



SWPAG NEWSLETTER

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2013 SWPAG Meetings

Watch your email for
the upcoming 2013 meeting
dates and times

SWPAG Newsletter
created by
CDR Julie Niven, LCSW,
DCSW, MAC



Peter Delany Receives Ruth Knee/Milton Wittman Outstanding Achievement Award

NASW Foundation honors Delany for Behavioral Health Service and Research

WASHINGTON (released June 14, 2012) — The National Association of Social Workers (NASW) Foundation is pleased to announce that Peter Delany, PhD, LCSW-C, has been awarded the Knee/Wittman Outstanding Achievement Award for his efforts to expand the use and application of behavioral data in the health care reform movement.

The Knee/Wittman Awards recognize individuals who are models of excellence and have made significant contributions in the field of health and mental health. The Knee/Wittman Award Program was established in 1990 to recognize those who represent the values, ethics and approaches exemplified by two dedicated social work pioneers, Ruth Knee and Milton Wittman. The Outstanding Achievement Award is presented to an individual who has had a significant impact on national health or mental health public policy, professional standards or program models.

Rear Admiral (RADM) Delany, PhD, LCSW-C, currently serves as Director of the Center for Substance Abuse Treatment (CSAT) for the Substance Abuse and Mental Health Services Administration (SAMHSA). As director, RADM Delany is responsible for providing executive direction and leadership to a staff of approximately 131 and an annual budget of \$1.8 billion. He also leads SAMHSA's Strategic Initiative on Data, Outcomes, and Quality designed to promote a coordinated use of data to improve the quality and outcomes of behavioral health services.

RADM Delany has served for almost 20 years in the Department of Health and Human Services as a Commissioned Officer in the United States Public Health Service. He has extensive experience as a clinician, as well as in treatment and health services research, research development, and program and research systems management. He has focused his research and clinical career on addressing the needs of underserved populations.

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from the *SWPAG Chair*

...CDR Todd Lennon, LCSW

As you travel along the path of professional life, you learn to manage expectations, deliver on your promises, admit your mistakes, and learn from your experiences. So far in my professional life I have managed to do a fair job of tending to these axioms. Therefore, this last message to my professional community as its leader is a *mea culpa* of sorts.

When you selected me to serve as 2011 chair-elect, I began thinking about what I wanted to see us accomplish during my year as chair. Early this year we got off to a great start with all of our subcommittees fully staffed, led by a group of subcommittee chairs who were willing to do whatever was asked of them. To manage expectations, I challenged us to accomplish two seemingly simple goals: 1) raise social work's profile in the Commissioned Corps and 2) continue building our community.

To raise our profile, I announced that we would issue a definitive white paper on the profession of social work that would inform leadership and guide policy development. This did not happen for no other reason than the fact that I did not push it forward in the right way. I felt like I needed to control the document's development, but my regular duties and life got in the way.

The other strategy to raise our profile was to re-structure our group through the development of new bylaws. We are due for a review of the bylaws anyway. The Policy Subcommittee did what I asked it to do, but I did not move the review



...Continued on page 5

Another Call to Join COA...Let's Shout Out for Who We are as USPHS Officers!

I have been a member of the Commissioned Officer's Association (COA) since I was first commissioned in the USPHS and have found the membership benefits I've receive throughout the years invaluable! For example, I tore out 5 of the pages from a recent newsletter to keep for future reference. These pages contained information on how to access leadership training, information on how to submit officers' various experiences to be compiled in an upcoming COA book, information about next year's COA conference, information about the origins of COA, and information about potential eligibility for credit towards retirement for service –and these were just the items that interested me the most...

According to the COA Chair, only 75% of active duty officers belong to COA, and yet 100% of USPHS officers benefit from the advocacy and hard work that the COA staff completes on a daily basis. How do the 25% justify to themselves that it is okay to reap the benefits from COA's work without supporting COA by being a dues paying member?

Most of us are aware of MOAA (Military Officers Association of America) and what a fantastic job this organization does to help the USPHS build and maintain our standing as one of the seven uniformed services. COA is OUR ONE organization dedicated solely to working for us as USPHS officers. To most effectively do the work COA single-mindedly wants to do, they need our total support in membership. There is no voice louder on Capitol Hill then COA being able to say that 100% of commissioned officers are members of COA. Won't those of you who are not members join and those of you who are members reach out to others to encourage their joining? Thank you! www.coausphs.org

CDR Julie A. Niven

1-800-400-3300



THROTTLE THE OPEN ROAD WITH EASE

What every motorcycle rider needs to know to ride

“free” but SAFE...



MY FIRST BIKE '04

RECOMMENDED PERSONAL PROTECTIVE EQUIPMENT (PPE)

- DOT approved Helmet (Helmets SAVE lives)
- Face Protection (Eye Protection or goggles w/ shatter-proof lenses)
- Helmet windshield that do not distort your vision
- Gloves—(well-fitted, full -fingered) protects from weather's elements, blisters, and debris
- Footwear— (Sturdy over-the-ankle boots)
- Full Body Armor—(Jackets, Pants, Riding Suits that is leather or abrasion resistant)



Drivers need to watch out for bikers but more importantly riders need to be safe and responsible riders.

Riding a motorcycle can be fun and exhilarating. Most enthusiasts describe it as “freedom”. I describe it as down right “empowering”. In 2004 I began riding but not before taking a [Motorcycle Safety Foundation Course \(MSFC\)](#) which enabled me to become a defensive, safe, and licensed rider. I urge you to make the commitment now to become a better skilled motorcyclist tomorrow.

The Hurt Report is one of the most well-known studies out there on motorcycle safety. Check it out at

<http://isddc.dot.gov/OLPFiles/NHTSA/013695.pdf>

Improved motorcycle knowledge, preparation, and training leads to a smart rider with increased REACTION time.

This can and will save your life.

Helmet laws vary from state to state, but wearing a U.S. Department of Transportation (DOT) approved helmet should always be worn. If you are detailed to any military installation you are REQUIRED to take and pass the beginners and intermediate MSFC, be licensed, and wear correct Personal

Protective Equipment (PPE) on and off the installation. Understanding the regulations and policies of your state and post



LCDR Sonjia Howard says suit up for safety!

will enhance your already impeccable and effective leadership skills not only for yourself but also for subordinates who may enjoy riding. The Safety Office

on any post is usually a good place to start.

Check out these TIPS...

- ⇒ Research a [riders' course](#)
- ⇒ Read your Motorcycle Operations Manual
- ⇒ Know your motorcycle and state laws
- ⇒ Conduct pre-ride inspections
- ⇒ Wear correct PPE
- ⇒ Practice, practice, & practice with experienced riders in a safe location
- ⇒ Get licensed

- ⇒ [Alcohol Awareness](#)
- ⇒ [Group Riding](#)
- ⇒ **HAVE FUN!!!**

For information call the MSF at 800-466-9227

LCDR Sonjia Howard - Email: Sonjia.Howard@us.army.mil - Submitted on behalf of the JOAG WMR Committee

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RADM Delany has served in a number of positions in the Department of Health and Human Services including serving as the deputy director of Epidemiology, Services and Prevention Research at the National Institute on Drug Abuse, a senior research scientist in the Office of Applied Studies at SAMHSA, and as the program director for Health Services Research in the Division of Treatment & Recovery Research at the National Institute of Alcohol Abuse and Alcoholism (NIAAA). He rejoined the SAMHSA in 2008 as the director of the Office of Applied Studies which he reorganized into the new Center for Behavioral Health Statistics and Quality in 2010.

“He is the consummate social worker in his values, his leadership work, and his impacts,” says Katherine Briar-Lawson, PhD, the Dean of School of Social Work at the University at Albany. “Few are as deserving as Peter; he has been an exemplar on all fronts of engaged scholarship.”

“Peter Delany is a rare individual who has risen to high rank, and yet remained grounded in the day-to-day realities of mental health in the military,” says Robert Arnold, director of the NASW Foundation. “The Social Work profession is fortunate to have such a dedicated person addressing the health and mental health needs of vulnerable populations through his research, program development and leadership efforts.”

It is with great honor that the NASW Foundation presents Rear Admiral Delany with the Knee/Wittman Outstanding Achievement Award.

The National Association of Social Workers (NASW), in Washington, DC, is the largest membership organization of professional social workers with nearly 145,000 members. It promotes, develops, and protects the practice of social work and social workers. NASW also seeks to enhance the well-being of individuals, families, and communities through its advocacy.

The National Association of Social Workers Foundation (NASWF) is a charitable organization created to enhance the well-being of individuals, families, and communities through the advancement of social work practice.



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off my desk and the nuts-and-bolts revision we needed to do did not happen. In a fortunate turn of events, our 2012 senior advisor RADM Pete Delany was promoted to become one of only 16 two-star admirals in our service. This has done a lot to raise USPHS social work's profile in ways we have yet to appreciate. A former SWPAG chair and Social Worker of the Year recipient, RADM Delany has our best interests at heart and is willing to advocate on our behalf.

To build our community, I had hoped to provide relevant content in our quarterly meetings and encourage social workers to support one another in our professional and personal endeavors. To the extent possible, I think these strategies were effective and the community is better off.

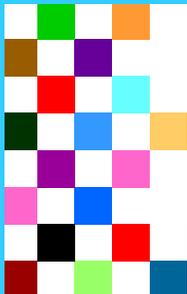
But as I reflect on the year, I can point to some really good stuff that happened under the auspices of SWPAG:

- Production of this high-quality quarterly newsletter. Thanks to CDR Julie Niven for her production and to all who contributed content.
- Quarterly networking and information-sharing teleconferences.
- Mentoring and professional development related to licensure. Thanks to LCDR Sonjia Howard and the LLT Working Group.
- Planning for the annual Uniformed Services Social Work (USSW) Conference. Although USSW did not happen because the AMSUS meeting fell through, we gained visibility and valuable experience as we take the lead for USSW next year.
- Hosted a networking luncheon celebrating Social Work Month in March. Thanks to chair-elect CDR Kristin Kelly for organizing this.
- Attended OBC open houses and graduations to welcome new social workers to the Corps.
- Distributed timely messages related to professional opportunities and information through the SWPAG distribution list. Thanks to SWPAG secretary CDR Scott Eppler for maintaining the list and sending all those messages.
- Supported our members with periodic notices of professional development opportunities and engagement with the HS PAC Mentoring Program. Thanks to LCDR Tracy Pace and CAPT Kerima Gibbons for their leadership in these activities.
- Conducted a successful SWPAG breakout session at the USPHS Scientific & Training Symposium's HSO Category Day at which almost 30 SWPAG members attended.
- Recognized the outstanding work of two of our own: LCDR Jonathan White as Junior Social Worker of the Year and CDR Dwayne Buckingham as Senior Social Worker of the Year. Thanks to the Awards Subcommittee for their work on this process.

So although I am personally disappointed with my tenure as chair and declare it unremarkable, we did a number of things as a team that we can be proud of and upon which we can build in the coming year.

Thank you for the opportunity to serve as SWPAG chair this year. I am looking forward to helping CDR Kelly wherever I can as she leads the group in 2013. Please do what you can to help make 2013 the best year in our history.

...*CDR Todd Lennon, LCSW*



Congressional Briefing Focuses on Social Work with Military and Families

Submitted from <http://socialworkcaucus-towns.house.gov/press-release/congressional-briefing-focuses-social-work-military-and-families> by CDR Todd Lennon, LCSW

Nov. 8, 2012

On Wednesday, November 7, the National Association of Social Workers (NASW) in conjunction with the Congressional Social Work Caucus hosted a briefing in the Rayburn Building exploring the broad dimensions of social work with members of the military and their families. Moderated by Elizabeth Hoffler, Special Assistant to the CEO of NASW, the briefing explored issues related to education, veterans' affairs, women in the military and public health. The central theme that emerged from the forum is that the sacrifice of military personnel and their families is broader than commonly recognized. Dr. Jo Ann R. Coe Regan, an Accreditation Specialist with the Council on Social Work Education (CSWE) opened the session by describing her experiences as a military social worker and the spouse of a military officer. She reported that there are currently 14 accredited MSW programs with a field of practice in military social work and a total of 29 programs with some content related to working with the military.

Dr. Regan reported there were 623 students with field placements in a military-related setting and that the numbers are expected to grow. In addition, 13 programs have received grants from the Health Resources and Services Administration (HRSA) of the Department of the Health and Human Services (HHS) to fund field placements and provide certificate training in military social work. She said several sessions during CSWE's Annual Program Meeting in Washington, DC November 9th through the 12th, focus on military social work.

Deborah Amdur, Chief Consultant Care Management and Social Work Services in the Office of Patient Care Service at the Veterans Health Administration reported the VA trains 1,000 social workers annually. She said the VA employs 10,000 social workers making it the largest single employer of social workers and that many of those employed began as interns as she did. She stated that 41 percent the social workers currently employed by the VA were hired within the past four years, evidence of a growing demand for social workers to work with veterans.

Ms. Amdur stated the VA relies on social workers to help address the social and mental problems of veterans and that the military is developing a greater appreciation of the value of social work skills which has led to joint training with the Department of Defense. The VA offers 40 hours of continuing education units (CEUs) annually and active duty members of the National Guard can receive supervision to complete their social work education. Among the challenges for the VA, Ms. Amdur stated, was adjusting its culture to the increasing number of women in the military.

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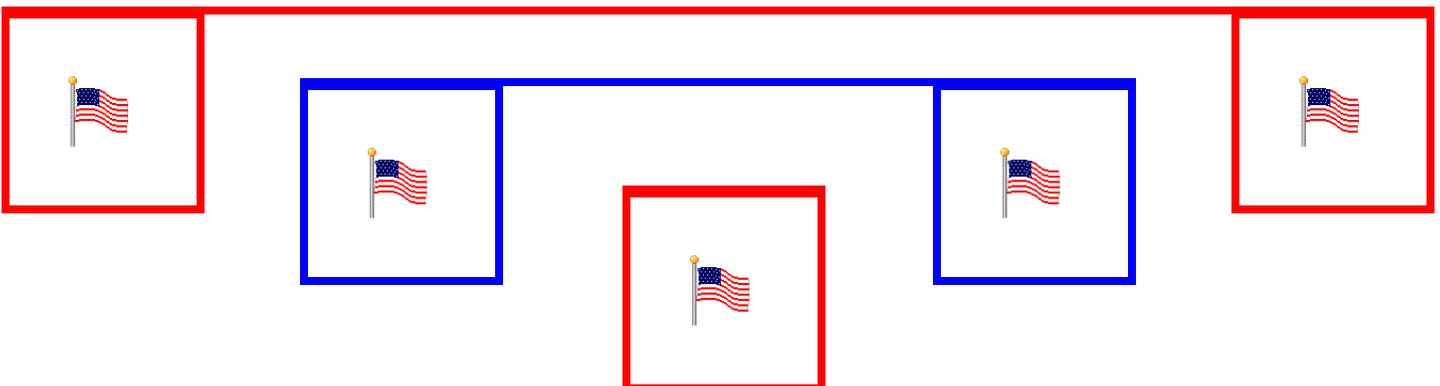
Dr. Jeffrey Yarvis, Deputy Commander and Vice President for Behavioral Health at Fort Belvoir Community Hospital spoke of a call to action for social work in addressing the pressing needs of military personnel and their families. He spoke of the need for more research and the need to educate military leadership about the value of social work. Dr. Jarvis stated that there was a conflict between the warrior ethos of the military and seeking help which is often seen as weakness. He said soldiers who were wounded mentally as well as those wounded physically often viewed the inability to complete their duties as failure. He said this is sometimes complicated by officers who push their troops to go the extra mile.

Dr. Yarvis also discussed the transmission of trauma—that the traumatic experiences of soldiers are often transferred to children and family members. For that reason, a school-based mental health program was implemented that identified 26 at-risk families. He said unlike mental injuries, physical injuries are visual and universally engender sympathy and support. He said when person is missing a limb people can see the injury but cannot see injuries to the brain. He said people are not aware that the sacrifices made by military personnel are broad.

The next speaker Col. Ann McCulliss Johnson is Reserve Social Work Consultant to the Army Surgeon General who helps reservists re-acclurate after deployment and develops programs and services for families of reservists. She stated that the military is increasingly becoming aware of the needs of service members in the National Guard and the Reserves who have had more exposure to combat during the last ten years. In addition, she reminded the audience that the National Guard is often on the front lines in responding to disasters. She said while 60 percent of the military’s resources are in the Reserves, reservists do not have access to military facilities when not on active duty.

Rear Admiral Peter Delany, Director of the Center for Substance Abuse Treatment at the Substance Abuse and Mental Health Services Administration (SAMHSA), noted that substance abuse is often overlooked when addressing the psycho-social needs of military personnel and their families. Dr. Delany said abuse of substances is viewed generally by the public as something people can choose to control. He says it is an added stigma for those with mental health problems seeking help. He concluded by expressing the need for more social workers with a certification in substance abuse and more practice-based research. Dr. Delany would like to see more social workers the field of public health.

Dr. Elizabeth J. Clark, Chief Executive Officer of NASW closed the program by stating the organization’s commitment to military social work through training and enhancing opportunities for certification.



Christmas on “the Rez”

By LCDR Deanna De Vore, LMSW

Some Americans are unaware that boarding schools still exist on Navajoland, which “I” and many other Navajos refer to as “the Rez.” We have heard of the historical trauma inflicted on Indians at boarding schools situated outside Indian land in the 1800s and were usually managed by non-Natives. Yet boarding schools still exist; however, some are situated on Indian land and managed by Natives. The dormitories provide shelter for disadvantaged, vulnerable children that would otherwise not have a warm and safe place to live while attending school.

Near my duty station situated in the remote, isolated area is a boarding school that houses up to 100 children between ages of 5 years to 18 years. These children live in the dormitory on weekdays and return home on weekends. Most of the children come from homes with no indoor plumbing, no electricity, and no central heating system. Most are from single-parent households that are below poverty level. During extreme inclement weather, the roads to their homes are impassable due to flash floods during the rainy season or snow in winter months. And yet, the families make every effort to ensure their children continue their education by sacrificing their time with them at home and allowing them to attend school without excessive absenteeism.

Since 2005, I have coordinated and handed out Christmas gift bags to 10 elders living alone with inadequate resources and little to no family support system. Many elders eagerly anticipate our gift bags, put them under their trees, and wait to open them until Christmas Day. We, also, have a gift bag for the first baby born in the New Year. In 2010 and 2011, I included the dormitory students on our gift list and provided gift bags to 72 children. Our healthcare staff generously donate items such as activity books, clothing, gift cards, MP3s and toys. The staff begin donating items in November and December after our facility Christmas dinner. The entire



LT Joann Lameman and LCDR Deanna De Vore with Dzilth-na-odith-hle Health Center staff.

staff help with sorting and gift wrapping. We have made this a tradition at our clinic!

In 2010, some of the staff and I attended the dormitory Christmas party. I invited a Youth Group from a nearby community to participate in this to encourage the older students to continue their education and be active in their community. Our Public Health Nursing Department also received a donation of over a hundred jackets which we distributed to some of the students and other children in the community. At the Christmas party, we sang Christmas carols, played with the children, and showed them how to operate the electronics. **Without a doubt, WE had a blast!!**



Staff wrapping gifts



SPOTLIGHT On a Social Worker

Making a Difference

By LCDR Tarsha Monik Cavanaugh, Ph.D., MSW, LGSW

LCDR Tarsha Monik Cavanaugh, Ph.D., MSW, LGSW, Senior Public Health Analyst, in the Health Resources and Services Administration (HRSA), Office of Women's

Health (OWH), was awarded the Achievement Medal and HRSA STAR Award this year. LCDR Cavanaugh's Achievement Medal was awarded for her leadership in representing HRSA as a lead subject matter expert on violence prevention at a symposium hosted by the Health and Human Services Office on Women's Health with the United Nations (U.N.) Special Rapporteur on Violence Against Women. During the symposium, representatives from HHS OWH and four HHS Operating Divisions including the Centers for Disease Control and Prevention; Administration for Children Youth and Families; National Institutes of Health, and the Health Resources and Services Administration provided an over-



view of how HHS works nationally to address this issue through research, surveillance, and funding programs. LCDR Cavanaugh was among other HHS representatives and presented relevant details about HRSA's mission, policies and programs for discussion with the Special Rapporteur. As a result of this meeting, the Special Rapporteur was able to draw conclusions for her United States site visit report that was publicly presented to the Human Rights Council in 2011. Earlier this year, LCDR Cavanaugh was also awarded HRSA's Star Employee Award for her oversight of a new collaboration with the Bureau of Primary Health Care (BPHC) that recognizes the high risk of homelessness among returning veterans, and their need for trauma-informed care. LCDR Cavanaugh researched this important area, highlighted key findings of the needs for veteran populations, and led discussions with BPHC's Health Care for the Homeless Program leadership which led to a new integrated component in the 2012 National Health Care for the Homeless Council (NHCHC) work plan. The partnership with BPHC and the NHCHC has Health Centers and Veterans Experiences of HCH Grantees Findings, a Health Literature Review, a Health and Experiences of HCH Grantees Findings, a Needs Assessment, Trainings/National Conference



ship with BPHC and the NHCHC has Health Centers and Veterans Experiences of HCH Grantees Findings, a Health Literature Review, a Health and Experiences of HCH Grantees Findings, a Needs Assessment, Trainings/National Conference

Congratulations to LCDR Tarsha Cavanaugh for a job well done!

...Other News ...

The SWPAG Career Development (CD) Subcommittee actively seeks and disseminates information on career opportunities for professional development, vacancies, and special assignments. In an effort to accomplish its mission the CD Subcommittee has created a calendar that lists various trainings/webinars, conferences and continuing education credit opportunities that might be of interest to our members. More current months will contain the most information. You should check back frequently as we will update the calendar as we learn of CD offerings around the country. Please email questions/comments, suggestions for making the calendar better and information about trainings/webinars, conferences and continuing education opportunities to LCDR Tracy Pace, Chair, SWPAG Career Development Subcommittee, at tpace@hrsa.gov. Requests for more specific information about any of the events on the calendar should be directed to the event host.

DECEMBER 2012

12: SWPAG General Membership meeting. 1500 to 1600 Eastern Time, 1-866-561-3692 Participant code: 3556504. Contact: LCDR Todd Lennon (tlennon@hrsa.gov)

12: Webinar: “Wake up to Social Work Series- Integrating wellness counseling and complementary-alternative medical treatments into your practice”, <http://www.naswoh.org/displaycommon.cfm?an=1&subarticlenbr=91>

19: Workshop: NASW FL presents: “Ethics and Boundaries”, Fort Myer, FL, <http://www.naswfl.org/events.html>

JANUARY/FEBRUARY 2013

14-17: Seminar: “Emotionally Focused Therapy for Couples”, San Diego, CA. <http://www.naadac.org/education/calendar-of-events?extmode=view&extid=2952>

16: Conference: “Society for Social Work and Research”, San Diego, CA, <http://www.eventsinamerica.com/events/sswr-annual-conference-2013-society-for-socialwork-and-research/ev4d488fee64580/>

25: Seminar: “Empowering People in Recovery and Community Members”, Alhambra, CA. <http://www.naadac.org/education/calendar-of-events?extmode=view&extid=2892>

25: Workshop: “Incorporating Guided Imagery into Mindfulness Based Cognitive Behavioral Therapy”, Bryn Mawr, PA http://www.brynmawr.edu/socialwork/pd/January25_2013.html#Imagery





Jan 31-Feb 1: Training: “Basic Meditation Certificate Training Program”,
Bryn Mawr, PA,
<http://www.brynmawr.edu/socialwork/pd/BasicMediation.html>

Ethics

<http://www.aswb.org/education/courses/index.php>

Ethics: Boundary Crossings and the Ethics of Multiple Role Relationships

<http://www.continuingcourses.net/active/courses/course066.php>

Aging, Mental Health, and Long-term Care

<http://www.continuingcourses.net/active/courses/course041.php>

Traumatic Brain Injury and Post Traumatic Stress Disorder

<http://www.dcoe.health.mil/TrainingCalendar.aspx>

The National Child Traumatic Stress Network

<http://learn.nctsn.org/course/category.php?id=3>

Center for Deployment Psychology

<http://deploymentpsych.org/training/online-courses>



...Other News ...

Happy Holidays!



*...and a **HAPPY NEW YEAR**
to All!*

*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>



2013 SWPAG Meetings

*Watch your email for the
 upcoming 2013 meeting
 schedule!*

From 1500 to 1600 ET

1-866-561-3692

Participant code: 3556504

SWPAG Colleagues:

*The Communications Committee encourages officers to
 submit any news/events information about fellow
 social workers, something you've accomplished,
 clinical issues, job/agency opportunities, recruiting
 ideas or strategies, career enhancement suggestions,
 educational opportunities (CEU's), publicity events,
 deployment/OFRD training experiences, CCA events
 etc. for publication in the SWPAG newsletter.
 Please have submissions cut and paste ready.*

Thank you!

*Please respond to CDR Niven at:
julie.a.niven@us.army.mil with submissions*