

How Do We Know What We Know?

By Larry Kreuger, Ph.D., Department Chair and Professor



When Jesuit missionary/ explorers were making their way along the shorelines of possible passageways through the region now known as the Great Lakes in the U.S., they recorded canoe strokes as a way to keep track of approximate distances. In certain seasons we can get a rough estimate of the temperature outside

by counting the number of cricket chirps in 15 seconds and adding 39....so 35 chirps plus 39 would give us an approximate temperature of 74 degrees Fahrenheit.

Say you are about to depart on a raft or canoe trip down a meandering river and you ask the guide how far the river journey is. She tells you she knows that the distance from the drop off point to the pickup point is four miles as the crow flies. Did you know that you can get a reasonably good estimate of the distance of your meandering river journey by multiplying by pi? So a straight line journey of 4 miles $\times 3.141 =$ is a bit more than 12 miles on the water.

Speaking of pi, say we have a steel ball at the end of an eight foot long rope making a pendulum. At sea level if our pendulum held straight out to the side...(parallel to the ground, perhaps from a ladder) and is dropped, it will take 3.141 (Pi) seconds to travel from a point dropped to where the ball stops as it swings up to the other side of it's arc....assuming no outside interference.

Speaking of sea level, if you are standing on a shoreline overlooking a large body of water, the distance you can see to where water and sky meets is your height (in feet) times three, divide by two and take the square root of that....and you have the distance to the horizon in miles. For example if you are six feet tall, simply multiply $6 \times 3 = 18$, divide by $2 = 9$, and take the square root of $9 = 3$ miles. If the sun was making its way toward a beautiful setting over the ocean in front of you, you can estimate the time to sunset by holding your arm fully extended, making your hand into a fist, and counting the number of fists from current sun position

to the horizon. If you were to wait four hours at the sea-side for that sunset you (and everyone else on earth) would have traveled about 266,000 miles around the sun.

You test positive for a condition or illness that has an incidence rate is 1 per thousand in the general population. You have been told that the test you took is 99% accurate but has a 2 percent rate of false positives. What are the approximate chances you actually have the condition or illness after testing positive? The answer is about one in twenty, or 5%. You challenge a friend to find her way through a maze in a cornfield with only one entrance and one exit. At the entrance you may begin by walking either right or left. You tell your friend to pick first and no matter which way she chooses you select the opposite direction. Who will get to the exit first? Answer, if you know the rule and your friend does not you should in all likelihood finish first...why? Simply place your hand along the wall of whichever path you take and follow your hand until you reach the exit. You may end up doubling back at several points but you are guaranteed to make it to the exit! This works equally well for the right or left hand wall.

Do you become frustrated by often picking one of the slower moving checkout lanes when at grocery or big box store? Well, if there are eight checkout lanes you have only a 12% chance of being in the fastest lane....so a good strategy is to lower your expectations! Speaking of expectations, statisticians tell us that if you insist on playing slot machines in a casino, the highest probability of winning is going to happen on your first bet. No one has figured out how to beat the principle that your probability of winning decreases as amount of (your) betting increases. The best strategy therefore is to make only one bet (whatever you can afford to lose for the entire evening) and win or lose, leave!

So, what does this have to do with social work education at SIUE? First, as we as a profession continue along a path of helping students to discover "best practices", we ...*(Continued page 2 "How do we know what we know?")*

BSW News/Update

By Gerald V. O'Brien, Ph.D., Professor



I hope everyone is doing well. As I mentioned in my previous note, the BSW Program is currently completing its Self-Study for our Spring 2012 reaccreditation. This process is quite extensive, and includes an in-depth discussion of how our curriculum relates to CSWE standards, a description of the field placement process, specific information about issues such as diversity within the Program, faculty and structural resources, BSW policies and the various ways we measure student outcomes. The primary Self-Study document is approximately 150 pages long. There are also several hundred pages of supplemental material. The report was reviewed by various University administrators, and the final version was submitted the end of November.

In other news, the Student Social Work Association has hit the ground running this year, and students have already completed a number of initiatives, including a

food and supplies drive for a women's shelter in September, the NAMI walk at the end of October, and a coat drive (lots and lots of coats; but alas, none that fit me). The group is also fostering collaborative relationships with other student groups in order to work together on issues of shared interest. Thanks to everyone in the group who assisted with organizing these and future events. This year's officers for the group include Lynette Heselton (President), Jackie Brewer (Vice President), Aurelia Daniels (Treasurer), and Rachel Wilson (Secretary). Students Liaisons include Carolyn Florczyk and Holly Kish (Seniors), and Cathy Dye (Junior). I'm very proud of the work that our students are doing this year as part of the group.

There are other BSW issues that I will share in the next edition of the TAC (I know, you're on pins and needles), but I feel the Self-Study calling me.

How Do We Know What We Know? Continued...

By Larry Kreuger, Ph.D., Department Chair and Professor

(continued from page 1) are also finding more and more emphasis on the teaching and learning of evidenced-based practice, sometimes known as evidence-informed practice. This paradigm has also influenced our national accrediting organization, the Council on Social Work Education (CSWE). CSWE insists that we incorporate empirically based rationales for the selection and implementation of (known to be effective) ways to teach and evaluate the effectiveness of interventions, programs and policies.

At SIUE we are nearing the end of our BSW and MSW reaffirmation of accreditation eight year long cycle with documents turned in to our national CSWE headquar-

ters in Alexandria, VA. We will be inviting experienced CSWE accreditation site visitors to campus next semester to meet with students, faculty, administrators and members of our extended family of alumni, representatives from the community and other stakeholders. While all of our faculty and staff have made significant contributions, I want to specifically applaud the leadership of Dr. Jerry O'Brien for the BSW program and Dr. Kathleen Tunney for the MSW program for their sustained contributions, writing and compiling our documents. Thanks!

Where have all the Alumni Gone?

Deborah Beals, (BSW, 2011) Mental Health Professional at Human Support Services, Waterloo, Illinois.

Christian (Majors) Grindstaff, (BSW, 2007) is a social worker at Christian Hospital Northeast in Missouri.

Nancy Laidley, (MSW, 2006) Program Manager at Illinois Mentor in O'Fallon, Illinois.

Debbie Rangel, (BSW, 2010) residential counselor at Chestnut Health Systems, Maryville, Illinois

Mary Williams, (MSW, 2005) School Social Worker in Edwardsville, Illinois School District.

Elisha Crawley—Running the Good Race

By: Thomas E. Moseley, M.S.Ed., Lecturer



Elisha Crawley is a BSW student athlete who has made a name for herself by covering a lot of distance in a short amount of time. Elisha, who is a junior this year, was an Athletics Hall of Fame prep standout in track, cross country, and basketball at Decatur's McArthur High School and is now a major factor in

the success of the women's track program at SIUE: In the past year (outdoor), she was part of the 3,200-meter relay team that broke the SIUE school record at the Coastal Carolina Invitational. Elisha placed first in the 800-meter run at the Gateway Classic; she ran a personal best in the 800-meter at the Twilight Invitational; and posted a personal best time in the 400-meter run at the Coastal Carolina Invitational. Indoors, Elisha was a member of SIUE's 1,600-meter relay team that won the GVSU Big Meet, and she ran a personal best in the 600-meter run at the Illinois Intercollegiate.



Elisha is presently coming back from knee surgery earlier in the fall semester, complicated by a subsequent leg fracture. In spite of these setbacks, she hasn't missed class, and she's shown a lot of class in her determination and hard work toward her hopeful return to run for SIUE in the spring. Elisha, who is soft-spoken and usually does her talking on the track, says she loves to compete, and she is always striving to improve upon her previous performance. She

plans to use that determination and her energy in her future career as a social worker and hopes to work on behalf of children.

We wish Elisha all the best in her rehabilitation; her return to the track; and her bright future in the service of others.

The Student Social Work Association (SSWA)

By: LaNette Heselton, President



The Student Social Work Association (SSWA) is definitely going to have an exciting year! SSWA officers for the 2011-2012 school year are LaNette Heselton, President; Jackie Brewer, Vice President; Rachel Wilson, Secretary; and Aurelia Daniels, Treasurer. To kick off the SSWA sign up, we had a food drive to benefit Community

Hope/Children's Hope. The food drive netted 6 boxes of food and hygiene supplies, as well as \$62 in donations! To date, we have had over 75 students sign up for SSWA this year, which is an increase over last year. Students participated in a coat-drive, Coats for a Cause, and cleaned and distributed them to needy families in Illinois. On October 29, SSWA participated in the NAMI 5K Walk/Run. The NAMI 5K Walk/Run generated a lot of interest, and there was a large turnout of students, as well as staff and family members.

SSWA recently formed a committee within the organi-

zation to deal with community action causes. The committee is currently working on issues of discrimination against gays and lesbians and is teaming up with the GSA, and possibly other student organizations, to combat gay and lesbian discrimination. This gives us an opportunity to advocate, as well as learn more about macro level social work. We also recently held a contest for SSWA members to design our new t-shirts and will begin taking orders for those soon!

This year, SSWA plans on taking a more hands on approach! We are planning some different opportunities for students to volunteer at a variety of social service agencies to get a feel for the type of work we will be doing. Some suggestions have included: volunteering at Shriners' Hospital and at a prom for teens with special needs; a work day at a domestic violence shelter; and many others! We are excited about the different activities taking place this year and the enthusiasm everyone is showing!!

Today's Students are Tomorrow's Leaders

By Missy Endres, MSW



Hello, my name is Missy Endres, formerly Churchman. I am a proud alumna of SIUE, receiving a Bachelors Degree in Social Work in 2000 and a Masters Degree in Social Work in 2001. I began working part-time for United Way of Greater St. Louis in 2000 while I was still a student. Upon completing my Masters Degree in 2001, the United Way

offered me a permanent position, and I became a full-time employee. I have been with United Way ever since and have enjoyed 11 rewarding years now.

My career with United Way has taken many exciting turns and the education I received at SIUE has helped me advance it along the way. Initially, I started as the Allocations Associate. In this position, I worked with local community volunteers to review and allocate funds to over 60 health and human service agencies. In 2005, I was promoted to Director. In addition to the allocations process, I was also responsible for managing the budget, campaign and the Auxiliary Council board. In 2009, I was promoted to my current position which is Vice-President of the Illinois Region. With this position, my responsibilities include overseeing three Illinois offices, supervising a staff of

seven, managing the budget for two offices, working with three Auxiliary Council boards and overseeing the allocations and campaign processes. I also supervise social work interns who are interested in learning more about macro-level practice, many of them students at SIUE.

With the United Way, I have had several wonderful opportunities. Two experiences that I am especially proud of are bringing the Dolly Parton Imagination Library to Calhoun County, which provides a free book every month to children between the ages of 0-5, and doing a book-signing with Greg Mortenson, author of "Three Cups of Tea," which hosted over 1,000 local 4th grade students.

I am truly blessed by the many opportunities my career at United Way has provided me. I am fortunate to work with numerous community volunteers and non-profit agencies. Seeing the outcomes of our funded agencies always gives me a sense of pride. I enjoy being part of an organization that has such a large impact on people's lives and the community.

In regards to my work and personal time, I strive for a well-balanced life. I currently live in Kirkwood, Missouri with my husband and our cats. In addition to spending time with family, I also enjoy biking (especially on the Madison County Trails), antiques and reading.

Congratulations from Faculty and Staff!

Summer Commencement August 2011, Masters in Social Work (MSW)

Tara Artinger

Lacy Barkely

Marcie Boyce

Gloria Brown

Charity Caldwell

Dorothy Cambron

Christina Chevalier

Whitney Curry

Jessica Epperson

Chealsi Fancil

Jennifer Haberer

Jessica Hentrich

Ginger Hickman

Rachel Hodge

Carina Jones

Kati Long

Stephanie Longworth

Tracy Mathias

Heather Parker

Kathryn Prohaska

Nukwa Quenter Misor

Shannon Ramsey

Brittany Reynolds

Mikie Sellers

Brittney Snider

Shaun Southwick

Sheldon Stieg

Brian Stoops

Katherine Whalen

Carol Worthington

Casey Yingling





Friday, February 3, 2012 / 3 CEU's Workshop // 9:00 AM – 12:00 PM

Ethics in the “E” World: How to Effectively and Safely Communicate

Speaker: James A. Marley, PhD, Associate Professor/PhD Program Director, School of Social Work
Loyola University, Chicago, IL **Location:** SIUE, Morris University Center

This presentation will focus on ethical frameworks and on-line communication. It will identify the potential ethical dilemmas that arise at the intersection of clinical practice and electronic communication.

Learning Objectives:

- Identify key components of ethical frameworks that are applicable to resolving ethical issues that arise in the use of electronic communication tools.
- Identify the potential ethical dilemmas that arise at the intersection of clinical practice and electronic communication, including issues related to: dual relationships, confidentiality, professional expertise, and managing public vs. private information.
- Utilize an ethical decision making framework for resolving such ethical issues should they arise.
- Incorporate an ethical perspective into their clinical practice that anticipates the growing use of electronic communication technology and the blurring of private and public boundaries.

PLEASE NOTE: This will be the only ethics workshop offered by SIUE, Department of Social Work CEU Committee for the licensure cycle December 1, 2011 – November 30, 2013

Friday, February 3, 2012 / 3 CEU's Workshop / 1:00 PM. – 4:00 PM.

Family Involvement in Treating Schizophrenia

Speaker: James A. Marley, PhD, Associate Professor/PhD Program Director, School of Social Work
Loyola University, Chicago, IL **Location:** SIUE, Morris University Center

This presentation will focus on family involvement in treating schizophrenia.

Learning Objectives

- Understand current research on the etiology and treatment of schizophrenia
- Understand the role of the family in the treatment of schizophrenia
- Identify practice strategies for engaging families in the treatment process
- Discuss professional issues and future developments in the treatment of schizophrenia and the inclusion of families in the treatment process.

Advance registration is preferred. The registration fee for the entire day is \$79 with lunch included; for agencies registering 4 or more the fee is \$69 with lunch included, for either the morning session or the afternoon session the fee is \$49. This fee includes light refreshments, and free parking. On-line registration is now available at **<https://aceweb.siue.edu/WConnect/ace>**. Credit card registrations are accepted on-line only. Telephone registrations are accepted: call 618/650-3210.

Alumni Corner



**By Joe Malone, MSW, LSW,
LMSW, MS Ed**

John F. Kennedy said, “Let us think of education as the means of developing our greatest abilities, because in each of us there is a private hope and dream which, fulfilled, can be translated into benefit for everyone.”

The SIUE Social Work Program equipped me with the knowledge and skills to achieve my private hopes and dreams. My high wage job ended during our country’s recent recession. I, like many others during this time, made a decision to seize the opportunity to go back to school as a non-traditional student. In August 2010, I earned my Masters Degree in Social Work and now work for the Department of Veteran Affairs (VA) as a social worker. The VA employs over 8,000 social workers worldwide serving our country’s veterans.

The SIUE Social Work Program, professors, peers, and practicum prepared me to work in a job that I extremely enjoy. After graduating from the Masters program, I

feel very blessed to have had the opportunity to work in child welfare for the Illinois Department of Children and Family Services and in the mental health field. My practicum experience, along with networking, resulted in me accepting a position with the St. Louis Department of Veteran Affairs. As an Air Force Veteran, it’s an honor for me to serve as a social worker for our country’s military veterans.

In addition to promoting the psychosocial well-being of others, my career accomplishments since graduate school include: Department of Children Family Services (DCFS) Illinois Child Welfare License (CWL); Illinois Social Work License (LSW); Tennessee Licensed Master Social Work license (LMSW); and I am currently working toward my Illinois LCSW licensure (Licensed Clinical Social Worker).

I am blessed to have had the opportunity to learn, grow, and prosper. My word to all who read this is that your blessing is knocking at the door. Don’t wait for the bringer, but run toward the opportunity and live your hopes and dreams.

Over One Hundred Attend CEU Event on “Hoarding”

By Kellene M. Hamilton, LCSW, DCSW

Over 100 Licensed Clinical Social Workers and other community professionals from throughout the Southern Illinois region attended the November 4, 2011 CEU workshop on “Compulsive Hoarding: Fact, Fiction, Intervention, and Treatment”. The CEU event was co-sponsored by Anderson Hospital, Maryville, Illinois. “Compulsive Hoarding: Fact, Fiction, Intervention, and Treatment” was presented by Mark Pfeffer, M.S., LMFT, and Director of the Panic/Anxiety Recovery Center in Chicago and focused on the phenomenon of compulsive hoarding. Along with helping participants learn about assessment and treatment and the family dynamic of a hoarding lifestyle, Mr. Pfeffer shared and discussed case experiences from his work as a therapist on the A & E show *Hoarders*.

During his presentation, Mr. Pfeffer identified three “common saving patterns” of hoarders.

Instrumental Saving Pattern: “Just in case”—morally based; the item **MUST** be saved because it could be useful in [the] future if not for me, then for someone else (usually unknown).

Sentimental Saving Pattern: “This means too much”—grief based; the items evoke the happy past memory; as long as they keep them, they don’t lose the thing they miss.

Aesthetic Saving Pattern: “I love this”—pleasure based; the items have a particular characteristics and are desired because they prompt a response not unlike a pleasure response; “everything I have is special and unique so I don’t know how to organize or group it into keep, throw, recycle piles.”

In his closing remarks, Mr. Pfeffer stated, “There is more to the individual than the hoarding diagnosis and that the context in which the hoarding behaviors are occurring needs to be identified (mental health, medical issues); and effective treatment intervention begins with a thorough assessment of the individual, looking beyond the clutter.”

3 CEU Event “Hearing Voices that are Distressing”

SAVE THE DATE FOR UPCOMING WORKSHOP

On April 20, 2012, the SIUE Department of Social Work and St. Elizabeth's Hospital, Belleville, Illinois will co-sponsor **“Hearing Voices that are Distressing”** a workshop designed to help social workers, counselors, nurses, psychiatrists, psychologists, direct care workers, mental health administrators and others gain insight into the experience and challenges facing people impaired by auditory hallucinations.

This 3 credit continuing education workshop is a training in which participants will use audio devices providing simulated experiences similar to those of persons experiencing auditory hallucinations and the pain and dysfunction this causes these individuals. During the simulation experience, participants will attempt to undertake a series of tasks including social interaction in the community, a psychiatric interview, cognitive test-

ing, and an activities group. This will help the participants identify with those who suffer this intrusive malady which affects their ability to function in day-to-day activities. The workshop concludes with a debriefing and discussion period for the participants.

Note: Due to the limited number of audio devices, both a morning and duplicate afternoon session will be offered for this workshop. (9:00 am to 12:00 noon & 1:00 to 4:00 PM with 3 CEU's for each session). Early registration is encouraged to assure your participation in this unique learning experience. You will walk away from this workshop with knowledge and compassion for persons who experience auditory hallucinations. Brochures will be e-mailed in the near future and you may also call Cindy Cabetto at SIUE 618-650-2620 to register now.

Over 100 professionals attended the “Hoarding” Workshop held at Anderson Hospital in Maryville, Illinois. Mark Pfeffer, LMFT from the A & E Show *Hoarders* shared his keen insights with the attendees about the factors leading up to hoarding behaviors and ways to compassionately help those suffering from this painful compulsion to set themselves free from hoarding.





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Department of Social Work
Campus Box 1450
Edwardsville, IL 62026-1450

Non-Profit
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U.S. Postage
PAID
Permit 4678
St. Louis MO

TAC is published by the Social Work Department
Southern Illinois University Edwardsville — SIUE
Campus Box 1450, Edwardsville, IL 62026-1450
Phone: (618) 650-5429
Editor: Kellene M. Hamilton /e-mail: kehamil@siue.edu
Layout: Deborah F. Vogel
Distribution: Judy Zimmerman
Printing: SIUE Copy Services, Edwardsville, Illinois 62026

