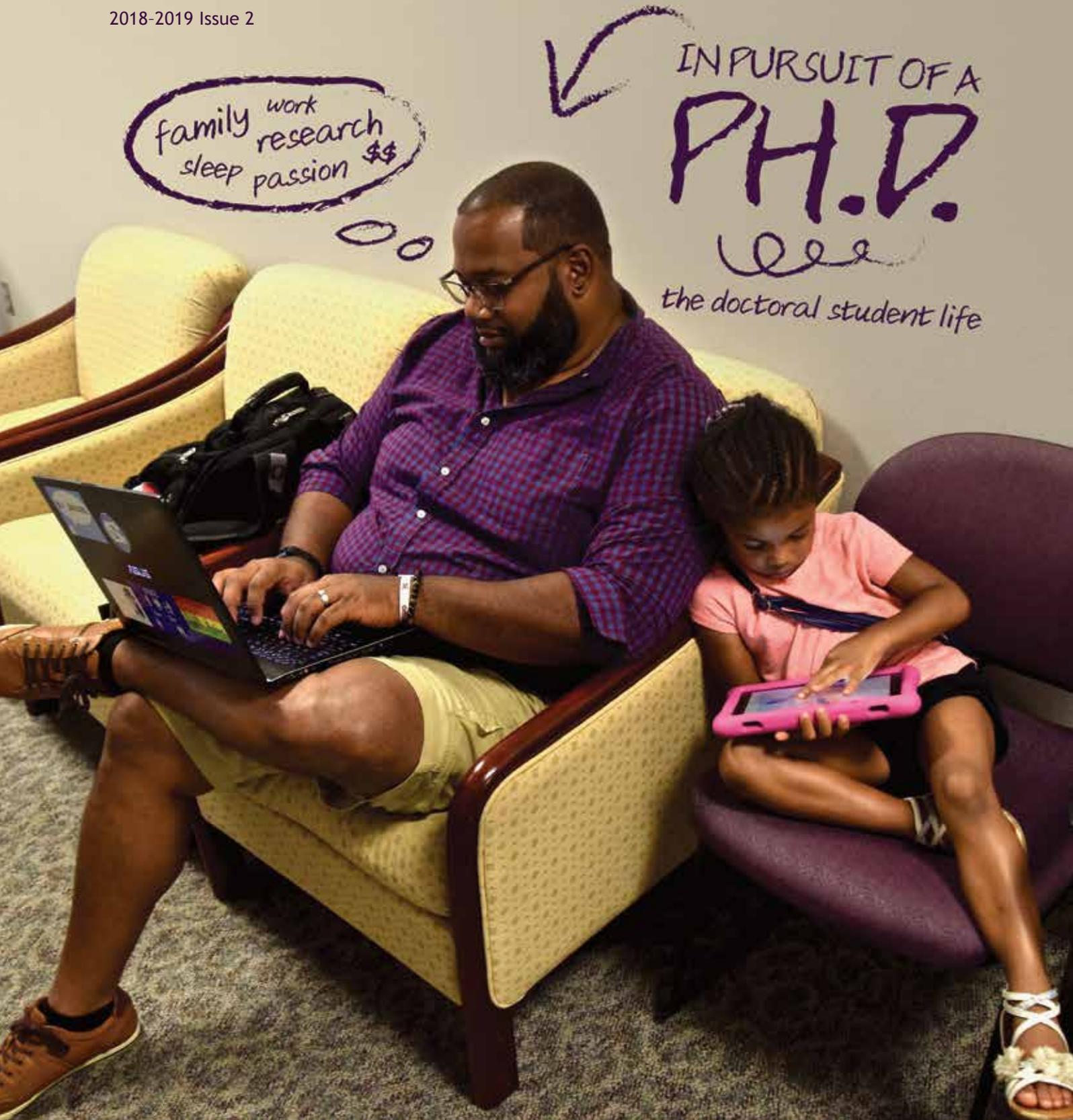


Contact

School of Social Work

The University of North Carolina at Chapel Hill

2018-2019 Issue 2



family work
sleep research
passion \$\$

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IN PURSUIT OF A
PH.D.
the doctoral student life



Dean Gary Bowen presented the School's highest honor for faculty and staff, the Excellence Awards, during the SSW Faculty Senate meeting in April. Recipients (with award category) included Theresa Palmer (teaching), Mark Testa (faculty mentoring), Cindy Justice (staff performance), Mimi Chapman (service to school and university), Sarah Naylor (MSW student advising) and Cindy Fraga Rizo (research), pictured with Dean Bowen. Barbara Leach, not pictured, received the Excellence Award for public engagement. Dean Bowen also presented the Excellence Award for doctoral student mentoring posthumously to Matthew Howard and announced that this award category would be named in Howard's memory.

Leading the way

Dear Friends,

I am so proud of our doctoral program, for many reasons.

Our program at UNC is generally regarded by our peers as one of the top three Ph.D. programs in social work in the country. Our students and graduates are a testament to this assertion.

Our doctoral students are known for their transformative research. They have presented their work at highly regarded professional conferences and published their work in prestigious peer-reviewed journals. After graduation, they have accepted faculty appointments at many of our nation's highest ranked schools of social work. Year by year, I am impressed with their accomplishments and their contributions to our profession, including appointments as university leaders and as deans and distinguished professors in schools of social work.

Our doctoral faculty have earned international reputations for excellence, with groundbreaking work in areas of intervention research that include child welfare, aging, interpersonal violence and more. For more than 20 years, our School offered the only doctoral program for social work in North Carolina, always leading the way in higher education. Since its initiation, the primary focus of the program has been social intervention – policy, program and direct practice interventions related to addressing social problems and issues, with a special focus on marginalized population groups. We have enjoyed a history of strong donor support, and research involving doctoral students has attracted millions of dollars in funding from federal agencies and private foundations.

We have not been without challenges, of course. One of those challenges occurred late in 2018, when Matthew Howard, our associate dean for doctoral education, died after a medical emergency and a long hospitalization. All of our faculty provided extra support during this time, and I asked Mimi Chapman to step into Matthew's role on an interim basis, a role she now holds in a permanent position.

I feel that we have come "full circle" with Mimi's appointment – she was the first graduate of our doctoral program, completing her degree in 1997. As a faculty member, she has excelled in the classroom, in research and in service to the state, earning the University's prestigious Edward Kidder Graham Faculty Service Award in 2016. Mimi's appointment represents the potential our graduates have to succeed, and she is positioning our doctoral program for even greater success in the years ahead.

With warm wishes,

Dean Gary L. Bowen

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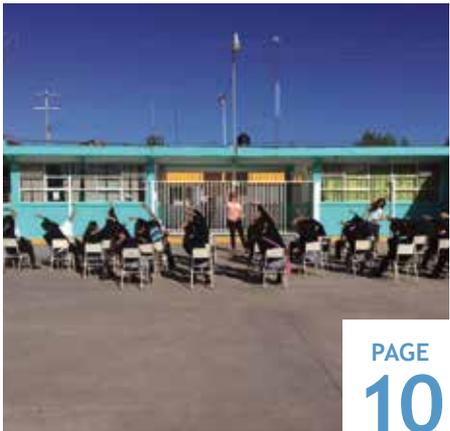
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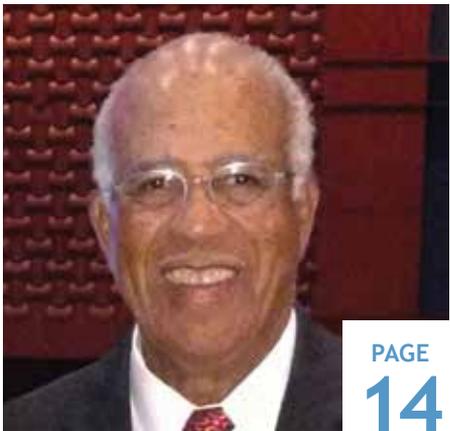
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There's been a lot of celebrating at UNC School of Social Work since US News & World Report released its graduate school rankings for 2019. Our School was ranked third in the nation – the highest ranking the School has received to date, according to Dean Gary Bowen. Previously, the School was ranked in fifth place.

Five U.S. schools tied for the third-place rank, with each receiving the same score as its peers – our School is ranked equally with schools of social work at University of Washington, University of Chicago, University of California-Berkley and Columbia. US News & World Report rankings are among the most widely recognized markers of excellence among nationally known colleges and universities.

Congratulations to our faculty, students, alumni, staff and partners on this acknowledgement of our achievements! You can find the list of all ranked schools, along with the methodology used to determine the rankings, at the US News & World Report website: <https://www.usnews.com/best-graduate-schools/top-health-schools/social-work-rankings>

A day in the (doc student) life

By Susan White

Quinton “Q.” Smith rolled over and slapped a weary hand at the blaring alarm, silencing it for 15 minutes more. Although his body was accustomed to operating on just four hours of sleep, his brain resisted.



Quinton Smith discusses his work, while 3-year-old Lela shows off the game she has been playing.

Like most nights during the week, he'd spent the previous evening fueled by cups of coffee and hunched over his laptop reviewing the latest literature on the promotive effects of racial identity for African Americans and preparing a paper for his class on “Applied Regression Analysis and Generalized Linear Models.”

As a first-year Ph.D. student in UNC's School of Social Work, Smith has already learned that no matter how much time he budgets for his classes and assignments, everything takes longer to complete than he anticipated.

Unlike many other full-time doctoral

students, Smith must also factor a nearly full-time job into his academic schedule. Since graduating with his MSW from Carolina in 2016, Smith has worked at Duke University as an associate in research and as a fellow for the Committee on Diversity and Inclusion at Sanford School of Public Policy. Although the position adds to his stress load, it provides needed health benefits for his wife and two young daughters.

Having ties to both UNC and Duke also gives him a broader framework for examining his research interest. Smith's scholarship focuses on how the racial identity of Black students at predominantly White universities can act as a buffer against discrimination and stress and help to strengthen self-esteem.

Still, maintaining a job, his coursework and a family often forces Smith to make difficult choices.

“What that means is there are days when Duke doesn't get my full and my best, and there are weeks when Duke gets all of me and the reading doesn't get done,” Smith said. “Or there are days I'm a little too short with the girls, or I'm a little too frustrated and sleep deprived and family doesn't get all of me. Everybody gets the short stick at some point — at least for now.”

With the current semester nearly behind him, Smith knew he'd soon have a little breathing room and, perhaps, a few days to catch up on his sleep. But not on this day. It was 6:30 a.m. Time to kick his morning routine into high gear. For the Smiths, the goal during the daily work-week is simple: to be out the door of their Durham home by 7:30 a.m. As his wife, Adia, helped 3-year-old Lela and 6-year-old Aiyana get dressed and ready for school, Smith shuffled downstairs to prepare breakfast for the family and lunch for the girls.

“They like chicken nuggets or fish sticks with fresh fruit and vegetables, and we'll often do a drinkable yogurt,” he explained. “I try to give them something balanced, and if it's been a pretty good week, they get a treat, like a piece of candy or a peanut butter cookie.”

With a few minutes to spare, Smith hurriedly brushed the girls' hair while lunches and backpacks were gathered, and the family was off to start their day.

Such routines are just another part of the daily life of a doctoral student in the Ph.D. program at UNC's School of Social Work. The path toward a doctoral degree may not be the same for every student, but the journey



“My goal is to be a faculty member, to teach and research. I have a passion for students ... I want to be a representative, a mentor for them.”

Quinton “Q.” Smith

generally requires a similar recipe for success: consuming amounts of time for reading, research and writing; self-imposed deadlines to stay on track; and perhaps most important, supportive and forgiving families.

Yet, for many students, the desire to do good – to use their research and teaching skills to solve critical social problems, inform public policies and improve the lives of vulnerable populations – more than outweighs any challenges they may face on the road to a degree. As they see it, all of the required time, energy, and sacrifices simply motivate them to keep going.

“Like most social workers, I’ve worked with many people who have survived unimaginable circumstances, yet make a conscious decision each day to build a better future,” said Ph.D. student Anna Parisi. “If they can make that

choice, so can I.”

Nearly 15 miles away in the Timberlyne community of Chapel Hill, Jon Phillips sipped his last drop of coffee before rushing out the door at 10 a.m. to catch the T-bus two blocks from his home. Awake since 7 a.m., he’d spent the last few hours in front of his computer reviewing public records on the use of behavioral health services in North Carolina and programming Medicaid data into a spreadsheet. For Phillips, the early morning hours are best for accomplishing work that requires the most mental bandwidth.

Lately, his focus has been on wrapping up a project he’s been working on with associate professor Amy Blank Wilson. Over the last year, Phillips has helped to test an intervention to meet the needs of

incarcerated individuals with serious mental illness. He was drawn to the topic after earning his MSW in Minnesota and working with a residential treatment center that served adolescents with mental health issues, many of whom were at risk for getting into criminal trouble. This early experience taught Phillips that agencies often rely on programs with limited evidence of their success and inspired him to pursue a Ph.D. so that he can help to improve services and ensure that people receive appropriate and effective mental health care.

As a second-year student, Phillips is just beginning to stretch his scholarly muscles. Like others in his cohort, he receives numerous requests to work with other faculty within the School and on campus. In addition to Wilson’s project, he’s collaborating with assistant professor Paul Lanier on a multi-state opioid study. Managing all of the opportunities, in addition to coursework, can seem like a never-ending task, he added.

“When you’re a first- or second-year, you’re so excited to jump on board because these opportunities don’t feel like they come super quick right at first,” Phillips explained. “And then when they finally do, you don’t want to say, ‘No.’ But that’s why you

(continued, next page)

Phillips defends a grant proposal.

“When you’re a first- or second-year, you’re so excited to jump on board because these opportunities don’t feel like they come super quick right at first.”

Jon Phillips

feel like you always have these little frayed ends out there.”

These commitments combined with his classes often result in long nights and weekend work and very little time to spend with his wife, Juliet, Phillips said.

“It’s definitely difficult to leave work at work,” he said. “You have to prioritize it, but I’m not great about it, and Juliet is often vocal about it, especially on the weekends. She reminds me I can’t touch my laptop on Sunday.”

The daily bus rides from his home to the School offer brief moments of respite. On a recent Wednesday, he settled into a seat and relaxed for the 25-minute drive. “The bus system in Chapel Hill is great because it’s the one time I really can’t work,” he said. “I don’t take out my laptop, and I don’t email on my phone. It’s the one time I finally get to sit and read the New York Times and sip coffee like a normal person. It’s kind of glorious.”

By the time Phillips arrived at the School of Social Work, his colleague Anna Parisi had already been in class nearly two hours. Parisi navigates a jam-packed schedule on Wednesdays, with back-to-back courses from 9 a.m. to 6:30 p.m. Her one tiny break usually occurs around noon, just before “Development of Social Intervention Models,” her class with professor Rebecca Macy.

“This is another three-hour class... so I’m usually rushing to the public health building

“One of the great things about the way UNC is structured is they start us all with the basics.”

Anna Parisi



Parisi presents in front of faculty and peers.

to grab coffee and food beforehand,” said Parisi, who lives in Durham with her partner Wade Atkins.

However, on this day, Parisi needed a few extra minutes to review her notes before a presentation. The class, which is among the courses Ph.D. students must complete, is designed to teach young researchers how to design and evaluate an intervention that addresses social needs and problems. For their final assignment, students were asked to develop a grant proposal for the National Institutes of Health and to defend their work in front of a panel of faculty, including professor Sheryl Zimmerman, assistant professor Melissa Lippold and assistant professor Paul Lanier.

Parisi was more excited than anxious about her presentation. As a second-year student, she knows every study and paper she produces could help to advance her research career.

She enrolled in the doctoral program after earning her MSW from UNC in 2013 and after working a handful of years as a therapist in community mental health. The experience showed her how people with serious mental illnesses, such as major depression or bipolar disorder, often fall through the cracks in health care. Since then, Parisi has focused her research on closing these gaps and improving community outcomes for women, particularly for those who have been incarcerated. Her goal: to ensure that these women have access to and receive the mental health services they need to prevent them from returning to prison.

“I really want to make sure that the interventions that target this population are gender responsive and consider the unique aspects of these women’s lives, which are often very different than the lives of incarcerated men,” she explained.

Parisi’s proposal for Macy’s class aimed to do just that. During her presentation, she offered statistical evidence for the support of a program that incorporates trauma-informed care into the treatment process. She also described a timeline

for agency training, participant recruitment, implementation of the intervention, data collection and analysis, and preparation for publication.

The feedback from faculty and her peers was overwhelmingly encouraging. Receiving such support always helped to ease any remaining fears she had about enrolling in a heavily quantitative program.

“One of the great things about the way UNC is structured is they start us all with the basics,” Parisi said. “The assignments are about executing these processes so we get a foundational comfort, and then we move on to regression. So I think that the way the program has been structured has been enormously helpful in increasing my comfort and given me the opportunity to surprise myself. I know I can do this. It’s just a matter of putting the work into it.”

For Ting Guan, adjusting to doctoral life at UNC has not been as challenging as acclimating to a new home. It’s been two years since Guan, her husband, Pengfei, and their daughter, Ruitong, now 4, uprooted



Ruitong shares her preschool creation.

their lives in Beijing, China, to move to Chapel Hill so that Guan could enroll in the School’s Ph.D. program.

Having never lived anywhere else, they found the transition to a new country exciting and scary. Connecting with other international students on campus and Skyping with their families every few days has helped with the process of assimilation. Yet, the yearning for something more familiar is often difficult to ignore.

“We cleaned out our apartment and came to the U.S. with six pieces of luggage,” Guan recalled, wiping away a few tears. “It was a big change. Talking about home is hard, so I try not to talk about it.”

She decided to pursue her doctorate after working for nearly eight years as a hospital social worker in Beijing.

There, she helped families with seriously ill loved ones get access to financial aid, counseling support and other services. As some of her patients with cancer, diabetes, or heart disease were enrolled in various interventions that were designed to help them, Guan worried if there was any evidence that they were making a difference.

“Because I was a practitioner and not a researcher at that time, that’s when I began to think that maybe I should pursue a Ph.D. so that I could learn more about how to conduct a rigorous program,” said Guan, who earned a master’s degree in social work at Peking University. “I didn’t know how to solve the problems these patients faced, and that’s why I wanted to continue my studies.”

Guan found limited opportunities to study social work at the doctoral level in China, so she looked abroad. Since enrolling at UNC, she’s worked closely with clinical associate professor Lisa Zerden to learn more about integrative health care in

the United States. Guan’s scholarship focuses on the relationship between the psychological well-being of children with cancer and their parents and how parental support impacts a child’s well-being.

As a second-year student, Guan has learned that managing schoolwork and family, especially with another baby on the way, requires a lot of structure. In fact, to accomplish everything she needs to complete daily, she relies heavily on a pink pocket-sized calendar. The details of her daily life are penned in black or red ink, including dates and times for reading, deadlines for completing presentations, and meetings with Zerden.

Sticking to her plan as much as possible is essential, she said, and often requires hours of reading and writing at UNC Health Sciences Library, where Guan and her husband, who is preparing for the GRE, prefer to study.

“I try to fit my assignments into every moment of the day,” she said. “As a doc student, you have to be very self-disciplined because no one puts pressure on you or tells you what you need to do. But you have to work hard because you don’t want to get behind.”

Guan’s self-imposed schedule also ensures that she has quality time with her family. Afternoon breaks are especially important. On a recent Thursday, she and her husband exited the library around 2:30 p.m. and turned south toward Manning Drive for their nearly 20-minute walk to their daughter’s preschool. They make the trek several times each week.

At the school, the couple laughed as Ruitong sprinted over to greet her parents. Once at home, the family fell into their evening routine. They prepared dinner and ate, watched a little TV and then settled Ruitong to sleep.

For Guan, there were a few more hours of reading and writing to tackle – if she could keep her eyes open.

“I try to work at night but sometimes I just fall asleep in my daughter’s room,” she said. “Having a family while going to school, although it’s challenging at times, it also forces me not to spend all of my time studying. It forces me to find balance, and that’s important, too.” ♦

“As a doc student, you have to be very self-disciplined because no one puts pressure on you or tells you what you need to do.”

Ting Guan

A journey from learner to leader

by Mimi Chapman, Ph.D. (the first graduate of SSW's doctoral program)



Mimi Chapman, Ph.D.

What a difference 22 years makes! In August 1997, I received my Ph.D. in social work from Carolina. Today, I'm honored and challenged with directing the doctoral program. Unlike the students you've read about, I'm no longer caught up in the throes of the day-to-day struggle. Their road is hard and challenging. To come back to school after being in professional roles and balance the all-consuming demands of study with commitments to family means students can forget why they chose this path. Now, in the midst of a busy and rewarding career, I can look back and see all that doctoral education in social work gave me. From this vantage point, I hope to chart a course for those that follow.

When I joined the first class of doctoral students, I knew I wanted to have wider reach, both in my thinking and in my everyday activities, than what was possible within the confines of clinical social work practice. At the same time, I loved my practice work and learned so much from both clients and colleagues, lessons that I revisit to this day. Staying close to social work practice in my research and teaching has been important grounding for my career.

What I gained through doctoral education was the ability to do all of it: improve practice, influence new social workers,

think deeply about pressing social problems, do creative, rigorous research, and put new knowledge out into the world. Doctoral education brought me into a very special community of scholars who not only wanted a life of the mind but also wanted to put their knowledge to work, day in and day out, to make positive change.

When I started my doctoral education in social work, one of the chief mechanisms for making change was to give social work scholars cutting edge research design and statistical tools to allow us to match other disciplines in the ability to create influential scholarship. Our program is a leader in training students to use rigorous study designs and analysis methods to assess the impact of social interventions. This type of teaching and scholarship has been a hallmark of our program. Now, 25 years since the program's inception, it is time to add to our repertoire. Social work scholars need to consider new study domains – the future of work in light of artificial intelligence, the impact of climate change on vulnerable populations across the globe, and how to communicate our scholarship in ways that influence public opinion and policy makers. The challenge is not to replace the good work we've done but to add new components to keep our doctoral program on the cutting edge.

I like challenges like these; they encourage big-picture thinking, collaboration across disciplines, creativity, and flexibility, both in the design of curriculum and in the implementation details. Watch for exciting developments in our doctoral program in the coming year. If you want to know more, let's get together: Call, email, or find me on Facebook and Twitter. ♦

“Gaining teaching experience at the UNC School of Social Work, as both a teaching assistant and an independent instructor, has greatly enriched my doctoral education. Opportunities to build my skills and apply my learning in the classroom, especially with regard to research methods, program evaluation and social welfare policy, have strengthened my preparation as a future faculty member.”

Joseph Frey, doctoral student

Research as apprenticeship

Amy Blank Wilson, Ph.D., leads a research project designed to improve mental health services for persons with serious mental illnesses in prison. Doctoral students Anna Parisi and Jon Phillips (featured in this issue's cover story) serve on the project team, addressing a range of responsibilities.

“There's no substitute for working on a live research project,” Wilson says. “I think of it as an apprenticeship. They're learning practical skills not taught in the classroom, building relationships and solving problems in the field.”

Wilson serves as a mentor as the students develop those skills, sharing some of the same advice that her own mentors shared with her. She knows that the most successful researchers are those who are willing to learn from others – not only their professors but also their teammates.

“When you have multiple students on a team, there's a real synergy that develops – it enhances their productivity and their learning,” she says. “To me, that's the joy, developing that synergy.”

There's no single approach to becoming a researcher, Wilson adds. Some students enjoy analyzing data sets; some thrive on developing interventions; others prefer working directly with research participants.

“Our doctoral program is where students discover the kind of researcher they want to be,” Wilson says. “They find what brings them joy [professionally], what will sustain them through long hours of study. And when you discover that, it's energizing!”

Alumna committed to leading and serving her community

By Susan White

As a child growing up in Alamance County, N.C., Adrian Daye, MSW '09, learned early about the value of caring for her neighbors and giving back to her community. Her parents, both employed for years in Burlington's then thriving textile and hosiery mills, never hesitated to help someone in need, even if it meant sharing space in their own home, Daye said.

"I also grew up in a neighborhood where there was lots of family around, and we definitely lived that life of being there for one another and helping one another," she said.

Those crucial lessons have helped shape Daye's nearly 30-year career in social work services, a professional journey that culminated in February when she was named director of Alamance County Department of Social Services. The promotion means Daye is responsible for leading nearly 250 full- and part-time employees, managing a nearly \$20 million budget and overseeing more than 28 state and federally mandated programs, including fraud investigations, food and nutrition services, adult protective services, child welfare services and Medicaid-supported services.

That she brings a wealth of experience to the new position would be an understatement. In addition to working nearly her entire career for the Alamance County agency, Daye's tenure includes service across numerous offices within the department, including as a Medicaid caseworker, employment services worker, foster care case management worker and adoption social worker. Perhaps equally important, she rose through the ranks, serving in multiple leadership roles over the course of her career, including as a supervisor, program director, manager and administrator

before being appointed a deputy director in 2016.

Even after so many years within one agency, Daye still cannot imagine a professional life outside of DSS or outside of Alamance County.

"For me, Alamance County is home," she said. "I have ties here, and I've worked hard to build the relationships that I've built across our community and the county. Continuing to build those relationships is even more vital now in this new role because it's so important

"Providing social work and case management to vulnerable populations requires passion and compassion for those receiving services."

Adrian Daye, MSW '09

to see the services that we provide and how they interact with other areas in our county and with other agencies. So, I stay, not only because this is home but because I want to work within my community and continue to do my part."

Those efforts often include facing difficult challenges that social workers were unfamiliar with three decades ago, she said. When Daye was just starting out as a child welfare worker, her cases focused largely on children living in unsanitary conditions or lacking supervision. Today's child

welfare workers are more likely to find households with family members struggling with mental illness or addiction, she said.

"As a director, one of the challenges I have is hiring the right staff and preparing them for this work because it's not for everybody," she said. "Social workers and caseworkers need to know that these are not jobs that you take just because you need a job. Providing social work and case management to vulnerable populations requires passion and compassion for those receiving services. It's stressful, and staff are exposed to trauma every day. Staff have to have some resilience and have a supportive family because it takes a lot to do these jobs."

When Daye enrolled in the School's Distance Education Program 12 years ago, she was a working, non-traditional student eager to begin a new chapter in her life but unsure of what the future might hold. She quickly found her footing in the Child Welfare Education Collaborative program, which helps to develop and support our state's child welfare workforce.

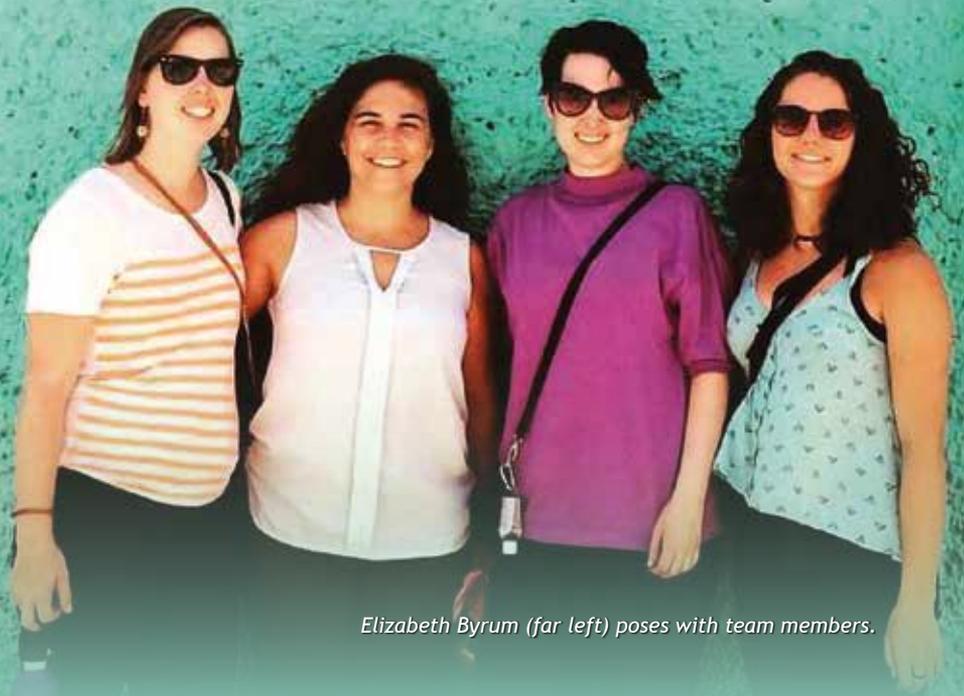
As a graduate of that program, Daye credits the mentorship and training she received for helping her to grow into the social work leader that she is today. She remains grateful for her family's influence as well.

"This work is my calling and my passion and as difficult as it is, I just can't see myself doing anything else," she said. ♦



A social work student in Mexico

Elizabeth Byrum describes her work with Proyecto Puentes de Salud



Elizabeth Byrum (far left) poses with team members.

For more than 10 years, UNC School of Medicine students have operated Proyecto Puentes de Salud (PPS), “Project Health Bridges,” as a health outreach program in Mexico. A group of students travel to the state of Guanajuato each summer to offer health education, screenings for chronic illness and referrals to primary care practitioners.

Elizabeth Byrum, a Triangle Distance Education dual-degree student earning Master of Social Work and Master of Public Health degrees, became the first UNC School of Social Work student to participate in PPS. (The School does not have a formal partnership with PPS at this time.) Byrum traveled to Mexico as an undergraduate at UNC before returning twice (in 2017 and 2018) as a graduate student with PPS.

“They didn’t know there would be a need for social workers, but I can say that there is,” Byrum said.

“It’s a great learning opportunity to see [social work] in a different context,” she added. “I had the opportunity to see what it’s like to work in mental health, in a very grassroots way. You have to think on your feet, build relationships

with the school, with the church, with the community.”

Working with PPS gave Byrum experience in both macro social work and direct practice. As part of a research team, she helped conduct community assessments, while addressing mental health concerns with individuals. She prepared for the trip by building her fluency in Spanish but still experienced some challenges in communications, both in the schools and with the home-stay family with whom she lived while in Mexico.

“There was a space for me to come in without any assumptions or expectations, kind of learning what was needed,” she said. “The work changes each year. You don’t really know what you’ll be doing until you get down there.

“It’s hard to come in with an expectation of what you want,” she explained. “If someone is flexible and puts themselves in a situation where there’s a need, opportunity will unfold.”

SERVING A COMMUNITY

Byrum’s team worked closely with a group of community leaders, known

as “the delegation,” in Santa Cruz de Juventino Rosas, a city of 40,000 people within Guanajuato. Most of “the delegation” were from a Catholic church that is a sister church of St. Thomas More Catholic Church in Chapel Hill, N.C. These community leaders helped identify the most critical needs and paved the way for team members to go into schools.

“Culturally, the church is a huge part of community life in Mexico,” Byrum said. “The priests helped host and organize the medical clinics. They pick smaller communities around the town.

“They trust us to try things to address some of the issues” in those communities, she added. “There’s a huge level of trust.”

The community leaders also facilitated PPS activities within local schools. The team worked with middle schools, and since schools in Guanajuato are in session through July, the team visited in June.

“The classes are really big, 40 kids to a class,” Byrum described the situation. Team members worked with nearly 100 children over a three-week span.

Mi pensamiento automático vino de la inseguridad: yo interpreté la situación a través del filtro de mi inseguridad.

My automatic thought came from my feelings of insecurity, and I interpreted the situation through the filter of my insecurity.

— Content from the Proyecto Puentes de Salud curriculum on stress management, Day 3



The PPS program hasn't limited itself to school-based activities, however. A key element of the program has been a research project, *Mujeres En Solidaridad Apoyandose*, or MESA (Women in Solidarity Supporting Each Other), which has used a train-the-trainer model to prepare local women to lead groups for mental health and social support. The project has trained 10 women as lay health advisors, or promotoras.

The program isn't limited to medicine and social work, either. In 2016, students from UNC School of Dentistry offered community dental clinics as part of PPS outreach.

Throughout the history of PPS, however, medical students have provided central leadership for its activities. Each year, in the months before departure, they have designed research, written grant proposals, completed Institutional Research Board documentation, planned activities and gathered materials to operate each community clinic.

ADDRESSING STRESS MANAGEMENT

Byrum worked with Sandy Clark, M.D., and Marcia Morganlander, M.D., who are both University of North Carolina at Chapel Hill professors and physicians – Dr. Clark in psychiatry and Dr. Morganlander in family medicine. Stephanie Jensen (with UNC's Comprehensive Advanced Medical Program of Spanish) and Emily Ashton (an undergraduate student majoring in psychology) were also part of the team.

Together, they used a curriculum based on cognitive behavioral therapy and dialectical behavioral therapy to teach stress management skills to pre-

teen and teen students.

"I think we're getting a real picture of what's happening in the community," Byrum said, explaining that the team used observations from the qualitative photovoice methodology to determine a focus for their work. "Cathlene Webster [MPH '17] coded what she saw and informed our intervention."

Those observations suggested that families in the community struggled when family members left to find work and were gone for long periods of time.

"Separation of the family is a huge stressor," Byrum said. "We know that there are kids as young as 11 cutting [themselves], using drugs and alcohol to cope with stress.

"There's really a huge disconnect around mental health ... not many public resources. Families don't know services are available to them. The schools have such a lack of access to mental health services – psychologists in the schools primarily work with special needs.

SHARING A CURRICULUM

The three-day school-based curriculum offered 90 minutes of classroom programming each day, with an introduction that included icebreaker activities, an explanation of research that the team conducted and formal consent from the students' parents.

During Day 1 activities, the students learned about how stress could manifest in their bodies. They practiced using a "thermometer technique" to measure the degree to which they felt stress (on a scale from

0 to 10). They also learned about some of the positive coping skills they could use to manage their stress.

On Day 2, the team introduced the students to active listening concepts. The students practiced how to listen and respond when their friends shared uncomfortable feelings. They also discussed how posts on social media channels such as Instagram can present a reality that doesn't actually exist, causing an emotional response.

Day 3 included experiences with guided mindfulness and mindful movement (such as yoga) as tools for stress management. The students learned about automatic thinking (thoughts that occur unintentionally in response to reality) and ways they could change those thoughts. They also practiced setting intentional goals.

Because Byrum participated in PPS for two years, she was able to see how the students put the curriculum into use over time.

"When we went back [in 2018], a lot of them [remembered what they'd learned]," she said. "Their teachers thought it [was] really good for some students.

"It really energized me to be part of that," she concluded.

Byrum's work in Mexican middle schools was part of a research project, Addressing Mental Health Challenges among Adolescents in Guanajuato, Mexico, which received funding from UNC's Center for Global Initiatives. UNC School of Social Work also provided some funding for Byrum's participation in PPS with the support of Jack Richman, Ph.D. in his former role as associate dean for global engagement. ♦

Above: Students practice yoga and mindful movement to manage stress. Below: The MESA project trains women as promotoras, or lay health advisors.



Orange County in need of housing for IPV victims, families

By Susan White

Researchers at UNC School of Social Work say results from a four-year community needs assessment suggest that Orange County has a critical need for housing services for victims of intimate partner violence and their families. Such services should include a mixture of approaches to support survivors at risk of becoming homeless, said Rebecca Macy, the L. Richardson Preyer Distinguished Chair for Strengthening Families.

The findings are part of a collaborative project supported by Compass Center for Women and Families, the Orange County Rape Crisis Center and UNC Hospital's Beacon Child and Family Program. Given that 1 in 4 women in North Carolina experience intimate partner violence (IPV), the community assessment was designed to help ensure that IPV victims are receiving comprehensive services and that feasible solutions are being identified to address their critical needs.



Rebecca Macy,
Ph.D.

Overall, researchers found that agencies in Orange County are well regarded for providing crisis services, counseling and other assistance to IPV victims, especially given the agencies' limited funding. The assessment took a deeper look at housing needs in Orange County for IPV survivors and their families because the county currently does not have a dedicated domestic violence shelter. Yet, homelessness and partner violence often occur hand-in-hand, Macy said.

"Housing needs exacerbate the other needs and problems that IPV victims struggle with, such as child care, employment, health and safety," said Macy, who worked with SSW assistant professor Cindy Fraga Rizo to conduct the community needs assessment. Doctoral students Brittney Chesworth and LB Klein also served on the project team and helped to administer the study survey, interview survivors, conduct focus groups and collect data.

The researchers concluded that addressing these safety and housing needs is a complex challenge without any single, straightforward solution. Many issues aggravate the problem, Macy added, including a lack of affordable housing; insufficient employment opportunities that pay a living wage; limited public transportation; and a public opinion that domestic violence and homelessness are not significant problems in Orange County.

Although shelters are used widely across the country, such programs do not always offer practical or promising strategies for meeting housing and safety goals, Macy said. Despite their popularity, reports from other communities and previous research have shown that most shelters are expensive to operate. Other studies have produced little evidence that shelters are effective in helping survivors transition quickly from a violent relationship into safer homes.

Through the community assessment, the research team sought to understand what specific resources, programs and services are already working well in Orange County and which ones, including housing, are needed. The team interviewed nearly 200 individuals who have been impacted by domestic violence or have worked with survivors, including court judges, prosecutors, faith leaders, teachers, department of social service workers, mental health professionals, business leaders and IPV survivors themselves. (The project was supported by a gift from Marilyn Jacobs Preyer and Rich Preyer.)



Cynthia Fraga Rizo,
Ph.D.

From these interviews and based on a review of current research, Macy and her team recommended a dynamic mix of strategies to address housing and other needs of IPV victims, including:

- Flexible funding to help survivors with payments for emergency needs, such as car repairs or to purchase a new uniform for a job,
- Services to help individuals with rental assistance and access to supportive or affordable housing programs, and
- Crisis housing to meet immediate needs of a survivor in search of a safe and fully furnished place to stay until more permanent plans are made.

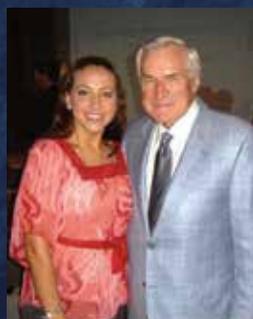
"Ultimately, what we found is that using this three-pronged approach might be most responsive to the needs of victims and their families," Macy said. "In other words, there is this move to try different economic empowerment interventions and different housing interventions because they seem to have more promise in terms of really helping victims secure safe housing and become economically independent." ♦

Dear Fellow Alumni,

It has been an exciting time around UNC School of Social Work — a new graduating class has joined the ranks of alumni, we have new Alumni Council officers and the U.S. News & World Report has ranked our School as the third best school of social work in the nation!

This farewell letter as outgoing president is bittersweet, and I am thankful for the opportunity to have served in this role. There have been so many meaningful experiences during my term that it would be impossible to mention them all here. Touring The Farm at Penny Lane with the Board of Advisors and serving on the SSW Strategic Planning Advisory Committee were certainly great highlights during my service. The most meaningful of all was when I presented a Distinguished Alumni Award to Dr. Sharon Warren-Cook, my undergraduate professor and mentor, 10 years after she wrote a letter of recommendation to accompany my application to the School.

Coach Dean Smith instilled in his players the importance of “pointing to the passer,” and I want to use this space for that purpose. Thank you to Louise Coggins, chair of the Board of Advisors, and to the entire Board for so graciously welcoming me during meetings. Thank you to Karen Kornegay for gifting with me words over the last two years, both in print and for Commencement ceremonies. Thank you to Linda Rhodes for her humor, for keeping me organized and for being on the front row when I nervously looked out from the Commencement podium. Thank you to Sharon Thomas for your continued encouragement and tireless commitment to recruitment, inclusivity and diversity. Thank you to faculty and staff members for the notes of support along the way. Thank you to UNC photographer Johnny Andrews for the photos with Dean Bowen for the Carolina “For All Kind” Campaign. Thank you to students, past and present, for taking the time to contact me with issues you were passionate about, so your concerns could be shared with other members of the Alumni Council.



Ashley Benefield and
Coach Dean Smith

Coach Smith said, “In basketball, a team game, no one is more important than a player’s teammates,” and I believe this to be applicable on this occasion as well. Thank you to my fellow Alumni Council members for showing up and bringing innovative ideas to the table. Collaborating with you all has felt far more like fun than work! I look forward to continued service together centered on our mutual love for Carolina and our School.

Thank you to the Armfields, whose generosity helped me to attend UNC School of Social Work. I dreamed of attending Carolina, and it was made possible by the scholarships provided by you and others, scholarships that allow the School to remain competitive with fellow institutions.

Last, but not least, thank you to Dean Bowen. Thank you for invitations to banquets, receptions, committees and planning meetings that have allowed me to represent Carolina proudly. From these experiences, I have cultivated professional and personal relationships that have already proven invaluable. Thank you for the extraordinary opportunity to present a Distinguished Alumni Award to a special mentor, Dr. Sharon Warren-Cook. Your accessibility and continued support for the Alumni Council is unrivaled.

I am excited to welcome our new 2019-2021 Alumni Council officers Kristen Register Lakis, MSW ‘12 (president), Phyllis Thomas-Thorpe, MSW ‘82 (vice-president), and Lauren Beasley Perkins, MSW ‘10 (secretary), and I am confident that their leadership will continue to propel our ideas to increase alumni engagement forward.

Congratulations to the Class of 2019! I hope you are proud of your accomplishments and that you find joy in your new endeavors, as you work to advance equity, transform systems and improve lives. I encourage you to keep in touch, show yourselves grace and kindness, stay involved with the School, and donate in any amount when you can. I look forward to celebrating our Centennial anniversary together next year!

With gratitude and pride,

Ashley Benefield, MSW ‘08
Immediate Past President (2017-2019), SSW Alumni Council



1960s

Howard Lee, MSW '66, received UNC's 2019 Diversity Award (Alumni category) from the University Office for Diversity and Inclusion. The awards recognize work in advancing an inclusive climate at Carolina. Lee, former mayor of Chapel Hill, a state senator for 13 years and director of the Department of Natural Resources under Gov. James Hunt, was honored for a "long history of advocacy and breaking color barriers." Lee was also interviewed by WUNC radio in "First and Only Black Mayor of Chapel Hill Marks 50th Anniversary."

1980s

Molly Barker, MSW '89, was among a group of alumni featured in UNC's "225 Years of Tar Heels" series.

Glenda Cedarleaf, MSW '80, published a book on Amazon, "A Guide to Writing and Recording Guided Imagery Meditations: 70

Healing Scripts included." The book offers ideas and inspiration for therapists, teachers, clergy and coaches for using meditation and imagery in their healing work with clients, students and patients.

Louise Coggins, MSW '80, was honored as the recipient of the 2019 Lifetime Achievement Award by the YWCA Lower Cape Fear during the 34th annual Women of Achievement Awards in Wilmington, N.C. Coggins, who has chaired the School of Social Work's Board of Advisors for many years, was honored for her work to eliminate racism and empower women. Coggins currently serves as a psychotherapist with Trinity Wellness in Wilmington.

David Donlon, MSW '82, was named president of the American Academy of Psychotherapists. He is the first social worker in this role in the 63-year history of the Academy.

Peter William Goddard, MSW '83, died peacefully at his home on Dec. 26, 2018.

Mary Jo Powers, MSW '87, was named director of Four Seasons Home Care in Flat Rock, N.C., which offers services to assist individuals in need, including driving to get groceries, changing linens, showering and bathing, and light housekeeping.

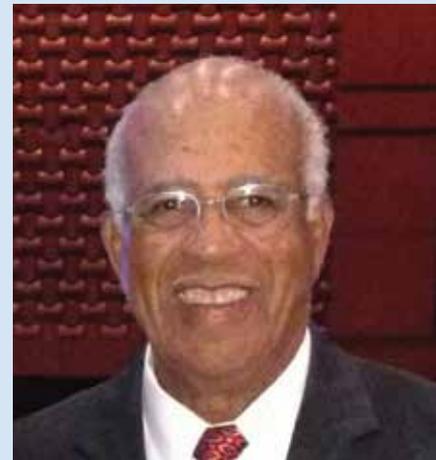
1990s

Nina Mackta, MSW '90, has been a school social worker for the past 20 years in Rhode Island. She is also director of district student mentoring programs. In 2015, she received a grant, along with eight other local districts, for Mental Health First Aid training, the nationally accredited public education program that teaches the risk factors and warning signs of mental health and substance abuse problems. Over the last four years, Mackta has helped to train 100 staff members in Mental Health First Aid methods.

Easter Maynard, MSW '97, was elected in October 2018 to the board of directors for BB&T Corporation. Maynard serves as director of community investment for Investors Management Corporation in Raleigh.

Andrea Meier, Ph.D. '99, lives in Boulder, Colo., where she founded Flourish! Personal Coaching Services and works as a positive psychology-based life coach. Meier, who retired as a research faculty member at the School 10 years ago, has earned certifications as an International Coach Federation Professional Certified Coach and Energy Psychology Coach. She has also developed specialized expertise in positive

psychology coaching, wellness coaching, adult ADD coaching, dissertation coaching, and career transitions coaching (including retirement). Since retirement, she has remained busy as a writer, publishing two academic journal articles and five book chapters.



Howard Lee, MSW '66, received UNC's 2019 Diversity Award (Alumni category) from the University Office for Diversity and Inclusion.

Lori Messinger, MSW '96, Ph.D. '99, was appointed dean of the College of Social Work at the University of Tennessee, Knoxville. Messinger brings a wealth of leadership experience to the position, having served as associate vice chancellor for community engagement at UNC-Wilmington, director of the university's School of Social Work and as senior fellow for diversity initiatives. Previously, Messinger served in leadership positions at the University of Kansas as well as on faculty at the University of Alabama and at N.C. State University.

Barbara "Bebe" Smith, MSW '93, was featured in a The New York Times article, "Now mental health patients can specify their care before hallucinations and voices overwhelm them."



Louise Coggins, MSW '80, was honored as the recipient of the 2019 Lifetime Achievement Award by the YWCA Lower Cape Fear. Louise is pictured here with Dean Gary Bowen during the School's "Campaign for Carolina" event.

Alumni, do you have news to share?

Email updates to unc.ssw.communications@unc.edu for use in Contact or in Impact, the School's monthly newsletter.

2000s

Sydney Batch, MSW/JD '06, was elected to represent the North Carolina House of Representatives District 37. Batch is a family law attorney and child welfare advocate in Wake County.

Adriane Casalotti, MSW/MPH '09, joined the National Association of County and City Health Officials (NACCHO) as chief of government and public affairs. She arrived at the agency after serving with the Food and Drug Administration, where she helped lead the FDA's work with Congress on a broad range of policy topics and high-profile issues, including passage of the FDA Reauthorization Act and implementation of the 21st Century Cures Act.

Kathy Colville, MSW/MPH '05, was interviewed for a FOX 8 TV feature, "Creating healthier communities for children." Colville is the health communities director for Cone Health in Greensboro.

Thomas Crea, Ph.D. '07, was awarded a \$2.6 million grant from the National Institutes of Health to conduct a study of the long-term social, physical and mental health effects of children exposed to Ebola in Sierra Leone. Crea, who is assistant dean of global programs at the Boston College School of Social Work, is also currently leading studies on children in Honduras, Guatemala, Kenya and Burkina Faso.

Adrian Daye, MSW '09, was appointed director of the Alamance County Department of Social Services (ACDSS). Daye, who was a N.C. Collaborative Leadership Scholar, has been with ACDSS for more than 25 years and has held numerous positions, including children services program manager, assistant director for services, and most recently, deputy director.

Dania M. Ermentrout, MSW '04, and her family were featured in the January/February 2019 issue of Mother Jones magazine about the challenges that families

face caring for children with complex medical needs.

Ryan Estes, MSW '09, is running for Region V representative of the national board of the National Association of Social Workers. Estes is the treatment operations director for Coastal Horizons Center in Wilmington, where he focuses on program development, fiscal and policy oversight, and clinical and administrative consultation.

Mia Ives-Rublee, MSW '09, was a featured panelist on the national NPR show, 1A with Joshua Johnson. Ives-Rublee, a U.S. wheelchair athlete and disability and civil rights activist, discussed the Americans with Disabilities Act and the efforts of the late George H.W. Bush to pass the legislation in 1990.

Karen McCloud, MSW '01, received the 2019 Tom V Child Advocacy Award. The award is given annually by NC Child, an organization that works to ensure children have access to health care, high-quality education and the opportunity to achieve their full potential. McCloud is the CEO and president of Benchmarks, an alliance of nationally accredited agencies committed to providing quality care, leadership and accountability in services to children, adults and families in North Carolina.

Karen Smith Rotabi, Ph.D. '05, and research colleagues from Elon University and the University of Idaho have been investigating the parent-child separation crisis on the southern border of the United States. The team expects to publish its findings in an

upcoming issue of the Journal of Human Rights and Social Work.

2010s

Bogie Bowles, MSW '15, was featured in "The Ties That Bind Us," a new interview series about musicians in recovery.

Euna Chavis, MSW '19, was featured in an article on UNC's website about the success of Carolina's Summer Bridge program. Chavis is coordinator of the program.

Victoria Crouse, MSW '17, is working with NC Child on the issue of childhood lead poisoning.

Jean Hamilton, MSW '10, was appointed to the Chapel Hill-Carrboro City Schools Board of Education to fill the remaining term of former board member Margaret Samuels. A counselor and psychotherapist in Chapel Hill, Hamilton has served on the board twice in previous years.

Brittany Hunt, MSW '14, was the keynote speaker for the Native American Heritage Month Program at UNC-Charlotte. Hunt, who is a member of the Lumbee Tribe, spoke on Native education, dismantling systems of oppression and eliminating stereotypes.



Lori Messinger, MSW '96, Ph.D. '99, was appointed dean of the College of Social Work at the University of Tennessee, Knoxville.



UNC School of Social Work hosted its first “Social Work Salon” on May 1, 2019, at Raleigh’s Carolina Country Club.

The salon provided an opportunity for community leaders to learn more about the School’s impact across North Carolina through small-group conversations with school representatives, according to Mary Beth Hernandez, associate dean for advancement.

“This event was really pulled together by our advisory board, who are committed to helping tell our story across the state,” Hernandez said.

“We were thrilled when one of our alumni announced that she would match up to \$10,000 in gifts made to the School during the salon,” she added. “Another guest responded within minutes – it’s wonderful to know that leaders around our state believe in our work here at the School!”

Hernandez credited Vera Tayeh, MSW ’87, with the challenge gift. Tayeh shared with the group that she had taken classes as a student with Dean Gary Bowen, who was also in attendance.

Faculty members Rachel Goode, Ph.D., Paul Lanier, Ph.D., Rebecca Macy, Ph.D.,

and Sarah Verbiest, Ph.D., provided brief overviews of their research projects, and student Kalyn Wilson (MSW ’19) described her work in social entrepreneurship.

Hernandez thanked the hosts of the salon, including Holly and Bill Blanton, Donna and Dean Gary Bowen, Louise and Steve Coggins, Jill and Roland Gammon, Larry and Tom Hines, Martha and Ken Howard, Prue and Peter Meehan, Pansy Morton, and Linda and Roger Perry.

The School will offer salons in other North Carolina cities as the Campaign for Carolina continues.