



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

CWEP NewsLine

Volume 8 Issue 1
October 2006

Welcome Back CWEP Students

We wish a warm welcome to all new and returning CWEP students. We hope you have a great semester.

CWEP Student Spotlight

This month we are highlighting **Sereathia Banks**. Thanks **Sereathia!**

How did you come to social work?

Social work has always been an inward passion of mine. I believe that it is a calling and I answered the call after almost 10 years in the field of criminal justice (correctional officer for the state of MN, parole office for the state of TX, case manager for federal prisons in Brooklyn, NY and Phoenix, AZ).

What was your favorite class?

My favorite class for sure was Shame. I took it this summer. It was an amazing learning experience. Dr. Brenè Brown was very knowledgeable, honest, and she made us feel like she was going through each process of coming to empathy and resilience with us. It was a very honest class. The lectures truly broadened my knowledge base and gave me real tools that I know I will use in my work with clients as well as other professionals and my personal life for that matter. I can't say enough about how much I learned and grew from this class.

What are your hobbies?

I enjoy reading and traveling.

Learning Enhancement Opportunity (LEO)

A mentorship project providing help for CWEP students in the area of academic support

Are you stuck on a paper? Do you need help in sorting through ideas? Effective communication is a critical part of a social worker's job, because your written word profoundly affects the lives of your clients.

Under the supervision of Dr. Monit Cheung, Shetal Vohra-Gupta, (CWEP associate and doctoral student) serves as a mentor to the CWEP students to aid in such diverse areas as computer research skills, APA formatting, paper organization, preparation of presentation materials, etc.

We do not provide editing services, but we can offer suggestions to improve paper structure and organizational style, as well as provide feedback on your presentation format and materials.

If you need academic mentorship, you may contact Shetal at 713-743-8338 or email her at svohragupta@uh.edu

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CWEP Fall 2006 Calendar

Wednesday, Nov 1 st :	Last day to drop a course or withdraw
Wednesday – Saturday	
November 22-25:	Thanksgiving Holiday
Saturday, December 4:	Last day of classes
Wednesday – Thursday	
December 6-14:	Final exam period



WELCOME TO THE CWEP FAMILY



AGNES DULIN

Agnes is a Doctoral Associate for CWEP and is in her second year of doctoral study. After obtaining her MSW degree in 2002, Agnes worked in child welfare for three years prior to enrolling in the doctoral program. She has six wonderful children, two delightful daughters-in-law, two awesome grandchildren, and has been married to the love of her life for 35 years. Agnes' research interests are marginality of women in religious organizations, spirituality in social work, and child welfare.

DARLA BEATTY

Darla D. Beaty, LCSW is a Doctoral Associate working with Dr. Patrick Leung. One of her tasks will be to interview past and present participants in the CWEP Program. Darla got her MSSW from the University of Texas at Arlington in 1980 and she has been working as a social worker for the past 26 years, in a variety of settings. She has worked in medical social work the past 12 years, working in a hospital, home health and dialysis. She worked for the State of Texas as a long term care surveyor. She had a private practice for many years in Central Texas. Darla also contracted for several years with TDPRS to do home studies and Adoption Readiness Summaries for CPS.

LEAH PEVEY

Leah Pevey is a Graduate Assistant with the CWEP program as well as a full-time MSW student at the GCSW. Prior to joining the GCSW, for 12 years she was a professional recruiter for accountants, CPAs and other accounting professionals. Her concentration is Mental Health and is currently doing field placement at The Menninger Clinic, on the Professionals in Crisis (PIC) Unit where she feels people who suffer from mental illness and addiction issues are inspiring to work with. Leah finds their ability to do the difficult work of recovery motivating and heart warming. It is Leah's desire that Social Workers continue to help people find their Hope and they in turn can inspire others to continue to do the difficult work of helping.

Faculty News...

Dr. Monit Cheung was recently awarded several **honors** for her outstanding commitment to teaching:

- *Honorary Professor*, Centre on Behavioral Health, University of Hong Kong, July 1, 2006 to June 30, 2009;
- *Favorite Faculty Award*, presented by the Graduating Class of 2006 at the Graduate College of Social Work Convocation, May 13, 2006;
- *Honor member*, Phi Alpha Honor Society, April 27, 2006.

She also gave three **presentations** over the summer in China and Hong Kong:

- “Therapeutic games and guided imagery: Tools for school and mental health professionals.” Invited by the Chinese University of Hong Kong Department of Social Work, Hong Kong, 6/24.
- “Project Passport: Empowering young minority women through a volunteer program.” Plenary speaker at the 2nd International Conference on Youth Empowerment, Hong Kong, 6/5.
- “Therapeutic games and guided imagery.” Symposium speaker at the 2nd International Conference on Youth Empowerment, Hong Kong, 6/7.

Dr. Cheung has also hit the **media** scene reaching individuals through creative avenues:

- TVB Hong Kong (TV program on child sexual abuse, June 20, 2006)
- Radio 99.7 Hong Kong (Live Interview on child sexual abuse issues, June 24, 2006)
- Ming Pao Daily (Hong Kong) (Interview on teen sexual abuse, July 4, 2006)

Dr. Patrick Leung’s **presentations** over the past year include:

At the Council on Social Work Education 52th Annual Program Meeting in Chicago, Ill, Feb 16-19, 2006:

- “Male victims of partner abuse in six Asian-American ethnic groups” Paper presented with M. Cheung
- “Variables contributing to attitudes toward seeking mental health services among Vietnamese Americans.” Paper presented with T.D Luu and S. Nash
- “Title IV-E child welfare training program: Outcomes of a repeated measures study.” A poster presentation with N. Willis
- “Asian and Pacific Islander paradigms to social work.” Paper presented with S. Furutos., and D. Lee

Student Spotlight

(Continued from pg.1...Sereathia Banks)

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

I am in my second year in the program and I do work for CPS as a relative adoption worker.

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

I am a mother of a beautiful 2 year old, Isabella and I am awaiting the arrival of her last :-> sibling.

I would like to say to my fellow students and students to come, do this work because you love it. Do this work because it is your passion. Do this work only if you know that you would voluntarily do this work without pay. Do this work only if you would feel comfortable signing a contract that says once my clients are helped and able to meet their fullest potential, I agree my job can be eliminated. This world is full of people that need help and therefore we truly will never be without a job but work for each family like your life depended on it, like this family was your family, like this family or person was you. Don't separate yourself from the family or person. Empathize with them.

Compassion Fatigue



What is compassion fatigue?

- A deep physical, emotional, and spiritual exhaustion accompanied by acute emotional pain.
- A form of burn out where helping professionals find it difficult to maintain a healthy balance of empathy and objectivity.

Self-Assessment for compassion fatigue

Answering "yes" or "no" to the following nine statements will help you assess your risk for compassion fatigue:

Personal concerns commonly intrude on my professional role.	Yes	No
My colleagues seem to lack understanding.	Yes	No
I find even small changes enormously draining.	Yes	No
I can't seem to recover quickly after association with trauma.	Yes	No
Association with trauma affects me very deeply.	Yes	No
My patients' stress affects me deeply.	Yes	No
I have lost my sense of hopefulness.	Yes	No
I feel vulnerable all the time.	Yes	No
I feel overwhelmed by unfinished personal business.	Yes	No

Answering "yes" to four or more questions may indicate that you're suffering from compassion fatigue.

WARNING SIGNS of compassion fatigue

Abusing drugs, alcohol or food	Hopelessness
Anger	Hypertension
Blaming	Inability to maintain balance of empathy and objectivity
Chronic lateness	Increased irritability
Depression	Less ability to feel joy
Diminished sense of personal accomplishment	Low self-esteem
Exhaustion (physical or emotional)	Sleep disturbances
Frequent headaches	Workaholism
Gastrointestinal complaints	
High self-expectations	

DO's and DON'TS of Recovery

Do:

- Find someone to talk to.
- Understand that the pain you feel is normal.
- Start exercising and eating properly.
- Get enough sleep.
- Take some time off.
- Develop interests outside of medicine.
- Identify what's important to you.

Don't:

- Blame others.
- Look for a new job, buy a new car, get a divorce or have an affair.
- Fall into the habit of complaining with your colleagues.
- Hire a lawyer.
- Work harder and longer.
- Self-medicate.
- Neglect your own needs and interests.