



## SOCIAL WORK ADVOCACY DAY

Join together with hundreds of social justice advocates from around North Carolina to learn how to advocate for your clients, your profession and yourself!

**March 25, 2015**

North Carolina  
General Assembly,  
Raleigh, NC

More information to  
come:

[www.naswnc.org](http://www.naswnc.org)

## My Romanian Adventure in Social Work

By Susan Booth, MSW, LCSW

International District Member, Romania Country Contact

About 17 years ago I was sitting home watching 20/20 on television when Barbara Walters covered the most horrific story about Nicolae Ceausescu's inhumane treatment of the babies that no one wanted or could afford to raise. These babies had been dropped off in "institutions", which were nothing more than warehouses, and neglected to the point of death. It was a turning point in my life – to my family's chagrin – but I knew I would never get the stomach-turning images of these children out of my mind. I also knew that I had to do something to try to help these invisible babies.

When I finished my MSW degree and couldn't find an international charity that would hire me to work with these children, I flew to Romania on my own. When I got there for my week's stay, having no idea what to do next, I wandered the streets of Bucharest trying to find out where these horrific institutions I had seen on TV were. I had gotten a list of "foundations" from an American businessman I knew and he gave me the name of a contact who was indefinitely out of the country for some strange reason. I could not find any of the foundations because the cab drivers could not take me there, but, when I did find one, there was no answer at the door and no listed phone number.

So I roamed the streets and kept tripping over these children and babies literally sitting on the curb. I went to the American Embassy to ask who these children were and they told me that they were nothing and that they would die soon anyway. They also told me at the Embassy not to speak to these children because they were Roma (Gypsy) and they would steal from me...

These are the children to whom I have

dedicated all my efforts in Romania while hoping, one day, of finding those children still imprisoned in "institutions" hidden in the hills of Romania. Seventeen years after I saw that program on 20/20 and fifteen years after I got my first grant, Fundatia ARCH-WAY, Romania is the only charity working in the streets with the children who live there and are now growing up to have children of their own.

We feed them, clothe them, buy them medications, and try to get them their identity papers so that they are protected against sex and labor trafficking. I have just discovered another foundation by the border of Hungary where a Canadian woman and her four Romanian helpers take in the developmentally disabled, physically handicapped, and emotionally disturbed children that the "institutions" will not accept.

The Romanian Government has been

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## From the President

### Add Your Voice to the Mix

By Sabrina Southern, MSW, LCSW

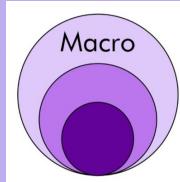
**W**hen I moved to North Carolina, I had just received my BA in Clinical Psychology and my goal was to return home, enter graduate school for my MA in Psychology and start my own little practice. Maybe I was a little naïve. Maybe I should have done more research on state requirements for private practice; but it never occurred to me that the rules would be different, at least not in that respect. Just work hard, get the masters and meet the rigorous licensure expectations, and I would be set. But did you know, that in North Carolina, a master of psychology is not sufficient to practice independently, no matter how much experience, drive, or good ideas you have? Without a PhD, there would be no independent shingle for me, at least not in North Carolina.



Before returning to North Carolina, I had never heard social work spoken of in terms of a profession. I knew social workers existed, I just did not know it was a profession. How could the act of crossing a few state lines impact my career trajectory so significantly? This would be my first introduction to the impact of a strong professional organization combined with the power of advocacy and education.

I wish I could say I recognized the impact immediately, but it has taken many years, multiple career moves and more than a few brick walls before I fully understood the tangible ways NASW has impacted, lifted and defined social work as a profession, especially in North Carolina. Every position I have held in this profession, whether at DSS, DHHS, County/State, Courts or as outpatient provider, has been impacted directly or indirectly by shifting local or national events, state or federal leadership and policy changes. I recognize the fact that what we have today, how we practice today, the clients we partner with, could be gone or radically changed tomorrow, with the swipe of a legislative pen.

The point? It has been many years and many battles since I arrived in North Carolina, but NASW has continued to take the lead on issues and create change for the profession and those we serve. NASW will continue to be at the table representing the voice of our profession. Continue to add yours to the mix. ●



## New Member Benefit! Macro Practice Area Network

NASW-NC's newest Practice Area Network (PAN) brings members a unique focus on macro practice! NASW-NC wishes to bring visibility to social workers in macro practice and to expand opportunities for macro social work in North Carolina.

Macro social work is defined to include social work on a broader systems level, with components of administration and management, policy practice, community organizing, advocacy, social planning, and social action.

Learn more about your new benefit today!

[www.naswnc.org/?MACRO](http://www.naswnc.org/?MACRO)

## From the Executive Director

### Social Work is Failing?! REALLY?

By Kathy Boyd, ACSW, CMSW

**I**love being a social worker and I think that our profession is uniquely designed to address many of the ills in our society.

Our social work education programs keep tweaking and changing and focusing on current issues and concerns all the while maintaining our unique person in environment, social justice, and change agent foundation. For example the University of North Carolina at Greensboro, Western Carolina University, the University of North Carolina at Chapel Hill, the University of North Carolina at Pembroke, and North Carolina State University all just received hefty U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA) grants for training social work students to be experts in interprofessional behavioral health and integrated care. Social work is taking the lead in integrated care. And integrated care isn't the only issue that programs in North Carolina have been taking a lead role in. Aging, criminal justice/prison system, child trafficking, and the DD arena are other areas.

Social workers are experts in all areas of practice. We are in management and leadership roles everywhere from Obama's White House Administration to federal agencies like SAMHSA to the American Red Cross. We have amazing social workers in lead positions in North Carolina state government and agencies across North Carolina.

And then there are our front line colleagues. When I listen to Kelly Ryan and Debbie Conner talk about their hospice work, Lucas Vrbsky talk about the prison system, Kelly Spangler discuss public health and Bruce Eads discuss his VA clients, I am absolute awe. Their passion for their work and expertise is humbling. They make such an amazing difference every day that it just about brings me to tears. They aren't failing their clients, they aren't failing the profession, they aren't failing society and they certainly aren't failing to make a difference.

We aren't perfect. Sometimes our education programs do struggle and sometimes someone graduates that maybe isn't cut out for this work and is not at the practice level that one wants in any profession. That happens in ALL professions and all fields. Sometimes the tweaking our education programs do isn't quick enough, just like in ALL professions.

Just like teachers in North Carolina, social workers often do not receive the respect and recognition that we should and we absolutely aren't paid enough. North Carolina tends to pay all of the human service sector professionals less than neighboring states. NASW-NC doesn't win all of our legislative battles and, try as we might, we can't solve all of the concerns of all of our members. We haven't been able to clone our five staff members to be in all places at all times. But I would put our successes and efforts up against any other small non profit in North Carolina.

I don't think our profession is failing. We are unique and vibrant and we are THE lead human service degree and profession in North Carolina and around the country. We will fail if we stay stagnant and we will fail if don't work together to keep growing. We absolutely have our work cut out for us.



The NASW-NC staff are honored to represent the social work profession and we value the working relationship that we have with our social work education programs in North Carolina, our North Carolina Social Work Certification and Licensure Board and social work leaders around the state. We are committed to advocating for social workers and our clients and we are committed to working in POSITIVE ways to help strengthen our social work workforce. ●



## NASW-NC CHAPTER STAFF

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### Display Ad Rates

Submitted in camera ready form:

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Classifieds rates are \$75 (up to 100 words).

Acceptance for advertising does not imply endorsement by NASW. Opinions expressed in the NASW-NC Newsletter should not be considered as being endorsed by NASW.

## Member Spotlight

### My Romanian Adventure in Social Work

By Susan Booth, MSW, LCSW

International District Member, Romania Country Contact

**Romanian Adventure** continued from Page 1

unkind, the outside world unaware, and the practice of social work non-existent. It is our goal at Fundatia ARCHWAY, Romania (ARCHWAY, Inc.) to get the plight of these children known to so that we can get them basic rights and protection and give them a chance to take their place in the world.

On my last night in Bucharest as I wandered the snow-filled streets I kept coming across these young children with no winter clothes and, often, no shoes. Then I started to look at the many Ronald McDonald Restaurants around the city. I rounded up a bunch of these street urchins and took them into a McDonald's for a hot meal. When the manager saw me and about nine children coming in, he unceremoniously threw us all out. They were not allowed to enter the restaurant just as they are still not allowed to go to school, enter a hospital for medical treatment, live in an apartment, get a legitimate job, enter a shopping mall, or even enter a



church.

With all the righteous indignation I could summon I put on my "ugly American" face and got into a rather loud argument with the manager – who proceeded to throw me out again. When I

looked at the faces of the children standing in the snow, I realized that my anger was not going to feed them. I very apologetically entered the McDonald's for the third time and asked if I could buy food for them so that we could eat outside on the concrete benches. He said yes and I bought food for all of the children and we sat and ate in the snow. In a flash of what I now consider genius, I took pictures of the kids eating outside with the warm and inviting restaurant in the background. Then I went to four other McDonald's locations and did the same thing with the children I found there. The pictures were heartbreakingly. I also included elderly and handicapped people in the pictures when they were there. One of the ways handicapped people earn money is by letting "visitors" take pictures of them. It is almost obscene.

When I got home and had the pictures developed they were startling in their contrast between the children who have nothing and Romanian citizens. I sent them to Ronald McDonald House Charities along with a scathing and critical letter asking why, with 34 McDonald's Restaurants in downtown Bucharest alone, they allow homeless children to die every winter in the streets. They replied by sending me a grant application which I filled out, complete with more pictures and replete with graphic descriptions of what I'd seen, and sent it back. About a month later I got my first of three grants from them. The rest, as they say, is the history of ARCHWAY.

Learn more at [www.archwayromania.com/home.html](http://www.archwayromania.com/home.html) •



### NASW-NC Social Worker of the Year Award

#### Now Accepting Nominations!

The Social Worker of the Year Award is an award given to a distinguished social work professional that has demonstrated commendable service and practice. Nominees must be members of NASW and residents of North Carolina.

More information and applications are available at [www.naswnc.org](http://www.naswnc.org).

Deadline: December 15, 2014

## Membership

### Welcome New Members

The North Carolina Chapter of NASW would like to welcome the following new members who joined during the months of August, September & October! They have chosen to support their profession and advocate for social work values by joining NASW. We hope that, as new members, you will take an active role with the Association by joining a committee, attending a Board meeting, or participating in a Local Program Unit.

#### Coastal District (A)

Jacinda Anstead  
Khiry Best  
Shakeia Bond  
Donna Cheshire  
Sarah Douglas  
Angela Flores  
Emily Garner  
Lisa Gibbs-Lee  
Lori Harrison  
Ashley Higson  
Leslie Jones  
Linda Nordquist  
Lethea Pittman  
Joan Tant  
Jeanette Van Noske

#### Central District (B)

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Briana Austin  
Alexander Averell  
Brye Balkum  
Danielle Blymyer  
Candace Bonner  
Ashley Boone  
Samara Bowser  
Herbert Brown  
Monica Burnette  
Robert Carver  
Marissa Cockrell  
Adrianne Corley  
Ervin Davis  
Cayleigh Day  
Sonya Deulina  
Gloria Douglas  
Wayne Dye  
Alan Ellis  
Lauren Finn  
Tara Forsythe  
Lamar Fullwood  
Paul Goyette  
Trisha Grady  
Jamecia Hargrove  
Charles Harless  
Aaron Harris  
Sarah Hicks  
Gwen Higgins  
David Humes  
ShaValia Ingram  
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LaTonya Mangum  
Kabrina Mason  
Terria McGee  
Lakesha Means  
Anaiz Mendez  
Rotcelis Morales-Jones  
Robin Morton  
Carla Mullins  
Nekoba Mutima  
Ebonie Newton  
Shameeka Newton  
Blessing Nwifo  
Rachel Overcash  
Kathryn Pacos  
James Pearce  
Leatha Pettress  
Raven Pickett  
Alissa Privette  
Amy Propst  
Sheila Read  
Sarah Reid  
Maria del Pilar Salgado  
Jennifer Schiappa  
Lacey Shankle  
Claudia Shapiro  
Tempe Smith  
Sarah Smusz  
Dekevia Stanley  
Tamara Stewart  
Emily Stockett  
Michelle Stoisis  
Tammy Vaughan  
Clinton Walters  
Megan Whitfield  
Alexandra Willard  
Serena Wilson  
Allison Winston  
Shaniqua Wood  
Nia Wright

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Wendy Bouchard  
Paulina Burch  
Megan Burkhalter  
Rachelle Burrell  
Shalisa Bynum  
Margaret Camp  
Lauren Carter  
Jason City  
Rikki Crider  
Annia Cuebas-Colon  
Caroline Doyle  
Quanya Eaton  
Deborah Furr

Samantha Garner  
Christian Glover  
Diana Green  
Angela Guerrero  
Tabatha Hamby  
Zanita Harrison  
Brooke Hartson  
LaVerne Hatcher  
Laura Hicks  
Janice Hines  
Charles Holleman  
Lisa Johnson  
Victoria Jones  
Katherine Kingsley  
Kierra Knight  
Thomasa Lambert  
Zoe Lauenstein  
Stefanie Lawson  
Lucy Lindsey  
Jonathan Lowery  
Tunisia Lumpford  
Teresita Maxey  
Melanie McCarthy  
Willie McGhee  
Floyd Moore  
Robert Mundy  
Cierra Pearson  
Tessa Pearson  
Terrence Pleasants  
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Breah Pope  
Tiffany Rice  
Bill Russell  
Tori Rutland-Wilson  
Alex Serpe  
Judy Southerland  
Novia Stevenson  
Ariana Stewart  
Martha Stroud  
Andrea Vasquez  
Andrew Watkins  
Jessica Webb  
Jean Wegger  
Kierra Wiley  
Jualena Younger

#### South Piedmont District (D)

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Erica Bermudez  
Alicia Bullock  
Marliissa  
Cunningham  
Amanda Davis  
Courtney Diliberto  
Emily Dobbs  
Patrice Duff  
Danielle Ellis  
Miriam Espaillat

Yuriante' Evans  
Michael Farley  
Kelsie Grabert  
Matlyn Hogan  
Brittany Holland  
Sharrenda Hopkins  
Sherika Jackson  
Bernita Jeter  
Tiffany Joye  
James Jumper  
Kanh Kanh  
Kandis Kelly  
Terreya Lindsey  
Lashundra Long  
Anna Maiga  
Patricia McCaskiel  
Alexandria McGlenn  
Denise Mcknight  
Sarah McLaughlin  
Sherell Mobley  
Patricia Moffatt  
Natasha Moore  
Joy Moses  
Susanna Pantas  
Destiny Pete  
Chelsea Rickerson  
Niyarna Roberts  
Jessica Robinson  
Rheanna Schmitt  
Nicole Sherrill  
Pamela Stephens  
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Karly Smith  
Samantha Stark  
Miguelina Tatum  
Samantha Weekly  
Katarina Wittekind  
Shoua Yang  
Hali Yarborough  
Tykara Young  
Lauren Zaloshinsky

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Brooklyn Barlow  
Courtney Bennett  
Mercy Berkoh  
Vonetta Bethea  
Destini Bishop  
Lorraine Bolduc  
Meghan Bowden  
Malika Bowser  
Sarah Broach  
James Brown  
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Joan Woodcock

## Legislative Update

# 2015 Long Legislative Session

## Planning Ahead

By Kay Castillo, BSW

Director of Advocacy, Policy and Legislation, Registered Lobbyist



**L**egislators will convene in Raleigh in late January for the 2015 Legislative Session and anything can happen this session! NASW-NC is already ahead of the game. We are in the process of developing our Legislative Agenda by targeting issues such as Medicaid Reform, aging and child welfare issues.

### 2015 Social Work Advocacy Day

Join together with hundreds of social justice advocates from around North Carolina for the largest gathering of social workers in the state! Save the date for the NASW-NC Social Work Advocacy Day on Wednesday, **March 25, 2015**. This is amazing day where social workers and social work students come to the North Carolina Legislative Building in Raleigh to learn about your ethical obligation to advocate for your clients and speak to your legislators. [Look for more information in January](#).

### NASW-NC Advocating for You

We continue to address **Social Work Title Protection** in our state. In the private sector, by state statute, anyone who has the title "Social Worker" must have a degree in social work (BSW, MSW). This is currently not the case in the public sector in North Carolina. This means anyone hired to work for the state can be hired into the Office of Human Resources Social Work Series through a civil service exemption. We hope to remove this civil service exemption by working in collaboration with the Department of Social Services.

We will also continue to advocate for children involved in our child welfare system. Last legislative session, NASW-NC worked on issues impacting children in foster care including increased funding for Child Protective Services. There are many issues impacting children in care such as more support for older youth in foster care (NC LINKS program), specialized transitional living services, post-adoption support, raising the age for juveniles, and more. We will continue our work on these issues with social work members and legislators. We anticipate hosting another **Foster Care Awareness Day** at the legislature in May to highlight Foster Care Month.

Lastly, a huge issue we anticipate for the 2015 Legislative Session is a massive reform of the North Carolina Medicaid system. In the last legislative session, Senators proposed making Medicaid a separate agency overseen by a seven-person board appointed by the legislature and governor. The House proposed provider-led organizations that would manage and coordinate the Medicaid population and make the system fully capitated by 2020. The Senate wanted to rush the integration of physical and behavioral health care by 2016 and the House proposed studying the best way to integrate the systems. During the interim, legislators have looked to other states for suggested models such as Florida,

Virginia, and Ohio. We will work with legislators to ensure a smooth transition that does little to disrupt the delivery of services and care in our state.

### We want to hear from you!

Do you have suggestions for improving Medicaid as the system looks to be reformed? Do you have input into changes that need to happen for children in foster care? What other outcomes would you like to see in North Carolina? What connections do you have to North Carolina legislators? Are you willing to speak to your legislators about issues important to social workers? Contact Kay Castillo at [kay@naswnc.org](mailto:kay@naswnc.org)! ●

## Recognize Your Favorite Advocate!

NASW-NC is seeking nominations for the **2015 Myrna Miller Wellons Advocacy Award**.

This annual award is given to a North Carolinian who has demonstrated a strong passion to advocate for the **needs of the social work profession and/or policy issues**.

A strong candidate has been a champion in impacting policy both for the social work profession and the clients served by social workers.

More information: [www.naswnc.org](http://www.naswnc.org)

Deadline: **January 9, 2015**



**BARBARA ZELTER**  
SOCIAL WORKER RALEIGH, NORTH CAROLINA

2014 Winner Barbara Zelter

## Ethics in Practice



# I Received a Signed Consent Form. Of Course I Should Release Information... Shouldn't I?

By Ravita T. Omabu Okafor, MSW, LCSW; NASW-NC Ethics Committee Chair

**S**tandard 1.07 of the NASW Code of Ethics (2008) delineates requirements for disclosing confidential information. These requirements include client authorization, informed consent, and privacy protections. Social workers need to know that a signed consent form does not automatically justify the release of protected health information.

In Reamer's Ethical standards in social work: A review of the NASW Code of Ethics (2006), he elaborates as follows on Standard 1.07 (b):

Many requests for confidential information received by social workers are straight-forward. For example, another professional providing services to a client may request confidential information concerning that client .... In other cases, however, social workers may be less clear about the appropriateness of a request for disclosure of confidential information. One source of confusion is the extent to which the party requesting the confidential information is legally entitled to it .... In such circumstances, social workers should consult with knowledgeable colleagues – and, if necessary, a lawyer – about relevant statutes and regulations. (p.55)

Recently a social worker received a document signed by a child's parent that seemed to authorize the grandparent's access to the child's confidential mental health record. When the social worker contacted this parent, he/she confirmed his/her desire for his/her parents to participate in his/her child's care. The child's parents had divorced, and the respective families had conflictual relationships. The child's other parent expressed a preference for no grandparents to be involved in the child's care. When the social worker spoke with the grandparent (who sent the document to the social worker) and shared the need for legal consultation regarding this situation, the grandparent questioned the necessity of the consult, asked the social worker if he/she refused to honor the authorization, and insinuated additional action if the social worker did not comply.

Social workers facing busy schedules, mounting documentation, and other personal commitments may yield to an aggressive request for information without thoroughly considering the appropriateness of the request. In The Ethics of Private Practice (2014), Barnett, Zimmerman, & Walfish state:

Rarely is a request for information an actual emergency. You should respond in a timely fashion, but you do not have to rush. Consider your actions carefully. Do you have truly informed consent from the client or responsible party? Are you releasing the information required? Are you inappropriately releasing some information (e.g., information that was sent to you by other sources)?

Do not simply trust what an attorney requesting or

demanding information asserts. (page 65)

The social worker in the above-described scenario contacted NASW Assurance Services (the social worker's malpractice insurance carrier) for consultation. The assigned attorney advised the social worker that if parents have joint custody, and one parent declines to authorize the release of information, the social worker should not release the information. There were no known imminent risk of harm issues involved in this situation, so the social worker relayed the legal advice to the client's parents.

Since every ethics question has unique nuances, do not use this article alone in making decisions about releasing information. Study relevant sections of the *NASW Code of Ethics* (2008), add the above-cited books to your library, or borrow them from NASW-NC's lending library for free. Call your NASW-NC's Chapter Ethics Committee for a free ethics consultation, get malpractice insurance if you do not have it, and access your carrier's ethics/legal consultation service whenever you have a question. Never hesitate to call for help. You will always appreciate confirmation that you're proceeding in accordance with professional standards instead of making decisions hastily and jeopardizing your career.

To access NASW-NC's Chapter Ethics Committee's consultation service, please email [naswncethics@gmail.com](mailto:naswncethics@gmail.com). Please note that this service is free **only** to NASW-NC members with questions about cases in which they have direct involvement. Your NASW Membership will be verified.

### References:

Barnett, J.E., Zimmerman, J., & Walfish, S. (2014). *The Ethics of Private Practice: A practical guide for mental health clinicians*. New York, NY: Oxford University Press.

National Association of Social Workers. (2008). *NASW Code of Ethics*. Washington, DC: Author.

Reamer, F.G. (2006). *Ethical standards in social work: A review of the NASW code of ethics*. (2nd edition). Baltimore, MD: NASW Press.

**PLEASE NOTE:** Your NASW-NC Chapter Ethics Committee continues to offer Peer Ethical Consultation **FREE** to NASW-NC members. NASW-NC offers consultation to assist its members in considering options for ethical decision-making. Should you access this service, please understand that you are fully responsible for your actions regarding your ethics question *brought before NASW-NC staff and/or members of the NASW-NC Ethics Committee*. We are not responsible for any consequences that occur as a result of your actions. Additional resources for Ethics Consultation:

- You may contact your malpractice insurance carrier for ethical and legal consultation. If NASW Assurance Services is your carrier, you may contact the Risk Management Helpline at 855-385-2160.
- If your question has a legal component, you may contact NASW's national office attorneys at 800-742-4089.
- Since most complainants file ethical complaints with the North Carolina Social Work Certification and Licensure Board, consider reviewing the Social Work Practice Act and the Administrative Code found at [www.ncsboard.org](http://www.ncsboard.org) to ensure your compliance. ●

## Around the State

### NASW-NC Local Program Unit Updates

#### Fayetteville Local Program Unit



NASW-NC members with candidates: Left to right: Veronica Kelly, Fayetteville LPU Chair Tanisha James, Billy Richardson, Meghan Fields, Jennifer Dusablon, and Rick Glazier

The NASW-NC Fayetteville Local Program Unit hosted two candidates endorsed by NASW-NC at their September meeting: Rick Glazier, incumbent for NC House of Representatives District 44 and Billy Richardson for NC Senate District 19.

The social workers in attendance thought it was clear that the candidates were very appreciative of the social work profession and the endorsement from NASW-NC!

#### Upcoming Professional Development Events:

**Saturday, November 15:** Wine and Paint Party!

**Wednesday, November 19:** Peer Support Group

Learn more about the [Fayetteville Local Program Unit](#). ●



#### Far West Local Program Unit



Left to right: Jan McGee, MR Hall, Garrett Lagan, Jamie Thomas, and Doris Doster.

The Far West Local Program Unit met on September 24th at Lulu's in Sylva and we were joined by our colleagues in Murphy via Skype. We were honored to have Jan McGee and Doris Doster from Macon TRACS, Equine Assisted Activities and Therapy, provide our presentation for the evening. We discovered the magic of horses in the therapeutic process! Also attending was our new Western District Representative on the NASW-NC Board, Margaret Rose Hall. She was able to share ideas and encouragement for growing our LPU and better serving our clients in rural Western North Carolina. We encourage all of our colleagues in WNC to join us for networking and CEU opportunities each month. We also have a [Facebook page NASW-NC Far West LPU](#) and encourage everyone to join so that we can stay connected in our expansive area.

Learn more about the [Far West Local Program Unit](#). ●

## The Pleasure Instinct and Your Client's Pain

By Carrie Burke, LCSW; NASW-NC Member

The Pleasure Instinct is an essential form of inner guidance. It is a major focus of my work as a licensed clinical social worker. Helping clients to learn to follow their pleasure instinct leads them in the direction of health, towards their personal power, towards their purpose in life.

The suppression of pleasure is often first learned in childhood. "Good little girls don't \_\_\_\_" or "Big boys don't \_\_\_\_." Instead you learn to act "correctly" and to manage the pain that comes from acting "incorrectly." As you numb emotional pain or stress, your capacity for pleasure is also desensitized. In this state, you settle for empty pleasures such as social media over human contact or ice cream over a piece of fresh fruit. The result of chronically choosing "correctness" over pleasure is disconnection from your intricate bodily sensitivities, desires, and urges.

The opposite of pleasure – pain – is what leads potential clients to seek therapy. Pain is also a major focus of my professional work. It is an inner guide as well. The first step back towards authentic, embodied pleasure is often grieving pain. I gently invite my clients to their emotional

edges by asking them to really notice how much pain they are living with currently. I also invite them to notice their lack of relationship with the actual bodily sensations of pain.



Being in touch with your pleasure or pain requires you to be grounded in your body. This simple body practice will help a client learn to connect with his or her body.

#### Body Practice: Body Check-In

1. Pause what you are doing.
2. Take several slow, full deep breaths.
3. Notice any body sensations. Start with your legs and feet. Do you feel grounded? Next, notice your pelvis. Does it feel tight, hot, or full? Does your belly feel spacious or contracted? Are you able to feel your heart center? Are your shoulders hunched or relaxed?

**Pleasure Instinct** continued on Page 10

## Around the State

### In Memoriam

All social workers, regardless of practice settings, will inevitably work with clients facing acute or long-term situations involving life-limiting illness, dying, death, grief, and bereavement. When we lose a member of our social work family, we feel it most acutely as we know the impact each social worker has had on the lives of so many. Here are brief stories about some of the amazing social workers North Carolina has lost this fall.

#### Ann B. Johnson, MSW, ACSW

**A**nn Johnson was a nationally recognized aging advocate and champion of senior centers, a member of NASW for 50 years and passed away at the age of 94 in October.

Johnson was born outside of Philadelphia and earned a bachelor's degree in education from Temple University, then a Master of Social Work degree from Tulane University. Moving to Durham in 1960, she worked for 23 years as the executive director of the Coordinating Council for Senior Citizens.

The beneficiaries of Ann Johnson's advocacy, policy-making, and service planning have included hundreds of thousands of elderly citizens in the United States. In addition to starting the first senior center in public housing in North Carolina in 1968, Johnson served under three governors on the State of North Carolina Governor's Advisory Council on Aging and served for eight years on the board of directors of the National Council on Aging. She was a state delegate to three White House Conferences on Aging – in 1971, 1981, and 1995 – meetings where significant national legislation involving

older people was germinated.

In 2001, the North Carolina Department of Health and Human Services Division of Aging and Adult Services initiated a management training program for senior center managers and leaders. The three-year certificate program is named in honor of Ann Johnson as "her name is associated statewide and nationally with quality, credibility, and high standards of excellence; and she had long recognized the critical importance of quality training and skills-development for senior center managers and staff."

Ann was the NASW-NC Social Worker of the Year in 1999. She always represented herself to the public as a social worker, not just an aging advocate and helped start the NASW-NC Aging Practice Area Network.

Read the article about Ann Johnson in the News and Observer: <http://bit.ly/1wvYtCr> ●



#### Sue Applewhite, MSW, ACSW

**S**ue Smith Applewhite passed away on September 26, 2014 in Jacksonville, NC.

Sue received her degree in Social Work at Woman's College in Greensboro, NC (UNCG) and her Master of Social Work at UNC-Chapel Hill.

She began her career as a social worker in Smithfield, NC (Johnston Co.). She continued her career in Wilmington, NC (New Hanover Co.) after marrying her husband Jim. A new job for Jim with the US Marine Corps Exchange brought them to Jacksonville, NC in 1950 where she worked in the Onslow County Department of Social Services until her retirement as Director in 1988. During that time, she served as President of the North Carolina Association of County Directors of Social Services and President of North Carolina Social Services Association.

Sue was a member of NASW for over 35 years and helped to start the NASW-NC Jacksonville/Onslow County Local Program Unit.

Her accomplishments were numerous and their effects will be felt in the community and state for many years to come.



#### Sally Comer, PhD, LCSW

**D**r. Sally Davis Comer died peacefully at home September 24, 2014.

Sally's professional career began with both undergraduate and graduate degrees in Speech Pathology from the University of Alabama. After moving to North Carolina as a young, single parent, Sally worked in the TEACCH Center at the UNC School of Medicine.



Sally completed her Master of Social Work degree at UNC-CH in 1989. She became a Licensed Clinical Social Worker in 1991 and after years of private practice, when her children were successfully launched, Sally earned her PhD in Social Work from Smith College in 2012.

She collaborated internationally on her research findings and was an adjunct professor at both UNC-CH and ECU Schools of Social Work. She was Director of the Psychotherapy Training Program at Psychoanalytic Education Center of the Carolinas 2009-13. Well-known and respected in her profession, she was a member of NASW for over 25 years and active in the NC Society for Clinical Social Work for over 20 years.

Read more about Sally Comer: <http://bit.ly/1t8pw5R> ●

Read more about Sue Applewhite: <http://bit.ly/1ww2O8E> ●

## Profession Updates

### Project SYNC

#### Supporting Youth in North Carolina

By Roman Rys, BSW, MSW Student; NASW-NC Member

In general, youth who have been in foster care have at least experienced some type of neglect. Some of these youth have experienced being abused physically, emotionally, and/or sexually as well. More or less, there are around 500,000 youth in foster care at any point in time in the country, with approximately 13,000 in care in North Carolina alone. In this population, there is a group of youth that not much is heard of, which could be enhanced by the efforts of social workers. This group of youth are former foster youth who desire to attend college or are attending college.

The former foster youth who desire to attend college have a more difficult time than the general population of youth getting enrolled in, staying in, and graduating from college. Studies have shown that graduation rates for these youth from college can vary from 13% to as low as even 1%, and only 2% of former foster youth have an undergraduate degree in any type of academic focus. Furthermore, only half of former foster youth receive their high school diploma, which is significantly less than the general population of youth.

Fortunately, there are efforts that are being done to support this population. One emerging trend among some colleges and universities around the country are on-campus support programs developed specifically for former foster youth. Some of the unique challenges that these former foster youth face while in college include year-round stable housing, mental health issues being professionally treated, and being academically prepared for college-level work. Most importantly, these youth need a caring, dependable, and lasting support network that can provide emergency money, emotional support, a caring environment, and basic necessities while being a college student. These support programs strive to meet these challenges.

In North Carolina specifically, several colleges have made successful efforts in these support programs. These colleges include, but are not limited to, Johnson & Wales University as well as Wake Technical Community College. However, the vast majority of colleges and universities throughout the state are not seeing the critical challenges of this popula-



tion, and therefore not much is being done to provide for them. At East Carolina University there is an effort starting called Project SYNC (Supporting Youth in North Carolina), and the main goal of Project SYNC is to provide the college campuses of North Carolina a holistic support program for these youth.

NCReach and the Education and Training Voucher (ETV) are highly valuable scholarships that have been accessible to these youth for years now. However, more efforts will need to be done to help former foster youth succeed in college and become economically independent. Even though some may suggest that the needs former foster youth have are more than we can provide, much of what they benefit the most from are simple, and was stated earlier: a caring, dependable, and lasting support network. It will take social workers like you to start helping these youth to be successful in college. Without us, these youth will continue to struggle in their educational goals, and social justice will not be met for this population.

*Roman is a recent BSW graduate from East Carolina University (ECU). He is a Regional Assistant with SaySo, Inc. which is a non-profit 501(c)3 organization in North Carolina whose mission is to work to improve the substitute care system by educating the community, speaking out about needed changes, and providing support to youth who are or have been in substitute care. Roman is a former foster youth who aged out of the system in 2010. Along with working with SaySo, Inc. he is currently a full-time graduate student at ECU working to obtain his MSW degree. ●*

**Pleasure Instinct** continued from Page 8

Is your throat open or closed? Is your jaw clenched? Are you smiling or frowning? Is your mind calm or racing? What else do you notice? Scan your whole body.

4. Acknowledge what you find.
5. Allow any thoughts, feelings, images, or memories to arise without judgment. Just notice.

Now It's Your Turn:

How much consistent, connected pleasure do you allow into your body? How you allow sexual pleasure often indicates how you hold back or open to pleasure overall. ●

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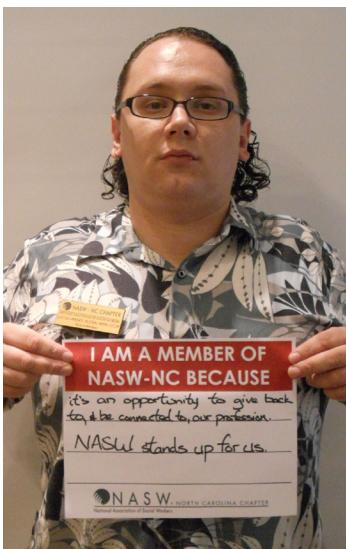
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## Professional Updates

## 911 Good Samaritan/Naloxone Access Law

By Lucas Vrbsky, GED, MSW, LCSW, LCAS; NASW-NC Member



the leading cause of accidental death. Most overdoses are caused by prescription medications, in particular opioid pain relievers.

The 911 Good Samaritan/Naloxone Access Law provides limited criminal immunity from prosecution charges for less than one gram of drugs or paraphernalia to people who call 911 to report an overdose. The immunity also applies to underage drinkers who seek help for alcohol poisoning.

Additionally, the law removes civil liabilities for medical providers who prescribe naloxone, the antidote to opioid overdose, and for bystanders who administer it to someone experiencing an overdose. It also allows for a standing order distribution, meaning that medical practitioners can grant permission to nurses and overdose prevention groups to dispense naloxone without a doctor present.

The NASW Code of Ethics clearly states, "Social workers' primary goal is to help people in need and to address social problems... Social workers strive to ensure access to needed information, services and resources." As we strive to understand and alleviate the conditions that create overdoses and addiction, we must take action to prevent more deaths. Greater access to naloxone, through law enforcement programs, prescriber education, training for friends and family members of opiate users, and public awareness can help prevent more overdose fatalities. With community involvement, legislative action, and leadership, North Carolina can become a state at the forefront of the fight against the overdose epidemic.

NC Harm Reduction Coalition has set up an Overdose Prevention Naloxone Clinic to provide overdose prevention and reversal training as well as to distribute naloxone to the community. For more information please visit [www.nchrc.org](http://www.nchrc.org).

## **911 Good Samaritan and Naloxone Access Law: What this means for North Carolina**

## Calling 911/Seeking Help: What Should You Know?

**FOR OVERDOSES:** As of April 9, 2013, a person who seeks medical assistance for someone experiencing a drug overdose cannot be prosecuted for possession of small amounts of most drugs or for possession of drug paraphernalia if evidence for the charge was obtained as a

result of that person seeking help. The victim is protected from these charges as well.

**FOR ALCOHOL POISONING:** As of April 9, 2013, an underage person who seeks medical assistance for someone experiencing alcohol poisoning cannot be prosecuted for possession or consumption of alcohol if evidence for the charge was obtained as a result of that person seeking help. However, the person must give their real name when seeking help and then remain with the victim until help arrives.

## YOU CAN NOT BE PROSECUTED FOR:

- Misdemeanor possession of small amounts of drugs
- Possession of drug paraphernalia
- Underage possession or consumption of alcohol

## Administering and Prescribing Naloxone (aka Narcan): What Should You Know?

**WHAT IS NALOXONE?** Naloxone (also known as Narcan) is an effective, non-addictive prescription medication that reverses opioid drug overdose. It can be given by intramuscular injection, as a nasal spray using a special adapter, or as an IV fluid.

**PRESCRIBING:** As of April 9, 2013, doctors and other medical providers can prescribe naloxone to people at risk for an overdose AND to family members, friends, or other persons who could administer naloxone in the case of a drug overdose.

**IMMUNITY:** Doctors and other providers who prescribe naloxone AND the people who administer naloxone in the case of an overdose will be immune from any civil or criminal charges as long as they act in good faith. ●



Contents of a naloxone reversal kit distributed by the N.C. Harm Reduction Coalition. Photo credit: Rose Hoban, NC Health News.

## Student Updates

### NASW-NC MSW Student Intern

Courtney Coyle

University of North Carolina at Charlotte

I have chosen to be an intern at the National Association of Social Workers North Carolina Chapter as I am eager to learn about policy development, implementation, and advocacy.

Last year, my field placement was with the Guardian Ad Litem (GAL) office in Charlotte, NC where I participated in writing two National Court Appointed Special Advocate (CASA) grants, assisted in the planning of National Adoption Day, coordinated volunteers for this event, and helped coordinate the child abuse awareness monthly activities for the GAL program.

My passion is working with child welfare, at-risk youth and serving as a change agent at the micro, mezzo, and macro level. My goals for the future are to pursue a Ph.D. in Social Work focusing on child-welfare policy, program development and evaluation.

I am enjoying my time at NASW-NC Chapter and learning a great deal about the broad scope of social work and its ability to serve a variety of vulnerable populations. In addition, I am working diligently to acquire the tools necessary to become the best advocate possible for vulnerable populations. I look forward to what lies ahead with the upcoming elections and legislative session, it will be a new perspective for me to observe the workings of the political system and how it impacts our profession. ●



### NASW-NC BSW Student Intern

Sabrina Bristo

North Carolina Central University

I'm a senior social work major at North Carolina Central University in Durham, NC, and I have the privilege of being the BSW intern at NASW-NC for the 2014-15 academic year. I am a non-traditional (read mature) student who returned to school full-time in 2011 after a 30-year semester break to get married, raise a family, and work.



My journey into social work began in my early adolescence when I read the biography of Jane Addams and her courageous, audacious founding of Hull House in Chicago. She became one of my "she-roes", as well as Florence Nightingale, Dr. Elizabeth Blackwell the first female doctor in America, and Elizabeth Cady Stanton, the suffragist, along with Sojourner Truth the abolitionist and women's rights advocate, Shirley Chisolm the first African American woman elected to Congress and Barbara Jordan, the first African American congresswoman from Texas. These remarkable women came from different countries, cultures, ethnicities and backgrounds but had two things in common: a refusal to accept the status quo, and a determination to bring about social justice and equity in their spheres of influence.

I came of age during the confluence of the civil rights and women's rights movements in the early and mid 1970s, and it was deeply impressed in my consciousness the obligation to contribute to make society better for all. My parents took 3-year-old me in my stroller to the March on Washington, and somehow the awesome weight of that day must have been stamped in my psyche forever. I also still remember the grief and confusion of not only Dr. King's assassination in 1968 but also of Robert Kennedy's later that year.

Fast forward forty two years. After working as a legal assistant and victim's rights advocate for the District of Columbia and North Carolina courts, I found myself at a crossroads. I enjoyed working with crisis survivors but realized there were limitations to the assistance I could render working in the court system. This realization in conjunction with the burgeoning ultra conservative political movement in North Carolina led me to return to school full-time to major in social work and to emulate the lives of my early role models as advocates, change agents, and speakers of truth to power.

As you may have guessed, I view social work as the opportunity to impact society through advocacy, political and economic empowerment, and public policy development. I hope to someday work as a macro practitioner in public policy analysis or a similar field. My internship with NASW-NC has been an awesome opportunity to peek behind the scenes at macro practice in action! ●



April 16, 2015 is **National Healthcare Decisions Day** (NHDD) across the nation. This is a day set aside to talk with family and others about end of life issues and few people are more qualified to support and assist others with this difficult topic than social workers.

NHDD 2015 is just a few months away and groups are planning events already. To find out what is going on in your area of North Carolina or to join NHDD as a state liaison, please visit [www.nhdd.org](http://www.nhdd.org) and follow both NHDD and NHDDNC on Facebook and Twitter.

If you have any questions, please email Tanya Roberts at [tanyaproberts@gmail.com](mailto:tanyaproberts@gmail.com).

## Student Update

### MSW Student Board Member

Monica Dhulia  
North Carolina State University

I am the MSW Student Representative on the NASW-NC Board of Directors and attend North Carolina State University.

Growing up I knew I wanted a career that allowed me to help other people. I thought I wanted to be a counselor or teacher. When applying for undergrad, I came across the Department of Social Work at NC State University. After reading the mission statement and realizing I want my career to match my values and beliefs, I chose social work for my education. I have returned to NC State University for my MSW career because I appreciate the social justice focus.



I have worked with a variety of people such as children, the elderly, and homeless families. I am interested in working in the domestic violence field, with women, and the LGBTQ community.

I decided to volunteer on the NASW-NC Board of Directors to network with professionals in the entire state. As a board member, I am allowed to give my input on important decisions as a student. I have the opportunity to hear experiences from professionals in the field, and even ask the other board members any questions about the field.

I am excited to connect with other members in my professional organization! ●

### ATTENTION MSW STUDENTS!

Submit your application for the  
**NASW-NC  
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The Presidents' Award is **\$1,000** presented to an MSW student in North Carolina who shows outstanding leadership qualities, high academic achievement, and excellence of practice in the field of Social Work.

Applicants must be members of NASW who are expected to graduate from a CSWE accredited (or in candidacy status) Master of Social Work program in North Carolina within the current academic year.

More information and applications are available on the Chapter website at [www.naswnc.org](http://www.naswnc.org) or contact [valerie@naswnc.org](mailto:valerie@naswnc.org) to request an application.

Deadline: December 15, 2014

### BSW Student Board Member

Cathy Walsh  
North Carolina Central University

Growing up in an impoverished family, I personally experienced being a recipient of various social services in my hometown of San Francisco. I remember not only the many people who would be waiting with us to be called by our over-worked social workers, but also the lack of hope I often saw in the client's eyes.



As a teenager, I became interested in how to instill hope into the families of my inner-city neighborhood. I became involved in the local Salvation Army working with the many children and their families in the mainly Latino and African American community where I lived. I found that I enjoyed helping the families find the necessary resources to empower themselves and the neighborhood.

Throughout my volunteer and paid positions in the Salvation Army, I began to realize that I enjoyed working one-on-one with clients. However, I also became aware that what was decided on the governmental level greatly affected our clients on a personal level. This was an important realization for me as it expanded my view of what I needed to know and understand to be an effective helper in my client's lives.

When the opportunity for me to return to school and finish my degree finally arrived, I realized that a BSW would be the best degree for me to obtain. I enrolled in NC Central University and immediately began to research the different organizations and groups that would best enhance my educational experience.

I was happy to find that NCCU has a very strong connection with NASW and encourages all their Social Work Program students to join. When the opening for a BSW student representative became available on the NASW-NC board, I jumped at the opportunity. I felt that this would be a wonderful opportunity to learn more about the macro level of social work as well as be an advocate for professional social workers in the field and students who are preparing to enter their new profession. I enjoy my position on the board and look forward to a long relationship with NASW. ●



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# **NASW North Carolina 2015 Annual Ethics Conference**



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