

University of Houston  
Graduate College of Social Work  
Child Welfare Education Project

## CWEP NewsLine

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### CWEP Student Spotlight

**This month we are highlighting Jackie Okeke. Thanks Jackie!**

#### How did you come to social work?

Initially I started a degree in Dietetics, but, quickly followed my passion of child development after taking a required social science class. Later, I learned of my interest in social work but since my university (Oklahoma State University) did not offer a degree in "Social Work" I decided to explore my options. That led me to the University of Malta as an Exchange Student studying Social Work!! I even had the unique opportunity of completing an Internship at a hospital for the elderly in Malta.

#### What was your favorite class?

Confronting Oppression has been my favorite class so far. I enjoyed the challenge of Paulo Freire's "little red book" and found it very insightful, helpful and beautifully written.



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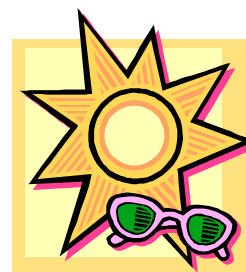
## CWEP Town Hall Meeting

Thanks for making the first CWEP town hall meeting a great success. Issues discussed included changes regarding BSD, application process, introduction of the ABLE test, and field placement. Thanks to all of you who attended. If you need any information please contact Joe Papick or LeAnna McCowan.

#### Summer Course News

#### SOCW 7301 Sponsored by CWEP

**Psychodynamic Theories and Psychopathology "Psycho Psycho" (SOCW 7301)** will be offered in Summer III on Tuesdays from 5pm - 9pm. Dr. Trish Taylor, CWEP Curriculum Coordinator, will teach this CWEP sponsored course with a limited enrollment of 15 students. The content of this course includes a review of the DSM and mental illnesses, introduction to psychobiosocial models and roles of social work in medication management. Classes will begin May 30<sup>th</sup> and meet weekly until August 9<sup>th</sup>. The small class size will be conducive to learning.



### CWEP Spring 2006 Calendar

March 13<sup>th</sup> – March 17<sup>th</sup> - Spring Break

April 4<sup>th</sup> – Last day to drop a course or withdraw

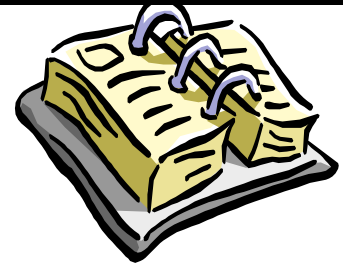
TBA – State Licensure Information Session

(Please contact Ann Lieberman for more information @  
[alieberman@uh.edu](mailto:alieberman@uh.edu))

May 1<sup>st</sup> - Last Day of Class

May 30<sup>th</sup> – Summer Classes begin

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# LMSW Licensure Information

## LMSW Licensure Information

**Did you know that you can apply for LMSW licensure when you are in your final semester of the program?** Go to [www.dshs.state.tx.us](http://www.dshs.state.tx.us) to download and print the application from the site or apply online. On the left side click on Certificates, Licenses and Permits, when this page comes up scroll down to Professional Licensing and Certifications, then scroll down to SOCIAL WORK and click on it. The Table of Contents will allow you to read/print the information you would like. In order to apply you will need the application, application fee, and letter from your dean stating graduation date with your name and Social Security. The Dean's office has indicated that they will take requests for letters after March 3<sup>rd</sup>.

### 5th International Conference on Social Work in Health and Mental *Living in Harmony Promoting Creative Synergy in a Stressful World*

The conference will be held in Hong Kong, China December 10-14, 2006. Dean Ira Colby and Dr. Patrick Leung have served on the International Program Advisory Committee. Dr. Leung and Dr. Cheung will be presenting child welfare related topics. Dr. Cheung will be speaking on: *Therapeutic Games and Guided Imagery As Tools for Health and Mental Health Professionals*.

Two prizes will be awarded to social work students and projects on social work in health and mental health. The deadline for applications is March 31, 2006. Please visit the website for further details: [www.swh2006.com](http://www.swh2006.com)



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# 2nd Annual International Conference on Youth Empowerment (ICOYE): Empowering Youth Through Volunteerism

If you are interested in submitting for this conference please email Shetal at [shetalv@yahoo.com](mailto:shetalv@yahoo.com) and an application form, rules, and regulations will be emailed to you.

**Place:** City University of Hong Kong      **Dates:** June 5<sup>th</sup> – 8<sup>th</sup> 2006

Dr. Monit Cheung and Dr. Maxine Epstein have been invited to be planetary speakers and will be speaking on: *Project Passport: Empowering Youth Minority Women Through a Volunteer Program*

## Burning Out: Coping Tips

Burnout is a problem born of good intentions. The irony of burnout is that it happens to the same person who previously was enthusiastic and brimming over with energy and new ideas when first involved in a job or a new situation.

Questions to ask yourself if you're burned out:

- Were you always under such pressure to succeed?
- When did this one area of our life become disproportionately important?
- At what point did you lose your sense of humor and the personal side of your relationships with friends and co-workers?
- Are you identifying so closely with your responsibilities that you've come to believe that if this project falls apart you have failed?

The answers to these questions will help you re-establish your values and priorities.

Other solutions to the problem of burnout:

- Establish some long and short term goals that are realistic. Write them down.
- If you have been neglecting your health, change your eating habits and begin to exercise more.
- Set aside some time each day for relaxation exercises and allow yourself time to "just let it happen".
- Renew your friendships with other people. Talk to them about your feelings. Don't keep your frustrations and anger bottled up.
- Analyze how you spend your time. Try to incorporate some time management techniques into your life.
- Learn to say no when you're asked to do more than you can handle.
- Learn to delegate responsibility to others. You are not indispensable.
- Find the sense of humor you've probably lost. Learn to laugh at yourself and at the situation.
- Most of all, get in touch with yourself, your values and what you want out of life. Learn to recognize when you are driving yourself too hard and when you are depleting your inner resources.

<http://www.fmi.uni-passau.de/worterklaerungen/burnout.html>

## Student Spotlight

(Continued from pg.1)

**Getting to know..... Jackie Okeke**

**What are your hobbies?**

Reading, swimming and listening to all music. I love spending time with friends and playing with my son. I also don't mind sneaking in a nap, if possible. Lately, things have not gone my way in that area!

**What year are you in the program? Do you work for CPS now?**

This is my second semester in the program. I currently work for CPS in Foster/Adopt Development (FAD) housed in Rosenberg, TX. I have always worked in FAD and although I love it, I look forward to new opportunities in placement that GSSW will allow. I have worked for the Agency for 4.5 years.

**Is there anything else you'd like to share with your fellow students about yourself?**

I am married with one child, Dion. He is 5 years old, in kindergarten and is the light of my life! I look forward to meeting fellow CWEP students.



# ALUMNI SPOTLIGHT



## Evelyn H. Jacobs, LMSW

### What is your current position?

CPS Program Director (Hire Ahead Program). I am responsible for managing six CPS Supervisors who monitor the training activities of all new hires within the agency. We follow the new hires for three months while they are attending the Basic Skill Development (BSD) curriculum until graduation and then monitor their transition to the practice for two months after graduation.

### What did you like most about the CWEP program?

I liked having the opportunity to travel with Dr. Cheung and other students to Hong Kong and China and to do a presentation on Kinship Care in the United States to students at City University of Hong Kong. I also liked the support and encouragement I received from the faculty and staff to continue striving for more responsibility within the Department of Family and Protective services.

### How did CWEP prepare you for your job?

It taught me to think on a global scale and not be afraid to share my ideas and to be open hearing other people ideas.

### Do you have any advice for current CWEP students?

Listen to and seek the advice of your advisor in decisions regarding your education and career. If given an opportunity to travel abroad, please take advantage of it; it will surely enhance your views of the world.

### What are your plans for the future?

I am hoping to start participating in the clinical supervision hours in February 2006, and to continuing working in my current position.



Congratulations!!

# Maria Rodriguez

Recipient of the  
**Charlotte Campbell Scholarship**

*UH GCSW Alumni Association provides a scholarship award of \$500.00 to a GCSW concentration year student, in honor of Charlotte Campbell, an individual who dedicated 20 years to the GCSW Student Affairs Office*

### In the whirlwind of case management a story titled “**Going with the Flow**”:

A Taoist story tells of an old man who accidentally fell into the river rapids leading to a high and dangerous waterfall. Onlookers feared for his life. Miraculously, he came out alive and unharmed downstream at the bottom of the falls. People asked him how he managed to survive. “I accommodated myself to the water, not the water to me. Without thinking, I allowed myself to be shaped by it. Plunging into the swirl, I came out with the swirl. This is how I survived.”