In working with children to help them navigate a changing society, current School of Social Work student Israa Eldeiry has found her passion, her purpose, and a way to serve her community.

Though born in Egypt, she’s lived in Fort Collins from an early age, and has strong ties to Colorado State University. Her father received his doctoral degree from CSU, and worked as a research scientist for the Department of Civil and Environmental Engineering and the College of Agricultural Sciences. Her older brother received his bachelor’s degree from CSU, and Eldeiry thought it only natural to carry on the family tradition of service to CSU and the Fort Collins community. That commitment has remained strong through challenges of discrimination. “I’m Muslim-American,” said Eldeiry, “and I’ve experienced discrimination because of my faith. One time in high school, a boy came up to me in the lunchroom, saying something about Iraqi terrorists.”

“My friend encouraged me to go over to him and really stand up for myself,” Eldeiry said. “I was able to talk with him about why he said that, how much it hurt me, and why it wasn’t okay. It was a really empowering moment for me.”

When Eldeiry came to CSU, she served as president of the Muslim Students Association for three years, working to connect Muslim and non-Muslim students to causes in the greater Fort Collins Muslim community, and helping promote Muslim students’ needs at the University.

“The Asian Pacific American Cultural Center was really great,” Eldeiry said. “They reached out many times and offered resources for students and staff—like for people who wanted a private room to say their prayers.” She now serves on the School of Social Work’s Diversity and Human Rights Committee.

Her early experiences dealing with discrimination sparked her desire to work with youth on issues of identity. Pursuing her B.S. W. allows Eldeiry to transform her passions into preparation for generalist practice in social work, realizing aspects of the program promoting human rights and individual, community, and global well-being.

She is currently doing her field education internship at Putnam Elementary, working with faculty to serve students, especially members of Fort Collins’ growing Muslim community. Eldeiry hopes to foster interfaith and intercultural understanding, promoting acceptance in some of Fort Collins’ youngest citizens.

“I just really love kids, and my mind is just blown by how they grow,” said Eldeiry. “I want to be a mentor for youth, including girls who identify as Muslim like me. I want to help them learn how to navigate their community.” After graduation, Eldeiry plans to gain work experience in the social work field with children for a year before pursuing her M.S.W.
**FROM THE DIRECTOR**

Greetings! Following a tumultuous election season, I’m reminded of the importance of our mission as social workers. We must build bridges. We must hold on to empathy, which is a cornerstone to what we do, and now may be a time for us to be challenged to use it. We must believe in what we do, who we are, and each other.

Currently within the SSW, we are doing many things to engage our students in social justice practice, and you will see some examples in this issue. We are committed to prepare students to work in the modern world and practice in complex, diverse, and dynamic settings and environments, and to promote human rights and individual, community, and global well-being.

Two ways to get involved in our mission are donation and participation. Financial support of the SSW allows us to provide scholarships to deserving students who give back to our community by virtue of their diversity and strength of purpose. We’re grateful to Ken Hoole ’76 and his partner Tim Sagen for establishing the Hoole/Sagen Scholarship, for students with a commitment to support the GLBT community.

I’m pleased to let you know we’ve reactivated our Alumni Network and encourage alumni participation in a survey that will determine what activities and programs best serve you. I’d also be immeasurably pleased to hear your thoughts and ideas. You can reach me at (970) 491-2378 or email audrey.shillington@colostate.edu.

Audrey Shillington, Director

Your feedback is important! surveymonkey.com/r/3Y9BYF8

FORT COLLINS, PUEBLO JOIN FORCES FOR POLICY PRACTICE LEARNING

For example, according to the Colorado Center on Law and Policy, the 2016 poverty rate in Colorado declined to 12 percent; however, rates are much higher among Latinos (21.4 percent), blacks (19.5 percent), and Native Americans (20.6 percent) with 42 percent of Coloradans of color living in poor neighborhoods and near the federal poverty level.

“Inequality and injustice are at the heart of many social problems,” said School of Social Work Director Audrey Shillington. “In order for all social workers, regardless of specialization, to engage in political action tackling issues of discrimination and poverty, schools of social work must adequately train and advise students in policy practice.”

The collaboration resulted in the first department-sponsored Advocacy Day, held Jan. 31 at the Capitol in Denver. B.SW. and M.S.W. students from both campuses observed legislative sessions, attended a community advocate panel discussion, attended committee hearings, and advocated in scheduled meetings with legislators of both parties.

The event gave students “real-world” experience on social justice issues facing vulnerable populations in Colorado.

The partnership will also help connect faculty across campuses to plan for further collaborations, including the design of educational trainings and the publishing of student outcomes.
SENIOR PLANS CAREER HELPING LATINO COMMUNITY

BY HALEIGH CANNALTE

Ray Rios discovered his passion as a B.S.W. student by recognizing a need in his own community. “The inspiration that led me to social work is the struggle of my people,” said Rios. “I identify as a Latino male and grew up in a community that faces many different types of struggles.”

The 2010 U.S. Census reports the Hispanic population has surpassed 50 million and accounted for more than half of the 273 million population increase in the last decade. It is 16.3 percent of the U.S. population, and 21 percent of the state population in Colorado (more than 1 million).

Rios observed where his help is needed for the Latino community through first-hand experience. “I have seen how some social workers and agencies are culturally incompetent, thus not being able to communicate well, and not connecting people with the resources they need,” Rios said.

Through his time in Colorado State University’s social work program, Rios discovered that he was a “natural helper” and now facilitates a social work course in the program—teaching him to how to be better organized and how to run a group efficiently.

Rios has also gained experience with practice in an agency setting, under the guidance of his B.S.W. field education instructor. “I am currently interning at the Boys & Girls Club in Loveland,” Rios said. “It’s important to have a positive impact so they grow up to become outstanding, educated citizens.”

He will receive his B.S.W. this May. “I recently took a class on social policy, which inspired me to pay close attention to politics. So, I can see myself as a politician after graduation,” said Rios. With his B.S.W. degree in hand, he’ll be prepared to enter social work practice as a generalist professional and continue to follow his passion in any direction he chooses.

The transformative outreach that forms a key element of the School of Social Work’s mission—along with exemplary education and applied research—is often the part of the program that ignites students’ passion for the social work profession.

“A NEIGHBORHOOD APPROACH

Making Connections between Perceived Safety and Physical Activity

Assistant Professor Paula Yuma studies the effects of environmental, economic, and social characteristics of neighborhoods on the health and well-being of individuals.

BY APRIL ESPINOZA

Many of us go about our busy days surviving on caffeine while we juggle school, work, family, and other myriad obligations. To stay healthy, we might try to fit in a yoga class or a quick jog.

That is, if we are lucky enough to live in safe neighborhoods that support physical activity. Would you take a brisk run in your local park if you thought it could be dangerous? Would close ties with your neighbors make you feel safe?

Faculty member Paula Yuma recently published a study in the journal Health Education and Behavior that examines how social cohesion—the degree of trust and connection between neighbors—changes the effects of socioeconomic status, perceptions of neighborhood safety, and access to parks on mothers’ engagement in physical activity.

In collaboration with Catherine Cubbin and Kirk von Sternberg of the University of Texas at Austin, Yuma analyzed data from the Geographic Research on Wellbeing Study. This survey included 2,750 mothers from California with children between the ages of 4 and 10 years old.

Yuma found a strong sense of community connection led to higher levels of mothers’ physical activity, even in neighborhoods the mothers believed were unsafe. “It seems that community connectedness can dampen the way fear of crime normally hinders women’s ability to exercise,” Yuma said.

She believes interventions that target neighborhoods can ultimately improve general well-being. “One of the things that’s exciting is the sense of neighborhood connectedness—social cohesion—also has positive influence on other health outcomes and overall quality of life,” said Yuma.

According to the U.S. Department of Health and Human Services, the majority of adults and approximately half of children in the United States do not achieve the minimum recommendations of physical activity, resulting in high rates of obesity and more than $14 billion in annual health care expenditures.

“One of the things that’s exciting is the sense of neighborhood connectedness—social cohesion—also has positive influence on other health outcomes and overall quality of life.” - Paula Yuma

Yuma hopes the fields of public health and social work will further explore neighborhood-level predictors of health, such as access to health care, social cohesion, the built environment, and socioeconomic status. Yuma concluded: “This is about an ecological approach to health with multiple levels of influence.”
SOLUTIONS

CAMPBELL COLLABORATION AWARD

This past fall, Social Work Research Center Director Marc Winokur received the Leonard E. Gibbs Award from the Social Welfare Coordinating Group of the Campbell Collaboration for the finest systematic review published in 2014-2015. The review, Kinship Care for the Safety, Permanency, and Well-being of Children Removed from the Home for Maltreatment, was an update of an earlier co-registered review with the Cochrane Collaboration that also won the Leonard E. Gibbs award in 2009. The review includes 102 studies that examined the effect of kinship care compared to foster care on children’s behavioral and mental health, placement stability and permanency, and re-abuse. The review found that kinship care is a viable out-of-home placement option based on better health, placement stability, and safety outcomes.

CCTSI PILOT GRANT AWARD

Becky Orsi and Helen Holmquist-Johnson are part of a team led by Karen Barrett, in CSU’s Department of Human Development and Family Studies, which has been been awarded a Colorado Clinical and Translational Sciences Institute partnership development grant titled “TAPT-In Parenting (Teaching Adoptive Parents Trauma-Informed Parenting) Partnership Development.” Lutheran Family Services is the community partner on this work. The award supports community-academic partnerships to perform pilot studies that will produce preliminary data for future competitive grant applications.

SOCIAL WORK RESEARCH TO POLICY BOOT CAMP

Chris Lee attended the Social Work Research to Policy Boot Camp in Washington, D.C. on March 15-16. She is among 25 researchers across the country selected to participate in the Boot Camp, sponsored by the Society for Social Work and Research, Fund for Social Policy Education and Practice, and the Urban Institute. Early and mid-career social work researchers will convene together with policymakers and media professionals to learn how to better and more effectively communicate their research to influence policy.

WELCOME TO LUKE MCCONNELL

Luke McConnell is joining the Social Work Research Center as a research associate. He has a B.A. in economics from the University of Maryland, College Park, and was a senior research assistant at the Federal Reserve Board of Governors in Washington, D.C. before moving to Fort Collins. McConnell’s position is focused on data management, querying, and summarization tasks as part of a broader effort to evaluate services and programs provided by child welfare agencies, human service providers, and community groups.

SSW FACULTY: WHAT WE’RE READING

“This book provides a critical and illuminating look at the history and politics of our relationship with drugs that has become so problematic. We need to re-think how and why we use any of them to alter our minds and moods.”

- Assistant Professor Shannon Hughes on The Cult of Pharmacology

- Therapeutic Nations: Healing in the Age of Indigenous Human Rights by Dian Million
- Nervous Conditions by Tsitsi Dangarembga
- Birdie by Tracey Lindberg
- Between the World and Me by Ta-Nehisi Coates
- The Immortal Life of Henrietta Lacks by Rebecca Skloot (B.S., biological science, ’97)

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MILITARY AND VETERAN CULTURE

- For professionals working in organizations that provide services for active and veteran military and their families, learn approaches and treatments for the specific needs of this population, including specialized clinical training, common diagnoses and interventions, and issues facing active and veteran military personnel.

For more information, contact Sarah Rudisill, M.S., distance liaison for lifelong learning and outreach education, at sarah.rudisill@colostate.edu.

HOOLE/SAGEN SCHOLARSHIP

After sharing a meal with their scholarship recipient at the 2016 College of Health and Human Sciences Scholarship Celebration, Ken Hoole and Tim Sagen, who established the Hoole/Sagen Scholarship in the School of Social Work, shared how it feels to give back.

“Because I had a very good experience and felt so good about CSU, I was happy to say yes,” shared Hoole, a ’76 alumnus of the School of Social Work, when describing the first time he was asked to support the school.

“We’ve lived in Fort Collins for over 45 years, and we recognize that CSU is a vital part of our community,” added Sagen.
Many ‘veteran’ parents can attest to early days, weeks, and even years of parenting as a mixture of joy and confusion. Even well-prepared moms and dads struggle with the demands.

Thanks in part to the contributions of the Social Work Research Center, some of Colorado’s most vulnerable families now have a resource to make the confusion part a bit lighter so the joy part can be a bit brighter.

In 2013, Governor John Hickenlooper recognized the need for reform in Colorado’s child welfare system through the implementation of a multi-faceted plan called “Keeping Kids Safe and Families Healthy 2.0,” including resources aimed at keeping families intact, so children don’t go into foster care in the first place.

SafeCare Colorado, implemented as a pilot in 2013, was one key piece of Governor Hickenlooper’s approach focused on this type of prevention. The free and voluntary in-home parent support program is designed specifically for at-risk families with children ages five and younger.

“SafeCare is a great program because it builds on the skills that parents already have, so it’s very strengths-based,” said Julia Blomberg, SafeCare Colorado program manager at CDHS.

An evaluation of the pilot conducted by the Social Work Research Center concluded in 2016, and showed that families who completed the program are less likely to have an open child welfare case six months following the conclusion of the pilot.

SWRC makes a difference in the lives of children, youth, and families through using evidence to promote practice, policy, and programming; building research and evaluation capacity; and conducting high quality research that contributes to the knowledge base.

SWRC worked closely with the Colorado Office of Early Childhood and the Kempe Center for the Prevention and Treatment of Child Abuse and Neglect to collect and analyze program data from the pilot in 11 community-based agencies serving 39 counties and two tribal nations.

The evaluation report focused on processes, outcomes, and cost, and showed SafeCare Colorado has been effectively implemented. In June 2016, the Colorado Department of Human Services announced that approximately $5.4 million had been secured to continue funding the program beyond the pilot.

“To measure the outcomes of the program, we analyzed assessments and found that families learned from the program. We also conducted focus groups with families from around the state,” said SWRC Research Associate Kristy Beachy-Quick. “They told us how much they gained from participating. The response was overwhelmingly positive.”

This past January the School of Social Work researchers presented evaluation findings from the outcomes piece of the SafeCare Colorado report to colleagues at the Chadwick Center for Children and Families’ annual international conference on child and family maltreatment.

SafeCare Colorado has continued to expand since the pilot period concluded. Future research by SWRC could continue to provide state officials at the Colorado Department of Human Services with information that will help them decide whether to keep providing funding to the program.

EVALUATION RESULTS

- 1,752 unique families enrolled in SafeCare Colorado from January 2014 - June 2016. Sixty-eight percent reported annual household income of less than $20,000, and 62 percent had a high school education or less. 43 percent of children enrolled were younger than age 2.
- The program piloted in 11 community-based agencies serving 39 counties and two tribal nations.
- A matched group comparison analysis of caregivers who participated in SafeCare and caregivers who did not participate found that the SafeCare group had zero open child welfare cases during the six months following program completion. Six percent of the comparison control group experienced an open case during the follow-up period. The difference is statistically significant.
- Caregivers who completed SafeCare satisfaction surveys and/or participated in focus groups reported very high satisfaction with all aspects of the program. A majority of caregivers who completed all three topics—home safety, child health, and parent-child or parent-infant interaction—and participated in focus groups, reported that they would recommend the program to other caregivers without question.
- Assessments completed by families at the beginning and end of each topic showed improvement in skill acquisition on safety, health, and parent-child and parent-infant interactions.
**B.S.W. GRADUATE ON A MISSION FOR PEACE**

As a B.S.W. undergrad, Alice Ardito developed a broad knowledge base of social work practice, including a commitment to human rights and individual, community, and global well-being.

Today, after graduating from the program in 2016, Ardito is making a difference in the Dominican Republic serving as a Peace Corps volunteer.

“I am currently serving in a small community in the Dominican Republic near the Haitian border focusing on youth, family and community development,” Ardito said. “I have been in the country five months and it has already been an incredible experience learning about Dominican and some Haitian culture.”

She recently completed three months of service training in youth development, in which volunteers formed partnerships with members of the community.

“I will be starting sexual health classes along with a volleyball team with a gym teacher in the upcoming months and hope to assist with classes regarding self-esteem and leadership skills for youth,” Ardito said. “It is also a very religious community so I have participated in religious camps for children as well.”

Her training through the B.S.W. program also emphasized the use of interdisciplinary, evidence-based knowledge and skills for ethical, culturally competent, and socially and economically just interventions.

“I can definitely relate to gender roles here; the Dominican Republic has a very strong patriarchy system that has been interesting to experience.” – Alice Ardito

“I can definitely relate to gender roles here; the Dominican Republic has a very strong patriarchy system that has been interesting to experience,” said Ardito. “Also, racism towards Haitians and dark skinned people is very prevalent here because of the influence of Spanish colonization.”

Colorado State University is ranked sixth nationally on the Peace Corps’ annual Top Volunteer-Producing Colleges and Universities list, and is the only university in Colorado among the top 10 in the Large Colleges and Universities category.

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WORK-LIFE BALANCE AS AN M.S.W. IN CHILD WELFARE

BY APRIL ESPINOZA AND TRICIA HOWLEY

On paper, School of Social Work alumnus and combat veteran Alastair Johnson's career change seems to be an about face: from British Army to child welfare case work. But for Johnson, who completed his M.S.W. in 2014, it was more of a gradual and logical evolution.

Johnson came to CSU as an undergraduate and initially began working toward a degree in Natural Resources Management. At that time he worked at the Adult Learner and Veteran Services center on campus. He was also an active member. Johnson served as president of Veteran Students of America—CSU Chapter.

His role as president allowed him to engage with veterans and adult learners on campus, and discover a passion for helping others and community involvement. "That's how I got into it, because I enjoyed that aspect of working with people, of working with a minority community," said Johnson.

After meeting with advisers at the School of Social Work, he changed his major and enrolled in the B.S.W. program. The department's field education team led him to a connection which became a pathway to a new career field.

"After I started my undergraduate major in social work, I took an internship at Larimer County Department of Human Services, and they offered me a job, and then they offered me another job, so I had two temp positions," Johnson said.

He decided to return to CSU and pursue a master's degree to advance his career. "If you want to get anywhere in the field, I would recommend the M.S.W.," said Johnson. "It leads to a better salary, more training, more experience, more responsibilities, and definitely more exposure."

"I dropped both the jobs and took an internship with my current unit while I did my M.S.W.," Johnson said. "About two weeks before I was due to graduate, my same unit in Larimer County offered me a position, and they said you can get it as soon as you graduate."

Looking back, it's clear to him that Colorado State University was the right choice. "I'm glad I went to CSU. This is an advanced generalist program," said Johnson. "I chose CSU because I didn't want to be pigeon-holed into a particular field and then find out ten years down the road, 'I don't want to do this.'"

So far working in child welfare is exactly what he wants to do. "I work with adolescents 10-18. They're all at risk of out-of-home placement and in the juvenile justice system, so a lot of mental health issues, substance abuse problems, poverty...kids that struggle. But spending time one-on-one with professionals around, that's the most enjoyable piece."

His work with children and families has led to successful transitions out of the county's support system. These young adults now "live by themselves, they've got jobs, they're driving, they're not using drugs, and they'll call me from time to time and tell me something they've done or they're proud of," Johnson said. "I've got some parents as well who I'll see out in the community and they'll say, 'hey, it was nice working with you.' It's good to see those successes."

With his M.S.W. in hand, he connects some day-to-day challenges with larger policy issues. "Looking at it on a macro level, I'd definitely change policy for mental health and substance abuse treatment," Johnson said. "When parents get thrown in jail and they've got two kids, isn't there any other way of removing that cycle of addiction? Addiction is a mental health issue."

Ironically, for Johnson, the pressures of his job are alleviated by his military experience. "I did four combat tours—Bosnia, Kosovo, Afghanistan—situations that are a lot more stressful and life-threatening than what I do now. I can balance those eggs without breaking them."

He also advises leaving work at work, and doing something enjoyable, to stay focused in this demanding field. "I like getting out with my camera. I do a lot of astrophotography at night. I'm pretty good at being able to switch off," Johnson said. "That sounds very clinical, very black-and-white, but if I don't, that's when burnout sets in."

Being based in Fort Collins, Johnson maintains connections he made with faculty. "I occasionally run into them," he said. "People teaching in the CSU M.S.W. program are fantastic. They're so good at their jobs I think. They're passionate and available; you can call or stop by and it doesn't even have to be coursework-related."

The M.S.W. program at Colorado State University provided him a strong foundation for advanced generalist practice, while also moving him quickly to the field experience he needed to take the next step in his career. Said Johnson, "I definitely enjoyed my time at CSU and I miss it."

An accomplished amateur photographer, Alastair Johnson uses valuable down time away from the job to express himself creatively, with work such as this image of the Milky Way from Rocky Mountain National Park.
BRAD SHEAFOR LECTURE SERIES LAUNCHED

Created in honor of Brad Sheafor, professor emeritus, the inaugural Brad Sheafor Lecture in Social Work by University of Kansas Associate Professor William Elliott III, explored the disparity between our societal value of education and the actual costs.

Above, University of Kansas Associate Professor William Elliott III delivers the inaugural Brad Sheafor Lecture in Social Work. Below, William Elliott III and Brad Sheafor.

Brad Sheafor with his wife Nadine, right, and Vicky Buchan, professor emerita, left.