

SOCIAL WORK NEWSLETTER



A MESSAGE FROM THE CHAIR

As we launch this inaugural issue of our Department of Social Work newsletter, I want to take a moment to reflect on our roots and celebrate the incredible journey of growth and transformation we are experiencing. Our BSW program has always been grounded in a steadfast commitment to empowerment and recognition of the rich sources of strengths that our students and our communities possess—a tradition we honor as we continue to evolve to meet the needs of today and tomorrow.

I taught my first courses in the program in January of 2006 under the leadership of Dr. Ray Bending (1936-2022), who Chaired the Department for about 15 years. I often describe his leadership as "quiet." He had a way to nudge the faculty in the direction of cultural responsiveness and student-centered approaches so that you almost thought you were the one who came up with the ideas.

Dr. Bending would be so proud of the expansion of the department to include an MSW Program, and he would have been especially proud of how the curriculum is grounded in an understanding of the region.

Whenever I take a moment to reflect on how far the MSW Program has come in just two years since we began the work of development, I recognize that we would not be where we are today without the faculty and students who helped to build this department over the last 30 years. Each individual has contributed something significant. I look forward to watching the growth and transformation that will be our future. I hope you enjoy the updates, celebrations, and information contained in this newsletter. It's our hope that it keep you abreast of happenings in the department.

Sincerely,
Corey

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Yakmumamí Tiichám (The land of the Yakama People). Kw'alanu'utki ku tma'aktkimatash k_w'iit k_i'nani mi'shkin pam watwa'a tiicha'm na'ktwaninx_a imami'kink tama'nowitki ku a'tawitki. (We acknowledge and honor with gratitude the homeland and the first peoples who have stewarded it from time immemorial.)

FALL 2024

FACULTY SPOTLIGHT



Dr. Iris PrettyPaint (Blackfeet/Crow Nations) has been a transformative force in bringing Heritage University's MSW Program to life. With over four decades of leadership, she has championed the success of Native American students, blending cultural resilience with academic excellence. A renowned expert in Native student retention and Indigenous evaluation, Dr. PrettyPaint has been the pivotal player in guiding the MSW Program through the foundational steps of the accreditation process. Her dedication to traditional knowledge and innovative approaches ensures the program reflects the strength and diversity of Indigenous communities, fostering a legacy of empowerment for generations to come.

EAGLES MARKET

Being a student can be a financially difficult situation, especially if you have family to help take care of. Eagles Market is a free market on campus for students, staff, faculty and their families.

Everyone is welcome to shop for shelf stable, refrigerated and frozen food items such as fresh produce, eggs, cheese, canned soups, tuna, pasta, rice, nuts and more! We receive food from our partner OIC.

Contact Us:

Food Pantry Coordinator: Clare Wilmes

Wilmes_C@heritage.edu

Location & Hours

Simkins Hall

Monday

2:00 – 6:30 p.m.

Tuesday

12:00 p.m. – 4:00 p.m.

Wednesday

11:00 a.m. – 1:00 p.m.

2:00 p.m. – 5:00 p.m.

Thursday

12:00 p.m. – 6:30 p.m.

Friday

10:00 a.m. – 2:00 p.m.

SUPERVISOR SPOTLIGHT



With a Bachelor's in Mathematics from CWU and an MSW from EWU (1993), Diego Alvarez has dedicated decades to mentoring future social workers. Early in his career, he taught courses at Heritage University and EWU, including Introduction to Social Work, Statistics, and Research Methods. Today, as a supervisor at Washington School, Diego continues to shape the next generation of social workers by guiding student interns from Heritage, CWU, and EWU through hands-on, real-world experiences in school social work.

At Washington School, which serves over 600 students in grades 1-5, Diego ensures that interns gain a comprehensive understanding of school social work. He involves them in a variety of activities, such as one-on-one student sessions, group work, teacher collaborations, and parent-teacher conferences. He also emphasizes the importance of observing students at recess to better understand their social dynamics. "Recess provides a unique lens into students' interactions," Diego explains. "You quickly see who is popular, who struggles with rules, and who may need extra support."

Interns face real-world challenges like homelessness, foster care, and family crises, learning to address each student's needs individually. Diego encourages them to draw from their own life experiences to build connections, such as a parent intern who used nurturing language to engage with students or another intern who leveraged community ties to assist families. "Every intern brings unique skills that enrich our school," Diego reflects.

A dedicated and supportive mentor, Diego frequently checks in with interns to ensure they feel confident both in their placement and in their studies at Heritage. He provides guidance on everything from student issues to relevant legislation, such as House Bill 5030. "I try to help them see the progress our students make throughout the year," he shares. "I only wish they could stay the whole year to celebrate the joy of students moving to the next grade."

Diego's commitment to fostering knowledge, compassion, and confidence ensures that his interns leave prepared to make a meaningful impact in the field of social work.

The Office of Ability Services (ADA) is responsible for determining appropriate academic accommodations for students with disabilities. Each student's unique needs and limitations are assessed on an individual basis. At Heritage University, faculty and staff collaborate closely with the Office of Ability Services to ensure that students have equitable access to academic programs, services, events, and campus activities. It is the student's responsibility to reach out to the Office of Ability Services to formally request the necessary academic accommodations.



Bianca Chavez

Counselor/Accommodations
Specialist

Student Affairs

Contact Us:

Email: Officeofdisabilityservices@heritage.edu

Location: Rau Center

Hours: Monday-Friday 8A.M.- 5P.M.



Heritage University is proud to feature one of its inspiring MSW Social Work students, and a dedicated member of the HU community for over 11 years. Currently serving as the Enrollment Services Support Coordinator for the Office of Admissions, this student's journey in social work has been one of faith, growth, and passion for helping others.

After earning a Bachelor of Social Work (BSW) degree in 2015 from Heritage, they embraced numerous roles in admissions. However, their time as a Transfer Admissions Counselor stands out as the most rewarding. This role allowed them to connect with students on a deeper level, advocate for their success, and assist them in navigating their academic journeys. Reflecting on their entry into social work, they credit the extraordinary individuals they encountered in the field for inspiring their commitment to serve.

For this student, the most fulfilling aspect of their education in the Social Work department has been the relationships formed within the program. The cohort model has fostered a sense of community, enabling students to support and uplift one another throughout the program. "We've been able to build a community within our cohort," they shared, emphasizing the camaraderie and encouragement that have made their journey so meaningful.

The program's blend of academic rigor and practical experience has been invaluable in preparing them for real-world challenges. Currently completing their practicum at Toppenish High School, they have been deeply inspired by the dedication of the staff and the opportunity to apply classroom lessons to impactful, hands-on work. "This experience has been truly remarkable," Sergio noted, cherishing the chance to engage with the community and learn from those around them. Looking ahead, this student envisions a career in the education field with a focus on mental health. Their experiences at Heritage, coupled with the practical skills gained through their practicum, have solidified their passion and confidence in this path.

For those considering Heritage University's Master of Social Work program, Sergio offers heartfelt advice:

"It took me nine years to take a leap of faith and join a graduate-level program that fit my schedule and was close to home. Heritage's MSW program gave me that opportunity. The ability to work full-time, have a strong support system, and benefit from the advanced standing program—which lasts just one year—made all the difference. If you have a bachelor's degree in social work, I encourage you to apply. That year will fly by!"

Their story is a testament to the transformative power of education, the importance of community, and the impact of pursuing one's passion. Heritage University's Social Work program continues to shape the lives of students who, in turn, dedicate themselves to bettering the world around them.

FALL 2024

Heritage.edu

MSW STUDENT SPOTLIGHT

“It took me nine years to take a leap of faith and join a graduate-level program that fit my schedule and was close to home. Heritage’s MSW program gave me that opportunity. The ability to work full-time, have a strong support system, and benefit from the advanced standing program—which lasts just one year—made all the difference. If you have a bachelor’s degree in social work, I encourage you to apply. That year will fly by!”

SERGIO AVILA





Heritage University is honored to spotlight one of its exceptional BSW Social Work students, who is currently completing her practicum with the Yakama Nation Nak-Nu-Wee-Sha Native American Child Welfare Program

Alex is a dedicated and driven student who exemplifies commitment to her community, education, and personal growth. Balancing her role as a full-time parent, Alex also dedicates her free time to coaching basketball at the local Tri-Cities community college, demonstrating her passion for youth development and community engagement. She is a tireless advocate, not only for herself, but for her classmates, those she serves through her practicum placement, and the broader community. Her encouragement inspires those around her to meet their goals and overcome challenges.

At her practicum with Nak-Nu-Wee-Sha Native American Child Welfare Program, Alex was honored as a recipient of a grant opportunity, reflecting her dedication and potential in the social work field. This experience was further enriched during her participation in the 18th National Indian Nations Conference in California. At this prestigious event, Alex engaged with daily keynote speakers, expanded her knowledge through Native American cultural healing practices, and invested deeply in understanding community-based therapeutic approaches. Alex shares one of the conference highlights was participating in traditional basket weaving sessions. This activity allowed her to connect with the cultural significance and therapeutic value of Native American traditions, embodying the inward and outward process of healing and connection that are central to the community's values.

For those considering joining the Bachelor of Social Work Program Alex offers this advice, *"I would say to really make connections with your classmates, my girls have helped me through some of the hardest days in the school year and also just life in general. I have made lifelong friends. Shout out Lyssa, Kenny, Mayra and Chan. Also, build relationships with your professors because they genuinely care about us as students and people."*

Alex's journey is a powerful testament to the transformative impact of education, the value of community and culture, and the profound influence of social workers pursuing their passion for helping others. Heritage University's BSW program continues to inspire and equip students who are committed to making a meaningful difference in the world around them.

ALEXANDRIA ALLEN



FALL 2024

BSW STUDENT SPOTLIGHT

"I would say to really make connections with your classmates, my girls have helped me through some of the hardest days in the school year and also just life in general. I have made lifelong friends. Shout out Lyssa, Kenny, Mayra and Chan. Also, build relationships with your professors because they genuinely care about us as students and people."

MSW Spring 2025 Saturday Schedule:

- 1st: 01/25/25
- 2nd: 02/08/25
- 3rd: 02/22/25
- 4th: 03/08/25
- 5th: 03/29/25
- 6th: 04/12/25
- 7th: 04/26/25



Important Dates

Academic Calendar:

- Offices Reopen: Monday, January 6
- Classes Begin (Graduate): Monday, January 13
- M.L. King Jr. Holiday (Offices closed): Monday, January 20
- Classes Begin (Undergraduate): Tuesday, January 21
- Registration Closed – Last day to add a course: Monday, January 27
- Drop Date (for 100% refund): Monday, February 3
- President's Day (Offices closed): Monday, February 17
- Last Day to Withdraw from a course (for 50% refund): Monday, February 18
- Midterm Exam Week (Undergraduate): Monday, March 10 – Friday, March 14
- Spring Vacation (Offices open): Monday, March 17 – Friday, March 21
- Summer Registration Opens: Monday, March 24
- Midterm Grades Due: Wednesday, March 26
- Fall Registration Opens: Monday, March 31
- Spring Renewal Day (Offices closed): April 18
- Classes End (Undergraduate): Friday, May 9
- Commencement: Saturday, May 10
- Finals Week: Monday, May 12 – Friday, May 16
- Classes End (Graduate): Sunday, May 18
- Final Grades Due: Wednesday, May 21
- Other Dates
- March is Social Work Month
- March 2-8, 2025 is School Social Work Week



Written By: Jacob Campbell, LICSW Ph.D.
Associate Professor Heritage University

The A in ADEI

Anti-racism, Diversity, Equity, and Inclusion

The National Association of Social Workers (NASW, 2021) code of ethics defines six values: service, social justice, dignity and worth of the person, importance of human relationships, integrity, and competence. The ethical principle commissioning social workers to challenge injustice runs at the core of being a social worker.

Injustice and inequity are built into the very fabric of our institutions, policies, and culture. The history and impact of this goes beyond the scope of this short essay. The mandate for social workers to promote social change on behalf of oppressed and marginalized populations is at the heart of antiracist practice. The Council on Social Work Education (CSWE, 2022) educational policy and accreditation standards includes that social workers are to demonstrate, is to engage in anti-racism, diversity, equity, and inclusion (ADEI) as their third competency.

Knowing the concept of anti-racism is not always included in the conversation, spending time defining what it means to be antiracist would be a helpful place to start. If you haven't read Kendi's (2023) book *How to Be an Antiracist*, I highly recommend it. I found his definitions helpful in framing what is racist or antiracist.

Kendi defines racism and antiracism as a dichotomy. Either you are actively working against racism, or you aren't (whether through action or inaction). He describes these titles as non-permanent, and they can be placed (like a peelable name tag) and changed based on what we are doing or not doing.

There is no middle ground or space for apathy. In our everyday actions are we doing things that promote racial equality? There is no space or place for apathy or inaction. As laws are passed or policies are implemented, this can be a measuring stick that we use to define whether it is working toward a more just and equitable future or not. Social workers can engage in antiracist work as we go about policy advocacy, clinical practice, community work, and social work in schools and everywhere we practice. How can you keep the antiracist sticker on?

Reference

Council on Social Work Education. (2022). 2022 EPAS: Educational policy and accreditation standards for baccalaureate and master's social work programs. <https://www.cswe.org/accreditation/policies-process/2022epas/>

Kendi, I. X. (2023). *How to be an antiracist*. One World.

National Association of Social Workers. (2021). NASW code of ethics. <https://www.socialworkers.org/About/Ethics/Code-of-Ethics/Code-of-Ethics-English>

Racist: One who is expressing an idea of racial hierarchy, or through actions or inaction is supporting a policy that leads to racial inequity or injustice.

Antiracist: One who is expressing an idea of racial equality, or is actively supporting a policy that leads to racial equity or justice.

(Chapter 1 Definitions, para. 1-2)

All Things Practicum Education

Practicum Supervisor Orientation Luncheon

We are committed to supporting our practicum supervisors and students for a successful practicum experience. In alignment with CSWE standards, we will host a practicum supervisor luncheon Summer 2025 to provide training and support to all practicum supervisors. All practicum supervisors are invited to join us in person or via zoom. Dates and times will be announced in our spring newsletter.

Assignments for practicum students consist of:

Learning Contract: Developed by student and Practicum Supervisor and reviewed at site visit.

Time Log: Signed by Practicum Supervisor Monthly

Journal: Weekly journal reflecting how classroom theory and practice skills align with real world practice.



Following the Council on Social Work Education guidelines, the total clock hours for social work students for the 2024-2025 school year are as follows:

BSW = 400 hours total (200 per semester)

MSW Generalist = 900 hours (divided into four (4) semesters)

MSW Advanced = 500 hours (250 per semester)

Hours are to be obtained per semester. Unless a plan has been made with Practicum Supervisor and Practicum Director.



A HUGE THANK YOU!

We in the Social Work Department are deeply grateful to our practicum supervisors for their dedication, time, and invaluable knowledge. Your commitment to guiding and mentoring our students plays a crucial role in preparing the next generation of social workers. Your impact on the profession is immeasurable. We look forward to the next year and opportunity to work and celebrate your essential contributions. Thank you for all that you do!

Jessica Vega, MSW
Practicum Director

Happy Holidays from the Social Work Department



As we close out 2024, I am filled with a deep sense of pride and gratitude for what has truly been an extraordinary year. There is so much to celebrate, with the most significant being the remarkable accomplishments of our students. Their hard work, commitment, and passion have made this year exceptional. From the successful launch of our MSW program, to the outstanding contributions to community service, volunteering, and unwavering dedication to the program, they have exemplified the very best of our field. A heartfelt thank you to each of you for making this year so memorable. I am proud to be part of Heritage University and the Social Work Department that continues to inspire and make a difference. Here's to an even more amazing 2025! Go Social Work!

Ruby A. Aguilar, LICSW
Bachelor of Social Work Director

Upcoming Events/Reminders

-Clothing Exchange:

February 4-5th, 2025 Tuesday, February 4th: 10 A.M. - 8 P.M.
Wednesday, February 5th: 9 A.M. - 4 P.M.

Donations Are Needed and Being Accepted as of **Jan. 13, 2025**. Contact Clare Wilmes
Email: Wilmes_C@heritage.edu

-**Social Work Club Meetings** will reconvene January 2025.

-NASW-WA Chapter Policy Conference

Date: February 05, 2025

Location: via zoom, link to come

-Policy Conference at the Capitol

DATE: February 17, 2025

Once registration details are finalized by the LAC, registration will open

-Scrubs Camp event at YVC

DATE: March 20, 2025

TIME: 9A.M.-3P.M.

Social Work Resources

- [Bureau of Labor Statistics](#)
- [National Association of Social Workers \(NASW\) Social Work Insurance](#)
- [Social Work Examination Preparation](#)