



# FALL 2021 Newsletter

"The CBSW exists to engage, connect, and empower Black social work students and professionals. "

## Fall is in the Air...

### Fall is my absolute favorite season.

- I love the excitement that a new school semester brings.
- I love the cooler weather (Fall fashion is my favorite).
- I love making fires at night with my family, and taking long walks and watching the leaves change colors.
- I love when college football is on TV on Saturdays, and I love that the start of Fall means that Christmas movies will be on TV on a regular basis.



Carmen Reese Foster, LMSW,  
LSSW  
Founder & Executive Director

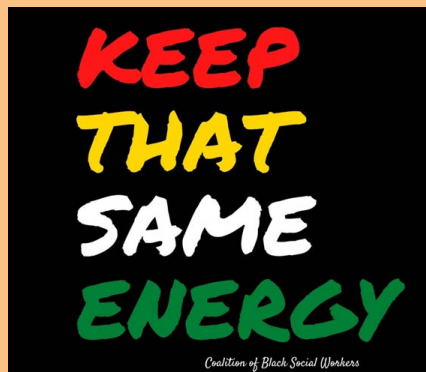
Although I love this time of year, I also know that **Fall means elevated stress levels** for a lot of people, and the start of **Seasonal Affective Disorder (SAD)**. SAD, coupled with COVID, which has already created an increase in mental health issues, means that ***we need to be more vigilant to recognize symptoms of depression and anxiety during this season.*** Practice your self-care. Book an appointment with your therapist. Connect with your friends. Take care of yourself, always, but especially during this season.

*With care, Carmen*

## Inside this Issue...



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Singleton, p.2



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# Support the CBSW

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Well, hello there my beautiful black people! **My name is Justin C. Singleton (University of Memphis DSW Student, 2024), and I am a social worker.** I am certain that is obvious because I am a founding member and serve as the Financial Director for this esteemed organization. In my professional settings, I almost always introduce myself as a social worker. Why? I'm glad that you asked. I know that being a social worker is embedded in the fabric of my DNA just as much as the chemical bases that code our DNA. **Being a social worker is a purposeful and an ordained calling in one's life.** No, I'm not telling you



that you have the power to spread your theology as a minister, priest, shaman or a spiritual leader. However, you do have the power to spread the ethical principles of our field and that matters a lot! We all have the power of life and death with our thoughts, words and deeds. One of the most important deeds that we can bring life to is donating to the CBSW. **Your ability to create life provides future and current social workers exposure to a network of black professionals, a mentoring program and most importantly an organization that is "For Us By Us".** Finally, it gives us the opportunity to develop low-cost professional development opportunities for those who are entering in the field and those that could use a little financial relief. Social Work is expensive, and I know most of us remember making pennies when starting in our career!

So how can you give life? ***You can donate through our safe and secured website at [www.theCBSW.org/donate](http://www.theCBSW.org/donate). All donations are tax-deductible because the CBSW is a 501(c)(3) recognized charitable organization.*** We really look forward to your support. Whatever amount you give will keep me from dressing up as Randy Watson and singing "Greatest Love of All" at a fundraiser sponsored by Soul-Glo. **Thank you in advance and remember that you are the black gold of the sun; shine bright my people.** ~Justin Singleton  
Feel free to contact me at [donate@theCBSW.org](mailto:donate@theCBSW.org)



**DONATE any Amount: [theCBSW.org/donate](http://theCBSW.org/donate)**

# An opportunity to GIVE!



*The CBSW Giving Tree was established in 2020 as an opportunity for CBSW members and allies to support a CBSW student or professional member who demonstrates a need that could be met by other CBSW members. As a part of our CBSW Serves Initiative, the CBSW Giving Tree allows us to take care of and support one another, while also serving within our community.*

As you consider where you are giving this season, please consider donating to the Giving Tree as we help one of our own.

## **There are 4 ways to DONATE: DEADLINE: DECEMBER 18**

1. Plan to **shop** for the item and **drop it at UTCSW** in Nashville.
2. **Cash App or Venmo** Money for an item to \$creese Foster
3. **Shop** for an item and have it **shipped directly** to the recipient
4. **Donate** directly to the CBSW on the website and designate your funds for the Giving Tree.

***You will receive a tax-deductible letter for your in-kind gift or donation***

The sign-up to give a specific gift off the recipient's list will be released in November.



# Meet our Student Campus Presidents!

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*Rodques Jones, DSW Student, President  
Prof Kenya Anderson, Advisor*



My name is **Rodques Jones**, a DSW student and **President of the CBSW-University of Memphis Chapter**. We are excited to enter our second year with the organization. The expectation to follow the mission and purpose to better serve communities is our pivotal goal. In addition, we strive to enhance members and professionals through advocacy and mentoring components for cultural relevance in the field of social work. **CBSW-UM is grateful for the opportunity to share collaborative efforts with the CBSW network across the state.** We look forward to building our capacity of members and professionals through our upcoming events and service. May this year be great to all! Continue to stay healthy & safe. To learn more about joining CBSW-UM, feel free to reach out to the following contact person: Jacqueline Yarbrough, Vice President | [jrybrg1@memphis.edu](mailto:jrybrg1@memphis.edu)

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Hey everyone, I'm **Tyesha**, an MSSW student and the **CBSW Student President at UTK (Nashville Campus)**. I am thrilled to welcome so many new faces to the CBSW. We all come into this profession from so many walks of life and it's an honor to learn from each of you. Our first meeting was such a fun time of connection and I am excited to connect more with you throughout this year. I am also working to find ways for us to learn from others that are already doing this work. I recognize that there is a lot of weariness that may be weighing on us in different ways and **my hope is that the CBSW would be a place where you would find exactly what you need.** Reach me at: [tbutle20@utk.edu](mailto:tbutle20@utk.edu)



*Some CBSW UT (Nashville) students  
at a Meet and Greet*

# CBSW Conference 2022

**CALL FOR PROPOSALS & REGISTRATION :**  
**NOW OPEN!**

SAVE THE DATE:  
**MARCH 4,**  
**2022**  
**8:30-2:30PM**



Location:  
**Virtual**  
**5.0 CEUs**  
sponsored by the  
NASW-TN Chapter  
<https://www.naswtn.com/>

**[Register: theCBSW.org/shop](https://theCBSW.org/shop)**

**EARLY BIRD SPECIALS NOW!**

CBSW STUDENT: \$10

CBSW PROFESSIONAL: \$25

NON-MEMBER STUDENT: \$15

NON-MEMBER PROFESSIONAL: \$50

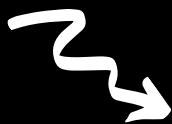


**Keynote Speaker:**

*Dr. Shani Collins-Woods*

**Assistant Professor of Social Work @  
Austin Peay State University**

Proposal  
Details



# DUE: OCTOBER 18

## Gain presenting experience.

## Boost your CV!



Coalition of Black Social Workers (CBSW) Call for Proposals 2022 Conference

### **“Keep that Same Energy!”**

The CBSW Board is elated to announce the 2<sup>nd</sup> Annual CBSW Conference. The conference will take place **VIRTUALLY** on **March 4**. This year's theme is: “Keep that Same Energy!” Consider building your professional network and influence by submitting a proposal for the conference! We eagerly await your proposals.

**Proposals will be accepted in the following formats:**

- Interactive workshop (50 minutes)
  - Panel Presentation/Discussion (50 minutes)
- \*Given the limited number of available presentation spots, we highly encourage team presentations.*

**Proposal criteria:** (Please gather all of this information prior to accessing the Proposal Link).

1. Name, Credentials, Contact Info for each presenter
2. Presentation Format: Workshop or Panel
3. Presentation Theme: (Mental Health, Medical SW, School SW, Program Development, Activism, Ethics, Higher Education, Private Practice)
4. Title of presentation: **15 words or less**
5. Abstract (brief summary of your proposal, which will be used in the conference materials): **100 words or less**
6. Proposal describing your workshop in detail: **1,000 words or less**
7. Proposals are due on **October 18, 2021 by 11:59PM CST**. *Proposal decisions will be communicated via email to the primary presenter no later than December 1, 2021.*

Access proposal link here: [SUBMIT A PROPOSAL!](#)

*The Coalition of Black Social Workers exists to engage, connect, and empower Black social work students and professionals in the community.*

## SUBMIT:

<https://forms.gle/4kqudZLbcBXp2bmA9>



# **VIRTUAL ETHICS WORKSHOP**

## **WHAT DO CULTURAL COMPETENCE AND SELF-CARE HAVE TO DO WITH ETHICS?**

**Friday, November 5, 2021  
9-12 PM CST  
3.0 CONTACT HOURS**



The Code of Ethics recently released its revisions for 2021. Join Carmen Foster, the Founder and Executive Director of the CBSW, for a discussion about the new revisions to the COE and how that impacts our profession's commitment to anti-racist practices and compassion satisfaction.

**CBSW MEMBERS: \$27  
NON-CBSW MEMBERS: \$60  
REGISTER: [THECBSW.COM/SHOP](https://theCBSW.com/shop)**

# Mentorship Training Success !

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Thank you,  
LaTamera  
Woodley !



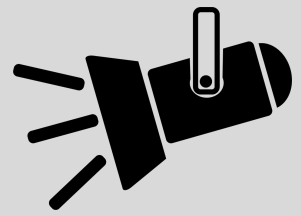
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Thank you to everyone who attended our Mentoring Workshop with LaTamera Woodley, MSSW. ***We are so excited about the Mentoring Guide that LaTamera developed for the CBSW and how it will enhance our mentoring relationships.***

If you are interested in mentoring, please reach out to [cfoster@thecbsw.org](mailto:cfoster@thecbsw.org). We have students all over the state of Tennessee and beyond who are involved in our mentoring program. **We have options for in person and virtual mentoring!** Thank you for giving back.



# Black-owned Social Work Business Spotlight



## INTENTIONAL HEALING EMPOWERMENT CENTER, LLC



**JOYRE  
MONTGOMERY, LCSW**

**Founder, Owner, Clinical  
Director**

**Chattanooga, TN**

To schedule an appointment or a  
consultation, email:

[info@intentionalhealingchatt.com](mailto:info@intentionalhealingchatt.com)

or call 423-226-5021

<https://www.intentionalhealingchatt.com>

### **Mission:**

*EMPOWERING THE COMMUNITY WITH THERAPEUTIC SKILLS TO UTILIZE AS THEY THRIVE  
THROUGH LIFE'S ADVERSITIES*

### **Services offered:**

Individual, Group, & Family Therapy

Couples Therapy

Brainspotting Therapy

School-Based Therapy

Teletherapy

Walk & Talk Sessions

# Stay connected to us on social media!



This Facebook page is an opportunity for CBSW members and Friends of the CBSW (allies) to learn about social work from a Black perspective. Please join us @ <https://www.facebook.com/thecbsw>

*We will still keep our closed Facebook Group for discussions, job postings, and support.*

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@thecbsw

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CHECK US OUT  
ON THE WEB:  
[THECBSW.ORG](https://thecbsw.org)

Register for our conference,  
Drop us a note, or buy some  
swag!

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**Join our mailing list!**  
**CBSW Mailing List**