

Bree Adams

Journal Entry Week #1

4.5.2020 – 4.11.2020

After watching the video entitled “5 Pieces of Life Changing Advice by Brene Brown at <https://www.youtube.com/watch?v=8vQS6I8MrAk> , I thought about the 5 different pieces of advice that were given. The two pieces of advice that I thought were most interesting and related best to Catoosa County DFCS were to embrace vulnerability and to brave the wilderness.

Embracing vulnerability was something that she talked about in great detail and one of the things that she said that I thought was very true and applied to Catoosa County DFCS is that the only way to access empathy is with vulnerability. Empathy is an important skill to have when working with so many diverse clients and client families. I noticed many of the individuals that work at DFCS displaying this important skill when interacting with their clients. However, I feel that this is something that can always be improved upon. One way to encourage individuals to be intentional about using empathy within their work is to have a short time during staff meeting where they discuss why empathy is important and share ways to remember to show empathy to their clients and client families. Another way is to have some sort of challenge to remind people to be intentional about empathy and the benefits that it can have in working effectively with their clients and client families. Nothing would really need to change within the agency for these ideas to be implemented. The clients and client families would benefit from the implementation of these ideas as well as the case managers because they would be able to put their clients more at ease and be able to work more effectively with them. If I was still able to go to practicum, I might ask my field instructor if I would be able to have a couple minutes in a staff meeting to discuss empathy but since I am not able to go to practicum that would not be able to happen.

The other piece of advice that I found related to working within Catoosa County DFCS was to brave the wilderness. The reason I felt that this applied was because she made a comment that many times people feel alone but alive. I have seen that many times working in child welfare can feel like you are alone in fighting battles and putting fires out and at the same time there is a fire burning within the worker to keep children safe and make sure nobody is hurting. I think that DFCS does a good job at trying to make sure nobody feels alone. Employee counsel does things to boost staff moral and people do things individually as well to encourage one another. While I do not have any recommendations on how DFCS can improve in this area, I thought it was an important part of advice to point out. Even though it may feel like we are working alone, it is important as a social worker to “brave the wilderness” because there are children who are living in that wilderness who have nobody in their corner. We are there to be in their corner and bring life to them.

One of the 3-point landing questions that were listed at the end of the video that I thought was very applicable to my own life was the question of how can I show up for myself and for my family this week. I think often times I get stuck in the perfection route and if things divert from that path it can really mess with my day or week. I think one way that I can show up for myself and my family this week is to keep in mind that it is not about winning, it is simply about showing up and being seen. It does not mean that I will always get everything right, but it does mean that I will be seen putting in the effort it takes to work towards winning. I think this mindset adjustment can help me feel more confident showing up for myself and my family because I will not be focused on winning. Rather, I will be focused on putting forth the effort and showing up.