HEALING VETERANS THROUGH HOCKEY

COVER STORY
It's been another fantastic year! This newsletter features military social work and our MSW Area of Emphasis in Military Practice (AEMP), which has come a long way since its inception in 2013! Our AEMP program coordinator, Dr. Kari Fletcher, is now co-chairing the Council on Social Work Education’s military social work track, as well as the higher education track of the 2016 Service Member to Civilian (S2C) Summit. She and her scholars have presented research at numerous national conferences, advancing the field of military social work and raising awareness of this critical area of practice through educational programming and community events.

In this edition we also conclude our 2015-16 annual theme, Justice for Victims of Human Trafficking, by sharing work from agency field partners and MSW research students that support this issue. Mark your calendars for April 3, 2017, when nationally acclaimed advocate Rachel Lloyd, a survivor of trafficking and a leader of New York’s Safe Harbor for Exploited Children Act of 2008, will join us as the 2017 St. Catherine University Bonnie Jean Kelly and Joan Kelly Distinguished Visiting Scholar.

This is also a big year for our hosting universities. On July 1, ReBecca (Becky) Koenig Roloff, current president and CEO of the YWCA of Minneapolis, will become St. Catherine University’s 11th president. She will replace President Andrea Lee, IHM, who will step down after 18 years. Ms. Roloff is an alumna and trustee emerita of St. Kate’s. I look forward to working with her as she transitions into this new role.

St. Kate’s has also restructured its Evening|Weekend|Online programs into the new College for Adult and Applied Learning. This change will increase options and flexibility for non-traditional students and men to complete our BSW degree. Finally, the University of St. Thomas has launched its new brand, so you’ll notice changes in our overall look with this edition of our newsletter.

Most importantly, let me congratulate our 61 BSW and 132 MSW graduates in the class of 2016. I know that they are well-prepared to live out the missions of our School and our profession!
 associate professor Kari Fletcher ensures that social work graduates won’t be “thrown into the deep end” as she was when she began her career in clinical social work at the Department of Veteran’s Affairs in Minneapolis during the first nine years of the post-911 wars. Back then, training in military social work was limited. Today, as coordinator of the St. Kate’s-St. Thomas MSW Area of Emphasis in Military Practice (AEMP) Scholars program, Fletcher is shaping a program that will broaden and strengthen support for veterans and their families.

She says military social work has become increasingly complex. Post-911 veterans are recovering from physical traumas that soldiers in previous wars often didn’t survive, and mental health issues such as post-traumatic stress disorder and depression have reached staggering heights. In addition, these issues have had a ripple effect in families, the “involuntary soldiers” impacted by the disruption of deployment and veterans’ often rocky re-entry into civilian life.

HEEDING THE CALL

In 2013, the St. Kate’s-St. Thomas AEMP program became the only military-focused social work program in Minnesota and one of just 30 nationally, answering a call to action by first lady Michelle Obama and Dr. Jill Biden for Americans to widen the net of support for our troops and military families. “One percent of Americans may be fighting our wars, but we need 100 percent of Americans to support them and their families,” the first lady said recently.

“One percent of Americans may be fighting our wars, but we need 100 percent of Americans to support them and their families.”

- First Lady Michelle Obama

The goal of AEMP is to turn out leaders – not only in veterans’ circles, but also in communities. Trained military-focused social workers will widen the arc of support by creating greater awareness of veterans’ issues and added resources in schools, companies, hospitals and homes.

THE FACE OF AEMP

Some AEMP scholars are veterans themselves, like Marcus Kuboy MSW ’15 and incoming scholars Andy Qualy BSW ’16 and Lina Knox MSW ’18, profiled in this newsletter. “There’s a privilege, a responsibility and a challenge that comes with caring for fellow veterans,” Fletcher says. While they have the advantage of identifying with other veterans, they need to “navigate through their own experience and opinions” to gain objectivity.

Some scholars also come from military families and others are “well-wishers.” Fletcher counts herself among the latter. “This isn’t a veterans-only program,” she explains. Social work with a military emphasis is like any other type of social work – “but with an extra layer of getting to know someone.” In her on-going clinical practice she finds that when clients feel heard, she can open up a dialogue.

AEMP allows students to delve into their own interests, encouraging them to think outside the box about the possibilities for coursework, research and internships. While the specialty in military social work is still new, Fletcher envisions a not-too-distant future with a network of alumni, community partners and students who are breaking new ground in understanding how to support our veterans. Increasingly, what touches veterans touches all of us.

LEARN MORE:
STTHOMAS.EDU/SOCIALWORK/MILITARYSOCIALWORK

AEMP Scholars and the Mobile Veterans Unit on the campus of the University of St. Thomas.
U.S. Army veteran Andy Qualy BSW ’16 calls on his passion for ice hockey to help disabled veterans make the transition back to civilian life. His brainchild, the Minnesota Warriors Hockey Program, began with four players in 2010 and now fields three teams with 70 veteran players. It has attracted the attention of NBC Sports and nearly every major local media outlet as a result of its success in bringing veterans of all eras together for support, exercise and most importantly, according to Qualy – fun.

Often it is the most traumatic events that motivate the most impactful outcomes.

Qualy was returning from a routine mission in Iraq in 2006 when his life irreversibly changed course. His vehicle was blown apart by a roadside bomb, shattering his nose and leg, and causing multiple head injuries. Healing from his physical injuries wasn’t the hardest part of his recovery, despite eight months of treatment at Walter Reed Medical Center in Washington, D.C. No, the hardest part was being sent home instead of back to Iraq.

Qualy is close to his family, including younger brothers Dave and Kevin with whom he’d played hockey throughout childhood and who also joined the military. Even so, he found being away from the members of his infantry unit excruciating. “I wanted in the worst way to be there for them,” he says.

Since then, Qualy, who will be a scholar in the St. Kate’s-St. Thomas MSW Area of Emphasis Military Practice (AEMP) program next fall, has been helping veterans and their families through the transition to civilian life in the same way he helped himself – by lacing up a pair of hockey skates.
WARRIORS BEGINNINGS
Qualy couldn’t have known his love of hockey would be the impetus for something so transformative when he introduced his roommate, Drew Hill, to hockey at Walter Reed. The two went to Washington Capitals games to kill time during their long recoveries, and he soon found he could skate on his repaired leg – maybe not at his former level – but well.

Back in Minnesota, Qualy would hit the ice to forget the troubles he experienced reentering civilian life. If playing hockey could help him, he reasoned, it could help others, too.

With the support of USA Hockey’s Disabled Hockey Program, the Minnesota Warriors found a home in Vadnais Heights. It is no coincidence that the Minnesota Warriors program was modeled after one started in Washington, D.C. two years earlier – by Hill, Qualy’s roommate.

“I call it group therapy on steroids,” Qualy quips.

Among those who found long-awaited help from the Minnesota Warriors was Vietnam veteran Chris Price. “Within the first two minutes in the locker room, you knew your back was covered in a heartbeat,” said Price, quoted in the Star Tribune. “I hadn’t felt that since Vietnam.”

The players who belong to this unit are recovering from injuries that include amputations, head wounds, post-traumatic stress disorder (PTSD), anxiety and depression. Over the past six years the Warriors have included men and women, and veterans from different eras and different wars. Some of them had no hockey experience. Others, like Andy and his two brothers – also Warriors – had varsity chops.

This April, two Warriors teams took home winning trophies at the national USA Disabled Hockey Festival in Michigan. For Qualy, the victory was less about making goals and more about the power of sticking with a goal.

SCHOLARLY AMBITION
Next fall in the AEMP program, Qualy anticipates developing tools to support veterans in new ways. “Everything I’ve accomplished up until now is fueled by passion,” he says. “With the MSW I’m looking to take the next step and understand from a clinical standpoint how combat issues affect veterans, psychologically, spiritually and mentally.”

While he has already accomplished much, Qualy has a lot of unanswered questions about veteran issues – especially those affecting post-911 vets who often have been redeployed multiple times and suffer mental health challenges in record numbers.

AEMP Coordinator and Associate Professor Kari Fletcher points out that numerous research grant opportunities exist for students as a result of enormous national interest in veteran concerns. She says the program will give him ample opportunity to investigate his own theories. For instance, Qualy believes PTSD is far from the worst problem faced by post-911 vets. The worst problem, he believes, is the lack of purpose veterans feel in civilian society. He says that although challenging, PTSD can be treated, but regaining a sense of worth, a sense that you’re needed by someone else – that’s far more difficult.
“Our military is the greatest force to be reckoned with in the world. They have the process of tearing down a civilian and building him up into a soldier down to a science,” Qualy explains. But he argues that they don’t yet know how to reverse the process – nor have they seen that as their job up until recently. “We have a war machine built to execute on all cylinders. You are trained to do your job and not worry about anything else. But when you come home, it’s not like the movies,” he says. “You don’t just live happily ever after.”

In the army Qualy learned that his life didn’t matter – it’s the life of the guy next to you that matters, he says, and you watch out for your brothers first. So when you leave your unit and are sent home, you don’t know what to live for anymore. That, he contends, is why mental health issues are epidemic among veterans.

If it weren’t for the Minnesota Warriors and his education, Qualy doesn’t know where he’d be today. Having stepped back from a leadership role in the Warriors over the last couple years, he says the hockey program will still be part of his future – though he plans to take an advisory or administrative role. His next big goal? “I want to be a leader in the veterans community,” Qualy says. But he doesn’t speculate on what that will look like. He wants to keep the doors open, get a good education and then “see where I’m needed.”

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MARCUS KUBOY: MINDFUL OF MILITARY NEEDS

“Don’t struggle in silence,” implores Marcus Kuboy MSW ’15, a former medic in the Minnesota Guard who underwent a dozen surgeries after a blast nearly killed him in Iraq. His survival, and the subsequent suicide of a soldier in his unit, firmed his resolve to help veterans returning home have the “highest possible quality of life and happiness.”

Kuboy was named NASW-MN MSW student of the year in 2015, and since then has worked as a veterans services specialist at Lutheran Social Services-CORE, a community outreach program for veterans. The job was created for him after his MSW field placement.

Today he gets satisfaction using his education and research to support veterans and their families through therapy, case management, and outreach services, including working with homeless veterans. As an AEMP scholar, Kuboy researched mindfulness therapy for veterans with head injuries and PTSD, and presented his research at the national Military and Veteran Social Work Conference in 2015. Mindfulness, he says, makes “the canvas of the mind as clear as possible” so other therapies can be more effective.

Personally, he meditates and works out daily to stay calm. And he has utter clarity about his mission in life.
AEMP SCHOLAR TAKES PART IN TELLING: MINNESOTA 2016

Name: Lina Knox MA, MSW ’18

Military Service: U.S. Army; Minnesota National Guard

Current Position: Readjustment Counselor Specialist, Minneapolis VA Health Care System

The Telling Project is a national nonprofit that employs theater to deepen our understanding of the military and veterans’ experience. Telling: Minnesota 2016 is a play with a cast of local veterans and military family members performing their own experiences. It was designed to continue the conversation between Minnesota veterans, military families and the Minnesota community at large, providing a forum for necessary person-to-person conversations. Lina participated in three free, live performances at the Guthrie Theater in Minneapolis, April 29–May 2, 2016.

Learn more: thetellingproject.org

Why did you decide to audition?: “I realized that veterans’ stories are sometimes ‘secret.’ I’ve found myself deciding if someone ‘deserves’ to hear my story or not. As I’ve worked with veterans in the community, however, I’ve seen that veterans tend to share stories with other veterans and it makes us feel good. It helps us let go when we are able to get our stories out in the open.”

What are some of the stories you share?: “My segments of the performance include why I joined the Minnesota National Guard; an experience during basic training; a close call during combat deployment; racism; and my experience coming home.”

Can you share an excerpt from the performance?: “Yes, here are a few lines from the section in which I share some of the things I learned about myself during basic training as I transitioned from dreadlocked-hippie to soldier: There was a drill sergeant, he was from Minnesota, and he said, ‘Why are you crying, hippie? Are you sad that you stepped on an ant hill? I’m like, ‘Oh my God. No Drill Sergeant.’ They just were like, ‘We’re going to break you.’ And they totally did.”
The St. Catherine University – University of St. Thomas School of Social Work’s annual theme for 2015-16 was Justice for Victims of Human Trafficking, which has guided the school’s signature events throughout the academic year.

The Field Practice Institute’s fourth annual Summit on Emerging Issues in Social Work Practice, “Trafficking in Minnesota: Micro, Mezzo and Macro Perspectives,” highlighted the perspectives of survivors, practitioners, and law enforcement. It also focused on Minnesota’s Safe Harbor legislation, which was passed in 2011 and went into effect in 2014. Under the Safe Harbor law, Minnesota youth involved in prostitution are viewed as victims and survivors rather than criminals—and directed to supportive services to aid in their recovery.

The summit included a resource fair for agencies to educate attendees about their programs and services related to trafficking.

The following are short profiles of three of the agencies that participated in this resource fair, written by students in Assistant Professor Elizabeth Otto’s communication course at St. Catherine University. These agencies also serve as field placement sites for St. Kate’s – St. Thomas social work students and we are proud to highlight their important work.

THE BRIDGE FOR YOUTH
By Catherine Medin ’16

Since 1970, The Bridge for Youth (BFY) has provided a safe and welcoming place for runaway and homeless youth in the Twin Cities. Since the implementation of Minnesota’s Safe Harbor legislation, The Bridge for Youth which provides safe-havens in Minneapolis and Chanhassen for 10 to 17 year olds in crisis—has developed intake and assessment procedures to determine which local youth are in danger of being victims of trafficking. BFY endeavors to liberate those youth from the dangers and oppression of the industry.

According to Janet Hallaway, Director of Developmental and External Relations at BFY, the new intake method has already helped to identify which clients need relief or escape from the threat. “Twenty percent of youth in our shelter, on any given day, are at risk for, or engaged in, trafficking,” states Hallaway. “We have developed specific programming to meet the needs of these youth.” Social work students in field placements at BFY support The Bridge’s clients by helping them work on communication skills, emotional responses and reunification with their families. Students assist youth in crisis by responding to a 24-hour crisis hotline, facilitating support groups and offering family support services. The goal of services, Hallaway explains, is to “gradually empower youth to set goals and move forward.”

The opportunity to serve and safeguard local at-risk youth is a chance to help support our university communities’ commitment to social justice as well as the dignity of our communities’ children.

LEARN MORE ABOUT THE BRIDGE FOR YOUTH:
BRIDGEFORYOUTH.ORG

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Over one-third of homeless youth report exchanging sex for food, shelter or drugs.

YOUTHLINK
By Lauren Crepeau ’17

Youthlink is an organization committed to empowering youth experiencing homelessness by providing resources, support and community as they work towards self-reliance. Poverty and homelessness are two contributing factors that make youth more susceptible to becoming victims of human trafficking.

Lisa Borneman MSW ’92, DSW ’18 and adjunct professor at St. Kate’s – St. Thomas, is a clinical services supervisor at YouthLink. She assists in building relationships between professional staff and youth who are seeking help. This includes ensuring that the relationship is built on trust and that the staff do not get too far ahead of the youth they are working with.

Borneman explains that she sometimes reminds staff to walk beside the young people instead of leading them. “They need to be their own leader,” she says. “The agency is there to help the youth along their journey, but sometimes the professionals get excited and jump ahead.”

Anastasia Kramlinger, an Intervention Case Manager at YouthLink who works with Borneman, believes that “creating trust is paramount while building a relationship over time” between the professionals at YouthLink and the young people that walk through the doors every day. “We do what we say we do,” she says referring back to building trust. By keeping their word, the youth will understand that these really are people dedicated to helping them get on their feet.

Borneman constantly reminds herself and others that we only know our own story. She says no one knows the full story of another person, so they should go into every situation as a learner. Borneman strives to find solutions in the everyday challenges at work, and encourages her peers and students to do so as well.

LEARN MORE ABOUT YOUTHLINK:
YOUTHLINKMN.ORG

THE FAMILY PARTNERSHIP
By Netanya Roden ’16

The Family Partnership works to build strong families, vital communities and better futures for children. The vision it has for the community is simple: All children, families and communities regardless of income and origins can realize their potential.

For more than 30 years, The Family Partnership has worked closely with individuals that have experienced, or are at risk of, sexual exploitation through its PRIDE (From PROstitution to Independence, Dignity and Equality) program. The PRIDE program offers support groups, case management, criminal justice advocacy and resource advocacy throughout the Twin Cities Metro Area.

“The people that participate in the programs are people that live in the community and have been impacted by several factors such as domestic violence, chemical abuse, sexual abuse and poverty. The PRIDE program welcomes them and works with them to try to overcome these barriers,” says Chamaera Sowell, MSW ’16. Sowell completed her clinical field placement at the Family Partnership. “I was with the Family Partnership as a DSWAP (Diversity Social Work Advancement Program) intern,” says Sowell. This program seeks to increase the number of minority, refugee and immigrant mental health professionals. Part of my role as a field student was seeing clients that are in the PRIDE program for therapy services.”

According to Sowell, the PRIDE program impacts individuals by allowing women to talk about their experiences in a safe place with people they trust. The women work closely with advocates on goals that they come up with together.

Sowell is passionate about working with family systems and with individuals and families who have experienced trauma. “I find it rewarding to work with people who live in the community and help them with the everyday struggles that other people may minimize,” Sowell says. “The diversity of the clients is also a nice experience, especially because in some minority populations, seeking mental health services is looked down upon.”

LEARN MORE ABOUT THE FAMILY PARTNERSHIP AND THE PRIDE PROGRAM:
THEFAMILYPARTNERSHIP.ORG
On May 16, 151 MSW students participated in our annual Clinical Research Presentation Day. Students presented clinical research papers to faculty, alumni, family, field supervisors, colleagues, and the greater St. Kate’s – St. Thomas School of Social Work community. Clinical research papers provide an opportunity for students to bring their passion for a topic, population group, practice field or service delivery area to life while working with a community research committee and faculty chair. Students develop skills to critically conduct and interpret social work research to evaluate clinical practice, policies and programs. These projects strengthen students’ ability to contribute to the growing body of social work knowledge throughout their careers.

A special thanks to all of the clinical research committee members who make these projects possible! If you are interested in learning about serving on a clinical research committee, please contact Melissa Anderson at msanderson@stthomas.edu.

2016 clinical research papers and abstracts will be available online this fall:
stthomas.edu/socialwork/MSWresearch.

Area of Emphasis in Military Practice (AEMP) Scholar, Mariah Rooney O’Brien MSW ’16, is the latest in a growing number of MSW students and alumni reaching a national audience with her military-related research. Mariah is one of four graduating AEMP scholars who presented their clinical papers on May 16. In addition, Mariah will present her peer-reviewed poster, “Posttraumatic Outcomes Among Veterans: The Predictive Role of Exposure to Interpersonal Trauma,” at the Council on Social Work Education’s 62nd Annual Program Meeting in Atlanta, Nov. 3-6, 2016.

View additional information about military-related research at:
stthomas.edu/socialwork/militarysocialwork.
Why did you choose this topic? “I have a strong passion for working with people that have been victimized and helping them find their voice and identity again, as well as to help them in rebuilding their lives. This topic is also one of importance because sexual exploitation not only affects the person as a victim and survivor, but also impacts families and communities. This issue is a growing one and as a social worker, I feel it is important to continue to spread awareness.”

What are a few of the highlights from your findings? “The purpose of my study was to try to understand the barriers that sexually exploited youth may encounter when seeking support services. These barriers were discussed from the view of social workers. I found it interesting that respondents not only focused on the impacts that sexual exploitation had on young people, but also how the effects ripple into other systems such as schools, criminal justice, mental health and social service systems. For example, many sexually exploited youth often miss school, have been historically seen as criminals rather than victims and have long-lasting mental health effects. I also found it interesting that there was a strong agreement among the social workers who participated in the study, demonstrating that sexual exploitation is prevalent across more than one agency or community, and that we as social workers agree that there is a common goal of helping this population of young people and adults alike.”

RESEARCH PAPER TITLE:
Compassion Fatigue and Satisfaction Among Professionals Working with Survivors of Sex Trafficking

Name: Nicole Goettl
Research Chair: Renee Hepperlen, AM, PhD, LICSW

Why did you choose this topic? “I chose to look at compassion fatigue and compassion satisfaction as it relates to working with survivors of sex trafficking because while I was an undergraduate I had the opportunity to attend a training on sexual violence which brought to light the extent of trafficking in my hometown and surrounding areas. Because I was considering working with this population myself at some point, I thought it was important to understand how this work impacts the clinicians and other professionals who work closely with survivors of sex trafficking and ways to work to prevent and manage compassion fatigue.”

What are a few of the highlights from your findings? “The research revealed that survivors of sex trafficking experience extensive traumas and have a variety of mental health concerns. Furthermore, many survivors of sex trafficking don’t seek services due to a misconception that they chose or agreed to participate in this activity and therefore don’t identify as a victim. These complexities, as well as the effects of hearing the stories of the survivors every day, can lead to an overwhelming emotional experience in professionals, impacting many aspects of their lives. Participants identified the importance of self-care, having adequate support systems and receiving education about compassion fatigue as ways to prevent or manage compassion fatigue. Furthermore, the research shows that a feeling of being effective in the work they do is an important part of why professionals continue to work with this specific population.”
CELEBRATING SOCIAL WORK MONTH - MARCH 2016

STUDENTS CELEBRATED NATIONAL SOCIAL WORK MONTH WITH DAILY ACTIVITIES:

MONDAY - Social workers build strengths! BSW students shared what gives THEM strength and posed for the camera.

TUESDAY AND WEDNESDAY - BSW students held field poster sessions on both campuses to showcase the diversity of the profession as experienced during their 600 hours of field education.


FRIDAY - School of Social Work volunteers packed food at Feed My Starving Children.

Check out all the photos, highlights and video from Social Work Month activities by visiting:
STTHOMAS.EDU/SOCIALWORK/SOCIALWORKMONTH2016
OVER 50 BSW seniors share, “Why Social Work?”

Check out the video on the St. Kate’s - St. Thomas School of Social Work YouTube playlist
CONGRATULATIONS GRADUATES!

BSW Graduates
Fall 2015 and Spring 2016
Meghan Anderley
Stephanie Appleby
Allison Baraniak
Sarah Barrie
Krista Braegelmann
Eden Buchwald-McGlennon
Lisa Cando
Anne Coleman
Shannon Cunningham
Destinee Egan
Janet Fernandez
Margaret Fischer
Carissa Franklin
Natalie Fraser
Tiffany Freiermuth
Hannah Gleason
Clara Gunderson
Sarah Hamlin
Adna Haruun
Gretchen Herfert
Anastasia Jankord
Mary Kane
DeAnn Karas
Alison Kath
Laure LaFond
Sarita Lauth
Sarah LaValla
Bao Lee
Stephanie Lien
Keyona Love
Jasmin Maldonado
Ellen Mathiowetz
Whitney Moore
Maria Gabriela Moreano
Freire
Rosilynn Morris
Seng Moua
Benjamin Nelson
Elizabeth Nelson
Trinity Parker-Grewe
Vianey Pena-Torres
Thao Pham
Andrew Qualy
Megan Quinlivan
Emily Regenscheid
Savanna Rivas
Lauren Rose
Virginia Sanchez-Ramirez
Sarah Schaefer
Ashley Schoonover
Angela Schutta
Brittani Senser
Paula Skala
Dawn Sorensen
Marissa Takkunen
Emily Titus
Katherine True
Amy Tudor
Katie Ubl
Anna Vang
Margaret Wennerlyn
Ka Yang

MSW Graduates
Spring 2016
Ryann Adkins
Rebekah Aronson
Madeline Asp
Lesley Babb
Kristina Babcock-Donahue
Nita Bakke
Sarah Barrett
Kevin Beaudry
Hallie Bergeson
Jaime Birr
Debra Bjorgaard
Caitlin Block
Ruby Brayman
Raelene Carlson
Saream Chhith
Rebecca Christensen
Chelsie Clemens
Laura Conway
Melissa Conway
Katelin Cranny
Nicole Dahl
Megan David
Kayle Dietrich
Jennifer Evans
Elizabeth Falk
Hilary Fasbender
Kestrel Feiner-Homer
Kyla Flug
Amy Fox
Holly Gabby
Chanelle Gallagher
Nicole Gaston
Nicole Goettl
Joshua Goodwin
Julia Gottschall
Ellen Grosh
Melissa Gudgell
Amanda Hanson
Andrea Hanson
Rachel Hanson
Heidi Hasbargen
Fatuma Hassan
Brooke Hendrickson
De Her
Mary Hoffman
Kendra Holloway
Flora Hsu
Karen Hulstrand
Nicole Humble
Caitlin Hurley
Heather Hurner
Denise Johnson
Katherine Johnson
Samantha Johnson
Jeff Jorgensen
Katya Karaz
Shannon Karsten
Nicole Kaul
Karen Keegan
Aneesha Kelly
Lauren Kizaur
Kelsey Knutson
Kaitlin Kolstad
Brittany Kowalewski
Nicole Kurtzbein
Mackenzie Landblom
Ashley Lanigan
Sarah Lazarewicz
Farah Lee
Carolyn Lokensgard
Saydie Long
Wendy Lorenz-Walraven
Vanessa Lotito-Meier
Pajtiab Ly
Jessica Marsolek
Katrina Mateski
Sandy McCracken-Rootes
Jeanette McGie
Christina Mense
Jessica Mertins
Erin Meyer Stamp
Vienna Miller-Prieve
Angela Mueller
Hilary Mueller
Brittney Murray
Michelle Nelson
Abby Newberg
Cady Nielsen
Hillary Noll
Daniel Nordlund
Mariah O’Brien
Ifeoma Okolo
Nancy Olson-Engebreh
Kristine Ongstad
Jenna Palermo
Natalya Paulsen
Lanai Peer
Samuel Pepe
Autumn Phenow
Melissa Raatz
Maddolyn Ritt
Lawren Rohling
Nadine Rooney
Kimberly Rudman
Kaitlin Salscheider
Aragasan Samatar
Jason Sarff
Emily Scharpen
Jessica Schmidt
Lori Shelton
Mary Sherman
Jason Siegel
Heather Smoley
Maria Sorensen
Chamaera Sowell
Kristine Strobl-Reichel
Kelly Sweeney
Autumn Terlouw
Taryn Tessneer
Tracy Toner
Kimberly Trembley
Elizabeth Turbak
Mary Utz
Bradley Vanover
Ivy Villani
Abby Voigt
Patricia Welte
Margaret Whipple
Carl White
Danielle Wilson
Brianne Wolf
BSW AWARD WINNERS

BSW AWARDS

St. Catherine University
Top Ten:
Sarita Lauth
Maria Gabriela Moreno Freire

Tommie Award Nominee
St. Thomas:
Ellen Mathiowetz

Thomas More Award
St. Kate’s:
Ikram Koliso – nominee
Sarita Lauth – recipient

Abigail Quigley McCarthy
Center for Women Student Leadership Award - St. Kate’s:
Ikram Koliso – nominee
Amy Tudor – recipient

BSW Senior Celebration:
Ellen Mathiowetz – speaker
Sarita Lauth – speaker

NASW-BSW Student of the Year
Amy Tudor

BSW Student Leadership Award
Ellen Mathiowetz

LATIN HONORS

Cum Laude:
Meghan Anderley
Allison Baraniak
Krista Braegelmann
Margaret Fischer
Adna Haruun
Bao Lee
Elizabeth Nelson
Katherine True
Anna Vang

Magna Cum Laude:
Lisette Cando
Destinee Egan
Vianey Pena-Torres
Ashley Schoonover
Brittani Senser
Emily Titus

Summa Cum Laude:
Stephanie Appleby
Sarah Barrie
Sarita Lauth
Ellen Mathiowetz
Maria Gabriela Moreano Freire
Trinity Parker-Grewe

MSW AWARDS

NASW-MSW Student of the Year
Wendy Lorenz-Walraven

MSW Student Leadership Award
Josh Goodwin

Janice Andrews Schenk Scholarship:
Eric Spagenski

Noel Ryan Endowed Scholarship:
Jordan Hubin
Elizabeth Drews

NASW - BSW Student of the Year:
Amy Tudor

Bachelor of Social Work Student Leadership Award:
Ellen Mathiowetz with Dr. Ande Nesmith

Master of Social Work Student Leadership Award:
Josh Goodwin with MSW Program Director Dr. Sarah Ferguson

NASW - MSW Student of the Year:
Wendy Lorenz-Walraven
DEAN BARBARA SHANK RECEIVES SIGNIFICANT LIFETIME ACHIEVEMENT AWARD

Please join us in congratulating Dr. Barbara W. Shank, Dean and Professor, who received the Significant Lifetime Achievement award from the Association of Baccalaureate Social Work Program Directors at its Annual Banquet on April 2, 2016, during the BPD Annual Conference in Dallas.

The Significant Lifetime Achievement in Baccalaureate Social Work Education Award acknowledges a baccalaureate social work educator’s achievement over his or her entire career.

LIFETIME ACHIEVEMENT AWARD

Dean Shank pictured with DuWayne Battle, President, BPD Board of Directors

MSW ALUMNA CARMEANN FOSTER RECEIVES 2016 BUSH FELLOWSHIP

Carmeann Foster MSW ’12 and our first MSW/JD dual degree graduate, is one of 24 Bush Fellows chosen in 2016 for their extraordinary achievements and potential. Foster was selected for her inspirational work and transformational vision of combating the over-representation of young African American males in the juvenile justice system.

Carmeann is co-founder and executive director of Rebound, Inc., a nonprofit that creates innovative, community-centered rehabilitative solutions in North Minneapolis. According to the Bush Foundation, Carmeann will use the fellowship to “investigate the most promising, culturally specific interventions for youth, complete her Ph.D. and grow her leadership network.”

About the Bush Fellowship: The Fellowship allows Fellows to articulate what they need to become more effective leaders – whether through a self-designed learning experience or an academic program. It provides them with the resources and support to make it happen.

Since 1965, the Bush Foundation has worked to develop the leadership capacity of the region by making investments in more than 2,200 people through its Fellowship programs. Applications for the 2017 Fellowship will be accepted August 30, 2016 through September 29, 2016.

LEARN MORE AT BUSHFOUNDATION.ORG/FELLOWSHIPS
We were pleased to highlight the expertise of our faculty for this year’s workshop, “Approaching aging in new ways: Changing personal and professional perspectives to empower elders and strengthen families and communities.” Presented by Tanya Rand, MSW, LICSW, Rochelle (Shelly) Rottenberg, MSW, LISW, and Amanda Thooft, MSW, LICSW, the topic reflects our commitment to a multi-generational society, valuing the perspective and role of elders in our professional and personal lives.

A special thank you also goes out to Sarah LaValla (BSW student) and Kestrel Feiner-Homer (MSW student) whose spoken and sung reflections helped set the tone for this special celebration.

- The Field Practice Institute co-chairs: Carey Winkler, Kathy Caron and Lisa Richardson

Congratulations to our BSW Field Instructor of the Year Patrice Speltz of Little Sisters of the Poor and our MSW Field Instructor of the Year, Elaine Korsch of Lakeville Area Public Schools. Many thanks to ALL of our field instructors for the teaching, mentorship, support and guidance they’ve provided in co-creating valuable learning experiences with students this year.
Once again, both BSW and MSW students turned out in force to participate in NASW-Minnesota’s 20th Annual Day at the Capitol. Thank you to the MSW Student Association and the BSW Social Work Club for their leadership in organizing our participation in this event. A record 900+ social workers attended this year’s day of social work education and advocacy!

Social Work Day at the Capitol 2016 photos can be viewed on the St. Kate’s - St. Thomas School of Social Work Facebook page.

900+

SOCIAL WORKERS ATTENDED NASW-MN DAY AT THE CAPITOL!
2016 PHI ALPHA BETA EPSILON INDUCTION CEREMONY

The 2016 induction ceremony on February 14 was led by current Beta co-presidents, Sarita Lauth, BSW ’16, and Virginia Sanchez-Ramirez, BSW ’16, and Beta faculty adviser Dr. Laurel Bidwell. Dean Barbara Shank provided welcoming remarks, followed by the keynote speaker, Dr. Jessica Toft, associate professor and NASW-MN president-elect. The list of inductees and Dr. Toft’s address, “Practice Broad and Deep: Social Work as Democratic Agent” can be viewed at www.stthomas.edu/socialwork/Beta2016.

The 2016 Beta Induction Ceremony photo album can be viewed at:

ST. KATE’S – ST. THOMAS SCHOOL OF SOCIAL WORK

OUT OF THE CLASSROOM, INTO THE LIVING ROOM: MSW OP-EDS LINK POLICY AND PRACTICE

Each year, MSW students in our Social Policy and Program Development courses research policy issues, create policy white papers, and use these proposals to craft persuasive editorials to submit to newspapers of their choice (with editorial review).

Published op-eds have been streaming in all spring on topics as varied as driver’s licenses for undocumented individuals; Minnesota’s anti-discrimination laws; affordable housing; and a reminder of the power of music education in a time of budget cuts through a remembrance of Prince.

Check out some of the editorials on the St. Kate’s – St. Thomas School of Social Work Facebook page and then take up the pen yourself and put macro practice into action!

TWO SOCIAL WORK STUDENTS HONORED BY CENTER FOR WOMEN

At its annual Awards Celebration on April 20, the Abigail Quigley McCarthy Center for Women at St. Catherine University awarded BSW student, Amy Tudor, with an Individual Leadership Award for outstanding leadership in varied roles and settings based on the St. Catherine University Leadership Statement.

DSW student, Amanda Greubel, received the graduate Research and Creative Work on Women Award for her research, “Curricular Content on Women: CSWE’s First Step Toward Gender Equity.” This award honors outstanding research or creative work focusing on women, gender or issues relevant to diverse women’s status or concerns.

Congratulations to the 25 new members of the Beta Epsilon Chapter of the Phi Alpha National Social Work Honor Society!

Amanda Greubel DSW ’18, and Amy Tudor BSW ’16
This spring, the Area of Emphasis in Aging (AEA) Scholars have been busier than ever educating our communities about aspects of social work practice with older adults and their families. In addition to their continued Dementia Friends training efforts, AEA Scholars supported numerous educational opportunities for the larger community.

On April 1, AEA Scholars sponsored Growing Old Gracefully: The Transgender Experience. A great showing of students and community members joined this film viewing and discussion with filmmaker Joe Ippolito, exploring the lives and experiences of aging transgender people. Resources and a link to stream the video in its entirety can be found at: stthomas.edu/socialwork/GrowingOldGracefully.

On May 10, graduating AEA Scholars presented their clinical research projects for the St. Paul Senior Workers Association Monthly Membership Meeting. The five participating Scholars were Ellen E. Grosh, Lori Shelton, Elizabeth Turbak, Mary Hoffman and Angela Mueller.

On May 12, AEA Coordinator Tanya Rand and MSW student and AEA Scholar Carolyn Lokensgard led Frontotemporal Degeneration (FTD) support group facilitator basics, presented at the 2016 AFTD Education Conference Support Group Facilitator Networking and Training Event in Minneapolis. Tanya and Carolyn lent their experience and expertise towards the goal of achieving a network of volunteer support group leaders who are well informed about group dynamics, best practices and the strengths and challenges specific to FTD support groups.

On May 14, the MSW Student Association led volunteer efforts for the 4th annual Dash-it for Baskets 5k: Moving Forward for Mental Health. This race raises awareness and funds for Open Baskets, a nonprofit group that assembles holiday gift baskets for neighbors living with a mental illness. Throughout the morning, MSW students, faculty and friends assisted with registration, course set-up and runner support for the race. Other students and faculty participated in the 5k race, including Professor Lance Peterson and his son, who took third place and first place, respectively. Way to go Petersons!

Each fall, the MSWSA helps assemble the holiday baskets with other Open Baskets volunteers. The overall goal is to reach all 6,000+ neighbors served by Mental Health Resources (MHR) at least once a year. We hope you will join us this holiday season! Learn more at openbaskets.org.
On April 8, the 2015-16 Social Work Healthcare Education and Leadership Scholars (HEALS) students held a timely and important discussion about the growth and diversity of social work in healthcare settings. The panelists included HEALS leadership council members Peggy Sapp from Catholic Charities-Seton Services, Lisa Kern from Koda Living Community, Sara Lassig from the VA Health Care System and Tanya Rand, coordinator of St. Kate’s - St. Thomas’ Aging Services and long-time hospital social worker.

Did you know?

- According to the Bureau of Labor Statistics, healthcare social work is expected to grow by 19 percent between 2014 – 2024.
- In the Twin Cities metro, EMSI data projects healthcare social work growth of over 25 percent in the next decade.
- The Minneapolis-St. Paul-Bloomington metro area is ranked as one of the top 10 “highest metropolitan area employment levels for healthcare social workers” in the nation.

Congratulations to our inaugural cohort of Social Work HEALS student scholars who graduated this spring! Your enthusiasm and input contributed greatly to the first-year success of the program, which will continue its work towards the grant’s goal of “developing the next generation of healthcare social work leaders.”

American Refugee Committee

On May 9, seven MSW Area of Emphasis in Practice with Immigrants and Refugees (AEIR) scholars gathered at the American Refugee Committee (ARC) world headquarters in Minneapolis for an opportunity to learn more about the field of global social work, specifically the practice of refugee assistance work in settings outside the United States.

The event was facilitated by social worker Reem Khamis, who serves as ARC’s Gender-based Violence & Protection Technical Advisor. After explaining the mission and scope of ARC’s global human rights work, Reem led our group in an engaging activity called a “design challenge,” in which participants were introduced to an authentic and current field challenge and asked to brainstorm potential approaches that an agency such as ARC might take to address the problem. The end-goal was to share ideas that may impact ARC’s future programming while at the same time exposing new social work professionals to this unique type of social work practice. In this particular scenario, the scholars grappled with the dilemma of addressing the occurrence of sexual violence against children and other vulnerable people in a refugee camp in Uganda. They offered recommendations for on-the-ground and systemic changes.

During the event at ARC, Reem shared the fascinating story of her personal career path and international experience. She also offered tips for social workers wishing to enter international social work practice with refugees. This was a great opportunity for scholars to get a “front seat view” of ARC’s global humanitarian efforts, as well as to gain exposure to “a day in the life” of a humanitarian worker and to gain insight into the career path a global social worker might take.

One of our first graduating AEIR scholars, Abby Voigt, has secured a first-of-its-kind summer internship in the gender-based violence program at the ARC headquarters office. I’m also thrilled to announce that we are graduating our first two AEIR scholars this spring. Congratulations to 2016 graduates Abby Voigt and Natalya Paulsen, who have been instrumental to the development and accomplishments of the AEIR scholars program during these first two years.

Thank you!
22 stthomas.edu/socialwork

BSW COLLABORATIVE RESEARCH

2016 St. Thomas Collaborative Inquiry Grant recipients, Steph Appleby BSW ’16 and Emily Titus BSW ’16, spent the spring working with faculty adviser, Dr. Ande Nesmith, and their community partners Lutheran Social Services and Connections to Independence, respectively. On May 10, they presented their research at the “Inquiry at UST” poster session sponsored by the Grants & Research Office. Well-done Steph and Emily!

Congratulations to Lindsey Erdmann BSW ’17 for receiving a St. Thomas Collaborative Inquiry Grant for fall 2016! She will also be working with Dr. Nesmith, and her research project, “Supporting Caregivers of Chronically Ill Family Members: The Impact of Free Healthy Meals on Stress,” will be in collaboration with community partner Open Arms of Minnesota.

To learn more about BSW research opportunities and to read abstracts from undergraduate student research as they become available, visit stthomas.edu/socialwork/BSWresearch

DSW NEWS

By Carol F. Kuechler, DSW Program Director

We are happy and proud to announce publications completed by our DSW students Terri Klemm, Susan Schmidt and Sky Smith, noted below. Additionally, the St. Catherine University Abigail Quigley McCarthy Center for Women graduate award for Research and Creative Work was recently presented to Amanda Greubel for her paper: Curricular Content on Women: CSWE’s First Step Toward Gender Equity. See page 19. As our students continue to complete work on their Banded Dissertations, we anticipate further opportunities to highlight their successes as scholars.

We are preparing for Residency 2016, and are excited to welcome our third cohort of students to join Cohorts 1 and 2 on campus, July 18-29. Across our three cohorts, we now have representatives from 22 states and Guam. This geographic diversity is matched by a rich array of gender, cultural, ethnic, practice and teaching perspectives, which enrich our work in the learning environment.

If you have any questions about our program, please contact us at DSW@stthomas.edu


FOUR SCHOOL OF SOCIAL WORK FACULTY RECEIVE TENURE IN 2016. CONGRATULATIONS!

Kari L. Fletcher, MSW, PhD, LICSW has been awarded tenure by the University of St. Thomas. Kari came to the School of Social Work in 2010 after working with the Department of Veteran’s Affairs in Minneapolis for over a decade. She became the coordinator of the newly-created MSW Area of Emphasis in Military Practice (AEMP) program in 2012. Among her numerous service roles, Kari is currently co-president of the Minnesota Council on Social Work Education (MCSWE) Minnesota.

Andrea (Ande) A. Nesmith, MSW, PhD, LISW has been awarded tenure by the University of St. Thomas. Ande joined the School of Social Work in 2011 and teaches primarily in the BSW program. Ande’s research interests focus on outcomes for adolescents in foster care, environmental justice, and the use of technology to support vulnerable youth and emerging adults. She is a leader in engaging and mentoring undergraduates in community-based research. This spring, she worked with two BSW students who were awarded St. Thomas Collaborative Inquiry Grants (see page 22).

Lance T. Peterson, MSW, PhD, LICSW has been awarded tenure by the University of St. Thomas. Lance came to the School in 2010 and maintains a part-time private practice as a family and couples therapist. He primarily teaches in the MSW program, but taught his first class in the Doctor of Social Work (DSW) program in spring 2016. His research interests include relational ontology, mental health, clinical practice with families and couples, solution-focused therapy and other postmodern approaches.

Pa Der Vang, MSW, PhD, LICSW has been awarded tenure by St. Catherine University. Pa Der joined the School of Social Work in 2011 and teaches primarily in the BSW program. Her teaching centers on the use of theory in generalist social work practice with an emphasis on social justice and empowerment. Her research interests include race in America, empowerment of women and people of color, and work with refugees and immigrants, specifically the experience of Hmong American immigrants and the acculturation process.

Dr. Catherine Marrs Fuchsel was nominated and selected as the St. Catherine University representative this summer to the Collegium: Colloquy on Faith and the Intellectual Life. Collegium is a joint effort by 64 Catholic colleges and universities “to help their faculty think creatively about ways to articulate and enrich the spiritual and intellectual life of their institutions.”

The weeklong seminar/retreat will take place June 17-24, 2016 at the University of Portland in Oregon.

Next year will mark the 25th anniversary of Collegium. In place of the traditional summer colloquy, St. Catherine University has been selected to host a larger conference June 21-24, 2017, to examine the state of Catholic higher education today and to consider future work in light of this discussion. ■


Graham, M.A. (2016, April 1). *You are here.* Workshop presented to Minnesota Department of Corrections general population, Shakopee, MN.


Lance Peterson: Peterson, L. (2015, October 8). Connecting clinical and pedagogical: Understanding and applying noticing process as a teaching strategy. Presented at the St. Catherine University - University of St. Thomas School of Social Work Faculty Salon, St. Paul, MN.


SCHOLARSHIP AND SERVICE SUPPORT

Ways to give. Your support is devoted solely to strengthening the scholarship opportunities for our students and advancing our dual purposes of service and justice ... and we need your help now more than ever.

Your contribution will support a broad range of students who are pursuing their social work degrees, and will help to support the achievements of our dedicated and outstanding social work faculty.

To see the many giving opportunities, visit: stthomas.edu/socialwork/supportus
SAVE THE DATE!
Field Practice Institute Fifth Annual Summit on Emerging Issues in Social Work Practice

Keynote Speaker: Dr. Larry E. Davis
Tuesday, Aug. 16, 2016
9 a.m. to noon
St. Catherine University,
Coeur de Catherine, Rauenhorst Ballroom

Critical Issues in Social Work Practice: Engaging the Profession in Dialogue and Action on Racial Justice
The fifth annual Summit will highlight the intersections between social work and racial justice, both locally and nationally, providing an opportunity for students, faculty, and community members to share best practices and develop strategies for change.

For more information on this and other upcoming events, visit: www.stthomas.edu/socialwork/events

WE VALUE YOUR REFERRALS!
Once again, alumni, student and colleague referrals top the list of how our incoming MSW students first learned of our program. Thank you!

Know of others considering an MSW?
Email MSWinfo@stthomas.edu with their preferred contact information and we’ll make sure they get the information they’re looking for. Plus, we’ll enter YOU into a monthly drawing for a School of Social Work T-shirt!

More importantly, if your referral decides to move forward with an application, we’ll waive the application fee. The 2017 MSW application deadline is January 10.

St. Catherine University and the University of St. Thomas are equal opportunity educators and employers. The University of St. Thomas and St. Catherine University do not unlawfully discriminate, in any of their respective programs or activities, on the basis of race, color, creed, religion, national origin, sex, sexual orientation, family status, disability, age, marital status, status with regard to public assistance, membership or activity in a local commission, genetic information, or any other characteristic protected by applicable law.
FULL-TIME FACULTY 2015-16
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Sarah Ferguson, MSW program director
Carol Kuechler, DSW program director
Carey Winkler, BSW field education director
Lisa Richardson, MSW field education director
Kathy Caron, MSW field weekend cohort coordinator
George Baboila, director, Social Work Services,
Interprofessional Center for Counseling and
Legal Services
Laurel Bidwell
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Kendra Garrett
Mari Ann Graham
Renee Hepperlen
Katharine Hill
Colin Hollidge
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Stacy Husebo
Miriam Itzkowitz
Lisa Kiesel
Melissa Lundquist
Catherine Marrs Fuchsel
Ande Nesmith
Lance Peterson
Tanya Rand
David Roseborough
Eva Solomonson
Jessica Toft
Pa Der Vang
Robin Whitebird

ADJUNCT FACULTY 2015-16
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