IN THE LOOP

PhD in Social Welfare, The Graduate School and University Center, City University of New York

Winter Break Readings & Activities

We are less than three weeks away from the end of the Fall semester and we are all looking forward to a much needed winter break to reflect, recoup, and prepare for the spring semester. The PhD in Social Welfare Faculty have prepared the following suggested winter break readings and activities. We wish you all a restful and peaceful winter break where you look after yourself and others.

- Read "The Love Songs of W.E.B. DuBois" by Honorée Fanonne Jeffers
- Relax with a fun puzzle
- Schedule a meal with a friend that you've missed
- Read "Pleasure Activism: The Politics of Feeling Good" by adrienne maree brown
- Read "Filthy Animals" by Brandon Taylor
- Have a game night with friends
- De-clutter your work space
- Create an uplifting music playlist
- Try out a new recipe
- Download the "Down Dog" app (meditation and/or yoga) - use your GC email and get the app for free
- Visit a museum or go see a live performance

FEATURETING:

- Suggested Winter Break Readings & Activities from the PhD in SW Faculty
- Student Achievements
- Important Events & Deadlines
- Meet the Anti-Black Racism & Liberatory Transformation Leadership Group
- Student Spotlight

- Review "Caring for yourself to care for others: A burnout and vicarious trauma toolkit"
- Listen to the podcast "Grief is a Sneaky Bitch", episode on "Self-Compassion and Grief"
- Read "Self-Compassion: The Proven Power of Being Kind to Yourself" and "Fierce Self-Compassion: How Women can Harness Kindness to Speak Up, Claim their Power and Thrive" by Kristin Neff
- Watch this short video on self-compassion
- Review the App Library from NYC Well to help manage health and well being
- Read "The Alice Network" by Kate Quinn
- Read "Letters to a Young Poet" by Rainer Maria Rilke
Gleneara Bates-Pappas, LMSW, PhD Candidate

Gleneara’s research focuses on examining patterns and drivers of tobacco treatment engagement among Black or African American and Hispanic or Latino cancer patients; and exploring the multi-level barriers for tobacco treatment delivery by examining the unintended and perceived barriers to accessing tobacco treatment. Click on the hyperlinks to learn more about the six different areas of funding that Gleneara has been successful in securing during her PhD studies.

- **Predoctoral Research Fellow in Psycho-Oncology at Memorial Sloan-Kettering Cancer Center and NCI T-32 Training Grant ($25,000 a year)**
- **American Cancer Society Oncology Doctoral Fellow ($40,000 over 2 years)**
- **Immersive Health Group Research Fellow; Glimpse Group Intern (stipend - shares in the company)**
- **Technology Ambassador CUNY Department of Humanities Fellowship at Montefiore Children’s Hospital ($4000 a semester for 2 years)**
- **CUNY Graduate Center Provost Pre-Dissertation Fellowship ($4000 summer)**
- **Summer Institute in Computational Social Science Fellowship at Silberman School of Social Work ($2500 summer)**

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**Student Achievements: October & November**

- **Yasmine Awais & Britton Williams**, along with two other colleagues, presented "Beyond the Good White Therapist: A Two-Part Workshop for White-Identified Clinicians" and **Yasmine** co-presented "Sharing Our Identities in Clinical Practice & Supervision: What Therapists Need to Know" (based on her book “Foundations of Art Therapy Supervision: Creating Common Ground for Supervisees and Supervisors”) at the Expressive Therapies Summit.
- **Evelyn Bautista-Miller** served as a student panelist of the book launch of *Radical Care: Leading for Justice in Urban Schools* and co-lead a discussion with Dr. Sofia Bautista Pertuz on the book *Clap When you Land*.
- **Jenny DeBower**, along with Ortega-Williams A, Wernick LJ, Brathwaite B, & **Miguel Rodriguez**, had their article "Surviving the Strain of Youth Organizing: Youth and Organizational Responses" published in *Youth & Society*.
- **Jamila Hammami**, organized the 2021 Open Borders Conference. They also presented on "Abolishing Deportation: Migration as a Human Right" for Netroots Nation, and "Trans and Queer Migrant Organizing as Transnational Feminist Praxis" at the National Women’s Studies Association 2021 conference.
- **Tabashshum Islam’s** poem "Namaz" has been published by Sampad Arts in the recently launched "My City, My Home" a book which features writings reflecting on identity and the role of women in 21st century Birmingham (UK), Bangladesh and Pakistan.
- **Yaneth Lombana** started a private practice. View her website at https://www.avanzar-psychotherapy.com/
- **Claire McCue** was awarded the 2021 New York State Changemaker award for her work with survivors of gender based violence and for creating the program My Story, My Terms. Governor Hochul sent her a video message and the National Organization for Women presented the award to Claire.
- **Cameron Rasmussen** co-authored an op-ed, "Social workers can no longer remain silent on oppression of Palestinians" in Truthout.org highlighting the need for social workers to stand with Palestinian civil society.
The Anti-Black Racism & Liberatory Transformation Group has established a leadership team consisting of six students and two faculty members who will lead the larger group in making transformative changes within the PhD in Social Welfare. The leadership team will meet to set the groundwork for future initiatives and work of the group. All students are invited to join the group, which will be scheduled sometime in the early Spring semester. Please keep a lookout for further invitations. If you have suggestions or comments to provide to the leadership team, please send them to Becca Cadoff who will collate them for the team (rcadoff@gradcenter.cuny.edu).
Student Spotlight: Sabretta Alford

Why did you apply to the Ph.D. in Social Welfare? I want to build on existing knowledge of intellectual disabilities in social work practice and use this expertise to promote policy changes that better address the needs of individuals with IDD and their aging caregivers.

What has been your favorite course so far as a student? Why? I do enjoy many of my courses in the program, but I have a strong passion for learning statistical data analysis. So courses such as Statistical Methods of Data Analysis, Advanced Statistical Analysis, and a course that I am currently taking, Statistical Reasoning and Inference, are my absolute favorite! I am striving to take as many courses as I can in Statistical Data Analysis. I plan to take a course on Data Analysis for Urban Politics and Public Policy in the spring. I really enjoy working with data! The part about working with data is seeing the impact it can have on your research. I read something about how data allows you to play “detective.” Yes! That’s exactly who I am! It allows me to play with knowledge and discover! I am like Mrs. Clue! Ohhh...the things that can be!

What do you want to do after you graduate? I want to continue to teach full-time, tenure-track. I absolutely love teaching! I look forward to the opportunity to integrate the three components of my career: my personal experiences as a parent and caregiver of an individual with ID; my extensive history as a teacher of social work students; and my growing role as a researcher and scholar in the field of intellectual disabilities. I enjoy bringing my students new knowledge from my research experience and scholarship. If my stars continue to align, I plan to open up a Women of Color ThinkTank Data Corp and contract with agencies to provide program evaluation data analysis. We need more WOC in this field.

What leadership and/or employment positions do you hold within CUNY? I am an Adjunct at the Silberman School of Social Work. I teach Social Work Research Methods and a course on Intellectual Disabilities in Social Work Practice, which I have created. I am currently doing Program/Training Data Evaluation and Research Analysis for several projects at the Silberman School of Social Work. Oh, data!

What’s something that people would be surprised to know about you? Well, I am a former track star. I ran undefeated in the 55, 100, and 200-meter dash when I was 14 years old. Coaches were already seeking me at a young age. In addition, I wanted to be an actress on Broadway. I am quite theatrical! Back in the days (I am not going to name the year), when I was around 11 years old, I enjoyed watching the original CATS on Broadway commercial. I used to dream of becoming a CATS cast back then. I can now be theatrical when I teach. I often twirl around the room, dancing and singing to my students while covering statistical data analysis research concepts. They get a kick out of it! By the way, I also love cats! I think they are the most beautiful creatures in the world. I love watching cat videos because they are so intelligent. Most of all, I love their personality. Sort of like me at times; just let me do my own thing!

What is the focus of your research? The focus of my research is to increase social work knowledge in the area of Intellectual/Developmental Disabilities. I plan to examine if exposure to IDD coursework may significantly impact students’ attitudes and beliefs towards individuals with IDD, preparedness, and intention to work with individuals with IDD. Also, I plan to address the value of preparedness among social workers currently employed in the area of Intellectual/Developmental Disabilities and explore how the participants view the relationship between their educational experience and their subsequent work in the field. A simple recommendation coming out of this analysis is whether every school of social work should be expected to offer at least a single dedicated class devoted to Intellectual/Developmental Disabilities.

What are you currently reading, watching, or listening to? I am currently watching Hallmark Christmas Romance movies. I love Hallmark Christmas Movies. Yes the movies are corny, but I love the holidays, and I am a hopeless romantic.

What’s something we should ask you? “Do you wear a different pair of shoes each week?” Yes, I own 200+ pairs of funky fashion shoes/boots. One year, my students started a shoe poll to see what I would wear each week. They get a kick out of the funky shoes/boots that I wear. I am even more theatrical when I get shoe attention! Then the twirls begin.