

***“Every child deserves a champion – an adult who will never give up on them, who understands the power of connection and insists that they become the best they can possibly be.” – Rita F. Pierson***

## Warm Welcome

### Dr. Nancy Chavkin

A Message from the Director

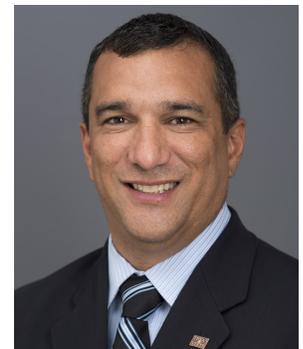


We would like to extend a warm welcome to Dr. Jose E. Coll, who was recently appointed as Director of the School of Social Work this past summer. Dr. Coll earned his bachelor’s degree in Social Work from Saint Leo University, his master’s degree in Social Work from the University of Central Florida, and his Ph.D. in Counseling Education and

Supervision from the University of South Florida. After completing his doctorate, Dr. Coll joined Saint Leo University as an assistant professor and coordinator for adult education in the Department of Social Work. He later joined the University of Southern California (USC), School of Social Work as Chair of Military Social Work and founder of the USC San Diego Academic Center. Dr. Coll rejoined Saint Leo University in 2011 to develop the Office of Veteran Student Services and serve as professor and director. Dr. Coll’s research interests have been predominantly on worldview development and counseling veterans, with a focus on veteran transition. He is the author and

co-editor of numerous publications. Dr. Coll has been the principal investigator, co-principal investigator, and consultant on a variety of research projects, yielding more than \$15 million in funding.

Welcome Dr. Coll. We look forward to having you here at Texas State University.

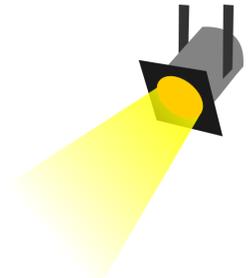
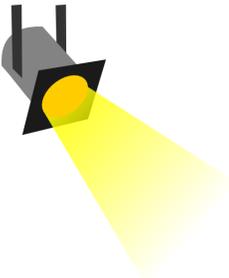


## Hail and Farewell

The Center for Children and Families would like to congratulate the Title IV-E students who will be graduating. We have several Fall 2016 graduates. Melissa Francis and Selene Mendez will be graduating with their Masters of Social Work. They are both CPS employees from the San Antonio Region. We have two other graduates, Julia Heaberlin (San Antonio Region) and Amanda Whisenhunt (Austin Region), who will be graduating with their Bachelors of Social Work. We wish these amazing students the best of luck with their future endeavors.

The Center would like to welcome new students to the Title IV-E program who will be starting in Spring 2017. Nicole Banire and Taylor Ingram are both new CPS employees from the Lubbock Region, along with Amy Clynes from the Austin Region. All three of these new Title IV-E recipients will be Masters of Social Work students. Jennifer Lopez is starting her Bachelors of Social Work and is a new preservice student for Region 7. Mark Gomez and Marissa Benavides are full-time Bachelor of Social Work pre-service students in Region 8.

# Spotlight on IV-E



**Kendall Yañez**  
2007 Graduate  
*Current Position:* Kinship Home Development Caseworker IV  
*Previous Position(s):* CVS, Child Care Licensing, Program Support, Foster Adopt Home Development  
“I started with CPS in the Spring of 2007 when I was completing an internship for my last semester at Texas State University. I have done several positions in my 9 years with

Child Protective Services, but Kinship is definitely where my heart is. The Title IV-E helped me tremendously as without that support, I’m not sure I would have made it through my internship and first year with the Department. It is a program that helped me, and I have seen help others ever since then, in getting your feet sturdy in the agency and making the transition from school to work as smooth as possible. I have made it 9 years and look forward to the next 20 with this agency that now feels more like family. There are a lot of ups and downs, but the work we do is worth it and the connections I have made with co-workers and families are priceless.”

**Sara Wardlow**  
*Current Position:* CVS Supervisor for Caldwell County  
*Past Positions:* CVS Caseworker for Hays County  
“The Title IV-E Program allowed me to do my internship with CPS and gain the knowledge and experience I needed to have before I started working for the Department. It provided me time to shadow workers and learn to navigate client relations professionally. It also gave me the time to learn to organize myself for this job and begin making collateral contacts for future work with the Department. The stipend allowed me to focus solely on my internship and not have to work to pay for school at the same time.”



## Research Forum

BSW and MSW students who are in their BSW or MSW Advanced final field practicum are required to complete a research project as a part of their final internship which culminates with participation in the Field Research Project Presentation formerly the Research Forum. Students present a professional quality PowerPoint presentation of their research project generated during their final field experience.

This allows faculty, field instructors, agency staff and fellow students the opportunity to be introduced to the various types of research completed while the student was conducting their internship. Each student presents their research project and fields questions from those in attendance. Next one is December 15th. Pictured are three of our graduates who have



recently participated in a research forum. Judith Foster (top right), Ashley Hardin (middle left), and Sam Thomas (bottom right) were Title IV-E graduates at the Research Forum last Summer. Judith was a Direct Practice student who explored different theoretical approaches to use with clients at CPS as her research project. Ashley created a resource guide and binder for new CPS clients. Sam’s project was about Achieving Permanency for Children Through Case Mining.





The Center for Children and Families is located at Swinney House on the Texas State University campus.

## Self-Care and Mindfulness in Times of Stress

Balancing work and life as a professional is stressful at times. There is a self-care technique that involves having a transition from work to home. Try creating a ritual of some kind on your way home, just before you enter your home, or right after you get in. You can stop by a park and take a 10-minute walk. Or if you have a bench, swing, or even the steps of your home, take 10 minutes before you go inside your home to enjoy the birds and flowers around you; breathing

in the fresh air. Another idea is getting into some comfy clothes and putting your work clothes “away” along with whatever happened at work that day. There are many stress reducing self-care techniques. Buy a bath bomb and take a warm, relaxing bath. Try to squeeze in some time to get coffee or a meal with a friend (maybe tell each other jokes!). If you have kids, get one of those adult coloring books and have a coloring session. If you want to, try to take up yoga—it can be

extremely calming and de-stressing. You can also practice mindfulness at work to get back into focus. It can take from 5 minutes to 30 minutes—you decide! You can try this guided mindful meditation at <https://youtu.be/dEzbdLn2bJc> or you can try sitting straight up in your chair, stretching your arms and legs out, and just focus on your breathing for a couple of minutes. Mindfulness has been proven to increase your effectiveness by refining your focus and awareness.

## Events and Trainings

### IV-E Faculty & Staff

**CCF Director**  
**Dr. Nancy Chavkin**  
[nancychavkin@txstate.edu](mailto:nancychavkin@txstate.edu)

**Rhonda Smith**  
[rs32@txstate.edu](mailto:rs32@txstate.edu)

**Martha Wildberger**  
[mw38@txstate.edu](mailto:mw38@txstate.edu)

**Michele Bauman**  
[michele.bauman@txstate.edu](mailto:michele.bauman@txstate.edu)

**CCF Web**  
[www.ccf.txstate.edu](http://www.ccf.txstate.edu)

### General Contact:

Center for Children and Families  
Texas State University  
508 North Street  
San Marcos, TX 78666  
(512) 245-6600  
[ccf@txstate.edu](mailto:ccf@txstate.edu)

### 26th Annual Texas School Social Workers Conference (*School Social Workers: Transforming Generations*)

The conference is being held February 22-24, 2017 at the Doubletree Hotel in Austin, TX. You can access more information about the conference, location, and hotel arrangements at <https://socialwork.utexas.edu/ceu/texas-school-social-workers-conference/>

### Ethics for San Antonio Training

Thursday, 2/2/17  
1:30 p.m.—4:45 p.m.  
Friday, 2/3/17  
9 a.m.—12:45 p.m.

Location: DFPS Office in Region 8 at 3635 SE Military Drive, San Antonio TX 78223 (Room 3D66)

If you have any questions please send an email to [trainings4E@txstate.edu](mailto:trainings4E@txstate.edu) We will be sending out registration forms soon.

### Ethics for Austin Training

Friday, 1/27/17  
9:00 a.m. - 12:00 p.m.  
CPS Training Room  
4501 S. General Bruce Drive, Suite 20  
Temple, Texas 76502

Friday, 2/10/17  
9:00 a.m. - 12:00 p.m.  
CPS Conference Room 1002  
14000 Summit Drive, Suite 100  
Austin, Texas 78728  
If you have any questions please send an email to [trainings4E@txstate.edu](mailto:trainings4E@txstate.edu)

## New Resources Added to the Family Engagement Inventory

Child Welfare Information Gateway updated information and resources on the Family Engagement Inventory (FEI). The FEI is an interactive web-based tool designed to provide professionals in child welfare, juvenile justice, behavioral health, education, and early childhood education with a rich inventory of resources about family engagement and how it is defined and implemented across these fields of practice. The FEI aims to help practitioners, managers, and system leaders understand the commonalities and differences in family engagement in order to support cross-

system collaboration among multiple systems often working with the same families. The updated inventory includes features such as the most recent information and resources about family engagement, recent information pertaining to engaging incarcerated parents, current information on culturally responsive family and youth engagement, and effective ways to use the Family Engagement Inventory across disciplines.