



SCHOOL OF SOCIAL WORK
BRIGHAM YOUNG UNIVERSITY

School of Social Work Hosts 11th Annual Conference

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On October 28th, 2016 the 11th Annual BYU Social Work Conference, *Stepfamilies: Research Informing Practice*, was held at the Hinckley Center. Presenters included Dr. Patricia Papernow, the Director of the Institute of Stepfamily Education; Dr. Kevin Shafer, a Brigham Young University Professor; Dr. Brian Higginbotham and Sheryl Goodey, from Utah State University; and Kerri Robinson, an LCSW at Family Support and Treatment Center.

In the opening plenary session, Dr. Patricia Papernow spoke on *Surviving and Thriving in Stepfamily Relationships*, explaining that few people have information or research on stepfamilies and how to make them work. She began her presentation stating when it comes to first-time couples, partners are able to work together to establish patterns and values that make a family. Then when a child enters the family, a hard wired bond with both mother and father is formed. If that couple then gets divorced, new patterns are established within that single parent home. Therefore, if and when a new companion enters the home, there can be challenges in starting a stepfamily.

Papernow continued that the first challenge that can be presented is the Inside/Outsider position. Attachments and bonds, as described previously, that regard both biological and stepparents with children, can be stretched and even broken when creating a stepfamily. A second challenge she addressed was children and their struggle of

losses and loyalties. The third challenge tackled parenting techniques and establishing what kind of parenting is best. Dr.

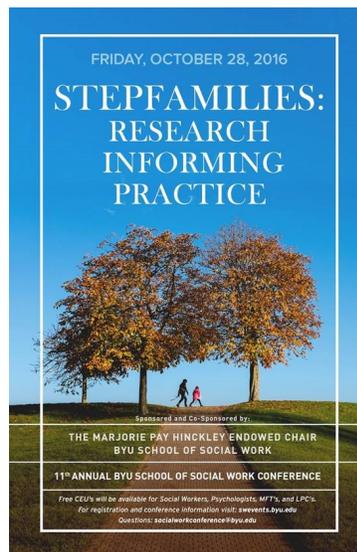
Papernow identified that parents who work on connection before correction prove to have more successful relationships with their children. A fourth challenge was about creating a new family culture. Family culture must be built while still maintaining respect for previously established patterns. Finally, the last challenge Papernow explored was that of former spouses and integrating them into the family. When each of these challenges are overcome through healthy communication, a stepfamily will finally survive and thrive.

The building up of this family process is most important for the stability of relationships. Papernow concluded that while divorce is difficult for most kids, the overall struggle is fueled by conflict between relationships.

At the end of the conference, Dr. Papernow did a role play with students. She demonstrated her techniques as a clinical social worker, as she played the role of a therapist in two scenarios: one with a couple in their second marriage, and one depicting a strained

child-parent relationship. This application technique for both the students and audience provided an important learning tool for helping future clients who may be in a similar situation.

During the breakout session, attendants could participate in three different sessions to learn more about stepfamily research and organizations. One of the sessions was giv-



Dr. Papernow performing role play with first year MSW students, Jessica Fisher and Matt Crooks.

Aims of a BYU Education

- Spiritually Strengthening**
- Intellectually Enlarging**
- Character Building**
- Leading to Lifelong Learning and Service**



en by Dr. Kevin Shafer, whose research interests address the significance of father involvement for child wellbeing, barriers to positive father engagement with children, and the influence of stepfather-stepchild relationships on the wellbeing of children living in stepfamilies. He is a principal investigator of the Stepfamily Experiences Project and the Survey of Contemporary Fatherhood, data sets which address parenting and step-parenting among men.



Dr. Kevin Shafer

Shafer's topic of *Stepfathers: The Key to Stepfamily Success* provided statistics showing that 80% of stepfamilies consist of a biological mother and stepfather, 60% of stepfamilies will break up, and 30% of children will live with a stepfamily between birth and age 18. Dr. Shafer articulated that stepfamilies take time and effort that most parents and families would not expect. However, stepfamilies can be successful and similar to a

nuclear family, when issues are worked out in the right time. Everything in a stepfamily can be negotiable. Within those family situations, which are likely to be highly complex, stepfather involvement provide the necessary key in the negotiation. Shafer continued to state that within stepfamilies, children look to the mother for loyalty and advocacy, and fathers for contact and social support. Stepfathers are then seen as social support, but are also pressured to not change the family and to not discipline the children. These parenting roles render major disagreements in a stepfamily because each adult in the family system has different desires and expectations. Shafer affirmed that ways to improve these parenting roles, particularly with the stepfather, are to have them empathize with children, improve communication, and be emotionally available. He concluded that stepfamilies work better when there is open communication, parental agreement, and a good relationship quality. With these various techniques implemented, a stepfamily can grow closer and stronger.



Dr. Brian Higginbotham and Sheryl Goodey

Another breakout session presentation was given by Dr. Brian Higginbotham and Sheryl Goodey. Dr. Higginbotham is the Associate Vice President of the Utah State University (USU) Extension program and a Professor in the Department of Family, Consumer and Human Development. Sheryl Goodey is a PhD candidate, who has also been working with the Extension program and researching with Dr. Higginbotham. The USU Extension program encourages and promotes taking time for those relationships

that matter most and creating a positive atmosphere within the family. Higginbotham and Goodey explained that this program is a relationship strengthening education program, focusing specifically on those who have stepfamilies. Classes educate individuals not only on ways to improve their relationships with spouses and children, but also supports them in their non-biological families. This relationship education includes the importance of social support, validating the stepfamily experience, developing realistic expectations, navigating stepparent-stepchild relationships, prioritizing the couple relationship, and managing relationships with former partners. Classes and workshops are for parents, children, and then families all together, working to progress towards healthy familial relationships. Higginbotham and Goodey continue to expand this program and further their research for the future of stepfamilies.



Kerri Robinson, LCSW

Kerri Robinson presented on *Creating a Unique, Combined Family Identity*. She began with her personal experiences. She has personally learned the invisible burdens that are brought to stepfamilies. This invisible burden tends to be the expectations that are brought in by family members. She explained that however planned out or thought out one might feel, these unseen expectations can be a trial to the family. Other predictable, but tough barriers, that may occur within a stepfamily can be intense and unexpected emotions of loneliness or lack of control within family dynamics. Relationships are constantly evolving, making them complex. These relationship struggles can prove to be different for each family member. Robinson emphasized that focusing on an individual's identity within a stepfamily is crucial because personal issues may resurface due to inconsistency around them. Communication is key. Managing and normalizing expectations can help all to understand that a new family identity is needed, bringing all in the family together. Robinson concluded that when a fresh family identity is made for the new stepfamily an opportunity to establish traditions and build values arises, providing a chance to make a family feel whole once again.

The 11th Annual BYU Social Work Conference was an opportunity for students, faculty, and families to gain greater insight into the life and struggles of a stepfamily. Uncovering the challenges faced by stepfamilies, obtaining the key to a stepfather's involvement, revealing an established program on healthy relationships, and learning from a personal witness the importance of family dynamics, all advocate for active engagement in the support of families. This critical information provided by Dr. Patricia Papernow, Dr. Kevin Shafer, Dr. Brian Higginbotham and Sheryl Goodey, and Kerri Robinson, furthered the research on stepfamilies and contributed to the mission of the Social Work program as a whole by preparing all to serve children and families.



Dr. Gordon Limb

School of Social Work Mission Statement

The mission of the School of Social Work at Brigham Young University is to support the overall mission of BYU and the Church of Jesus Christ of Latter-day Saints by generating new knowledge and by educating and training students to use the appropriate knowledge, values, and skills of the social work profession to serve children and families within their environment and the context of their specific cultures.

From the Director

By Dr. Gordon Limb

Our current Mission Statement says:

“The mission of the School of Social Work at Brigham Young University is to support the overall mission of BYU and The Church of Jesus Christ of Latter-day Saints by generating new knowledge and by educating and training students to use the appropriate knowledge, values and skills of the social work profession to serve children and families within their environment and the context of their specific cultures.”

Important in this is the “use of appropriate knowledge, values and skills.” This suggests knowing and then doing as critical components of social work training. I think for many of us, the doing part is what drew us into the profession. Interestingly, with the new 2015 EPAS and the 9 Competencies, our accrediting body has added language suggesting additional components to competent social work practice:

“EPAS recognizes a holistic view of competence; that is, the demonstration of competence is informed by knowledge, values, skills, and cognitive and affective processes that include the social worker’s critical thinking, affective reactions, and exercise of judgment in regard to unique practice situations.”

The addition of “a holistic view of competence” and “cognitive and affective processes” adds important elements to what we need to do as a School to prepare our students for effective practice. This addition helps in not only demonstrating competence but also includes the “holistic” aspects of the Aims of a BYU Education: spiritually strengthening, intellectually enlarging, character building, leading to lifelong learning and service.

I am grateful to be a part of BYU and the social work profession that emphasizes not only core values, but a holistic view of helping.

On a different note, we are excited as a School to welcome our two new faculty members, Stacey Shaw and David Wood. As you can see in the newsletter writeup, both bring unique skill sets and will be great assets to our students. We are very fortunate to have both Stacey and David with us.

All the best,

Gordon Limb

From the Alumni President

By Ruth Aguirre

“Loving ourselves through the process of owning our story is the bravest thing we’ll ever do.” (Dr. Brene Brown). I often get asked what it is that I do as a social worker, followed by comments about how hard that must be and that I must be a special person for wanting to work in this field. I have also had opportunities to educate people about the social work profession and our purpose for what we do in a community. My beliefs and experiences have continually led me to conclude that social work is not a career where one is “on the job and off the job” and limited to work hours, but also a lifestyle, a way of being. It is an ability to look at an individual and recognize that they belong to a system of influences, beliefs, traditions and experiences that have uniquely shaped, characterized and allowed them to become who they are. To have the honor to engage in their personal and vulnerable journey is at times difficult and overwhelming, while it is also incredibly human and real. It is what fuels connection and allows us as humans to experience the beautiful aspects of our worldly experience. Personally, I have learned and grown in so many aspects by witnessing others owning their story and loving themselves enough to do what they need to do for healing. Alumni, thank you for doing what you do and continuing to have the passion to hold pain and discomfort in order to reach peace, love and joy for another.

It has been another busy year of activities, conferences and events at Brigham Young University. Our Brown Bag series earlier in the year was a great success and thank you to those that were able to be with us. The theme was on Self-Care and we had the opportunity to hear from two guest speakers followed by an hour of both a Zumba workout to de-stress and learning office stretching techniques. It was fun to see participants learn how to manage aches and pains from sitting in an office to dancing stress away. Of course it was always a welcomed treat to get 3 free CEUs from the event! We hope to continue to bring fun and exciting activities that can be a benefit and interest to you in the field.

We also had the opportunity to learn and hear from amazing speakers at BYU’s annual conference “Stepfamilies: Research Informing Practice.” Stepfamilies have become more common in our American family life and we learned the strengths and challenges when working with multifaceted relationships. Dr. Patricia Papernow, Director of the Institute for Stepfamily Education, educated us on the five major challenges of stepfamilies as well as how to help parents and stepparents become a team. Dr. Shafer from BYU helped us understand the key role that stepfathers have in building a positive family relationship and Dr. Brian Higginbotham & Sheryl Goodey enriched us with their research on stepfamilies. Kerri Robinson, an LCSW, taught about her unique experience in combining families and forming a family identity. It was wonderful to learn and engage with professionals in the community!

Please feel free to contact me at ruthaguirrecounseling@gmail.com for any input, ideas or activities you may have for future activities or events. May 2017 bring joy into your heart and life.

Ruth Aguirre
BYU School of Social Work
Alumni President



Ruth Aguirre

Your donation helps provide an excellent educational experience for students. If each of our 4,000+ social work alumni gave just \$10 per year, that would fund a scholarship for a current social work student!

Yes, your donation matters!

For donations to the School of Social Work contact:

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Help give more students an “exceptional educational experience.”

2016 College Awards



Dr. Kevin Marrett

At the beginning of Fall semester, Dean Benjamin Ogles announced that Social Work Professor, Kevin Marrett, received the College Excellence in Teaching Award. The award recognizes faculty members who effectively teach and inspire students to achieve excellence in their areas of study through effective teaching in the classroom. As part of the award, Dr. Marrett gave a master teaching presentation entitled "Knowing Where You're Going and Different Ways to Get There" that helped college faculty use different teaching methods to help reach class objectives. This award recognizes Kevin Marrett for his years of effective teaching in the School of Social Work.



Charlene Clark

Early Fall semester, Dean Benjamin Ogles announced that Social Work Office Administrator, Charlene Clark, received the College Excellence in Service Award. The award recognizes staff and administrative employees who have excelled in service to their department and/or college. Charlene has been instrumental in helping nearly 800 students participate in the AmeriCorps program. The total dollar amount in education awards received by these students exceeds \$1.17 million dollars. This award recognizes Charlene for her wonderful service to the School of Social Work and its students.

School Welcomes New Assistant Professor Stacey Shaw



Dr. Stacey Shaw

ugee Committee). She then moved to New York for five years to complete her PhD at Columbia. Dr. Shaw is coming to BYU from Malaysia where she worked at the University of Malaya as a visiting faculty, after she received her PhD. While there she was able to visit several places including Myanmar and Borneo where she ventured through forests to see orangutans and at dusk millions of bats would fly out of caves. Her research examined mental health needs and tested a CBT based support group for refugee women from Afghanistan, and examined the role of religiosity among those at high risk for HIV. She left Malaysia in June and started here at BYU the first of July, 2016.

that it has been nice to get support from BYU towards getting situated with being new, and to have faculty meeting to get together about teaching. During the time she has been here she has enjoyed going to BYU devotionals, in particular by Bonnie St. John, who talked about racism. "It has been helpful to hear this right after the election and to consider how we can better understand those with different experiences and perspectives," says Dr. Shaw. She has enjoyed interacting with students who are seeking ways to understand immigration issues and promote access to resettlement for refugees as well as providing and improving necessary resettlement and mental health services.

Dr. Shaw is a new professor to the School of Social Work this year. She grew up in Portland, Oregon and moved to Salt Lake City in high school. She received her Bachelor's and Master's of Social Work here at BYU. After she graduated, Dr. Shaw worked for the IRC (International Ref-

This year Dr. Shaw is teaching Policy for undergraduates, Human Behavior and Social Environment for the first year students and Community Organization for the second year students. She is also researching refugee resettlement with the IRC, in the realm of casework and mental health. She says



Faculty & Staff Updates



Gordon Limb

This past summer Dr. Gordon Limb and his family had a wonderful time visiting Star Valley, Wyoming, and California where they went to Universal Studio's Harry Potter World and Knott's Berry Farm. He is looking forward to this next summer where he will be traveling to Washington, DC and participating in BYU's Washington Seminar.

This year Dr. Limb is teaching Spirituality, a spiritual assessment class, and Leadership for second year students. He also teaches an Independent Study Intro to Social Work class, and is developing a Research Methods online class. In addition to being the director and a professor, he continues his research with students on the STEP data. This includes studying stepfamilies and gathering American Indian data. Finally, Dr. Limb's most impactful experience while he has been here at BYU has been training students. BYU has taught the clinical side of Social Work for many years and has done it well. In the last few years BYU has also trained students for PhD programs, and is connecting students to top PhD programs.



Wendy Sheffield

Wendy has had an eventful year with her family. In June her youngest son left to serve a mission in the North Carolina, Raleigh mission, and in November they welcomed their first granddaughter into the world! As part of "living the self-care that she teaches," she, her husband, and son visited the big island of Hawaii, where they enjoyed hiking through waterfalls, peer-

ing into volcanoes, and snorkeling in the glorious Kapoho tide pools!

Wendy continues to teach Direct Practice Skills, Integrative Field Seminars, and oversees and directs the Field Internships. Her most current development projects include refining the "Self-Care for Helping Professionals" curriculum and increasing the use of online resources and teaching modalities within the Integrative Field Seminars. When she is not teaching she works with CSWE on holistic competency field evaluations, and enjoys trainings such as the Evolution of Psychotherapy Conference in California, which is held every five years. BYU has been a key component to Wendy's success today and she credits receiving her MSW degree here as her most impactful experience, because it all started with that.



Kevin Marett

Dr. Marett continues his busy schedule by teaching Crisis Intervention, Clinical Practicum, Integrative Field Seminar, Marriage and Family Therapy, Models of Psychotherapy, Advanced Clinical Practice, and Human Sexuality and Social Work Practice. To maintain the clinical side of social work, Dr. Marett has recently completed the Applied Suicide Intervention Skills Train-

ing (ASIST) workshop. In his free time, Dr. Marett likes to spend time with his family. This past summer he did that when they traveled to visit his brother. He says that the best places that he can travel are those with his family.

Kevin Shafer



Dr. Kevin Shafer's current research is addressing how mental health impacts the way fathers parent their children. He is also interested in how social factors impact men's mental health.

Alongside his research, he continues to teach both advanced and regular Research Methods in Social Work, and both advanced and regular Statistical and Data Analysis in Social Work. This last summer Dr. Shafer was able to

take a group of nine undergraduate students to Brazil for a study abroad experience where they researched father involvement among Brazilian men. He says that traveling to Brazil is always an adventure and something he looks forward to. During the summer he spent two 'grueling months' preparing his tenure file and then he went on a family vacation to California and visited Legoland. He says his 8 and 6 year old children lobbied hard for a trip to Legoland in San Diego this year and they likely have futures in politics. Finally, Dr. Shafer loves his experience here at BYU and said that President Worthen's faculty conference address perfectly encapsulates his love for BYU.

David Wood



This year, Dr. Wood is continuing to teach Program Evaluation, Motivational Interviewing, and Psychopathology. His main research currently explores help-seeking for mental health treatment in the military and is currently writing a data-based paper on help-seeking behavior among those who are fathers and have served in the military. Dr. Wood is also working on a study on National Guard serviceman and their

barriers to seeking help. He has a paper under review on active duty military service members who have undergone treatment to reduce suicidal thoughts and behaviors. He continued to further his work this past summer by attending the Military Health System Research Symposium, where he

presented research on an intensive 7-day treatment intervention for combat veterans that involves equine assisted psychotherapy and EMDR therapy. Dr. Wood also completed an Army survival course through the military at Ft. Rucker, which he says wasn't the most fun, but amplified his appreciation for the hardships that some service members experience. One of his favorite things about BYU is how patriotic it is, where (most) students pause with a hand on their hearts during the raising and lowering of the American flag and the national anthem.

Cory Dennis



This year, Dr. Dennis has had the opportunity to teach Clinical Practicum, Group Work, and Advanced Direct Practice. While he teaches full-time, he continues his research on substance abuse. He also has been supervising clinicians at Steps Recovery Centers; he says it is nice to stay connected to the everyday practice world with clinicians working towards their licensure and being in the everyday realities of

social work practice. This past summer, Dr. Dennis took a trip to California which he expressed was the best trip he has taken recently. He said that it was nice to get away and be by the beach and to reconnect with friends. While in California he visited the Inland Empire and San Bernardino. There he spent some time in the mountains with family and worked. When asked what his most impactful part about his experience at BYU has been, he said, "I enjoy being reminded of how impactful clinical work can be for helping people."

Jini Roby



Professor Roby has returned this year and is teaching Social Welfare Policy and Intro to Social work for undergraduate students. She is currently working on about a dozen papers all working with vulnerable children. One involves her work in Ghana with children who are still in institutional care as well as those who have returned to their families. This past summer she was able to

go to Seoul, Korea to present at a conference for the International Association for Schools of Social Work on Orphan Tourism. Professor Roby has also participated in various trainings such as case management training in Myanmar, as well as developing training materials for Indonesian social workers and para social workers. More recently, Professor Roby happily announced that she and her husband had their first grandchild born in September who she excitedly welcomed into the family. Through the several years that she has been a professor, she stated that the greatest impact on her has to do with the students. She has enjoyed mentoring them and seeing their progress in life. Seeing how their dreams are achieved has strengthened her as a professor.



Kristin Lambert

Kristin continues to teach Introduction to Social Work, Direct Practice with Individuals, Families, and Communities (both undergraduate courses), Intervention with Children and Adolescents and Clinical Practicum. Over the past several months she has had the opportunity to present on depression to groups of women in LDS stakes and at the Calvary Baptist Church in Salt

Lake City. She also recently attended a sand play therapy training with John Burr in Utah County that was a phenomenal learning experience. Kristin loves meeting individually with students to talk about career goals and aspirations. She is inspired by their commitment to help others and by the difficulties they have overcome in their lives, in order to be where they are now. When not presenting or teaching, Kristin likes to travel. This summer she was able to go to Bear Lake for a family reunion and took her kids to Disneyland for the first time.

Charlene Clark



Charlene has been busy with her family this year, starting with last summer when she went to Oklahoma to her son's graduation from dental school. She also announced an addition to the family with her fifth grandbaby being born in October. In all her traveling experience she said that the best place she has traveled to was Australia, where they traveled the whole country within three weeks.

What Charlene loves the most about BYU is hosting guests on campus. She says that "we have a beautiful campus with great students."

APRIL IS NATIONAL AUTISM AWARENESS MONTH



Autism Society.org

Professor Jini Roby Scholar of Faith Lecture



My Journey as a Scholar of Faith The Uncharted Course: Living and Learning by the Spirit
Given March 2016

Professor Roby is a nationally and internationally renowned scholar with her work in international child care. This presentation was focused on her work as she reflected on her journey through life, and how she has been able to rely on her faith to guide her.

At various times in her life, Professor Roby has used learning as a survival mechanism. It has been a life long love, and has been her way to give back. This was crucial in Professor Roby's childhood as she grew up in the direct aftermath of the Korean War. Her family found themselves in a small village in the mountains where literacy among the inhabitants was rare. One of her earliest recollections as a little girl is sitting on her grandmother's lap, listening to the stories about the war.

Professor Jini Roby

Her grandmother was a source of her strength. From her, Professor Roby learned what love was, the strength and power of it, and how that attachment became the power of life. Her grandma also gave her vision and a goal to become better. When she was three she was able to read Korean for herself. In fourth grade, her teacher no longer was able to add to her education. The support from her grandmother and the importance of education in her life influenced her family to move to a larger providence so Professor Roby could receive a better education. In order to continue her learning she had to work incredibly hard to get into one of the top three schools in Seoul, Korea. However, the only way to go to this school was to move to Seoul by herself, leaving behind her grandmother. So at 11 years old, Professor Roby lived in an orphanage while going to school, while her grandmother went to live in a monastery. During this time she relied on school and tried to stay strong, though she longed to have a family. While at the orphanage she was introduced to Christ and gained a stronger sense of spirituality.

At the age of 14 she was adopted by an LDS family in Utah and was happy to feel the love of family again. She knew that being adopted and moving to America was not an accident and that it was where she needed to be. She was able to finish her grade school studies and was accepted to attend Brigham Young University. The third day of college Professor Roby met her future husband. She also met Dr. Gene Gibbons, a professor at BYU, who became a father figure to her and took her under his wing. He encouraged her to go to the Social Work program and then even to obtain a master's degree. She was able to fulfill one of her dreams by opening a community program while she was in the Social Work program.

She was then encouraged and received a spiritual prompting to go to law school. She relied on her faith that this was the right thing to do. She finished and continued to listen to the spirit to seek the Lord's guidance and began her own practice. Some time after that, she was offered a faculty position at BYU to replace her mentor, Gene Gibbons. She prayed and felt right about becoming a professor. Even though she has loved it, it has been a challenge for her because she does not have a background in research.

She testified that, "Heavenly Father knows you better than yourself, and He will guide you in all the right directions, if you are willing to listen and follow His direction." She continues to have a strong communication with her Father in Heaven and she holds on to the words of the scriptures.

In her conclusion, she encouraged the audience to help God by helping His children, no matter what form that help takes. Family is the whole world, and as students, alumni, and faculty of BYU, we should continue to do our part to strengthen it.

Guest Lectures



Dr. Lawrence M. Berger

Dr. Lawrence M. Berger, MSW, PhD, became the Director of the Institute for Research on Poverty in August of 2014. Since 2013 he has been a professor at the University of Wisconsin-Madison as the PhD chair in the School of Social Work. Dr. Berger has numerous publications which have greatly impacted the social work community. His research primarily focuses on how economic resources, sociodemographic characteristics, and public policies affect parental behaviors and child and family wellbeing.

Dr. Berger earned his PhD in Social Work at Columbia University, with his dissertation titled, "Economic Analyses of Child Abuse and Neglect." He received his Bachelor of Arts degree at Rutgers University in New Brunswick, New Jersey and his Masters of Social Work at Hunter College located in New York, New York. Some scholarly interests of Dr. Berger's include: child and family policy, child development and well-being, child maltreatment, child protective services, foster care, children's living arrangements, family resources, family structure, and household debt.

Dr. Lawrence Berger visited the School of Social Work at Brigham Young University on September 26, 2016. He gave two lectures focusing on child and family well-being and related policies. The first presentation addressed family complexity and fluidity, and how it can affect the wellbeing of a child. He described families as increasingly complex and fluid in their nature. Norms are changing and children are no longer growing up in what used to be deemed as "The American Dream" family with both biological parents. Most children grow up in fluid homes, living with cohabiting or single parents, moving from house to house. This increase in diversity and fluidity in family forms means that the children are being exposed to multiple types of parents and parental figures, with both parent and child taking on multiple family roles. This seems to be most apparent in disadvantaged families. Policies within a host of domains, including food assistance, tax credits, child support, health care coverage, and income support/welfare, have not been designed to account for family complexity. This creates extra stress on those in poverty and who are disadvantaged.

So how complex and fluid are today's families? In roughly a 30 year period the percentage of births to single mothers and cohabiting mothers has doubled. Only about 50% of all children born into all families are living with both biological parents before the age of nine. For children born into single mother households, only 25% live stably with their mom without any transitions before the age of 9. The ma-

jority of children born to unmarried couples will experience extensive fluidity within family relationships. Complex families make it very hard to establish norms for the family roles. Across the board, negotiations and identity are harder to grasp, creating a struggle for children and parents to strengthen relationships. Although, family complexity makes it difficult to categorize families and develop policies, there needs to be a substantial shift in how we approach families, as well as familial roles and responsibilities.



Dr. Berger lecturing MSW students

Dr. Berger's second lecture also focused on families, specifically on poverty, policy, and child maltreatment. There has been a lot of discussion on the relationship between poverty and child maltreatment and whether it is a causal or correlational relationship. Currently, this is difficult to research partially because we have a system that investigates several cases, yet nothing will happen to the families unless they are investigated multiple times. Essentially two-thirds of children that are maltreated are not served by the child welfare system in any way.

The children who are in the system, with cases of maltreatment, are often in poverty. It is important to note however, that most children in poverty are not maltreated. While some studies such as the EFIC tax return show that strictly income affects maltreatment, more research is necessary to implement any policies. Elements we can change related to poverty prevention efforts and identifying families who are at risk by addressing economic stresses and the risk for maltreatment. Dr. Berger also mentioned an organization that he is involved in, Project GAIN, (Getting Access to Income Now). This program helps those in need and connects them to benefits and economic or material resources, provides financial decision making assistance, and - when necessary - one-time emergency assistance. By helping those with financial stress, it also hopes to reduce the likelihood of child maltreatment within the families it assists.



Guest Lectures



Dr. Ben Lough

Dr. Ben Lough received his BS in Sociology, and his Masters in Social Work from Brigham Young University. He then earned his PhD at the George W. Brown School of Social Work at Washington University in St. Louis, Missouri, in International Social Work and Macro Practice. Dr. Lough has held several international

positions including: Resident Consultant to the United Nations in Germany, Independent Consultant to the Department of Human and Social Services of American Samoa, Program Evaluator for Mayan Tree in Guatemala, and Program Evaluator for the Foundation for International and Community Assistance in Armenia and the Republic of Georgia.

Dr. Lough is currently an Associate Professor and the MSW Program Director at University of Illinois. He teaches the courses Social Work Practice with Organizations and Communities, Management of Human Service Organizations, and International Social Work. He has several published works related to his research interests of international volunteering and service, community development, nonprofit management, and social work education. Dr. Lough began his social work education in the MSW program here at BYU where he gained valuable experience working in treatment centers and LDS Family Services. He then served as a clinical social worker in the Murray School District working mostly in high schools. Dr. Lough then transitioned into macro practice.

As Dr. Lough spoke to BYU's current MSW students he noted the importance of managing personal and work boundaries. Dr. Lough emphasized that as a social worker it is easy to become overwhelmed if you aren't aware of the necessary boundaries between these two roles in life. Lack of personal management can lead to burnout. Sometimes our expectations are too high - we want to change the world and if it isn't changing we become frustrated. In his view, the key to avoiding burnout is setting realistic expectations. Goal setting is a good way to keep those expectations in check.



Dr. Ben Lough during his lecture with MSW students

Dr. Lough encouraged the recognition of the phases of burnout including: Enthusiasm → Stagnation → Frustration → Apathy. Once a person reaches apathy their decisions lead to retreating (switching to a different job or field) or to a call for intervention (working with how you can change your work and how you can self-care). Dr. Lough noted that these burnout phases appear within our career, but also within our personal goals, and relationships with others. Noticing our personal phases of burnout is the key to maintaining a positive career in social work.



National Association of Social Workers

With the help of Executive Director Emily Bleyl and Utah Chapter part time employee Bethany Gull, Utah NASW has been able to pass eight laws through the legislature, including a law defining the title of Social Worker, which states that no one can call themselves a social worker unless they have a license. This year BYU School of Social Work NASW representatives, Drew Tycksen and Kelsey Hamstead worked with NASW and informed BYU students about upcoming NASW activities. All social workers are encouraged to join NASW to take part in the causes they support. As a National Association it is crucial to have a large number of members in order to be heard and make a change. NASW encourages all to join to become a larger organization in the United States. As a member of NASW, some workshops and conferences provide a few hours of CEU's free or at low cost to keep up Social Work licensures. Full membership is \$225. Student membership is \$57. Please join today!

MSW Student Association



Members of the Masters of Social Work Student Association at the Christmas Party

The MSW Student Association (MSWSA) is a vital part of the education process in the School of Social Work at Brigham Young University. The MSWSA provides students with opportunities to socialize, build professional networks, and develop social work values and traditions. Some MSWSA activities this past year were the opening social, turkey bowl, and annual Christmas party.

President:

Alissa Ferrell, 2nd year

Secretary:

Lauren Welch, 2nd year

Activities:

Eli Menet, 2nd year

Mike Mortensen, 1st year

Advisory Council Representative:

Christine Black, 2nd year

Heather Walker, 1st year

Faculty Liaison:

Haydn Jessup, 2nd year

Kaitlin Ward, 1st year

Graduate Student Society Liaison:

Emily Steele, 2nd year

Stephen Adams, 1st year

Mentor Liaison:

Amy Kenney, 2nd year

NASW Representatives:

Drew Tycksen, 2nd year

Kelsey Hamstead, 1st year

Class of 1995 21st Anniversary

On June 10, 2016 MSW class of 1995 came together to celebrate 21 years of having graduated from BYU. This class was the last group of graduates to be a class of 20 students. The picture to the right shows some of the students along with a few spouses, and includes Dr. Gene Gibbons and his wife, as well as then part-time faculty, J.P. Lilly and his wife.



Opening Social



Various MSW students and their families enjoying dinner at the opening social.

Every year students and their families gather to enjoy time together outside of school at the MSWSA opening social. This year's event was organized by the MSW Student Association, who prepared a wonderful dinner and open atmosphere. Not only were the second year students and first year students able to get to know each other and talk about their experiences, but the first year students were paired up with a student mentor. This student mentor is a second year student that will be able to help the first year student one-on-one with sharing experiences, support, and friendship. Overall, it was a wonderful success and helped students to socialize outside of school.

Turkey Bowl



Left: Ethan Breck, husband of first year student Bethany, sprinting for the football, being followed by Eli Menet, second year student, and Jordan Bybee, first year student.

Below: The second year student team pictured with the winning Turkey Bowl trophy. From left to right we have Haydn Jessup and his wife, Samantha, with their two children, Eli Menet and his wife, Shelby, with their little girl, Maki Hohaia, Keegan Maurer, Spiah Perza with his little boy, Nicole Wooley with her husband, Tanner, and Christine Black with her husband, Brandon, and brother in law.

This year's annual Turkey bowl was well attended by both first year and second year students. It was an incredible game between brawn and brains that was an up and down battle for hours. Finally, the first year student team admitted defeat and surrendered to the victory of the second year students. It was a difficult loss for some of the first years; but thankfully, we were in a field full of therapists in training that were ready and willing to help the downtrodden.



Annual Christmas Party

The annual Christmas party hosted by MSWSA, included catered food and games. After much conversation and dinner, it was time to bring out the competition. There was a gift on every table and a pair of mittens or socks to put over each participant's hands. Each person had to try to open the gifts as fast as they could, with their hands



First year students Brianna Oswald, Delanie Doyle, Stephanie Horan and Nicole Blanco celebrating after a group gift wrapping game.

covered. Inside was box after box, but finally they got to the candy in the middle. It was a fun group game and created a happy atmosphere. The competition continued with several people competing in "Minute to Win It" challenges. The overall winner was Chase Morgan. The evening ended with a visit from Cosmo Cougar, who stayed to take pictures with the students and their families.



Faculty, students and spouses enjoying a Christmas dinner together.

Student Marriages and Engagements



Stephen Adams

to propose to her as part of my finals presentation. We were married in the Laie Hawaii Temple, surrounded by those we loved most. We continued school at BYU-Hawaii, had our first child, graduated, moved out here to Utah, had our second child in March of last year, both started graduate programs, and now here we are."

Stephen Adams recalls, "I met my wife in an ASL class. She received her mission call so I had to act quick. I figured the best way to do that was



Nicole Blanco

After 5 years of becoming best friends to someone in her first ward after transferring to Provo, Nicole Blanco finally decided to marry him! Of the experience Nicole said, "It wasn't an easy path to get there but we grew closer through the hard and good times we experienced. My husband always describes our experience like a dog chasing a car. He was the dog and I was the car; after chasing me so long I eventually stopped the car and told him to get in. My husband and I have been married for a year now and being with him just feels like being home."



Bethany Breck at her wedding

Bethany and Ethan Breck were married in 2016. She explains, "Ethan and I met in martial arts and we sort of kicked each other around until we fell in love. We were sealed in the Timpanogos Temple on April 28th, a week after I graduated!"

Jalynn Johnson was married April 22, 2016 to Matt Porter. Jalynn explained, "My husband and I met on a blind date. My roommate is actually his cousin, and she was the one who set us up. We dated for a semester, were engaged for a semester, and are now happily married. We love doing things together in the outdoors and love traveling together."



Jalynn Porter walking out of the Provo City Center Temple

Nathan Porter was married on September 2, 2016. He met his wife Rachel in September of 2013. Nathan says, "We both went to Pleasant Grove High, however, I was a Senior when she was a Freshman. We met when she was a Freshman at BYU. We found out that I went to school with her older brothers, that one of



Nathan Porter and his wife Rachel

the track team. We dated for a year and we were going to get engaged, we even went ring shopping, but it just didn't feel like it was the right time. Rachel ended up going on a mission. She served in the Washington DC South mission. We wrote while she was gone and when she came back we got engaged 18 days later. We got married 2 months later in the Mt. Timpanogos Temple and have been enjoying married life together!"

Kaitlin Ward met her spouse during her sophomore year of high school (in chemistry class)! Kaitlin claims, "We've been nearly inseparable ever since. We're also oddly similar so, if you get to know me, you'll practically know my husband!" They got married November 2015 in the Bountiful Temple.



Kaitlin Ward with her spouse

my best friends happened to be her cousin, and she ran on the track team and became friends with many people that I was friends with when I was on

Baby Announcements

Michael Applegarth: Just had a baby boy January 2017

Kobie Chapman: "My husband and I have been married for a little over four years and welcomed our first baby in October! Having a baby in the middle of graduate school is an adventure, but it helps me remember why I do what I do: I want to help people reach their full potential and lead the best lives possible. I want to make the world my daughter will inhabit a little bit brighter."



Taylor Kevern's baby boy

Taylor Kevern: "My wife and I had our first little boy just before the start of the program."

Student Presentations



Sarah Higbee at CSWE

Sarah Higbee

Presented her research in Atlanta, Georgia in November at the Council of Social Work Education Annual Meeting. She examined an emerging adult American Indian population, and how levels of closeness impacted later levels of depression.

rate on future projects. She was able to provide insights from her own research and provide possible suggestions for other students that were interested in studying similar topics. Emily found that she learned more about her area of study by talking to people during her presentation than by simply reading another research article. Different conversations she had, helped to spark her interest and gave her new ideas for future research projects. Before attending the conference, Emily was slightly unsure of what her academic and professional future looked like. She had debated going on to obtain a doctorate degree, but still was very undecided. Presenting at CSWE ignited a fire under her, and her desire to pursue a doctorate degree was renewed. Emily felt that her goals were illuminated and that she was able to witness many others like herself that were pursuing their dreams and presenting fascinating research.



Amy Kenney presenting at CSWE

Amy Kenney

Attended the Council on Social Work Education (CSWE) Annual Program Conference from November 4-6, 2016 in Atlanta, Georgia. She gave a 30 minute oral presentation on her research entitled "Environmental Risk Factors for Adolescent Substance Use: Implications for Social Work." She describes, "The presentation was an incredible

way to interface with fellow researchers and social work practitioners. I got valuable feedback from practitioners, fellow researchers, and attendees in related fields like nursing and political science. The questions and comments they offered on my presentation were useful in helping to further develop the potential implications of the research. Attendees helped bring out numerous applicable areas in which my research could be used for positive impact. I appreciated the questions and comments in that they brought out points I had yet to consider. I eagerly took many notes on the relations and implications that were discussed in the Q & A portion of my presentation. It was my favorite part!"

Emily Steele

Emily also presented at the CSWE Annual meeting. She stated, "The overall experience of presenting at the CSWE conference benefited my education and career goals in many ways. At the conference, there were many networking opportunities that I was able to take advantage of and during my presentation, I was pleasantly surprised to see how many individuals (other students, professionals, professors, etc.) sought me out to ask questions about the findings of my research. Many of these individuals were doing clinical work or teaching classes about something of similar nature, and I was able to have intellectually stimulating conversations with them." While there, Emily gained new friends, acquaintances, and contacts that offered to collabo-

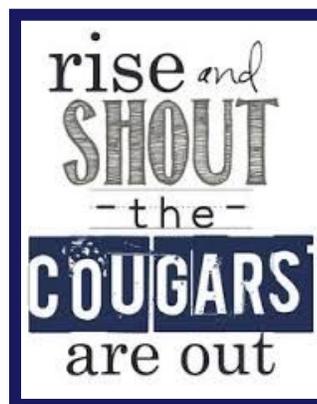


Kelsey Hamstead in Geneva, Switzerland

Kelsey Hamstead

The conference Kelsey attended with Professor Roby was called "Building on the Momentum." It was an international alternative care conference regarding the welfare of children around the world. Kelsey explained, "I was generously given the opportunity to go to Geneva, Switzerland. This was an incredible experience for me to brush shoulders with amazing and inspiring individuals from all over the world. The purpose of travelling to Switzerland was to attend a conference and present the re-

search my professors and I have been working on gathering from orphanages and reintegrated children living in Ghana." As Kelsey continues to pursue her career in social work, she says she "will forever look back on this experience with humble gratitude. Attending this conference has been one of the greatest experiences of my life."



Internship Experiences

The second year MSW students were asked to share their thoughts and feelings regarding their field internships. The following are their reflections.

Courtney Archer

During Spring/Summer terms, Courtney Archer interned at ScenicView Academy where she worked with adults who have autism and other learning disorders. While at ScenicView she developed a newfound consideration, respect, and love for people who are trying to make it through life and also have autism. Courtney learned that she is a lot more capable and flexible than she thought she was. "While it was an unexpected internship," she says, "I am and will always be so very grateful to have experienced it."



Iesha Bailey

While interning at the Utah State Prison over the summer, Iesha worked with Excell, a substance treatment program for women. Iesha was privileged to be trained in using the LS/RNR, a new assessment tool aimed to address recidivism in residents. She also assisted in creating an aftercare/outpatient program for Excell. She says, "Being able to participate in these various therapeutic activities has positively impacted my career as a clinical social worker. I am truly grateful for this internship and the knowledge I have gained. Working in Excell has been the challenging and rewarding experience I needed to further my education."

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Christine Black

During the summer Christine Black worked with Wasatch Mental Health at the Wellness Recovery Clinic, a program for those who lack mental health treatment resources. She said that she loved her time with WMH, the people she worked with there were so talented and invested in helping their clients. She was able to complete numerous intakes which helped her become fa-

miliar with DSM-5 diagnosis. Christine said, "I really had the opportunity to work on my therapeutic skills." She worked closely with several other skilled therapists and learned from their different styles of therapy. She loved her time at the WRC and was sad when it was over!

Kobie Chapman

Kobie did her first internship at Wasatch Mental Health at the Provo Family Clinic. While there she was able to do individual therapy, Strengthening Families and Grandfamilies groups, and conduct research. She really appreciated the chance to experience so many different methods of doing social work. Kobie learned that she really enjoyed group work; watching a group of strangers learn and grow together was an awesome experience.

Kelsie Christiansen

Kelsie Christiansen had the opportunity to complete her spring/summer internship at Provo Canyon Behavioral Hospital. PCBH is a short-term facility intended to stabilize clients and enable them to return to outpatient therapy or refer them to an appropriate residential, rehabilitation, or other facility. She stated, "It was an incredible experience." Kelsie was able to work with an interdisciplinary team of psychiatrists, nurses, other therapists from a number of fields, recreational therapists, and general staff. She worked with adults, adolescents, and the elderly and with clients who were experiencing difficulties from dementia, psychosis, substance abuse, depression and reactive attachment.



Brittany Dupaix

Brittany Dupaix interned at the Utah State Hospital in the Forensics unit. Her main purpose during individual sessions was to help her

patients become competent to proceed to trial, as they had been deemed not competent by a psychologist during their court proceedings. She loved her experience there, but most of all she loved the people. She worked with a great supervisor and an amazing treatment team that always made her feel like a professional and where her opinion was valued. She says, "They were always there when I had questions and were always willing to help me whenever I got stuck with a patient." Brittany learned how valuable a team is when they work together in the best interest of the patient. She also loved working with a variety of social workers and has taken different attributes from each of them into her practice.



Alissa Ferrell

During the Spring/Summer 2016 semester, Alissa completed her internship at Alpine School District. She worked with students, families, faculty, and staff of the schools in the southern-most part of the district. For the majority of the internship Alyssa worked at Mountain View High School during summer school. She met with students one-on-one, conducting assessments and psychotherapy as needed. She worked with community agencies to provide resources for families and connected students and their families to those community resources. She also attended juvenile court hearings for students involved in truancy court and testified regarding students' compliance with court orders as needed. Alissa co-led a Child Parent Relationship Therapy group and created and led a psycho-educational group for 1st-3rd grade students struggling with anxiety. She said, "I had many opportunities to grow and progress as a clinician in this internship. Due to the short-term nature of my work with students,

I learned the importance of developing relationships with them before jumping immediately into solving their problems. I learned that most of the students felt better when I listened to them and was there with them. This internship gave me a greater understanding of the field of school social work and has peaked my interest in pursuing school social work in the future."

Carmen Gordichuk

Carmen's Spring/Summer internship was in the Excell Program at the Utah State Prison. Her responsibilities included providing individual and group counseling to women who have struggled with addiction. She said, "It was an incredibly inspiring internship to work with these fantastic women. Each one had already overcome significant adversity in their life. I was able to primarily use the treatment modalities of Cognitive Behavioral Therapy and Solution Focused Therapy. This was a fantastic internship that was rewarding and challenging."

Sarah Higbee

This summer Sarah Higbee's internship was at Primary Children's Hospital: Wasatch Canyons, an adolescent residential and day-treatment center. She absolutely loved her time there and said, "This internship changed my life." She was able to do individual, group, and family therapy with all of her clients. She learned how to build trust and rapport with adolescents and she hopes to work with adolescents in the future.

Shalisha Jessup

Shalisha Jessup completed her spring and summer internship at Provo Canyon Behavioral Hospital. She had a great experience learning how to work with clients in crisis. She spent the majority of her time with adolescents and adults following suicide attempts. Additionally, she spent time working with clients detoxing from drugs and alcohol. She enjoyed the opportunity of working with clients in multiple departments of the hospital.

Alexandra Lamoreaux

This summer Alexandra Lamoreaux interned at the Utah State Prison. As a mental health intern at the prison her responsibilities included a wide variety of interventions. She was assigned to work in the men's outpatient mental health area of the prison. These areas include both maximum security and general population inmates. She was responsible for responding to inmate crisis calls and care requests. In those instances she would often meet with inmates at their cell door to assess their safety and mental health status. At times this assessment would lead to sending an inmate to the prison infirmary for closer supervision and safety precautions. Alexandra had the opportunity to co-facilitate psycho-educational groups for inmates in both maximum security and general population. These groups included topics such as anger management, relationship skills, communication work, managing guilt and shame and vulnerability. Perhaps one of the most positive learning experiences she had was to create and facilitate a "Life After Prison Group". This was a group where inmates learned about and discussed issues and challenges they would face upon reintegration into society. She also had the opportunity to engage in individual therapy with multiple inmates.

Caity Liechty

Over the summer Caity Liechty completed an internship at the Utah State Prison. She worked at Timpanogos, the women's facility, in the inpatient unit. This internship was excellent for Caity because it not only increased her clinical skills, but it also taught her a lot about herself. Caity said "You can't go to work in a prison setting and not come out knowing more about who you are and what you value." She reports she came to terms with some of her own personal biases that she didn't even know existed, and gained the knowledge that she has the capacity for a deep compassion that she was not previously aware of. Working at the prison forced an invaluable introspection that will benefit her for the rest of her life.

Eli Menet

Eli Menet interned with Utah County Substance Abuse over the spring/summer. He says he was very blessed to have learned how to do notes in a timely and effective manner. His supervisors and fellow colleagues taught him this skill and he says that it will stay with him throughout his career. The internship allowed Eli to immerse himself in individual, family, and group therapy. He said, "It was a great environment and anyone that goes there is going to receive mentoring of the highest quality."

Spiah Perza

Spiah Perez's summer internship was at Development Counseling Services in American Fork, Utah. He described his internship by saying, "This was an amazing experience, giving me an opportunity to assist individuals with occupational barriers for various reasons. I had the opportunity to work with individuals who have disabilities, mental health concerns, substance use and abuse problems, and other concerns. This included doing individual therapy, career counseling, and case management. As an intern at Development Counseling Services, I felt a part of the team. I had a close relationship with other counselors, coworkers, and clients." Spiah had a case load varying from 15 to 20 clients, and was able to meet with each client on a consistent basis. He performed assessments, planned short and long term career goals, and assisted each client in achieving their goal. In addition, he was given the opportunity to perform occupational testing. This helped his clients to know what might be good career options. Spiah also had the opportunity to connect clients with missionaries who tutored them so that they could be prepared to obtain a GED or driver's license. One of his favorite things about working at DCS was that they had funding available to help assist clients who were unable to pay for occupational training. With this funding and the effort of his clients, he was able to see many clients obtain training which enabled them to obtain better, higher paying employment.

Jalynn Porter

Over the summer Jalynn Porter worked at the Children's Justice Center. She really enjoyed her experience there. The CJC serves families whose children have been victims of sexual or severe physical abuse. It is a place where children can come to be interviewed by police and DCFS. The CJC looks like a big house and caters to children to help them feel comfortable when discussing these difficult situations. Jalynn was able to help with providing parent's resources for their children. She also provided psychoeducational courses for children, teens, and parents, and was able to lead groups that taught children how to be safe and help teens process their abuse. Jalynn also helped her clients process their trauma utilizing TF-CBT.

Lindsey Selk

This summer Lindsey Selk did her internship at ScenicView Academy. She appreciated that the staff and the students were all welcoming and willing to accept the interns as one of them. One of ScenicView's strengths is their continual desire to help the students and willingness to try new things. For example, they recently installed a sensory room to help meet students' needs and provide therapy. She learned a lot about autism and how to best help the students.



Second year students Drew Tycksen (far left), Rachel Steinberg (center), and BYU MSW graduate Emma Wood (far right)

Rachel Steinberg

Rachel interned at Wasatch Mental Health last spring/summer in the Children and Youth Family Assessment Stabilization Team (CY-FAST). She said that the highlight of this internship was working in the Strengthening

Families Program, which helps families to form more productive family boundaries and increase the quality of their relationships with one another. She had the opportunity to teach 11 children skills to play with others, express their thoughts and feelings, listen to others, and be safe. She learned that all types of families have common desires such as: become closer, become better, and be successful. She said "when working with others who are not like ourselves, engaging in self-reflection is important. No matter the differences, there is a common ground of shared experiences to be found. Everyone deserves our utmost respect and best efforts as a practitioner. Social work is especially pleasing when you get to work with your friends!"

Alyssa Tafuri

This spring/summer Alyssa Tafuri completed her internship at the Utah State Prison. She shares she was amazed at how much joy she found in meeting with the men there and aiding them in addiction recovery, and processing their past trauma. Alyssa said, "If we are just willing to give people a chance, they will prove to us just how much of a treasure they are."

Drew Tycksen

Drew explained, "I was lucky to intern at Wasatch Mental Health Adult Crisis. While there I worked with their most severe populations. Working in crisis, I was able to learn from some very skilled clinicians who achieve positive outcomes while remaining cool under extreme pressure. I am grateful for the opportunity I had to learn and grow under great tutelage."

Lauren Welch

Lauren Welch interned at the Utah State Hospital on the Children's Unit. She really enjoyed working with the children and learning how to work with those who have suffered abuse. She was able to do individual, family, and group therapy. She enjoyed helping the recreational therapists with their activities and having the opportunity to see the kids outside of a therapy office.

Melissa Wilkins

Melissa Wilkins' spring/summer internship was with the Green House Center for Growth and Learning. Her favorite part of working with Green House was learning about neurofeedback. She had several clients each week that she would do neurofeedback sessions with and the changes she saw were amazing! Neurofeedback allows the brain to see its own activity by using sensors and special software to measure brain activity and then reflects it back through a video display. Melissa became so fascinated with the process of neurofeedback that she is working on a study that will look at the effect of neurofeedback on anxiety, emotional reactivity, and hyperactivity. She said, "I absolutely loved my time working with the Green House!"

Linda Wilson

Linda interned at The Boys Youth Unit at Utah State Hospital. She enjoyed doing therapy with six adolescent boys and two adolescent girls from the Girls Youth Unit. The treatment team met multiple times weekly to discuss each child and coordinate efforts. The supervision was so helpful, and there was a lot of autonomy and room for creativity in planning therapy. She also ran a Conduct Management Group and co-facilitated a Social Skills Group. She saw a lot of severe behavior, and was able to learn and practice skills in an intense, yet meaningful, setting.

Nicole Woolley

Nicole interned at Family Support and Treatment Center in Orem. She said that she loved this internship because she was able to do a variety of things. She ran two groups, did individual and group therapy, play therapy, and sand tray therapy. Her internship gave her opportunities to work with children, teenagers, and adults. Nicole said, "A highlight of the internship was weekly staff meeting and the staff retreat. They are fun people to work with."

New Student Cohort - Class of 2018



MSW Class of 2018

Student Orientation was held August 26th, 2016 to welcome 41 new students into the BYU MSW program. Each student gives a unique perspective to the social work program through their various backgrounds. Within this cohort there are students from Utah, Idaho, California, Texas, Colorado, New Jersey, Minnesota, Georgia, Tennessee, Alaska, North Carolina, Nigeria and Chile. Besides English, there are students who are fluent in: Russian, Spanish, Mandarin, Korean, German and Portuguese. All come from various undergraduate backgrounds including: Sociology, Family Studies, Human Development, Psychology, Public Health, Theatre, Early Childhood/Special Education, Recreational Therapy, Music, Spanish and Social Work. These degrees were earned at: BYU, BYU-Idaho, BYU-Hawaii, Utah Valley University, University of Utah, Utah State University, Weber State University, Southern Utah University, and Boise State University.

Orientation gave students a chance to get to know one another as well as faculty. Introduction to the program included how the master's program began at BYU and the social work core values. Students were able to 'break the ice' by playing name games and other group strengthening activities. Student Nicole Blanco stated, "I really enjoyed New Student Orientation. It helped me to be calm and reassured that all the other students in the program were going through the same feelings and that all of us including the faculty were going to work together." Another important aspect of orientation was that students were introduced to their faculty advisors who will be mentoring them through the two years in the program. "I loved getting to know everyone! The orientation helped me to feel less anxious and more excited, I felt like I was more prepared and confident entering the first day of school," said student Kaitlin Ward. A great future starts with great beginnings, with this orientation students were able to put their best foot forward, progressing towards their hopeful careers.

Class of 2018



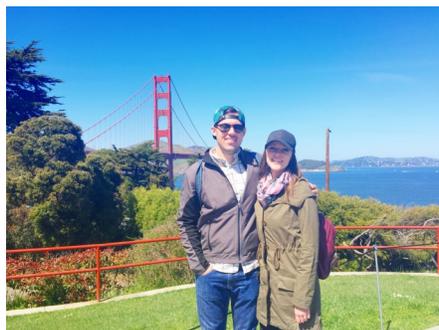
Stephen Adams graduated from BYU-Hawaii with a degree in social work. He is continuing with a graduate program so that he will be able to advocate for the oppressed. While in the program he is looking forward to getting to know his fellow cohort members, and learning how to become a better social worker. Born and raised in Yukutat, Alaska, Stephen likes music (rap mostly, but really anything that's good), basketball, video games (Smash Bros, Zelda, Metroid, Last of Us), comic books (Batman is his favorite, but he loves Wolverine, Spiderman, X-Men, and Captain America comics as well), and anything to do with zombies, and movies.



Eva Amiolemeh, from Nigeria, loves dancing, listening to music, braiding hair, spending time with friends and family, and reading interesting relationship articles. She graduated from BYU-Idaho with a BSW and can't wait to become a licensed clinical social worker. She is interested in working in international social work with refugees as well as working with others suffering from trauma or different forms of abuse.



Michael Applegarth, originally from Tooele, Utah, graduated with a bachelors in social work from BYU Idaho. He is looking forward to gaining the skills necessary to help him be successful in social work. Michael likes to go camping, backpacking, and play sports.

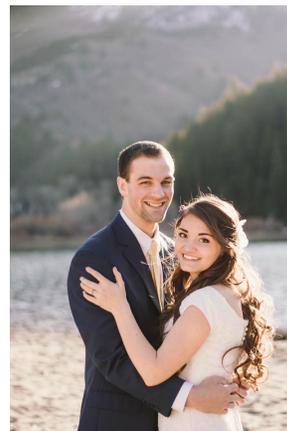


Parker Beaus is from Tremonton, Utah. He is looking forward to becoming a clinical social worker and eventually working with mental health. He graduated from Utah State University with a BSW. Parker likes to keep himself busy with musical theater, tennis, pickleball, walks with his wife and eating good food.



Nicole Blanco received her undergraduate degree in sociology from BYU. From Rexburg, Idaho, Nicole likes to spend her time reading, baking, watching movies with her husband and traveling to new places. She hopes that this program will help create a vision for herself as well as help

her in her future goal to work with women in recovery.



Bethany Breck, from Highland, Utah, likes martial arts, rock climbing, hiking and photography. She is in the research emphasis in the social work program and

specifically wants to research systemic poverty and reaching marginalized populations. Bethany received her bachelor's degree at BYU in sociology and is looking forward to working with clients.



Chelsea Borup studied human development here at BYU. Originally from Eagle, Idaho, she likes to play sports, read, dance and bake. Chelsea is interested in all aspects of social work, and is excited to be with like-minded students from diverse backgrounds who she can learn from.



Jordan Bybee studied psychology at Weber State University before coming to the BYU social work program. He is looking forward to learning all the skills and materials that he will need to become a good clinical social

worker. Jordan is from North Ogden, Utah and in his free time likes to do anything that involves a mountain such as, camping, biking, fishing, and snowboarding.



Precilla Cancado is from Kennewick, Washington and graduated from BYU with a degree in psychology. She is interested in the clinical aspect of social work and wants to go into therapy. Precilla is looking forward to taking classes that actually interest her and learning from professors and peers. She is also looking forward to her internships. When Precilla isn't busy with school, she likes to play tennis.

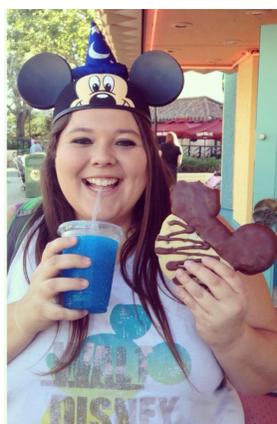


Olivia Cornwall graduated from BYU with a degree in sociology and Spanish. Originally from Encinitas, California she likes roller skating, playing guitar and doing yoga. Olivia is interested in all aspects of social work and can't wait to start her internship in the program. She also is looking forward to getting to know everyone in the program better.



Matthew Crooks graduated from BYU with a degree in nursing. Originally from Cody, Wyoming, Matt loves to run, cycle and swim. He is interested in working with clients in the realm of mental health and substance abuse. He

is looking forward to the internships in the MSW program.



Sandra Cuevas is originally from Myrtle Beach, South Carolina. She graduated from BYU-Idaho with a degree in psychology. Sandra is interested in everything so far

that has to do with social work, and looks forward to the many clinical skills that she will be learning so she can use them in her future practice. When Sandra has free time she likes to longboard, watch scary movies, and participate in anything and everything outside.



Brianna Davis, from Alpine, Utah, got her undergraduate degree at BYU in human development

Something that she is looking forward to in the program is to develop skills that she will use in therapy with future clients, as well as getting to know her cohort. Brianna hopes to work in mental health/suicide prevention. She also likes to rock climb, hike, run, play the piano and read.



Delanie Doyle is from Pleasant Grove, Utah. She received her bachelor's degree from BYU in family studies. She is interested in social work so she can work with those who suffer from substance abuse and mental health problems, as well as working in marriage and family therapy. She is excited for her internships so she can test out her skills. In her free time Delanie likes to read, sleep, go to concerts, sing, and travel!



Jessica Fisher, from Dallas, Texas, wants to work in social work areas of trauma/abuse, mental health, addiction, and the missionary population. She began her education at BYU and earned a degree in family studies and music. Jessica also likes playing tennis and volleyball, taking personality tests, cooking and watching Netflix.

education at BYU and earned a degree in family studies and music. Jessica also likes playing tennis and volleyball, taking personality tests, cooking and watching Netflix.



Selina Miller Forsyth is originally from Tracy City, Tennessee. She graduated from BYU, in 2016 with a degree in sociology. She is interested in working in international social work and is excited to learn more therapy skills. In

graduated from BYU, in 2016 with a degree in sociology. She is interested in working in international social work and is excited to learn more therapy skills. In

her free time Selina likes to read, sing and cook!



Mereesa Gilbert graduated from BYU in psychology this past year. From Kaysville, Utah she loves to ski, play tennis, play viola, sing and read. Areas of social work that

Mereesa is interested in include, trauma, substance abuse, international issues, and community level interventions. She is excited to discover what she is really passionate about, and developing tools to be able to effectively help people in need.



Kelsey Hamstead, from Atlanta, Georgia, received her undergraduate degree in public health from BYU. She

is interested in going into the medical, international, and child welfare aspects of social work. While in the program she is most looking forward to her internship experience. When not busy with school, Kelsey likes to run, volunteer, travel, hike, watch movies and bake.



Helena Hauter from California graduated from BYU in family studies. She is in social work because she wants to work with families and work with mental health. She is looking forward

to her field internship. Helena likes crafting, hiking and hosting dinner parties.



Stephanie Horan, from Highlands Ranch, Colorado, received her undergrad in sociology from BYU. She loves working with youth in all

populations and hopes to work in school social work or as a military family life counselor. She is looking forward to gaining more professional skills towards clinical practice, as well as learning about other fields of social work. In her free time, Stephanie likes to hike, rock climb, play sports and practice piano and ukulele.



Lindsay Howard, from King City, California, is interested in working in social work fields with youth, families, marriage and family therapy and mental health. For her undergrad she studied at BYU in family studies and is looking forward to her internship in the social work program. She also loves doing puzzles, reading books and enjoying nature.



Elaine Huntsman is from Tinton Falls, New Jersey. She originally got her degree in theatre at BYU and is now excited to continue toward social work. She

mostly wants to work in mental health, and can't wait until she becomes a clinical social worker. Elaine likes to watch movies, read books, bike and run in her free time.



Rachel Huntsman is from Highland, Utah. She graduated from BYU-Idaho in recreation management with an emphasis in Therapeutic

Recreation. She loves to run, hike, bike, or really do anything outside. Rachel is interested in social work so she can work with adult mental illness and youth in a school setting. She is particularly excited to further her knowledge by being in the program here at BYU.



Taylor Kevern is from Utah and likes hunting, fishing, camping, hiking, anything outdoors. He graduated from the University of Utah in psychology and is interested in working specifically with mental health. He can't wait until the summer where he can begin his internship.

Dawn Kim, from Rexburg, Idaho graduated in early childhood/special education from BYU-Idaho. She loves the versatility of social work and is excited to be a licensed clinician in a short amount



of time. She also is looking forward to learning more therapy models and

skills to use in clinical practice. In her free time, Dawn likes to hike, read, cook and watch K-dramas.



Chase Morgan grew up in Provo, Utah and obtained a psychology degree at Utah Valley University. His inter-

ests in social work include addiction recovery and suicide prevention. He is looking forward to learning how to become an excellent therapist. Chase also likes to play sports such as golf, skiing and baseball.



Mike Mortenson, originally from St. George, graduated from Utah State University with a degree in psychology. He is interested in working with substance abuse and addictions

counseling in the social work realm and is excited to learn within the BYU MSW program. When not in school, Mike likes reading, snowboarding, mountain biking, and making homemade jam.



Harmony Packer is from Pleasant Grove, Utah. She graduated with a bachelor's in family science from BYU and a bachelor's in social work from University of Utah. While

at UVU she was able to participate in some exploratory research on early-returning LDS missionaries and their parents, and presented it at the annual meeting of the Society for the Scientific Study of Religion and Religious Research Association. Harmony is interested in working with those who

have mental health issues and excited to become a licensed social worker. In her spare time she enjoys photography, reading and family history.



Nathan Porter received his undergraduate degree in family studies at Utah Val-

ley University. Nathan is from Pleasant Grove, Utah, and likes to watch the Utah Jazz, go for runs and watch ESPN, 30 for 30, and documentaries. He is interested in working with couples and family therapy as well as school social work. Something he likes about the MSW program is the knowledge he is gaining with real world application.



Briana Oswald is originally from Rigby, Idaho. She received her undergraduate degree at Boise State in social work. She is interested in furthering her social work career because she would love to work in the medical field as well with both teenagers and young adults. She is excited to apply everything that she has learned in classes so far, and finally get working in her internship. In her free time Briana loves to run, hike, bike, camp, and play flute and piano.



Colbey Strong received a bachelor's in social work at Utah Valley University.

He is getting his masters in social work so he can work in family therapy. Colbey likes to hunt, camp, fish, play sports and spend time with his family.



RaeAnn Taylor, from St. George, Utah, studied at Southern Utah University earning her degree in family life & human development. She is looking forward to this program

to gain a foundational background to catapult her learning, growth, and commitment to using best practices in her future career. Fields of study that interest her are child welfare & international relations. RaeAnn likes to spend her time hiking, camping, swimming, playing tennis, piano, and just being with people that she loves.



Michael Tilden graduated from BYU-Idaho with a degree in recreation management. Originally, he is from Palmdale, California, and he enjoys climbing, mountaineering, running, camping, biking, and river sports. He looks forward to gaining the direct practice skills that he needs to work with at-risk youth, marriage and family, and adventure therapy.



Melanie Vincent from Rochester, Minnesota, studied psychology as her undergrad at BYU. She hopes to get her clinical license and work with children in a psychiatric or medical setting. Melanie is also

looking forward to her field internship. In her free time she like piano, couponing, dance, Spanish, football, super smash tournaments, salsa & Latin dancing.

Heather Walker, from San Diego, California, is looking forward to getting to know her fellow students in the cohort and becoming a competent and confident social worker. Areas of social work that interest her are focused on trauma and grief counseling. Heather received her undergrad degree at Utah Valley University in social work. Some of her hobbies include running, biking, shopping, and spending time with her family.



Rachel Weinstock, from Buena Park, California, got her undergrad degree at BYU-Idaho in sociology. She loves to hike, camp, swim, play

traveling, and going on adventures. She is currently trying to learn how to play the guitar but says, "the struggle is real." She is also up for a good Netflix binge as well. She is interested in becoming a social worker to work with the adolescent population, and to work with various international issues. She loves learning from all the professors about their expertise and experiences, and is looking forward to integrating her clinical skills in her future internships.



Kaitlyn Ward is from Bountiful, Utah. She went to the University of Utah, where she graduated in psychology-behavioral neuroscience. Kaitlyn loves to play

the piano, jet ski, dance and eat cereal. She is excited to research more with Dr. Shaw while in the MSW program, as well as gain priceless experience as an intern. She is interested in working with child abuse and resilience.

sports, cook, homestead, and learn new things. She is going into social work because she is interested in wilderness therapy, women's rights, and adolescent life troubles such as trauma, substance abuse, and relationship troubles. She is excited about the MSW program because of the internship opportunities.



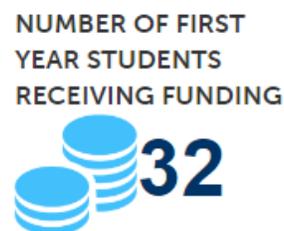
Alissa Willard graduated from Idaho State University where she received her degree in social work. She is originally from Roy, Utah,

and loves being out in the sun. She enjoys wakeboarding, hiking, running,



Andres Vega, from Chile, is interested in becoming a clinical therapist. He received his bachelor's degree at the University of Utah in Spanish. Something

that he is looking forward to in the MSW program is learning the clinical skills that will help him become a successful therapist. Andres like to go to rodeos, travel, serve in the LDS church, be with family, and wood-work/build things.



Alumni Updates

We are so pleased to offer you updates on the lives of the following alumni. Remember to "like" the BYU School of Social Work Facebook page to receive updates, connect with classmates, and network. We appreciate their willingness to share with us and for modern technology which makes it easier for us to stay connected.

Class of 1971



Lyric A. Rillera (BSW 1971)
Lyric is currently living in Sugar Creek Township, Ohio. She is married with three adult daughters and six

grandchildren. She is working as a Non-profit fundraising consultant and professional writer/editor with screenwriting credits for a feature length documentary. Lyric obtained an LCSW in California and practiced as both a clinician and Program Supervisor for 14 years. She then transitioned to major and principal gift fundraising positions at the University of Arizona, U.C. Berkley, and the University of Dayton over the subsequent 22 years. Her favorite part of BYU was participating in a wide range of cultural programs including theater and dance productions in the Harris Fine Arts Center. Her advice to new students is to look beyond the traditional ways to use your clinical training. She made the successful transition to professional high fundraising due to her ability to ascertain, evaluate, and understand the underlying issues/motivations of donors and prospects.

Class of 1972

Bernard George Vetter (MSW 1972)
Bernard is currently working as a Military and Family Life Consultant for the DoD. He lives at Base Camp Kaysville, Utah; presently on a military family life consultant assignment combined with a mission for the Church of Jesus Christ of Latter Day Saints. His family is continuing to grow with more grandchildren. In his freetime, Bernard likes to travel, hunt, and fish with his grandchildren. His favorite memory from BYU as he says, is "A rainy evening standing under the

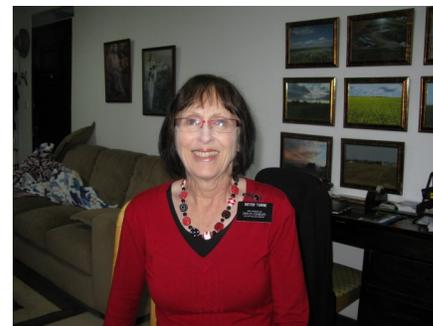
umbrella branches of a very large pine tree with my future wife, Aleta (Wilcken)...Diamond ring at the ready..." If there is any advice that he would give new MSW students would be to honor the profession of social work.

Class of 1973

Steven L. Miner (BSW 1973)
Steven has lived in Cedar City since 1991. His oldest son is married with five children. His daughter received her master's in speech pathology, and finally his youngest graduated from BYU in public relations. Steven worked in the Salt Lake market in '77 (KSOP) then from '79-'90 at FM 100, then jumped at the chance to move the family to Southern Utah and took over running KSUB AM and KSSD FM where he had 16 years of success. He then decided to leave radio rather than Cedar City and used his degree to land his most recent job with DCFS as a caseworker/investigator for Child Protective Services. He retired from that after 9 years on November 1, 2016, and is now semi-retired and doing hospice chaplain work. He is also considering taking a grant writing class at SUU. Steven plans to be able to enjoy open-ended travel to see grandchildren, and work to get in better shape preparatory to serving a couples mission at some point. When it comes to memories of BYU he claims there are, "too many to tell. But everyone's favorite story is my time in the KBYU apprentice program after promptings from Bishop Stevenson's counselor to try my hand at radio (he sold time). One night--and I might be the only one to ever do this--I played the full 16-minute version of Iron Butterfly's hit "In-a-Gadda-Da-Vida" on KBYU FM."



Class of 1974



Colleen Louise (Conrad) Torrie (BSW 1974)

Colleen is currently on a senior couple mission in the Kenya Nairobi mission, working in the office. When asked about her favorite memories of BYU she replied, "Memories . . . it was so long ago. I loved my five years at BYU. I loved the people, my friends, my ward affiliations, my classes, the campus, the mountains. It was a very happy time. But the happy times just keep on happening."

Class of 1975



Judy Johnson Preston (BSW 1975)
Judy lives in Paris, Missouri. She is married to John, and has six children and seven grandchildren who live in Alabama,

Texas, Colorado, Utah and Missouri. She is enjoying retirement by visiting her children and helping out in the community as well as volunteering at the Monroe County Historical Society weekly. Some favorite memories Judy has at BYU are hiking, skiing and having picnics in Provo Canyon. She recommends that students diligently apply themselves in their work because there is not a redo button in life.

*Class of 1977***Bruce D. Latham, DO (BSW 1977)**

Bruce lives in Colebrook, New Hampshire, Canadian border. Where he says there are more moose than people. He has been working at a family practice for 20 years. He also works as a Local Emergency Manager and on the New Hampshire Drug Task Force, where he works with community leaders in developing a consortium of resources to combat overdose deaths. He misses the student wards, fabulous teacher/leaders, and the wholesomeness of the Y. He remembers enjoying stepping on campus last May when he was in Utah for their son's sealing. Bruce looks back to his social work experiences and says, "I feel that my BS training in SW has been invaluable as a physician."

Class of 1979**Koleen Braddy Poppin (BSW 1979)**

Koleen is living in Orem, Utah where she works with three other BYU graduates, Kim Perry, CSW, Lauren Andrews, SSW, and Krystal Leaaetua, LCSW. They started their own business, Utah Adoption Specialists, LLC. They provide adoption casework and counseling services to adoptive couples. They have several workers who also provide counseling services to birth parents of their adoption clients. Koleen has three adult children and four grandchildren with one more on the way. She was widowed about three years ago. When asked about her BYU experience she described, "As I grew up in a small town in Colorado where the LDS community was small, I loved the atmosphere of being surrounded by others of my faith. I gained a couple of lifelong friends during my BYU days. Lots of great times."

*Class of 1981***Bruce W. Davis (BS 1981)**

Bruce lives in Gainesville, Florida, where he is the Visual Impairment Service Team Coordinator at the VA Medical Center. He coordinates services for legally blind veterans and provides national training for new VIST Coordinators for the VA. His youngest daughter just started pharmacy school, at the University of Florida. Bruce loves BYU for the wonderful professors and recommends the current MSW students be prepared to continue to learn because graduate school is just the beginning.

*Class of 1983***Claigh Jensen (MSW 1983)**

Claigh is a counseling manager at LDS Family Services in Idaho Falls, Idaho. He has been working for LDS Family Services for 33 years and has a passion for their work. He is a practicing LCSW, primarily doing individual and marital work, along with some family work. He does a lot of work with people struggling with pornography; anxiety; depression. He also oversees the workings of the Addiction Recovery Program in Idaho Falls. Claigh lives in Idaho with his wife, Wendy. They have five daughters and 23 grandchildren. Claigh has several fond memories of BYU such as: playing intramural sports (flag football and basketball) with classmates and negotiating course work load with the professors. He says, "Somehow we came to the belief that because it was the first MSW class we thought the professors needed our feedback on the amount of coursework they gave to us. I was the first Student Association president and was allowed to attend some of the faculty meetings to represent the students interests. The association I had with the faculty remains meaningful to me to this day." To current and future MSW students he says, "Be willing to learn and grow throughout your time at BYU; seek out feedback from the professors and other supervisors that will help you mature, grow, and improve regardless of your level of experience - that growth needs to be both personal and professional - remember, you are the best tool you will take into the therapy session; be trustworthy - when clients share their

lives with you, you are walking on sacred territory . . . honor it as such. Live gratefully. Pray over your clients, likely nobody else will, they were God's child before they were your client, and they will still be His child after you conclude your work with them."

*Class of 1986***Alma Elisa Harlan (BSW 1986)**

Alma lives in Macy, Nebraska on the Omaha Tribe reservation. She has 12 children, 26 grandchildren and eight great grandchildren. Her career has led her to work eight years in Head Start and then five years as a Kindergarten teacher. Now she is a Pre-K teacher at Omaha Tribe Head Start in Macy, Nebraska. Alma's favorite memory of BYU is going to the dances. When asked what advice she would give to new MSW students she said, "Do your best and enjoy life. Don't worry about what others think. You need to work at being happy with yourself and loving yourself first. Life is too short to spend too much time thinking about what others think is best for you. Have fun and do what you want to do. You are only young once."

*Class of 1989***Grover Wray (MSW 1989)**

Grover is living in Grant, Idaho currently working at BYU-Idaho. He has taught for the Social Work program there for 18 years. He teaches



group classes, individual counseling classes and has been the internship director for the last ten years. He also sees clients on the side, and for the past two years he's worked with youth who are on probation. He runs DBT and MRT groups, as well as individual counseling. Grover has six children

and nine grandchildren. Most of them live nearby, and he says he is blessed to be able to see many of his grandchildren on a regular basis. His oldest son is a deputy sheriff in their county, and has three children. His second child has two children and one on the way, and her husband is close to completing his bachelor's degree from BYU-Idaho. His third child is in a doctoral program in Portland, Oregon, studying to be a chiropractor and has three children. Their fifth child will be attending a physical therapy school in Mesa, Arizona this fall, they have one child and one on the way. His fourth child was killed in a car accident in 1997 when he was four years old. They then adopted an infant daughter six months after the accident, and she just graduated from high school and will be attending Western Montana University next fall. Grover's favorite memory from BYU was all the time he spent in the "green room." He enjoyed the professors he had as well as his classmates that he was able to grow close to. He would like to tell MSW students to "have fun while you are going through the program. Don't get caught up in all the assignments and workload they put on you, remember to balance your responsibilities in such a way that you don't get burned out. BYU is an outstanding university, and the MSW program is top notch, including the current faculty of which I am good friends with. Don't take yourself so seriously!"

Class of 1992



Wendy Grill (BSW 1992)

Wendy lives with her husband and four children in Genola, Utah. She is currently an elementary school teacher, and is happy to say that she completed her college education at BYU.

Class of 1993

Brian Anderson (BSW 1993)

Brian lives in Clovis, California, where he is a Counseling Manager at LDS Family Services. He has been serving as a Bishop for the last two years, while his wife has been teaching seminary and piano. He has two children, a sophomore and a senior in high school. Brian misses the devotionals during his time at BYU and encourages students to always attend them, as well as being open to feedback spiritually and from professors.

Jill Jeppson Johnson (MSW 1993)

Jill lives in Beaverton, Oregon with her husband of 15 years and her three sons ages 13, 10 and 8. She works as the Crisis Intervention Specialist at Kaiser Sunnyside Emergency Department, and is also a Licensed Clinical Social Worker. Her favorite part of BYU was being in a small, cohesive class. "We cared about each other like family." Jill encourages students to prioritize obtaining their LCSW. Pay for supervision if necessary. Getting an LCSW will open many job opportunities.

Class of 1994

Jennifer Reintjes (BSW 1991, MSW 1994)

Jennifer is living in Las Vegas, Nevada with her husband and son, working as a Social Work Region Manager for Development Counseling Services. Their oldest child, Samantha, is serving a mission in Utica, NY. Their second child, Liz, just graduated and is at BYU-Idaho and their youngest, Ben, is a freshman in high school, playing football and enrolled in ROTC. Jennifer expressed that while at BYU she loved all her experiences especially her clinical supervision group with Dr. Marett. She encourages current MSW students to "get your clinical license, no matter what. It will open up many fields and opportunities. Be open to all the new experiences. Be open to feedback and self discovery. You will have greater success with your clients if you have first done your own work."



Cary Shelton (MSW 1994)

Cary is living in Meridian, Idaho with his wife and youngest child who is 15 and in high school. Their oldest son is married and living in Wisconsin as a computer programmer. Their next two children are at BYU with the older of the two recently married. He is working as a counseling manager for LDS Family Services in Boise, Idaho where he works with clients suffering with marital issues, depression, anxiety, phases of life, and missionary issues. While he was here at BYU he loved being with his classmates. When asked what he would want to tell current or future MSW students, Cary said, "Enjoy school while you can and be open about what type of employment you seek."

Class of 1995

Joy O'Bannion (MSW 1995)

Joy currently lives in Orem, Utah where she works as the Director of Strategy for the Family Support and Treatment Center. She works with children, teens, adults, and families who have been victimized by child abuse and other traumatic events. She also works with families, particularly working with parents and children to strengthen the parent child relationship. The Family Support & Treatment Center is a private nonprofit organization working to strengthen children and families through the prevention and treatment of child abuse and other traumatic experiences. The agency serves children and families in Utah County as well as four other counties in the state--Wasatch, Summit, Juab, and Millard. When looking back to her BYU experience, she said "My favorite BYU memory happened my first year of my MSW program. We had a Christmas party as a class and invited professors to attend. It was a wonderful experience to be able to sing with my good friend, Larry Krause, as part of the program. The feeling of that

event was one of unity and love-- feelings that carried us through our entire graduate program. I am grateful to all my classmates and professors for their love and support, not only during the program, but for the past 21 years since we graduated from BYU." With that, she advises students to enjoy the program. "It's a wonderful experience that can provide lasting relationships, both professionally and personally."

Class of 1996



Nathan Gibbons (MSW 1996)

Nathan lives in Cedar Hills, Utah with his family. His oldest son, 22, works as a mechanic in SLC. His next son, 19, will be returning soon from his mission in the Philippines. His oldest daughter is a freshman at BYU. Her first class of her BYU experience was Intro to Social Work. His youngest son and daughter are both back to school, singing, playing instruments, and having fun. Nathan is a current LCSW working at the Provo, MTC through LDS Family Services. He explains that, "The relationships I had with classmates and with my professors are some of my dearest memories. I love and respect them. I've been lucky to stay connected to some of them over the years. My love for my own father (Gene Gibbons) takes us, still, through professional conferences, BYU sports, and priceless family experiences. My greatest hope is to be like him, someday." He wants new and future students to know that they should be willing to do the 'hard work' early on in their experiences. Working in tough family services environments, homeless shelters, soup kitchens, etc. will help pave the way for the understanding one needs to have to work with disadvantaged people. There is no other way to gain that experience.

R. Scott Taylor (MSW 1996)

Scott is currently working as a Program Manager at Wasatch Mental Health. He manages the Provo Outpatient clinic and two day treatment programs. He is living in North Utah County with his wife and family. His two oldest girls are in college at BYU and UVU; and his two younger boys that are still living at home. Scott enjoyed his entire experience in the MSW program, especially learning with the same group of students. He also explains that students should have sufficient experience and training in case work before they try to be a therapist.

Class of 1997

Greg Hendrix (MSW 1997)

Greg is living in Lindon, Utah with his wife of 22 years and his family. His family includes, his 28 year old daughter with a two year old child. In his words, "I am a grand-pappy!" He also has a 19 year old daughter who is currently serving a mission in the Tiachung, Taiwan Mission who will return in May 2017. A 16 year old daughter that will be driving on the roads soon, and a 14 year old son who is very active playing on two soccer teams and cross country. Greg works at the Utah State Prison as a Deputy Warden over programming and his wife works with adult probation and parole as a supervisor. He works specifically with the substance abuse and sex offender treatment programs and supervises MSW interns at the prison. Greg also works part-time at LDS Family Services as a therapist. As a therapist he works with people suffering from addictions, mood disorders, and marital issues. When asked what he liked most about BYU, Greg stated, "My whole MSW experience and developing the relationships with my class. Use your classmates as a support with the heavy reading load. Be careful of perfectionism. Have fun, it goes fast."

Ricardo Merchan (BSW 1997)

Ricardo lives in Burbank, California. His daughter, Angela, is a senior in high school and getting ready to submit her college applications, including to BYU. His son, Josue, is a sophomore and is making more progress in

his Scouting, earning seven merit badges and the rank of First Class at his last Court of Honor. Ricardo's father passed away in August, but he explains that it was an occasion which brought his family closer together. His favorite memories of BYU include football games, homecoming, and Friday night salsa dancing at the Palace in Provo, and the Wilkinson Center. Ricardo is working as a Children's Social Worker in Los Angeles' County Department of Children and Family Services for 14 years. He explains that, "This is a challenging profession with ups and downs. Great moments such as seeing families reunite after court cases due to abuse or neglect, trying moments such as having to be involved in a case where the parents can no longer successfully reunite with their children and the emotions involved with that, especially when the parent does not understand her mistakes and does not own up to her responsibilities. [Students need to] have avenues with which to decompress after difficult periods of time (exercise, family time, hobbies, etc.)"

Class of 1999

Rachel Crandall (BSW 1994, MSW 1999)

Rachel lives in Alpine, Utah as a stay-at-home mom with nine kids. She currently is busy being a homemaker, but impresses upon students that an MSW is a great degree for home and family. She loved her classes, professors, and peers from her time in the MSW program.

Class of 2000



Jim R. Jacobs (MSW 2000)

Jim is currently working in Colorado as a counselor at LDS Family Services, where he sees LDS individuals, cou-

ples and families. His private practice is based in Commerce City, CO, where he sees individuals and couples. He is also an internationally syndicated columnist with Women's Voices Magazine and BizCatalyst360. He has his own business as a marriage educator, professional speaker, and professional coach. Jim is the author of *Driving Lessons For Life: Thoughts on Navigating Your Road to Personal Growth*. Jim's oldest daughter is on a mission in Vancouver, Washington. She was two when he was at BYU. His son, who was born while he was in the program, is now 18. He also has three other daughters, all healthy and well. While he was in the program at BYU he loved the relationships he formed with his advisors and professors as well as working with his peers. He also remembers loving the devotionals. Jim advises students to get involved and to try new things. Find new and creative ways to handle the workload.

Class of 2001



Derek Bowles (MSW 2001)

Derek lives in Liberty, Utah with his wife and 3 children, his oldest attending college. He is the owner of Crossroads RTC in Ogden, Utah which is an adolescent and young adult substance abuse program. Crossroads RTC is a recovery program built around adventure based living including snowboarding/skiing, wakeboarding, and skateboarding. Derek's favorite memory of BYU is when he watched Dr. Wanda Spaid do a Barbara Walters imitation from Saturday Night Live. Something that he would like to pass on to new or incoming students to the MSW program would be to, "Be open to the roads that social work practice can take you down. Work with the sick of the sick, disenfranchised, most addicted

and deeply hurting souls and let that be the energy that shapes your careers. Sharpen your skills, develop compassion, and hasten your wisdom. Then transfer that into a satisfying career that allows you to spend time with your family, travel the world, and have some adventures."

Jason Hales (BSW 1991, MSW 2001)

Jason is currently living in West Jordan, Utah with his blended family, with children ages 6 to 17. He is working for Intermountain Healthcare in their hospice department. He also runs a private practice in Tooele and Salt Lake City. Some of Jason's favorite memories were in the Knight Manguem Building and the MARB basement classes. He advises students to, "Be yourself, love what you do, do what you love. Have patience in yourself and your learning."

Class of 2002



Kim Dibb (BSW 2000, MSW 2002)

Kim is living in Dhahran, Saudi Arabia with her husband and four girls- ages 14, 10, 8, and 4. They are living in

Saudi Arabia for her husband's job. She is currently a stay-at-home mom and is licensed as an LCSW in Texas, but it is currently on inactive status since she is living overseas. While studying at BYU she loved the close friendships she made because of the small cohorts sizes and encourages students to get their LCSW.



Lisa Johnson (BSW 2002)

Lisa is living in Allen, Texas with her nine year old daughter Autumn. She

is currently working as an office manager for a remodeling company. When she was at BYU she loved doing her internship with Professor Roby in the Marshall Islands. Lisa encourages students to "make sure that social work is something that you love to do, and you leave work at work and don't bring it home with you."

Lillie M. Murray (MSW 2002)

Lillie lives in Farmington, Utah and works as an LCSW with Hospice for Utah and Palliative Care for Utah. Her occupation allows her to work with elderly and terminally ill clients in Weber, Davis and Salt Lake County. Lillie loves BYU and says that her favorite grad school experience was the songs that her class made for Dr. Wanda Spaid, "Waking up with Wanda" for DSM.

Class of 2003

Laura Lockwood (BSW 1993, MSW 2003)

Laura is happily married and living with her family in Akron, Ohio. Her oldest daughter returned from her mission in the Philippines and is attending BYU, her son is 18 just starting at BYU - Idaho, and her youngest son is a sophomore in high school. Laura is currently working as a mental health counselor at Akron Family Institute seeing individuals and families for depression, anxiety, and relationship issues. She encourages students to soak up the experience, get involved and explore all options within the field. She says this from experience, as her favorite times at BYU were in her classes, with her roommates, or the various activities she was able to take part in.

Class of 2004

Carol Lynn Whitaker (MSW 2004)

Carol is living in Medford, Oregon, keeping her social work license up to date by working with a few private practice clients while partially being in retire-



ment. She also helps with the prevention of elder abuse and volunteers with Alzheimer's Support and Winter Spring Grief Support. Her husband passed away in 2015, and she is now a widow. She tries to fill her time with work and traveling. When she looks back to her time here at BYU, she remembers her love for her professors. Especially Dr. Seipel letting their class do a community project instead of a final, Dr. Shirley Cox proposing Harry Potter books three and five as extra credit for a supervisory course, and Dr. Kevin Marett for his humor. She says that all of the professors demonstrated social work ethics as well as taught us great principles.

Class of 2005



Isaac Rowland Aklamanu (BSW 2005)

Isaac lives in Carbondale, Illinois where he is currently in his third year of his PhD program at Southern Illinois University. Something he loves about BYU is how loving the faculty members are

and how family oriented campus is. He advises to not be afraid to move forward and look to advance your career and education.

Kristen Barlow (BSW 2005, MSW from University of Michigan 2006)

Kristen lives in Naperville, Illinois with her husband and four children. She is working as a part time therapist for LDS Family Services, serving teenagers and adults with depression, anxiety, PTSD, and addictions including pornography. Kristen's favorite memories of BYU were devotionals and taking classes from Shirley Cox.

Erin Shepard Law (MSW 2005)

Erin is currently living in Sugar Land, Texas with her husband, two little girls and adorable dog. She is the Clinical Director of Fulshear Treatment to Transition, which is a residential treatment program for young adult women

18-25 years old. Erin loved the clinical training and preparation that she received at BYU, and advises students to choose their practicums wisely.

Debbie Muhlestein (BSW 2005)

Debbie lives in Mesa, Arizona with her husband of 22 years and her two teenage children. She works as a Title I Director (Federal Programs) of a charter elementary school. Her favorite memory of BYU was being on the color guard for the BYU Marching Band and marching down the street towards the stadium with drums marking time. The feeling was intensified as fans lined the streets, cheering and hollering. The excitement was palpable nearly the entire game.

Class of 2006

Edward R. VanGass (BSW 2004, MSW 2006)

Edward lives in Orlando, Florida. His family continues to grow with two sons, two daughters, 12 grandchildren - six boys and six girls - and a second great-grandchild on the way. He is currently working at a private practice and as an Area Mental Health Advisor (AMHA) in the North America Southeast Area covering 18 missions. Within his clinical private practice he works with depression, anxiety, OCD, and sexual addictions. As an AMHA he works with most general mental health difficulties, except those not permitted on a mission. Within that he communicates with 18 Mission Presidents and their wives, mission nurses, AMAs, and missionaries (after clinical assessments and/or MOQs are completed) and consults with the Missionary Department. Edward retired from LDSFS in 2012, but started private practice after serving as AMHA in Africa for 25 months. His favorite memory of BYU was the blessing of the Spirit, as well as its great teaching staff and the location. He recommends current students "follow the Spirit. Do your best. Have fun. Be grateful."

Class of 2008

Penny Bergeron (MSW 2008)

Penny lives in Highland, Utah, with her three daughters: Isabelle, seven, Cambry, four, and Brielle, 18 months. Right now she is working part-time at a private practice where she sees out-

patient teenagers and young adult women in Spanish Fork, Utah. A fond memory that she had at BYU was the friendships she formed among classmates. Penny encourages students to take advantage of every opportunity to learn from a professor and/or supervisor in their practicum.



Laura Parry (BSW 2008)

Laura lives in Lehi, Utah with her husband, daughter,

and son. She is working as a mental health counselor in Midvale at The Healing Group, seeing individuals and couples with issues concerning postpartum depression, and sex and intimacy. Some advice she would like to give to new social work students is, "Make connections with your classmates and find mentors. Enjoy being a social work rookie! In a BYU forum Liz Wiseman said, 'When we are in this rookie space, we ask better questions. We are more alert. We listen more. We value feedback. We seek feedback. When we are operating without a lot of expertise, we actually tend to bring in more expertise because we consult with so many people and we mobilize the expertise of others.'"



Estela Marquez (MSW 2008)

Estela currently lives in Mapleton, Utah with her husband. Their family continues to grow with 14 grandchildren. She is working at BYU as a Multi-

cultural Student Advisor. She is involved in several different organizations as a board member of NAMI and helps facilitate the NAMI support groups for families of loved ones with mental illness. She also teaches the Family to Family education program in Spanish for families dealing with a family member with a mental illness.

Her favorite memory of BYU is her cohort of fellow students in the MSW program, whose support and love were the two things that kept her going. When asked what advice she had for current students she said, "Embrace the program with passion. It will change your life forever!"

Class of 2009



Marc Gilchrist (BSW 2007, MSW 2009)

Marc is living in Okotoks, Alberta, Canada where he works in a private practice therapy working with children, youth, couples, families and individuals. He is also involved at Alberta College of Social Work in Provincial politics. He lives with his wife and four kids, who are the ages of 12, 9, 6 and 2. Marc loved working with all the professors in both his BSW and MSW programs and tells students that the best preparation for the social work program is taking one's own life experiences and showing what they can bring to the field.



Crystal Kay-Baune McCown (BSW 2009)

Crystal is living in Houston, Texas with her husband and new baby Marielle Rhea. She received her MSW from the University of

Houston in 2013 and now works as a PRN hospital social worker and a part-time psychotherapist in a private practice setting working with teenagers, adults, couples, and families. She also

specializes in intuitive eating, eating disorders, depression, anxiety, and life transitions. She encourages students to practice therapy techniques as much as they can. One of Crystal's favorite memories at BYU was going to the football games.

Class of 2010



Jennifer Arballo (MSW 2010)

Jennifer is living in Idaho and has four adult children, five grandchildren. She is a mental health therapist and obtained her LCSW license. She works at Proactive Behavioral Health in Twin Falls, Idaho. There she provides individual and group therapy for a variety of mental health issues: MDD, PTSD, Bipolar, BPD, addiction, self worth issues, tic disorders, and relationship and family therapy. While Jennifer was at BYU she loved that she was able to incorporate the gospel principles into her education. Something she misses is the beauty of the campus and feeling the spirit. She recommends students to be in the present, "...it will be over so fast. Enjoy your time at BYU, it's a unique and wonderful opportunity."

Christie Winder Bradbury (MSW 2010)

Christie is currently living in West Jordan, Utah. She and her husband, Denver Bradbury, welcomed their second child (second son), Leo on August 17 this past year. They recently moved to West Jordan from Sandy to a duplex that has more room for their growing family. Her husband will be graduating this coming spring from UVU with a degree in visual communications. Christie does part-time contract work for Valley Behavioral Health's children's outpatient program in Kearns, Utah where she sees children and families.

Karissa Garr (MSW 2010)

Karissa is currently in Las Vegas, Nevada where she lives with her husband

and son, who is now two years old. She obtained her LCSW and is working as a clinical therapist for victims of sexual abuse and domestic violence. She stated that her favorite memory from BYU was, "anything from Dr. Marett's classes." Karissa recommends students to always keep the goal of licensure in mind and work towards it.

Rachelle Hamill (MSW 2010)

Rachelle lives in Eagle Mountain, Utah. She currently works in both inpatient and outpatient treatment settings. As a therapist at Redwood Family Therapy in Saratoga Springs, Utah she works with teens and adults with depression, anxiety, pornography addiction and sexual behavioral problems. Then her work in Wales, Utah with Oxbow Academy is with teenage boys with sexual behavioral problems. She is involved in many social work related organizations such as NOJOS as a credentialed provider (Network on Juveniles who have Offended Sexually), CSAT Candidate, (Certified Sex Addiction Therapist), affiliated with ATSA (Association for the Treatment of Sexual Abusers) and NASW. While she was here at BYU she loved spending time outside of class with her fun and supportive cohort and she recommends students to seek to specialize, "find your niche."

Steven Hyer (MSW 2010)

Steven lives in Fishers, Indiana with his wife and three boys, Grant (nine years old), Matthew (six years old), and Thomas (five months old). Currently Steven is an Air Force social worker. He will complete a PhD in Social Work in July 2017 from Indiana University, where his research emphasis is military social work, intimate partner violence and marriage/divorce in the military. His favorite memory of BYU is all the BYU sports. He advises students to be willing to get additional training for a particular therapeutic modality that they are interested in, once they graduate.



Garrit Jacobson (MSW 2010)

Garrit lives in Moorpark, California with his wife and five kids, Drew (10), Lily (7), Owen (5), Lucy (3), and William (1). He is working as a therapist with LDS Family Services, covering about 9 stakes in Venura County, Santa Barbara County, and the San Fernando Valley. He is in his office two days each week, the other three are spent in church buildings throughout his area. He also works with the Los Angeles, San Fernando, and Ventura missions. Within this area he serves families, married couples, individuals, and completes missionary assessments. Garrit misses BYU football and basketball and says all living in Utah should go while they have the chance!

Devon Lawrence (MSW 2010)

Devon works in Lakeside, Arizona as a social worker at ChangePoint Psychiatric Hospital (16 bed sub acute psychiatric hospital). He lives in Lakeside with his wife, Vickie, who works as a Special Education Case Manager at Show Low High School. He also has a son, Jim (20), who lives at home and is participating in the Pathway program and a daughter, Mary (18), who is a freshman at BYU.

Class of 2011



Richard Alboroto (MSW 2011)

Richard is living in Honolulu, Hawaii where he is currently teaching at the University

of Hawaii Manoa (Research class) and Honolulu Community College (Health

Basics). He is also a research and program evaluation associate at a non-profit organization. Richard loved the BYU professors and mentors who were supportive, as well as the school environment. He advises students that the time goes by fast, so enjoy the program while they can.

Teri Dawson (MSW 2011)

Teri lives in Provo, Utah with her husband and two daughters, Ellie (2 years old) and Harper (2 months old). She is currently working as a part-time therapist with ADDO Recovery in Lindon, Utah, where she mostly works with clients suffering from sexual addiction and betrayal trauma. She loved her cohort during her time at BYU and would advise current students to take as many classes as possible. Get to know the professors and lean on them for support and advice and become close with your cohort members early on in the program.

Simon Peter Kayiki (MSW 2011)

Kayiki lives in Preston, Idaho with his wife and two children, a three year old boy and baby girl less than a year. He is currently working as a substance abuse counselor in Logan, Utah. Something that he loved about BYU was the excellent academic environment weaved with gospel teachings.

Class of 2012

Camm Clark (MSW 2012)

Camm lives in Eugene, Oregon with his wife Miriam and two daughters, Ruby (age 5) and Ivory (age 2). He is currently a mental health therapist at Willamette Family Inc. He also provides field instruction for MSW student interns at Pacific University and Portland State University. As a practicing LCSW he works at a non-profit in Eugene, OR that serves medicaid/ Oregon Health Plan clients, most have co-occurring disorders. His fondest memory of BYU was meeting his wife there. Camm advises students to "find some healthy methods of self-care. You will need them during school and afterward in the field."



Matt Dahlin (MSW 2012)

Matt currently lives in Heber City, Utah with his wife and three girls. He is working with adolescents and young adults with depression, anxiety, family conflict

and substance abuse as a Primary Therapist at Crossroads Academy. He also runs his own PLLC about 5 to 10 hours a week. Matt tells students to get to know their professors and to study with fellow students in their cohort because that was his favorite part of this BYU experience.



Janice Nielsen Hendrix (MSW 2012)

After losing her husband ten years ago, Janice got remarried to Ken Hendrix. They moved back home

after four years in Twin Falls Idaho, to Salem, Utah. She has five children and 17 grandchildren, and her husband Ken, has three children and 11 grandchildren. She is currently the Clinical Director at Suncrest Counseling in American Fork, Utah and teaches at Utah Valley University. At Suncrest she sees individuals and couples; and specializes in pornography issues and healthy sexuality issues. Remembering back to BYU she misses the atmosphere and energy of being there, and tells students, "The work is hard but enjoy every minute because the time goes quickly. You are fortunate to be taught by such wonderful and caring faculty who treat you with respect and want your success. You truly will enter to learn and go forth to serve. The wonderful thing about BYU is they prepare you to hit the ground running."



Marie Roushar (MSW 2012)

Marie currently lives in Minnesota with her husband and her two children. She is busy as a stay-at-home mother. She encourages

students to learn and know who they are, the strengths and weaknesses one has, emotional triggers, biases, what makes one tick. Self-awareness will be one of the greatest assets in succeeding in social work.

Ron Squire (MSW 2012)

Ron and his wife, Mikae, have two sons, Henry who is three years old and Theodore who was born this past year. He is working as Assistant Clinical Director and Primary Therapist at Maple Lake Academy. Maple Lake is a treatment center for adolescents on the autism spectrum and with other learning and mood disorders. He also has his own private practice out of his home, Squire Counseling, PLLC. Ron would like to inform students, "Believe in yourself. And get ready for some hard times in your career but stay humble, stay strong, and you will find a job that will be incredibly fulfilling."

Class of 2013



Zach Duvall (MSW 2013)

Zach currently lives in Provo, Utah. He works at LDS Family Services as a clinical social worker in sexual addiction and sexual abuse. He is also involved in NOJOS -- Network on Juveniles Offending Sexually (Sexual Violence Prevention). Zach has two siblings on missions and is happy to announce that he has a new nephew in

the family. Looking back to his time at BYU, Zach's favorite memory was time with classmates and encourages new MSW students to develop friendships with their cohort.



Jessica Endres (MSW 2013)

Jessica is the Clinical Director of the Anthony Community and New Haven Residential Treatment Center. She works with teenage girls ages 13-18 and their families. It is a family focused program. Her best experiences in the BYU MSW program were always with her cohort, she remembers that they even made a music video together! She encourages students to hang in there. "It gets better after the first year and the research paper is over! And get ready for the on the job learning..... It comes at you fast when you start a job."

Garrett Pace (MSW 2013)

Garrett currently lives in Ann Arbor, Michigan. He explains that, "After three years working post-MSW in New Jersey, we've moved to Michigan so I can pursue a doctoral degree in social work and sociology. We love it here, especially because it's bike friendly. Our one and three year old kids keep us busy." As a full time doctoral student, he is working on doing research for social work purposes. He recalls that during his time in the MSW program at BYU, his favorite class was play therapy, because he always left feeling enlightened. Garrett recommends current and new students, "to [push] yourself and take risks. Be willing to take on challenging internships you're not sure you'd want to do in the long-term of your career. Who knows, you might end up enjoying a new area! If not, it's just an internship and won't last very long. Learning as much as you can about it through coursework and assistantships will help you be more effective in your practice and, of

course, the knowledge and experiences really come in handy if you decide to go on for a PhD."



Paul Shelton (MSW 2013)

Paul is currently a counselor at Development Counseling

Services working on case management with clients that struggle to keep work. He is living in Orem, Utah with his wife and children who are ages one, two, and three. He encourages students to explore all realms of social careers, before settling in on a given type of work or population.



Shaleena Vincent (MSW 2013)

Shaleena currently lives in Mesa, Arizona and had a baby boy this last December. She is working as a licensed social worker for foster families. While at BYU she had a great ward and became

really good friends with her visiting teaching sisters. Shaleena encourages students to find ways to manage the stress.

Class of 2014

G. Andrew Davis (MSW 2014)

Andrew currently lives in American Fork, Utah where he works for Telos Residential Treatment Center. He works with adolescent boys who have addictions, learning disabilities, and other mental health issues. He is also excited to announce that they had a daughter who was born at the end of October, 2016. He, his wife, and their son, are very excited for this new addition. Andrew cherishes his memories at BYU where he made some lifelong friends and describes that students are always on a learning curve. He encour-

ages students to “never stop learning, because that’s when one stops growing.”

Michelle Minert (MSW 2014)

Michelle is living in Lehi, Utah working for the Utah State Hospital in the Forensics Unit. Her favorite memories from the program were her late night studying with her cohort friends. She says time passes quickly, school is worth it and to stick to it.



Melissa Anne Pomale (MSW 2014)

Melissa lives in Ogden, Utah, with her three children and her husband, Sione. Her husband recently quit his job to go back to college, and is about half way done with his degree in Engineering. Their oldest, Noa (4), is just starting his second year of preschool. Their second, Eleina (Lei, 2), is full of attitude and loves to be with mommy. They just had their third, a boy, Tevita Mafua Pomale. Melissa works full time at McKay Dee Hospital in Ogden as an inpatient therapist on their psychiatric unit, as well as a crisis worker in the ER. She is a current CSW and plans on becoming fully licensed as an LCSW in 2017. When Melissa was at BYU she made multiple life-long friends in her cohort that she is still in contact with today. She has attended multiple weddings, baby blessings, and other holidays with friends she met there. She loves being able to have a professional community she is able to communicate with, that knows her on a personal level. When asked what advice she would give to new students she said “Graduate School is hard but it is best at BYU in their MSW program. It is a perfect balance of education, family, and community. You will learn the life lessons you need to, along with getting an education you will benefit from for the rest of your life.” As a wife and mother, she chose to attend the MSW program just to

educate herself and learn more about helping people. When her husband decided to quit his job to go back to school full time, they had to now rely on her income as a CSW to support their family. Without the education she gained in the MSW program at BYU she doesn’t know where her family would be. “The education you receive here is priceless and will lead to a emotional and financially fulfilling life.”



Heather Ransom (MSW 2014)

Heather is living Columbia, Missouri working at a private practice with eight other clinicians. She works with

adults and sees a large variety of behavioral difficulties and mental health diagnoses. She sees about 10 to 12 clients a week. She also writes grants for nonprofit organizations. Her husband is currently halfway through his PhD program and their daughter recently turned two. While she was in the MSW here at BYU she says “I made a group of close friends while in the program. Too many shenanigans to choose from! We still keep in contact and encourage each other!” She also advises students to have your two internships be as different as possible so they can get a wide variety of experience.

Allie Harrison Taylor (MSW 2014)

Allie is currently living in Provo, Utah with her husband and two dogs. She is working as an Arts and Research Director at BYU as well as an LCSW at a therapeutic boarding school for teenagers. Her favorite memories here at BYU would have to include Wendy Sheffield’s speech about B’s getting degrees and meeting and marrying her husband. Allie advises new students to “Remember to be balanced in school, work and life. Also, work together. The cohort that stays together has success!”

Class of 2015

Raymond Forrester (MSW 2015)

Works as a mental health therapist in St. George, Utah. He lives there with his wife, and works with those in drug rehabilitation, suffering from behavioral issues, depression, anxiety, and attachment issues. Raymond’s favorite memory of BYU is playing rugby, and encourages students to get through the first semester, and it all gets better from there.



Jarretta Church Mahalko (MSW 2015)

Jarretta currently lives in Highland, Utah with her hus-

band Dennis. Her daughter is now living in Florida and her son is going to American Fork High School. She is working as a clinical therapist at The Yunique Foundation. They provide treatment for women who were sexually abused before the age of 18 as well as increasing public awareness and prevention of childhood sexual abuse. Besides seeing individual clients and couples, Jarretta facilitates at least two retreats a month. This is a retreat for women who have been sexually abused, where she teaches education classes on the brain and trauma, yoga, muay thai, art journaling, expressive writing, grounding techniques, sexual health, healthy body image, mindful walking, forgiveness, assertive communication, and overcoming addiction. Additionally, she helps women with goal planning as they progress on the healing journey. She has helped write several presentations that are used in educating their clients. She is also EMDR trained and is working towards AASECT (sex therapy) certification through the University of Michigan. Jarretta says she will always remember her cohort and the friends that she made there. She recommends that students work hard and obtain all the experience, knowledge, and networking power they can. School doesn’t last forever, but it is so worth the reward.



Lauren Miller (MSW 2015)

Lauren is currently living in Los Angeles, California with her husband.

She is working as a Development Counselor at Development Counseling Services. She works with individuals with barriers to employment such as mental illnesses, substance abuse disorders, language differences, or educational impediments. Lauren's favorite memory of BYU is that of the camaraderie she felt as an MSW cohort. She has fond memories of working in the lab late into the night with her peers, or having parties to celebrate milestones in each other's lives. She says "They were such a great group of peers and I am lucky to have known them." She also recommends students to "...stay open-minded and adventurous. Social work is a broad and exciting field. Stay open to challenging yourself in new and different ways."



Ben Thornell (MSW 2015)

Ben lives in Provo, Utah as a full time law student with his wife and "most adorable girl that ever

was". When Ben was in the MSW program he enjoyed presenting at the CSWE conference and exploring Tampa with his fellow students. He says that the knowledge that he gained from the program was incredibly valuable, but if there is anything he could tell current or new students, it would be to not forget the skills they are learning to change as a person.

Class of 2016



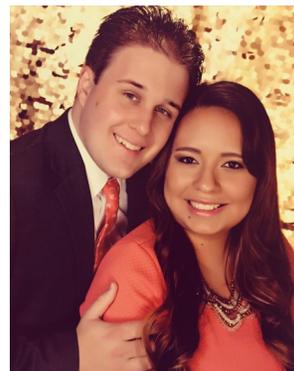
McKenzie Esplin (MSW 2016)

McKenzie currently lives in Orem, Utah with her husband who recently went back to school to obtain his MBA. They are both working full time. She is working as a therapist at Discovery Academy in Provo, which is a therapeutic boarding school for teens. McKenzie says that her favorite memory, though hard to choose, would have to be being at graduation and seeing her cohort together all in their caps and gowns and then seeing their professors at the luncheon after as well. She encourages students to, "Buckle up and get serious quick! Procrastination will kill you in the MSW program. Set your expectations lower grade wise. B's get degrees! If you shoot for all A's you'll burn out. It's not about being top dog in the class, it's about truly learning what you need to know in order to go out into the real world and sit in front of a client and help them."

Brittany Feuz (MSW 2016)

Brittany currently lives in Provo, Utah and is excited to announce she will be married in March of 2017. Right now, she is working as a primary therapist at a residential treatment center in Springville. She works with high school girls in individual, family and group therapy. When it comes to her experiences at BYU Brittany explains, "My favorite memory from BYU can't be condensed down to one single instance. Rather, it is the variety of amazing friendships that were made, particularly with my classmates in my graduate program, where we developed lifelong friendships that are continuing to be strengthened to this day. I

also had many wonderful, wonderful professors who continue to inspire me." If there was anything she could tell current or future students it would be to stick with the program and it is okay that you don't know everything yet. Remember to put the Lord first, He will direct you towards the right path.



Angela Nelson (MSW 2016)

Angela and her husband are living in Provo, Utah. She is working and helping her husband get through his undergrad.

He is working on his IT degree at BYU and has about two years left. They have no kids, but do have a cat and two fish. Angela is currently working at a private practice in Pleasant Grove, where she provides individual therapy for clients with mood disorders, anxiety, depression and substance abuse. She explains that it is a flexible, fun job, and she truly enjoys it. Her favorite part of the MSW program here at BYU, were the lectures and getting the gospel perspective on all kinds of subjects. It truly strengthened her testimony. She continues that the program is hard but it's worth it and students shouldn't doubt themselves, they know more than they think.

Kaitlin Oliver (MSW 2016)

Kaitlin lives in Layton, Utah with her husband and her new baby that was born in August. She currently works as a therapist in Salt Lake City at an addiction recovery agency that offers medication assisted treatment with methadone and suboxone. Kaitlin concludes that the MSW program was one of the most challenging things she ever did, but it was a huge blessing in her life. One of her favorite quotes always is from Professor Jini Roby, "Don't feel burdened by your opportunities!"

Cameron Palmer (MSW 2016)

Cameron is living in Blanding, Utah. His family has grown since graduation. "We welcomed our newest member, Grayson, on June 23rd. My wife and three children are healthy and happy." He is currently a practicing clinical social worker and sees clientele from all aspects of mental health and substance abuse. He works with SPMI clients, drug court clients, outpatient mental health, substance abuse, and crisis clients. He also participates in community organization. The only population he has not worked with is sex offenders. Cameron has many fond memories of BYU but one that came to mind was meeting with Dr. Cox in her office prior to his application and admission into the program. "That is where it all began for me and I will always cherish that memory." A word of advice from Cameron is to soak it all in. He particularly advises that Dr. Marett is amazing, and to pay extra close attention to his lectures.

**Brittany Rigby (MSW 2016)**

Brittany is currently living in Feng Yuan, Taiwan where she works as an English teacher at an after school program in the Taichung City province. Some of her favorite memories include sitting in the research lab; which was completely remodeled during her time in the MSW program, and talking with other students. There were several times that they would sit and laugh, and usually be laughing (instead of crying) about how much work they had to do, and how they simply did not understand the Stata program, and wondering if they were all insane for taking on the challenge that is the BYU MSW program! The advice she says she would give is, "don't take yourself too seriously. Enjoy the time you have there, learning at the feet of some incredible professors and other students. It does go faster than you think - don't waste the time, or the op-

portunities that you have been blessed with!"

**Vanessa Storey (MSW 2016)**

Vanessa is living in Provo, Utah working for Wasatch Mental Health. She mainly works with kids, teens and their parents in WMH American Fork Family

Clinic and is involved with Westlake High School and most of the schools in Eagle Mountain and Saratoga Springs. While she was here at BYU she enjoyed the great friends she made and the relationships that she established with her peers and professors. Vanessa encourages new students to "Have fun! Get a variety of experience and try to enjoy your time and soak up all the information you can. I loved my time in the program and I am grateful to have learned from so many great professors!"

**Ryan Turner (MSW 2016)**

Ryan lives in Highland, Utah with his wife and their dogs. He works at two agencies as a therapist, helping clients who are on federal probation with drug and sexual offense charges. He also works with clients dealing with PTSD and other emotional and trauma-related issues in a private practice with Kyndel Marcroft. He sees clients who are dealing with trauma histories and substance abuse in an outpatient basis in Salt Lake (TASC, Inc.) and Draper (Best Practice Counseling). Some of his favorite memories of BYU include pranking and debating with Dr. Marett, and he encourages students to not take themselves too seriously. "Consider watching that Netflix episode waiting for you."

**Troy Marie Young (MSW 2016) -**

Troy is living in Mapleton, Utah with her family who are all doing well. She is working as a clinical therapist in Lehi at The Younique Foundation where she treats female survivors of sexual abuse. Her favorite memory from BYU was, "watching the film of the left shark and laughing our heads off in Kevin Shafer's 405 Stats class." Troy's advice to current students is to be grateful. "Be grateful for very well-rounded, high quality training. Be grateful for understanding the importance of understanding research and making sure you are applying research based models in your practice. Be grateful for the high quality professors and instructors who are committed to making class interesting and who care about your success."

