

## **Outline Class Notes Unit I**

According to NASW (the National Association of Social Workers) “the primary mission of the profession is to enhance human well-being and help meet the basic needs of all people, with particular attention to the needs and empowerment of people who are vulnerable, oppressed, and living in poverty” (NASW as quoted in Ambrosino, et al. p. 28-29, 2016).

What are the basic premises of social work?

What are the basic functions and services?

The basic themes of the profession are:

1.

2.

3.

4.

5.

How does social work differ from other helping professions?

Sociologist:

Psychiatrist:

Psychologist:

Counselors:

Nurses:

Attorneys:

Police officers:

Besides basic premises, themes, educational background, etc. Social work is also different from other helping professionals in the way certain issues are focused upon and addressed. For the sake of convenience we will call these issues the “isms.”

What are basic civil rights and liberties?

What is discrimination? How does it differ from prejudice?

What is social justice and social injustice?

Social workers ensure civil rights and liberties by:

What is sexism? Why is it relevant to social work as a profession?

What is racism? Why is it relevant to social work as a profession?

What is elitism? Why is it relevant to social work as a profession?

What is ageism? Why is it relevant to social work as a profession?

What is able-bodiedism? Why is it relevant to social work as a profession?

The Code of Ethics for Social Work is the most comprehensive code of ethics for any helping profession. The code is the model for social workers to base their practice decisions upon and serves as the standard for conduct for social workers.

The basic principles included in the code are:

Service:

Social Justice:

Dignity and worth of a person:

Importance of human relationships:

Integrity:

Competence:

The ethical standards for social workers concerning their clients include:

Informed consent:

Privacy and confidentiality:

Self -determination:

Conflicts of interest:

Sexual Relationships:

Derogatory language:

Termination of services:

To understand how social work came to its professional focus is to know the basic history of the profession. Our discussion will begin with some general terms and then overview the history of the profession and relevant policies from our European roots to modern-day.

What does welfare mean?

What is charity?

King Henry VIII (1536) “Act for Punishment of Sturdy Vagabonds”

Queen Elizabeth I (1572): “Parish Poor Rate”

“Elizabethan Poor Laws” (1601):

Workhouses:

“Outdoor and Indoor Relief” (1772)

“Speenhamland Act” (1795)

Assumptions carried over from European roots to Colonial America:

Charity Organization Society (COS) (in U.S.A. 1877):

Mary Richmond (1917):

Dorothea Dix:

Jane Addams:

The Stock Market crashed in 1929 leading to the “great depression.” President Roosevelt helped put into place a series of policies and programs created to address the needs of the citizens.

Federal Emergency Relief Admin. (FERA):

Works Progress Admin. (WPA):

Civilian Conservation Corps. (CCC):

Social Security Act (1935) - Insurance and assistance:

Food Stamps Act (1964):

Head Start (1965):

Family Support Act (1988):

Personal Responsibility and Work Opportunity Act (1996):

TANF:

JOBS:

Affordable Care Act (2010):

Theory guides the knowledge-base of good professional practice. The guiding meta-perspective that this course (and social work as a profession) will focus on are the Systems and Ecological frameworks. They are two frameworks but for the sake of convenience our discussion will lump them together as one framework - as you will see from looking at the main terms, the theories are related in focus.

Systems Theory (relevant terms)

System: elements that are orderly, interrelated and function as a whole

Boundaries: patterns that characterize relationships in a system and give identity

Subsystem: secondary or subordinate system

Homeostasis: tendency to maintain a stable state

Role: expected behavior pattern determined by status

Relationship: mutual exchange, interaction, and affective cognitive and behavioral connections between systems

Input: energy, information, communication received from other systems

Output: input after it is processed by the system

Feedback: system receiving information about performance (positive/negative feedback)

Interface: point of contact or communication

Differentiation: tendency to move from a simplified to a more complex existence

Entropy: progress toward disorganization, depletion and death

Negative Entropy: progress toward growth and overall development

Equifinality: many different means to the same end

Ecological Theory (relevant terms)

Social Environment: involves the conditions, circumstances, and human interactions which encompass human beings

Transactions: how people communicate and interact with others in their environment

Energy: natural power of active involvement between people and their environment

Input: a form of energy coming into a person's life and adding to that life

Output: a form of energy going out of a person's life and taking something away from it

Interface: the exact point where the interaction between an individual and his/her environment takes place

Adaptation: capacity to adjust to surrounding environmental conditions (change)

Coping: a form of human adaptation (overcoming problems)

Interdependence: mutual reliance and dependence of individuals

Adjustment: efforts individuals make to meet the demands and challenges placed upon them by the world in which they live

People are involved in multiple systems. It is important to recognize the connections between subsystems and systems for assessment. The system levels are:

Micro:

Mezzo/Meso:

Macro:

The "generalist model" of social work practice also incorporates the following:

\*Strengths perspective:

\*Empowerment:

\*Person-environment perspective:

\*Social and economic justice:

\*Evidence-based practice:

Social Work focus on advocacy:

Relational and Distributive Justice:

The stages of change process:

1. Engagement:

2. Assessment:

3. Planning:

4. Implementation:

5. Evaluation:

How does Christianity fit in with Social Work Practice?

To help people regain strengths and focus on their rights it is important to understand what are some basic rights.

People should have the right to:

1.

2.

3.

4.

5.

“The unexamined life is not worth living”

Socrates

“People entering human service should be aware of their personal value systems; they also need to be able to assess the consistency of their values with those upon which human services are based. The harboring of internal inconsistencies does not lead to personal or job satisfaction or to mental health.”

Naomi Brill

“Do what you love, but make sure you have the ability. Identify your strengths and make them work for you.”

Pia Savage

## **Notes Unit II**

Poverty is a large problem in the U.S. especially when considering census information. Common views U.S. economic system are based upon some myths of individualism which include:

1.

2.

3.

4.

What are some of the causes of poverty in the U.S.?

Defining poverty is a source of debate, because it is difficult to agree upon a standard of living. The main methods of defining poverty are:

Absolute poverty:

Relative poverty:

Market basket approach:

Which groups of people are most impacted by poverty?

Social insurance and public assistance:

Many U.S. citizens firmly believe in some myths about the social welfare system, such as:

“Welfare” as most people know it changed in 1996 with the passing of the Personal Responsibility and Work Opportunity Reconciliation Act. This Act:

Temporary Assistance for Needy Families (TANF):

Additional social welfare programs include:  
Medicaid:

Medicare:

Supplemental Security Income (SSI):

Supplemental Nutrition Assistance Program (SNAP):

Women, Infants and Children (WIC):

Earned-Income Tax Credit (EITC):

Public Housing (HUD):

Specific social work roles in working with individuals in poverty include:

In addition to debating poverty, there is an ongoing debate in the U.S. about how to define “family.” For the purpose of this class, we will define family as any group of individuals who are bonded together through marriage, kinship, adoption or mutual agreement.

What are the essential sociological functions of a family?

Social workers are involved with families in a variety of settings addressing many issues. The main problems that social workers help families work through include:

Divorce:

Family demographics:

Family violence:

Teenage and unplanned pregnancy:

Run-away adolescents:

The current focus for services to families and children in the home include:  
Family-based services:

Mental health services:

Physical health services:

Education:

Family Preservation:

The current focus for services to families with children outside the home include:  
Emergency care:

Foster care:

Residential care:

Adoption:

Working collaboratively with classroom teachers and support staff, school social workers provide supportive services for children and their families. Requirements for school social workers vary from state to state, but regardless of the specifics workers must have knowledge in:

The main focus for school social workers is:

Specific social work roles in working with families and children include:

No matter what area of social work practice you may be interested in, it is important to think about the strengths perspective. Some specific strengths that can be seen in almost all families are:

1. Most people want their families to stay together.
2. Most families seek to improve their circumstances.
3. Families and family members are the experts on what they need.
4. Most families are resilient and resourceful.
5. Families in need often have a healthy distrust of professionals.

Social work in health care settings is recognized as starting in Boston in 1905....because of one doctor's belief in what we now call the "systems / ecological" perspective.

In health care settings, social workers are an integral part of a “multidisciplinary” or a “inter-professional” team that also includes:

What factors contribute to an individuals overall health?

Major health care concerns in the U.S. include:

The current health care policy in the United States is the Affordable Care Act (ACA):

Our society addresses health issues (and mental health issues as well) at three intervention levels:

1. Primary:

2. Secondary:

3. Tertiary:

Health care practice approaches include:

Specific social work roles in working within the area of healthcare include:

Specifically looking at working with individuals with physical, developmental and intellectual disabilities, it is important to understand the use of terminology:

There are different types of disabilities and challenges:

Diagnosis of a developmental disability is usually based upon an individual having substantial limitations in 3 or more of the following areas: self-care

- receptive and expressive language

- learning skills

- mobility

- self-direction

- capacity for independent living

- economic self-sufficiency

Legislation for individuals with any type of disability:

- “Architectural Barriers Act” (1968):

“Education for all Handicapped Children Act” (1975):

“Individuals with Disabilities Education Act” (IDEA – 1990):

“Americans with Disabilities Act” (ADA - 1990):

Rehabilitation Act (1954, 1973, and 1998):

“Elementary and Secondary Education Act” (No Child Left Behind - 2001):

Social workers are involved in a variety of roles specific to helping individuals who are differently-abled, including:

### **Notes Unit III**

How do we define mental health? Mental illness?

How do we diagnose mental illness?

Medical model:

PIE perspective:

Szasz theories:

“Rather than shun people for acting in ways you can’t explain, ask questions about their behavior. You may discover they’re deploying an ingenious coping strategy to a challenge you weren’t aware of.” Glenn Alperin

Relevant court cases and treatment of mentally ill:

Wyatt v Stickney:

O’Conner v Donaldson:

There are some social problems that are directly linked to mental health issues, they include:

Homelessness:

Dual diagnosis:

Suicide:

Treatment options for mental health include:

Specific social work roles in mental health include:

Working with individuals who have substance abuse problems is another area of social work practice. Many treatment facilities require that a worker have additional training specific to addictions before being hired - these certifications can be acquired in any state.

To understand why someone would develop an addiction it is relevant to examine some sociological theories:

Anomie (from the work of Durkheim and Merton):

Labeling theory:

Differential Association (Sutherland):

The most commonly abused substances in the U.S. include:

Highlights from research on substance abuse:

Populations at the greatest risk of addiction:

Treatment issues:

Use of groups and family support:

Specific social work roles with addictions:

Social work practice with the elderly is known as “gerontology.” This is already a large area of social work practice and it is increasing (as the U.S. is an aging society).

What is aging? (senescence)

Terminology to be familiar with:

Young-old:

Middle-old:

Oldest-old:

Theories on adaptive aging:  
Activity:

Cellular (DNA) theory:

Disengagement:

Developmental:

Issues of concern for the elderly:  
Adequate income:

Access to healthcare:

Benefit programs:

Independence:

Vulnerability and safety:

Contributing to society:

Specific social work roles in geriatrics include:

Most individuals have in some way violated a law...the question is, "How does the U.S. deal with crime, and where does social work fit in?"

The criminal justice system in the U.S. has four main components:

1. Legislative:

2. Law enforcement:

3. Judicial:

4. Corrections:

Adult versus juvenile corrections:

Social workers who work in criminal justice settings are known as forensic social workers.

Social work as a profession faces some dilemmas in criminal justice settings:  
Confidentiality:

Coercion:

Quality and access to treatment:

Rehabilitation issues:

Dignity and worth of person:

Family disruption:

Restorative justice and victim assistance:

Specific social work roles in criminal justice include:

#### **Notes Unit IV**

Social work with communities is a generalist practice method that enables individuals and groups to achieve a more desirable level of life satisfaction as well as more effective levels of adaptation. Community work is often referred to as “community organization,” and is considered to be macro level practice. Community work is based upon the principle that communities can develop the capacity to solve their own problems.

At-risk communities and the connection to types of housing:

Community transportation needs:

Homelessness:

To be effective in community development a social worker must possess skills in:  
social research:

planning:

coordination:

organization:

financing:

administration:

committee operation:

Advocacy:

Specific roles played by a social worker in community development include:

Social work as a profession is specifically interested in several aspects of rural work:

Populations living in rural areas may experience some of the following problems:

Access to services:

Lack of transportation:

Lack of opportunities:

Poverty:

A good rural social worker must:

Pros and Cons of rural social work:

A generalist social worker is well suited for rural social work because:

Social work in the workplace is an expanding area of social work practice. Sometimes referred to as occupational or industrial social work, it involves practice focused on the needs of individuals in the workplace. Services are delivered through employers and unions to workers and those who seek entry into the workplace.

The workforce is undergoing major changes in the U.S. These changes include:  
More people work at home:

Single-parenting:

Recognition of wage gaps:

Workforce ages are decreasing:

Global markets impact workers:

Types of jobs available:

Underemployment and Unemployment:

Attitudes and values toward work are also changing in the U.S. culture:  
“New breed worker”

“Downshifting”:

Implications for employees and their families:

Implications for employers and economy:

Whose responsibility is it to address work and family problems?

Employee Assistance Programs:

Other social work positions:

Specific roles played by a social worker in industrial social work include:

Military social work:

Potential problems faced by service members and their families:

Ethical concerns during deployment:

Social work roles and skills needed in military social work:

Social work and environmentalism:

Sustainability:

Environmental concerns:

Specific roles played by a social worker focused on environmentalism include:

### **Notes Unit V**

International social work involves the practice of social work to meet social welfare needs from an international perspective. This is an expanding area of social work practice, one that is expected to grow rapidly in the coming years.

Responding to the challenge of globalization:

The International Federation of Social Workers (IFSW):

International concerns:

IFSW partnerships include:  
Amnesty International:

European Union:

United Nations:

International Council on Social Welfare:

Red Cross:

United Nations Children's Fund:

Peace Corps:

World Health Organization:

There are many career options for international social workers, but there are some considerations:

Specific roles played by a social worker in international practice include:

As the profession of social work matures, there are some predicted areas of expansion:

Prevention services will expand specifically:

The importance of self-care in social work (or any helping field):

Why is self-awareness so vital in social work practice?

Self-Care Model:  
Macro level –

Mezzo level –

Micro level –

The future of the profession of social work relies on having highly trained ambitious practitioners to address social needs - the future belongs to you, future BSW's!!!