Grace and Peace CBSW! WE MADE IT! Typically, I’d say Happy New Year, but I want to acknowledge that there is so much that we’ve lost over the last two years and yet, **WE ARE HERE**. To say that “we made it” is truly revealing itself to be more and more of a blessing. With that said, the start of a new year ushers in the urge to set goals, get back in the gym, or change some aspect of our lives in which we are not pleased. Perhaps, what would it look like to start our New Year with reflection and gratitude for our ability to show up in the midst of a global pandemic, expectations to be back "outside," and anything else that was a "pre-pandemic" stressor in our lives? **What if the "New You" is a renewing of perspective or a different practice of stepping into a New Year?**

Now I don’t have the cheat code, but I would like to offer some suggestions that just may help to consider the days ahead from a different perspective. Try to take a moment to celebrate your wins and reflect on lessons learned in 2021.

- Pause to ask yourself what you need during this time and what is necessary to get those needs met.
- It is OKAY if you haven't made a vision board or created smart goals for the year yet, search and see when it feels right for you to cast your vision for 2022.
- Most importantly, don’t forget to BREATHE!

Take Care,

Brittany E. Jones, LCSW

www.joingracewellness.com

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**New Year, New You!**

**WINTER 2022 Newsletter**

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

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**Inside this Issue...**

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Coalition of Black Social Workers Conference

VIRTUAL: March 4, 2022
8:30 - 2:30PM CST

featuring

DR. SHANI COLLINS-WOODS
Best Selling Author | Motivational Speaker | Educational & Writing Consultant

A Charge to Black Social Workers: Speak Truth to Power

Workshop 1: Black Men's Mental Health
Dr. Keith Ekhator, LCSW, LSSW, CCTP

Workshop 2: LGBTQIA +BIPOC Best Practices
Bethany Jones, LMSW

Workshop 3: PANEL: Using Disclosure & Authenticity to Cultivate Therapeutic Alliance w/Black clients
Jamila Walker, LCSW

thecbsw.org/shop

CBSW Member: $30 | Non-Member/Ally: $55
CBSW Student: $10 | Non-Member/Ally: $15
CBSW Professional Awards

Let's celebrate Black excellence! Nominations are due on Jan. 29. Self-nominations are welcome!

CBSW Social Worker of the Year Award
This will be awarded annually to a professional social worker (5+ years in the field) who is a member of the CBSW and demonstrates the values of the CBSW: Black Excellence, Mentoring, Training, Networking & Service. This nominee has gone above and beyond their call of duty and exemplifies the best of what it means to be a black social worker.

CBSW Social Worker On the Come Up Award
Less than 5 years experience post graduate
This will be awarded annually to a new professional social worker (1-5 years in the field) who is a member of the CBSW and demonstrates the values of the CBSW: Black Excellence, Mentoring, Training, Networking & Service. This nominee has great potential to go above and beyond their call of duty and exemplify the best of what it means to be a black social worker.

Friend of the CBSW Award
Professional Ally /Co-conspirator Award
This will be awarded annually to an ally and friend of the CBSW who has used their platform to amplify members and voices of the CBSW. This friend/ally leads by example in their efforts.

CBSW Distinguished Service Award
More than 5 years experience post graduate
This will be awarded annually to a professional social worker who has been in the field for more than 5 years who has made outstanding professional contributions to the field of social work and who has uplifted the Black community throughout their work and service.
Mentorship Matters

JAHAMARTIN, LCSW
Coordinated Entry Specialist @ the Nashville VA

"DO IT! I was initially hesitant about being a mentor due to the time commitment. However, it has been such a joy and I don't feel like this is just another task on my do list that I have to check off. It's a great way to give back to our profession and to help provide support to mentees."

BAYLIE SPRING
MSSW Student:
UTK Nashville Campus

Bailey has her BA in Psychology with a minor in Sociology from University of Alabama at Huntsville. Baylie was also on the UAH soccer team as a forward and attacking midfielder!

"I would encourage others that are interested in this mentoring program to really take it seriously. There is so much information out there to learn and it is all at your fingertips with the help of your mentor so utilize the opportunity, as much as possible. Furthermore, always be organized and prepared with questions to each monthly meeting check in so you really are able to learn the necessary information to grow in this promising field."
Mentorship Interview

Why did you want to become a mentor/mentee?
(Jaha): I have been blessed to have two amazing SW mentors that continue to support me and provide me with guidance. Their mentorship has added so much to my life personally and professionally. When a mentorship opportunity was presented to me, I was excited to be able to share my SW journey and experience to support my mentee in her journey. I’m hopeful that our relationship is just as enriching as the mentorship that I receive.

(Baylie): I wanted to become a mentee in the Coalition of Black Social Workers because I loved the idea that someone that looked like me could professionally guide and help me through the field of social work with their wisdom.

What do you look most forward to about your monthly check-ins?
(Jaha): I look forward to learning from her and being able to share in her journey to becoming a Social Worker and the fresh perspective that students often bring. I look forward to her questions and her sharing her practicum and class experiences.

(Baylie): I look forward to learning more about the field from my mentor and seeking scholarly advice from her such as how to prepare for licensure exams upon graduation.

What is the most beneficial part of being in this role?
(Jaha): The most beneficial part of this role is the reciprocal learning and relationship building. Our personalities vibe well and I love Bailey's energy and enthusiasm for Social Work. It helps to recharge my energy and focus towards the profession.

(Baylie): The most beneficial part of being in the role of mentee is the influx of information provided to me to allow me to make the best decision for my future career.

What is the most challenging part of being in this role?
(Jaha): I think the biggest challenge is coordinating schedules and making sure to keep our mentorship relationship a priority and taking the time to be intentional about linking her up with other social work professionals and opportunities that would be beneficial to her.

(Baylie): The most challenging part of this role is making sure I ask the right questions in our monthly check-ins and wanting to just learn as much as I possibly can.
JOIN SOCIAL WORK STUDENTS FROM SEVERAL UNIVERSITIES FOR AN HONEST CONVERSATION AS THEY DISCUSS THEIR EXPERIENCE OF BEING BLACK AND STUDYING SOCIAL WORK.

WEDNESDAY, FEBRUARY 9, 6-7:15 PM CST

RSVP TO GET THE LINK: https://forms.gle/mRhypVe6PG2SPnmw7

Contact cfoster@thecbsw.org for questions
**FIRSTS:**
Black Student Panel
Black Social Work Youtube Video
Rites of Passage Ceremonies (UT and UM)
CBSW Intern, Megan Bryant (University of Louisville)
Combined Student Retreat with UT and University of Memphis
Two New CBSW Ambassadors

**TRAININGS:**
COVID-19 Vaccine Panel with Dr. Kimberly Lamar
Young Professionals Panel
Interviewing 101 with Dr. Monica Coverson and Dr. Keith Ekhator
Mentoring Workshop with LaTamera Woodley, MSSW
Ethics with Carmen Reese Foster, LMSW, LSSW

**PARTNERSHIPS:**
NASW-TN: White Supremacy, Coloniality, and Anti-Asian Racism
NASW-TN: Ally Workshop
Truth, Justice, Liberation Collaborative (with University of Tennessee, University of Alabama, Portland State University, & Michigan State University)

**Thank you for your generosity:**
3 Families Supported through the Giving Tree (the most ever!)
Fully funded James and Elaine Reese Legacy Scholarship

**By the Numbers:**
20 Mentor Pairs
250 Members and counting!
2 Student Chapters
Giving Tree Success!

Thank you, to everyone that gave to our Giving Tree--it was our most successful Giving Tree to date! Your generosity allowed three families to have a wonderful Holiday season and provided a much needed lift to jump start 2022.

A note from one of our recipients!

As everyone that made our holiday special we thank you so much. As I write this with tears falling my heart is filled with so much joy. Lord knows I thank each and everyone of you, from the bottom of my heart. I pray that God will bless each and everyone of you. I'll pray for you, you pray for me and watch God change things.
Brittany Jones, LCSW
Owner, Founder, & Lead Clinical Therapist
Nashville, TN
To book a free 15 minute phone consultation or schedule an appointment, please visit www.joingracewellness.com or call (931) 980-0699.

GRACE WELLNESS AND CONSULTING IS A CULTURALLY SENSITIVE AND INCLUSIVE PSYCHOTHERAPY PRACTICE PROVIDING A SAFE SPACE TO NAVIGATE LIFE’S CHALLENGES AND DEVELOP TOOLS TO CREATE SUSTAINABILITY CENTERED ON EMOTIONAL, MENTAL, AND PHYSICAL WELLNESS. WE BELIEVE THAT BEFORE THE HEALING JOURNEY CAN BEGIN, YOU MUST GIVE YOURSELF A LITTLE GRACE.

https://www.joingracewellness.com/

Services offered:
Individual Therapy, Group Therapy, Couples Therapy, Professional Consultation, and Speaking Engagements.

*Grace Wellness is an exclusively virtual private practice providing teletherapy via HIPPA compliant telehealth platforms.
Our Founder & Executive Director, Carmen Reese Foster, won the Three Minute Thesis (3MT) competition at the University of Alabama. Carmen competed against other Doctoral students at UA and came out on top! Her research interest "Assessing the Impact of COVID-19 and Race-Based Trauma on the Mental Health of Black Social Work Providers" is profound and timely. Thank you to every CBSW who participated in the research study.

Carmen, we are proud of you, sis, and we are cheering you on as you move on to the Regional Competition in Raleigh.

CBSW Family, make sure you drop Carmen a note of encouragement ahead of her competition on Feb. 18. You can reach her at cfoster@thecbsw.org.

Stay connected to us on social media!

CHECK US OUT ON THE WEB: THECBSW.ORG