



SWPAG Newsletter



SOCIAL WORK PAG CHAIR'S CORNER

Thank You For Your Teamwork and Support!

By CDR Indira Harris, LCSW, BCD, DHS, Washington, DC



Dear Social Workers,

As my time as your Chair comes to an end, I reflect on the amazing things we have done together in 2018. I am thankful to have had the opportunity to serve you all and am grateful for your service and leadership. I have thoroughly enjoyed being your representative to the HSPAC and a host of other entities both within and outside of the Corps. As a group, we accomplished many things. We produced a Social Work White Paper that provides a glimpse of the scope of practice of a Commissioned Corps Social Worker to better educate our senior leaders in the Corps and organizations with whom we collaborate on the Social Work mission. We created a National Homeless Veterans Outreach Campaign that served almost 2000 homeless veterans throughout the nation – arming them with critical behavioral health resources, gainful employment tools, and financial planning skills. We joined forces with the groundbreaking Asian Pacific American Officers Committee's (APAOC) Healthy Minds Initiative (HMI) as behavioral health subject matter experts to address cultural influences and common challenges that affect the mental health of children and adolescents in their communities. We presented at national and international conferences on the opioid epidemic, trauma, HIV/AIDS, behavioral health integration in primary care settings, military and veteran issues, meditation/mindfulness/wellness, behavioral health concerns of special populations, deployment readiness and readjustment, suicide prevention, resilience, and a host of other topics. We created a Social Work Internship and CoSTEP program proposal that is now being considered by a large federal agency where many USPHS Social Workers currently serve. We've held recruitment activities throughout the country to identify and recruit the best and brightest at various academic institutions. We conducted the most opioid-focused community presentations of any other PAG in the HSPAC. We either facilitated or collaborated with national partners to provide

over 300 social workers around the country with approximately 900 CEUs through webinars and other educational methods. We updated the Social Work Mentoring Toolkit to provide ongoing career guidance. We streamlined internal processes in terms of how we conduct meetings, modified the frequency of our SWPAG newsletter dissemination to bi-monthly publications, and improved electronic communication with our SWPAG members to more efficiently utilize our SWPAG members' time and efforts. We continued to serve in critical deployment missions for unaccompanied minors, those affected by the 2017 Hurricanes, and other agency specific missions and we created a preliminary Social Work Skills Assessment Tool (Survey) that will provide us with critical data in terms of demonstrating the breadth of what we do and the depth of our capabilities. We also realized there is still much to do in terms of Social Work advocacy after being informed that Social Workers were not considered for accession and retention bonuses as were our other Commissioned Corps clinical counterparts and peers in the US Army, Navy, and Air Force. The aforementioned is just a portion of what we accomplished this year and what must still be addressed. You all answered the call when you were charged with this year's motto - *The Time is Now* - but there is no time to let our foot off the gas! We have no time to let grass grow under our feet. We have to stay in the fight for parity with our sister services in terms of special pays, and most importantly, we must continue to create innovative opportunities to serve the nation. Stay informed...remain energized...support each other...and remember come 20 DEC 2018 CDR Deloris Caldwell will be leading the charge with an ambitious agenda that will continue our path forward. It's time to elevate the profession. How will you help do that? What role will you play to elevate Social Work in the Commissioned Corps and throughout the country? In what way will you elevate the communities and people we serve? Will you fulfill the mission of a Social Worker and do your part? *The Time Is Now!*

*Your Social Work PAG Chair,
Indira Harris*

MESSAGE FROM THE COMMUNICATIONS CHAIR

By CAPT Julie A. Niven, LCSW, DCSW, MAC, IHS, Red Mesa, AZ

Hello SWPAG! **Thank you to all who submitted articles.** You will notice a couple of articles from non-social workers in the **OTHER ARTICLES OF INTEREST TO COLLEAGUES** section this issue. I reached out to an officer who participated in the 2018 National Independence Day Parade to ask him to write an article about his experience knowing it must have been such an honor and thrill to participate in such a noteworthy event. I also reached out to the leads for the PHS Athletics to write an article about their program. I personally think it is a great program and want to promote it to our PAG as a way to be more mentally and physically well. I hope you enjoy these extras.

Please sharpen your pencils and start writing for 1st quarter SWPAG Newsletter issue of 2019. Neither the theme nor deadline have yet been announced, but there is nothing saying we as social workers can work outside of the "box" anyway. All articles of interest are always welcome!

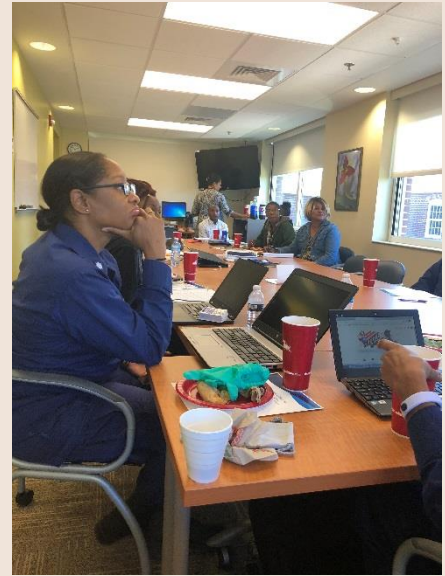
Until then, I wish all of you a Merry Christmas, Happy Holidays, and a safe and joyful New Year!

NEWSLETTER THEME ARTICLES

The USPHS Day of Service

By LT Jamillah Bynum, NIH, Rockville, MD, CDR Stephanie Felder, CMS, Baltimore, MD and CDR Indira Harris, LCSW, BCD, DHS, Washington, DC

Protect, promote, and advance the health and safety of our nation: the Social Work Professional Advisory Group stays ready and willing to meet the mission. The USPHS Day of Service in Atlanta, GA, was the culminating event for the Social Work Professional Advisory Group's (SWPAG) 2018 flagship initiative, *The National Homeless Veterans Outreach Campaign*, which also executed events in Fayetteville, NC, Baltimore, MD, and San Diego, CA. This collaboration, facilitated by CDR Stephanie Felder, was a joint effort between the SWPAG and the Training Reintegration Outreach and Opportunity Program Services (TROOPS). TROOPS is a Veteran specific career development and employment services program offered by Mary Hall Freedom

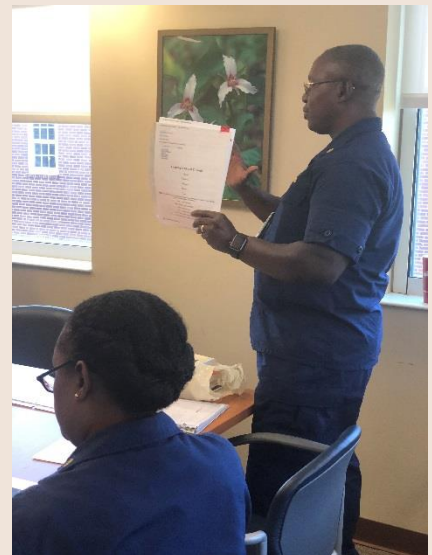


House, Inc. designed to meet and the needs of our country's veterans and veteran families who are at risk or currently experiencing homelessness.

During the event, several skilled officers from various HSPAC categories and PHS agencies such as NIH, CDC, and ICE facilitated sessions on interviewing, resume building, and financial planning. Mock interviews were

conducted with 10 Veterans. Participants were provided with notebooks filled with information on SMART Goals, creating financial freedom, mental health and substance abuse resources, as well as USB's that can store resumes, cover letters, and other essential documents. Participants were also given the opportunity to fellowship with their fellow officers and hear about the Corps' mission over lunch.

CDR Felder and the team leaders, CDR Indira Harris and LT Jamillah Bynum, would like to thank all of the officers who



volunteered their time and resources to this event. These officers involved include:

CAPT Donald Schmidt
CDR Jennifer Borneman
CDR Christye Brown
CDR Ali Danner
CDR Theresa Grant
LCDR Sarah-Blythe Ballard
LCDR Eboni Galloway
LCDR Robyn Neblett-Fanfair
LCDR Katrina Sloan
LCDR Toscha Stanley
LT Michael Galloway

The USPHS Day of Service Committee plans to continue fostering the relationship between the Corps and VA Homeless Programs across the country. Interested officers are strongly encouraged to contact LT Jamillah Bynum at jamillah.bynum@nihg.gov to obtain further information.

ADVOCATES, LEADERS, CHAMPIONS

APAOC and the Healthy Mind Initiative

By CDR Deloris Caldwell, SWPAG Chair-Elect, LCSW, BCD, ICE Health Service Corps, Washington, DC

Asian Pacific American Islander Officers Committee (APAOC) sponsored two Healthy Mind Initiative community outreaches which occurred on September 23rd and September 30th. This initiative was created to promote the mental health and wellbeing of Asian American youth. The first community outreach was located at the Guru Gobind Singh Foundation in Rockville, Maryland, where approximately 100 people from the Sikh faith attended to listen to CDR Simleen Kaur present on the



mental health concerns in this community and the stigma that often creates a barrier to accessing mental health care.

The three social workers from the SWPAG that attended this first community outreach were CDR Deloris Caldwell, LCDR Monique Richards and LT Heather Light. The social workers that were in attendance for the second outreach included CDR Indira Harris and CDR Bill Bolduc. There were total of 110 people in attendance at the meeting on September 30th which was held at Guru Nanak Foundation of America in Silver Spring, MD. These five social workers volunteered their time to represent the Social Work Professional Advisory Group (SWPAG) as the subject matter experts regarding support services, community resources and bullying in schools. Due to the issues with bullying as it relates to the Sikh's children appearance, it was requested that presentations such as these be made in public school classrooms to youth where most of the issues first arise. It was also requested that this presentation be made available to more rural areas across the United States that do not have a high rate of Sikhs in the community.

In conclusion, the Asian Pacific American Islander Officers Committee is looking forward to continuing this collaboration with SWPAG and other PAGs on a long- term basis to continue to adequately address the mental health needs of the Asian Pacific American Islander community.

RADM (Ret) Peter J. Delany Inducted as an NASW Social Work Pioneer

By CAPT Todd Lennon, DHSc, LCSW, HRSA, Emergency Coordinator, Rockville, MD



For the second year in a row, a Commissioned Corps social worker was recognized for groundbreaking contributions to the evolution and enrichment of the profession. RADM (ret) Pete Delany was one of 13 newly inducted NASW Social Work Pioneers[®] honored at the 14th Annual Program and Luncheon held at the Woman's National Democratic Club in Washington, DC, on October 27, 2018. CAPT Todd Lennon was inducted in 2017 for his work with the Council on Social Work Education prior to joining the Corps.

The printed program for the event included this brief citation of RADM Delany's pioneering work:

Dr. Peter J. Delany, an Assistant Surgeon General in the United States Public Health Service Commissioned Corps, is the senior-ranking social worker in the uniformed services. During a civilian and uniformed services career spanning more than 32 years, his pioneering work as a leader and

expert in the fields of substance abuse treatment, health services research, policy, and disaster mental health response established foundations and support for social work research and directly affected the behavioral health of the American public.

A full list of Pioneers and citations can be found on the NASW Foundation Web site at <http://www.naswfoundation.org/Our-Work/NASW-Social-Work-Pioneers>.

Five Commissioned Corps social workers joined RADM Delany and his wife at the event, giving Commissioned Corps social work high visibility in a forum attended by national leaders of the profession and many Pioneers. SWPAG Chair CDR Indira Harris said that it was a “great event” that “gives us something to strive for in our professional careers.”

OTHER ARTICLES OF INTEREST TO COLLEAGUES

A National Independence Day Parade “Experience”

By LCDR Brian R. Czarnecki, MS, CSP, CIH, Industrial Hygienist, NIH, Bethesda, MD



There are key moments in an officer’s career that stand out as significant. Marching in the National Independence Day Parade in Washington DC, as a member of one of the seven uniformed services, is definitely one of those moments.

The July 4th, 2018 parade was a historical moment, as it is believed to be the first time ever that the United States Public Health Service Commissioned Corps marched in the National Independence Day Parade. It was a moment to be part of something bigger than one could possibly be as an individual. It was a moment of group unison, when officers subverted their individuality to represent a uniformed service that is missioned to protect, promote, and advance the health and safety of our Nation.

The moment was real! The warm rays of the overhead sun, falling through the soft-humid air, was a reminder that it was a summertime event. The ivory colored monuments and buildings, anchored on the horizon, were unmistakable landmarks of the capital location. The crowds of people on the periphery of the streets, waving their American flags, exuded a national pride that those marching in the parade could feel and admire. The faded sounds of bands and cadences in the fore and aft were reminders of the other participating entities. The moment was a continuous “now” moment as the parade formation conducted close-order maneuvering in sync with the formation’s cadence caller.

In summary, it would be difficult to imagine a ceremonious event more significant than an officer of one of the United States seven uniformed services participating in a National Independence Day Parade in Washington D.C., in uniform, in the presence of their very own four-star admiral Assistant Secretary of Health, Brett Giroir.



The USPHS Athletics Then and Now

By CDR Ida-Lina Diak, FDA, Silver Spring, MD and LCDR Henry Nettling, BOP, Lexington, KY

Chartered on June 6, 2014 by the Office of the Surgeon General, the mission of USPHS Athletics is to protect, promote, and advance the health of the American people through fitness. First and foremost a health promotion and outreach program, USPHS Athletics encourages community participation in running, swimming, biking, hiking, weightlifting, and other speed, strength and endurance events both domestically and abroad. USPHS Athletics emphasizes health leadership, health promotion through fitness, outreach, and visibility, with the goal of rebranding Commissioned Corps Officers as leaders in fitness. It is the flagship of the Surgeon General's #SGFIT campaign and is an unprecedented program with impact on the health and physical fitness Corps-wide, nationwide, and worldwide.

Over the four years since its inception, there has been a USPHS Athletics team participating in over 600 events including nearly 9,000 participants across 40 U.S. states (in addition to the District of Columbia), as well as four foreign countries: Guinea, Liberia, Peru, and Canada. Participants have included Commissioned Corps Officers from all 11 categories along with increasing numbers of civilians and other uniformed service members every year. The number of qualifying events (that met USPHS Athletics standards for number of participants, event type and distance, outreach and visibility) have steadily increased with each passing year. The USPHS Athletics leadership team has also worked closely with the coordinators of the Surgeon General's 5K Run/Walk and Virtual Run at the annual USPHS Scientific and Training Symposium to transform it into the signature event for #SGFIT. The team assumed leadership of the 2018 event to develop it into a true health promotion and outreach event with local community involvement.

USPHS Athletics is about more than just promoting athletic events. Last year, the *Officer Spotlight* program to highlight officers with inspiring fitness and health accomplishments was launched, forming a venue to encourage officers to lead by example and motivate others. Also, members of the USPHS Athletics leadership team serve as adjunct instructors for the Officer Basic Course, educating new Officers about USPHS Athletics, and coordinating with them to organize and lead their own USPHS Athletics events. The USPHS Athletics Team developed further outreach through collaboration with the Junior Officer Advisory Group to cross-promote health and fitness initiatives, further contributing to the strength and readiness of the Corps and fostering leadership in junior officers.

This unprecedented program has grown from humble beginnings to have a profound effect on the mission and character of the Corps, reinforcing the Corps as leaders in health promotion through fitness for all Americans.

If you want to get more involved in USPHS Athletics events, but don't know where to start, please check out the social media and public affairs program aimed at providing information about USPHS Athletics for both officers and the public alike.

Check out our website: <https://dcp.psc.gov/osg/phsa>

Visit the Event Calendar page: <https://dcp.psc.gov/osg/phsa/eventcalendar.aspx> for upcoming PHS Athletics events. No events yet in your area or that you are interested in? No problem - check out the links at the bottom of that page and JOAG's U.S. Regional Fitness Events Log: https://dcp.psc.gov/osg/JOAG/resources_getstayfit.aspx for events in your area, pick an event, and lead it as a PHS Athletics event.

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- Join the Listserv: <https://groups.google.com/d/forum/publichealthserviceathletics>
-Email us: publichealthserviceathletics@gmail.com



LIFELONG LEARNING



Psychological First Aid

Psychological First Aid (PFA) online includes a 6-hour interactive course that puts the participant in the role of a provider in a post-disaster scene. This professionally-narrated course is for individuals new to disaster response who want to learn the core goals of PFA, as well as for seasoned practitioners who want a review. It features innovative activities, video demonstrations, and mentor tips from the nation's trauma experts and survivors. PFA online also offers a Learning Community where participants can share about experiences using PFA in the field, receive guidance during times of disaster, and obtain additional resources and training. This project was funded by SAMHSA, NCPTSD, NACCHO, and HHS Office of the Surgeon General, Office of the Civilian Volunteer Medical Reserve Corps.

This activity has been planned and implemented in accordance with the Institute for Medical Quality and the California Medical Association's CME Accreditation Standards (IMQ/CMA) through the Joint Sponsorship of CME Consultants and Semel Institute at UCLA. CME Consultants is accredited by IMQ/CMA to provide continuing medical education for physicians. CME Consultants takes responsibility for the content, quality and scientific integrity of this CME activity. CME Consultants

designates this educational activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education.

This course also has 6 CE credits available through the National Association of Social Workers, American Psychological Association, California Board of Behavioral Sciences, and the Board of Registered Nursing.

This course can be accessed at <https://learn.nctsn.org/course/index.php?categoryid=11>



25% Off Until December 31

Now through December 31, get 25% off your entire purchase from the Social Work Online CE Institute with promo code **YEAREND18**.

NASW is committed to helping social workers meet their professional development needs. Social Work Online CE Institute houses hundreds of on-demand titles produced by the NASW Chapters and National Office, and, for your ease of mind, uses the same NASW login to access the Institute and all your training history. NASW members can access both free CEs and CEs at discounted rates!

Before you purchase a course, review your licensing board's requirements regarding distance learning/home study CE courses. Each state licensing board's CE requirements differ.





FROM THE CLINICIAN'S TOOLBOX

No article was submitted for this section this issue. Clinicians, please consider sharing tips and tools of your practice with your social work colleagues and submit article to be included in the FROM THE CLINICIAN'S TOOLBOX section.

READINESS ROUND-UP



Readiness Quick Tip-Winter 2018:

By LCDR Marlene Nicholson, LCSW, BCD, BOP, Coleman, FL and LCDR Tyson Baize, LCSW, BCD, BOP, Lexington, KY

Social Work Corps Officers...are you ready? Have you been keeping up with all of the changes that have been made regarding readiness? Reference the Readiness Down to Basics and get a fresh start with the current readiness standards:

https://dcp.psc.gov/CCMIS/RedDOG/Forms/Basic_Readiness_Checklist.pdf

Make sure to familiarize yourself with the **Seven** Requirements of Basic Readiness:

1. Annual Physical Fitness Test (APFT)
2. Basic Life Support (BLS) Certification
 3. Immunizations
4. Licensure/Certifications
 5. Medical Exam
6. Readiness Course Completion
 7. Deployment Role

More and more components of Officer Readiness are being maintained via 'Self-service' entry on CCMIS. These updates and verification in the system rely on the individual officer to ensure accuracy. We encourage officers to ask questions if there is confusion. 😊



**Please submit articles for future publication
in the SWPAG Newsletter to:**

CAPT Julie Niven, Chair, SWPAG Communications Subcommittee, julie.niven@ihs.gov

LCDR Lorener Brayboy, Co-Chair, SWPAG Communications Subcommittee,
LBrayboy@hrsa.gov

CDR Jenny McCorkle, SWPAG Newsletter Story Producer/Writer, Jenny.McCorkle@ihs.gov



Upcoming Issue Themes:

1st Quarter 2019: TBA

Deadline for submission of articles: TBA

**** Editor's notes ****

- ✓ *When submitting articles, please include your name, rank, credentials, agency, city and state.*
- ✓ *“Officer” is not always capitalized. According to Webster’s: “capitalize the job title when it comes immediately before the name, in a formal context or in direct address. It is not generally capitalized if it comes after the person's name, or if there is a “the” before it.”*

