



D1 - Wednesday, June 1st Afternoon Workshops

Ethical Considerations of Telemental Health During
Unprecedented Times

Hair Conversations: Ethnocentricity and Black Women's Trauma

Housing Justice Now

Non-Suicidal Self Injury Today

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Racial Trauma and Suicide

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Ethical Considerations of Telemental Health During Unprecedented Times

As we move further into a new age societally, we must make adjustments as social workers. We are accustomed to changing with the times. We are flexible. This is the nature of our work.

This means we need to be creative in the way we provide services. Due to the fact that we all are not able to meet with our clients face-to-face anymore, we must become savvy in telemental health.

Telemental health is a phrase used more now than ever before. Therefore, this workshop will teach the do's and don'ts of this tool while still remaining ethically compliant.

June Tyson, PhD, LCSW-R, ACSW is practicing psychotherapy in Brooklyn, NY at the mental health clinic, Community Counseling and Meditation. Her PhD is in Human Services from Capella University



As part of a Global Health Group, she travels to share Social Work techniques with doctors and nurses of various hospitals and universities, and has done this work in Nigeria and Haiti.

Dr. Tyson believes as social service workers, we should stretch ourselves to learn other languages, travel to perform global social work, and work with populations outside of our “comfort zones.”



Hair Conversations: Ethnocentricity and Black Women's Trauma

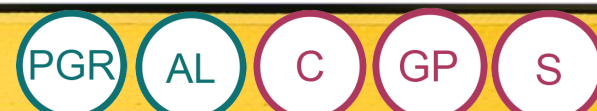
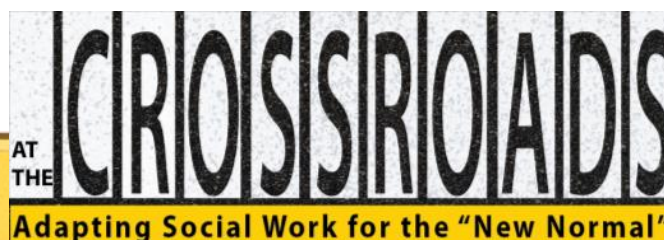
Discrimination based on hairstyle and/or texture has been the Black experience in the United States for centuries. From the classroom to the boardroom, hair conversations seen from an ethnocentric lens and voiced through racial microaggressions and policy decisions has had damaging effects on the psychological, social, and professional well-being of people of color - specifically Black women and girls. This workshop will provide historical insights into the origins of hair discrimination; delve into the trauma experiences of Black women across the lifespan for not having "good hair"; and discuss ways in which social workers can support and honor diverse expressions of cultural heritage through clinical interventions and advocacy.



Theresa Parris, MS.Ed, LCSW, CASAC has been practicing Social Work for the past 30+years. Currently, she works with children and families in a school-based setting. In addition to Social Work, she holds a Master's of Science in Education. A Credentialed Substance Abuse Counselor and Certified Clinical Aromatherapist, Theresa's passion is to improve the lives of others. During the COVID-19 pandemic, she completed a 200-hour online Yoga teacher training certification program. All of Theresa's degrees and certifications help her help others on their personal healing journeys.



Angela Montague, LCSW-R is the Associate Director of Social Work at NYC Health + Hospitals/ Metropolitan and an adjunct instructor at Fordham University Graduate School of Social Service. Ms. Montague is an experienced trainer with expertise in the areas of domestic violence, sexual assault, health, and mental health. Angela recently co-authored the journal article, "Risk factors for male perpetration of intimate partner violence: A review" and has a particular interest in the intersectionality of race, domestic violence, and mental health. Ms. Montague is dedicated to reducing the stigma of mental illness among the Black community.



Housing Justice Now

Before COVID-19 hit, tenants of NYC were already rent-burdened and struggling to pay rent. Even before the city shut down, housing organizers were preparing for what could be a devastating wave of evictions. Instead, due to organizing and adapting, we went from having 30 evictions on March 13, 2020, alone to having less than 70 evictions from March 14, 2020 until Oct 1, 2021. By adapting technology and empowering our members, housing groups in NY were able to keep people in their homes, get back rent, and prevent around 10,000 additional deaths to COVID.

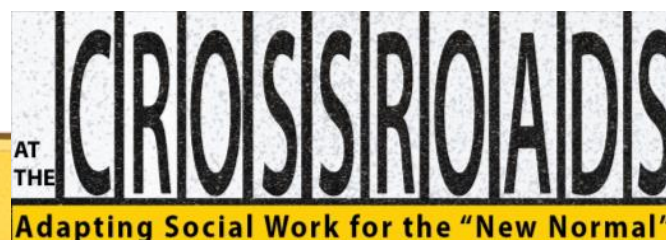
In this session, we will review the year and a half long fight to “Cancel Rent”. We will explore the importance of visionary and universal policy demands. How the housing justice movement went from relying on traditional methods such as door-knocking and lobby meetings to QR codes and quadral lingual zooms. Adaptations which allowed us to organize a powerful movement that has not just allowed us to win big policy changes

Andrea Shapiro, LMSW came to the Met Council after being the Volunteer Manager at Hunger Free America. Andrea has previously worked as a field organizer and lobby day coordinator for a political consulting firm. She has also worked closely with the domestic workers rights movement both nationally and locally as part of Jews for Racial and Economic Justice (JFREJ), where she is on the board.

Andrea has a Masters in Social Work specializing in Community Organizing from Silberman School of Social Work. She has also been a Grace Paley Organizing Fellow and Rene Cassin Human Rights Fellow.

Malika Conner, LMSW is an experienced community organizer, coalition builder, campaign strategist, and social worker. She has worked in the social justice movement for over nine years and has extensive experience building coalitions and campaigns from the ground up.

Malika is the Director of Organizing for the Right to Counsel NYC Coalition. She previously served as Senior Organizer at ANHD, where she ran a workshop series for tenant organizers and led CATHnyc, a city-wide coalition that is fighting against the harassment and displacement of low-income tenants.



Non-Suicidal Self Injury Today

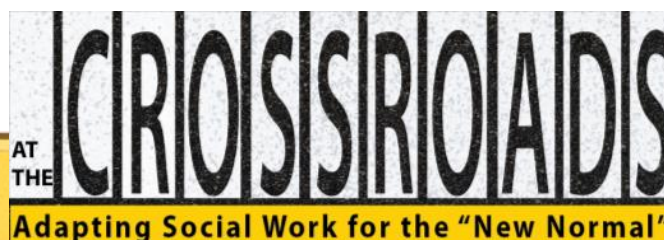
The increase in mental health disorders during COVID-19 is well documented and established in the literature. Issues related to mental health during COVID-19 include, but are not limited to, depression, anxiety, bipolar disorder, and social isolation. While many populations, such as the homeless, elderly, and ethnic minorities, have been identified as vulnerable to mental health issues during COVID-19, little attention is given to another vulnerable population: Adolescents who engage in Non-Suicidal Self Injury (NSSI) behaviors.

Adolescents experience COVID-19 differently and paradoxically when compared to other identifiable populations. Even though many adolescents rely on the internet to connect with peers, they still experience isolation due to a lack of face-to-face interaction. Further, adolescents are susceptible to stress from changes in their immediate environment, which during COVID-19 included how public school education is conducted during Covid-19, economic stress on families, and digital inequities.

While making recourse to NSSI should not be surprising, the practice literature is silent on how clinicians can better treat adolescents who engage in NSSI during the Coronavirus pandemic. The aim of this workshop is to inform clinicians about the interaction between NSSI behaviors and COVID-19, what factors to consider when assessing NSSI behaviors during COVID-19, and identify empirically supported interventions.

Glenn A. Taylor, LCSW is currently a Ph.D. candidate at Wurzweiler School of Social Work, Yeshiva University. He has been practicing psychotherapy for nearly 15 years in New York City. He has also taught social work practice classes as an adjunct professor in social work schools in NYC.

His research interests are racial disparities in internet access, Non-Suicidal Self Injury (NSSI), and evidence-based practices for minority populations in the United States.



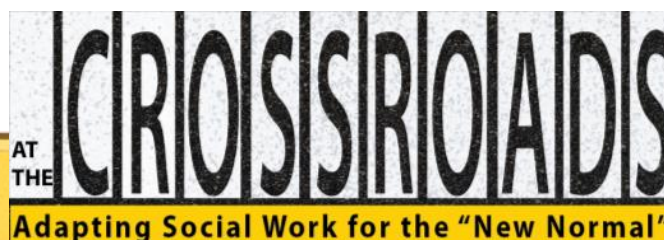
NYC Social Work Labor Trends in 2021

The COVID-19 pandemic put the NYC social work professional community into a tailspin. Issues of safety, administrative quality, benefits, pay, accommodations for health and family needs, and general equity have become major issues at the forefront of social work community forums.

Social work community and labor organizing, both in NYC and nationally, has been occurring at rates previously unseen. This workshop will focus on common NYC social work labor issues and describe community organizing methodologies, such as unionization, mutual aid, and workplace advocacy strategies, used to address the most pressing issues in the field. This workshop will also discuss how agencies have responded and attended to the shifting personal and professional needs of social workers.

Sunny Maguire, LCSW (she/her) graduated from Hunter College School of Social Work in 2011 and was trained at the William Alanson White Institute in 2014.

Since then, she has worked as a community social worker, psychotherapist, social work textbook editor, and a social work educator. She is now utilizing research as a modality to learn more about the professional field of social work in order to advocate for improved conditions for the social work community.



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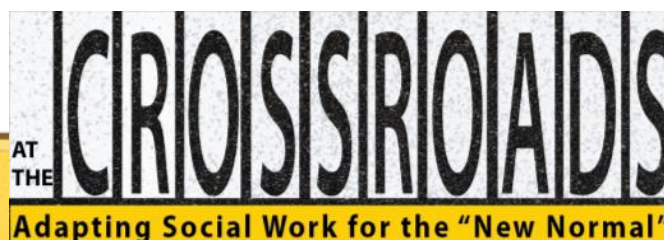
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Racial Trauma and Suicide

Suicide in Black youth has increased drastically over the past thirty years. African American adolescents have disproportionately higher rates of suicide (Price & Khubchandani, 2019). Racial trauma or race-based traumatic stress is a factor in the surge of suicide in Black youth. There are implications on a micro, mezzo, and macro level. Anti-Black violence in the United States remains etched in Black minds and bodies, dating back hundreds of years. Black minds and bodies can remain on high alert for perceived threats to their safety. Anti-Black violence is not isolated to adults but targeted towards Black youth as well. Social media can bombard youth with excessive images of violence on Black bodies. This workshop seeks to explore suicide in the context of racial trauma or race-based traumatic stress. We will briefly touch upon the macro and mezzo levels and explore deeper the micro levels of treatment of Black youth exhibiting suicidality.



Gerri Cadet Mareus, LCSW (she/her) is passionate about collaborating with children and adolescents in a clinical setting, using an intersectional lens when working with children and families. She has experience as an elementary school teacher and is currently an adjunct lecturer at Columbia University's School of Social Work. She is currently attending a psychodynamic training institute and has training in EMDR and Attachment, Regulation and Competency trauma training.



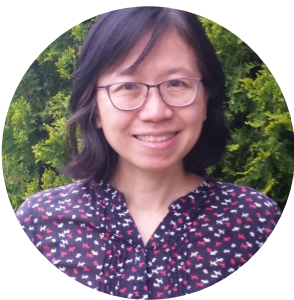
Skill Training in Hybrid Intensive Outpatient Groups

This innovative Hybrid Intensive Outpatient Program (IOP) emphasizes on short term skills training for clients who have the following characteristics: 1) resistant to treatment adherence in the clinic setting, 2) social-isolated with skills deficits to make any substantial change and progress in their treatment, 3) newly discharged from psychiatric hospital with history of mood dysregulation and self- destructive urges, and 4) having difficulties in transitioning back to the community with limited resources and poor self-care. The goal of the IOP is to stabilize clients by enhancing insight about their illness and to avoid re-hospitalization.

The IOP is about two sets of skill training. The first group is the Wellness Group which touches upon the eight dimensions of wellness and how to maintain balance in order to create new experiences and new habits. Skills are learned in a group supportive milieu to enhance client's self-care and sense of belonging in the community. The second combination of groups is on Distress Tolerance and Art Expression. Distress tolerance and crisis survival skills are based on the informed model of Dialectical Behavioral Therapy (DBT).

Clients will be able to learn the effective tools to tackle their life stressors during crises and stop acting on their urges. Role-play is widely used in groups in order to engage clients to actively practice the newly learned skills. Follow up discussions will allow clients to share how they manage their negative emotions as well as skills reinforcement. Art Expression Group follows after Distress Tolerance Group utilizes various art forms such as drawing, painting, and creating crafts to provide alternative channels for clients to express their feelings.

Yuen Ling Elaine Ho, LCSW is a Licensed Clinical Social Worker providing direct clinical services at Gouverneur Mental Health Outpatient Clinic since 2006. Her wide range career experiences include psychodynamic Therapy, CBT, DBT Treatment, and Prolong Exposure Trauma Work. She is currently the Coordinator of the Intensive Outpatient Program which treats and stabilizes mental health patients in order for them to be assimilated back into the community. She dedicates herself in passing on her clinical expertise onto the next social work generation through her role as the Assistant Director of Gouverneur Social Work Internship Program and providing professional presentations in seminars.



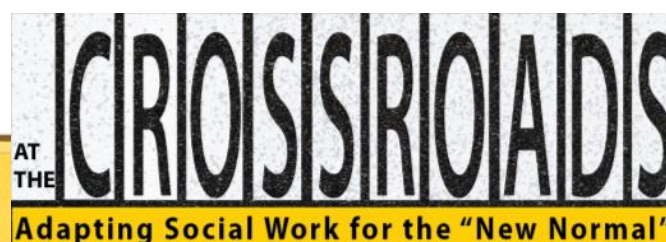
Social Work's Role in Reducing Health Disparities

The COVID-19 pandemic has highlighted the longstanding structural drivers of health inequities. The social determinants of health reflect a need for social workers to take action to reduce the factors that lead to differences in populations that affect health risk factors, behaviors, outcomes, and access. Social workers engage with diverse and marginalized populations and have an important role to play in reducing health inequities. The Grand Challenges for Social Work identify the factors that help to create health disparities including closing the health gap, reducing homelessness, and eliminating racism (Grand Challenges, 2021). These three variables have been documented as related to the differences in infection, care and death rates exposed by the COVID-19 pandemic.

Health is influenced by many factors, which may generally be organized into five broad categories known as determinants of health: genetics, behavior, environmental and physical influences, medical care, and social factors. These five categories are interconnected and have a considerable effect on health outcomes. Social workers have an ethical mandate to engage in changing the effects of these factors. While they may not be able to intervene directly on genetic or biological factors, they may be able to provide services, connect individuals to needed resources, and advocate for programs to mitigate the effects of biological factors on the quality of life.

This workshop will explore the determinants of health as they helped to create the health disparities identified by COVID-19. Participants will have the opportunity to discuss the role of social workers at the individual, family, community, and systemic levels to improve health outcomes for all. Strategies and opportunities for change will be explored by the group.

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Social Work's Role in Reducing Health Disparities (cont'd)



Dr. Adele Weiner, PhD, LCSW has been a social work/human services educator for over 40 years and is a Professor at Metropolitan College of New York. Throughout her academic career, she has focused on providing students with accurate information on HIV/AIDS and training them to be knowledgeable, compassionate professionals. She has been a principal research consultant with a community-based agency offering HIV prevention and outreach services to streetwalking sex workers and other marginalized populations. Dr. Weiner has worked on Centers for Disease Control (CDC) funded projects as a research investigator.



Dr. Kim Lorber, PhD, LCSW has been an Associate Professor of Social Work at Ramapo College of New Jersey for 17 years. Her areas of expertise are HIV/AIDS, COVID-19, and aging. Dr. Lorber focuses on older adults and their caregivers in individual crisis counseling, groups, and as a clinical therapist.

