and the Tiny-Go for two year olds, which are part of The Family Place programs. As new challenges and opportunities arise with programs, she works tirelessly organizing and working

at countless fundraising events.

Linda has received many honors and awards, which include "Hometown Hero" by the Weyburn Review in 1999, Women of the Year Weyburn Quota International Community Service Award in 2001, "Hometown Hero" on the CBC Radio Gallery in 2005, the Saskatchewan Centennial Medal in 2006, the "Golden Spike" Weybex Award for contributions to community service in 2006, The "Champion of Children" Award for work with the Tiny-Go and Mini-Go preschool programs in 2009, and the Paul Harris Fellowship Award by the Weyburn Rotary Club in 2009.

Linda says that she grew up in a family where community service was a part of life. Throughout her career, she has been a tireless advocate for underprivileged and at-risk children as well as an outspoken champion for children and families. She has touched the lives of many people and has been referred to in the local media as the heartbeat of The Family Place. She could also be called the heart-beat of our community and of our profession. Linda has made a difference—something that most of us would like to be able to say about our own lives and careers.

Congratulations, Linda, and thank you for being an outstanding role model and inspiration to our profession.

Submitted by:

*Maureen Kraemer, MSW, RSW (Sask.)
Weyburn, SK*



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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 call the SASW Office. Contact may be by letter, email, telephone or fax. Sufficient detail should be given so that an informed response can be made.



Chatter Box Section

For information on expressive arts in therapy and healing, you may want to check out a selection of books by Shaun McNiff, who is recognized throughout the world for his work in expressive arts therapy. Some of his books include:

Art as Medicine (1992) – In this book, McNiff looks at how our imaginations interact with the healing process, and how creative collaboration can revitalize us emotionally. ISBN 978-0-87773-658-5

Art Heals (2004) – In this book, McNiff further explores the correlation between our imagination and the healing process and expands on the notion that creativity can spiritually transform us. McNiff also looks at the healing effects of working in a group and creating alongside other people who may share the same experiences. ISBN 978-1-59030-166-1

Another hospital-based art program that aims to help patients reduce stress throughout the healing process is the Shands Arts in Medicine Program at Shands Health Care, affiliated with University of Florida Health Science Centre. The program is based on the philosophy that art is an integral component to healing, and includes artists-in-residence who work in the clinical setting using various media such as dance, music, drama, creative writing and the visual arts in order to enhance the patient experience. The website for the program can be accessed at: <http://www.shands.org/AIM/default.asp>

**Wherever you go,
Whatever you do,
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“I AM A SOCIAL WORKER”

You may be surprised at how often social workers say they work with alcoholics or they do therapy or counsel troubled children or direct an employee assistance program. There is nothing wrong with these statements, but preface each with “I AM A SOCIAL WORKER” and then add the statement “...who works with troubled youth.” What you will be doing is performing an invaluable service to the education of the public which benefits the social work profession and ultimately yourself.

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Bell, Temple is a litigation law firm that has been involved in malpractice liability and health discipline matters for many years on behalf of many professional groups. Bell, Temple’s Health Discipline Group are well versed in the regulations, standards of practice and the ethical obligations of social workers. They are available by telephone to provide free, confidential legal advice to avoid or reduce the probability of a claim or complaint. Each telephone consultation is limited to 30 minutes per inquiry. The advice given will rely upon the accuracy and completeness of the information you provide. Please have your policy and certificate numbers available.

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“Creating a Culture of Ethical Excellence” A Workshop on Boundary Issues in the Professional Social Work/Client Relationship

The Saskatchewan Association of Social Workers (SASW) has been delivering half-day workshops focused on ethical practice and boundary issues in the professional social work/client relationship. The association’s aim is to see all members complete the training session by December, 2011. The workshop is available at no cost for SASW members and social work students. To date, 28 sessions have been held across the province with 408 SASW members attending.

This training is part of SASW’s ongoing commitment to continuing education and to supporting social workers in ethical practice. Knowledge about the CASW Code of Ethics (2005) and discussion about ethical issues contributes to an increased awareness that will enhance social work service and protect the public interest. Participants can use the hours towards their required 40 hours of continuing professional education with SASW.

Please contact the SASW office to arrange for a workshop in your area or if you would like more information.



Faculty of Social Work, University of Regina Section

Dean's Message



Happy New Year and welcome to a new decade! At the Faculty of Social Work we have had a outstanding fall and are gearing up to better serve the region through implementing improved curriculum and also expanding offerings in both the BSW and MSW programs that will make the program more readily available for communities

living at a distance.

Significant progress has been made in three areas of our program. This last fall we announced the expansion to a full time basis the availability of the MSW program in Saskatoon. It will no longer be necessary to travel to Regina to complete the degree by taking classes here. This change is being made possible by the use of some distance technology (we have taught one video/TV distance class this last fall) but also through direct face-to-face teaching at our campus in Saskatoon. Also to meet public requests our faculty is also making changes to the graduate curriculum so a direct practice/clinical focus is easier to achieve as a course path in the program. While we have much work to do in this department we are committed to meeting the expressed need by social work professionals across the province for programming that enables them to better provide direct services to clients. While these opportunities have already existed we anticipate the changes we are making will make a direct practice option with the MSW more easily recognizable and "doable."

At the BSW level we have also been moving. Many students are very pleased with the efforts of Dr. Margi Hollingshead who has implemented a soon to be required course on critical thinking. We are also moving to requiring a full year of English courses as preparation for the degree and are considering other changes that will make the BSW curriculum more focused on theory and practice so students entering practicum and ultimately practice will be better prepared for these experiences.

With regard to distance education options we have been offering on-line and televised courses and are preparing to expand these options with the cooperation of

the regional colleges. It is our goal to ensure that a full BSW is available in distance areas that do not require students to move to either Regina or Saskatoon to do their coursework. Students and communities all over the province will benefit.

So it is with a good deal of anticipation and excitement that the faculty approaches the new year and decade. We welcome our partnership with the community and appreciate the outstanding constructive feedback we receive as we strive to serve the community through social work education.

Stay tuned.

Submitted by:

David Schantz, Ph.D., RSW. (Sask.)

Dean – Faculty of Social Work

Make a meaningful contribution to the Social Work profession... Please donate to the SASW Student Award Fund

The SASW Student Award Fund accepts donations from individual members, bequests from estates, fund-raising initiatives or anyone else who may wish to contribute to the fund. A receipt for income tax purposes will be provided by the South Saskatchewan Community Foundation, the administrator of the Fund. The SASW Student Award is given each year at the Annual General Meeting in recognition of a student's contribution to his/her community. As the Fund grows, so too does the amount of the award. Please call the SASW office if you require more information.

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Date: February 23, 2010
Location: Saskatoon, SK
Date: February 25
Location: Regina, SK
Contact Info: Achieve Training Centre
www.achievecentre.com
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Creating Work-Life Balance

Date: February 24, 2010
Location: Saskatoon, SK
Date: February 26
Location: Regina, SK
Contact info: Achieve Training Centre
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Self-Injury Behavior in Youth - Issues & Strategies

March 4-5, 2010 Saskatoon, SK
Web: www.ctrinsitute.com
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More Information: Laurie McInnes
Email: laurie.mcinnis@saskatoonhealthregion.ca

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Responding to Trauma - An Introduction April 15-16, 2010 Saskatoon, SK

Saskatchewan Association of Social Workers

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April 28 - 30, 2010
West Harvest Inn - Regina, SK
Hosted by: SASW Regina Branch
“Social Justice Works: from discourse to action”
Speakers:
Cindy Blackstock, First Nations Child & Family Caring Society of Canada
“Is this Our Canada?”
Shawn Cassiman, University of Dayton
“Discourse, Narrative & Social Justice: The Relevance to Social Work Practice & Policy”
Bill Lee, McMaster University
“Seeking Social Justice in Troubled Times: Some Lessons from the Past”
James McNinch, University of Regina
“I Thought Pocahontas Was a Movie: Perspectives on Race/Culture Binaries in Education & Service Professions”

Mental Illness - Awareness and Support

June 15, 2010 Saskatoon, SK
Web: www.ctrinsitute.com
Email: corrie@ctrinsitute.com

Counseling Skills - An Introduction and Overview

June 16-18, 2010 Saskatoon, SK
Web: www.ctrinsitute.com
Email: corrie@ctrinsitute.com

Brain development & Learning: Making Sense of the Science

July 16-20, 2010
Vancouver, BC (Hyatt Regency Hotel)
contact info for conference:
Website: www.interprofessional.ubc.ca/bdl.html

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