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A letter from the President

Rachel Dieleman

It's that time of year again – the sun is shining, people are getting outside, some are planning vacations, school is out, and the SSWLHC Board is getting ready to turn a new leaf with new leadership.

I have valued my time serving as president for the WA chapter this year and have been so inspired to work alongside so many competent, thoughtful, and motivated clinicians. Our monthly board meetings were wonderful times of fellowship and good conversation with people who are committed to this field. As the board membership changes, with some people departing for new opportunities and new people joining in, I would encourage everyone to think about how they might want to play a role in this work, connect with their colleagues across the field, and work together to make an impact on the work we do for our patients and clients. Please consider serving on a committee, come to a board meeting to see what it is about, write an article for the newsletter, share your ideas and time. Everyone has something to offer and we would love to include your individual skills and strengths in this work.

A tremendous thank you to those board members who are moving on this year and for all the work they have done over the past year(s) – organizing scholarship processes, thoughtful financial decisions and discussions, arranging and executing stellar education opportunities, building partnerships with other organizations, and so much more. These are not small things and the work that each of you has done, has made an impact and I am grateful to have learned from your example of service and leadership.

We have a lot to look forward to in the next year with the Society. As Sandi Johnson moves from President-Elect to President and new members join the board, new ideas and energy will come and I have high hopes for what lies ahead!

Board Election Results Are In



President Elect Tricia Matteson

Tricia is an oncology social worker at the Swedish Cancer Institute, where she has worked since obtaining her MSW in 2010. She has been a member of the Board since receiving the SSWLHC scholarship in 2009, and has been involved with the policy, membership, and technology/social media committees.

Secretary Nicole Nevey

Nicole is a Home Health Social Worker with Evergreen Health, who joined the board in 2012. This will be Nicole's second term as board secretary.



Communications Chair Gloria Johnston

Gloria is an end of life care and chronic disease management social worker at Bailey Boushay House. She has been a board member since receiving the SSWLHC Scholarship in 2012 and will be serving her second term as communications chair.





Announcing 2015 Scholarship Recipients

This year the society was able to not only up the amount of the annual student scholarship awarded, but double it as well! Please help us welcome the two newest members of the board and the two recipients of the 2015 \$2,500 SSWLHC Student Scholarship.

Veronika (Nika) Novak Gannon and Madeline Cody.

Congratulations! The next newsletter will include bio's and pictures.

Recognizing Two Outstanding Field Instructors

On May 20, UW School of Social Work honored this year's field instructors with a reception at the Swedish Cultural Center. Two health care social workers were recognized. Both were nominated by their MSW students.

Linda Brandeis, US Dept of Veteran Affairs, Puget Sound Healthcare System, was awarded "Outstanding Field Instructor for Commitment to Social Work Practice/Profession".

Brigitte Folz, Harborview Medical Center, was awarded "Outstanding Field Instructor for Depth of Practice Knowledge".

Thank you both for your outstanding field work with students!

Did you know: UW Field Instructors can earn up to 12 CEs online via the Field Instructor Training (FIT). Field instructors, watch for the announcement before the start of the 2015/16 school year.

The School of Social Work is looking for experienced field instructors to serve on the 2015-16 Field Education Advisory Council. Contact Leon Preston, Director of Field Education, for more information.



SCHOOL OF SOCIAL WORK
UNIVERSITY of WASHINGTON

4 TIPS TO HELP YOUR CLIENT CREATE JOY AND HAPPINESS IN THEIR LIVES

Contact us:

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Leadership in Health Care

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SSWLHC.WA](http://FACEBOOK.COM/SSWLHC.WA)

Promoting excellence of
social work leadership in
health care

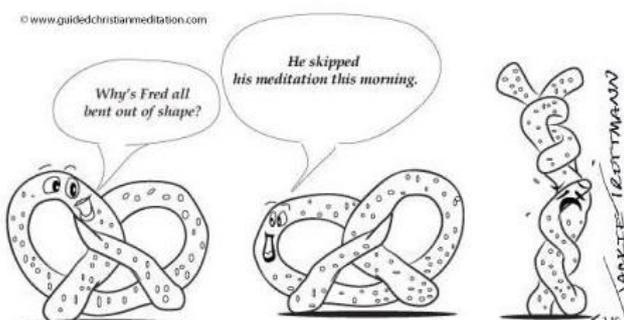
The key to create joy in our lives is to not wait to experience it, but instead to proactively seek more joy in our lives. Your clients may believe that experiencing joy is totally out of their control. But just as they can make the choice to spend less, save more, eliminate debt and take control over their financial lives, they can also choose to create joy and happiness in their lives.

If you surveyed your clients on whether or not experiencing joy was high on their list of wants, odds are that the majority would say that it was close to if not on the top of that list. What you need to explain to them is that they don't need to be reactive and wait for joy, instead, they can create joy and happiness. Just as important, you must offer them some practical ways to do just that.

4 Practical Ways to Create Joy in Our Lives

- 1) Envision Happiness**– Take time each day to imagine oneself experiencing joy. Your clients can use their daily mindfulness practice to picture themselves in situations with people they really like, or engaged in an activities that gives them pleasure. Actively experiencing joy in their imagination will predispose them to create more real-life joy in daily experiences.
- 2) Grow it with Gratitude** – Remind your clients to find things in their lives to be grateful for and to spend time each day enjoying those things and giving thanks for them. Creating feelings of gratitude, will have a joy-inducing response on their minds and bodies.
- 3) Break the Busy Habit** – Finding time to create joy cannot happen if your clients can't overcome the obstacle of being too busy. While it is understandable that – with work and family – being busy is a way of life, there must also be a time in each day where we take a break to restore balance in our lives. And even if your clients are running ragged each day, remind them that they can always find a few seconds to close their eyes, let the body relax, take a breath, and come back to themselves.
- 4) Renew the Belief System** – Many of our clients come to us with a feeling of desperation and hopelessness as it pertains to their financial health. We must help them understand that no matter how hopeless they feel, there is always hope. They are not victims, but instead they are powerful creators of their own reality. Just as they can take control of their money, they can also take control of their happiness. Instilling the belief that they can create joy goes a long way to helping them experience joy on a daily basis.

~ Written by Reeta Wolfsohn, CMSW .



SOCIAL WORK POLICY UPDATE



Fifty social work leaders and scholars gathered last year in Chicago to discuss ways to maximize social work's effectiveness in health care delivery in the wake of the passage of the (P.L. 111-148). The results of their collaboration was recently released as a white paper, Sponsored by the Brown School at Washington University in St. Louis, the Center for Health Administration Studies at the University of Chicago's School of Social Administration, the University of South Carolina's College of Social Work, and the Society for Social Work and Research (SSWR), event organizers brought together accomplished social work researchers and heads of social work organizations to develop strategies to enhance the profession's involvement in the implementation of the ACA through advocacy, training and research.

Drs. Christina Andrews and Teri Browne of the University of South Carolina were the event co-chairpersons and lead authors for the white paper. Contributing authors and National Advisory Committee members included Heidi Allen (Columbia University), Darla Spence Coffey (Council on Social Work Education), Stacy Collins (National Association of Social Workers), Sarah Gehlert (Washington University), Robyn Golden (Rush University Medical Center), Jeanne Marsh (University of Chicago), Timothy McBride (Washington University), Angelo McClain (NASW), and Edward Woomer (Society of Social Work Leadership in Health Care).

Participants sought to build upon longstanding social work strengths such as engaging and understanding people in their social contexts, social work training that helps people navigate various service systems and connect people to needed resources, and the ability to work with and advocate for disenfranchised populations. Finally, social work research training has created a cadre of highly-skilled researchers with the knowledge and analytic skills to provide research to complement the profession's engagement with health care seekers and providers under the ACA. Social workers had previously addressed the ACA in several forums including two Congressional briefings, a White House briefing, and the Integrated Behavioral Health Project co-sponsored by CSWE and the National Association of Deans and Directors (NADD). The meeting focused on six areas: care coordination, behavioral health service integration, insurance access and enrollment, community-based prevention, care transition management, and health behavior change intervention.

Among the recommendations was to have a well-crafted advocacy campaign directed at policymakers, health care stakeholders and the public at large about social work's value in achieving the ACA goals of improving health care access, quality, and cost-effectiveness. To achieve this, the profession should invest in the services of lobbyists and public relations experts. Participants strongly endorsed seeking financing and support for the development of an Institute of Medicine report on the future of health care social work. Participants also felt strongly that the social work profession must find ways to constructively engage health care insurers, health centers, hospitals, large private physician practices and behavioral health programs.

Other recommendations included promoting social work use of all available and appropriate billing codes, promoting social work representation in all ACA-related leadership and advisory bodies, expanding interprofessional training in social work education with other health sciences such as pharmacy, medicine, nursing, public health and allied health professions, and infusing ACA content across required social work curricula. Courses should be available to train social work students in health care management and leadership. Social work research training and research should reflect changing healthcare landscape through diversifying research methods and data sources, including measure for cost-effectiveness, and conducting research that documents social work's unique contributions to health care delivery.

All participants should be commended for working together to develop a well-conceived strategy for social work's involvement in 21st century health care delivery. Needless to say I would have liked to see more focus on seeking policy changes where needed. Our current system, although a great improvement on the past, would be much better with a public option, if not a single-payer system. The American Academy of Social Work and Social Welfare has designated the promotion of health as one of its "Grand Challenges." Perhaps there will be room for policy discussions in that effort.

AOSW CONVENTION IN TOWN



The Association of Oncology Social Work held its annual convention in Seattle this year, and welcomed more than 500 oncology social workers to our beautiful city.

The convention kicked off May 19th with two pre-conference symposia and a community event highlighting therapeutic art programs available in the Puget Sound area.

The opening keynote speaker was Dr. John Wynn, psychiatrist at Swedish Medical Center, who delivered a well-received speech celebrating the skill and passion social workers bring to healthcare. Included among the various workshop topics were discussions of distress screening tools, couples therapy, talking with patients about sexuality and intimacy, strategies

for working with social work students in practicum settings, and engaging patients and families in advance care planning.

At least two SSWLHC-WA members spoke at the conference: Sandi Johnson, LICSW, presented a workshop with John Wynn, MD, on building a psychosocial oncology program. Tricia Matteson, LICSW, and Dorcas Dobie, MD, described how identifying attachment styles can help healthcare providers maintain healthy professional boundaries. The weather during the conference was absolutely gorgeous, and before leaving the city, attendees were made to promise not to tell the rest of the country that it doesn't really rain all the time in Seattle.

SAVE THE DATE: ACMA WASHINGTON STATE CHAPTER 1ST ANNUAL CONFERENCE

Saturday, July 25th 2015 7:30am to 4pm

Swedish Medical Center– Cherry Hill
Campus
500 17th Ave

Topics Include:

The healing power of Humor
Medical necessity compliance and the 2 midnight rule
Palliative care: Narrative Medicine, Grief and Legacy Work
Best practices from the field

CEU's Available! To learn more and register visit:

www.acmaweb.org/wa



MEMBERSHIP RENEWAL TIME!

Our membership year starts July 1, 2015. please renew your membership today. SSWLHC-WA dues are a bargain: \$40 for one year or \$75 for two years or \$25 for students.

Your Chapter is stronger than ever! We have an active board of social work leaders addressing social policy, educational and networking needs of local social workers, and funding student education to develop new leaders.

You can continue to count on these benefits:

- Quarterly Newsletters
- Yearly membership roster
- Networking& consultation
- Reduced-cost seminars with CEUs
- Social Health Policy Leadership
- Annual MSW Student Scholarship
- Website: www.sswlhc-wa.org
- Listserv through Google Groups

New in the past few years:

- Membership roster with skills bank information
- Facebook page
- Email communication tool: google groups
- On-line registration for local seminars
- On-line dues payment at www.signmeup.com/102095

Renew now and help make SSWLHC-WA a vibrant resource for healthcare social workers in our state. Please contact Membership Chair, Natasha Kap with any questions at nkap@seanet.com

For more information on how to renew please visit <http://sswlhc-wa.org/membership.html> and click on "Join or Renew Your Membership Online" located at the top of the page.

INVITING ALL MEMBERSHIP!

The Society for Social Work Leadership in
Health Care: Washington State Chapter
Cordially Invites You to Our

Initial Board Meeting of 2015-2016

Come and meet our new board and see how
you might be able to play a part in
board activities this year!
Join a Committee!
Help with an Education Event!
Policy and Advocacy Opportunities!
Write an article for the newsletter!

Tuesday, July 14, 2015
5:30pm-7:30pm

Please R.S.V.P. by July 6 to
Rachel Dieleman at
rachel.dieleman@swedish.org or call
206-708-3288

Location: TBD
Dinner provided.