

National Child Welfare Workforce Institute

STUDENT AND ALUMNI MONTHLY DIGEST



February 2023

Welcome Our NCWWI Tribal Outreach Coordinator Carissa O'Dell!

Cherokee Nation/Choctaw Nation of Oklahoma

Carissa, an MSW student at the University of Oklahoma, is completing her practicum with The Center for Tribal Social Work at OU Tulsa and will be graduating in May 2023. In addition to the work she's doing at the Center for Tribal Social Work, Carissa will be bringing her expertise to help with NCWWI student and alumni outreach initiatives. [Learn more](#) about the amazing work Carissa is doing and how she inspires other child welfare professionals within NCWWI.



NCWWI Students & Alumni Learning Exchange

Current Issues Series

Social Work Licensure - What's a Social Work Graduate Need to Know and Do?



Social Workers make critical contributions to the child welfare workforce. Professional licensure is important for all NCWWI alumni and students to understand and consider as a part of their ongoing professional and career development. Recently, the ASWB published concerning data about lower pass rates among

older individuals and people of color. As the profession, Schools of Social Work, and other professional groups work to understand these disparities, it is important for social work students and graduates to understand what this means and develop strategies to support their success in becoming licensed social workers. Please join us in exploring this topic in more detail and gaining tips on how to successfully pass the ASWB exam.

[REGISTER HERE](#)

Celebrating Alumni **Tallerita Tunney Rogers** Asdzáán – Navajo/Diné



Tallerita Tunney Rogers is a NCWWI 2 Alumni, who graduated from Arizona State University with a master's degree in social work and public administration. Tallerita started off working in foster home licensing and adoption certifications before entering her graduate program. While completing her degree, Tallerita secured a role as Guardian Fiduciary, caring for those in need, which included case management and advocacy work. After completing her degree she transitioned into medical social work and community development, addressing social determinants of health and helping those in need to access health care. Tallerita has also served as Senior Director of Housing Programs with Phoenix-based Native American Connections, as the Director of Community Development with Native Americans for Community Action, and as Executive Director at the Denver Indian Family Resource Center. She is passionate about health challenges within the Native American community and keeping Indigenous children with Indigenous families. [Learn more about Tallerita's journey.](#) [Read More](#)



National Student & Alumni Advisory Board Updates

Once again we greatly appreciate those who were able to make it to our National Student and Alumni Advisory board (NSAAB) meeting, on February 10th. If you were unable to make it we understand that we are all busy and cannot make every meeting and we look forward to connecting with you at one of our next meetings. Notes and key takeaways can be found [HERE](#). It can also be found on our [student and alumni webpage](#) on the NCWWI.org website. Please remember you must sign-in in order to view this webpage. The next NSAAB meetings will take place on the following dates:

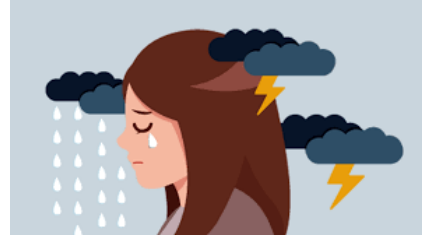
- Thursday, March 23, 2023, at 1 pm EST/12 pm CST/10 am PST

- 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

Moral Distress and Self-Care for Social Workers



Moral distress can be thought of as the suffering or emotional anguish experienced due to the conflict between one's own ethics and the demands of the workplace or feelings of being constrained from being able to take the right actions. According to Rachel Imboden (2022), "more than 30% of nurses and social workers surveyed by Ulrich et al. (2007) reported negative emotional experiences, such as feelings of fatigue, powerlessness, and increased work strain related to ethics stress. And, in a study by He et al. (2021), more than 60% of child welfare caseworkers endorsed experiences of role conflict that were believed to produce morally relevant distress."

Moral distress can lead to anxiety, depression, anger, fatigue, and other intensified health issues such as high blood pressure ([Janssen, 2016](#)). And can ultimately lead to decreased job satisfaction, burnout, and intent to leave (Imboden, 2022). Imboden has highlighted several protective factors to help social workers and organizations protect against moral distress.

Protective Factors

1. Positive work culture
2. Policies that allow for flexibility and discretion (creative practice)
3. Supportive working conditions (adequate staffing, reasonable workloads, time off, and fair pay)
4. Formal processes for consultation and feedback
5. Supportive co-worker relationships and mentorships

[Learn more about these and other protective factors](#)

Want to stay connected between newsletters?

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

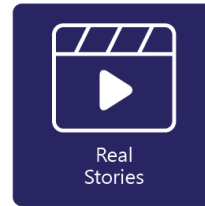
(Please Note: You must sign in to see the webpage)

OR

Join us on our private [Facebook page](#)

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

QUICK LINKS



Join us on social media:



[View this email as a webpage](#)

National Child Welfare Workforce Institute | University at Albany, School of Social Work, Albany, NY 12222

[Unsubscribe skollar@albany.edu](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by smit3162@msu.edu