Greetings and welcome to the Fall 2009 term! As I write this, the Fall colors are beautiful and we have been treated by some gorgeous weather. By the time you read this however, it will almost be the holiday break!

School got off to a great start this year. We had over 250 students participate in webinars over the summer in an effort to help them prepare for their field instruction experience. We are in the midst of planning some of these webinars for field instructors related to our new Educational Agreement/Evaluation Form that was developed over the summer. We are also developing Frequently Asked Questions related to the form and I heartily encourage you to send me your individual feedback when you get a chance. During the webinars, we will talk more about the new Field Instruction Skill Inventory and the Educational Planning Worksheets that we recently piloted. As our School enters into a phase of “curriculum restructuring,” I hope to call on several of you to work with me as we implement the newly revised field competencies for any student activities. Should extended absences become necessary, the student, field instructor and assigned field liaison should implement a plan to make up the hours. We appreciate everyone’s flexibility in ensuring that the fieldwork site’s needs and student’s educational goals can be accomplished.

I want to take a moment to ensure that the dialogue about the H1N1 flu outbreak remains open. The School and University have gone to great lengths to ensure that students are informed about the seriousness of this issue. We have also alerted our field community and encouraged that universal precautions are applied and utilized where and when possible. Students have been instructed to contact their fieldwork site directly should they become ill and unable to attend their field placement. This way, the site can make the appropriate arrangements for any student activities.

Finally, I would like to personally extend my heartfelt appreciation to Dr. Mary Ruffolo who will be stepping down from the post of Associate Dean for Educational Programs January 1, 2010. Her vision, leadership, and collegial support over these past three and a half years have been truly amazing. We wish her a successful sabbatical and would like to welcome Dr. Michael Spencer as the new Associate Dean. Dr. Spencer has been on the faculty in the School of Social Work for years and is another “field friendly” administrator who has worked as a field instructor in his faculty-led, community-based projects. Please join us in welcoming him to his newest position in the School of Social Work.

“As our School enters into a phase of “curriculum restructuring,”
I hope to call on several of you to work with me as we implement the newly revised field competencies.”

From the Director’s Desk

By Elizabeth (Betsy) Harbeck Voshel, LMSW, ACSW- Director of Field Instruction

Betsy Voshel

Interested in contributing to future editions of Field Notes? We would love to have your input! Please send information about topics you would like to see covered in the newsletter to Sabrina Clark at csabrina@umich.edu.
Sabrina Clark joined the OFI this fall as the graduate student liaison working primarily with Betsy Voshel. Born and raised in the Bronx, she received her BSW from North Carolina Central University in 2001. She is an MSW candidate concentrating in IP/Children & Youth and is looking forward to graduating in May 2010. She is currently placed in a school social work internship at West Middle School. Sabrina’s responsibilities include serving as the Editor-in-Chief for the OFI newsletter; assisting with the coordination of special events sponsored by OFI; field seminar activities; and other tasks related to improving the communication between OFI and the student body.

Belle Cheves began working for the OFI as an undergraduate work study student this fall. Hailing from Escanaba, MI, she is a second year History Major concentrating in Middle Eastern and Central Asian studies. Belle hasn’t fully decided what she wants to do after graduation, but plans to obtain a Law Degree and further her Middle Eastern and Central Asian studies. She hopes to end up working overseas in some capacity.

Maggie Zhang began working for the OFI as an undergraduate work study student this fall. Raised in Ann Arbor, Maggie is a first year student who is interested in majoring in Business Management & Finance. Maggie works with the OFI in an administrative assistant capacity and provides much-needed help with special projects.

The OFI is pleased to welcome this year’s recipients of the Clarice Ullman Freud Fellowship. This fellowship is awarded annually to students who show potential for outstanding professional practice with children and youth. This fellowship allows these students the opportunity to serve as primary contributors to the OFI newsletter.

Ashley Dominique is a recent graduate of Michigan State University, where she earned a BS in Psychology. She is a 16-month student concentrating in IP/Mental Health who will begin an internship in the adult inpatient psychiatric unit in the U of M Health System in January. Ashley brings with her a wealth of experience in working with the substance abuse population and, upon graduation, hopes to obtain employment that will allow her to continue to work in a hospital setting with people suffering from substance abuse and mental illness. Tina Han recently graduated from UCLA with a dual degree in History and Political Science. She is a 16-month out-of-sequence student currently working towards a dual degree in Law and Social Work. Tina has previous experience working in a family law center and, upon graduation, hopes to obtain employment in the fields of family law, counseling, and mediation/dispute resolution.

Kati Saul is a graduate of Siena Heights University in Adrian, MI, where she earned a BA in Psychology. She is a 20-month student concentrating in IP/Children & Youth and working towards obtaining a School Social Work Certification. She is currently interning at POWER, Inc. in Ann Arbor. Kati has a passion for connecting children and families with the resources needed to improve their quality of life and, upon graduation, hopes to work as a school social worker.

Heather Thackston is a recent graduate of Miami University in Oxford, OH, where she earned a BSW with a concentration in Family Relationships and Child Studies. Heather is an advanced standing student, concentrating in IP/Children & Youth, who is currently interning at SOS Community Services. She also holds an AmeriCorps position with SafeHouse. Serving as a volunteer in New Orleans as part of the Hurricane Katrina relief efforts, Heather found a love for helping others, but she is currently undecided about her post graduation plans.
Social Work students beginning their field placements enroll in the Foundation Field Seminar to fulfill part of their degree requirements. This class offers students the unique opportunity to talk about issues related to field placement and receive feedback from both MSW student peers, and OFI Field faculty and the OFI Peer Facilitators. OFI would like to give a big THANK YOU to all of our current peer facilitators.

Here’s a little info about them: Carly Kingstrom says, “My experience as a peer-facilitator has been very rewarding, both professionally and personally. I have enjoyed developing my relationship with Oliva and others at OFI and hopefully contributing to a positive experience for students in the seminar class.”

Lauren Klos loves to travel, and has been to 6 different countries. Three of her trips have been mission trips. She loves anything chocolate, especially Lisa Kelley’s stash in the OFI office. Her favorite things about U of M are the faculty and the beautiful old buildings. When Lauren is stressed, she loves to spend time with God, her husband, family, friends and church activities.

Ivana Grabovac, also known as Mini Moody Face, Bubbles, or Gronitor, was a White House intern during the Clinton Administration. Ivana’s favorite article of clothing is her “Michigan Students for Recovery” t-shirt. She loves the School of Social work, and says, “Being a peer facilitator with Leigh Robertson has been crème de la crème!”

Emily Kiddy has traveled to 14 countries, hopes to work for the VA Hospital when she graduates in April 2010, and loves anything chocolate. Her hero is Dr. Michelle Kees, who has helped her get started in research and has been an ongoing mentor for her for the past 5 years. She says, “The Social Work program has taught me how to advocate for myself to get to where I want to go in life.”

Adina Bodenstein, also known as Danish, Deenie, or Adi, says, “Working with the OFI team has been incredible. The relationships I have made with both peers and with staff have been life changing.” Adi’s favorite hobby is singing and her favorite article of clothing is her red stiletto heels. Something unique about him is that he can make the “Grinch” face, which I understand to be unforgettable.

Ted Jones, also known as “Boss Jones” and The People’s Champ, says, “I’ve learned that this program is many things to many people and that’s a good thing. His favorite article of clothing is his navy blue sweater and his favorite hobby is “being awesome.” Something unique about him is that he is trying to bring back the word “shucks.”

Thank you Fall 2009 Peer Facilitators for taking the initiative and going above and beyond! We wish you the best!

**Agency Spotlight: POWER, Inc.**

By Kati Saul, MSW Candidate

“Talk is cheap... It is the way we organize and use our lives every day that tells what we believe in." - Cesar Chavez

As a first year MSW student I have been extremely privileged to be placed at POWER, Inc. under the supervision of Field Instructor Dr. Carol Burrell-Jackson. POWER stands for People Organized Working Evolving Reaching. It is a non-profit, faith based community development organization located in Ann Arbor, and was founded in 1996 as an outreach organization of Christian Love Fellowship Church.

As a faith-based agency, POWER is committed to providing services that will foster a positive impact on the lives of families in an effort to rebuild communities and promote growth. Dr. Burrell-Jackson embodies this mission when working as the clinical director, supervisor, and field instructor.

Night Out (PNO) program. This combination of clinical services and grant writing has provided a challenging but wonderful social work field experience.

Interns are also encouraged to utilize individual strengths and creativity to develop new programs within the agency. Social Work interns have contributed to the employee handbook and created a housing notebook where available housing rental information is stored. The current group of interns have started a professional terms dictionary, created an emergency escape route system, and have developed several Family Fun Night activities for PNO families. This acceptance of creativity allows interns to leave their mark on the organization.

POWER has been a field site for the SSW for over eight years. The agency’s powerful mission, array of services, and encouraging staff are all reasons for students to feel at home and challenged at this field placement. Interested students are encouraged to contact their field faculty.

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Thank You, Thank You, Thank You!

By Heather Thackston, MSW Candidate

**POWER, Inc.**

Dr. Burrell-Jackson embodies this mark on the organization. Not only does this field placement serve as a great resource for clinical growth and support, as an intern you are introduced to grant writing techniques. Just recently I had the privilege of tackling a grant that will provide funding to expand our existing Parent’s Week parenting education series. A nutritious meal is provided and families are invited to learn better strategies for parenting in a nurturing environment. Social work interns provide children’s programming that parallels the skills the parents are learning.

Other services provided by POWER include academic tutoring, LIGHT – providing homeless families with affordable housing and supportive services, emergency assistance, job and housing assistance, foster parent/volunteer recruitment, restoration counseling services, and a new family advocacy program. Social work interns jump right into the programs and are assigned family and individual cases within each program.

"As a faith-based agency, POWER is committed to providing services that will foster a positive impact on the lives of families in an effort to rebuild communities and promote growth. Dr. Burrell-Jackson embodies this mission when working as the clinical director, supervisor, and field instructor."
Among the many amazing students in the MSW program at the University of Michigan, two seem to really stand out. Both individuals have received a scholarship from the Center for the Education of Women and I feel honored to have interacted with them.

One of the recipients, Vanessa Hines, is an MSW student on the 16-month track concentrating in IP/Health. She has a B.A. in Communications from Oakland University and a B.A. in Journalism from Wayne State. She decided to transition to social work after the death of her twin sister, Valenda DeCohen, from a rare bone cancer in 2006. Vanessa is graduating this semester and plans to work in geriatric social work or as a hospice social worker. She says, “I would like to do what I can to comfort and counsel terminally ill patients and their families, especially those who have been affected by cancer.” Vanessa is also a two-time survivor of breast cancer, and nearly died in 2007.

Vanessa says that the CEW Scholarship has benefitted her by providing her with much-needed financial assistance. Vanessa stated, “I am eternally grateful for the unselfishness of the Center for the Education of Women, and the difference they have made in hundreds of people’s lives.” The CEW scholarship is an honor and she says that, “Winning this scholarship is another achievement that makes me believe that I can do anything I set out to achieve.” Vanessa plans to continue this cycle of helping others, whether it is by donating to a scholarship fund or by other more hands-on means. Vanessa is currently placed at People’s Community Services of Metropolitan Detroit Neighborhood Center in Hamtramck. At her field placement, she completes basic needs assessments for clients and is involved in case management. She works with a diverse clientele, providing them with assistance related to emergency food, secure housing, clarifying educational goals, and putting plans into action.

Another recipient of the CEW Scholarship, Melissa Burwell, is an MSW student concentrating in Mental Health. Her undergraduate degree is in Pre-Law, with minors in Psychology and Sociology from the University of Michigan. She stated that her decision to transition to social work as a career was based on financial reasons, as well as her continued commitment to the community and desire to help improve the lives of members of marginalized and disenfranchised groups in society. In 2002, after years of working in the automotive industry, Melissa decided to pursue a college education. She stated, “My educational journey has been difficult at times; however, through lots of prayers and the support of many, I continue to succeed in moving forward.” Melissa plans to continue her education by pursuing a law degree concentrating in the areas of civil rights and social justice. She also stated, “I would like to thank CEW for all the support they have given me during my time on campus and for honoring me with the wonderful recognition of being a 2009 recipient of the Margaret Dow Towsley Scholarship.”
Make A Difference Day: October 24, 2009

By Ashley Dominique, MSW Candidate

Make A Difference Day is a national event that takes place on the fourth Saturday of October each year. Established in 1990, it was created by USA WEEKEND Magazine to encourage mass volunteerism. According to USA Weekend, three million people in the United States participated in this event in 2008. This year, Make a Difference Day was on October 24th. Nine University of Michigan Social Work students, the majority being Community Based Initiative (CBI) students, visited the older clients of Latin Americans for Social and Economic Development (LASED) located in Southwest Detroit. During this CBI-sponsored event, students played games, served lunch, and spent time with 45 older adults. Some students even participated in Halloween-themed art projects. At the end of the event, the students presented the adult participants with some gifts of winter scarves and gloves. All extra scarves and gloves, as well as a monetary gift, were donated to the LASED emergency clothing bank and lunch program.

This is the first year that the School of Social Work officially participated in Make a Difference Day. In previous years, SSW students have participated in Make A Difference Day on an individual basis. However, with the help of Bill Vanderwill, OFI Field Faculty, SSW students facilitated a program that allowed members of the SSW community to formally come together in support of this great cause. When asked why he decided to put this event together, Bill stated that he feels it is very important for people to advocate for the elderly population in the upcoming years. Vanderwill states, “I really think these students reflected what we do in the University of Michigan Social Work program. I think older individuals are going to be one of the largest populations these students will work with in the future. The community responded very positively to the students. They really seemed to just love it, and were pleased and honored because they see the University of Michigan as a great university.”

The LASED clients thanked the students, told them how kind they were, and expressed that they appreciated the students coming all the way to Detroit. Students interviewed after the event also indicated that they felt very good about their interactions with the clients at LASED. Erica Elaney, a 16-month student in the Social Work program, says, “We really enjoyed our time spent at the senior center at LASED. It was great to spend time with an age group that so often gets ignored. They also seemed to appreciate our company. Overall it was a great learning experience and something I definitely hope to do again soon!”

Next year, Make a Difference Day will take place on Saturday, October 23, 2010. For more information, visit the official USA WEEKEND Magazine website at www.usaweekend.com/diffday/aboutmadd.html.

Yoga Therapy: Healing the World

By Tina Han, JD/MSW Candidate

Yoga Medics is an integrative approach that incorporates elements of clinical therapy with the physical and psychological benefits of yoga, which are both emphasized. Physical benefits include increased oxygen, flexibility, range of motion, balance, fall prevention, and muscle strength. Psychological benefits are pain control, patient empowerment, coping skills, stress relief and relaxation. The group dynamic of YogaMedics, which uses the support of others in the room, offers enhanced therapeutic benefits to clients while individual is tailored to an individual’s specific physical and psychological needs. YogaMedics programs are diverse in nature and specific to the prevention and therapy of certain illnesses and injuries. When utilized in conjunction with traditional therapy, yoga therapy increases concentration, reduces muscle tension contributing to chronic pain, promotes bone health, and leads to greater self-esteem and confidence.

For more information on this wonderful organization, its achievements, and its aspirations, please visit www.yogamedics.net. Namaste.
Where In the World Are Our Alumni?

By Kati Saul, MSW Candidate

Do you ever wonder where alumni from the School of Social Work are now? I had the privilege of hearing from four recent alumni contributing to the field of social work all over the country.

Christine Gosdzinski, a 2009 graduate and last year’s editor of the OFI newsletter, is working in Waterbury, Connecticut at Wellpath, Inc., a non-profit children’s mental health agency. She works as an outpatient clinician with children ages 4-18 who are diagnosed with different types of mental disorders. Her piece of advice for current students is, “Get the most out of your internships, but have realistic expectations about what you can learn over the course of a year or two. Seek additional learning experiences, become familiar with various techniques and practices, but do not worry if you leave our MSW program with a lot to learn—you have a lifetime to learn the rest.”

Lisette Hoeltzell’s practice and method of study was Community Organization with a Communities and Social Systems concentration. She just recently moved to Juneau, Alaska to work as a clinician for Juneau Alliance for Mental Health, Inc. Lisette explained that her job is to provide outpatient therapy for adults, as well as to occasionally work as an on-call clinician. She found her job through a former UM SSW student. “The friends you make now are some of the best connections and resources you will have later as a professional in the field.”

Julia Churchill is a former Peer Facilitator who concentrated in IP/Children & Youth, and had two placements at Pathway Family Center and Christ Child House. Julia is living right outside of Washington, D.C., working for a non-profit in Silver Spring, Maryland called Hearts and Homes for Youth. She is the primary therapist in two of the group homes for the organization, one for adolescent females and the other for young adult males. Julia is highly involved with Habitat for Humanity’s global affiliate, Global Village, and her church since moving to the D.C. area. She strongly encourages students to take advantage of the field experience. “Ask questions, take risks, and always seek guidance and support from fellow students, interns, and your supervisor at your organization.”

Laura Rosbrow earned her MSW last December with a concentration in Community Organization and Community Social Systems. After graduation she relocated to San Francisco, California, where she is originally from, and is now working as a Collaboration Coordinator for the Eva Gunther Foundation. She works to build fellowships to fund after school, summer, and extra-curricular programs for girls ages 12-18 from low income households. Laura explained that she found her current work by “building a circle of mentorship.” She suggests that we think of where we would like to live and contact anyone we know, especially alumni, to create a network. Our alumni are representing the U of M School of Social Work well and in many different ways. Thank you to these four recent alumni for such useful advice!

New Student Group: Students for Recovery

By Ashley Dominique, MSW Candidate

Students for Recovery was formed this fall to support University of Michigan students who are in recovery from addiction to drugs and alcohol. According to the organization’s founder, Ivana Grahovac, a current Peer Facilitator, “The goal of Students for Recovery is to grow our association of students (either in recovery or supporters of people in recovery) to provide information, support, and sober events for students recovering from substance use disorders.” Based on the belief that people in recovery deserve to have social networks that are not related to the consumption of drugs and alcohol, Ivana started the group in an attempt to foster an environment that she felt was missing at U of M. She is in recovery from an addiction to heroin and has been clean and sober for four and a half years.

The group that started with a single member is now beginning to pick up momentum. One of the main goals of the organization is to broaden people’s awareness of those in recovery and to minimize negative stereotypes associated with this population. Many people still see addiction as a personal issue, one that can be stopped at anytime, but this is not usually the case. In Grahovac’s case, “It’s not that I have this slight problem and I have to go to meetings to ‘feel better.’ It’s that if I succumb to societal norms and socialize in the manner that is perfectly okay for everybody else, I will die as a result of relapse. For me, any and all drugs (including alcohol) will be fatal.” The group is currently working to collaborate with UMIX, which is a program that provides opportunities for students to have fun, gain programming experience, develop leadership, and interact responsibly to put on some shared events. So far this semester, the organization has held an informative event, a sober bike ride to a cider mill, a safe Halloween barn dance, a yoga night, a pre-final coffee strut, and a recovery speaker panel designed to create a dialog wherein university students have the opportunity to listen as their peers in recovery share their strengths and experiences.

For more information on this organization, go to uuis.umich.edu/maizepgs/view.cf m?orgID=10006653 or email sswrerecovery@gmail.com
**Fulfill Your Heart’s Ambition...Volunteer!**

By Tina Han, JD/MSW Candidate

I discovered several exceptional volunteer opportunities and events when I researched areas that would enrich one’s experiences and learning beyond what is offered by a field placement. The possibilities in the Ann Arbor/Metro-Detroit area seemed endless, ranging from therapeutic horseback riding to food drives at local soup kitchens to weekend and summer camps for adults with developmental disabilities. However, in this edition of the OFI newsletter, I will focus on the Ginsberg Center’s SERVE program and the Sexual Assault Prevention Awareness Center (SAPAC), both of which are conveniently located at the University of Michigan and offer diverse and well-organized ways for those seeking to fulfill the ambitions of their big heart.

SAPAC provides educational and supportive services for the University of Michigan community related to sexual assault, dating and domestic violence, sexual harassment, and stalking. Volunteer opportunities are divided into three categories: Networking, Publicity & Activism (NPA), “Peer Education,” and Men’s Activism Program (MA).

NPA volunteers organize and publicize SAPAC activities and events on campus in order to break the silence and raise awareness about sexual violence. They network with other student and community groups, organize letter-writing campaigns, set up information tables at various campus events, and host annual guest speakers. NPA volunteers also organize campus events like the Clothesline Project, where women affected by violence express their emotions by decorating a shirt and hanging the shirt on a clothesline to be viewed by others as testimony to the problem of violence against women. The Peer Education program works to educate the campus community on the issues of sexual violence. Those who volunteer with this program facilitate discussions for students and provide educational workshops (small-group discussions or lecture-style presentations) to the university community on issues related to sexual violence. MA educates men on issues surrounding sexual and relationship violence and shows men throughout the university that they play an essential role in ending rape. Events sponsored by this program include the Toiletbowl Campaign, where volunteers post flyers containing statistics regarding the awful reality of sexual violence above urinals and on the doors of stalls within men’s bathrooms across campus, and Men’s Only Discussions, which are designed for men to encourage openness and honesty about these issues.

The Ginsberg Center engages the university community in service and civic participation. SERVE, a program within the Center, provides students with opportunities to address serious social issues through community service, leadership training, social justice education and social action. The six programs that comprise SERVE are: Alternative Spring Break (ASB), Alternative Weekends (AW), ISSUES Education & Awareness, North American Summer Service Team (NASST), Volunteers Involved Every Week (VIEW), and Pangea World Service Team (PWST).

AW and VIEW are yearlong commitments and PWST recruits its members in the fall. However, Alternative Spring Break, ISSUES, and North American Summer Service Team are great options to explore for one seeking a volunteer opportunity for this school year. ASB groups travel to selected sites to engage in meaningful action towards a greater understanding of root causes of relevant issues. Volunteer opportunities within this program include, but are not limited to, delivering meals to AIDS patients in New York City, repairing homes damaged by natural disasters, and participating in a community non-violence program in Detroit. ISSUES teams are dedicated to learning more about the complicated and interconnected social issues that communities face and creating and disseminating education resources for SERVE, as well as for others on campus who are interested. The NASST program requires a semester-long commitment from students interested in learning about and engaging with community organizations working for social justice. Following a semester of relevant education and training, students will be prepared for service trips to the community lasting one to two weeks.

Further information on SERVE and SAPAC can be found, respectively, at ginsberg.umich.edu/serve/index.html and http://www.umich.edu/~sapac/. Happy volunteering!

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**Announcements**

- Field Instruction ends on Friday, 12/18/09. Semester evaluations are due on Monday, 12/21/09.
- Mandatory pre-field orientation session for 16-month students will be held on Monday, 1/5/10, 1:00-5:00.
- New Field Instructor Training will be held on Friday, 1/15/10, 8:30-12:00 at the School of Social Work.
- The cost of the State of Michigan licensing exam fee will be increasing from $175.00 to $260.00, effective 12/31/09. Please check out www.aswb.org for more information.

Interested in contributing to future editions of Field Notes? We would love to have your input! Please send information about topics you would like to see covered in the newsletter to Sabrina Clark at csabrina@umich.edu.
Thank you to everyone who contributed to the Fall 2009 Edition of Field Notes!

Freud Fellows
Ashley Dominique, MSW Candidate
Tina Han, JD/MSW Candidate
Kati Saul, MSW Candidate
Heather Thackston, MSW Candidate

Field Notes Editor-in-Chief
Sabrina Clark, MSW Candidate

OFI Staff & countless others!

We wish you all a happy holiday season!!!