



Montana Social Worker

The Official Newsletter of the Montana Chapter—National Association of Social Workers

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Shock and Awe: No End in Sight?

by John Wilkinson

Montana. It is so deep a part of the American collective unconscious that the mere name conjures images of wild horses loping over golden prairies, icy streams cutting deep gorges through granite, and endless open tracts of pine-filled wilderness.

But there is a deeper truth at work beneath that vision of paradise, one that affects all of us more than many of us realize:

- More than 1 in 10 Montanans is a veteran (100,230 Montana veterans as of 9/30/06). That is more than 10 percent of our total population. When you factor in their influence on families, friends, and work colleagues, the potential impact is profound and pervasive.
- Montana's rate of military enlistment was the highest in the United States in 2005 (Montana recruit population ratio 1.57; Texas: 1.46; Alaska: 1.40).
- In 2005, more than 40 percent of Montana's troops were deployed in Iraq and Afghanistan.
- 71 to 86 percent who served in Iraq reported engaging in a firefight with the enemy. Figures supplied by VA Montana show a 30 percent increase nationwide in the diagnosis of PTSD since 2005. Other post-combat issues on the rise include depression, employment problems, and substance abuse.
- 21 Montanans have been killed and 220 wounded since the war began.
- More than one in three soldiers and Marines who have served in Iraq later sought help for mental health problems, according to a comprehensive snapshot by Army experts of the psyches of men and women returning from the wars in Iraq, Afghanistan, and other places.
- Of those who met the criteria for a mental disorder, only 38 to 45 percent expressed an interest in receiving help, and only 23 to 40 percent reported receiving help in the past year.

What does that mean to us as citizens, and perhaps more importantly, as professionals?



The new Veterans' Memorial in Kalispell was dedicated July 4, 2007.
Photographer: Ellen Kaminski

It means that whether or not we are aware of it, whether our clients come to us for food stamps or family counseling, for help in getting rid of a chronic headache or for alcohol abuse, whether they are stubbornly resistant or urgently seeking us out for help, we are almost invariably dealing with the emotional, physical, social, and spiritual fallout of the veteran's experience. And because of that, this year's conference is part of a new and critical response.

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NASW Conference

**Clinical and Community Support
for Veterans and Their Families**
Creating a Safe Homecoming

November 16 & 17, 2007
Red Lion Colonial Inn, Helena

conference details on pages 4-5

Lifetime Achievement in Social Work: Mary Jane Fox, Kalispell

by Tammy Clark

Mary Jane Fox is small in stature but huge in spirit and commitment, a combination feisty, Harley-riding, mountain mama and talented, compassionate supporter of the human race. She is the type of social worker each of us would like to be.

MJ has worn many hats over the last three decades: therapist, advocate, teacher, consultant, coordinator, program developer, case manager, program officer, grant writer, supervisor, trainer, manager, community organizer, and even eligibility worker.

As a developer and coordinator of Child and Adolescent Mental Health Services, MJ wrote grants and program proposals that increased services from three outpatient clinicians to five distinct programs with 14 clinicians and mental health workers. She recruited, trained, and supervised activities of staff, students, and volunteers. She developed and wrote policy and procedure manuals, and managed fundraising and a \$300,000 per year budget. While serving as the Clinical Supervisor and Program Supervisor for Adult Mental Health Services, MJ supervised program implementation and the clinical service delivery of 14 staff members and the coordi-

nation of services and supervision of students and volunteers within the program. She collaborated with public school administrators and the district's special education department to establish and expand mental health programs within the school district. She worked very closely with guidance counselors, administrators, and classroom teachers during her time there.

MJ's enthusiasm for the profession is obvious to all who know her. It is also evidenced by her strict adherence to the code of ethics and her energetic involvement with NASW. She served two terms as a regional representative in the NW region, two terms as the nomination and leadership chair, and one term as the treasurer in the Montana chapter. She is now serving the national organization as the NASW Region XII representative, and she attended and worked with the Social Work Congress and the Delegate Assembly in 2005.

It is not only NASW that benefits from MJ's talents. She is also very involved in her community. For 18 years she was on the advisory board of the Violence Free Crisis line. For 13 years she served with the Flathead County Coalition Against Family Violence. Since 2004, she has served on the advisory board of Family Concepts. In 2001 she was the "Domestic Violence Clinical Provider of the Year," and in 2002 she was nominated for "Who's Who Among America's Teachers."

MJ has touched the lives of countless individuals and families in California, Alaska, Washington, and Montana. My life is better because I know MJ, and I consider her a friend. I can think of no one who better deserves this award for lifetime achievements in our profession.



John Wilkinson congratulates Mary Jane Fox on her outstanding achievement.

Meet Our New Board Members

ELLEN KAMINSKI, MSW, is the Northwest Regional Representative. She works for Grace Hospice in Kalispell as social worker and bereavement coordinator. She hopes to broaden her network of social work contacts in the state, as she continues to broaden her skills, particularly in the areas of death, dying, bereavement, trauma, and loss.

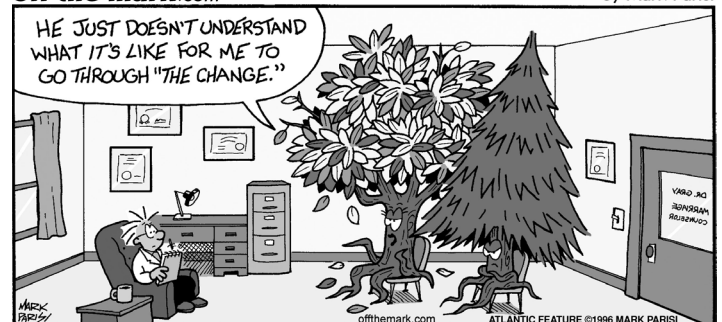
JESSE MUMFORD is the University of Montana student representative. She is in her final year of the Masters of Social Work program. As a board member, Jesse is interested in increasing the number of younger members.

MARGARET NEWMAN is an agent for the Western Montana Chapter of Elder Abuse, in Kalispell, that provides guardian and conservatorships to the elderly and adults with disabilities. As a board member, Margaret would like to see more bachelor-level social workers participate at regional and state meetings.

CHERYL RONISH, in private practice at Cornerstone Counseling in Helena, is a clinical social worker and play therapist. She has worked with children and their families for 17 years. In addition to play therapy, she works with people in a variety of "not just talk" therapies.

off the mark.com

by Mark Parisi



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National Association of Social Workers

Montana Chapter

2007-2008 BOARD OF DIRECTORS

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Find contact information for our board and committee chairs on our website: www.naswmt.com

STAFF

- John Wilkinson, Executive Director
- Roger Thorvilson, Membership Coordinator
- Jesse Mumford, Practicum Student

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Leading the Way

Celebrate! Membership in the Montana Chapter of NASW provides many reasons to celebrate. For instance, I am proud to serve as your president. I am in the twilight years of my career in a profession that has provided me a good living with meaning and purpose, and opportunities to grow as a person and a professional. I owe my vocation a lot, and my service on the board throughout the years is one way I can give back.



My challenge to you, my colleagues, is to decide how you would like to give back to your profession. We want your involvement, and there are so many options: write an article, run for the board, attend your regional meetings, or sign up for a committee. We covet your talents, wisdom, gifts, and experience. The effectiveness of our organization completely depends on member involvement. Please step up to the plate!

—Dave Segerstrom, President, NASW-MT

Greetings to colleagues and chapter members across the great state of Montana! The maxim of time never standing still is ever true—after three years on the board of directors I look back and wonder, “Where did the time go?” Serving on the board was a great learning experience, a lesson in patience, and an opportunity to meet and be enriched by many of you.



To me, being a professional means participating in an association where ethics, standards of practice, training, and networking are available. The daily work we do is often difficult, and peer support is an integral facet of healthy self-care.

I strongly encourage NASW membership, with active involvement in our chapter and at the national level. Social Work needs to be recognized as a profession that merits respect by the public and by other disciplines.

The reins of the presidency passed to Dave Segerstrom earlier this year—but he shouldn’t be riding alone. Let’s support NASW and work together. Thanks for the support and God bless all!

—Michelle Stosich, Immediate Past President, NASW-MT

Since assuming the executive director’s mantle from Colleen Murphy in February, my primary focus has been: “How can Montana’s NASW enhance the value of your membership?”



One answer is to include numerous ways for our far-flung members to interact and support each other. This newsletter include new services to do just that, such as Helping Hands, a forum for written questions and answers specific to Montana professionals. To support further dialogue between members, we’re reconstructing and upgrading the website. The new site will feature a “members only/confidential” blog so members can freely discuss professional issues and concerns.

In addition, we are investigating how to provide members with more on-line opportunities to continue professional education. As well, we planned our fall conference to meet the needs of the numerous Montana social workers who work with our many Montana veterans and their families.

Looking even further ahead, the winter conference will be our “Annual Membership” get-together, and feature many competent and experienced Montana Social Workers as presenters.

As the saying goes, “People support what they help create.” We need your involvement as we reinvent NASW-MT to meet your expectations.

—John Wilkinson, Executive Director, NASW-MT

In April of this year Maj. Gen. Randy Mosley, Montana National Guard's Adjutant General, commissioned the Montana National Guard's Post Deployment Health Reassessment (PDHRA) program. The PDHRA-TF provided fourteen recommendations for the Montana National Guard and two recommendations for the governor's office.

The recommendations in the report envision a statewide network of education, support services, and resources that will meaningfully assist Montana's veterans to cope with the emotional and mental

... we are almost invariably dealing with the emotional, physical, social, and spiritual fallout of the veteran's experience.

health issues resulting from serving in combat; and who, once home, are expected to smoothly reintegrate into a civilian lifestyle.

As a group and as individuals we are all an integral part of this plan. Between the diversity of our professional expertise and our unflagging commitment to our state and the people who reside in it, we are able to provide a unique and broad network of support services to veterans, their families, friends, and employers, so that not only do we give new veterans a safe homecoming but offer those who have served the safe haven they deserve.

Please join us at this landmark conference. Because of its unparalleled importance we have opened registration to "Clinical and Community Support for Veterans and Their Families" to the larger professional community, inviting participation by all social workers as well as other medical and mental health professionals.

Come and learn, find a support network, and be part of creating a safe homecoming for all of our veterans and their families.

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Noteworthy Resources: Recommended by members of the Northwest Regional Social Workers

- PSYCHOTHERAPY NETWORKER, a bimonthly magazine. "I find that it covers a lot of interesting topics well, and includes new research, even movie analysis."—Barb Myers, LCSW
- HOW TO SURVIVE THE LOSS OF A LOVE, by Colgrove, Bloomfield, and McWilliams. "This is an excellent resource for persons who are grieving." —David Segerstrom, LCSW, NASW-MT President Board of Directors
- THE BIPOLAR DISORDER SURVIVAL GUIDE, by David J. Miklowitz. "It is a superb resource for both patients and families." —David Segerstrom
- For death, dying and grief/loss with kids: THE FALL OF FREDDIE THE LEAF, by Leo Buscaglia. THE TENTH GOOD THING ABOUT BARNEY, by Judith Viorst. THE NEXT PLACE, by Warren Hanson.
- For Families: TEAR SOUP, by Pat Schwiebert and Chuck DeKlyen. FINAL GIFTS, by Maggie Callanan and Patricia Kelley.

Readers: Please have your regional group compile your most-used print and online references, to share in upcoming issues of *Montana Social Worker*.

NASW CONFERENCE

Clinical and Community Support for Veterans and Their Families *Creating a Safe Homecoming*

**November 16 & 17
Red Lion Colonial Inn, Helena**

The conference has three objectives:

- Improve access to care for veterans by educating and familiarizing attendees with what is available for veterans and their families
- Increase awareness of available services for vets and their families
- Stimulate dialogue between and among professionals serving the clinical and community needs of Montana's veterans and their families

Keynote addresses from:

- Governor Brian Schweitzer
- Senator Jon Tester
- Lt. Governor John Bohlinger
- Colonel Jeffery Ireland – Montana National Guard
- Matt Kuntz – PTSD and Montana; A Family Member's Fight for Change
- Richard Pimmental –Returning to Work: The Disabled Veteran

More than 15 workshops will focus on diverse topics, such as:

- A Model for Understanding the Impact of Trauma
- Cognitive Therapy for PTSD
- Understanding Addictions and the Veteran
- Veterans Self-Help Groups
- Montana's Homeless Veterans
- Women in the Military
- Post-Deployment for Families and Service Members
- Verbal First Aid: Communication Strategies in Crises
- Terminally-Ill Veterans and PTSD

REGISTER AT WWW.NASWMT.COM

Conference Info

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Ph.D. in Social Work and Social Research

PSU's Ph.D. Program:

- Integrates practice, policy, and research
- Offers individualized study of a social problem
- Applies learning through teaching and research practica
- Prepares graduates for research; teaching; program development, administration, and evaluation

PSU provides multiple opportunities for research experience and financial assistance. Faculty research interests include children, youth, families, adults, older adults, mental health, clinical research, disabilities, diversity, at-risk populations, family and consumer involvement, youth mentoring, interpersonal violence, health care, child welfare, juvenile justice, and other areas. This program emphasizes research.

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Application deadline: January 15

PSU is an affirmative action/equal opportunity institution.





Dear Helping Hands



Readers: E-mail your questions to “Helpings Hands” at: naswmt@mt.net or mail to the NASW–MT office.

Dear Helping Hands,

What should I do when a client and I are part of the same group, church, or civic organization? It’s especially confusing to know what to do when it is a small gathering, like a 12-step group.

OneDot, Montana

Dear Dot,

Practicing clinical social work in a rural state like Montana increases the odds that an LCSW and a client will find themselves in the same church or other similar community groups. When this occurs, they are now engaging in a dual relationship. In other words, the clinician is in another role with the client. The important caveat in deciding how to proceed is to determine whether any exploitation is occurring. Ask yourself: “Is being in this secondary relationship with a client in some way promoting my emotional, financial, romantic, sexual, or personal advantage?” If your answer is “no,” then your dual relationship is not breaking any rules.

However, remaining in a 12-step group with a client is a different ball game. You are there for your own emotional needs, and the possibility of exploitation would be strong. The prudent and sound decision is to leave the group or terminate the therapy with the client.

—answered by **Treasa Glinnwater, MSW, LCSW**

Glennwater has published nationally and internationally, teaches workshops on clinical issues, and provides supervision to applicants for licensure. She presently maintains offices in Missoula and Polson.

Dear H2,

What key clinical concerns should a therapist look for when assessing the psychosocial needs for a person with a chronic pain?

Hurtin, Montana

Dear Hurtin,

Research shows that persons with a chronic pain have elevated levels of depression, anxiety, and somatization. The key clinical issues to look for are:

- One’s attitude and approach to coping with pain
- The amount of loss and grief being experienced
- The degree to which the issue of being “controlled” by the pain is present
- Lifestyle adjustment
- Impact on relationships
- Level of depression, anxiety, and somatization present.

—answered by **David Segerstrom, LCSW**

Segerstrom is a private practitioner in Kalispell. He runs a pain management group and works with Northwest Pain and Spine Center.

PERTINENT NEWS

SOCIAL WORK REINVESTMENT INITIATIVE (SWRI): NASW announced a major initiative designed to unify and advance the social work profession. The four goals are:

- recruit new social workers
- retain current social workers
- retrain experienced social workers
- reactivate community investment in social work.

NASW Executive Director Elizabeth J. Clark explained that the project is integrally tied to state-level plans. “We will develop a template, and each state will work to promote these goals at that level.”

GRANT RECEIVED: NASW–MT Board President Dave Segerstrom announced that the Montana Chapter received a \$15,000 SWRI grant. The Board of Directors approved a state action plan to recruit, retain, retrain, and reactivate community investments in social work, including:

- Relaunch the NASW–MT Newsletter
- Reconstruct the NASW–MT website to be more “user-friendly”
- Establish a membership committee to focus on retaining members by focusing on the value of NASW–MT membership, strengthening relations with Montana’s social work schools and programs, and recruiting new student members.

Segerstrom said, “I strongly encourage our members to get involved... this is an opportunity to give back to the profession that has given so much to them.”

OFFICE SPACE AVAILABLE

Office space and support services available in a group practice setting for an experienced, Licensed Alcohol Counselor, LCPC, MSW, or Ph.D Psychologist.

For more information please contact:

Bill Evans

Adult and Child Counseling Service
111 North Last Chance Gulch, Suite 2A
Helena MT 59601

Phone: 1-406-443-1990 • Fax: 1-406-443-1391

E-mail: adultandchildcounseling@msn.com

Who Me, Stressed?

by James Caringi

We caregivers are not always the best at giving care to ourselves. Using an analogy we all hear in our airline travels, it is absolutely essential that we “put on our own oxygen masks first.” Frequent social work stressors include multiple crises, burnout, trauma and traumatic stress, post traumatic stress disorder, secondary trauma, compassion fatigue, and vicarious trauma.

Work stress is elevated by many factors, such as the individual’s subjective perception of the event, the “timing” of the event in one’s life, prior history of coping with stressful events, personal resources at the time of the event, and the external supports available.

There are many accessible, inexpensive ways to alleviate work stress:

- Get adequate rest
- Eat a healthful diet
- Balance personal life and work
- Decrease poor ways of coping
- Increase positive ways of coping
- Explore enjoyable and rewarding activities
- Seek help (peer or supervisory) after recognizing a problem
- Get individual professional help outside of work, particularly for primary victims of trauma.
- Put things in perspective
- Find the positive aspects of your job
- Acknowledge the negative parts of your job
- Ask for peer support

In addition, worker teams can care for each other in these ways:

- Acknowledge that exposure to clients’ trauma takes a toll on social workers
- Recognize that arranging it into more manageable parts reduces the overwhelming quality and disorganizing influence of trauma
- Understand that teamwork and peer support reduce isolation
- Recognize that creating and keeping good work boundaries with clients helps workers from becoming/remaining overwhelmed
- Recognize that regular supervision helps reduce the risk of secondary trauma.

James Caringi, Ph.D., M.S.W., is assistant professor at the University of Montana School of Social Work. He welcomes correspondence and collaborative efforts to enhance both student and practitioner self care in Montana.

EYE OPENERS

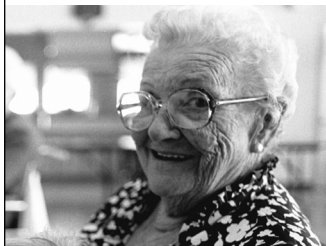
1. Number of veterans in the United States in 2006
 - a. 23.7 million
 - b. 14.6 million
 - c. 1 billion
2. Number of these veterans under the age of 35
 - a. 9 billion
 - b. 962,000
 - c. 1.9 million
3. Percentage of veterans 25 years or older with at least a bachelor’s degree
 - a. 100%
 - b. 25%
 - c. 38%
4. Number of veterans with a disability
 - a. 6.1 million
 - b. 8.7 million
 - c. 1 million
5. Total federal spending for veteran benefits programs in fiscal year 2006
 - a. \$20.8 billion
 - b. \$1.2 trillion
 - c. \$72.4 billion

answers on page 6

Advance Your Career in Geriatric Social Work

Earn continuing education units (CEUs) or advance your professional knowledge through the Institute for Geriatric Social Work at Boston University.

IGSW offers state-of-the-art online training through courses specifically designed for busy social service and health care professionals working with older adults.



Why choose IGSW?

- **CONVENIENCE** Log on for an interactive multimedia learning experience, or print and read articles whenever and wherever you please. Take a course in one sitting or in multiple sessions. With round-the-clock accessibility, you learn at your own pace, on your own schedule, in the style that works best for you.
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- **AFFORDABILITY** Courses range from \$45–\$75, and are 3–5 hours long.

Find out how IGSW can help prepare you for the real-world experience of working with older adults. Visit our website at www.bu.edu/igsw for more information and to register.

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Classified

STORY IDEAS WANTED: *Montana Social Worker* wants your story ideas for upcoming newsletters. Please send to: Montana Social Worker – Story Suggestions, NASW–MT, 25 South Ewing Street Suite 406, Helena, MT 59601; naswmt@mt.net.

NEEDED: YOUR JOB VACANCIES: Get results by advertising your job vacancies right here. Send announcements to: Montana Social Worker – Job Announcements, NASW–MT, 25 South Ewing Street Suite 406, Helena, MT 59601; naswmt@mt.net.

VOLUNTEER WANTED: The *Montana Social Worker* newsletter needs a volunteer editor! We're looking for a creative individual with excellent writing and editing skills, plus an eye for layout, to work closely with the Newsletter Committee in editing the three-times-a-year newsletter. Responsibilities include: meeting with the newsletter committee to plan each newsletter; receiving, reading, and editing articles submitted by members; assisting with development of articles, topic ideas, and a sustainable plan for the newsletter. Share your talent with us in the new year, and volunteer as the newsletter editor! Contact Ellen Kaminski at 270-5375, or gracehospice_sw@aplushc.com.

Coming in the next *Montana Social Worker*:

- **Profile of all social work schools in the region**
- **Preview of our redesigned website**
- **The upcoming winter conference focus: Re-Energizing the Spirit!**

Regional Calendar of Events

NOVEMBER

- Nov. 7 Northwest Regional Monthly Meeting, noon, at The Bulldog in Kalispell
- Nov. 7 Eastern Regional Monthly Meeting, 11:30 a.m.–1 p.m. at the Walla Walla Campus in Billings
- Nov. 9 South Central Regional Meeting, noon –1 p.m. at Valley View Golf Club, Bozeman. Special Guest: John Wilkinson, ED NASW–MT

DECEMBER

- Dec. 5 Northwest Regional Monthly Meeting, noon, at The Bulldog in Kalispell
- Dec. 5 Eastern Regional Monthly Meeting, 11:30 a.m.–1 p.m. at the Walla Walla Campus in Billings
- Dec. 14 South Central Regional Meeting, noon –1 p.m. at the Valley View Golf Club, Bozeman. Presenter: Christine Adams, LCSW, “Understanding the Dynamics of Domestic Violence and Sexual Abuse,” Part II

JANUARY

- Jan. 2 Northwest Regional Monthly Meeting, noon, at The Bulldog in Kalispell
- Jan. 2 Eastern Regional Monthly Meeting, 11:30 a.m.–1 p.m. at the Walla Walla Campus in Billings
- Jan. 11 South Central Regional Meeting, noon–1 p.m. at the Valley View Golf Club, Bozeman. Presenter: Tina Visscher, LCSW, on “Shame”



National Association of Social Workers

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