



USPHS

Social Work Professional Advisory Group Newsletter

Chair's Corner



Dear SWPAG officers,

I would like to start off by congratulating our Senior Officer of the Year, CDR Dan Stanley and Junior Officer of the Year, LCDR Dustin Bergerson. Receiving these awards is quite an accomplishment

for all your hard work and contributions. Also, thanks to all the social workers who were able to attend the USPHS symposium this year. It was a lot of fun and I enjoyed meeting and talking to all of you at the conference and social work social. Thank you, LT Bynum and the stakeholders and community engagement members, for your leadership in coordinating the social work social at Mall of America. Approximately 16 social workers attended this event and it was a lot of fun. I strongly encourage everyone if able to attend the USPHS Symposium. I think it is such a great way to meet, fellowship, and network with other officers.

Regarding accomplishments, LCDR Gayle Tuckett, Black Commissioned Officer Association Group (BCOAG) Chair, LCDR Natasha Hollis and I were able to select two leads for the Suicide Prevention initiative. So, congratulations to our selectees CDR Sean Bennett and LCDR Mindy Davis who are the two social workers that will be leading this initiative. Thanks to everyone who volunteer to also assist with this project. Right

SWPAG Executive Committee

Chair: CDR Deloris Caldwell

Chair-Elect: CDR Tricia Booker

Exec. Sec.: LT Dierdra Oretade-Branch

Senior Advisor: CDR Indira Harris

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now, we are in the planning phases with the hope we can start the outreach activities in the Fall. We are also in the planning stages for addressing the mental health needs in the LGBT community in collaboration with SOADAG. Our partnership with APAOC is continuing as well for all suicide prevention among children. In addition, we are planning to form collaborations with other HSPAC committees as it relates to suicide prevention. As you all are aware, suicide continues to increase, which has become a significant concern that crosses all ages, races, ethnicities, and sexual orientations. Many individuals do not receive mental health services due to stigma or lack of access. It is our hope that through community outreach and partnering with key stakeholders that we will be able to provide these communities with the education and resources they need to end the stigma and improve access to care. We are still having our self-care training sessions on a bi-monthly basis. Our next session will be scheduled in July. If anyone would like to facilitate one of the bi-monthly sessions, please reach out to CDR Holly Berilla. I would like to give a special thank you to Treasury and Coin sales subgroup for selling 22 SWPAG shirts. If anyone is interested in buying a T-Shirt, please reach out to LCDR Sheila Antonucci, CDR Nancy Mautone-Smith, or Theresa Baptiste. We are also planning for AMSUS this year and CDR Michelle Matthey is the lead. Her co-chair is LCDR Kimberly Carvery and the senior advisor is LCDR Kari Harris. They are currently looking for speakers; please let any of them know if you are interested in speaking. Finally I couldn't be more excited about the upcoming National Association of Social Workers (NASW), New Mexico chapter-sponsored **Wellness Retreat** from October 20th to October 26th. Please keep in mind that the deposit is now \$250 and everything must be paid full by July 8, 2019. The 10 CEUs for NASW members are \$200 and \$280 for non-members. These potential CEUs have been approved nationally, so can apply towards the total for your licensure renewal. There will be nationally known speakers providing workshops on a variety of self-care techniques which can benefit you both personally as well as professionally. This retreat is also a great way to meet other PHS and civilian social workers while establishing long-term partnership with key stakeholders of NASW. If you sign up, which I am hoping you will, I will need your confirmation so that the I can arrange a group table as well as a meeting room for us to use after the lectures. Again, I hope you will consider taking advantage of this flagship endeavor. If we get a good turn out the plan will be to do this every year as part of the self-care initiative. **Please see the full page ad near the end of this issue for more information.**

Please reach out to me if you have any questions or concerns. Lastly, if you would like to participate in any of the subgroup activities, please reach out to me as well, and I will direct you to the chair and co-chair of the subgroup that you are interested in joining. Thanks again for everything that you do!

Sincerely yours,

CDR Deloris Caldwell

Inspirational Quote:

“People who love themselves come across as very loving, generous and kind; they express their self-confidence through humility, forgiveness and inclusiveness.” ~ Sanaya Roman



NEWSLETTER FEATURE ARTICLES

CDR Dan Stanley, SWPAG Senior Social Worker of the Year

CDR Dan Stanley was awarded the SWPAG 2019 Senior Social Worker of the Year award due to his ability to display high quality performance throughout his career, apply unique skills and imagination to problems, make technical contributions to his agency and the USPHS mission, work in hazardous duty billets, demonstrate outstanding leadership within his agency and PHS activities and present a positive professional image as a USPHS officer.

As a staff social worker with the Federal Bureau of Prisons (BOP) at the US Medical Center for Federal Prisoners, in Springfield, MO, from 2008 to 2011, CDR Stanley served as an integral part of the reintegration phase as inmates completed their sentences and returned to the community. During this tour, he held several leadership positions including Chair of the Reduction in Sentence Committee, Chair of the Medical Release Care Plan Committee, Co-Coordinator for Institutional Blood Drives, Lead Negotiator on the Crisis Negotiation Team, BLS Instructor for the institution and was also selected by the Warden to represent the institution at community leadership programs. In 2010 he was awarded the PHS Achievement Medal for working across department and agency lines to create a process that significantly increased access to BOP drug abuse programs for inmates who were previously excluded because of their physical disabilities. He also designed and implemented the institution's Medical Release Care Plan program which screened all releasing inmates for potential post-incarceration needs. On his second tour of duty at this location (2014-2018), CDR Stanley served as the Palliative Care Program Coordinator, Inmate Companion Program Coordinator, Lead Social Worker on the Nursing Care Center IDT, and also the Lead Social Worker for the 170+ patient Renal Dialysis Unit. When an unexpected 10-month absence of a civilian social worker occurred at the institution, CDR Stanley stepped up and filled the void completing his colleague's duties for the entire period. In 2015, CDR Stanley led an inter-departmental effort to implement use of the Home Confinement Social Work Assessment tool. Between 2014 and 2016, he utilized this tool to personally complete 53 home confinement assessments on dialysis-dependent inmates which led to these inmate being released to home confinement an average of 90 days before their full release date. This accomplishment saved the facility over \$1.2 million in housing/security/medical expenses during this period (awarded PHS Achievement Medal for this accomplishment). CDR Stanley further displayed his dedication to his patients and agency by increasing his renal care knowledge base through earning the Nephrology Social Worker-Certified credential from the National Kidney Foundation. In January 2016, CDR Stanley was notified by the BOP's Chief Social Worker that one of his patient release plans was highlighted as the "Gold Standard for Reentry" during a Department of Justice Federal Reentry Committee meeting held at the White House in Washington, DC.



(Continued from previous page)

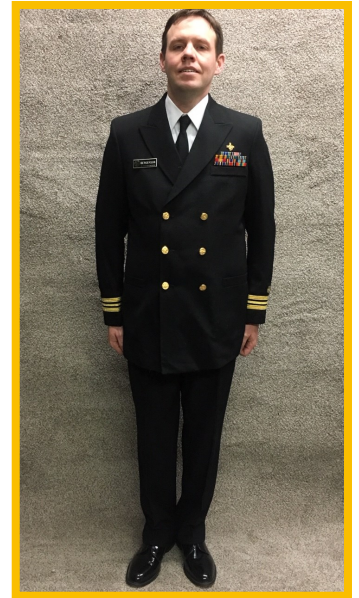
CDR Stanley transferred to the Tripler Army Medical Center as a Behavioral Health Care Coordinator in 2011. He was assigned to a challenging Warrior Transition Battalion that provided services to high-acuity soldiers as they coped with significant mental/physical injuries. CDR Stanley was responsible for all behavioral health matters within his assigned company. He worked tirelessly throughout this assignment, frequently providing 24/7 emergency behavioral health support to staff and soldiers. He was repeatedly selected by the battalion surgeon to attend advanced training programs including the US Army Traumatic Event Management program. He also became a certified US Army Master Resiliency Trainer and provided this training at the battalion level. His other accomplishments during this assignment included maintaining zero reported suicide attempts within a large case load of high-acuity soldiers, creating and implementing the battalion's Treatment Readiness Orientation program, and designing new psychosocial assessment forms that improved assessment quality and efficiency. During this assignment, CDR Stanley was awarded two Army Commendation Medals. In 2018, CDR Stanley was selected as the BOP's Western Regional Social Worker. In this new position he is responsible for providing clinical consultation and administrative guidance to 20 institutions within a service area spanning 11 states. He serves as the region's subject matter expert on the Reduction in Sentence/Compassionate Release program and Medical/Mental Health release planning and works closely with BOP central office, regional office, and institutional staff to develop and implement policy which directly affects over 20,000 inmates. He also provides oversight and training to all institution social workers within the region. Due to a current central office vacancy, CDR Stanley has frequently performed Acting National BOP Chief Social Worker duties. Additionally, he was selected to coordinate the 2019 BOP National Mental Health/Social Work Conference in Denver, CO which will provide programming and continuing education to over 75 clinicians from around the country. Since taking this position, CDR Stanley has started addressing critical patient care needs using a collaborative, interagency approach. The BOP often houses and provides care to citizens of other countries who have entered the US illegally or have committed other federal crimes. Many of these individuals suffer from serious, chronic diseases such as HIV/AIDS. Upon the completion of their sentences, these individuals are often deported back to their home country without appropriate medical follow-up care in place. Noticing this harrowing trend, CDR Stanley forged a new relationship with epidemiologists within Mexico's National Center for the Prevention and Control of HIV/AIDS. Due to his relentless and creative efforts, these vulnerable HIV/AIDS patients are now appointed to a treatment center in Mexico before they release from prison. This has provided these patients with a seamless continuity of care as they transition back to their home country.

Outside of agency duties, CDR Stanley is a member of a Tier II Mental Health Team (since 2009) and has worked on various JOAG, SWPAG, and HSPAC committees throughout his career. He was the HSPAC discipline-specific lead for Social Work during the 2011 Billet Transformation process; providing hours of consultation to USPHS social workers. He has held positions within local COA branches. He is currently the Chair of SWPAG's Administrative Management Subgroup where he oversees Membership, Coin Sales, and Official SWPAG Roster maintenance responsibilities. He also mentors USPHS officers through the HSPAC mentoring program.



LCDR Dustin Bergerson, SWPAG Junior Social Worker of the Year

LCDR Bergerson received the 2019 Social Worker of the Year Award for his unyielding positive professional image in the USPHS Commissioned Corps, continuous demonstration of outstanding leadership and sustained high quality work performance as evident by significant career accomplishments. Since entering the USPHS Commissioned Corps in 2009 LCDR Bergerson has sought high-level involvement in national and international presentations, research studies, volunteer work and visible deployment roles. Most recent involvement has involved presentations on Behavioral Health Integration Best Practices, serving as an Advisory Board Member and Data and Safety Monitoring Board Member on a national research study examining alcohol abuse, providing 100+ volunteer hours with local shelters and Special Olympics, and six career deployments as a Behavioral Health Subject Matter Expert on Mental Health Team 3 (tier 2 deployment team). In addition to this LCDR Bergerson continues to bring valuable leadership, behavioral health insight and expertise as a Subject Matter Expert for his agency's Opioid Review Committee and co-lead for Alaska's Prevention Through Active Community Engagement (PACE) subcommittee. Furthermore, his leadership and performance as a junior social worker are viewed by his superiors as exceptional. After all, LCDR Bergerson has made and continues to make significant contributions to his agency and the USPHS Commissioned Corps. Dustin Bergerson was Commissioned into the United States Public Health Service as a LT in October 2009. LCDR Bergerson has a masters degree in Social work from Fayetteville State University and bachelors degree in human resource management from Park University. He is currently stationed with the Indian Health Service as a Behavioral Health Consultant in Anchorage, Alaska. As a Behavioral Health Consultant, he provides therapeutic interventions and consultations, performs substance use and psychological assessments, leads agency work groups and presents on behavioral health integration. Past assignments roles with the Department of Defense involves serving as deputy department chief and as an addiction counselor at Fort Belvoir's Residential Treatment Center. Within the USPHS Commissioned Corps LCDR Bergerson has been involved with JOAG as a Transitional Assistance Program lead at military installations, BASPAG as a voting member and subcommittee chair, and Aide-de-camp. Additionally, LCDR Bergerson co-leads Alaska's Prevention Through Active Community Engagement subcommittee and continues to address the opioid epidemic by assisting with Naloxone distribution. Lastly, LCDR Bergerson has been part of Mental Health Team 3 since 2010 and has deployed six times with the USPHS Commissioned Corps.





Health Services Professional Advisory Committee

of the

Health Services Category

Multidisciplinary in Approach, Connected by Service, Advancing Public Health

2019 Health Services Award Recipients

	Award Name	Officer Name
HSPAC	Stanley J. Kissel Senior Award	CDR Carlos Bell
	Joseph Garcia Junior Award	LCDR Charles Brucklier
	Responder of the Year	CDR Jonathan White
BASPAG	Senior Officer of the Year	CDR Tina Smith
DHPAG	Candace M. Jones Award Dental Hygienist of the Year	LCDR Sean McMahan
	Junior Hygienist of the Year	LCDR Jamie Martinez
HAPAG	Senior Excellence in Healthcare Leadership	CDR Keisha Bayne
	Junior Excellence in Healthcare Leadership	LCDR Shaun Chapman
HITPAG	Senior Officer of the Year	CDR Francis Bertulfo
	Junior Officer of the Year	LT Stephanie Chiang
MLSPAG	Senior Officer of the Year	CDR Cara Nichols
	Junior Officer of the Year	LT Shercoda Smaw
OPAG	Edward Hamilton Award	CDR Ryan Manning
	Richard Hatch Junior OD	LT Matt Geiger
	Lester Caplan Award	Ms. Chelsia Park
PAPAG	RADM Epifanio "Epi" Elizondo Senior Physician Assistant of the Year	CDR Tracy Branch
	RADM Michael R. Milner Junior Physician Assistant of the Year	LCDR Joseph Newcomb
PHPAG	Excellence in Leadership	CDR Douan Kirivong
	Junior Officer of the Year	LCDR Jennifer Clements
PsyPAG	Senior Psychologist of the Year	CDR Julie Chodacki
	Junior Psychologist of the Year	LCDR Adriana Restrepo
SWPAG	Senior Social Worker of the Year	CDR Dan Stanley
	Junior Social Worker of the Year	LCDR Dustin Bergerson

At your Service,
CDR Simleen Kaur

OTHER ARTICLES OF INTEREST

Meeting with the Assistant Secretary for Health, IHSC, El Paso, TX

By LCDR Robert E. Van Meir, MSW, LCSW, BCD, CCTP, ICE Health Service Corps, El Paso, TX

On March 28, 2019 Admiral Brett P. Giroir, M.D., Assistant Secretary for Health for the U.S. Department of Health and Human Services, spoke to students, faculty, staff and community members during a Centennial Lecture at the Undergraduate Learning Center at the University of Texas at El Paso. Admiral Giroir is the highest-ranking Public Health Service Officer. His message was as powerful as it was simple: *We need to transform public health system from a sick care system to a health promotion system.*



ADM Giroir spoke about how the U.S. was able to increase in life expectancy in the U.S. from 1900 to 2015. He attributed the increase to improvements in disease treatment and care for accident victims. However, that from 2015 to 2017, life expectancy decreased in the U.S. – something that hadn't happened since the flu pandemic in the early 1900s. For the first time in decades, our children may live shorter lives than we do, he said.

ADM Giroir illustrated the high number of HIV cases nationally and treatment expenditures; statistics on drug abuse, misuse and overdose; and predictions on obesity rates in the U.S. Next, Giroir posed questions that he says he often asks himself – What do we do? Is there an opportunity to move forward? The solution, Giroir said, is not medical care per se, but public health. *"I want all the students to understand how critically important everyone is in this game,"* Giroir said. *"The future of medicine is as much about engineering, physics and math as it about biology. Public health is not just an option,"* Giroir said. *"Public health is the most important issue of our country moving forward in the next few decades. So, I really urge a public health consideration to be in curriculum, whether in engineering, teaching, social sciences, medicine, biology, because everybody has a role in this. Because if we leave out some of those blocks, we're not going to get there."*



Those of us who proudly wear the uniform of the Commission Corps know the importance of public health and our mission to protect, promote, and advance the health and safety of the nation. It was proud moment when LCDR Humberto Villalobos and I got to spend some time with the admiral talking about the challenges of providing high quality health care at the El Paso Medical Processing Center here in Texas and the broader context of national care. It was a privilege to coin the admiral with our facility coin and to be coined in return.



A 2019 USPHS Symposium Goal: Educate and Reduce Stigma About Alcohol and Other Drug Use Disorders Amongst Social Workers

By LT Marie P. Cetoute, LCSW, BCD, IHSC, San Diego, CA and LT Candice T. Karber, LCSW, BCD, SAMHSA, Rockville, MD

Two junior officer social workers embarked on the journey of researching what most would consider a taboo subject within their professional community. The topic surrounding the prevalence of alcohol and drug use in the social work field, and the results of a literature review were shared as a poster presentation during the 54th USPHS Scientific and Training Symposium in Minneapolis. The poster presentation was titled: *The Prevalence of Alcohol Abuse and Other Drug Use Amongst Social Workers: A Literature Review of Impact Including Strategies for Addressing Prevention and Resiliency*.

You may be curious about why the authors chose the topic of alcohol and substance use disorder or why the focus on social workers. Simply, the authors focused on the topic because it is a problem that is present in all facets of our societal make-up and they frequently address it in their professional work. Also, the authors were curious about what data points were available on the topic specific to their profession. The authors believed it to be an ethical obligation to acknowledge, educate, provide helpful tools to others, and be part of the active process of prevention and intervention. The authors also wished to decrease stigma and shame within the social work community so that those who may be struggling would not feel alone.

During the research process, it quickly became apparent that the topic of substance use, misuse, and abuse in the social work profession has little history of being extensively researched. There was not an exhaustive number of research articles and there were significant gaps in the years between articles. However, the published articles had data results which provided evidence that abuse/addiction was indeed a problem common in the social work profession. When delving into the literature, it became apparent to the researchers that this topic would be an important educational reminder to social workers and others in the helping professions that it is a common problem that can be experienced by anyone, no matter their history, educational background, socio-economic status, or profession.

The literature confirmed the problematic impact of alcohol and substance use disorder is not unique to social workers. Research confirmed social workers experience an exacerbation of problems in their behavioral, physical, social, and professional life once engaged in alcohol and other drug use/misuse. The qualitative data showed that the fear of licensure loss as well as maintaining pride in one's profession often kept social workers from asking for help.

Although the research data was focused on social workers, the data are very similar to what is found in the national average and across other professions. Social workers share similar qualities with individuals from the general public that contribute to under-reporting such as fear, guilt, and embarrassment. However, uniquely there's greater limitation due to societal messages that creates a self-imposed expectation of social workers to uphold a "must save the world" mentality with limited educational or professional focus on first helping the self.



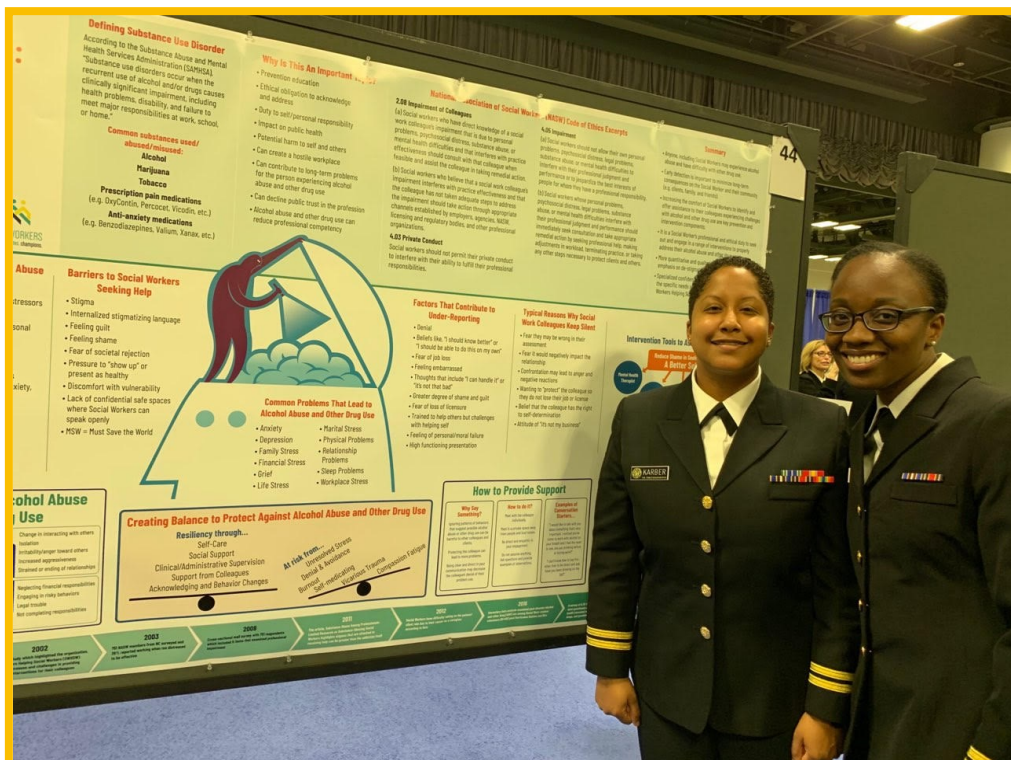
After reviewing the poster, attendees were able to acquire several key educational points to include: learning about the common risk factors that contribute to alcohol abuse/misuse and other drug use, familiarity with the signs of abuse/misuse, identifying barriers to seeking assistance, and exposure to statistical data on the rate of alcohol abuse/misuse and other drug use amongst social workers. There was also information on effective strategies that could be used related to prevention, intervention tools, and recovery resources.

Attendees were given examples of ways they could identify their own personal risk factors or signs of alcohol abuse/misuse or other drug use of their colleagues, but were also provided tools in learning how to practice compassionate confrontation. For instance, attendees were provided with conversation starters, information on protective strategies and risk factors that build resilience, and were presented with resources to be used as intervention skills to aid someone who is in need.

None of us are immune from the possible harmful effects and impact of alcohol abuse/misuse and other drug use, to include social workers who are often on the frontlines of providing care to their clients/patients. It is a collective effort to prevent, identify, and intervene when alcohol substance misuse/abuse is present amongst social workers or anyone else in our communities.

In summary, shame and silence can kill. If you or someone you know is having difficulty with alcohol or drugs, please reach out to a trusted person and consider making use of the myriad of resources available to you, your dependents, and fellow officers via TRICARE and Corps Care @ CorpsCare@hhs.gov

"Alone we can do so little; together we can do so much." – Helen Keller



Let Purple Reign: The Social Work PAG and Its Prince-Themed Social

By LT Candice T. Karber, SAMHSA, Rockville, MD and LT Jennifer D. Weekes, Fort Belvoir, Fort Belvoir, VA

The 2019 USPHS Symposium in Minneapolis, Minnesota was a great success! It enabled officers to receive invaluable training, briefing updates from Corps leadership, numerous opportunities to socialize, network, and enjoy a great sense of camaraderie. For those who have never visited the Twin Cities, the skywalks were a lifesaver in poor weather. Additionally, the skywalks ensured



officers got their steps in because there was a great deal of walking at this Symposium.

On 09 May 2019, the SWPAG hosted its social at the Mall of America's *Cantina Laredo*. This event was well attended by social workers who participated in the symposium as well as other officers from different PHS categories. The social fostered esprit de corps and provided the opportunity for non-Minnesotan's to visit one of the state's biggest attractions. The Mall boasts a Nickelodeon Universe theme park as well as an indoor rollercoaster, an aquarium, miniature golfing, and of course the indulgence of retail therapy. Fellow USPHS officers who attended this event benefited from informal mentoring, guidance, and support from officers varying in ranks from CAPT to LT.

The authentic Mexican food from *Cantina Laredo* was delicious and the ambiance was beautiful and fitting. The casual setting allowed officers to let their hair down, discuss things like how spicy they enjoy their food, and even fostered a little playful competition when discussing who went to the best school of social work. Social work officers honored the beloved Prince, an icon who hailed from Minneapolis and frequently wore purple. Attendees provided positive reviews and ended their nights with Uber rides filled with additional laughter and bonding. Thanks and appreciation to the SWPAG Stakeholder and Community Engagement Committee and its leadership for planning and executing this awesome event. We look forward to the next SWPAG social in Arizona and hope you will join us!



CONTINUING EDUCATION OPPORTUNITIES



<https://www.nctsn.org/>

AS PART OF THE NATIONAL CHILD TRAUMATIC STRESS NETWORK (NCTSN), THE LEARNING CENTER FOR CHILD AND ADOLESCENT TRAUMA OFFERS FREE ONLINE EDUCATION WITH:

- 300+ FREE CE CERTIFICATES
- 50+ SPEAKERS
- 200+ ONLINE WEBINARS
- 90,000+ MEMBERS

READINESS TIP

Brought to you by the SWPAG-Readiness Subcommittee



Did you know the Corps offers multiple Post Deployment Resources?

Operation Corps Strong

Operation Corps Strong (OCS) was established to develop resilience focused programs for USPHS officers and their families that supports the unique culture of the Corps. The goals are: (1) promote a resilient and ready Corps through innovative initiatives focused on Deployment Resilience, Suicide Prevention, Officer and Family Support; (2) Synthesize services and resources and make them accessible to Officers and their Families; (3) Strengthen and unify our Corps through cross category collaborations and initiatives. Additional information on the Operation Corps Care can be found at: <https://dcp.psc.gov/OSG/hso/ocs.aspx>.

Corps Care Program:

The Corps Care program is designed to address the medical behavioral health, and spiritual needs of officers and their dependents. The program focus is on contacting recently deployed officers; attempting to ensure each officer has the chance to express concerns/issues about the deployment, ensure the officer's well-being is sustained, and to connect the officer with any needed or requested resources. CCHQ/RedDOG will also ensure that all deployed officers will be contacted by Corps Care upon returning from their mission. Corps Care is available to assist officers in obtaining access to comprehensive services and resources through a network of providers. Access to health care services can be contacted at: CorpsCare@hhs.gov

Lastly, if your deployment was 14 days or more consider requesting a few days off prior to returning to work for rest and relaxation (see Post Deployment Respite Absence, POM 15-002). Plan on spending some time with the entire family doing family things but be flexible if teens have other plans. Recommend review of the USPHS Personnel Operations Memorandum (POM-15-002) for additional information and guidance on Post-Deployment Respite Absence.





You've earned it! The chance to spend an entire work week relaxing, taking care of YOU, and earning social work CEUs while cruising in the beautiful Caribbean. Meet the aptly named *Adventure of the Seas*, a ship packed with all the action you can imagine. Onboard, you'll enjoy amazing food, Broadway-inspired entertainment, and a tranquil adults-only Solarium retreat. Choose from 100+ spa treatments or achieve perfect Zen at the state-of-the-art Fitness Center with classes like yoga and tai chi. When it's time to get active, enjoy rock climbing, basketball, mini-golf, and ice skating too! If you simply must stay in touch with work while you're away, you'll have access to VOOM, the fastest internet at sea. Leave your stress behind when the evenings come alive on the Royal Promenade with parades, dancing, and duty-free shopping deals. And bring along some friends – with spacious public areas, enhanced staterooms, and a spectacular three-story dining room, this ship has room for your whole crew!



What's the PLAN?

Day	Itinerary	Arrive	Depart
10/20	Fort Lauderdale, FL		5:30 PM
10/21	Cruising		
10/22	George Town, Grand Cayman Islands	7:00 AM	3:30 PM
10/23	Costa Maya, Mexico	11:00 AM	7:00 PM
10/24	Cozumel, Mexico	7:00 PM	5:00 PM
10/25	Cruising		
10/26	Fort Lauderdale, FL	5:30 AM	

What's the COST?

Cabin Type	Per Person Double Occupancy	Per Person Single Occupancy
Inside	\$759	\$1,089
Oceanview	\$819	\$1,209
Balcony	\$1,139	\$1,849

Cruise prices are per person, based on double occupancy and include port charges, taxes and gratuities: **AIRFARE IS NOT INCLUDED IN THE CRUISE PRICE.**

What's INCLUDED?

Shipboard accommodations, ocean transportation, entertainment and daily activities, on-board meals and some beverages. In addition, our special group package includes crew gratuities and fun events onboard. Extras such as shore excursions, internet access and alcoholic beverages are on your own.

CEU's

If you wish to attend the workshops add the appropriate cost:

**NASW Member \$200
Non-Member \$280**

All attendees will earn up to 10 social work CEU's



505-247-2336 info@naswnm.org 4223 Montgomery Blvd NE, Albuquerque, NM 87109 www.naswnm.org





TOPICS & SPEAKERS



Timber Hawkeye is the bestselling author of *Buddhist Boot Camp* and *Faithfully Religionless*. He offers a secular approach to being at peace with the world (both within and around us), with the intention to awaken, enlighten, enrich and inspire. His message invites the best version of

you to resurface, inevitably leading to the true meaning of success (being happy), and better health (mental, physical, emotional, and spiritual). In an ongoing effort to eradicate society's ever-growing sense of entitlement, which he considers nothing short of an epidemic, and replace it with a sense of appreciation for each breath we are given, Timber shares mindfulness-enhancing techniques to which anyone can relate and implement in their daily lives.



Becky Schwartz Corbett, MSW, ACSW, is a national speaker, trainer, and executive coach in intentional growth, leadership & career development, *Productivity*, and *The Bridge to Hope & Healing*. She has 27 years of non-profit executive management experience with mission-driven organizations, membership & trade associations, and colleges & universities. Becky was born and raised in New Orleans and received her MSW degree with a concentration in planning and management and a BS degree in human development and family studies from The University of Alabama (UA). She is President & CEO of BSCorbett Consulting, a John Maxwell Team Certified Coach, Speaker, and Teacher; a member of the Academy of Certified Social Workers; Career Services Consultant for the UA School of Social Work; and served as Chief Operating Officer of NASW from 2008 to 2013. Becky is fiercely dedicated to inspiring people to lead and helping individuals and organizations move ideas to action.

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Erlene Grise-Owens, Ed.D., LCSW, MSW, MRE is a Partner in The Wellness Group, ETC. This LLC provides evaluation, training, and consultation for organizational wellness and practitioner well-being. Dr. Grise-Owens presents and publishes extensively on the topics of self-care and organizational wellness. She is lead editor of

The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals. She hosts a regular blog on self-care, in association with *The New Social Worker*. As a former faculty member and graduate program director, she and a small (but mighty!) group of colleagues implemented an initiative to promote self-care as part of social work education curriculum. Previously, she served in clinical and administrative roles. She has experience with navigating toxicity and dysfunction, up-close and personal! Likewise, as an educator, she saw students enter the field and quickly burn out. As a dedicated social worker, she believes the well-being of practitioners is a matter of social justice and human rights. Thus, she is on a mission to promote self-care and wellness!



Gabe (GabeYoga) Azoulay has been teaching and creating life changing experiences for over 20 years. With an advanced degree from the Institute for Integrative Nutrition, over 20 years of Yoga practice and teaching, which includes 12 years as a student of master Thai Yoga Massage Pichest

Boonthume, your body will move better by the end of the week, your soul will have been filled with joy and laughter, and your mind calmed with simple, yet incredibly practical and insightful so you can immediately apply them to your life. Equipped with the ground breaking Wellness and Nutrition principles from the Institute for Integrative nutrition, Gabe's ability to make the complex understandable, ask the right questions, and provide poignant solutions for individual needs is unparalleled.

505-247-2336

info@naswnm.org

4223 Montgomery Blvd NE, Albuquerque, NM 87109

www.naswnm.org



**A refundable deposit of \$250 per person
will secure your spot.
Flexible monthly payment plans available!**

Contact your cruise coordinator to reserve your spot:
Gina Bryant (407) 493-3160 gina@connect-thru-travel.com

FREQUENTLY ASKED QUESTIONS

HOW DO I RESERVE MY SPOT? Fill out the cruise registration form completely, email it to our cruise travel coordinator, Gina Bryant gina@connect-thru-travel.com. You may email the form, but in order to protect your credit card information, please do not email or text any payment information. Gina will take your payment details by phone. **A (refundable) credit card deposit of \$250 per person is required at time of registration.** Space is limited and early booking is encouraged to secure your first choice of stateroom type.

WHAT ARE MY PAYMENT OPTIONS? All major credit and debit cards for payment. After your deposit, you are encouraged to arrange a no-cost flexible monthly payment schedule. Final payment is due **July 8, 2019**. Cancellation penalties will apply after that time, and will increase as the sailing date draws near.

DO I NEED A PASSPORT? You don't need a passport in order to book your vacation; however, a valid passport issued by your country of citizenship will be required for travel. U.S. citizens may begin the application process by visiting <https://travel.state.gov/content/travel/en.html>

DO I NEED TRAVEL INSURANCE? Travel insurance is highly recommended to protect your vacation investment. We won't know the cost of insurance until the total cost of the trip is available, including optional airfare and pre-cruise hotel. We anticipate this approximately 7-9 months prior to travel. You are encouraged to purchase insurance at the time of final payment.

WHAT ARE MY OPTIONS FOR GETTING TO THE PORT OF FORT LAUDERDALE? We will be putting together a package to include round-trip airfare from ABQ, a one-night pre-cruise hotel, and ground transportation to and from the ship. Purchase of this package will be completely optional; you are welcome to make alternative plans.

WHAT IF I DON'T KNOW WHO IS GOING WITH ME? That's perfectly okay! As long as you deposit \$50 your stateroom reservation is confirmed. You can add the names of other guests at any time before July 8, 2019.

HOW MANY GUESTS CAN SAIL TOGETHER IN ONE ROOM? If you choose, you may invite your spouse, children, family and friends to enjoy this wellness retreat with you. Cruise ship staterooms are smaller than hotel rooms. In order to be comfortable with the amount of space, it is suggested that no more than three adults share one room. Third and fourth guests will be accommodated in upper berths and/or rollaway beds. *Triple and quad stateroom availability is limited and requires a deposit of \$100 per guest, so please book early.*

WHAT IF I HAVE SPECIAL DIETARY NEEDS? No worries, here's a taste of the menu for our cruise:
<https://youtube/o52vXL70k0>

WHAT KINDS OF ACTIVITIES ARE AVAILABLE? So glad you asked! Here's a glimpse of life on our Royal Caribbean cruise: <https://www.youtube.com/watch?v=nOKQnSqETDk>

505-247-2336

info@naswnm.org

4223 Montgomery Blvd NE, Albuquerque, NM 87109

www.naswnm.org





Registration Form

Ship: *Adventure of the Seas*
 Sailing from: Fort Lauderdale, Florida

PASSENGER INFORMATION: (names must match legal travel identification) *

Passenger #1: Female Male Shirt size: _____ Date of Birth: ____/____/____ Legal

Name: _____ Email Address: _____

Home Phone Number: (____) _____ Cell: (____) _____

Mailing Address: _____ City, State: _____ Zip Code: _____

NASW-NM Member? Yes No Member Number: _____ Attending workshops for CEUs: Yes No

Royal Caribbean Crown & Anchor Number (if applicable): _____

PASSENGER INFORMATION: (names must match legal travel identification) *

Passenger #2: Female Male Shirt size: _____ Date of Birth: ____/____/____ Legal

Legal Name: _____ Email Address: _____

Home Phone Number: (____) _____ Cell: (____) _____

Mailing Address: _____ City, State: _____ Zip Code: _____

NASW-NM Member? Yes No Member Number: _____ Attending workshops for CEUs: Yes No

Royal Caribbean Crown & Anchor Number (if applicable): _____

CRUISE INFORMATION: (Check all appropriate options)

Bed configuration: Two twin beds One queen bed

Stateroom Type: Inside (\$759 per person) Oceanview (\$819 per person) Balcony (\$1,139 per person)

10 Social Work CEUs: NASW Member (\$200 pp) NASW Non-Member (\$280 p/p)
 (attendance to workshops without paying the CEU price is not allowed)

Pre-cruise hotel in Fort Lauderdale: 1-night (price TBA) No hotel stay needed

Air Transportation:

(check one) Yes, I need air transportation to Fort Lauderdale from: _____ (price TBA)
 No, I'll make my own arrangements to get to Fort Lauderdale.

Special dietary or accessibility needs: _____

PAYMENT INFORMATION: Once your registration form has been submitted, we will call for your credit card information.



Your cruise coordinator: Gina Bryant,
 LMSW, ACC
 Cell: (407) 493-3160
gina@connect-thru-travel.com

NASW NEW MEXICO CHAPTER
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 87109 www.naswnm.org





2019 USPHS SWPAG Shirt is now on sale!

Get a great dri-fit shirt for only \$25
while supporting SWPAG!
We need a request for at least **18** to make an order.
Thank you!

Visit the link below for ordering details:

<https://www.customink.com/fundraising/usphs-social-work-pag>

Questions?

CDR Nancy Mautone-Smith – Nmautone-smith@hrsa.gov

LCDR Sheila Houghton-Antonucci – Sheila.M.Houghton-Antonucci.mil@mail.mil

CDR Dan Stanley – dstanley@bop.gov



**The Mission of the U.S. Public Health Service
Commissioned Corps is to protect, promote,
and advance the health and safety
of our Nation.**



**For more information about our PAG,
visit the SWPAG website at**

<http://usphs-hso.org/?q=pags/swpag>



SWPAG Subgroup Vacancies

*The **Awards Subgroup** is looking for new members. Please email
CDR Kymberly Spady-Grove at Kymberly.Spady-Grove@ice.dhs.gov
for more information*



SWPAG Meetings

*The SWPAG General Body meeting is held the third Thursday
of each month at 1300 EST*

*The SWPAG Executive Board meeting is held every second Monday
at 1200 EST.*

Watch for emails with agendas and call-in instruction.



Support Your SWPAG!

MESSAGE FROM YOUR COMMUNICATIONS CHAIR

Our second issue of 2019 marks the halfway point in the year. It's hard to believe half of the year is already over! If you're like me, you may be wondering where the time went! Regardless, the time is gone and we are left looking at the glass half-empty. **Or is it half-full?** Certainly, the way we look at life (and how we choose to live our lives the second half of 2019) is up to us. I encourage each of you to use your positive perspective to make the rest of the year the best part of 2019!

The deadline for submission of articles for the third quarter fall issue is 16 September 2019. Please submit **any and all articles** you believe would be of interest to your colleagues. I look forward to hearing from you and receiving your submissions. Thank you!

Respectfully,
CAPT Julie Niven

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

Upcoming Issue Information:

3rd Quarter 2019: *COER and Promotion Tips for 2020*

Deadline for submission of articles: 16 Sept 2019, Proposed Publication date: 23 Sept

4th Quarter 2019: *End of the Year Wrap-up and Accomplishments*

Deadline for submission of articles: 9 Dec 2019, Proposed Publication date: 16 Dec

