

In what ways have I accomplished this competency/practice behaviors?

Competency 8 talks about intervening with clients, families, groups, organizations, and communities. To successfully help the clients on my caseload I have attended weekly supervisions with my supervisor. During these supervisions, we discuss different forms of interventions and techniques that would help me to enhance the well-being of my clients. With That being said I have also used the social cognitive theory as a way to better assist my clients. This theory has helped address the unhealthy behaviors of my clients and it has provided me with the knowledge I need to help them improve in the areas in which they need help. The technique uses behavioral change which helps the client learn healthier habits as opposed to continuing with the ones that are unhealthy. For Example, I work in a school setting and one of my clients has a problem with attending school on time. The reason my client was never on time was that he always overslept for class. The alarms that he had originally didn't give him enough time to get to school and get ready in the morning. During our intervention, we set up alarms that would give him enough time to get to school on time while completing his morning routine

How has my thinking changed over time?

I used to think an intervention just meant that you put a client in a room with his or her loved ones and everybody expresses their concern for them. As time progressed, I realized that intervention was more than that although that style may work for some it doesn't work for everybody. As Social workers, we must be knowledgeable about the different forms of evidence-informed interventions to achieve the goals of the clients. I also used to think an intervention was just used for one person when in actuality it could be used for groups, families, and communities

as well. Just because an intervention can be done by one person doesn't mean it always has to be. It is ok to include other people in the intervention process these people can help the client feel more comfortable and help the professional keep everything in order.

What are the practice behaviors that indicate my competency in this area?

I have accomplished this competency as I created a resource binder with the other interns in the agency. This resource binder had information on services that a client may need such as information on food pantries, housing assistance, Social services, mental health support, employment assistance, and health needs. This binder would be used as a resource for those in the agency and it would help them to better assist their clients while directing them to resources that they might need. Throughout my time creating this binder I was able to find help for some of my clients such as giving them information about health insurance and how they would be able to receive it. This relates to the practice behavior that talks about "applying knowledge of human behavior and the social environment, person in environment another multidisciplinary theoretical framework in intervention with clients and constituencies".

I have also completed this competency by implementing the strengths-based perspective approach, in each meeting with my clients I had them set some goals that they felt like they could accomplish by the end of the semester. After they set the goals, we came up with ways in which they could accomplish these goals and we did this by focusing on their strengths and what they're good at. The clients that I have all have an attendance issue and we came up with goals to help that issue, but I also told them that if there are any areas in their life that they feel they are lacking they can set goals for that as well. For example, one of my clients wanted to become more organized although this can help them academically it can also help them in life and set them up for success. My client created a schedule that they felt that they could live by. I also

encourage them at each meeting to picture life without the problems that they are facing. I do this because if they can see life without the specific problem it will motivate them to complete the goals that they said so these problems won't be there. This relates to the practice behavior that talks about "Critically choosing and implementing interventions to achieve practice goals and enhance the capacities of clients".

What curriculum content areas (social policy, practice, etc.) relate to completing this competency?

In my human behavior in the social environment II class we had to "critique and apply theories and knowledge related to specific life-stages within the context of the person and environment, and protective-risk factors framework". In other words, we had to use different theories to better access the behavior of individuals. This helps me complete this competency because I was introduced to theories that would help me better improve the well-being of my clients. I was also taught how to use them in my social work practice a how to figure out which theory would work for each client.

What learning experiences helped me to accomplish this competency?

Throughout my time in Nyack I have had many group projects, these group projects have helped me understand the importance of working with other people and listening to everybody's point of view. In My social justice class, I had to work with a group of students to talk about a social justice issue that was important to us. The one that we chose was the effect of the legalization of marijuana on the previously criminalized. during this project we spoke about the positives and the negatives of marijuana being legalized what would happen to those who were criminalized for it and the effect that it would have on the community. This project relates to This competency because during this project we also spoke about different interventions that

would help those who were incarcerated for marijuana. By help I mean how would they be able to come back into the community without being judged. Some Of the interventions we came up with was having a community outreach event with those who were incarcerated. this outreach event would have helped the community get comfortable with allowing previously jailed individuals to come back into the community without being judged. We also thought about having a community talk in which everybody would come together and discuss their views on marijuana present other social justice issues this would give the previously incarcerated people an opportunity to get a better understanding of the people in their community and vice versa.,

What "gaps" can I identify in my learning experience? What will I do about these "gaps"? (In your Professional Growth Plan, identify goals for continued personal and professional growth and discuss how you plan to reach these goals).

Although I was introduced to numerous theories throughout my time at Nyack college, I realized that I have to stop using the same theory for each client. In other words, sometimes I tend to pick one theory and just try to formulate it to work for all my clients. As a social worker, I have to understand that there are many different theories in the world, and I can't just use the ones that I am comfortable with I have to be open to exploring all of the others. With that being said the theories that I was introduced to me have to now properly study them and develop my understanding. I'll do this by setting a personal goal to learn a new theory once a month and then write down and take notes on what I've learned and what I've taken from it.

Identify a case situation you have worked with and describe the interventions that were selected and applied in your work with the case.

I have a 15-year-old client who is a freshman at the high school in which my field placement is located. She had a problem attending school and has a failing attendance grade. The

Department of Education requires the students to have at least a 94% and she had about 45% attendance grade. I tried numerous ways to reach out to her but none of them had seemed to work. The information that the school had provided was inaccurate which made finding my client a bit harder. I began to reach out to her teachers to see if they had any information on her but unfortunately, they did not. I spoke to my supervisor who helped me contact this student and it turns out that she has a caseworker. I have spoken to the caseworker numerous times and I was able to get her updated contact information. The caseworker gave me my client's therapist number as well, eventually, I was able to have a conversation with my client and she expressed her concerns as far as what's been going on with her life. She has an interest in school however she expressed that she didn't understand the new bell schedule and my client also expressed that she would like to skip a grade. To help this client I used a strengths-based perspective Specifically solution-focused therapy. This form of therapy focuses on what the client wants to accomplish for themselves and it doesn't focus on the problem at hand. I chose this because I wanted to get a better understanding of my client. My client set up goals that would help her to not only skip a grade but would help her get into college. One of the goals that my client set for herself was to set up a schedule that she would follow every single day, that way she could balance out work, school, and her personal life. I also gave my client information on the school's updated Bell schedule. The school offers gift cards and they suggested that I use them as a way to motivate my clients. In order to help my client reach her goal I told her that if she completed them by a certain date that she would be able to get the gift cards but I broke it down into months so by the end of each month if she reached a specific goal she would get a gift card. My client and I meet once a week and we discuss the goals that she's set and how she's doing overall

What systems have you accessed, or will you access to provide effective intervention?

I've noticed that the school is very helpful, and they offer the students a lot of opportunities. The school offers programs and internships some of which give the students a stipend. I am one of the teachers in the program called NDA and during this program, the students meet with the teachers and the staff members Monday to Thursday and they receive a stipend for these meetings .it's like the internship but during this internship, they receive tutoring in their subjects they learn things that will help them in the job field and they get an opportunity to work. I'm going to try to get my student in this program for next year because I think it will be a great opportunity for her. another program that I'm a part of that the agency offers is the success mentoring program during this program we are given a set of eight students that we have to help for the entire academic year .my client is one of my mentees and I have a relationship with the other interns in the agency who has success mentees as well. I suggested by our supervisor we are going to do group facilitation and during this group, we will teach the students different ways for them to improve their current academic standing and we will teach them lessons that would help them survive the rest of high school. I have also noticed that the teachers are very hands-on with the students and they are willing to give the students extra time after school to help them in the subject in which they need help. With that being said I'm going to set up a meeting with my client and her teachers, this meeting we will discuss her current academic standing, what she can do to bring up her grade and how we can set up tutoring. My client has been remote for the whole year so she doesn't know her teachers outside of the classroom, This would be a great way for her to build a rapport with her teachers.

In what ways did you apply your knowledge of human behavior in the social environment and person-in-environment to assist in the intervention process?

My human behavior class has helped me tremendously to complete this competency. the reason I say this is because throughout my time in the class I've learned different methods and theories that would help me to better assist my clients .I was also introduced to many different life theories that would help me to better assist my clients .one of these theories were Ericsons theory of development which basically breaks down life into eight stages and explains what should be happening in each stage .now although some of these theories that I learned are a bit outdated I use it as a foundation ,this foundation helps me to help my clients anta get a better understanding of where they're at in life and what I could do to help them .Throughout this class I identified and examined the effect of the evolving world, as well as the mechanism of complex and relational interactions between human activity and the social environment,.With that being said I have applied all of my lessons to clients in my field agency . When it comes to Eriksons stages of development that's how I kind of keep track of where my client is according to that scale .It has also caused me to look at where are my clients live and what they are faced with based off of their environment ,knowing this information has helped me to understand them on another level and help them set up goals that would enhance their well being .

Describe your use of inter-professional collaboration in your agency setting.

Throughout my time in the agency I have built good Co worker relationship with the staff especially the interns . recently the interns and I had a supervision meeting with our supervisor and she suggested that we all do a group collaboration with our clients .this was a great idea and the other interns and I have planned a group meeting with our clients and during this meeting we will discuss how to get into college , what they can do to get their grades up and how to apply all of the lessons that they learned this year to their everyday life .the hope is that during this group meeting our clients will build a relationship with each other and understand that they have a

support system. the support system is important because after the interns and I leave after this year it is important for them to know that they're not alone in this fight and they can depend on each other for help. the other interns and I also share ideas and methods with each other that has worked with the clients in which we have. for example one of them suggested that I started to include journals in my meeting that way I can get a better understanding of my clients. this idea was very helpful and it helped me too build a closer relationship to my clients in which they can trust me.

The resource binder is a group project that all of the interns in the agency have to work on together. We were all given different areas of New York that we had to find resources for such as food pantries, child care medical services and government assistance. Once we found information on these programs we put it into a Google doc and we made it accessible to everybody in the agency. The supervisor has reviewed it and she has meetings with us to discuss what she thinks of the binder. we all have to work together because this project is too great for one person to handle and it is good because it causes us to get to know each other better.

Describe specific ways in which you were able to negotiate, mediate, and advocate on behalf of the client system identified above.

My Client expressed to me that she doesn't understand some of her classes, I had asked her if she wanted tutoring in these subjects and she stated that she would love that. I reached out to some of her teachers and asked them if they would mind giving her extra help so that she could pass the classes and not only pass them but understand the material that is being taught. The teachers were more than excited to help. I had to express to my client as well that she has to attend her classes to receive help.

When schools reopened my client had some issues with the security guard. when my client and her sister arrived at school, they didn't want to give the security their phone. my client's sister started 2 give the security staff attitude and expressed that she didn't want to give up the phone and as she didn't see the point in it. My client eventually gave the security her phone and they let her into the building, however, because her sister wasn't happy my client felt the need to stand up for her. I was in my office doing some fieldwork when my client called me. she was very mad and she was saying how if she was coming to school to learn why they so focused on the phone. I wasn't too sure what to do in this situation but I told her that I would come to the entrance to help her. before I did this I went to my supervisor and explained the situation and my supervisor called the security office and got the full story which wasn't too different from what my client had told me. When I reached the entrance the security guard told me his side and my client told me her side. The thing is the security guard isn't necessarily the one who decided to not let her into the building it was the vice-principal. The security guard expressed that he wouldn't mind letting them into the building But he would have to get clearance from the vice president. eventually, the vice president told the security guard that it was up to him if he wanted to let them into the building, he told me that if he did this, they have to promise that they wouldn't give any problems. He also expressed that if he lets them into the building it would be on his head and he would get blamed for anything that they do so it was important for them to cooperate with the school staff. I expressed to him that my client and her sister need to get into the building because they weren't doing so well remotely and it would be a great opportunity for them to start fresh. While the security guard and I were talking my client was on the phone expressing her anger, I went over to her and asked if she was OK and I also told her that they are willing to let her into the building if she and her sister calmed down. She

understood and eventually the security guard let them into the building, but he gave them a warning.

How did you or how will you facilitate an effective ending with this client?

My plan for having a successful ending with the client is to constantly remind them that the help that they are receiving from me specifically will be temporary. As the time for my departure from my client nearest I will constantly keep reviewing all of the things that she has learned from me in hopes that it will become a habit for her. In other words, my client has a full understanding of the process that we are going through Although the help is temporary, I want my client to follow the teachings that she received from me through this process.