

NASW News



Spring 2013

Membership Matters!

N A S W *Spring*

May 17th, 2013

University of Utah College of Social Work
Okazaki Community Room, Goodwill Building

Professional Education Series

Upcoming Events

May 17th: Spring Series

May 22nd: CEU's Near You: Utah County, Northern Utah

June 5th: CEU's Near You: St. George

June 14th: CEU's Near You: Salt Lake

June 26th: CEU's Near You: Northern Utah
CEU's Near You are free workshops for NASW Members.

www.utnasw.org for more information

9am-12pm: Ethical Practice: A Social Worker's Best Defense Against Malpractice* (3 ceu's)

Josephine Allen, PhD, LCSW

1pm-4pm: Play Therapy with Children and Families (3 ceu's)

Clair Mellenthin, LCSW

-OR-

1pm-4pm: Understanding the Cultural and Clinical Implications in Working with LDS Women with Depression (3 ceu's)

Kris Doty, PhD, LCSW

Look inside for details and registration 

** Meets standards for Utah's ethics requirement, and entitles NASW members to a 10% discount on NASW sponsored malpractice insurance.*

Vote now! P.7

NASW Board of Directors

NASW Spring Professional Education Series

May 17th, 2013

9:00 AM - 12:00 PM

Ethical Practice: A Social Worker's Best Defense Against Malpractice **Josephine A.V. Allen, PhD, LCSW (3)**

This session, developed especially for social workers, is sponsored by NASW Assurance Services, Inc. (ASI), and describes the most significant malpractice risks in social work today and numerous methods of mitigating and reducing one's risk of being sued for malpractice.

The presentation is intended for social workers in all settings and positions, not just the clinical, therapeutic mental health setting. The session will cover key concepts in risk management, such as confidentiality and its exceptions, duty to warn, and informed consent. The seminar will reveal the major reasons why social workers are sued and what you can do about those risks. We will define what constitutes a malpractice case and emphasize important recordkeeping issues, guidelines for supervision, special tips for clinical and private practitioners, and brief you about your malpractice insurance, its special features and implications for your practice.

A free attendee toolkit will be distributed at the workshop which contains information about ASI, the workshop presenters, resources for managing your malpractice risk, insurance FAQs, and insurance applications.

Dr. Josephine Allen is a Professor of Social Work and acting chair of the Social Work Department in the College of Community and Public Affairs at Binghamton University in Binghamton, New York. She is also Professor Emerita in Cornell University's Department of Policy Analysis and Management. In addition to her affiliation with NASW as President of the National Association of Social Workers (1997-1999), she held other positions within this organization at both the state and national levels including, national First Vice President, program committee chair, Vice President of the New York State Chapter, Delegate Assembly representative, Legal Defense Fund board member, and the editorial board member for Social Work. Dr. Allen is a former NASW Insurance Trust chair and trustee. Dr. Josephine Allen is a Professor of Social Work and currently acting chair of the Social Work Department in the College of Community and Public Affairs at Binghamton University in Binghamton, New York. She is also Professor Emerita in Cornell University's Department of Policy Analysis and Management. In addition to her affiliation with NASW as President of the National Association of Social Workers (1997-1999), she held other positions within this organization at both the state and national levels including, national First Vice President, program committee chair, Vice President of the New York State Chapter, Delegate Assembly representative, Legal Defense Fund board member, and the editorial board member for Social Work. Dr. Allen is a former NASW Insurance Trust chair and trustee.

REGISTER FOR MORE, SAVE MORE!

*\$25 NASW student member or
retired NASW member*

ONE SESSION: \$45 NASW Member/\$60 non-member

TWO SESSIONS: \$80 NASW Member/ \$110 non-member

1:00 PM - 4:00 PM Play Therapy with Children and Families
Clair Mellenthin, LCSW (3)

Play therapy is a must while working with young children and families. In this innovative workshop, social workers will learn useful play therapy theory and techniques to begin applying in their practice immediately while working with children and families. Participants will learn:

- Useful theory and techniques to engage children and families throughout the therapeutic process
- The “must-have’s” of a play therapy room
- How to create a portable play room to use in any therapeutic space
- Useful theory and techniques to engage children and families throughout the therapeutic process
- The “must-have’s” of a play therapy room
- How to create a portable play room to use in any therapeutic space

Clair Mellenthin, LCSW holds a Master’s Degree in Social Work from the University of Southern California. Throughout her career, she has focused on providing therapy to children, teens, and their families. Before joining Wasatch Family Therapy as the Director of Child and Adolescent Services, she worked in a successful private practice. She is currently the Clinical Director at Wasatch Family Therapy. Ms. Mellenthin is a sought after supervisor, training graduate students and interns in play therapy, and an adjunct faculty member at the University of Utah MSW program, Utah Valley University, and the University of Southern California MSW program. She is currently the Vice President of UAPT. In addition to being an experienced play therapist and teacher, Ms. Mellenthin frequently presents professional play therapy and family therapy trainings and appears on local and national TV and radio as an expert on children and family issues.

NASW Spring Professional Education Series

COST: ONE SESSION: \$45 NASW Member/\$60 non-member

MORNING & AFTERNOON SESSIONS: \$80 NASW Member/ \$110 non-member

LOCATION: University of Utah College of Social Work Okazaki Community Room in the Goodwill Building. **Free parking in the east stadium lot.**

REGISTRATION: 1) Register at www.utnasw.org; 2) Complete registration form on next page; or 3) Call the NASW office at 801-583-8855

Important Numbers

NASW, Utah Chapter Office:	801-583-8855
Membership (changes, etc.):	800-742-4089
Insurance:	800-355-3869
DOPL:	801-530-6767
ASWB:	888-5sw-exam
	hearing impaired/TT 888-332-exam

The Utah NASW
 Career Center
www.utnasw.org

Updated weekly!

1:00 PM - 4:00 PM Understanding the Cultural and Clinical Implications in Working with LDS Women with Depression
Kris Doty, PhD, LCSW (3)

Using qualitative methodology, Dr. Kris Doty and a team of student researchers interviewed adult practicing women of the Mormon Church, who had been diagnosed with depression, to discover their experiences with the disorder and what they identify as contributing factors.

The participants identified a number of cultural indicators to their depression including, 1) toxic perfectionism; 2) family of origin issues, which included intense criticism from their mothers regarding participants' commitment to living church teachings; 3) an overwhelming need to compare themselves with other women of their faith; and 4) the social and cultural acceptance of antidepressant use over traditional therapy.

Because depression is so prevalent across Utah, it is necessary to examine this issue from both fronts: from the LDS women's perspective, and through the lens of therapists who work with these women. At the heart of this issue is the cultural belief that LDS women need to be perfect, and they apply immense pressure to themselves to achieve this unreachable goal.

Whether LDS or not, it is important that therapists have an accurate understanding of how Mormon women perceive their own faith and the role it plays in their depression so therapists can offer culturally-sensitive interventions.

Dr. Kris Doty is a graduate of Utah Valley University, having received her bachelor's degree in Behavioral Science. She earned a Master of Social Work degree from Brigham Young University and a doctorate in social work from the University of Utah. Her research interests include cultural considerations surrounding Mormonism, welfare reform, and program evaluation. Kris is a licensed clinical social worker with a specialty in crisis intervention. Her practice experience includes working in the emergency room at Utah Valley Hospital, and conducting individual and group therapy at a residential treatment facility for adults with learning disabilities. Kris is currently a disaster mental health volunteer with the American Red Cross and maintains a small private practice. She has served on advisory boards for several local organizations. Kris currently teaches social work and is the BSW Field Director at Utah Valley University. She has been happily married to Bill Doty for 32 years and they are the parents of five children.

NASW Spring Professional Education Series mail to: NASW/395 South 1500 East/SLC, UT 84112

name _____ email _____

phone _____ NASW member number (if applicable) _____

(If you do not know your number, ask us to look it up for you)

- Ethical Practice: A Social Worker's Best Defense Against Malpractice (9a-12p)
- Play Therapy with Children and Families (1p-4p)
- OR-
- Understanding the Cultural and Clinical Implications in Working with LDS Women with Depression (1p-4p)

PLEASE CIRCLE AMOUNT ENCLOSED (check or cash only. If using a cc, register at www.utnasw.org)

JUST ONE SESSION: \$45 NASW Member/\$60 non-member STUDENT/RETIRED: \$25

BOTH MORNING & AFTERNOON SESSIONS: \$80 NASW Member/ \$110 non-member

Utah Licensing FAQ's

What recent changes have been made in the requirements for continuing education?

Recent Social Work Rules changes have gone into effect.

Social Service Workers (SSW) are now required to obtain 20 hours of continuing education credit every two years- October 1, 2012 -September 30, 2014. Three of these ceu's (for both SSW's and LCSW's) must be in **ETHICS**.

How many ceu's can I earn through the internet or through home study?

This number also recently changed. LCSW's can earn up to 15 ceu's every two years through these "non traditional" methods.

SSW's can earn up to 10 ceu's every two years through "non traditional" methods.

NASW, Utah has a huge catalog of "non-traditional" ceu's available on our website. Go to www.utnasw.org and click on the "Online CE Institute."

In what other ways can an LCSW earn their 40 continuing education hours?

Every licensed clinical social worker must have 40 hours of continuing education during the two-year cycle. In addition to 15 ceu's (10 if you are an SSW) The hours may be earned in the following ways:

Category I: 40 hours may be earned in formal workshops, conferences, seminars, lectures, training sessions or university classes.

Category II: 10 hours can be earned by lecturing or instructing continuing education courses.

What is the next deadline for earning ceu's?

September 30, 2014., same as the deadline to renew your license.

Can I get continuing education credit for teaching in a university or college?

You cannot earn continuing education credit for teaching regular curriculum classes in a university or college. Most of the students enrolled in regular courses are unlicensed undergraduate or graduate students and are not eligible for continuing education hours. You may earn 10 hours of Category II credit by teaching *continuing education* classes.

What happens if I don't meet the ceu requirement of 40 clock hours by the end of the recertification period?

You will be subject to review by the Division of Occupational and Professional Licensing for unprofessional conduct. When you renew your license every two years, you

must sign that you have earned your continuing education hours. If you falsify that renewal document, you are subject to legal consequences.

How long do I need to keep my documentation?

You need to keep documentation for four years after the recertification cycle ends. If you are audited by DOPL, you must produce proof of continuing education.

How many continuing education hours can I carry over to the next cycle?

You may carry over up to 10 hours to the next ceu cycle.

Why do some workshops advertise that they "meet DOPL requirements" and others advertise that they are "approved by NASW"?

The Social Work Rules of the Mental Health Practice Act require continuing education for licensed clinical social workers, as set forth by the Utah State Department of Occupational and Professional Licensing. The DOPL requirements spell out those continuing education activities that qualify for approval. A workshop sponsor may choose to not apply for NASW approval and may advertise that, in the opinion of the sponsor, the workshop meets DOPL's requirements. It then becomes the responsibility of the LCSW or SSW to decide if he or she feels comfortable attending the workshop under those conditions. Most workshop sponsors choose to seek NASW approval so that the participants are assured that the workshop meets the criteria for continuing education approval. A workshop may not advertise that it has received NASW approval if it has not completed the application process.

Why do some workshops refuse to give our ceu certificates until the workshop is over?

Participants must attend the entire workshop to earn a certificate of completion. If you arrive late or leave early, you will receive an amended certificate.

I am a CSW, do I need ceu's?

No, since CSW is a transitional license, there is **no** ceu requirement.

NASW Members can contact NASW via phone or email anytime to inquire about continuing education, licensing or ethics. Call us with your questions!

Utah CEU's NEAR YOU Spring 2013

Northern Branch

Branch Representative: Nancy X. Card

Location: Weber Human Services 237 26th Street 3rd Floor Conference Room Ogden

Time: 10:00 am-12:00 (2 ceu's)

May 22, 2013- Topic TBA

June 26 2013- Topic TBA

CEU's Near You are NASW approved workshops FREE for NASW members! A great (and inexpensive) way to get your required ceu's!

Salt Lake Branch

Branch Representatives: Jania Sommers

Location: 1385 South State Street, Room 157A, Salt Lake City

Time: 11:00 am-1:00 pm Come 1/2 hour early to mingle! (2 ceu's)

May 10, 2013 Equine Therapy Amanda Speer, LCSW

June 14, 2013 Taking the Pathology out of Personality Disorders Shannon McQuade, LCSW

Utah County/Central Utah

Branch Representative: Marilee Van Wagenen

Location: Utah County Courthouse, 3rd Floor Ballroom, 51 S. University Ave. Provo

Time: 10:00 am-12:00 pm (2 ceu's)

May 22, 2013 "The Invisible War" film and discussion Breeze Hannaford, LCSW, VAMC

Cedar City

Branch Representative: Don Garner

Location: Garden House Restaurant 164 S. 100 W.

Time: **Meetings are held the 3rd Tuesday of each month, 11:30 -1:00 (1.5 ceu's)**

St. George:

Branch Representative: Rose Niedzwicki-Rehnborg

Location: Dixie State College School of Nursing Russell Taylor Health Svcs. Bldg 1526 Medical Center Drive, Room 158

Time: 11:30 am-1:00 pm, unless otherwise noted (1.5 ceu's)

May 1, 2013 Ins and Outs of Autism Ellen Arch, MD

June 5, 2013 Realities of Poverty Jae Maxfield

All branch meetings are listed on our website at www.utnasw.org

**Your E-Ballot will be available on our website after
May 10th, 2013!**

Go to www.utnasw.org

- ⇒ **View candidates' biographical information**
- ⇒ **Complete your 2013-2014 E-Ballot**

Learn more about the
candidates at:

www.utnasw.org

Complete your E- ballot af-
ter May 10th at:

www.utnasw.org

**If you prefer a paper ballot, please call or email the NASW office at
801-583-8855 or naswemail@yahoo.com**

Melissa Meeks Receives

Elise Kasteler Hutchings Award for Leadership in NASW



Elise Hutchings, LCSW, ACSW (L) with award recipient, Melissa Meeks. Melissa is the 2013 recipient of the Elise Kasteler Hutchings Award for Leadership in NASW

Graduating University of Utah MSW student, Melissa Meeks was awarded the *Elise Kasteler Hutchings Award for Leadership in NASW* at the University of Utah College of Social Work Spring Awards banquet, in April.

This award recognizes an outstanding graduating social work student for his/her commitment to and understanding of the relevance of NASW in professional social work practice. Melissa was last year's University of Utah student representative to the NASW board of directors, where she was instrumental in developing the NASW Student Space at the University of Utah, and this year's statewide MSW representative on the NASW board of directors. Melissa is a steadfast supporter of NASW and is a tireless advocate for student and early career involve-

ment in NASW. Congratulations to Melissa and a very gracious thank you to longtime NASW member, current board president and University of Utah alumna, Ms. Elise Hutchings, LCSW, ACSW, for her generous support of this award.

In addition to the award, Ms. Hutchings and the College of Social Work also sponsor a scholarship, the Elise Kasteler Hutchings Scholarship for Leadership in the National Association of Social Workers. This scholarship was established in 2011 by College of Social Work alumna and NASW advocate, Elise Kasteler Hutchings. It recognizes an outstanding social work student who has demonstrated knowledge of the value for the NASW and dedication to helping support its mission in Utah. Recipient must be a member of the NASW.

What we worked on this year...

2013 Legislative Session

2013 Laws Relevant to Social Work Practice

HB 56 Remote Therapy (PASSED)

This bill amends allows mental health therapists and substance use disorder counselors to:

1) Engage in mental health therapy or substance use disorder counseling via Internet, telephone, or other electronic means. However the clinician MUST be licensed in the jurisdiction in which the client resides. In other words, it is unethical and considered unprofessional conduct (subject to sanction by DOPL), if a clinician

OUTSIDE of the state of Utah is engaging in remote therapy with a client residing in Utah. Additionally, DOPL is in the process of establishing rules regarding informed consent of clients (pertaining to limitations of remote therapy), and technology-specific continuing education requirements for clinicians engaging in remote therapy. These rules will be formally drafted and implemented by November, 2013. At that time, NASW will apprise its members of these additional requirements.

2) Allow for the remote training and supervision of mental health professionals and substance use disorder counselors via electronic means under extenuating circumstances. This is particularly relevant to CSW's practicing in Utah's rural communities where supervision is not readily accessible. **Again, DOPL will establish additional parameters and rules regarding this provision. So stay tuned!**



NASW Executive Director, Emily Bleyl with House Speaker Becky Lockhart.

HB 244 Practice Act Amendments (PASSED)

This bill grants authority to the DOPL to determine whether an applicant for a license as a substance use disorder counselor has met educational requirements. Basically, this bill adds "or equivalent" to the educational requirements for substance abuse disorder counselors, whereas before the law stipulated that applicants for certain levels of Substance Abuse Disorders Counselor licenses had to complete an Associate's degree. However, students completing some programs in substance abuse counseling (like at the University of Utah) are not granted an Associate's degree, despite fulfilling the same requirements.

These two successful bills add to two other bills passed in 2010 (SB 90), and 2012 (HB 100), both spearheaded by the Utah Chapter of NASW, to support professional social work in Utah.

SB 90 amended continuing education requirements, revised the scope of practice for SSW's, and modified the social work educational requirements for SSW's.

HB 100 provides up to two additional hours on the ASWB social work examination for legal residents of the U.S. whose first language is not English.

Ethics FAQ's

Q: Can I hire a supervisor?

A: No, Utah law explicitly prohibits hiring of a supervisor UNLESS the supervisor is being paid by your employer.

Q: I just completed my MSW but did not pass the social work exam and am not eligible for a CSW license. Can I still practice without a CSW license?

A: No, in order to conduct mental health or professional social work services, you MUST have a CSW. If you do not pass the exam, you can apply for a CSW-intern license.

Q: I am a therapist working with a minor client. Can I provide a custody/visitation recommendation?

A: No, in Utah, it is considered unprofessional conduct to provide both the therapy and a custody recommendation for a minor client.

Q. If parents have joint/shared custody of their child who is a minor, is a social worker required to have both parents give consent to treat?

A. Often, only one parent is required to give consent for treatment, although in many cases it is considered best practice to involve both parents and to request court documents prior to the first visit for confirmation of parental decision making authority. Social workers are encouraged to obtain a written copy of the custody arrangement to confirm decision-making authority. Some social workers insist that both parents consent to treatment prior to initiating treatment.

Q. A therapist providing couples therapy is asked by one spouse to testify in a contested divorce dispute. Is the therapist required to obtain permission from the other spouse prior to releasing any information or agreeing to testify?

A. Yes. Permission to disclose confidential information about the other spouse is required.

Q. An attorney serves a psychotherapist with a subpoena to appear at a deposition and produce the records of a client. Is the therapist required to release such records to the attorney?

A. No. A therapist cannot release records to an attorney without a release from the client. A subpoena is an order to appear in court, it does not constitute permission to release confidential information. You may need to claim privilege on behalf of your client and block the subpoena until there is an order by the court (judicial order) regarding the legal requirement to provide information. Even if a formal, signed judicial order (not a subpoena from an attorney) is produced, social workers should request that the court limit the order as narrowly as possible and maintain the records under seal, unavailable for public inspection.

Q. Are psychologists, social workers, licensed professional counselors, marriage and family therapists, addiction counselors or registered psychotherapists required to report child abuse?

A. Yes, mental health professionals are specifically cited under the Utah Code to report child abuse.

Q: I have a client who is a danger to self and/or others. What is my responsibility?

A: *Duty to warn* refers to the responsibility of a counselor or therapist to inform third parties or authorities if a client poses a threat to himself or herself or to another identifiable individual. Duty to warn gives social workers the right to breach confidentiality if a client poses a risk to another person or themselves. It also protects clinicians from prosecution from breach of confidentiality if they have reasonable suspicion that the client might be a danger to himself or others.

Q. How long are therapists required to keep client records?

A. The short answer is ten years for an adult client and five years past the age of majority (18 years in Utah) for a minor child. However, NASW does recommend that at a minimum, a summary of treatment should be retained indefinitely. Record Storage. Every social worker shall keep and store client records in a secure place and in a manner that both assures that only authorized persons have access to the records and protects the confidentiality of the client. Record Disposal. Every social worker shall dispose of client records in a manner or by a process that destroys or obliterates all client identifying data. It is best practice for a social worker to prepare a will that includes a plan for disposition or transfer of clients records. This can provide for an executor or trustee who will maintain records for a certain amount of time.



NASW Executive Director named one of Utah's 30 Women to Watch

Utah Business Magazine's 30 Women to Watch program, puts the spotlight on women who are leaders, entrepreneurs, change-makers, mentors—and examples to the men and women who work in their industries.

This year, Emily Bleyl, LCSW, executive director of the Utah Chapter of the National Association of Social Workers, is one of 30 Utah women who will receive this recognition in May at the Grand America.

Emily has developed programming and legislation to protect and enhance professional social work in Utah. You can learn more about Emily and the other 30 Women to Watch in the May issue of Utah Business Magazine or at <http://utahbusiness.com/>.



Our Local Policy Team

NASW, Utah Chapter works hard to protect professional social work in Utah. Over the past three years, NASW has successfully developed, drafted and passed several bills aimed at both enhancing and protecting social work practice. NASW, Utah Chapter also serves to educate our decision-makers on social work related and other professional issues. NASW, Utah Chapter is an effective, collective voice because of your membership. Your membership empowers NASW to make a difference for social work and the clients we serve. Thank you to our policy team and thank you to our members.



Policy Team: From left Travis Wood, Emily Bleyl, Dr. Rod Julander

What Does NASW Membership Provide?

We realize NASW membership is expensive. so the Utah Chapter tries offset other professional expenses and provide valuable support and resources to our members. In addition to the empowerment of a collective voice, here are a few other things NASW membership provides:

- **Free Monthly CEU's**
Monthly "CEU's Near You" in five Utah regions. Members can earn up to 20 FREE CEU's (value: \$ 240)
Free Tom Mulder Lecture and networking lunch. Members can earn 3 ceu's (value: \$50)
- **Discounted CEU's**
Members only discounts on our Spring and Fall Professional Education Series (value: \$15 per workshop)
Discount coupons for renewing your membership (value: \$20)
- **Support and consultation**
NASW can answer your ethics, licensing and legal questions, and Is a one stop shop for jobs (value: priceless)
- Membership entitles members to major discounts on NASW's NEW and ENHANCED professional liability insurance (<http://www.naswassurance.org/>). Get enhanced, NASW endorsed insurance for less.

Review Questions

Read this newsletter —pass the quiz (70%) — receive 1.0 ceu's!

FREE FOR NASW MEMBERS \$10 FOR NON MEMBERS

- 1) HB 56 developed statutory language that will regulate:
 - A. Neurofeedback in Utah
 - B. The process for becoming licensed
 - C. Remote therapy in Utah
- 2) HB 56 will allow therapists to:
 - A. Practice remotely in the State of Utah from anywhere in the country
 - B. Practice remotely in Utah only if licensed in Utah
 - C. Supervise anybody in the country
- 3) Recent changes to social work licensing in the state of Utah include:
 - A. requiring all LCSW's and SSWs to obtain 10 hours of Ethics CEUs in every two year licensing cycle
 - B. allowing LCSW's to roll over up to 20 CEUs to the next licensing cycle
 - C. requiring all SSWs and LCSW's to obtain 3 hours of ethics training every two years
- 4) Last year, NASW developed HB 100 which will:
 - A. Discontinue CPT codes to streamline the billing process for clinical social workers
 - B. Create requirements for remote supervision
 - C. Allow for additional time on the ASWB exam for social work graduates whose first language is not English
- 5) NASW offers members free CEUs in the form of CEU's Near You throughout the state. Some of the upcoming topics include all of the following except:
 - A. Autism
 - B. Equine Therapy
 - C. Dialectical Behavior Therapy



Answers		Checklist
1. _____	Where should we send your certificate?	-Fill in the answers
2. _____	Name _____	-Fill out your name, address , email
3. _____	Address _____	and enclose \$10 fee (\$10 if NOT a member of NASW. FREE for members!
4. _____	_____	-Return to:
5. _____	Email _____	NASW, Utah Chapter
	NASW Member? Y N (if no, fee required)	University of Utah CSW
		395 S. 1500 E.
		SLC, UT 84112

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NASW Membership distinguishes you as a professional social worker.

The other option leaves you without services, without benefits, without ethical consultation, without legal help, without low cost liability insurance, without money saving benefits, without FREE and discounted ceu's, without current practice information, without a state and national organization to represent you, and without a collective voice on behalf of social work.

NASW Staff and Board of Directors

2012-2013 Board of Directors

Elise Hutchings, LCSW, ACSW	President
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Members-only benefit

Office of Ethics and Professional Review
 Washington, DC

1.800.638.8799 x231
consultations

Consultation available