

THE NEXUS

OREGON'S SOCIAL WORK CONNECTION



Newsletter of the National Association of Social Workers, Oregon Chapter

Annual Conference a Success!! Read on for additional trainings coming your way!!

The Oregon Chapter conference, Keeping it Alive in 2005: Preparing for the Future Needs of Social Work in Portland was a smashing success! Great food, great site, excellent presenters and keynote speaker, Bob Nikkel of OMHAS all contributed to a very successful event. We heard nothing but positive comments all day. Thanks to all of you who attended, volunteered, or helped in any way. Over 120 people attended the conference with 16 sessions and the keynote. We had 5 exhibitors and free table space for 8 organizations. Awards were given at lunch to: Diane Malbin, Social Worker of the Year; Mona St. Clair, Volunteer of the Year; Mark Oldham, Helen Catlin Award; and Sen. Gordon Smith, Citizen of the Year. We look forward to planning for 2006.



Diane Malbin received the "Social Worker of the Year Award" at NASW's "Keeping it Alive... in 2005" conference.

Oregon Chapter has 2 great conferences scheduled: "**Collaborative Supervision**" presented by



Long time member and former President Mark Oldham received the "Helen Catlin Award" at the annual conference.

Susie Snyder, LCSW, on June 10th from 8:30-4:30 in MOB East, Emanuel Hospital. This has been approved for 6 hrs. and is designed to meet the 6 hours required by the State Board of Clinical Social Workers for those wanting to supervise MSW's for licensure. The next "**LCSW Exam Preparation Workshop**" presented by Jody Swisher, LCSW and Toniya Villalobos, LCSW is on August 20th from 8:30-5, in room 1027 at Emanuel Hospital. This conference is approved for 6.5 hrs. Please call the chapter office for registration information on these conferences or go to www.acteva.com/go/nasworegon.

In response to member requests, we have been compiling information and sources of **Training for Violence/Safety in the Workplace**, these include:

- A) Free CEU's offered by Office of Mental Health
(continued on Page 6)

VOTE NOW!

The Oregon Chapter's 2005 Board of Directors Election has been mailed to you. Please complete and return the ballot. In order to be counted, ballots must be postmarked by June 10, 2005. Thanks!

The Nominations Committee Needs You!!

The Nominations Committee is sorely in need of additional members. The commitment is not huge at all. This coming year, we will be meeting 5 times, starting September and then every other month, for about 2 hours each time. Following years will probably be only 3 times/year. Meetings usually will be at the Portland chapter office but conference calling is fine, if that works best for you. We would like to get a wide representation, across the state, as well as a student representative from both Portland State and University for Portland.

Our role is to come up with a slate of potential board members each year. This year, we will also be developing an affirmative action plan for the chapter. If you have an interest or additional questions, feel free to call me at 503-659-7992 or e-mail me at jpwest@teleport.com.

Peggy West, Chair

The NASW Oregon Chapter
presents

"Collaborative Supervision"
on June 10th,
8:30-4:30 (6 hrs.) and
"LCSW Exam Prep Workshop"
on Aug. 20th, 8:30-5, (6.5 hrs.).
Please call the chapter office at
503-452-8420 to register.

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From the President ...

New Adventures In First Year of Term



Tom Hogan

Greetings to all of you. It's great that the days are getting longer and summer is coming. As you read this I will be nearing the end of my first year as President of your Association. I can tell you that I'm so proud of the many accomplishments of the Chapter during the past months.

One priority in July was reaching out to the various areas in the state outside the metropolitan area. One activity is BOARD MEETINGS OUTSIDE PORTLAND. On March 12 we were hosted by Board member Laurel Anderson at the Holt International Children's Agency in Eugene. Feedback is that it was very successful. As part of meeting in Eugene we sent letters to approximately 25 local social work agencies in the Lane County area telling them of the Board meeting and inviting their ideas and suggestions. We also kicked off a special Question and Answer period in the afternoon. It's a time for members and non-members alike to come, see what the Board does and bring questions or make suggestions about the Chapter. We did have a local social worker and past Chapter President, Mark Oldham, on the agenda. We're continuing this Q & A time and it's something I hope people use.

I attended in March the first SOCIAL WORK CONGRESS in Washington, D.C. March 16-18. It celebrated the Association's 50th anniversary. Co-sponsored by the National Office and 5 other organizations, it was an invitation event to set imperatives to address the future needs of our profession. The theme of our Statewide Conference was very much in keeping with the focus and goals of the SW Congress and you can read more about it in the separate article on the Congress.

The MEMBER OUTREACH campaign continues in full swing as we near the end of the first year and attempt to make more contacts. I'm doing some follow-up in region 2. A team in the Capital District led by Board member Donna Hirt called members in the Marion and Polk County area. Laurel Anderson in Eugene is forming a team to call Lane and Lincoln County members in Region 3. I called Linn County members as part of our publicity for the Board meeting in Eugene. I have to tell a story about one of these calls. I talked to Margaret Hansen in Albany. It was a great conversation and she said she would follow up on the connection suggestions. She's since gotten involved in the Capitol District and helped make member calls there in Marion County. I saw her at the Statewide Conference and

she said the contact was terrific. Don't we wish every call went that way. But that's the goal.

We're still working on it. A CALLING TEAM will be doing Region 5, another Region 4, a third team Region 1 and we'll be finishing up the Lane, Lincoln and neighboring counties. If you haven't got a call, please call me at 503-819-8367 or 503-794-8190. This is a step that we want to build on.

Along this line of member contact Executive Director Scott Manchester and I went to BEND for a productive Legislative Focus group and member meeting March 2. We want very much to support the creation of a district in Bend as well as other areas of Region 5 east of the Cascades.

A sad note in the past few weeks is the passing of my long time friend and former President of the Oregon Chapter, KARL LANGBECKER. He died April 30 and I was able to attend his service at Gethsemane Lutheran. Karl served for many years as Executive Director of Lutheran Family Services and was involved in the local community. He was a trainer and mentor for me, a great guy and he'll be missed.

Then on May 6 the Chapter sponsored its annual STATEWIDE CONFERENCE. It was a huge success. We have worked for several years to reestablish this conference as a set annual event and it appears that this is on the way to being accomplished. Luana Berens and the Events Committee did a terrific job in putting on the conference and you can read about it in another article in the Newsletter. The workshops I attended were top notch and the awards presentations at lunch were especially heartfelt. I was happy to be there. We hope to continue growth and expansion of the conference both in terms of quality of presentation and stature as a "place to be." Keep the suggestions and participation coming on it.

I'm sure I've missed some things in this column but there's never enough space for everything. Thanks for the opportunity to serve as President of your association, keep the ideas coming and have a great summer. You can contact me at the numbers above or at janeandtom@comcast.net. I appreciate it.

Peace and blessings, Tom Hogan, President

NASW Oregon Chapter

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Open

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Open

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CHAPTER PRESIDENT ATTENDS SOCIAL WORK CONGRESS

I had the honor to represent the Oregon Chapter as one of 400+ delegates (and 1 or 2 from Oregon) at the first Social Work Congress in Washington DC, March 16-18. NASW was one of 5 co-conveners to bring "the profession together to look not just at social issues, but at the profession itself," as NASW Executive Director Betsy Clarke said.

I thought it worthwhile, to the point and long overdue. You've seen a lot about it on the front page of the May NASW News and other places. The Association kicked off the impressive National Public Education campaign in celebrating the Association's 50th anniversary. And the Shirelles played at the kickoff with one of the original members. They still have it for those of you who, like me, remember the Shirelles.

I had as much input as possible in advance and went prepared to advocate especially for the importance of child welfare practice, aging issues and health and health directives issues. Once there, our purpose was discussion about the profession and it's future. We then came up with 12 Imperatives as goals or vision statements for the profession in the next decade. Here they are:

*Assure excellence in aging knowledge, skills, and competencies at all levels of social work education, practice, and research.

*Participate in politics and policy where major decisions are being made about behavioral health.

*Assure a qualified social work labor force to serve children.

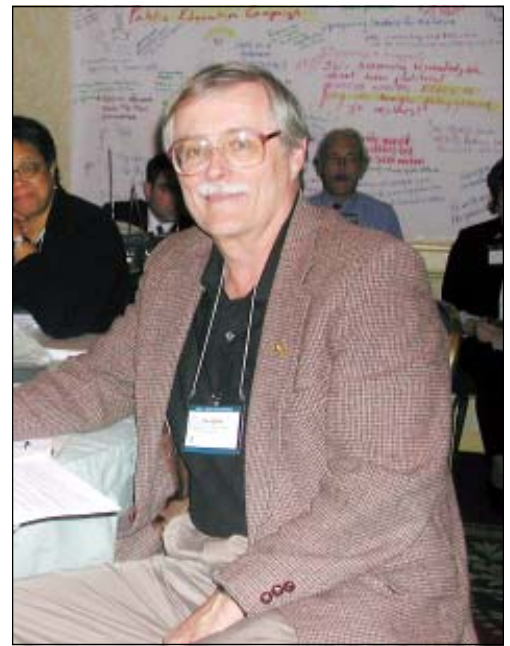
*Take the lead in advocating for quality universal healthcare.

*Elevate the public's awareness of the efficacy and cost-effectiveness of social work practice in health care.

*Address the impact of racism, other forms of oppression, social injustice, and other human rights violations through social work education and practice.

*Increase the value proposition of social work by raising standards and increasing academic rigor of social work education programs

*Mobilize the social work profession to ac-



President Tom Hogan voting at Social Work Congress.

tively engage in politics, policy, and social action, emphasizing the strategic use of power.

*Continuously acknowledge, recognize, confront, and address pervasive racism within social work practice at the individual, agency, and institutional levels.

*Strengthen social work's ability to influence the corporate and political landscape at the federal, state, and local levels.

*Promote culturally competent social work interventions and research methodologies in the areas of social justice, well-being, and cost-benefit outcomes.

*Connect research and practice through partnerships among researchers, the field, and communities.

Are these exactly the ones I would have chosen and are they stated exactly as I would wish? No, but they're close. And they are important issues. Just the question of looking at where we want to be in the next 10 years is a good one. Remember, the average age of NASW members is 54. Since the Congress, we've seen that there are Strategy teams developed to focus and put them into action. That's the key, putting them into practice. For that to happen, each and every one of us needs to do our part and provide an operational base to promote and improve the profession.

Tom Hogan, President



Maura C. Roche

Legislative Update

Maura C. Roche, Registered Lobbyist & Amy Reynolds, Legislative Intern

Budget Process in Disarray

For the second time in the last 15 years, the Joint Ways and Means Committee (the legislative budget committee) broke apart into two separate budget committees, bringing the budget process to a crawl and prolonging the end of the legislative session.

In a highly politicized move, the Senate Democrats moved the K-12 budget out of the Senate to the House where it will not receive a warm welcome because the number is higher than House Republicans want to go. In response to the Senate, the House is likely to move the DHS budget through the process with more funding in a number of human services programs than the Senate has allotted. This is a formula for impasse.

Hopefully, high level negotiations will resume and the budget writers will negotiate a deal before this symbolic passing of budgets back and forth continues much longer.

Mental Health Parity

On Wednesday March 9th, Scott Manchester, NASW Oregon Chapter's Executive Director, testified before the Senate Committee on Health Policy in favor of mental health parity, citing Oregon's need, the cost effectiveness and basic fairness. NASW also drafted a letter that was distributed to legislators on the Floor of the Senate the day of the vote.

Senate Bill 1 passed the Senate 23 to 6 with Senators Beyer, Ferrioli, George, Kruse, Nelson, and Starr, C. voting "No." The bill was heard in House Health and Human Services on May 20th, where NASW again testified, but it has not been scheduled for a Work Session.

This legislation has more momentum behind it than in past years and we are very optimistic that it will become law.

Payday Loans

SB 545 would reduce the interest rates that predatory lending institutions can charge their customers—primarily Oregon's low-income and working poor. NASW is concerned that these businesses prey on people who are in desperate need of funds and then charge them interest rates of 300-600%, causing debts to increase and making it virtually impossible to escape the cycle of poverty. Several other states have started regulating "payday loans" and NASW is working to add Oregon to the list. The bill is sitting on the Senate Floor awaiting action.

Earned Time

SB 435, sponsored by Representative Chip Shields, social worker and NASW member, increases the amount of time a

person who is incarcerated for a non-Measure 11 crime can earn for attending GED classes, drug and alcohol treatment, behavioral therapy, etc.—hence "Earned Time." This bill could save the state \$6.5 million this biennium and \$23.5 million next biennium and eliminate the need for an additional prison in Oregon. Additionally, it could provide an incentive for prisoners to seek treatment. On April 12th a public hearing was held on this bill, but the bill appears to be stalled in Senate Judiciary Committee. NASW lobbied on this legislation during our Day of Action at the Capitol earlier this year.

Civil Unions/Non-Discrimination

SB1000 does two things: 1) amends all the current non-discrimination statutes to add sexual orientation to the list of groups that cannot be discriminated against (such as housing, employment and public accommodation; and 2) creates civil unions to provide similar legal protections to same-sex families that other families in Oregon have through marriage.

NASW submitted testimony on this bill citing the Code of Ethics calling for social workers to oppose any form of discrimination and encouraging social workers to fight for social justice.

On May 4th the largest and longest Public Hearing of the session was held and people from both sides of the issue testified.

In response to the Civil Unions bill, The Oregon Family Council and Representative Dennis Richardson, have put forward a bill offering Reciprocal Benefits that any two people could apply for. Up for a Public Hearing on May 31, this bill does not legally recognize same-sex couples as

(continued on Page 7)

NASW ACTION ALERT NETWORK

A tool for keeping social workers informed and involved with legislative action in Oregon...

Name: _____

Address: _____

Ph: Day: _____ Eve: _____

Email: _____

Mail to: NASW, 7688 SW Capitol Highway
Portland, Oregon 97219

Fax: 503-452-8506

email: sm@nasworegon.com

NASW Day of Action: "That was kinda fun."

by Mark McKechnie, Legislative Chair

The good news for those of you who missed the NASW Day of Action on April 14th is that you have less than two years to wait for the next one.

Who knew that lobbying could be... fun? But that was the experience of the 56 NASW members who descended on our state capitol (Salem, that is) to learn the ins and outs of influencing public policy and then practice on real legislators.

NASW's lobbyist, Maura Roche, and PSU practicum student, Amy Reynolds, orchestrated the day's events with high precision. Social worker and State Rep. Carolyn Tomei helped greet the nearly 60 social workers and social work students in attendance, encouraging us to make our presence felt in Salem. Rep. Tomei told those in attendance that

the amount of time an inmate could earn off of his or her non-Measure 11 sentence from 25% to 33%. Inmates could earn this credit for obtaining a GED, participating in drug treatment and other "good behavior." Rep. Shields emphasized that such approaches are effective to prevent recidivism and save the state precious resources.

Despite the fact that most Day of Action participants came from the Willamette Valley, NASW members from 15 senate districts attended and visited their state senators to discuss NASW's priorities. Participants visited the offices of 17 state representatives to discuss priority bills, as well.

As social workers returned from lobbying their legislators, many expressed how pleasantly surprised they were at how *fun* lobbying could be. Members were well received by legislators and their staffs who listened attentively as these social workers educated them on the issues and why social workers care so much about civil rights, criminal justice reform, mental health parity and Oregonians' basic needs.

Sorry you didn't come? Well, keep it in mind to join us at the Capitol again in 2007!

Of course, it took a lot of effort behind the scenes. As the Legislative Committee chair, I just want to repeat my thanks to those who made this event so effective. Thanks again to Maura and Amy, who made sure legislative appointments were made and every single detail was covered. Thanks also to the NASW staff, Scott, Janet and Kathy, who worked so hard to support this event. Thanks also to Joy Rhodes and students from her community organizing class at PSU – Debbie Hollenbeck, Melinda Fryman, Michael Shannon, Sarah Richmond and Colleen Collins. This group provided voluminous research on mental health parity that the chapter used for committee testimony, the Senate floor letter and the Day of Action fact sheet. They also worked hard in organizing our community to show up and be heard.



Veteran lobbyist Randy Tucker briefs social workers on the Oregon legislative process at NASW's Day of Action.

her colleagues come from a variety of backgrounds and deal with a huge range of issues. Thus, it is important for professional social workers to share their expertise with legislators who make vital decisions on social policy and human services funding.

Day of Action participants received a tutorial on the basics of lobbying and the legislative process from veteran lobbyist Randy Tucker. Then the group discussed four priority bills for the Chapter. The Day of Action highlighted mental health parity, a bill to increase earned time credit from non-Measure 11 prison sentences, state regulation on payday loans, including a cap on interest, and civil unions for same sex couples.

During lunch, NASW member, Rep. Chip Shields addressed our group on various criminal justice and sentencing reform efforts, including SB 435, which would increase

Existential-Humanistic Training & Case Consultation Group

Based Upon
The Art of the Psychotherapist
by James Bugental, Ph.D.

Starts mid-October 2005 -- 40 CEUs available
Co-sponsored by ORCA under NBCC Provider # 2038

Facilitator: Bob Edelstein, LMFT, MFT 503-288-3967

Annual Conference a Success... cont'd from Page 1

and Addiction Services and approved by ACCBO, these are open to anyone: 1) **Behavioral Health Response to Disaster/Terrorism - Immediate Response**, 6 credits. 2) **Behavioral Health Response to Disaster/Terrorism - Recovery Phase**, 12 credits. Spring trainings over but additional trainings will be scheduled for the Fall/Winter which will be in this newsletter and on the website (www.nasworegon.org). Pre-registration is required. Contact Richard Templeton to register, for sites and additional information at 503-945-9703 or richard.templeton@state.or.us.

B) **Violence Prevention Summer Institute: Building Safe & Healthy Communities for Children and Youth**. July 11-14, 2005, Oregon State University, Corvallis.

Registration at www.ode.state.or.us/news/events/eventDesc.aspx?eID=1200 Cost: \$100 for 1 day attendance, up to \$200 for all 4 days. CEU's pending from DHS/OMHAS, ACCBO, Oregon Dept. of Education. For more information, contact: John Lenssen, 503-378-3600 ext. 2709 or john.lenssen@state.or.us or Dianna White, 503-378-3600, ext. 2707, or dianna.white@state.or.us

C) **Trauma Intervention Programs, Inc.**, Training Academies. Cost \$50 & up. Approved by California licensing boards for mental health providers and nurses. More information at www.tipnational.org, www.tipnw.org or June Vining at 360-944-8918 or 503-823-3937 or jvining@fire.ci.portland.or.us.

D) Chemeketa Community College, Salem, HS 140 **Handling the Violent Client**. 1 day class taught by Marc Richmond once each semester. Currently exploring possibility of contracting with Mr. Richmond to offer this class statewide thru Oregon NASW with potential of 6.5 CEU's.

Does **overcoming isolation in practice, vicarious traumatization, emotional and caregiver fatigue, revitalizing yourself and your practice, etc.** sound good to you?

Are you interested in a 1 ½ day retreat conference? It would include more than just informational lectures and would **focus on developing strategies and processes to revitalize yourself**. Conference will be developed and advertised if enough people are interested. **Please call or email if interested:** 503-267-3507 or LLBerens@comcast.net.



Anna Keenan-Mudrick, Janet Kusyk, and Claire Corwin-Kordosky at Annual Conference Registration table.

Planning is under way for a Chapter sponsored **conference** in **Eastern Oregon**, likely Pendleton or LaGrande in the late summer or early fall. Topic: mental health therapy with children and families with speaker well known in Oregon. Keep checking newsletter and Chapter website for details.

In response to requests for **Committee Information** from members and the fact that Chapter Committees **need you**, please review the descriptions below and contact the chairs if you are available and interested in deepening your involvement with the Chapter and fellow members. Send name, phone number and email address.

Committee on Inquiry, responds to complaints about members. Chair: Katherine Oberholtzer, KB.Oberholtzer@oberholtz.com.

Elder & Disability Concerns, new committee to address education and membership issues related to aging and disabilities. Co-Chairs: Lee Coyne, notcoy@netzero.net and Anissa Rogers, rogers@up.edu.

Ethics, available to review membership ethical concerns/dilemmas and provides education about ethical concerns, works closely with COI. Chair: Krystal Ashling, kash@seadream.org.

Event Coordinating, responsible for developing annual conference plus 5-8 Chapter sponsored, ½ to full day conferences each year. Chair: Luana Berens, LLBerens@comcast.net.

Finance, responsible for fiduciary needs of chapter including annual budget, investments, etc. Chair: Casadi Marino, casadimarino@hotmail.com.

Legislative, works with lobbyist in reviewing bills in legislature, what to support, what to defeat, proactive re: social worker/social services concerns. Responsible for Lobby Fund. Chair: Mark McKechnie, mark.mckechnie@comcast.net.

Membership, responsible for increasing membership, reaching out to lapsed members, works closely with second vice president of the board. Chair: Anna Keenan-Mudrick, keenanmudrick@aol.com.

Nominations, responsible for locating members willing to run for positions on the Board of Directors for Oregon Chapter, and for National Board. Chair: Peggy West, jpwest@teleport.com.

Private Practice, newly reactivated council working on issues of concern to members in private practice, developed the Private Practice Handbook. Chair: Susan Pease Banitt, yogini4@comcast.net.

Public Relations/Marketing, new committee responsible for developing news releases, public service announcements, etc. to print/TV/radio outlets about social workers, social services, education opportunities, etc. Chair: Christine Hall, cubanclancy@yahoo.com.

SWPAC, responsible for deciding on local, state, and national candidates to support, gather donations to give to candidates, works with National PACE. Chair: Amy Stuczynski, amarie_fish@yahoo.com.

Luana Berens. Events Committee Chair

From the Producer of Public Pulse

As an independent producer and director, I was looking for a new show format to air on the public access station, CCTV, in Salem. At the same time, Lee Coyne, LCSW, was inquiring at CCTV as to the possibility of having a show produced in March to recognize the professionals who work in the social service field. His name and number were given to me, and upon talking with Lee, I realized this was the format I was looking for – a show representing what I perceive public access television to be: informing and educating the television viewing audience on valuable information concerning their life and community. Thus, the conception of *Public Pulse* was born.

Each show presented in the series will have panelists/guests consisting of various fields of social service and mental health fields. Tom Hogan, LCSW, will be the moderator and introduce each show and direct questions to the panelists and guests. B. Lee Coyne, LCSW, is the show's consultant and advisor. A volunteer crew of camera operators and audio technicians helps with the production. The same show will air three times a week, the first beginning on May 16 at 6 p.m., then every Thursday at 3 p.m. and Saturdays at 7 p.m. on CCTV, Channel 23, in the Comcast Salem/Keizer viewing area. The first show will be on aging, and then the next two shows will discuss child abuse issues. Each show will cover a different issue. As the series progresses, I will actively seek out sponsorship of the show with various public access stations in the state.

Drugs, loss of income, mental illness, dissolution of families, single parents, homelessness, and gangs are just a few of the issues faced by individuals, families, and social service agencies in our communities. Sometimes individuals can be so overwhelmed in life they do not know where to turn, or who is there to help them. They may view the various help agencies and their workers as bureaucratic government



Larry Betcher, Kim Buller, Lee Coyne, Tom Hogan and Kathy Outland at Public Access Station in Salem.

pot holes created just to make them feel worse about themselves. The personal goal I have for *Public Pulse* is to inform and educate the public about the individuals who dedicate their life in social service and mental health work as people who are genuinely trying to help and make a difference, for the better, in their client's life.

I feel very strongly that all the professionals in the field of social service, mental health, psychologists, psychiatrists, counselors, law enforcement officers, courts, are all in this together to get the job done. It is easy to sometimes feel like separate entities, but all of the professionals are in this "helping field" together. The ultimate goal is to make our community and our society a better place to live for everybody. Hopefully, *Public Pulse*, can help all involved realize it really does take a community to heal a community.

Lela Taylor, Producer/Director, Public Pulse

Legislative Update . . . *Cont'd from page 4*

being in a committed relationship nor does it offer protections against discrimination. It also only covers fewer than a dozen of the more than 500 legal protections available to married couples and their families. For more information contact: basicrights.org.

Board of Licensed Clinical Social Workers Budget

The Board of Licensed Clinical Social Workers Budget has had a Public Hearing in the Joint Ways and Means subcommittee (back when there was one) and is now awaiting final action.

There has been some discussion this session of consolidating several small boards together to make a super board. This could be of concern because these various licensing boards deal with regulatory issues of different professions and trying to create a board to oversee everything from social workers to veterinarians could prove unwieldy.

Supervisor Support List Serve Up and Running

At the request of the Oregon State Board of Clinical Social Work, the Oregon Chapter of NASW recently set up a Supervisor Support List Serve for LCSWs who are supervising Clinical Social Work Associates (CSWAs) for the Oregon State Board of Clinical Social Work. This site is *not* sponsored by the social work licensing board, but is moderated by one of the licensure board members. NASW, Oregon Chapter, is hosting the site. The site is a place where supervisors may raise questions and issues that they have encountered during the course of their supervision. List serve members should feel free to comment and express opinions regarding the issues raised.

Any LCSW supervising a CSWA through a licensing board approved Plan of Supervision may join the list serve. You may simply e-mail Scott Manchester, NASW Oregon Executive Director, at sm@nasworegon.org requesting to be included on the list serve. There are a few ground rules, which are posted on the site. Mark Oldham, LCSW, will serve as the initial moderator for the list serve.

Elder Council Takes To Cable

Yes, we're rolling ahead! Here's an overview:

—Cable TV show on "Public Pulse" in Salem was produced on subject of "Aging: From Fragile to Agile" (may be loaned later to senior centers);

—Workshop on "The Coming Crisis in Home Care" jointly presented at our Annual Conference in Portland, to offer overview of the system, strengths & weaknesses;

—Public Citizen of the Year award accorded Sen. Gordon Smith, in part to reflect his leadership in opposing Medicare cuts and guiding Select Committee on Aging;

—Early discussions held with Salem Senior Center staff to consider an oral history pilot project geared to rekindling self-esteem among the elderly;

—Doing future cable TV program, "Be Not Blind to Disability" for Salem area, to illustrate progress made in surmounting traditional barriers facing the disabled. We are hoping to have consumer on the panel.

B. Lee Coyne, LCSW/Co-Chair

Elder Concerns Unit Aiming To Ameliorate Home Care

The newly-formed Elder Concerns Council plans to explore ways for our state to improve the quality of home care by checking into programs in other states. Among other concerns, better training is a priority. Currently an in-home caregiver put on the official roster is self-employed and entitled only to four hours of training.

Another risk area is the lack of drug testing. Only a criminal history check is done. This hardly screens out non-criminals who use drugs and may be seeking entry to homes of vulnerable sick and elderly who may be too fearful to report a theft. Social workers who aid and abet this process may be doing a disservice, states Council co-chair Lee Coyne.

We seek MSW's who want to plug this loophole in the system. For more information, email notcoy@netzero.net.

Men's Therapy Group

for adult survivors of sexual abuse.

Current openings. Group continuous since 1987. Portland metro area. Also individual, couples and consultation and training on male sexual abuse issues. Contact Donald L. Mann, LCSW, 503-228-1939, or email dmann@spiritone.com.

Ethics Committee Up-date

The Ethics Committee met on April 25th. They have been working on The Model Standards of Practice for Child Custody Evaluation. They decided to accept the corrections suggested by Executive Director Scott Manchester and the State Board of Clinical Social Workers. These suggestions and corrections will be incorporated into the model. The model will then be posted on the Oregon Chapter NASW website so that any member can read it and comment by emailing Scott Manchester (sm@nasworegon.org) at the chapter office.

The committee also had an ethics question arise concerning the ethics of being told by one's employer to leave social worker's assessments and visit notes in the patient's home. This poses many ethical concerns. They are offering support to the social workers involved and will continue to pursue supportive material. There are the ethical concerns about confidentiality and privacy but also the bigger question of how to respond when your employer asks you to do something that violates the code. The practical implications of adhering to standard 3.09, the how to go about it part, would make for a very interesting and lively discussion.

Krystal Ashling, LCSW, Chair

Member Sketch

Laurel's Love of Children Sparked Social Work Interest

She came from a rather large family—three sisters and three brothers—out of the Chicago suburb of Markham. Her Mom and Dad were immersed in community life which provided powerful role models. Her Dad had served on community college school boards for as long as she can recall.

Laurel Anderson took these examples and ran with them. Heading out west, she gained her BA in Community Service at UO in Eugene, and rolled up her sleeves to help out a neighborhood group mobilize the public. After that, Anderson went after an MSW at Portland State.

The next eight years found her immersed in the child welfare field and doing private practice as well. Caring for kids was Laurel's foremost passion. Dealing with child sex abuse survivors was a key component. She rounded this out with volunteer work at Womospace, Whitebird Crisis Center, and the Child Advocacy Center to bring theory into action.

Over recent years, Laurel launched the Lane District of Oregon chapter which hosts stimulating brown-bag lunches for our members supplementing lunch with CEU's and lots of food-for-thought. She'd love to find new people to help carry on this tradition.

Laurel is married with two children of her own, and likes to walk, run, travel and string beads in her leisure time. Her string of duties at Holt International includes managing a key child adoption program. She welcomes others who want to make a difference. "I try to improve things within my scope" she comments. Will you follow suit?

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Steve Hand LCSW (503) 590-7029

Donald Mann LCSW (503) 228-1939

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Oregon Chapter on the Road



On May 13 and 14, Oregon Chapter President Tom Hogan and Executive Director Scott Manchester attended a meeting of western NASW Chapters in Santa Clara, California. These chapters, organized as the “Western Coalition,” met to prepare for this year’s Delegate Assembly, which will be held on August 5, 6, and 7 in Washington, DC. The Delegate Assembly is held every three years. Two hundred Chapter delegates, plus national Board members and Chapter Executive Directors, meet to adopt policy statements on social and professional issues, consider revisions to the national By-laws, and adopt goals for the association. Oregon’s delegates this year include Tom, Scott, and the person who will be elected President-elect in the Chapter Board election, which is currently underway.

Welcome New Members

The Oregon Chapter wants to welcome the following new members who joined NASW since February 14, 2005. We thank you for your membership and look forward to getting to know you.

Danette Gillespie	Naomi Levich
Catherine Spofford	Lisa Reuter
Corina Alexander	Susan Grimes
Jean Ritzke Rutherford	Paul Sorenson
DeAnn Carr	Debra Nelson
Garrity Bingham	Eric Blickenstaff
Karen Findlay	Katrina Fairchild
Bridget Geraghty	Rebecca Brudi
Tiffany Clute	Linda Blandy
Julie Donald	Sandra Santos
Lynseyl Lomeli	Camille Tidrick
Amy Reynolds	Alyson Dziedzic
Amie Clark	Ardelle Merritt
Nova Sweet	Stefanie Greene
Elaine Knapp	Joshua Schreiber
Gregory Newman	Shirley Buchanan-Linebaugh
Athena Dorey	Janet Martin

New Rogue District Monthly Meetings

The Rogue District members have been working hard this year to identify and meet the needs of local social workers. We have established a regular monthly meeting place and time (noon the first Wednesday of each month in the Carpenter Room at the Jackson County Library in Medford). This has increased the attendance at our monthly meetings.

The Rogue District sponsored a workshop by Hideko Snider in December on PTSD entitled “From Hiroshima to 9-11” with a luncheon and NASW meeting afterwards. This March we provided lunch and a training celebrating “Life, Hope and Social Work” to recognize National Social Work Month. Also, a member of the Rogue District, Laurie Theodorou, was nominated by the State Board of Clinical Social Workers and confirmed by the Oregon Senate as a new member of the Oregon Health Services Commission.

Capital Area District Update

The Planning Group for the Capital Area District has been busy organizing our first Brown Bag Event in Ten Years! It will be held at Northwest Human Services (West Salem Mental Health Clinic) in West Salem on Friday, June 17 from 11:30 am to 1:30 pm. Local social workers are encouraged to come and to spread the word to interested others. Our own Margo Eliescu, LCSW, will talk about the services that NWHS provides to the chronically mentally ill in our community and lead us in a discussion regarding resources for this important population group. A free CEU will be provided to those attending. Invitations have already been mailed to those in the local area but if you didn’t get one, please come anyway! Bring your brown bag lunch and meet social workers in your area. Please RSVP to Donna Hirt at: donna@hirt.org

Members of the Planning Group have also been active in working with President Hogan on the Membership Outreach Campaign. Approximately 140 members have received calls from the group to gather information about what’s working...and what’s not. We’ve enjoyed talking with many of you and your input has been invaluable.

At this time I am saying good-bye as outgoing Regional Representative for this District. My two terms in this position have been very enjoyable due largely to the support and encouragement that many of you have given to me. I’ll continue working with the local Planning Group at the pleasure of the new representative. Thanks very much Capital Area Social Workers for all of the work you do in our community. Please stay active in the Chapter and the District to forward our efforts!

Donna Hirt, District Chair

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NASW JobLink: The Social Work Career Center:
www.socialworkers.org/joblinks/default.asp

WASHINGTON COUNTY JOB OPPORTUNITIES:
www.co.washington.or.us

Visit the **Human Services Council** website at
www.humanservicescouncil.com for current positions available.

Mental Health Lead Child/Family Therapist – FT, licensure preferred. Clinical oversight of children's program, direct clinical services. Resume to LCS, 203 NE Court St. Prineville, OR 97754 or fax: 541-447-6694.

Lead Clinician Northwest Human Services – 2 FT mental health clinicians to provide intake screenings, assessments, treatment and/or referral for persons with COD. One position will provide clinical supervision to program staff working towards licensure; some on-call required. MSW, LCSW preferred. Send resume to hr@nwhumanservices.org or apply in person to NWHS 681 Center St. NE, Salem, OR 97301.

LCSW - Northwest Human Services, FT to provide individual, group therapy and case management. Must have good understanding of psychotropic meds and the ability to work with a multidisciplinary team. Community mental health setting providing integrated treatment of ATOD and MH issues. Send resume to hr@nwhumanservices.org or apply in person to NWHS 681 Center St. NE, Salem, OR. 97301.

SC Salmon Creek Hospital – Department of Social Services & Utilization Review in Vancouver, WA, varied shifts. Go to: www.legacyhealth.org for information.

Salem Hospital has 2 FT Home Care and Rehab, 2 PT Social Services, and 2 Unscheduled Social Services positions available. MSW, licensure preferred with experience required in medical setting. Go to: www.salemhospital.org

Program Manager- SOASTC Assessment & Evaluation Program. This is a clinical/administrative position responsible for oversight of day-to-day operations and leadership of a multidisciplinary staff group. Desired skills include a strong family focus, a system-of-care mentality, sophisticated clinical skills, creative problem solving abilities and a team oriented style. MSW and some experience in related field required. For more information contact: Sara Moye, Human Resource Manager, SOASTC, 715 Ramsey Avenue, Grants Pass, OR 97527, (541) 956-4943 Fax: (541) 956-5463 E-mail: smoye@soastc.org.

Healing the Children, a national non-profit organization dedicated to providing donated medical care to children in the U.S. and abroad is seeking a volunteer Assessment Caseworker to evaluate host family homes in the Portland area. Experience in social work, social services or foster home licensing desired. Time commitment is 10 hours per month. Mileage and other expenses reimbursed. Contact: Rebecca Snyders at 800-347-3340 or rsnyders.htc@verizon.net.

COUNSELOR/THERAPIST-FT or PT-Expanding private outpatient mental health counseling service is seeking LCSW (independent contractor) who will treat adults, adolescents and children. Fax resume – 503-585-0212 or e-mail: npc@viser.net or send to: Tim Markwell, New Perspectives Center, 1675 Winter St. NE, Salem, OR 97303.

Morrison Child & Family Services, www.morrisonkids.org has the following positions open:

Family Support Specialist @ Child and Family Outpatient – FT – to provide intensive specialized services for children, adolescents, and their families. Services are comprehensive, individualized, and are provided in the clinic, home, educational and other community settings. BSW with minimum of four years exp. working with youth and families in the school, community or other related area. Exp. working with the case management model required. Must be able to meet QMHA requirements. Send letter and resume to: Family Support Specialist Position, c/o Morrison Child & Family Services, 1818 SE Division St. Portland, OR 97202.

Day Treatment Milieu Manager –FT- for Morrison's Edgefield Children's Services Program to supervise treatment coordinators and childcare workers; provides clinical expertise; and participate in all levels of treatment planning. MSW and minimum of 2 years exp. in child/youth residential and/or day treatment setting required. Supervisory experience strongly preferred. Send resume and cover letter to: V. Conlee, c/o Edgefield Children's Services, 2408 SW Halsey, Troutdale, OR 97060. Fax: 503-736-9759.

Senior Child and Family Therapist – FT - Morrison's Edgefield Children's Services. Responsibilities include providing assessment, therapy, case management, and clinical documentation for children with severe emotional disturbances and their families and to provide supervision to other therapists. MSW plus 3 years clinical experience with children ages 6 to 14 with severe emotional disturbances, and supervision experience required. Send cover letter and resume to Jim Mac Rae, c/o Edgefield Children's Services, 2408 SW Halsey, Troutdale, OR 97060. Fax: 503-666-3066.

NASW RECOMMENDED MINIMUM SALARIES

DEGREE/LEVEL & SALARY

Baccalaureate in Social Work - \$25,000
Masters degree in Social Work - \$30,000
MSW plus two years experience - \$35,000
Advanced professional - \$45,000+
(DSW/MSW plus special expertise, administrative level)

These recommendations are purely advisory. They are not intended to suggest any understanding that NASW members will or must adopt them. Each member is free to negotiate his or her own salary independently and entirely within his or her own discretion.

Adolescent & Family Counselor - FT- Morrison's Breakthrough Day Treatment Program. Responsibilities include maintaining co-occurring disordered client caseload utilizing Motivational Enhancement Therapy. MSW with Bilingual/bicultural preferred. CADC application required within 3 months of employment and licensing required within one year of employment. Two years AOD experience preferred. Send cover letter and resume to Attn: Director, Morrison Breakthrough, 3390 SE Milwaukie Ave, Portland, OR 97202. Fax: 503-736-9759.

Bilingual (Spanish) Mental Health Clinician/QMHP – FT – to provide Care Coordination, Home-Based Family Treatment, and Crisis Prevention Outreach as part of the Community and Intensive Outpatient Services. MSW and one year clinical exp. Send cover letter specifying position & resume to: CHBS c/o Morrison Child & Family Services, 1818 SE Division St. Portland, OR 97202. Fax: 503-736-9759.

Family Clinician/QMHP – FT – to provide parent/family-focused, home-based treatment services for children and teens with severe emotional and behavioral difficulties. Services based on a family systems model. MSW and minimum of two years exp. providing clinical service to children, adolescents and/or families in a mental health setting required. Send cover letter specifying position & resume to: CHBS c/o Morrison Child & Family Services, 1818 SE Division St. Portland, OR 97202. Fax: 503-736-9759.

Family Support Specialist/QMHA- FT – to provide community and home-based supportive services, case management, and skill development for parents, children and youth. BSW and 2 years experience preferred. Requires flexible scheduling. Send cover letter & resume to: Family Support Specialist Position c/o Morrison Child & Family Services, 1818 SE Division St. Portland, OR 97202. Fax: 503-736-9759.

Family Therapist – FT – Position involves development and provision of child/family/parent treatment setting. MSW, license preferred with minimum 2 years exp. in family therapy and case management with exp. in day treatment setting with foster care preferred. Send cover letter and resume to J. Blem c/o Morrison Child and Family Services 11456 NE Knott, Portland, OR 97220. Fax: 503-256-9601.

Treatment Coordinator – FT (swing shift) at Morrison's Edgefield Children's Services, providing residential and day treatment services for emotionally and behaviorally disturbed children ages 6-12. BSW and experience in mental health field required. Apply at or send cover letter/ resume to Kim W. c/o Edgefield Children's Services, 2408 SW Halsey, Troutdale, OR 97060. Fax: 503-666-3066.

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References from NASW Members Are Available Upon Request

CONTINUING EDUCATION OFFERINGS

Items above the dotted line have been approved for CE by NASW's Continuing Education Committee; items below the line have been submitted for approval.

June 7, 8:30-4:30, "What is Recovery - 10 Reasons a Recovery Model Can Make Your Job Easier" sponsored by Olalla Center for Children & Families, held in Newport. Call 541-336-2254, \$100, 6.5 hrs.

June 10, 8:30-4:30, "Collaborative Supervision" sponsored by Oregon Chapter, NASW, held in Portland. Call 503-452-8420, \$60-135, 6 hrs.

June 10, 9-4:30, "Client Defenses and Their Clues to the Clinician" sponsored by MHREN, held in Ashland. Call 541-773-7503, \$80-100, 6 hrs.

June 10 & 11, 8-5, "Working With Domestic Violence Offenders Workshop/Facilitator Training, sponsored by Solutions Domestic Violence Intervention Program, held in Salem. Call 503-362-9466, \$195, 14 hrs.

June 15 & 16, 9-4:30, "How to Improve Your Effectiveness by 65% Without Hardly Trying" sponsored by Jefferson Behavioral Health, held in Medford. Call 541-474-5372, \$149, 11.5 hrs.

June 17, 11:30-1:30, "Brown Bag Event - West Salem Mental Health Clinic" sponsored by Capital District, Oregon Chapter, NASW, held in Salem. Call 503-365-3038, no fee, 1 hr.

June 22, 7:30-9 a.m., "Mental Health Challenges and the Role of the Social Worker in the Pace Model" sponsored by Providence Elderplace - A Providence Health System, held in Portland. Call 503-215-6556, no charge, 1.5 hrs.

June 23, 8-2:30, "Pain Management for Health Professionals" sponsored by IHP, PCC, held in Portland. Call 503-731-6633, \$109, 6 hrs.

June 23, 9-4:30, "Management of Medical Records" sponsored by Lorman Business Center, Inc., dba Lorman Education Services, held in Portland. Call 715-833-3940, \$309, 6 hrs.

June 28 & 29, 8-4, "A Clinical Response to Child Abuse" sponsored by CARES Northwest, held in Portland. Call 503-331-2407, \$75-125, 4.5 hrs per day.

July 11, 8:30-12, "The SASSI (Substance Abuse Subtle Screening Inventory): Administration and Scoring" sponsored by IHP, PCC, held in Portland. \$50, 3.5 hrs.

July 11, 1-4:30, "The SASSI (Substance Abuse Subtle Screening Inventory): Clinical Interpretation" sponsored by IHP, PCC, held in Portland. Call 503-731-6633, \$50, 3.5 hrs.

Aug. 20, 8:30-5, "LCSW Exam Preparation Workshop" sponsored by Oregon Chapter, NASW, held in Portland. Call 503-452-8420, \$95-195, 6.5 hrs.

Sept. 15, 8:30-4, "Pain Management" sponsored by HEALTH Education Network, LLC, held in Portland (repeats on 9/16/05 in Seattle). Call 800-839-4584, \$139, 6 hrs.

Sept. 22-24, 9-4, "Fetal Alcohol Spectrum Disorders: Into Action" sponsored by FASCETS, Inc., held in Portland. Call 503-621-1271, \$325, 19.5 hrs.

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Submitted for approval

June 10, 9-4, "Interpersonal Reconstructive Therapy (IRT) for Treatment Resistant Suicidality" sponsored by Lutheran Community Services NW, held in Portland. Call 503-731-9589.

Sept. 7, 8-4, "4th Annual Van Eisenhut Symposium" sponsored by Willamette Valley Hospice, held in Monmouth. Call 503-588-3600/www.wv.org for information.

NASW, Oregon Chapter's Continuing Education application fees are:

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1-16 hours of CE credit	\$105	\$55
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26 + hours	200	100
Repeat of conference (within 1 year)	40	20

Applications are to be submitted 4 weeks (20 business days) prior to the date of the conference. Completed applications received 2 weeks (10 business days or less) before the date of the conference will be assessed a late fee of \$25. Please call the chapter office at 503-452-8420 if you have questions.

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Couples Therapy Training Group in Bader/Pearson Developmental Model of Couples Therapy. Learn a comprehensive differentiation based model for working with couples in a small group setting. 5-session course to meet for 5, 3-hr blocks one Friday/month beginning Sept. Contact Rita Maynard, PsyD - 503-692-4092 or MYNRDR@aol.com.

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Deadline:	Nov. 1	Feb. 1	May 1	Aug. 1

RATES: (WIDTH x HEIGHT)	NASW MEMBER		NON-MEMBER	
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Rev 7-01

NOTICES

PLEASE DIRECT INQUIRIES ABOUT LICENSING OF SOCIAL WORKERS IN OREGON TO:

State Board of Clinical Social Workers
3218 Pringle Rd., SE, Ste. 240
Salem, Oregon 97302-6310

Phone: (503) 378-5735

Fax: (503) 373-1427

For current information on disciplinary actions taken by the Board, please contact the Board office. A Disciplinary Report is available that provides historical information on all disciplinary actions taken by the Board. This report is updated annually and is available to the public. Web page: bcsw.state.or.us

State Licensure Board Offers Toll-Free Number

The State Board of Clinical Social Workers (the licensing agency for the LCSW credential) recently announced that it has established a toll-free Consumer Protection Hotline. The new toll-free number is 1-866-355-7050. The Board intends for this number to be used by any licensees or members of the public who need to contact the Board.

HAS YOUR ADDRESS CHANGED???

We are requesting members to contact the National office online for updates on personal data information.

ONLINE MEMBER UPDATING:

1. Go to www.socialworkers.org
2. Click on "member's login"
3. Click on "update your member profile"
4. Click on "edit" to update.
5. Make changes and click "submit"

PLEASE Notify the State Board of Clinical Social Workers and/or the National Association of Social Workers when you move.

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NASW E-MAIL ADDRESSES ARE:

nasw@nasworegon.org for general mail, information, or questions
SM@nasworegon.org for mail to Scott Manchester, Executive Dir.
JK@nasworegon.org for mail to Janet Kusyk, Program Coordinator
KB@nasworegon.org for mail relating to general inquiries
<http://www.NASWOREGON.ORG> web site

STATE BOARD OF CLINICAL SOCIAL WORKERS NOTICE OF DISCIPLINARY ACTION:

2005 DISCIPLINARY ACTIONS

Kathleen R. Boeve, MSW (LCSW 1450), McMinnville, OR. Final Stipulated Order, Letter of Reprimand for Additional Continuing Education and Assessment of Costs – dated April 27, 2005. Violation of OAR 877-030-0070(3) related to dual relationships with clients. Licensee fully cooperated with the Board in connection with its disciplinary process.

Kathleen L. Prieto, MSW (LCSW 2391), Portland, OR. Final Order by Default (Probation and Assessment of Costs) – dated April 15, 2005. Violation of OAR 877-030-0070(1) related to dual relationship. One year probation that places certain conditions or limits on social work practice.

Donald L. Mann, MSW (LCSW 943), Portland, OR. Stipulated Order of Reprimand – dated February 8, 2005. Violation of OAR 877-030-0070(13b) related to failure to release records to custodial parent. Licensee fully cooperated with the Board in connection with its disciplinary process.

Stanley J. Marcus, MSW (LCSW #3349), Portland, OR. Final Order by Default (Letter of Reprimand and Assessment of Costs) – dated January 20, 2005. Violation of OAR 877-030-0070(14) related to disclosure of confidential client information (one instance) and OAR 877-030-0070(17) related to soliciting clients from agency for private practice (one instance). Licensee fully cooperated with the Board in connection with its disciplinary process.

2004 DISCIPLINARY ACTIONS

M. Diane Wade, MSW (LCSW #L2778) Salem, OR. On November 6, 2004 the State Board of Clinical Social Workers issued a Final Order accepting the Stipulation for Voluntary Surrender of Clinical Social Worker License in Lieu of Revocation which Ms. Wade had submitted to the Board. Ms. Wade's License as a Clinical Social Worker in Oregon has been surrendered for having engaged in conduct that violated OAR 877-030-0070(4) related to sexual conduct with a former client.

Polly A. Morrow, MSW (CSWA #A1451), Lake Oswego, OR. On June 16, 2004, the State Board of Clinical Social Workers issued a Final Order accepting the Stipulation for Voluntary Surrender of Clinical Social Work Associate Certificate in Lieu of Revocation which Ms. Morrow had submitted to the Board. Ms. Morrow's certificate as a Clinical Social Worker Associate in Oregon has been surrendered for having engaged in conduct that violated OAR 877-030-0040(2) related to dishonesty, fraud, deceit, or misrepresentation and OAR 877-030-0070(4) regarding sexual conduct and related behavior with a former client.

Robert M. Clark, MSW (LCSW 751), Pendleton, OR. On February 13, 2004, the State Board of Clinical Social Workers issued a Final Order Imposing Discipline (Probation). Mr. Clark has been placed on one year probation for having engaged in unprofessional conduct that violated OAR 877-030-0070(14) related to disclosure of confidential client information in the practice of clinical social work. During the probationary year, Mr. Clark will receive monthly supervision from a Board-approved LCSW supervisor. Licensee will also attend 15 hours of continuing education on client confidentiality. The Board acknowledges that Mr. Clark fully cooperated with the Board in connection with the disciplinary process.

2003 DISCIPLINARY ACTIONS

Homer Samuel Adams, MSW, (LCSW #1724), Portland, OR. On September 9, 2003 Final Order Imposing Discipline (License Revocation). Mr. Adams' license to practice as a Clinical Social Worker in Oregon has been revoked for having engaged in unprofessional conduct in the practice of clinical social work and conduct that violated OAR 877-030-0040(2) related to dishonesty, fraud, deceit, or misrepresentation and OAR 877-030-0070(4) regarding sexual acts and related behavior with a client. The Board also concluded that the continued practice as a clinical social worker by the Licensee presents a serious danger to the public health or safety and confirmed the emergency suspension orders previously issued.

More Information? Make request in writing to: State Board of Clinical Social Workers, 3218 Pringle Rd., Ste. 240, Salem, OR 97302-6310.



Social Workers Share Ordeal Over Iraq War Troop Trauma

By Barry Lee Coyne, MSW

March marked Social Work Month, and many of our peers appear caught in the fallout of Iraq and Afghanistan. The returning troops come back tainted by trauma. The scope of that trauma may be so extensive that those very “family values” our patriotic neo-conservative brothers seem to espouse are truly in peril.

No soldier or sailor or airman comes back fully intact. While the outside body of that person may be spared a bullet-hole or shell fragment, the inner person is scarred in a way that often lingers on and on. Since the Vietnam Era, this emotional fallout has been called Post Traumatic Stress Syndrome.

It is as if a car suffered a gash on the freeway that is more than cosmetic. The inner pieces are suffering. It cannot quite move with the same efficiency.

Let’s look at the Traumatic Symptoms described in the Diagnostic Criteria book (DSM-IV-TR) published by the American Psychiatric Assn. and see just how they play out in the thoughts and feelings of its victims.

To begin with, the victim must have experienced or witnessed an event “that involved actual or threatened death or serious injury” or else “threatened the physical integrity of self or others.” How many troops in a war zone can avoid seeing that violence happen? Who among them feels unthreatened when they hear gunfire or see planes dropping bombs or watch the collateral damage they cause?

PTSD becomes reality when the observer’s response shows “intense fear, helplessness and horror.” Even watching newsreel clips can induce that.

These raw feelings are like the ripple effects of an emotional tsunami. Here’s how:

- Victims experience recurrent and intrusive memories of the event that feature frightening images and thoughts;
- Recurrent distressing dreams often haunt the person, an unwelcome flashback;
- This triggers behavior that imagines the event is recurring, sometimes with illusions or hallucinations that occur on awakening or when drinking alcohol;
- Physical reactions are common when cues seem to resemble the trauma event.

This in turn leads to “persistent avoidance” of anything that can recycle the memories. One is prone to try to avoid thoughts and feelings associated to that trauma. Activities and people that can be a reminder also trigger flight. A numbing effect of attempting to shut out the chaotic emotions can bring about withdrawal from others.

In the Iraq War situation, this has yet an added element: distrust. Let us recall that the “suicide bomber” who gained access to a

Mosul mess hall was thought to be working for the Coalition Forces. After the tragic explosion, we knew we were tricked. When any GI cannot tell which person is friend or foe, trust goes to the wind. And when that same soldier/sailor comes home, the phobia remains ingrained.

It is easy to imagine how domestic violence can flare up with those who do return: the loss of control is compensated for. The mindset that one must coerce and overtake a fellow human being is hard to break. Spouses can erupt into conflict. Children often witness this and become secondary victims. In some case, the spinoff can become a beating of the child. The tragedy of war on distant shores has come full circle.

Another real danger is hiding behind drugs, whether alcohol or meth or crack. For many macho-type men, they fear revealing the trauma to others. They cannot bring themselves to admit vulnerability. These poor souls equate fear with weakness, so they “medicate themselves” to mask the pain rather than seek out counseling.

Into this cross-fire come the clinical social workers, willing to help families heal but often unable to reach the victims in time. In the name of patriotism, these men and women fought, but they lost their tender sides in the process. They live in self-made prisons far more primitive than Abu Ghraib, and they cannot figure a way out.

NOTE: Lee has worked with VA vets during his 30-year career with the disabled. That imprint remains as a lesson learned.

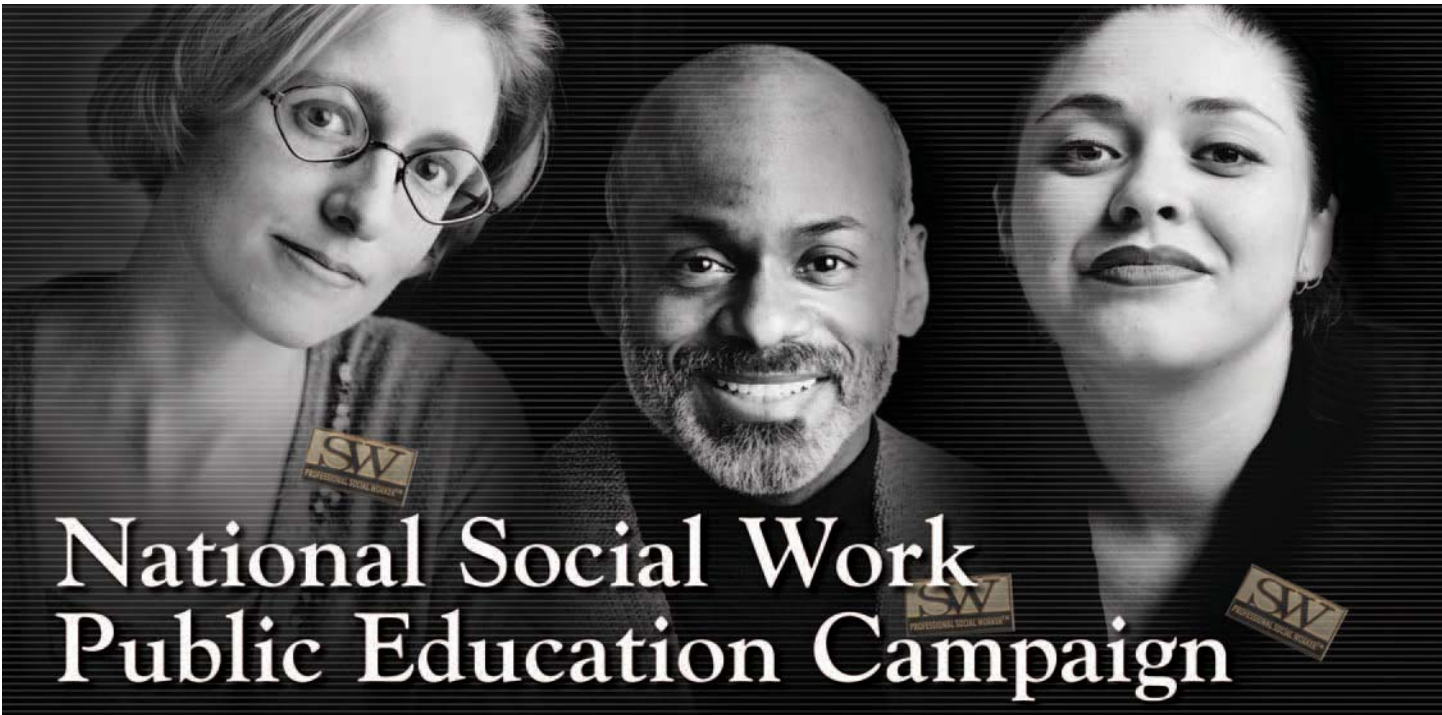
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**For additional information, or to contribute online,
visit www.naswfoundation.org or call 800.742.4089.**



750 First Street NE, Suite 700
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Are You Burned-Out?

“In order to burn out, a person needs to have been on fire at one time.” — Ayala Pines



What is burnout? And how do you know if you're suffering from it?

Burnout is various physical, emotional and mental reactions caused by repeated stress.

Effects of Stress

The negative affects of stress have been documented by research studies. Prolonged, unrelenting stress can produce psychological and physiological consequences including:

- Anxiety
- Depression
- Hypertension
- Impaired Immune System Functioning and
- Increased risk of coronary heart disease and cancer

Who is at Risk?

Therapists, lawyers, health care professionals and others in the various service professions are frequently at risk for job burnout. Also at risk are executives, and those who work long hours or get little fulfillment from their work.

With a greater percentage of single parent families and longer workweeks, more people today suffer from burnout. Single working parents are often stressed from the pressures of working the equivalent of two full-time jobs. Corporate downsizing has placed increased responsibilities on those who survive, adding more pressure and longer hours. Small business owners are at risk since there are fewer people to do all the work.

Certain personality characteristics often make some people more susceptible for burnout. These include perfectionism, idealism and workaholism. People with these characteristics sometimes have difficulty delegating and frequently feel that there is too much work for them to do. Service professionals can suffer from not setting limits with work hours and availability to clients, and from taking work home with them.

“The sun will set without thine assistance.” — Talmud

Symptoms of Burnout

How can you tell if you are suffering from burnout? If you are experiencing three or more of the following, you probably are.

- Feeling overwhelmed
- Having trouble making decisions
- Short-tempered
- Low energy-tired all the time
- Loss of enthusiasm for work
- Increase in use of cigarettes, alcohol and caffeine
- Moodiness and irritability
- Insomnia
- Depression

If you think you are suffering from burnout, first determine if the main source of the stress is coming from work. Could it also be your home environment, family demands, your health, a relationship, or a combination of some of these? To gain clarity, keep a journal. Write down your thoughts daily.

Coping Strategies

Create a plan to nurse yourself back to health. The following lists contain steps you can take to get rest and relief from the constant stress that results in burnout.

At work:

- Take it slower, take breaks from work. Leave work a little earlier.
- Don't strive for perfection, but for "good enough."
- Use support services effectively and delegate when possible.
- Try to keep to a regular schedule, and don't be constantly available to clients.
- Don't take work home with you.
- Reduce your commuting time and leave the driving to others by taking public transportation when possible. This also has the positive affect of reducing air pollution.
- Take regular vacations from work. Long weekends once a quarter are good ways to avoid burnout without taking off long stretches of time. Don't take work with you or check voice mail messages or e-mail when you are away.
- If you are unhappy with your job, determine what changes are needed and develop an action plan.
- Eat healthy - 3 small meals every day, including fruits and vegetables.
- Exercise regularly- aerobic exercise is a great stress release.
- Connect with nature daily- take a walk; eat your lunch outside in nice weather.

At home:

- Try to get 8 hours of sleep a night. We are a sleep-deprived society and this lack of sleep contributes to accidents, low productivity and mistakes.
- Get help with chores. Hire a housekeeper and someone to do yard work.
- Don't be a perfectionist who strives for the Martha Stewart/*Better Homes and Gardens* look. You don't have to be a gourmet cook and live in a designer showplace to be happy.
- Organize your household so the burdens are spread around.
- Get help with childcare.

(continued on following page)

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David Schnarch, Ph.D. is a licensed clinical psychologist and certified as a sex therapist by the American Association of Sex Educators, Counselors and Therapists. He is a clinical member of the American Association for Marriage and Family Therapy, and serves on the editorial board of the *Journal of Marriage and Family Therapy*.

In 1991, he wrote *Constructing the Sexual Crucible: An Integration of Marital and Sexual Therapy*, now used as a primary textbook in graduate training programs. His books on couples, *Passionate Marriage: Sex, Love and Intimacy in Emotionally Committed Relationships* (1997) and *Resurrecting Sex: Resolving Sexual Problems and Rejuvenating Your Relationships* (2002) have become international bestsellers.

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**Free Public Lecture with Dr. David Schnarch
Thursday, December 1, 2005, 7:30-9:30pm**

(continued on Page 20)

- Practice simple living techniques.
- Live under your means.
- Pay off your debt.
- Reduce your tendency toward consumerism. Buy only what you need or cannot live without. This will reduce trips to the store and save you money.
- Meditate
- Practice yoga or other relaxation techniques.
- Listen to relaxation tapes.
- Play with your children and pets. They tend to center us and get us in touch with what's important in life.
- Keep a journal
- Listen to music
- Massages are also great ways to relax.
- Take Hot Baths

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NASW's Executive Director Betsy Clark and President Gary Bailey standing with Oregon Chapter's Tom Hogan at the Social Work Congress.

HAS YOUR ADDRESS CHANGED???

Please notify the National Office in Washington, DC. The Oregon Chapter office does not notify National of changes. It is important that the National Office is kept current with your address and phone changes since all Chapter mailing lists originate from the National database. Please allow 6-8 weeks for changes to become effective. Instructions for online member updating can be found on page 19.

Contact NASW Membership, 750 First St., NE, Ste. 700, Washington, DC, 20002, phone 800/742-4089.

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CALENDAR OF EVENTS

June

- 10 8:30-4:30 Collaborative Supervision, MOB East, Emanuel Hospital 6 hrs.
- 14 12-1:30 Lane District meeting (1195 City View) (laurel@holtintl.org)
- 17 11:30-1:30 Capital Area District Brown Bag Event – NW Human Services, (donna@hirt.org)

July

- 6 12 Rogue District meeting, Carpenter Room, Jackson County Library
- 12 12-1:30 Lane District meeting (laurel@holtintl.org)
- 23 9-2:30 Board of Directors, TBA

August

- 1 Fall Newsletter deadline
- 2 12 Rogue District meeting (see above)
- 20 8:30-5, LCSW Exam Preparation Workshop, Emanuel Hospital, 6.5 hrs.

September

- 7 12 Rogue District meeting (see above)
- 24 & 25 Oregon Chapter Leadership Retreat - Silver Falls Conference Center

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