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School of Social Work, March 2017

College of Health and Human Services

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School of Social Work

WESTERN MICHIGAN UNIVERSITY

The School of Social Work is proud to share our first monthly newsletter, designed to keep students up to date on current events, links, and information related to the School.



Upcoming events:

March 15 - MSW program applications due

March 30 - Suicide Risk Assessment Training

April 10 - Spring Open House Speaker Series - Southwest

April 27 - Hooding & Pinning Ceremony - Kalamazoo

June 23 - Grand Rapids MSW Graduation Celebration

June 25 - Hooding Ceremony - Southwest

**Buy your advocacy buttons and posters in the CHHS atrium
to support Kalamazoo Hooding & Pinning!**

March 15 - 2:30-5

March 16 - 2-4



Seven social work graduate students are published in prestigious *Journal of Sociology and Social Welfare*.

[Read more](#)

SUICIDE:

*Risk assessment,
prevention, and
intervention*

Register for this upcoming interprofessional training - March 30 from 5-7 p.m.

[Register Now](#)



Join us April 10 from 12-3 at WMU - Southwest

[Register Now](#)



Follow us on social media for the latest SSW events and news!

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[Class project puts social work students' research in leading journal](#)

contact: Cheryl Roland

January 13, 2017 | WMU News

KALAMAZOO, Mich.—An unusual examination of the practical therapeutic applications of mindfulness combined with a senior faculty member's commitment to community service led seven Western Michigan University graduate social work students to have their first professional paper accepted for publication in one of their discipline's most prestigious journals.

"An Environmental Scan of Mindfulness-Based Interventions on University and College Campuses" was published in the **December 2016** issue of the internationally acclaimed Journal of Sociology and Social Welfare.

The newly published researchers are **Kaley J. Cieslak, Lehanna E. Hardy, Natalie S. Kyles, Erika L. Miller, Becky L. Mullins, Katelyn M. Root, and Christina M. Smith**. The seven were students last spring in **Dr. Rick Grinnell's** section of the course Evaluation of Social Work Practice. They undertook and completed their original research project in addition to their regular coursework, meeting after class and on weekends over a five-month period to finish their effort.

"Their initial objective was to provide a succinct up-to-date resource guide for those seeking information about the hundreds of existing mental health programs—particularly mindfulness interventions—that are currently available to university and college students throughout North America," says Grinnell, a professor of social work who last year received the 2015 Scholarship and Excellence award from the College of Health and Human Services. "If the reader wishes to find out more about how a specific mental health program is being implemented within its

respective university or college setting, the article contains links to the websites of all the university and college mental health programs."

Mindfulness is a meditative practice with Buddhist roots. It calls for open and active attention on the present and fully living in the moment.

The students found that colleges and universities are increasing the mental health interventions they offer to their students, and mindfulness-based interventions seem to be being used with an increasing frequency. Such interventions include mindfulness-based cognitive therapy, mindfulness-based stress reduction, guided meditations and yoga, compassion training, mindfulness-based technology, and mindful eating.

Gown-to-town tradition

Grinnell says the students' work was completely voluntary and done simply because the students knew it was an important topic that needed to be addressed. It's rare, he says, for social work students to publish in a refereed journal, and their success in doing so is another indicator of the importance of their topic, in addition to their commitment to advancing social work practice through research.

Contributing useful evidence-based social work interventions in a practical way to improve lives is becoming something of a tradition in this course, Grinnell says. For example, previous students in the course were awarded a \$50,000 grant from the Kalamazoo Community Foundation to offer a three-year evidence-based parent training intervention in Kalamazoo.

"I like to think of the course as a 'gown to town' course where students can produce practical and relevant products for our local community," Grinnell says.

For more WMU news, arts and events, visit wmich.edu/news.

Suicide: Risk Assessment, Prevention and Intervention

An interprofessional training for CHHS students, faculty, staff, and community members

Thursday, March 30
5 to 7 p.m.
CHHS room 3008

Register by March 27 **Registration for this training is now full. Please RSVP to be placed on a waiting list.**



Open House

Join WMU for an opportunity to learn about available face-to-face and online degree programs at one of the below open houses. Listen to speakers that are talking about the things that matter in your community. Meet faculty and staff and get your questions answered regarding program applications and admissions.

[RSVP below](#)

- April 20

[WMU-Lansing](#) 210 W Shiawassee St, Lansing, MI 48933 **10 a.m. to 1 p.m. and 5 to 7:30 p.m.** UC Lobby
6:10 p.m.—Teresa L. Kmetz, President/CEO, Capital Area United Way—Donor retention economic recession

[WMU-Traverse City](#) 2200 Dendrinos Dr, Traverse City, MI 49684 **3 to 6 p.m.** UC 211
5:30 p.m.—Yarrow Brown, Leelenau Conservancy

Rm 215—Many hands make light work

5:30 p.m.—Joe Sanok, Mental Wellness Counseling Rm 219—Slow down to spark innovation: why the key to happiness and business growth is cutting back

- April 27

[WMU-MetroDetroit, Auburn Hills](#) 2630 Featherstone Rd, Auburn Hills, MI 48326 **3 to 7 p.m.** Lobby

6 p.m.—Dr. David Szabla, Professor, Organizational Change Leadership, WMU—Panel discussion on organizational change leadership

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Refreshments will be provided. If you cannot make one of the open houses, [contact us](#) about taking that first step towards a degree at WMU.