

| <b>Date</b>  | <b>Competencies Addressed:<br/>(A minimum of 4 required each week)</b>  | <b>Practice Behaviors</b>   | <b>Description of Learning Activities<br/>(2-3 sentences per competency)</b>   |
|--|---|---|--|
| (Start Sun. - Sat. 11:59 p.m.)<br><br>March 28 - April 3 | <input type="checkbox"/> 1. Demonstrate Ethical and Professional Behavior<br><input type="checkbox"/> 2. Engage Diversity and Difference in Practice<br><input checked="" type="checkbox"/> 3. Advance Human Rights and Social, Economic and Environmental Justice<br><input type="checkbox"/> 4. Engage in Practice-Informed Research and Research-Informed Practice<br><input type="checkbox"/> 5. Engage in Policy Practice<br><input checked="" type="checkbox"/> 6. Engage with Individuals, Families, Groups, Organizations and Communities<br><input checked="" type="checkbox"/> 7. Assess Individuals, Families, Groups, Organizations and Communities<br><input checked="" type="checkbox"/> 8. Intervene with Individuals, Families, Groups, Organizations and Communities<br><input type="checkbox"/> 9. Evaluate Practice with Individuals, Families, Groups, Organizations and Communities<br><input type="checkbox"/> Did Not Accrue Practicum Hours | (Please list the <u>required 4</u> numbers to match the competencies selected) (i.e. 1.2=competency #1 and practice behavior #2)<br><br><input type="checkbox"/> 0.0 - No Hours<br>Accrued <input type="checkbox"/> 1.1 <input type="checkbox"/> 1.2 <input type="checkbox"/> 1.3 <input type="checkbox"/> 1.4<br><input type="checkbox"/> 1.5 <input type="checkbox"/> 2.1 <input type="checkbox"/> 2.2 <input type="checkbox"/> 2.3 <input checked="" type="checkbox"/> 3.1<br><input type="checkbox"/> 3.2 <input type="checkbox"/> 4.1 <input type="checkbox"/> 4.2 <input type="checkbox"/> 4.3 <input type="checkbox"/> 5.1<br><input type="checkbox"/> 5.2 <input type="checkbox"/> 5.3 <input type="checkbox"/> 6.1 <input checked="" type="checkbox"/> 6.2 <input type="checkbox"/> 7.1<br><input checked="" type="checkbox"/> 7.2 <input type="checkbox"/> 7.3 <input type="checkbox"/> 7.4 <input type="checkbox"/> 8.1 <input checked="" type="checkbox"/> 8.2<br><input type="checkbox"/> 8.3 <input type="checkbox"/> 8.4 <input type="checkbox"/> 8.5 <input type="checkbox"/> 9.1 <input type="checkbox"/> 9.2<br><input type="checkbox"/> 9.3 <input type="checkbox"/> 9.4 | In addition to the description, how are you applying classroom theory/knowledge into field experiences to demonstrate competency.<br><br>3.1 - Commissioner Geter and I were able to hear a pitch for a pilot program by a development company called LDG. This company is wanting to build about 240 affordable housing units in Hamilton County to help address the housing crisis that COVID has created and help bring in more businesses to the area. The proposed complex, called The Reserve at Mountain Pass, is going to be very different from the stereotypical low-income housing options that are currently available. This complex is aimed at providing a dignified experience and giving people the opportunity to save money to become homeowners later down the road. This group proposed a way to help advance human rights for constituents of Hamilton County and both Commissioner Geter and I were able to help explore the different |

aspects that this development could provide for Hamilton County. This was a great experience as a social worker since I could see how policy would be able to directly impact people and how important it is to be able to advocate for similar programs. 6.2 - In therapy with one of my client's this week, I was able to utilize a new therapy game to help address ADHD symptoms. The game helped to make the activity more engaging and interesting for the client and they were able to practice focusing and paying attention more. While we played the game, I was able to engage the client in a conversation about some of the coping skills and grounding exercises that we had used to see if they were able to remember some of those skills. I then encouraged them to try using one of the skills and trying the game again and they were able to see a significant improvement in their progress. The breathing exercise that they used helped them to pay attention more and get faster in the game. For me, this was a great breakthrough since I was struggling with what things

that I could do to help my client practice the skills and see that they were actually effective. Now that I know this skill works, I will start using this as a way to reinforce their learning. 7.2 - At the beginning of the month, I was able to schedule a medical/psychological evaluation for two of my clients and this week is when those evaluations were conducted. One client is diagnosed with major depressive disorder, while the other is diagnosed with other specialized attention deficit hyperactive disorder. For the first client, the parents felt that an increase in medication or a change in prescription could help address some of the symptoms that the client was experiencing. For the second client, the mother wanted to help address some of the client's hyperactive symptoms. For each client, the nurse practitioner was able to assess their situations and provide a prescription that could help. This is a great example of utilizing a multidisciplinary team to help assess and provide the best services to a client. Rather than just sticking to one model of assistance,

reaching out to other resources and providing referrals is a great skill to use in social work, 8.2 - This week, I was able to work with one of my clients who has anxiety and we were able to use an activity workbook. The book is called Coping Cat and is an evidence-based intervention that is specifically aimed at children who are experiencing anxiety. My client and I were able to go through several sessions since we had already built rapport and were able to jump into the main content of the workbook. This was a really great experience since the client seemed to really enjoy the content and really resonated with the material. This was a great resource that my field instructor shared with me and I feel that the approach has worked very well with my client. Being able to utilize evidence-based interventions with clients is a great way to know that what you are doing is going to address the problem directly.