



ABOUT SWAN

- The Social Work Assistance Network is a free, confidential colleague assistance program. SWAN is sponsored by the NASW Massachusetts Chapter and has offered services to social workers for over 20 years.

WHO ARE WE?

- The SWAN Commission is a small group of Licensed Independent Clinical Social Worker (LICSW) volunteers dedicated to helping other social workers

WHAT WE OFFER

- Our voluntary members provide the initial confidential telephone consultation and referral.
- We may make a referral to a social work therapist in NASW's Social Work Therapy Referral Service, to appropriate agencies, or self-help groups.
- Our services afford social workers confidential consultation to help identify problems and find appropriate treatment

OUR SERVICES

- The cornerstone of this program is to provide sensitive, appropriate, confidential services.
- Information and services are provided at no fee

AVAILABLE TO:

- Social Workers
- Concerned Colleagues
- Companies and Agencies
- Family Members

SUPPORT PROVIDED FOR:

- Ethical dilemmas
 - Concerns for self
 - Concerns for colleagues
 - Stress/ Burnout
 - Alcohol and substance abuse
 - Depression & Anxiety
 - Relationships
 - Career/Work related issues
 - Advocacy/Consultation
 - Coping with Secondary Traumatic Stress (STS)
- 



SECONDARY TRAUMATIC STRESS(STS):

- "Shared traumatic stress is the experience of mental health clinicians dually exposed to a traumatic experience, both primarily as citizens and secondarily through the trauma narratives of their clients." (Tosone, 2011)*
- Through the indirect exposure of trauma and/or abuse, secondary Traumatic Stress (STS) has become a common experience in the social work profession.
- STS results in symptoms such as hypervigilance, avoidance, hyperarousal, as well as fear, chronic exhaustion, and hopelessness
- The well-being of social workers experiencing STS is jeopardized, resulting in job burnout and compassion fatigue amongst social workers.

• Episode 83 - Dr. Carol Tosone: Shared Traumatic Stress: Challenges and Opportunities for Clinicians Living and Working in a Post-Disaster Environment. (2011, October 31), inSocialWork® Podcast Series. [Audio Podcast] Retrieved from <http://www.insocialwork.org/episode.asp?ep=83>

ABOUT NASW-MA CHAPTER

The National Association of Social Workers (NASW) is the largest organization of professional social workers in the world, with over 155,000 members in 55 chapters. The Massachusetts Chapter, with 8,300 members is the major professional social work organization in the state.

NASW is committed to advancing professional social work practice and the profession; and to promoting human rights, social and economic justice, and unimpeded access to services for everyone.

The Chapter's 35 active committees and commissions, and 5 Regional Councils provides opportunities for members to be involved throughout the state, and to better serve the social work community. These entities work on professional, social policy, and legislative issues; sponsor conferences; and provide a source of networking for members.

*Let us be there for
you...*



for a change...



S.W.A.N

Social Workers Assistance Network

COLLEAGUE ASSISTANCE PROGRAM

CONTACT US



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