

# CBSW Spring 2020 Newsletter

ENGAGE.

CONNECT.

EMPOWER.



*The Coalition of Black Social Workers exists to engage, connect, and empower Black social work students and professionals in the community, with the goal of increasing awareness about issues specific to the Black community and cultivating a network of support.*

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## **Self-Care during the COVID-19 Response**

by Erricka Odom Hill,  
LCSW, MBA

# Congratulations!

MSSW 2020 GRADUATES



Jazmynn Hardy,  
UTK (Online)



Kendra Wayne,  
UTK (Online)



Greyson Dulaney,  
UTK (Knoxville)



Latoya Ewert,  
UTK (Online)



Marquita Dortch,  
UTK (Knoxville)



Sharonda Stiggers,  
UTK (Online)





Jasmine Ledsinger,  
UTK (Nashville)

Makia Dixon,  
UTK (Online)

Esperance Ndayizeye,  
UTK (Nashville)



Brittany Williams,  
UTK (Online)

Kiara Curry, UTK  
(Online)

KE'Marvin Pitts,  
UTK (Knoxville)

*Not Pictured : Raekenya Walker, UTK (Online), Brandi Crawley, UTK (Online),  
Krystal Grant-Crutchfield, UTK (Online), Doneisha Wilburn, UTK (Nashville)*

# Congratulations!

BSSW 2020 GRADUATES



Zeke Harris, UTK



Makala Johnson, UTK



Khyesha Leverett,  
Belmont



# Thank You!

## FOR AN AMAZING CONFERENCE

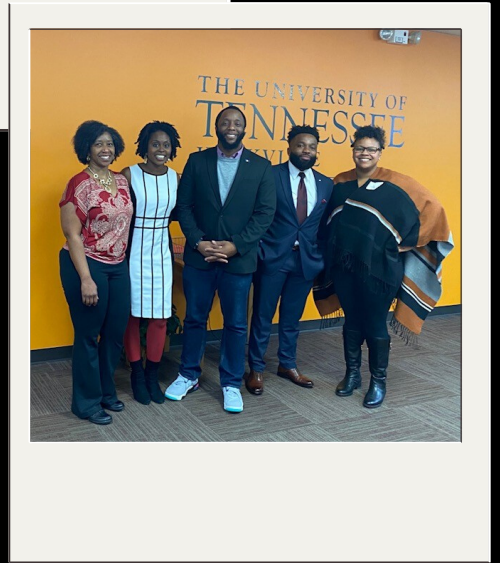
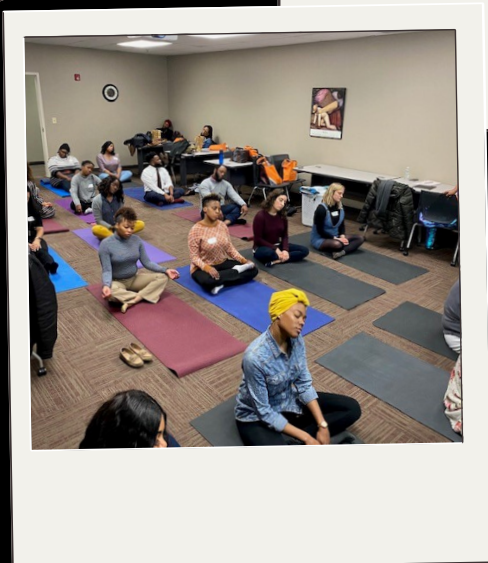
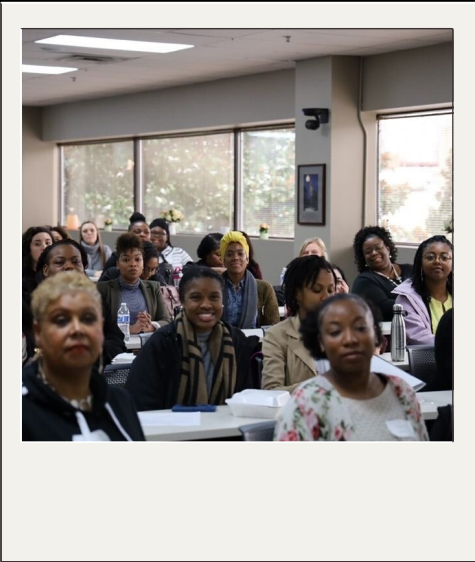


**February 7, 2020**, will forever be remembered as a historic day for the CBSW. The day of our Inaugural Conference was truly epic! Thank you to everyone who braved the snow and the cold to gather for a time of training, connecting, and celebrating. It was a special event, and **we hope that you will join us next year!** A huge thanks to the Conference sponsors: The University of Tennessee College of Social Work and the NASW-TN Chapter.





# Conference Snapshots





*"The workshops, the black male panel, the keynote speaker. Everything was on point!"*

*"This was JUST what I needed. I've never experienced anything like this before."*

*"Everything was so wonderful. Thank you for planning this. I can't wait until next year."*



# How Social Workers Should Continue to Practice Self-Care during the COVID-19 Response

Now more than ever social workers are needed and valued as we deal with the COVID-19 public health concerns. *Over the last few weeks, our profession has demonstrated bravery, volunteerism and dedication to our clients across the country.*



The principles of social work are to improve the well-being of others and to ensure every person's basic human needs are met. However, many times, social workers are often focusing on helping others and neglect taking care of themselves. *The Journal of Mental Health* suggests that when social workers address their client's trauma and daily needs; they are at a higher risk than those in comparable occupational jobs for experiencing stress and burnout.

During this COVID-19 response, social workers should continue to be intentional in their self-care practices. This includes daily self-care practices, revising their self-care plan, and practicing coping mechanisms and strategies that intentionally help them.

- Here are some ways to continue to practice self-care:
- Regularly spend time with those who lift you higher
- Only seek to have intentional relationships with those who aren't just a great influence, but who also encourage you.
- Steer clear and eliminate all toxic relationships
- Practice good boundaries
- Take regular social media breaks
- Only seek credible sources for the latest COVID-19 information
- Journal to encourage more self-awareness
- Research topics and hobbies that interest you.
- Practice more gratitude with others and ourselves.

The University of Buffalo School of Social Work describes two types of self-care. First, maintenance self care, is what you value and need as part of your daily life. Second, emergency self-care includes the strategies you can employ when you face a crisis. They suggest that your self-care plan should intentionally cover all the domains in life that include: (1) physical, (2) psychological health, (3) emotional and spiritual needs, and (4) relationships.

Taking care of ourselves should continue to be our priority!





## **CDC GUIDELINES:**

Listen and follow the directions of your **STATE AND LOCAL AUTHORITIES**.

- If **YOU FEEL SICK**, stay home. Do not go to work.
- If **YOU ARE AN OLDER PERSON**, or have a serious underlying health condition, stay home and away from other people.
- If someone in your household has **TESTED POSITIVE**, keep the entire household at home.
- Work or study **FROM HOME** whenever possible.
- **AVOID SOCIAL GATHERINGS** in groups.
- Avoid eating or drinking at bars and restaurants- **USE PICKUP OR DELIVERY OPTIONS**.
- **AVOID DISCRETIONARY TRAVEL**, shopping trips and social visits.
- **DO NOT VISIT** nursing homes or retirement or long-term care facilities unless to provide critical assistance.

## **ALWAYS PRACTICE GOOD HYGIENE:**

- Wash your hands, especially after touching any frequently used item or surface.
- Avoid touching your face.
- Sneeze or cough into a tissue, or into the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.

Stay safe and be well!

# Mentorship

## SPOTLIGHT

The CBSW values Mentorship for our students! It's also a benefit for professionals as you get to invest back into the field of social work!

Meet Deanna Reese, LCSW, MMHC (Mentor) and Sharonda Stiggers (Mentee).  
**Deanna is located in Nashville and Sharonda is in Chattanooga.**



Deanna Reese



Sharonda Stiggers

## Interview

1. Why did you want to become a mentor/mentee?

**Deanna:** *Being a mentor was important to me as it allowed me to enhance my leadership skills by shaping the leaders of tomorrow in the field of SW.*

**Sharonda:** *As an emerging professional, it is so important to have a mentor in the field as an ally and a member of your support system. Specifically, being a woman of color, there are often challenges we face in the workplace, and I have always admired other women of color who are knowledgeable and understand what it takes to persist with grace.*



2. What do you look most forward to about your monthly check-ins?

**Deanna:** *Seeing how the world looks through someone else's eyes that is new to the field of SW. It was great to discuss personal and professional goals with my mentee.*

**Sharonda:** *I always look forward to hearing an encouraging word from my mentor, she always brightens my day! I also look forward to updating her on my journey, while learning more about her as a person and professional as well.*

3. What is the hardest thing about being in a mentor relationship long distance?

**Deanna:** *I would like to be able to see her face-to-face so that I can read her visual cues. I had to rely on my emotional radar to ensure we were on the same page.*

**Sharonda:** *I would say, it is most difficult being unable to grab lunch. However, I am sure we will plan time for lunch in the near future!*

4. What benefits have you received from being a mentor/mentee?

**Deanna:** *In addition to increasing my communication and professional skills and increasing my network, being a mentor has allowed me to invest time, energy, and wisdom into the next generation of social workers. Sharonda is a sweetheart.*

**Sharonda:** *Having a “big sister” in the field that I can count on! I hope to be a mentor one day as well!*

***“We need more mentors and leaders of color to help shepherd our youth as they navigate the highly competitive job market where coveted skills, access and professional networks are critical to success.”***

*Soledad O'Brien*



## **INTERESTED IN BEING A MENTOR?**

Please email [cfoste22@utk.edu](mailto:cfoste22@utk.edu).  
We ask for mentors to connect once a month with mentees.