



USPHS

Social Work Professional Advisory Group

Newsletter

Chair's Corner



Greetings Fellow SWPAG Officers,

I would like to begin by again congratulating the newly promoted social work officers. As for those individuals, who were not promoted please do not give up. Perseverance is key. So,

please continue to push forward and focus a lot on career growth and progression rather than solely on promotion. It is important to grow in your present rank; ultimately promotion will come before you know it. Also, please reach out to your mentors and other officers to review your promotion packet to make sure that you are showing impact in everything that you do.

Regarding events for the quarter, we had the Officer Basic Course (OBC) 111 and Graduation in July. I had an opportunity to assist the new officers with putting together their uniforms before I left on work-related TDY. I also had the pleasure of meeting LT Angela Fellows, who was the only social worker in this class. I would like to thank CAPT Wanda Finch, CDR Anthony Johnson, and LT Heather Light for their attendance and participation in the other scheduled OBC events and meeting the new social worker in this class as well. I sincerely appreciate all of them for

(Chair's Corner Continued on page 2)

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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taking the time out of their busy schedules to participate in these very important events.

We are still having our bi-monthly self-care trainings. The “Power of Meditation” was rescheduled for September. In addition, NASW self-care retreat is still scheduled from October 21st to October 26th. I look forward to seeing those individuals, who registered to attend this event.

The collaboration with BCOAG regarding suicide prevention is also still ongoing and more information will be provided soon about the progress. Also, as most of you are aware September is National Suicide Prevention month. Please take a moment to remember those who have died by suicide and check out the suicide prevention events that are sponsored by HSPAC Operation Care Strong (OCS) led by CAPT (Sel.) Indira Harris and CAPT Maria Fields.

The policy subgroup is also working on completing the updated SOP, which is due in September. I appreciate CAPT Bolduc, CAPT Niven, policy team and subgroups for working on this project.

The clinical deployment competencies were also completed and submitted on September 10, 2019. I sincerely appreciate CDR Booker, readiness subgroup, and everyone’s hard work, contribution, and dedication on this project as well. I am also so proud of all the progress we continue to make as social workers and how much we continue to give of ourselves each every day, which makes me proud to be a part of such a rewarding profession. So, keep up the good work!!

Quote for this quarter: *“The things you do for yourself are gone when you are gone, but the things you do for others remain as your legacy.”* Author unknown

Sincerely yours,

CDR Deloris Caldwell, DHSc, LCSW, BCD



Left to Right: CAPT Wanda Finch, LT Angela Fellows, CDR Anthony Johnson



NEWSLETTER FEATURE ARTICLES

Congratulations to Promotees!



CAPTAIN (CAPT) O-6

William Edward Bolduc

*Tarsha Monik Cavanaugh

Robyn Marie Coon

* Malaysia Gresham-Harrell

Indira Maria Harris

*Karen Elaine Hearod

Sonjia Howard

Kristin Kelly

Judy B. Pyant

Aimee Elizabeth Williams



COMMANDER (CDR) O-5

Kari Beth Harris

Marlene Ayanti Nicholson

Allah-Fard Muhammad Sharrieff

Vickie Smith Stowers



Four Pillars of Authentic Leadership;

By LCDR Mark Durham, Carl R. Darnall Army Medical Center, Fort Hood, TX

As PHS Commissioned Corps Health Services Officers (HSO) we have numerous opportunities for leadership within our organizations, among our colleagues and with those we serve. Service and Integrity are two of the four core values of our Commissioned Corps. Service is defined as “Demonstrates a commitment to public health through compassionate actions and stewardship of time, resources, and talents.” Integrity is defined as “Exemplifies uncompromising ethical conduct and maintains the highest standards of responsibility and accountability.” This article discusses four of the many other pillars of authentic leadership, supporting the pursuit of excellence in service and integrity as PHS Commissioned Corps HSOs.



Authentic leadership is the pursuit and development of the attributes of “self-awareness, internalized moral perspective, balanced processing, and relational transparency” (Northouse, 2013, p. 254). The authentic leader is genuine, due to his or her conviction from past experiences. Authentic leadership is heavily influenced by ethics, knowledge and practice of the difference between good and bad, right and wrong. Leaders who practice authentic leadership tend to be selfless, making decisions for justice that improve the good of an individual or community. Having CONFIDENCE means to hold self-efficacy, which is defined as one who believes that success in accomplishing tasks will occur. An officer’s confidence inspires the motivation needed to persist towards success, regardless of the challenges and obstacles that may develop. Another component of authentic leadership is HOPE, which is based on planning, goal setting and willpower. Authentic leaders filled with hope create realistic goals that can be reached. This hope allows those under the leader’s supervision to believe in the authentic leader’s direction; staff trust authentic leaders. OPTIMISM is defined as “the cognitive process of viewing situations from a positive light and having favorable expectations about the future” (Northouse, 2013, p. 265). Optimistic, authentic leaders have a positive perception of both their abilities and the outcomes they seek to achieve. Instead of scarcity of belief leading to failure, optimistic authentic leaders have an abundance of belief in their future successes. RESILIENCE is described as the ability to overcome and adjust when obstacles pose a threat, difficulty, or even suffering. In adverse situations, resilient leaders recover from challenging troubles. Afterwards, a leader that overcomes dire circumstances feels more resourceful and strengthened due to the experience. Developing these qualities of authentic leadership can take a lifetime of intentional pursuit (Northouse, 2013). Hope is a highly effective combatant to depression and suicidal ideation. I cultivate hope within my own life so I can engender it into the lives of my colleagues and patients. Confidence, hope, optimism and resilience: four personal and professional traits to cultivate for effective positive action and organized decision-making of authentic USPHS HSO leadership.

Reference

Northouse, P. G. (2013). *Leadership: Theory and Practice*. Los Angeles, CA, USA: Sage Publications.



OTHER ARTICLES OF INTEREST

HSPAC Community Wellness Subcommittee Hosts the Inaugural Wellness Room at the 2019 USPHS Scientific and Training Symposium in Minneapolis, Minnesota

By CAPT Malaysia Gresham Harrell, Commissioned Corps Program Management, USDA/FSIS, Beltsville, MD and LT Jennifer Weekes, DoD, Fort Belvoir, VA

The HSPAC Community Wellness Subcommittee, in collaboration with Resilience Through Meditation, NursePAC, Dieticians and Therapists, hosted the first ever Wellness Room, called the “Corps Oasis”, at the 2019 USPHS Scientific and Training Symposium in Minneapolis, Minnesota. The Wellness Room offered wellness information and resources to PHS leaders, officers, family members, and other professionals who attended the Symposium to include: on-demand life skills coaching; educational materials on suicide prevention, diet and exercise, domestic violence, mental and emotional wellbeing, depression, anxiety, burnout prevention, and self-care; blood pressure checks; meditation sessions with and without Tibetan bells; yoga sessions; massages and other relaxation exercises; spirituality in working with First Responders and healthy snacks with positive messages and affirmations.

The Wellness Room was available Monday and Tuesday afternoons with approximately 200 participants benefitting from the provided sessions and activities. Following the Symposium’s opening ceremony, USPHS senior leadership (including the ASH, PDASH, Surgeon General and Deputy Surgeon General) visited the Wellness Room and participated in the mindfulness meditation with Tibetan bells. The resources and experience of the supportive community environment was well received. The HSPAC received significant positive feedback regarding this endeavor.

The HSPAC Community Wellness Committee Leadership sends appreciation to those who assisted with planning and executing this highly successful event, to include esteemed members of the SWPAG. We look forward to providing this wellness resource next year in Arizona. If you would like to volunteer or have ideas, feedback, and comments, please contact the Community Wellness Subcommittee Chair/Co-Chair: CAPT Malaysia Gresham Harrell: Malaysia.Harrell@fsis.usda.gov and LCDR Latasha Turner: LTurner@hrs.gov





***Clinicians,
Please submit articles for this section
for next quarter's SWPAG Newsletter.
Thank you!
Editor***



CONTINUING EDUCATION OPPORTUNITIES



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

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READINESS TIP

Brought to you by the SWPAG-Readiness Subcommittee

KNOW YOUR ROLE



Are you familiar with **Force Health Protection (FHP)**? Social Workers and Psychologists are deploying on teams as embedded FHP Behavioral Health Officers (BHOs). Here are some readiness tips to ensure you are familiar with the role of the FHP during deployments as well as a few activities the FHP may facilitate with their deployment teams.

The definition of Force Health Protection includes to: “promote, protect, improve, conserve, and restore the mental and physical well-being of Service members...” The goal of the Commissioned Corps FHP is promote and support a resilient force. Some activities or interventions to reduce stress and promote mental health during deployments that Social Work FHPs could facilitate with their deployment teams are yoga, meditation and relaxation exercises, psychoeducation on health coping and warning signs, promoting physical exercise/activities, incorporating brief group activities and introducing daily journaling.

Remember your role. During deployments, it is common to be asked to assist with an array of activities to support the mission that are outside of your role however, “preventing any diminishment of the FHP asset’s role and function is vital to good team cohesion and mission success”.

For additional information/resources, contact Corps Care POC: LCDR Litton-Belcher at 240-276-9616

USPHS MERCHANDISE

Please note that Asian Pacific American Officer Committee (APAOC) merchandise will be available for purchase at both the PHS Awareness Day Event @ FDA and also Minority Officers Liaison Council (MOLC) booth during the COA Exhibit Hall. For MOLC booth @ COA Symposium Event, we highly encourage you to pre-order with CDR Phung to ascertain that we have your items and sizes available for pickup at the event. To purchase APAOC Merchandise, please contact CDR Hai Lien Phung (vvt3@cdc.gov).





Shout Out!

⇒ **CDR Caldwell** completed her degree from Nova Southeastern University and received her Doctor of Health Science degree.

Congratulations Dr. Caldwell!

⇒ **Mental Health Day, October 10, 2019:**

World Mental Health Day celebrates awareness for the global community in an empathetic way, with a unifying voice, helping those feel hopeful by empowering them to take action and to create lasting change.

For more information, go to: <https://wfmh.global/world-mental-health-day-2019/>



**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

Please forgive the lateness of this quarter's issue. My PCS put me behind (and I will probably be behind - at least at home - for the next six months!). Thank you to CDR Caldwell for the suggestion of the new "Shout Out!" page. This will be a place to announce special things that can be summed up in a sentence or two. Thank you to the officers who submitted articles for this quarter's issue. We have one more issue before the end of the year. Please submit **any and all articles (and Shout Out! Announcements)** 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:

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

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

