

STUDENT AND ALUMNI MONTHLY DIGEST



October 2022

Welcome Students & Alumni!

We are starting the S&A Monthly Digest to share news, upcoming events, and relevant information pertaining to child welfare professionals and students. We will be providing you with tips for community and self-care through our Wellness Corner, sharing podcasts and webinars, and celebrating your success as well! I look forward to connecting with you all through this newsletter! Please let me know if there is anything you would like to share or information you would like to see in the newsletter!



Best regards,
Liz Smith
Student & Alumni Outreach Specialist



Celebrating Vernita Thompson

Vernita Thompson, MSW, attended the University at Buffalo and was a NCWWI stipend recipient in 2019. Although faced with many obstacles, such as working, attending school, and completing her internship all during the COVID pandemic and racial injustices, she has successfully completed her graduate degree program and began her advancement into leadership. Her dedication to justice in child welfare and supporting

families are well recognized and appreciated.

[Read More](#)



The National Student & Alumni Advisory Board Meeting

September 23, 2022 marked our first National Student & Alumni Advisory Board (NSAAB) Meeting for the fall of 2022! Thank you to all who were able to join and we hope to see many more of you throughout our 2022-2023 journey together!

During our first meeting, we were able to establish group norms to move us forward with our time together and brainstorm ways to center your voices and support you as current and future leaders of child welfare. We also identified topics for learning opportunities and important and timely discussions within the child welfare field. Our next NSAAB meeting will be Monday, October 24, 2022, at 1 pm EDT (12 pm CDT). We value all voices and input and would love to invite you to our Advisory Board. If you are not already on the NSAAB, but you would like to join, please email Liz Smith at smit3162@msu.edu. You can also view our last meeting notes [here](#).

The Wellness Corner

How Hope & Resilience Can Lower Burnout Among Child Welfare Workers

Burnout is a significant concern among child welfare professionals, leading to high turnover and reducing service quality. This study examines how hope and resilience can reduce burnout and turnover in the child welfare workforce. [Read 1-pager](#)



Ways to increase hope:

- Look back on past wins
- Cheer for yourself
- Look for the good
- Practice gratitude
- Instill hope in others



Ways to increase resilience:

- Build strong, positive connections
- Take care of yourself
- Remain hopeful
- Seek and accept help
- Practice self-compassion



UPDATE

Putting on Your Oxygen Mask While Helping Others

The Center for Advance Studies in Child Welfare interviewed NCWWI's Sharon Kollar about the resources offered by the organization to strengthen child welfare practices and the results of the Comprehensive Organizational Health Assessment (COHA). The COHO is being used today to better support the child welfare workforce. Listen to the [Podcast Here](#)

We are honored to support you. Please contact [Liz Smith](#) if you have questions or need further assistance.

QUICK LINKS



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