

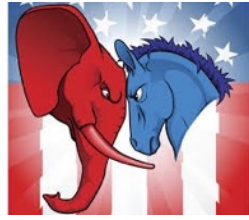
KA HŪLILI



NASW Hawaii Chapter Newsletter

Alone we can do so little; together we can do so much

Helen Keller



HOW TO PARTICIPATE IN HAWAII'S PRESIDENTIAL CAUCUSES



SOCIAL WORK
FORGING SOLUTIONS
OUT OF CHALLENGES

MARCH IS SOCIAL WORK MONTH



7 PROVEN WAYS SOCIAL WORKERS FORGE SOLUTIONS TO PROBLEMS

2016 NASW Hawai'i Award Winners and Scholarship Recipients

Lifetime Achievement Award

Dr. Jon K. Matsuoka, President & CEO, Consuelo Foundation

Dr. Matsuoka is currently the President and CEO of the Consuelo Foundation. Since starting with the Foundation in August 2010, he earned the respect and trust of his colleagues. Credit to his creative vision and strategies, the Foundation's Board of Directors approved an innovative 5-year strategic plan (2015 – 2020) to fulfill its mission of preventing and treating the abuse, neglect and exploitation of children in Hawai'i and the Philippines. Prior to that he was at the Myron B. Thompson School of Social Work at the University of Hawai'i at Mānoa for a total of 25 years, serving as a professor for 15 years and dean during the last 10 years of his tenure. His scholarly research focused on social impacts, the effects of socio-ecological change on human behavior, and global issues in social work



Lifetime Achievement Award

Jerry Rauckhorst, President and CEO of Catholic Charities Hawai'i

Jerry began his career with Catholic Charities, working part-time for Catholic Charities Cleveland's (CCC's) Catholic Youth Organization. After earning his bachelor's degree in 1973, he became director of CCC's youth enrichment and development programs. Jerry received a Master of Social Science Administration degree in 1976 from the Mandel School of Applied Social Sciences at Case Western Reserve University, which he attended on a Catholic Charities scholarship. Jerry was recruited for the top leadership position of Catholic Charities Hawai'i (CCH) and appointed its Chief Executive Officer in October of 1995. Since then, he has led the statewide agency in its mission to help people of all faiths and cultures through social services and advocacy for social justice. focusing especially on those with the greatest need.



Friend of Social Work

Sheila Beckham, CEO, Waikiki Health

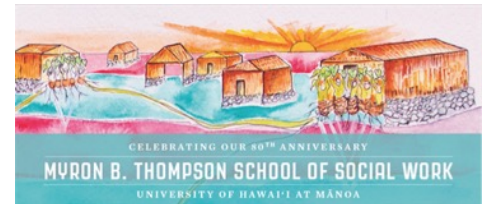
Many remarkable and life-changing things have happened at Waikiki Health (WH) thanks to the visionary leadership of CEO, Sheila Beckham. She joined the agency in January of 2008, and has been moving the community health center in a positive trajectory ever since, providing life-saving health care and social services to thousands of patients along the way. Over the past 8 years, propelled by the strong leadership of Beckham, the agency has successfully developed new networks of service sites which have added essential programs beyond our primary care service.



Advocacy & Social Justice Award

*University of Hawai'i,
Myron B. Thompson School of Social Work*

The MBT School of Social Work has graduated over 5,500 social workers. This year marks their 80th anniversary. In 2011, the MBT SSW made a commitment to prioritize itself as a “Hawaiian Place of learning”. This strategic move meant that the school would promote and support the lived values of our homeland and its indigenous people to create culturally responsible social workers in the community. “Our first priority is social justice,” says Dean Mokuau, “And we believe that by advocating for, and lifting up, Native Hawaiians, we lift up the people of Hawai’i.”



Legislator of the Year Award

Senator Rosalyn Baker

Roz Baker has represented the people of Maui County in the Hawai'i State Legislature for almost 20 years, serving in a variety of leadership positions. She currently represents residents of South and West Maui and is Chair of the Senate Commerce and Consumer Protection Committee.

Roz has been a long-time advocate for issues that affect the quality of life for the average person including:

access to health care, quality public education, equity in the workplace, and equal rights for all

She also has special interest in community issues such as:

Prevention of domestic violence and sex assault, care for elders, sustainable economic development focusing on green industries, Science Technology Engineering and Math (STEM) careers including renewable energy, preservation of Hawai'i's natural resources and host culture, fighting for distressed homeowners, advancing health policies, and protecting the consumer



Scholarship Recipients

MSW \$1500 Scholarship recipients

Kuuleialohaonalani Salzer, University of Hawai'i

Michael Paeste, Hawai'i Pacific University

BSW \$500 recipient

Brandy Karl, Brigham Young University- Hawai'i



NASW Hawai'i Board

President: Eddie Mersereau,
LCSW, CSAC

President-elect: Robin Arndt,
MSW, LSW

Vice-President, Wendy
Yoshioka, MSW

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Jessica Brazil, LCSW

Moloka'i Branch:

Edwina Greenleaf, BSW

MSW Student Representative:

Danielle Phillips, BSW

BSW Student Representative:

Brianne Lyn Nagamine

**Awards & Nominations
Committee:**

Vicky Asayama, LSW, ACSW

Christian Kunz, MSW

Executive Director: Sonja
Bigalke-Bannan, MSW, LSW

NASW Hawai'i Chapter

677 Ala Moana Blvd. Suite 903

Honolulu, HI 96813

808.521.1787

Letter from the President-Elect

Aloha kākou,

On behalf of the chapter leadership, allow me to wish you a Happy Social Work Month. In celebrating our profession, we come together under a central theme of *Forging Solutions Out of Challenges*. With over 2,000 licensed social workers in the state, from Hanalei to Puna, social work is represented in a variety of organizations and positions.

In every community, social workers are the agents of change. *Forging Solutions Out of Challenges*, we stand together as advocates, holding firm on social justice. We unite under a common mission “to enhance human well-being and help meet the basic human needs of all people” (NASW, 2008).



In the spirit of reflection, it is important to recognize our successes, understand our present, and look forward to the future. Over the past year, our NASW-Hawai'i Chapter has provided a variety of continuing education opportunities. Just over a year ago the Chapter began a Webinar Series, which provides social work continuing education contact hours at no additional cost to members. Eight webinars later, ninety-two members have participated in at least one webinar, with 18% of those same members participating in two or more. Spanning a variety of topics from clinical supervision, to establishing a medical neighborhood, the diversity in topics mirrors the diversity in practice.

Many of you have learned already from NASWnews (the monthly newsletter from the national NASW office), that our Association is undergoing modernization and revitalization efforts. Details regarding the modernization plan can be found on the NASW website on the Governance page (<https://www.socialworkers.org/governance/default.asp>).

On April 8, at 9 AM HST (3 PM EST) the National office will be hosting a special membership meeting to discuss the Association's Modernization plan. As a member of the largest professional social work organization, I urge you to attend the special meeting and to learn about the Modernization plan. In order to attend the meeting, members must register by March 11 by emailing specialmeeting@naswdc.org.

Following the survey that was sent out in January regarding the Chapter Priority areas, we are releasing a new survey on Clinical Supervision in Hawaii. Eddie Mersereau, our current President, has championed this topic and this survey will build upon his work. It will provide insight on the experiences of both those providing clinical supervision and those receiving it.

I am proud to be social worker and am thankful for the opportunity to serve the Chapter as the next president. Mahalo for upholding our professional values, for the work that you do in your community, for your membership and for your support.

A hui hou!

Robin G. Arndt, MSW, LSW
 President-Elect | NASW-Hawaii Chapter
robin.g.arndt@gmail.com

Special National NASW Online Membership Meeting

IMPORTANT:

To Participate You Must Sign up by March 11, 2016

Meeting will be held on Friday, April 8

from 3 -5 PM EST (9-11 AM HST)

Send your name and chapter affiliation to

specialmeeting@naswdc.org to hold your place

Note: This will be an online meeting, and will require that you have internet access and a computer to participate. An urgent special meeting of the nationwide NASW membership will be held online on Friday, April 8 from 3:00 to 5:00 PM (EST).

We strongly encourage you to participate to learn about the issues.

Details of the Modernization plan accepted by the National NASW Board can be found on the National NASW website at the following link:

<https://www.socialworkers.org/governance/membersfirst.asp>

We urge you to learn all that you can about the plan in advance and prepare comments.

If you have any questions or concerns, please do not hesitate to contact us. Thank you for your membership, and for taking an active role in the future of your professional organization.

March is Social Work Month!



Alzheimers Foundation of America Celebrates Social Work Month With Debut of New Webinar Series

/EINPresswire.com/ -- NEW YORK, NY--(Marketwired - March 01, 2016) - In honor of social work month, the Alzheimer's Foundation of America (AFA) is kicking off a new webinar series designed just for social workers. The webinars are free and social workers who attend and complete a short evaluation, following the webinar, will receive one continuing education contact hour. The first in the series, "Celebrating Social Workers As Partners In Care," takes place March 16.

The webinar will focus on helping social workers recognize behaviors as forms of communication. Doing so can help reframe challenging situations into opportunities to build relationships with individuals with dementia and their families.

"With the growth of our nation's aging population, social workers are increasingly finding themselves faced with individuals with dementia, and there isn't a whole lot of dementia-specific training out there," said Molly Fogel, L.C.S.W., director of educational and social services at AFA. "Often, individuals with dementia will express their needs through body language or behaviors because they are otherwise unable to communicate them. The goal of this webinar is to help social workers understand such behaviors or signals and use them to personalize each individual's care plan."

To register for the March 16 webinar, visit <http://bit.ly/1QYMsMt> and choose either the 11 a.m. (EDT) or 3 p.m. (EDT) session. Additional webinars in the series will be held in June, August and October. For more information or to schedule an in-person training for your team, contact Molly Fogel at 866-232-8484 x131 or mfogel@alzfdn.org.

About Alzheimer's Foundation of America (AFA):

The Alzheimer's Foundation of America is a non-profit organization that unites more than 2,400 member organizations nationwide with the goal of providing optimal care and services to individuals confronting dementia, and to their caregivers and families. Its services include a national, toll-free helpline staffed by licensed social workers, educational materials, a free quarterly magazine for caregivers and professional training. For more information about AFA, call 866-232-8484, visit www.alzfdn.org, follow us on Twitter, or connect with us on Facebook.



7 Proven Ways Social Workers Forge Solutions To Challenges

March 1, 2016 by Nate Crowell

I live in the great city of Birmingham, Alabama. Hovering high over the city is the largest cast iron statue in the world: Vulcan, Roman god of Fire and Forge. I was riding past Vulcan and thinking about this year's social work month theme "Forging Solutions Out Of Challenges".

Two thoughts came to mind:

1. Where are Vulcan's pants?
2. Changing all that iron ore into a statue must have been really hard.

Let's leave thought number one alone and focus on number two.

When I looked at the Vulcan statue, I thought about all of the challenges that must be overcome to change (forge) iron ore (a challenge) into an epic statue (solution).

Think about what has to happen: Iron ore must be mined from the earth. Then the iron ore is heated to a high temperature to extract it from the rock. The melted iron is then cast into a mold, creating its new shape.

Maybe you've got your own iron ore-like challenges to work on: You've decided to pursue your MSW while continuing to work full time. You're struggling to find your first social work job after graduation. Your family life suffers because of your overwhelming work duties.

Regardless of where you are in your life and career, one thing is certain:

If you are going to be effective helping clients overcome challenges in their lives, you're going to need to do the same for yourself. In today's post, you'll learn 7 proven ways you can forge solutions to your own challenges.

Forging Defined

So what do we mean by forging?



Photo credit: David Gunnells (Earthsound)

Your first thought may have been something like this:

I think NASW had something more like this definition in mind:

forge (fôrj) / verb

make or shape (a metal object) by heating it in a fire or furnace and beating or hammering it. (dictionary.com)



Before the blacksmiths of the world begin educating me on the difference in forging steel vs casting iron, let me stop you . . . we are using a loose metaphor here. Just go with it. :))

Forging = Changing

If you want to forge a solution to a challenge, you probably want to change something in your life.

One of my all time favorite books on change is: *Switch: How To Change When Change Is Hard* by Chip and Dan Heath. I've gushed about the Heath brothers before. In *Switch*, the brothers outline strategies backed by science that increase the likelihood of change happening.

Let's checkout some of their "forging" framework.

1. Find Your Bright Spots

Any social worker worth their salt is good at finding strengths in their clients. Do the same for yourself. Identify where you've had success in the past. Collect data on yourself and increase your time spent in strengths-based activities. Obsess about your success. Challenge: Your annual performance appraisal included three outstanding ratings and one less than average rating. Bright Spot: Focus on the ratings where you have strong scores and focus on spending more time in those activities.

2. Script Your Critical Moves

Start by thinking big picture. But when it becomes time to work on a solution, think small and concrete. Focus on the specific behaviors and next actions you can take. What is the first or next step you can take? Schedule those first one, two, or three steps. Challenge: You need to finish filing your 2015 taxes. Critical moves: (1) Gather all W-2s and tax documentation, (2) turn on computer, (3) login to Turbo Tax.

3. Shrink The Change

Big challenges can overwhelm you. Taking small steps . . . not so scary. Sometimes you may need to shrink down your change really, really small to get started. Challenge: You want to run a half marathon by year's end, but you are out of shape. Change Shrink: You know how to walk. Start by walking for ten minutes everyday at lunch.

4. Adopt a Growth Mindset

Change often involves learning something new. You should never give up just because you don't immediately succeed. When you are struggling to learn something new, your self-talk should be "I just haven't figured it out yet". Research studies show that when you develop this mindset and grit, your outcomes improve significantly. Challenge: You're struggling to catch up on using the new electronic health record software. Growth Mindset: You learned to use Gmail and Facebook, you will catch on with the EHR the more you use it.

5. Begin With The End in Mind

Physical creation follows the mental creation. Start with visualizing the solution, or where you want to end up. Got your vision? Good! Now work backwards from there (also known as backwards goal setting). Challenge: You need to plan and hold a successful social work month conference. End in Mind: Imagine conference attendees smiling and raving about your awesome conference and giving glowing evaluations.

6. Tweak The Environment

Your environment significantly impacts your ability to change. When you change your environment, you alter triggers that cue the undesired behavior that needs changing. Challenge: You've gained weight because you buy and eat doughnuts every morning on the way to work.

Environment Tweak: Change your driving route so you avoid the doughnut shop completely.

7. Build Habits

Change happens more easily when you create habits that support the desired change. Habits, once set, don't require as much energy to implement or maintain. Challenge: You get sidetracked every morning while responding to seemingly urgent email. Habit: Avoid checking email and voicemail during the first hour of work.

Summary

Social work month is the time to recognize and celebrate the value social workers at all levels add to society:

BSWs, MSWs, LMSWs, LCSWs, PhDs

This month is also a time to connect and draw on strengths from your colleagues. If you are reading this article, you are part of a community of hundreds of social workers who want to succeed personally and professionally. Challenges will arise in your life and career that need solutions. Use the strategies suggested in this article to begin forging solutions out of your challenges.

Now get to forging!

Sign up for updates at SocialWorkerSuccess.com

article reprinted from <http://socialworkersuccess.com/social-work-month-2016/>

Committee Members Wanted!

Interested in becoming more involved with your NASW chapter?

We would love to have you!

Members wanted to serve on:

Legislative Committee

PACE (political action) Committee

Continuing Education Committee

Please email us with interest at info@naswhi.org

Advertise in the NASW newsletter! Reach over 900 social workers in Hawai'i!

Advertising Rates Line classified: \$4.00 per line, approximately 35 characters, with a 5 line minimum.

Display advertisements with borders: business card size = \$30; 1/4 page = \$50; 1/2 page = \$75; full page = \$115.

Deadline for Receipt of articles: Usually the last Friday of the month for the following month. Call the Chapter office to verify the next printing of the newsletter and website posting (rates are per month).

Advertisements may include employment, office space, seminars, or miscellaneous ads and will also be posted on our website for that month. Our website receives over 30,000 hits and over 3,000 individual visits each month.

Subscription Rate for non-members: \$20/year; Mailing labels one time rental= 25 cents per label.

Send information to: NASW Hawai'i Chapter, 677 Ala Moana Blvd. #702, Honolulu, HI 96813, Phone: 521-1787, Fax: 628-6990

NASW reserves the right to accept, reject or edit advertisements, articles and notices of events based on publication schedule, space limitations, and appropriateness. Publication of advertising copy does not constitute endorsement or approval of the contents therein of a book, other publications, points of view,

NASW Hawai'i will be co-hosting the 8th Annual Rural Behavioral Health Conference

This year's conference will be October 21, 2016.

The mission of the Rural Behavioral Health Practice Conference is "To make quality continuing education available to behavioral health professionals about the particular practice issues involved in working with rural people and communities." We encourage presentations that focus on our mission and this year's theme, **"Working with Marginalized People in Rural Communities."** Examples include the chronic pain/heroin epidemic, veterans, poor, GLVT, imprisoned/prison reform, homeless, elderly, indigenous people, migrants, substance abuse, sex offenders, and suicide/bullying prevention. We also would like presentations on clinical tools and skills, such as ethics/supervision, EBT issues, integrated records/HIPAA, integrated care, telehealth, etc., as applied and relevant to rural practice.



Photo credit: Cameron Wilson

This is a webcast conference. Presenters can choose to travel to the origination site at UM-Morris, MN, or to present by UM's WebEx program from the presenter's local site. Those who choose to travel to Morris, MN, will receive up to \$300 travel reimbursement for each presentation. Those who choose to present from their local site will need professional telecommunications capabilities and a hard-wired internet line (not wifi). After a presentation is accepted, we will need a professional photograph, short summary of the presentation for website posting, short bio, and a signed webcast release and COI form. All presenters will need to send Power Point and other handouts at least 3 weeks before the conference, by October 1, 2016.

Except for the 2-hour Keynote address, the length of presentations will be 90 minutes. Due to webcasting across six time zones, we will ask the keynoter and one other presenter to present at both the beginning and the end of the conference. Presenters will receive free conference registration and CE credit, as well as a \$100 honorarium/presentation (double for two repeat presenters). Please contact Conference Coordinator Kay Slama, PhD, at slama@morris.umn.edu or 320-905-6051 if you have questions or difficulties with online submission.

Presentation proposal deadline is March 30, 2016.

Submit proposals via

<http://www.mnpsych.org/rural-conference>

NASW Hawai'i is partnering with the Hawaii Psychological Association to have webcast site in locations all across the state. More information will be released as we finalize the site details.

• DO YOUR PART! •
HAWAI'I PRESIDENTIAL CAUCUSES

**DEMOCRAT
PRESIDENTIAL PREFERENCE POLL
(CAUCUS)**

MARCH 26TH, 2016, 1 PM
DON'T KNOW YOUR PRECINCT? CALL YOUR
COUNTY CLERK'S - ELECTIONS DIVISION
OFFICE TO LEARN YOUR DISTRICT AND
PRECINCT NUMBER.

**FOR MORE INFORMATION:
[HTTP://HAWAIIDEMOCRATS.ORG/](http://hawaiidemocrats.org/)**



**REPUBLICAN
CAUCUS**

MARCH 8, 2016 @ 6:00 PM - 8:00 PM
TUESDAY, MARCH 8, 2016, VOTING AT
MULTIPLE LOCATIONS STATEWIDE. POLLING
PLACES WILL BE OPEN FROM 6PM TO 8PM
AND WILL BE DIFFERENT THAN THE NORMAL
PRECINCT VOTING LOCATIONS.

**FOR MORE INFORMATION
[HTTP://GOPHAWAII.COM](http://gophawaii.com)**

NASW	Hawai'i	Approved	CEUs
Technology & Ethics in Social Work Practice	When: 3/5/16 Cost: \$45 3 CEUs	Place: UH Manoa, 103 Gartley Hall (O'ahu)	Register: http://www.hawaii.edu/sswork/cepd
Technology & Ethics in Social Work Practice	When: 3/7/16 1-4pm Cost: \$45 3 CEUs	Place: UH Hilo	Register: http://www.hawaii.edu/sswork/cepd
How to Be an Effective Clinical Supervisor	When: 3/11/16 Cost: students \$25, early bird, day of \$55 3 CEUs	Place: HPU 45-045 Kamehameha Highway, Kaneohe (O'ahu)	Register: http://www.hpu.edu/CHSS/SocialWork/blocks-home-rightcol/2016_CEU.pdf
EMDR Basics Training, Weekend 2	When: 4/1/16-4/3/16 Cost: \$850 early bird, \$925 after. Discounts available for non-profits 20 CEUs	Place: New Otani Kaimana Beach Hotel, 2863 Kalakaua Ave, Honolulu (O'ahu)	Register: www.emdr.com
Developing Attention to Ethics: Work with Volunteers/ Paraprofessionals	When: 4/1/16 Cost: students \$25, early bird, day of \$55 3 CEUs	Place: HPU 45-045 Kamehameha Highway, Kaneohe (O'ahu)	Register: http://www.hpu.edu/CHSS/SocialWork/blocks-home-rightcol/2016_CEU.pdf
Understanding Cravings and Emotions: Overeating, Habit Formation & the Brain	When: 4/7/2016 , 8:30am-3:30pm, 6 CEUs (O'ahu) Cost : \$115 in advance, \$130 at the door	Place: Pagoda Hotel, 1525 Rycroft Street, Honolulu (O'ahu)	Register: www.INRseminars.com
Trauma Informed Care	When: 4/8/16 Cost: \$50 NASW/ HYSN members, \$100 non-members 6 CEUs	Place: Courtyard Maui Kahului Airport 532 Keolani Pl, Kahului (Maui)	Register: Co-hosted by NASW Hawai'i & HYSN contact Jennifer Fonseca jennifer@hysn.org
Supervision 101	When: 4/9/16 9am-12pm Cost: \$45	Place: UH Manoa, Gartley Hall 103 (O'ahu)	Register: http://www.hawaii.edu/sswork/cepd

NASW	Hawai'i	Approved	CEUs
Live Interactive Webinar Series: Foundations in Ethics & Values in Social Work Practice	When: 3 meetings, Apr 14-28, 2016 • Thu • 12:00-1:15pm Cost: \$40	Place: Webinar	Register: http://www.hawaii.edu/sswork/cepd
EMDR Basics, Weekend 1	When: 4/22/16-4/24/16, 8am-4:30pm, 20 CEUs Cost: \$625	Place: MYFS Baldwin Campus, 1931 Baldwin Ave. Makawao, (Maui)	Register: http://www.instituteforcreativemindfulness.com/emdr-therapy-training.html
Technology and Ethics in Social Work Practice	When: 4/22/16 Cost: \$45	Place: Child & Family Service in Ewa Beach (O'ahu)	Register: http://www.hawaii.edu/sswork/cepd
11th Bioethics Conference: Dementia- A Population Health Challenge: Rising Rates, Emerging Ethics	When: 4/29/16 7 CEUs Cost: \$150 Early bird registration before April 1, 2016	Place: Pomaika'i Ballrooms, Dole Cannery, Honolulu (O'ahu)	Register: 2016EthicsConference@stfrancishawaii.org
Social Work Licensing Test Prep Class	When: 4/30/16 , 1p-4p, 3 CEUs Cost : \$25 NASW Members/ \$50 Non-members	Where: Aloha Tower, (in person on O'ahu, webinar simultaneously)	Register: https://www.eventbrite.com/e/social-work-licensing-test-prep-class-tickets-21321923447
Trauma Informed Care	When: 5/13/16 , 9am-4pm, 6 CEUs (Kauai) Cost : \$50 for NASW/HYSN members, \$100 for non-members	Where: Kauai Hospice, 4457 Pahee St, Lihue, (Kauai)	Co-hosted by NASW Hawai'i & Hawai'i Youth Services Network (HYSN). Register: https://www.123signup.com/register?id=phvpd
The Mindful Social Worker	When: 5/20/2016 , 9am-12pm, 3 CEUs Cost : \$25 for students, \$45 early bird, \$55 at the door	Where: HPU Windward Hawai'i Loa Campus, 45-045 Kamehameha Highway, Kaneohe (O'ahu)	Register: http://www.hpu.edu/CHSS/SocialWork/blocks-home-rightcol/2016_CEUs.pdf

CAREERS.socialworkers.org

The Social Work Career Center

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Professional Development And Training



Employers



NASWJOBLINK
THE SOCIAL WORK CAREER CENTER

Go from student to employed professional, frontline worker to manager. Find a higher-paying position closer to home. Apply your skills and experience at a new location across the nation. Whatever your next professional step may be, the Social Work Career Center has the tools you need to excel.

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CAREERS.socialworkers.org**

