

Spring 2026 Newsletter



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**“Act Justly, Love Mercy,
and Walk Humbly with
your God.”
Micah 6:8**



A Letter from the Chair

As we move into the spring semester, I want to acknowledge that recent events have created uncertainty in our community and reminded us that the work of social justice is not abstract—it unfolds in real time, affecting real people in our neighborhoods and communities.

In moments like these, it's easy to feel discouraged or overwhelmed. I encourage all of us—students, alumni, and community partners—to remember why we chose this profession. As social workers grounded in our faith, we are called to pursue justice even when it feels difficult or uncertain.

The prophet Micah reminds us: "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God" (Micah 6:8, NIV).

This passage guides our work as social workers. Acting justly means standing up for the vulnerable and marginalized. Loving mercy means extending compassion even when systems fail. Walking humbly means recognizing our limitations while trusting that God is at work through us.

As we continue this semester, I encourage each of you—whether you are in a classroom, a field placement, working in an agency, or serving on our advisory board—to:

Stay grounded in your calling. Social work has never been easy, but it is meaningful. Remember why you chose this path and trust that you are equipped for what lies ahead.

Prioritize renewal and mutual support. Witnessing and responding to injustice takes a toll. Lean on your colleagues, seek support from supervisors and peers, and make space for rest and renewal.

Keep doing good. In the face of systems and policies that harm vulnerable populations, our response is to keep showing up—for clients, for communities, for each other. Acts of justice and mercy, large and small, make a difference.

To our current students: the BSW faculty and I are here to support you as you navigate these challenging times. Please reach out if you need to process recent events or have questions.

To our alumni and community partners: thank you for your continued commitment to justice and compassion in your work. Your presence in the field inspires our students and strengthens our program.

Together, we are the helpers our world desperately needs. Let us not lose heart.

Anchored in Jesus' love and grace,
Dr. Ling Dinse



Dr. Ling Dinse
DSW, MSW, LSW

Disaster Drill

In Collaboration with Nursing & Athletics



On Wednesday, March 4, first and second year social work students joined with approximately 100 students from nursing, athletic training and HDFs for the annual Disaster Drill. During the 4 hour per brief, simulation and post brief sessions, students engaged in an inter professional educational experience (IPE). Students responded to the needs of victims from a simulated bleacher collapse using discipline specific skills while simultaneously collaborating with and supporting the work of those from other represented majors. This annual event is a great opportunity for social work students to learn more about how to use their skills within an inter professional context allowing them to be better prepared for real-world practice.

- Professor George



LEAD

Legislative Education Advocacy Day



On March 24, 2026, sixteen social work students from Messiah University participated in the National Association of Social Workers - Pennsylvania Chapter's (NASW-PA) Legislative Education and Advocacy Day (LEAD) in Harrisburg. This annual event brings together nearly 1,000 social work students and professionals to advocate for policies that impact the social work profession and the communities they serve. The Messiah University students engaged in discussions about key legislative issues and had the opportunity to meet with the representative for Cumberland County, voicing their concerns and priorities as future social workers. Their participation in LEAD 2026 reinforced their commitment to social justice and legislative advocacy in Pennsylvania.



Semester Highlights

Child Welfare Education For Baccalaureates (CWEB)

The Department of Social Work has partnered with CWEB starting this year for a cost saving opportunity for our students!

CWEB's goal is to strengthen public child welfare services in Pennsylvania by educating and arming undergraduate social work majors interested in a dynamic and exciting career in public child welfare who are enrolled in a participating school of social work.

Highlights:

Participants will receive fully paid tuition and fees for their senior year, fellowship payments of \$600 a month for 8 months, upon hire in a county child welfare agency: a bonus payment of \$640 or 2,200 if completing a Civil Service Intern position, \$100 book allowance for your child welfare class, smooth transition from student to employee: Training and child welfare internships are highly valued by counties looking for caseworkers, and \$200 reimbursement for LBSW registration and exam fees.

Interested?

Application Deadlines:
 Fall Admittance: April 30
 Spring Admittance: November 15
 Contact Professor Michelle George,
 click the QR Code or
 email cwerp@pitt.edu for details!



Enhancement Fund

Recipients of this fund will receive the award in addition to other forms of financial aid detailed in the recipient's financial aid package, which is determined by the Messiah University Financial Aid Office.

The award is considered for one semester and assists students with their field placements and other out-of-pocket expenses related to attaining a degree in Social Work. Your financial contributions support the training of the next generation of faith-integrated social workers who share the love of Jesus with compassion and competency.



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Club Events

Friendsgiving

THE SOCIAL WORK CLUB



Christmas Party

SOCIAL WORK DEPARTMENT



Application to the Major Help Event

Phi Alpha hosted an Application to the Major help night for social work students working on their application. Phi Alpha members made meaningful connections with underclassmen and were able to provide any advice or assistance they needed!



Service Project



The Phi Alpha service project this year was packing boxes for women impacted by human trafficking for She's Somebody's Daughter. Members participated in a human trafficking simulation, an informative presentation, packing care packages, and writing cards.



CE Workshop 25-26 Series

Neurofeedback and Heart Rate Variability

Presented by Karen Mummau and Carli Weimer



Karen Mummau and Carli Weimer discussed how utilizing Neurofeedback and Heart Rate Variability (HRV) in conjunction with talk therapy is an innovative intervention that does not cause side effects and does not utilize medications. Neurofeedback works directly with the brain and the nervous system to increase self-efficacy, reduce impulsivity, and calm the nervous system. Heart Rate Variability (HRV) biofeedback helps you access a healthy and high-performance state called heart coherence, which balances your mind and emotions. Through HRV training, an individual is able to learn how to efficiently regulate emotions by utilizing the biofeedback provided through the equipment and techniques offered during sessions and at home. We are so grateful for the opportunity to hear Karen and Carli discuss this topic!



Class of 2026 - Seniors



Congrats to our 2026 Senior Class!

From left to right: Dr. Dinse, Sarah Dills, Rylee Eastridge, Maggie Pettus, Aaliyah Tobing, Selah Stoltzfus, Dasha Hill, Francyne Nichols, Grace Miller, Hannah Jenkins, Maddy Price, Gabi Constantini, Cade Smucker, Professor George

