As graduate students with families, jobs and responsibilities galore it is easy to forget to stop and take care of ourselves. With the semester winding down and the holiday season fast approaching I want to remind you all to take care of your own mental health needs in the coming month. A few reminders about services offered on campus if you are feeling overwhelmed:

- If you’re looking for a counselor of your own please consult your advisor or see student health for a referral.
- If it’s some Zen you’re craving, Yoga classes are offered in the fitness center (FREE YOGA!)
  - Mondays & Wednesdays, 12:00pm – 1:00pm
  - Tuesdays & Thursdays, 5:15pm – 6:15pm
- Worried about a friend and don’t know where to turn? Contact OU-Tulsa’s Behavioral Intervention Team (BIT) by phone: 918-660-3BIT (3248) or e-mail: TulsaBIT@ou.edu

Self-care is such an important part of the work we do, and we must always make sure we are mentally capable to do this work or we really won’t be of any service to anyone else! Enjoy this last full month of the semester, stay calm and focused—we are all in this together!

Best regards,

Taylor Kilburn

For more resources on self care visit:
http://socialwork.buffalo.edu/resources/self-care-starter-kit.html
MSWSA Faculty Spotlight

Each month we will feature an OU-Tulsa MSW faculty member to help everyone get to know more familiar faces on campus. This month we feature adjunct professor Amie Koehn.

Have a faculty member you would love to see featured? Have a question you want the faculty to answer? Let me know at: Taylor.Kilburn@ou.edu

Amie Koehn, MSW, LCSW
Adjunct Professor, Private Practitioner
Amie.M.Koehn-1@ou.edu

Education Background: BS in Family Relations and Child Development from OSU; MSW from OU
Classes Taught: Advance Practice with Diverse Populations, Health and Social Work, Field Practicum workshop
Years teaching at OU: 5 years
Experience in the field: More than 14 years- inpatient mental health, outpatient mental health, internal medicine, pain management, community health, domestic violence and individual, couple and family counseling.
What do you love most about social work? My favorite thing about social work is building relationships with people and care systems that help people find support, clarity and healing.
Favorite course to teach & why? All of them (except research!) Although, I think I would have to say Advance Practice because I get to teach the entire semester.
One thing you would like all MSW students to take away from their time in the program? The understanding that human problems are not linear; they are murky, multi-dimensional, and that resolution to those issues requires multidimensional understanding and solutions. Finding a home for someone doesn’t necessarily end homelessness for that person unless one understands and addresses the factors that led to and sustained homelessness for that individual. The multi-dimensional approach serves more effectively than the surface approach of addressing the more immediate need alone.
MSWSA NEWS NOVEMBER 2014

Shirts have been ordered!

Please watch your e-mail for additional information on pick up from Paige Melton.

Turley Food Drive

Help us collect protein rich, non-perishable food items to help stock Turley’s Food Pantry!

Donations can be placed in buckets in 3J wing Monday November 3 through December 2. We will also collect donations as well as monetary donations at the door at the holiday dinner. $2 or 2 canned items get you entered in drawings to win door prizes!

You can also help raise money through Go Fund Me: http://www.gofundme.com/FAMGYC

Mark your calendar for this year’s professional development day, planned for March 12 from 9-4 in the Learning Center. This event will feature a speaker from the Oklahoma state licensing board, local agencies offering information and practicum/job openings, breakout sessions and lunch. Please plan to attend!

Have a suggestion for something you would like to see addressed in a breakout session or an agency that would like to participate? E-mail: Taylor.kilburn@ou.edu

NASW Oklahoma Chapter:
Annual State Conference

April 26-28, 2015, Embassy Suites Hotel & Conference Center, Norman, OK

Students are invited to attend this event, and may use student funds ($250 allocated to each student every school year) for travel expenses.

InSocialWork®, the podcast series of the University at Buffalo School of Social Work, is hosting a Self-Care Photo Contest on Facebook. Entering is easy! Just follow these three easy steps:

2. Upload a photo of your favorite self-care activity. Include a brief description of your self-care practice shown in the photo.
3. Starting on November 1, we will begin sharing all of the submitted photos in our Self-Care Photo Contest Album on Facebook. Don’t worry! Photos submitted after November 1st will be entered into the album and still be eligible to win!

On November 14th, all photos in the album that have received 5 or more ‘Likes’ will be entered into a drawing to win a beautiful plaque-mounted poster of our How to Flourish in Social Work Self-Care Infographic! The winner of the drawing will be contacted via Facebook, and will be asked to supply a shipping address so we can mail the prize.

For questions or for more information, write to us at insocialwork@buffalo.edu.
Upcoming Events

Holiday Tree Decorating:
• Monday, November 17, Innovation Commons

MSWSA General Meeting:
• Tuesday, November 18, 4:30 pm in LC 231

OUTSGA Trivia Happy Hour:
• Thursday, November 20, 4:30 pm, Innovation Commons
  *Prizes may include BEDLAM TICKETS!

Social Work Holiday Potluck:
• Tuesday, December 2\textsuperscript{nd}
  *Please RSVP to the evite sent to your OU email

Festival of Lights:
• Thursday, December 4\textsuperscript{th}, Innovation commons

**NO GENERAL MEETING FOR THE MONTH OF DECEMBER!**
Enjoy your winter break, meetings will resume in January!

OU-Tulsa’s Clothesline Project Update

Thanks to all who participated in the clothesline project! For more pictures from the event, please visit our website:
https://www.ou.edu/content/tulsa/student_affairs/OUTSA/organizations/MSWSA.html