Cassadaga Valley Central School District

HAPPY SOCIAL WORK MONTH!



"It's a privilege to be able to bear witness to someone's story when they may not have had the chance to tell it before."

-Lindy Alexander

Happy Social Work Month!

A whole month dedicated to us (Woo Hoo)! We, your School Social Workers within CVCS, would like to share our profession, what we do, and why we love it with you!

Oftentimes, people do not know what a social worker is able to do, what our training is like, and all the areas that we can work in. Social workers work on three different levels: Micro (individuals and groups in therapeutic capacity), Mezzo (neighborhoods, schools, communities), and Macro(health care, law, policy, international). In New York State, in order to call yourself a "social worker" you must:

- Obtain a Bachelor's degree: Many social workers have degrees in social work for undergraduate, but not all! THEN
- Obtain a Masters Degree in Social Work (MSW): If you have your BSW, you can complete this program in one year. If you have a degree outside of a BSW, it is a 2 year program.
- 3. Obtain your State Licensed Master Social Worker (LMSW): In New York State, to legally state that you are a social worker you need to have one

- of two licenses. LMSW is the first license. You need an MSW and to pass a board examination to obtain this. You are able to practice social work services under supervision (this includes clinical skills). This license is renewed every three years via continuing education courses.
- 4. Obtain your State Licensed Clinical Social Worker (LCSW): Once you have your LMSW, receive 3 years of supervised direct clinical experience, and client contact hours, you can take your second board exam to become an LCSW. An LCSW is able to independently practice, diagnose, bill for services, and more. It is currently (as of 1/1/2023) the highest license you can obtain in social work in NY.



WHERE CAN SOCIAL WORKERS WORK?

Social Workers are all over! They can be found in:

- Schools, Colleges
- Medical/ Mental Health/ Substance Use Clinics, Doctor's Offices, Hospitals
- Government Agencies
- Veternarian's Offices
- Care Coordination Agencies
- Police Departments
- Jails, Prisons
- Military
- Senior Centers
- Housing Supports
- Shelters
- Libraries
- And more!

diagnose mental, emotional, behavioral, addictive and developmental disorders and disabilities."

This includes:

- Identifying biological, medical, psychological, cultural, sociological, emotional, legal, economic, and environmental factors that impact student learning
- Implementing appropriate school intervention and prevention programs
- crisis intervention
- conflict resolution
- violence prevention
- substance abuse prevention
- child abuse prevention
- positive self-image
- social skills and character education
- consultation
- individual, group and/or family counseling

WHAT DOES A SCHOOL SOCIAL WORKER DO?



According to the NYSSSWA:

"School social workers are licensed as well as certified pupil personal providers with unique and diverse skills. School social workers who are licensed as a Clinical Social Worker can

MEET THE SES SOCIAL WORKER: RYAN SMITH, LCSW

- Education Background- JCC/SUNY Geneseo for Secondary Math Education; University at Buffalo- MSW Program
- Certification: Licensed Clinical Social Worker (LCSW)
- Areas of interest: childhood trauma; attachment therapy/play therapy; Domestic violence
- The thing I love the most about being a SSW at SES is building relationships with my students and their families. Building strong trusting relationships is always my number one goal

- My favorite thing about Social Work: having the opportunity to see children and families grow and achieve things they never thought they could.
- Favorite piece of advice for those looking to the helping profession-Learn how to meet others where they are at. Perspective is everything and if you can see things from their perspective you will have no problem building strong relationships.

MEET THE MHS SOCIAL WORKER:

EMILY PLESZEWSKI, LCSW, MASTER CASAC

- Education Background- Jamestown Community College for Associates in Human Services; SUNY Fredonia for BSW (Bachelor's in Social Work) University at Buffalo- MSW
- Certification: Licensed Clinical Social Worker (LCSW), Credential Alcoholism and Substance Abuse Counselor (Master CASAC), Registered Yoga Teacher (RYT-200)
- Areas of interest: childhood trauma, trauma therapy (EMDR, Progressive Counting), family systems, animal assisted therapy, trauma sensitive yoga
- The thing I love the most about being a SSW at the MHS is our students. Each student brings something to the table and I am lucky enough to be able to meet and spend time with so many of them, whether it's in the halls, cafeteria, classes, lunch groups, visits. I learn something new everyday from at least one student.
- My favorite thing about Social Work: the variety of areas I can assist families in and the flexibility of my role!

 Favorite piece of advice for those looking to the helping profession:
 Never let anyone dull your sparkle. You are a helper for a reason, and it's okay if not everyone understands why. Do what you can to make the connections and you'll see that sparkle in others as well.



"Alone we can do so little; together we can do so much." - Helen Keller

If you would like any more information on social work or our services, feel free to reach out to us at rsmith@cvcougars.org or epleszewski@cvcougars.org

Brought to you by:

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