

STUDENT AND ALUMNI MONTHLY DIGEST



January 2023

NCWWI Student & Alumni Current Events Series Learning Exchange #2:

Addressing Moral Distress & Building Protective Factors and Resilience During Times Of Systems Change

The child welfare system needs reform to assure a focus on family preservation and to address inequities. Child welfare workers experience complex emotional, moral, and ethical issues in their work. In this second learning exchange, we will examine the complicated and layered context of these issues with a special focus on examining the factors that are protective for child welfare workers and leaders who are working in systems that are stressed and in need of reform. Our objectives include:



- Identify and name how moral distress presents for social workers in child welfare
- Understand the complexity of emotional, moral, and ethical issues that present in child welfare, including the tensions between working for incremental systems and abolitionism
- Identify protective factors on the micro, mezzo, and macro levels of the child welfare practice

Click the button below to register for the February 22 Learning Exchange:
Addressing Moral Distress and Building Protective Factors and Resilience
During Times of Systems Change

[REGISTER HERE](#)

Celebrating Alumni Alexandria Mills

Alexandria Mills worked as a program assistant for the Department of Children and Family Services for five years before attaining her bachelor's degree in social work from the University of Arkansas at Little Rock. After receiving her degree, Alexandria was promoted to the family service worker position. From there she grew into the team decision-maker facilitator role. One of her mottos that she lives by is "Passion is Free, Effort is Isolated".

[Read More](#)



National Student & Alumni Advisory Board Updates

As always, we appreciate you sharing your expertise, which helps to guide the work we do to support the child welfare workforce. The upcoming meetings will serve as feedback on the learning exchange "Current Issues" series and help plan for our next face-to-face meeting coming up in June 2023. We hope you are able to join us to provide your valuable feedback. The National Student and Alumni Advisory Board (NSAAB) meetings will take place on the following dates:

- Friday, February 10, 2023, at 1 pm EST/12 pm CST/10 am PST
- Thursday, March 23, 2023, at 1 pm EST/12 pm CST/10 am PST
- Monday, April 17, 2023, at 1 pm EST/12 pm CST/10 am PST

If you are not already on the NSAAB, but you would like to join or have questions about the NSAAB, please email Liz Smith at smit3162@msu.edu.

The Wellness Corner Setting Intentions for the New Year

Intentions are ways you intend to live more fully into your values ([Ana Mcrae, 2023](#)). Unlike setting new years resolutions, setting intentions requires you to define your core values, reflect on what makes you happy and fulfilled, and intentionally choose actions and experiences that move you towards those intentions. You can set intentions for anything, including self-care and professional development. Ana Mcrae (2023), outlines 5 simple steps to setting intentions.

5 Steps to Setting Intentions

1. Define your core values: [Try this exercise to help define your core values.](#)
2. Choose your focus: Select 1-3 areas you would like to focus on in your life.
3. Set your new year's intentions: Create a short phrase that reflects the change you want to see in your life that is positive and aligns with your core values.
4. Make it visual: Write your phrase on sticky notes around the house, on your computer's screen saver, on your phone, and in other places where you're likely to look throughout the day.
5. Make decisions and actions from a place of intention: Catch your limiting beliefs and begin making decisions with your intentions in mind.



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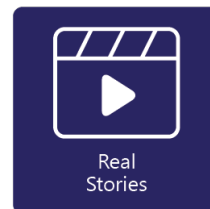
Check Out Our New Student & Alumni Web Page [HERE](#)

(Please Note: You must sign in to see the webpage)

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

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