

Box 3057
One College Avenue
Grantham, PA 17027

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INTERDEPENDENT

news from the Messiah College
social work program

Core Values

by Christina Miles '10

So often, social work is seen in Christian circles as the “secular profession.” But if you take a closer look, you’ll find that at its core, social work is inherently holy. The foundational values of social work are service, dignity and worth of humanity, integrity, cultural competence, social justice, and the importance of human relationships. But, taking a closer look, you will find that this is the life that God has called us to:

- Service: We are challenged by verse 18 of John 1 to “love not by tongue, but with actions and in truth,” wherever we serve.
- Cultural competence: The apostle Paul leads by example in 1 Corinthians 9:22: “To the weak I became weak, to win the weak. I have become all things to all men so that by all possible means I might save some.”

- Dignity and worth of all humanity: In Isaiah, the prophet pleads with humanity to “seek justice, encourage the oppressed. Defend the cause of the fatherless, plead the case of the widow” (Isaiah 1:17).
- Importance of human relationships: Ecclesiastes emphasizes the need for others in chapter 4: 9-10: “Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up...”
- Pursuit of social justice: All of the previously mentioned values also lead to living lives that pursue justice, and we know that God requires us “to act justly and to love mercy and to walk humbly with your God,” as is stated in Micah 6:8.

- Integrity: Living lives with these core values will naturally flow into living lives of integrity, Psalm 26: 2–3 says, “Test me, O Lord, and try me, examine my heart and mind; for your love is ever before me, and I walk continually in your truth.”

As Christians, we are all called to live lives that exhibit these values; but as social workers, we are called to live lives that exemplify these values. I have found that meditating on these verses alongside the core values of social work has greatly enhanced my drive to serve others through this profession. I challenge you to find the scripture that best exemplifies these values to you, meditate upon them and ask God to breathe a breath of fresh air into your ministry as a social worker.

INTERDEPENDENT

Letter from the director

by Charles Seitz, Ph.D., M.S.W., L.C.S.W.



Well, another exciting year of social work has passed at Messiah College. But before talking about the program, I want to first congratulate Michelle George, the field coordinator, on the birth of a baby girl, Rachel Grace, on March 20. Michelle, Rachel, and the rest of the family are doing well. We wish her well while she is home caring for the new addition to her family. I would also like to

thank Eric Saunders, M.S.W. and executive director of New Hope Ministries, for adjuncting while Michelle is out on leave.

This has been another year of growth for the program. At the beginning of the fall 2008 semester, we had 29 students in the major. As of the end of March 2010, we have 51 declared social work students. Additionally, the program's re-accreditation report was submitted to the Council on Social Work Education (CSWE)

on April 1. We expect a site visit from CSWE in the fall. If all goes as expected, we should receive re-accreditation at the February 2011 board meeting. Please take time to read through this issue of the Interdependent to discover the many exciting things the social work students are doing to make a difference. It is important to remember that all of the great things that are going on in social work are made possible by the dedicated and committed social work students in our program. I would like to take this time to thank all of the students who dedicate themselves each day to living out their faith and serving others through the profession of social work.

Strength and peace,
Charles

From our new adjunct

It is a pleasure for me to join the Messiah Social Work department this semester as an adjunct instructor. I'm teaching Helping Process II: Social Work With Families, Senior Seminar, and supervising field placements. In my day job, I serve as the executive director of New Hope Ministries, a local Christian social service agency serving those in poverty and financial crisis. In the past year, my agency touched the lives of almost 7,000 individuals from the local community and helped with basic needs such as food, housing transportation, utilities, and health care.

Christian social work is such an amazing field of ministry. If someone

was to ask me what a social worker does, I would say every day can be something different. A couple of months ago I accepted a \$1 million donation to develop a new food bank to serve the local area. Last month, I took a young man to who was experiencing excruciating tooth pain to a free dental clinic for treatment. I'm currently developing training programs for financial literacy and employment assistance.

Thank you to all who have welcomed me to the department. I would like to encourage each of you with a passage from Isaiah 58 which says, "If you do away with the yoke of oppression, with the pointing finger and mali-

cious talk, and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings."

Eric Saunders, M.S.W., L.C.S.W.

Baby shower!



“On Saturday March 20, 2010, Professor Michelle George delivered a healthy baby girl, Rachel Grace! Back in January, the seniors planned a surprise baby shower to help Mrs. George celebrate bringing Rachel into the world. The party was complete with balloons, gifts, games, and a homemade cake (as pictured!)”

Cake made by Kristen Bomberger '10 for Professor George's surprise baby shower in January!



April Deem '10 and Amanda Sigrist '12 show off their new social work tees.

Social Work Club update

This past fall, the Social Work Club held an on-campus fundraiser in order to have the resources necessary to hold events beneficial for the community. In December, we joined efforts with Phi Alpha and Volunteers of America to serve families in the local Harrisburg area. This event, Winter Wonderland, was a creative way in which the Social Work Club could reach out to the community by providing fun activities for families to participate in during the Christmas season. This coming spring, the Social Work Club is looking forward to participating in Relay for Life, a national cancer awareness event. We will also be serving at Schaffner Detention Center on April 15 for Service Day. So far, this year has proven to be successful in uniting



Social Work Club officers: (L-R) Diana Hunn '12, secretary and treasurer, Sarah Ring '12, president, and April Deem '10, vice-president.

Messiah College students with the local community.

New tees!

This year, the social work program purchased new T-shirts that students received at our Welcome Back Pizza Party in the fall. The T-shirts allow the students to have unity with one another and represent the program on campus and beyond. The front of the shirt says, “Messiah College Social Work Program Matt. 22:37–39” (as pictured). Matthew 22: 37–39 says, “Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’” (NIV). The back of the shirt has the following caption:

Social Workers...

- Feed the hungry
- Shelter the homeless
- Protect the children
- Defend the vulnerable
- Counsel the distressed
- Empower the victim
- Inform the government
- Challenge discrimination
- Advance social justice
- Defy convention
- Make a difference
- Change the world

6th Annual Ethics Conference

Every year, the Messiah College Departments of Psychology, and Sociology, Social Work, and Criminal Justice as well as Philhaven Behavioral Healthcare Services co-host an ethics conference on campus for helping professionals. This year's conference was entitled: *Ethical Guidelines for Christian Therapists: Using the Bible in Therapy*, and was held on Friday, April 23, 2010. Our keynote speaker, Fernando Garzon, Psy.D., is an associate professor in the Center for Counseling and Family Studies at Liberty University in addition to being a licensed clinical psychologist. Those who attended the conference were able to receive continuing education credits for their profession.

Phi Alpha serves and celebrates together

By Heidi Nonnenmocher '10

This year, Phi Alpha has been focused on supporting each other while serving others. In the fall, Phi Alpha enjoyed bimonthly dinner meetings together. They also hosted one potluck dinner open to all social work majors. Phi Alpha wrapped up the fall semester by partnering with the Social Work Club for a Volunteers of America Christmas event in Harrisburg. Some members helped children select free Christmas presents and books while others painted faces and fingernails.

During the spring semester, Phi Alpha has been continuing the theme of celebrating with and supporting each other while serving the community. Some members were able to take a break during J-term classes to enjoy an evening of heart-to-heart conversations and bowling. Phi Alpha members also celebrated national social work month in March with ice cream treats.

Phi Alpha has major plans for the remainder of the semester. Members are forming a team for the college Relay for Life Event in April. Phi Alpha will also be spending an afternoon at Paxton Ministries playing games and treating residents to a snack. Phi Alpha plans to conclude the semester with a member-led day retreat focused on embracing personal strengths.



Back row (L-R): Kyle Galer '11, Kelsie Boyd '11, Christina Miles '10, Rebecca Coover '10, Alecia Groff '10, Heidi Nonnenmocher '10. Middle row: Sarah Berrios '11. Front row (L-R): Hazel Shively '10, Kristen Bomberger '10, Annie Johnston '10, Amanda Nissley '11.

Social Work students advocate for the profession

By Ashley Frank '12

Tuesday, March 23, marked an important day for all social workers. It was the NASW-Pennsylvania Chapter Legislative Advocacy Day. Advocacy is truly at the heart of the social work profession, and this day allowed for social workers to advocate for change for themselves.

All students in the Social Welfare Policy and Social Change course were expected to attend and participate in the events of advocacy day. Chris Rich, L.S.W., A.C.S.W., coordinator of health services at Milton Hershey School and president of the NASW-PA chapter welcomed all participants in the forum. Jenna Mehnert, M.S.W., executive director of the NASW-PA chapter, touched on the legislative process and informed us about the talking points on each bill we were going to be advocating for. The three bills were Practice Protection (House Bill 1250), School Social Work (House Bill 1090, Senate Bill 629), and Bachelor Level Licensure for Social Workers (House Bill 2065).

To touch on each bill briefly:

House Bill 1250 seeks to protect clients and increase the quality of services to

client populations by ensuring only those with professional licenses are providing social work services that are defined within their competency; without this practice act, anyone in Pennsylvania can legally deliver social work services.

House Bill 1090, Senate Bill 629, seeks to create the title of a "school social worker" in the Pa. school code, and, if hired in the school, these workers would be treated as professional employees. This legislation is not a mandate but instead gives school the option to hire a school social worker; therefore, it would not impact the designation of the Home and School Visitor.

House Bill 2065 would provide the option for those with a bachelor's degree in social work to become licensed. Licensure would require the individual to pass a basic competency examination and adhere to the NASW code of ethics. Licensure would create meaningful change to the workforce because it mandates continuing education, ensures competency, and creates accountability.

After we were familiarized with each piece of legislation, we had assigned

scheduled visits with legislators. Our class was assigned to House member Sheryl M. Delozier and Senate member Patricia H. Vance. Delozier was in her office at the time of our appointment, so, fortunately, we were able to speak to her directly. It was a very empowering experience. Even for those who did not personally speak (myself included), because you realize that you as an individual have a voice and can make change occur. Unfortunately, Vance was not in her office at the time; however, we still shared the bills with her legislative aide.

Successful advocacy requires planning and preparing for an effective meeting with your legislator. One of the main points I took from this day and learning experience is that advocacy is a process in which success comes from practice and learning from past mistakes, and although you may not always get your desired outcome, the freedom to be able to use your voice in promoting social justice is an inspiring and hope-filled opportunity.

Viewing poverty in a different way

By Kristen Bomberger '10

In the spring of 2009, I had the opportunity to spend a semester abroad with the GoED Africa program. For 3 ½ months, I was able to explore the culture, land, and people of Uganda, Ethiopia, and Rwanda. Although I was nervous to participate in this exciting new adventure, I was anxious to discover and live in another part of the world.

I traveled, lived, and formed close friendships with 20 other students; the majority coming from Houghton College. Together, we were able to reflect on our experiences and make sense of what was going on around us. Course material helped me gain knowledge and grow in understanding of African traditions. However, my experiences traveling to different countries and interacting with the local residents contributed most to my education.

Walking to a street vendor to buy chapatti (similar to pita bread) for lunch, shopping in the bustling markets, and riding in an overcrowded mutatu (taxi bus) became a regular routine while in Uganda.

Along with daily voyages, I had exciting opportunities to go white water rafting on the Nile River (the scariest yet most exciting experience of my life) and saw exotic animals on a safari. (I felt like I was living in the “Lion King.”)

In Ethiopia, I was able to live among the Gumuz people in the rural village of Belo for my four-week practicum experience. I stayed with the Food for the Hungry staff to learn and become actively involved with the community. I practiced my social-work skills when a fellow peer and I led several girls’ groups to help address gender inequality issues. Since many females drop out of school to get married around age 12 and 13, we encouraged the females to seek an education.

While in Rwanda, I was able to gain knowledge about the genocide that occurred in 1994 and experienced the memorial week that was dedicated to this tragic event. Although saddened by the history of this country, I saw the result of peace and reconciliation between people.

Rwanda’s green, rolling hills are a beautiful site. Development and desiring to have forgiveness is evident.

So, what did I learn from my semester abroad? I realized that poverty is not just a challenge in developing countries, but is a problem all over the world. In my opinion, we are all impoverished in one way or another. Whether it is material, spiritual, or physical, there is always some aspect of life that we are lacking. Personally, my study abroad experience allowed me to view poverty in a different way. I think a lot of times poverty is associated with how many material possessions one does not have. This perspective is very narrow. From this conclusion, I have made an effort to broaden my horizons and recognize the areas in which I am impoverished. This, I believe, is one way I have incorporated my semester in East Africa with my life in the United States. I hope sharing my experience has challenged others in a special way, too.

Compassion: the sweetest treat on earth

by Alecia Groff '10

I am working towards finishing up my senior placement at Hershey Medical Center in the Medical Intensive Care Unit. It has been an eye-opening experience, which has been challenging and rewarding. I did not know exactly what my role would be in this placement, but each day I have been learning more and more. I was previously a nursing major because I wanted to help others, but did not know of other opportunities that could combine my love of people and medicine. When I found out about the possibility of shadowing a medical social worker in a hospital setting, I was very interested. I have gotten the opportunity to interact with many professionals, and have been able to observe their interactions with patients, which reflects such care and compassion. Visiting patients and hearing their stories has given me more appreciation for life and my support systems. I have worked with many sick patients, and the majority of them have a positive outlook on life despite their terminal illnesses.

My supervisor, Debbie Steinman, has shown me what integrity and real compassion looks like while dealing with

patients and their families. I have gained experience while working with patients to conduct initial assessments to verify their information to best meet their needs, helped to provide IV antibiotics and other medications for patients when they are discharged, arranged transportation for patients to return home or to a nursing facility, and helped to provide patients with empathy and support as they walked with their loved ones. Some days have been emotionally draining while other days have lifted my spirits. It has been hard seeing family members work through their emotions and struggle to find hope as their loved one passes away. On the other hand, it has been such a joy to see patients walk out of the hospital with a smile on their face because they get to return to their loved ones at home. I am very grateful for this opportunity, and I am thankful for the background I have had in social work. The classes I have taken have helped me feel confident and prepared to interact with patients, show them social justice, and demonstrate the importance of human relationships.

I'm worth waiting for

By Evonne De Jong '12



My sophomore placement is at Capital Area Pregnancy Center: Life Choices Clinic in Camp Hill, Pa. I work mainly with the abstinence education program. This program involves visiting middle and high schools in the area and promoting abstinence. "No sex before marriage" is our message: waiting is ultimately the smart choice. The negative consequences of premarital sex outweigh the positives, and we try to make the

students see that. We present an original program to the 8th and 9th grades, covering the basics of pregnancy, STDs, and renewed virginity. A follow-up plan is presented to 10th and 11th graders, which focuses on relationships and setting physical boundaries. We use skits and activities to help the students understand the risks of STDs and unprotected sex.

After the class period, the students fill out simple evaluations, asking them what they liked or disliked about the program. Through the evaluations, I am able to read the reactions of the students to our message. Each class is different and many challenges

arise. I often have to deal with disrespect and difficult questions. However, the abstinence education programs are a lot of fun and it is great to see the students interact and understand the risks for themselves.

Personally, I have chosen abstinence in my life. I grew up with great support systems that promoted abstinence. I have shared many times why I personally have decided to remain a virgin until marriage, and it is something I am willing to share with the students. Being a part of the abstinence education programs has opened my eyes to the needs of the students. I urge others to look into volunteering for the abstinence education programs through the Capital Area Pregnancy Center.

"The abstinence education programs are a lot of fun and it is great to see the students interact and understand the risks for themselves." —Evonne De Jong

Working with the AIDS Community Alliance

by April Deem '10

This semester, I have been interning with AIDS Community Alliance of Harrisburg, Pa. My internship has been focused on case management in Lebanon Pa., but I have also had many great opportunities to take part in medical case management in other ways. For instance, at Hershey Medical Center I am able to see case management from the perspective of meeting the needs of someone who is newly diagnosed; also, I have met people involved with different aspects of my agency and been able to pick their brains about their positions and how their positions interact with mine. The most educational of these types of experiences have been the trainings that I have been allowed to attend. I have taken part in a public benefits training, "Prevention for Positives," and an HIV 101 training. These were beneficial on many different levels. I was able to network with people from other medical case management agencies as well as learn more about my

role as a case manager within my agency. These were also helpful because, although I already knew some of the information, it was presented to me in a way that was related directly to my field. For instance, I already knew that unsafe sex could lead to HIV/AIDS. However, I didn't know how to stress this to my clients in a way that would affect them enough to want to practice safe sex.

Oftentimes, clients who are HIV positive think that as long as they are having sex with another HIV-positive person, they are safe; what they often don't know is that each HIV infection is different. Some have different proteins or medicine resistances, and these different strains of HIV can be passed during unsafe sex even if both partners are already HIV positive, leading to double infection, also known as super-infection. Prevention for Positives gave us, as case managers who interact with these clients, better ways to meet

them where they are with their disease and share with them the importance of using condoms. Some suggestions given were to introduce clients to different options in condom color, flavor, and style, as well as make sure that they are aware of the different flavors of lubricant available. Other clients will respond better to hearing the direct facts about what can happen to them through having unsafe sex with another HIV-positive person.

Overall, I was able to learn so much valuable information that could be integrated with other principles that we have learned in class through the years, to provide the best services possible to my clients. Though an eight-hour training is a long day and may seem removed from client interaction, the outcome can be more helpful to our clients than we can be alone.

Collision of the classroom and experience

By Annie Johnston '10

As a senior social work major approaching graduation, I have had a wonderful opportunity to reflect on my academic career at Messiah College. I am thankful for the course of events that lead me into the social work program. This is an incredible program that combines in-class learning and hands-on experience. As a result of taking social work classes, I have been able to immediately put the skills and knowledge I have learned in the classroom into practice in real-life settings.

I have had a handful of assignments and placements. The “helping processes” classes granted me the opportunity to work with at-risk youth through the organizations of Young Life and New Hope

Ministries’ after-school program. I gained interpersonal skills and learned to interact with individuals, families, groups, and the community with these two organizations. These placements enabled me to observe human behavior as well and gain a greater understanding of why people may function the way they do, and how I, as a Christian and a social work major, may interact with them in a productive way. I was also given the opportunity to observe a male batterers group, which revolutionized the way I view this population, and interact with an African refugee after-school program. For this particular program, I networked with school districts to donate ESL (English as a Second Language) supplies to improve

the English skills of the parents of the children who attend the program. Doing this could improve their social, financial, and linguistic well-being. When taking a class on policies, social work majors participated in Advocacy Day in Harrisburg. Consequently, I was able to meet with a state representative who was advocating for a house bill that I was studying in class. Now, I am interning with Cumberland County Children and Youth Services. This semester I have been able to enact all of the skills and techniques I have learned during class and through assignments at Messiah, and I feel fully prepared to graduate in the spring of 2010.

Nutrition → Social Work? What?!

By Ashley Bell '12

Throughout my early high school years, I had changed my career path several times. One day I wanted to be a special education teacher, the next day I wanted to be an interior designer, and then the next day I would want to be a recreational therapist. Who and what I wanted to be changed. Then midway through my high school career, my mom and my sister were both diagnosed with Celiac disease. This is an autoimmune disease that does not allow them to eat wheat, barley, oats, gluten, and rye. Then, six months later, my sister, who at the time was three years old, was diagnosed with type-1 diabetes.

My entire household followed the restrictive Celiac diet and all of my immediate family members were taught about diabetes: how to inject, how to count carbs, how to determine the amount of insulin Evey, my sister, had to receive, and general care for her. This threw me through a whirlwind. I was forced to watch what my three-year-old sister ate. I wanted to really truly understand how the body responded to the “toxins” she could not eat, and I wanted to understand why her body had to go through this. Because of this, I became deeply interested in nutrition. And so, I started Messiah College my freshman year

as a nutrition and dietetics major.

Just a little heads up: I am not a science person by any means. Yes, I can do anatomy and physiology, I can maybe even do pretty well in biology; however, chemistry is my worst enemy. At the end of my freshman year and the beginning of my sophomore year, I felt a pull that maybe nutrition was not where I was meant to be. Yes, I loved learning about it, and maybe I could do well in practice. The summer between those two years, I worked at Camp Nejedra, a type-1 diabetes camp. I was a senior counselor and an assistant to the registered dietitian. I was given a lot of responsibility. Because I had performed well at camp, I ignored this “pull” September and October of my sophomore year. However, the deeper I got into chemistry, the more frustrated I became. Nutrition cannot be enjoyable for me if it frustrated me. Also, some of the upper-level nutrition classes are in biochemistry, and that intimidated me. So through prayer and talking with some of my family and close friends, I made the move to social work.

You are probably thinking to yourself, why social work? That is a huge change! Yes, it is a huge change. I made this change J-term of my sophomore year, which is this

year. The thinking is totally different. I was placed into a whole new group of peers, a new handful of professors, and I was terrified that I may have made the wrong decision. I chose social work because I have always wanted to be able to help people in some way, shape, or form. I felt that I am really good at communicating and I tend to want to solve everyone’s problems all of the time. I took this to my future advisor along with the fear that I may become too emotionally attached. He encouraged me to take the intro class over J-term.

I did that and fell in love with social work. I love everything about it. I love working with different types of people, especially those who are hurting. I have learned a lot, and this is only my first semester as a social work major. I am getting my foods and nutrition minor as well. I want to perhaps work as a medical social worker. However, I have spent time at Center for Champions in Harrisburg and I found that I really enjoy working with urban, at-risk youth. I do not know where God will put me. I do know that I made the right choice by changing, and it has been an incredible adventure.

Evaluation of the social work program

In fall 2008, the program director attended the 2008 EPAS training offered through CSWE. In January 2009, the program was revised to incorporate the new competency-based educational model instituted by CSWE. From spring 2009 to the end of fall 2009, all social work courses collected data on the competencies and related practice behaviors measured within each course. A summary of the results indicated that the program met and or exceeded expectations across the board for all of the program competencies and practice behaviors. If you would like to see a more detailed report of the results, please visit the evaluation link on our Web site: messiah.edu/departments/_socio/academics/social_work/program_evaluation.html.

Senior highlights

Name	Field Placement	Plans after Graduation
Kristen Bomberger	Church of God Home	After graduation, I plan to move back home for a couple of months, work a summer job, and apply for a touring chorus group called Continental Choirs. If I am accepted, I will be leaving home for two months in the fall to travel and sing in the U.S., Canada, and Thailand. Following the tour, I am considering pursuing a career in the geriatric field.
Rebecca Coover	Lutheran Home and Hospice in Gettysburg	After graduation, I am hoping to spend my life loving others with the love of Christ. I am also looking into going to seminary.
April Deem	AIDS Community Alliance: Case Management Department	I am getting married in May and am planning to pursue medical social work in the near future.
Alecia N. Groff	Penn State Hershey Medical Center	I plan to move to Baltimore, Md., this summer after I get married, get experience in the field for a year, and then go to University of Maryland for my M.S.W.
Anne Johnston	Cumberland County Children and Youth Services	Undecided
Christina Miles	YWCA of Greater Harrisburg, Violence Intervention & Prevention (VIP) Unit	I am going to the University of Pittsburgh to earn my M.S.W.
Heidi Nonnenmocher	Milton Hershey Elementary School	I plan to pursue my M.S.W. at Millersville University. I am thrilled to discover what population God will call me to serve next.
Luke Ruch	The Dauphin Clubhouse (Philhaven)	Undecided
Hazel Shively	San Francisco General Hospital and Trauma Center, Sojourn Chaplaincy	I will be working with Teach For America, Mississippi Delta.