

# **The Florida Association of School Social Workers**

**proudly presents...**

*The 76th Annual VIRTUAL  
State Conference*

Self-Care and Self-

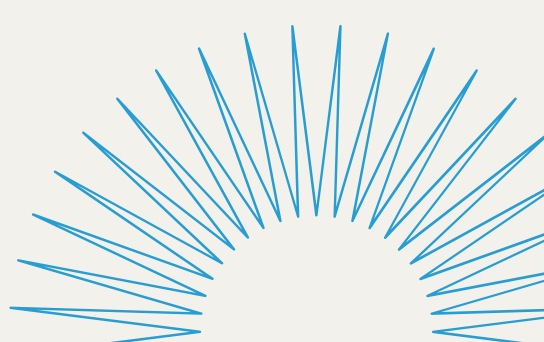
Preservation for

School Social Workers:

Renewing, Rejuvenating, &

Recommitting to Our Practice

**January 31st, 2024**



# Conference Schedule

**8:30 – 8:50 --- Conference Greeting**

**8:50 – 9:00 --- Self-care Message**

**9:00 – 11:00 --- General Sessions I**

*Nurturing the Nurturer: Trauma, Vicarious Trauma,  
Burnout & The Social Worker*

*Dr. J.R. Bullard-Batiste, DSW, LCSW*

**11:00 – 12:30 --- Lunch**

**12:30 – 2:00 --- General Sessions II**

*Self-Care: What It Is and Why It Is Important*

*Dr. Linda Butler, PhD*

**2:00 – 2:15 --- Self-care Break**

**2:15 – 4:15 --- General Sessions III**

*CALM: Corner for a Little Mindfulness*

*Petya Figueiredo, Jennifer Roth MSW, LCSW,*

*Lianna "Lou" Hernandez MSW, RCSWI,*

*Keshanie Torrence, MSW,*

*Sonia Pitts, CWCM, BCMHC, BCLC*

**4:15 – 4:30 --- Awards and Prizes**

# FASSW President's Message



Greetings Florida School Social Workers,

Whether seasoned or new all of us experience burnout, stress, and/or frustration at some point. Burnout, stress, and frustration can negatively impact our performance and impact our quality of life.

Learning to appropriately deal with burnout, stress, and frustration will help strengthen our practice; promote good mental and physical health.

What we do matters. How we do it matters. The toll it takes on us absolutely matters. Self-care seems to be the new buzz word; SSWAA states, "We are not practicing ethically if we are not practicing self-care".

### **But what is self-care?**

Is it a spa weekend?

Is it a quick weekend getaway?

Is it a long languishing vacation?

Is it quiet time alone or with family?

Is it fun time with family and friends?

### **Can self-care be:**

A long UNINTERRUPTED bath?

A short UNINTERRUPTED shower?

Time spent in meditation?

Reading a good book?

Or watching a good movie?

The truth is.... Self-care may be none of these things, all of these things and more! ***The trick is discovering what works for you.***

The goal of this conference is to help you better understand the absolute importance of self-care and help you develop a self-care plan that works for you. Remember, self-care isn't selfish as we can't pour from empty cups.

*Take care of yourself, School Social Worker, you've important work to do.*

Lynette Judge; MSW



# 2024 FASSW Board of Directors



## FASSW Executive Board

**President:** Lynette Judge, MSW, RCSW

**Vice President:** Alisha Beard, MSW, LCSW

**Treasurer:** VACANT

**Interim Treasurer:** Alisha Beard, MSW, LCSW

**Secretary:** Cynthia Brown-Jackson, MSW

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**Regional Representatives Liaison:** Jessica Nehila, MSW, LCSW

## Board Committees

**Awards / Scholarship Chair:** VACANT

**Conference Chair:** Lynette Judge, MSW, RCSW

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## Special Committees

**Membership:** Katey Bellwood, MSW, LCSW

**Student Representative Outreach to MSW:** VACANT

**University Liaison:** VACANT

**SSW Consultant (Student Services Project – USF / FDOE):**

Beverley Wilks, MSW, RCSWI



# FASSW Open Positions



WE WANT  
**YOU!**

## EXECUTIVE BOARD OPENING:

- TREASURER

## BOARD COMMITTEE OPENINGS:

- AWARDS/SCHOLARSHIP CHAIR
- NOMINATING CHAIR

## SPECIAL COMMITTEE OPENINGS:

- STUDENT REPRESENTATIVE  
OUTREACH TO MSW (INTERN  
POSITION)
- UNIVERSITY LIAISON

If interested in learning more or applying to any of these vacancies, please email President Lynette Judge at [fasswpresident@gmail.com](mailto:fasswpresident@gmail.com)

# General Sessions I

## Speaker Highlight

**Session Title:** *Nurturing the Nurturer: Trauma, Vicarious Trauma, Burnout & The School Social Worker*

Dr. J.R. Bullard-Batiste received his Doctor of Social Work (DSW) degree from Walden University with a specialization in Family Studies and Intervention in 2020 and his Masters of Social Work (MSW) degree from Tulane University in 2013. He is a Licensed Clinical Social Worker-Board Approved Clinical Social Work Supervisor (LCSW-BACS) through the Louisiana State Board of Social Work Examiners (LABSWE) and also is a Licensed Clinical Social Worker (LCSW) through the Indiana Professional Licensing Agency, Social Work, MFT, Mental Health Board.



**Dr. J.R. Bullard, DSW,  
LCSW-BACS**

He works full time as the Professional Development Coordinator for the School Social Work Association of America (SSWAA) and has worked as a School Social Worker, Coordinator of Special Education Social Work Services, School Social Work Supervisor, and Trauma-Informed Schools' Specialist for many school districts within the greater New Orleans area over the past 15 years. Dr. Bullard-Batiste has worked to provide supervision to MSW Interns and LMSW supervisees working towards clinical licensure for the past few years, and he also is a school district Trauma-Informed Schools Trainer of Trainers, working to train school staff and promote systems to develop and maintain educational settings that are trauma-informed and trauma-sensitive in the way they educate students.

Dr. Bullard-Batiste is a Contributing Faculty Member in the Masters of Social Work degree program at Walden University. He has taught many classes including Advanced Skills Lab and Internship Preparation; Vicarious Trauma; Crisis and Disaster Response; Couples and Family; Advanced Practice with Children and Family Services; Advanced Research II; and Diversity, Human Rights, and Social Justice. Dr. Bullard-Batiste has also worked in the capacity of a Subject Matter Expert for Walden University to help update and curate enhanced learning in the Advanced Child and Family course, as Advanced Child and Adolescents course, and Couples and Families Practice course offerings. In his spare time Dr. Bullard-Batiste also has a private practice where he provides individual, couples, and family therapy, as well, he is a Journal Reviewer for the Journal of Social Work in the Global Community. He is passionate about LGBTQIA2S+ issues, grief and trauma, PTSD, working with children and families, educating MSW students, and providing training on the importance of self-care.

He continuously strives to be a Teacher and a Student, never to be an "expert" because when we become "experts" we stop learning. His Motto: "If no one has told you yet today... Good morning! You belong here, you are appreciated, you are valued, thank you for being you! You Matter!"

## General Sessions II

### Speaker Highlight



*Session Title: Self-Care: What It Is and Why It Is Important*

**Lisa D. Butler, Ph.D**

Lisa D. Butler, PhD is an Associate Professor in the School of Social Work at the University at Buffalo, State University of New York. Dr. Butler received her PhD in psychology (personality/psychopathology) from Stanford University in 1993. Since that time, she has published widely on aspects of trauma, dissociation, resilience, and self-care. Her trauma scholarship includes research across many populations, most recently related to trauma exposures and retraumatization experiences of students in clinical training, applications of the trauma-informed (TI) framework to mental health settings and education, self-care practice in graduate education, and conceptual work concerning the intersection of traumatic experiences and human rights violations.

## **General Sessions III**

### **Speakers Highlight**

#### **Sonia Pitts, CWCM, BCMHC, BCLC**

Hardworking, compassionate, caring and people-centered are a few words to describe Sonni. Originally from Virginia, Sonni attended Claflin University in Orangeburg, SC where she received her undergraduate degree in Sociology. After graduation, she started her career as a social worker in the Florida child welfare system, where she worked with a wide variety of families, children, and community-based care organizations to stabilize families. Currently, residing in Florida, Sonni works full-time with the USF Department of Pediatrics serving as a Trauma Coach Practitioner on the Trauma-Informed School Project. Sonni is a final year MSW graduate student with USF as well as with a plan to pursue a doctorate degree in Counselor Education and Supervision. Outside of her corporate career, she is the owner of a non-profit organization, Heart and Home Community Inc., focusing on empowering women to develop essential mental and emotional health strategies that foster healing, and lead to stronger family foundations and healthier relationship dynamics. Sonni also desires to bridge the gap between faith communities and mental health awareness, by providing trainings and education to ministers, pastors, and church leadership in order to equip and educate them on the realness of mental health and how they can better serve those struggling with mental health in the community or congregation.



## **General Sessions III**

### **Speakers Highlight**

#### **Jennifer Roth, MSW, LCSW**

Jennifer Roth is an Assistant Instructor in the clinical social work program and teaches the clinical courses in the MSW program. She received her BA in Spanish and Psychology from the University of Colorado, Boulder ('05) and received her MSW from University of South Florida ('08).

Jennifer Roth is a Licensed Clinical Social Worker (LCSW) with a trauma expertise. She has over 12 years of experience practicing as a clinical social worker in various settings including schools, skilled nursing facilities, and private practice. She is certified in Eye Movement Desensitization and Reprocessing (EMDR). Jennifer practices using a holistic approach, instead of focusing on a single problem, considering the entire picture. She utilizes a trauma informed approach when working with individuals, families, and groups. Her teaching philosophy centers on generalist and clinical social work practice. Her clinical experience allows her to provide her students with a diverse approach to treating clients with a variety of presenting issues. Her goal is to help students to become proficient, culturally competent, and skilled social workers while serving those in the most vulnerable populations.

## **General Sessions III**

### **Speakers Highlight**

#### **Keshanie Torrence**

MSW student at the University of South Florida and a seasoned secondary teacher for 6 years, Keshanie is deeply committed to becoming a trauma therapist with a focus on serving communities, especially women and adolescents. Alongside her academic pursuits, she runs her own tutoring and mentoring business, leveraging her skills to make a positive impact. Additionally, Keshanie devoted part of her time to the Red Tent Women's Initiative, a local nonprofit in the Tampa Bay Area.

#### **Lianna "Lou" Hernandez, MSW, RCSWI**

Lianna "Lou" Hernandez, MSW, RCSWI (she/her/hers) is a recent MSW graduate (Spring 2023) and currently works at University of South Florida in the School of Social Work as an Academic Services Administrator. While earning her BA in Sociology from University of Central Florida, Lou worked in mental health facilities in administrative roles ranging from administrative assistant to administrative manager & billing specialist. It is because of this experience that Lou so intrinsically values the importance of organizational structures that holistically support both population(s) served and employees. Her areas of research interest include women's issues, autoimmune disorders and mental health, and building strengths-based interventions for vulnerable populations. She is committed to being a life-long learner and hopes to always continue growing both as a clinical social worker and as an advocate.



Self-care  
is not  
selfish



# 50 self-care IDEAS FOR EDUCATORS

1. WRITE A HAND WRITTEN THANK YOU NOTE.
2. ORGANIZE A CLUTTERED SPACE.
3. LIST 3 MISTAKES AND ONE THING YOU LEARNED FROM EACH.
4. PLANT SOMETHING NEW, GIVE IT A NAME AND NURTURE IT.
5. MAKE A LIST OF TASKS YOU'VE BEEN PUTTING OFF AND JUST DO THEM.
6. GIVE YOURSELF A MANI / PEDI WITHOUT TRYING TO BE PERFECT.
7. FORGIVE YOURSELF OR SOMEONE ELSE.
8. MEDITATE OR TRY NEW BREATHING EXERCISES.
9. CONNECT WITH AN OLD FRIEND.
10. WRITE POSITIVE STICKY NOTES TO YOURSELF AND HIDE THEM TO FIND LATER.
11. MAKE A PLAYLIST OF HAPPY SONGS.
12. GO ON STRIKE FROM CHORES FOR A WHOLE DAY OR WEEK.
13. NOTICE AND CHANGE NEGATIVE THOUGHTS TO POSITIVE.
14. GO TO THE SPA & TRY A NEW SERVICE YOU'VE NEVER DONE.
15. DANCE DURING CHORES.
16. TRY A NEW HOBBY.
17. TAKE SOCIAL MEDIA BREAKS.
18. FIND WAYS TO BELLY LAUGH. (CATCH A COMEDY SHOW)
19. DRINK PLENTY OF WATER AND TRACK IT FOR A WEEK.
20. BE EXTRA KIND TO SOMEONE WHO WASN'T NICE TO YOU.
21. BINGE WATCH A SERIES AND/OR GO OUT TO A MOVIE.
22. PLAY A BOARD GAME.
23. MAKE A BATCH OF INFUSED WATER AND SIP ALL DAY.
24. LISTEN TO A SELF-HELP PODCAST.
25. TRY SLEEPING WITH A WEIGHTED BLANKET.
26. TAKE A BUBBLE BATH WITH CALMING BACKGROUND MUSIC.
27. BUY OR PICK FLOWERS TO DISPLAY AT DINNER TONIGHT.
28. TAKE A LEISURELY WALK WITHOUT A GOAL.
29. PUT ON A HOMEMADE FACE MASK.
30. MAKE HOMEMADE SOAPS.
31. TAKE A NAP WITHOUT FEELING GUILTY.
32. ORDER IN DINNER FROM SOMEWHERE NEW.
33. GET CRAFTY. THINK OUTSIDE THE BOX AND GIFT IT TO SOMEONE.
34. GO TO A PUBLIC LIBRARY AND READ FOR AN HOUR.
35. LOOK UP LOCAL VOLUNTEER OPPORTUNITIES AND SIGN UP.
36. SIT IN THE GRASS AND WATCH THE CLOUDS MOVE BY.
37. FIND SHAPES IN THE STARS.
38. SAY NO MORE OFTEN.
39. TAKE A MENTAL HEALTH DAY
40. BURN A CANDLE OR DIFFUSE SOME OILS.
41. SIP ON A FANCY DRINK IN A COFFEE SHOP.
42. GO FOR A DRIVE WITHOUT A DESTINATION. LET THE SIGHTS LEAD YOU.
43. WALK AROUND A FANCY GROCERY STORE AND TRY SOME NEW THINGS.
44. STRETCH FOR 20 MINUTES EVERY MORNING FOR A WEEK OR MONTH.
45. BUY A RANDOM MAGAZINE AND SPEND AN HOUR READING IT WITH A FUN SNACK.
46. SIT OUTSIDE. JUST. SIT. THINK OF ONLY THE PRESENT. FORGET THE PAST & FUTURE.
47. ASK FOR AN OLD FAMILY RECIPE AND MAKE IT.
48. WATCH THE SUNSET ALONE WHILE THINKING OF 3 BLESSINGS IN YOUR LIFE.
49. PLAN A PICNIC AND INVITE SOMEONE YOU LOVE.
50. CHALLENGE YOURSELF TO FACE A FEAR! MAKE IT FUN!





*And ask yourself...*

*Can this wait until  
tomorrow?*