FEATURE STORY

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as the world community continues its efforts to help Haiti, the 8.8 magnitude earthquake in Chile reminded us of both our fragility and resilience as human beings. The aftermath of the 7.0 magnitude earthquake that struck Haiti on January 12th has caused the loss of 150,000 lives, left over 600,000 homeless and there are perhaps thousands still missing. Tasked with the daunting mission of rebuilding broken communities and lives, responders and volunteers in Haiti are doing work that resonates with the core values of the social work profession. Chile is still in the process of assessing the damage that was done and the lives that were lost. It is also signaling that it may be able to contend independently with the aftermath of the disaster that struck on February 26th.

Whether confronted by the effects of natural disasters or faced with challenging societal issues, social workers are educated specifically to engage affected individuals and communities, undertake assessments, use proven interventions, and work toward culturally competent solutions. For 112 years, the Columbia University School of Social Work has been at the forefront of preparing professionals to be agents of change – leaders armed with the knowledge and skills to serve in diverse communities, settings, and organizations in New York City and throughout the world. Many are pioneering in clinical and non-traditional settings, carving new pathways to demonstrate how social work professionals can add value in innovative ways.

In this issue of Spectrum, we highlight the work of some of our faculty who are providing leadership in mental health, HIV/AIDS, and community collaborative research. The cover story offers a look at the research of Dr. Katherine Shear on grief and bereavement. As a result of her pioneering work, “complicated grief” is a phenomenon currently under consideration as a potential addition to the DSM-V, the American Psychiatric Association’s handbook for diagnosing mental disorders. You will also read about the work of Associate Professor Susan Witte, whose multimedia intervention is reducing risk behaviors in heterosexual couples, as well as Assistant Professor Rogério Pinto’s community-based participatory research in Harlem, New York City. Also included in this issue are accounts of CUSSW students who mobilized support for the relief efforts in Haiti and of doctoral alumnus David Ockert, who founded the first private outpatient detoxification and chemical dependency treatment center facility in New York State.

We are proud of our faculty, alumni and students, who chose the social work profession to make the world a better place. In these times of social and economic challenges and uncertainty, our global community needs more than ever to be assured that the next generation of social workers is among the best prepared ever. Since its inception, the School has maintained an unwavering standard of excellence. Our graduates and faculty are continuing 112 years later to build on this legacy.

The very best to you,

Jeanette C. Takamura
Dean
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Alumni Class Notes
Dr. Katherine Shear, the Marion E. Kenworthy Professor of Psychiatry in Social Work, has a long list of professional credentials and accomplishments including establishing the first clinical research program on anxiety disorders in the Department of Psychiatry at Weill Cornell Medical College. But she says the work she’s doing today in the field of complicated grief is by far the most gratifying.

After colleagues identified the syndrome in the early 1990s, she developed and tested a novel treatment for the condition. This research culminated in June 2005 in the publication of a landmark study showing the efficacy of the treatment. “We had to think about what is different and what is similar about this from depression, post-traumatic stress disorder—which it does resemble—and normal grief,” Dr. Shear says.

Complicated grief is a reaction characterized by the inability to accept the death of a loved one. Those suffering from the syndrome experience persistent, intense yearning for their loved one to the point of preoccupation. They may enter states of reverie alternating with an opposite tendency to get upset by memories of the deceased and try to avoid situations that trigger them. The syndrome also may include suicidal thinking and behavior.

Though it has been estimated that 10 percent to 15 percent of the bereaved population suffer from complicated grief, the condition is only starting to get attention. The subject was the focus of a recent article in The New York Times, (See article: http://www.nytimes.com/2009/09/29/health/29grief.html). Until now, complicated grief was not considered a mental disorder but rather an aspect of an existing disorder. However, studies have clearly differentiated complicated grief from mood and anxiety disorders and it is currently being considered for inclusion in the DSM-V, the American Psychiatric Association’s handbook for diagnosing mental disorders, due out in 2012.

With approximately 35 million widowed Americans over the age of 65, Dr. Shear estimates that 10 percent of this population, more than 3 million people, suffer from complicated grief, which she calls “a significant public health problem for older adults.”

But to understand complicated grief, first you have to understand uncomplicated grief.

Dr. Shear explains uncomplicated grief as a natural process of grieving that involves “upheaval in life” and great emotional pain. But after six months the majority of people are generally progressing and coming to terms with the finality of their loss. While the grief never really ends, people are able to resume their daily activities and integrate the loss into their lives.

By contrast, people suffering from complicated grief might avoid things that trigger the pain of the loss. They might experience repetitive thoughts that the death did not have to happen or could have been avoided, or feel that life cannot go on without their loved one.

“Basically, complicated grief is a form of grief in which the acute reaction to a loss just continues without progressing, and it does so because there’s something about the circumstances of the death or some aspect of the situation after the death that gets people derailed so they are focusing on a side issue, and/or trying to avoid as much as possible thinking about or dealing with the finality of the loss itself.”

A case study: Four years after the death of her husband from a chronic...
Dr. Witte's study compares the effectiveness of dissemination of the original, paper-based version of Connect, a couple-based HIV prevention program, to the effectiveness of Multimedia Connect, the Internet-based version. The two programs are distributed by random assignment to 80 agencies. Forty will use the paper version and 40 will use the Internet.

Despite two decades of research by behavioral scientists demonstrating that theory-based programs can produce reductions in rates of unprotected sex and increases in condom use, little is known about how best to improve the availability and use of scientifically proven prevention approaches. The study seeks to close the gap between research discovery and program delivery to achieve more impact in HIV risk reduction efforts in the U.S.

Eleven of these programs are located in Harlem. An additional 50 organizations are located in the five boroughs of New York City. Each agency receives free training in the use of the program plus technical assistance. Self-reports of participating staff at each agency are collected pre-training and at six, 12 and 18 month intervals post-training. The number of times each staff member actually uses the program with a couple at an agency is the measurable outcome.

The program was developed in collaboration with the Columbia Center for New Media, Teaching and Learning using games, videos and other interactive features to create an updated version of Project Connect, a successful program that aims to prevent HIV transmission among couples.

One of the first couples-based HIV-prevention programs, Project Connect resulted from a shift in perspective on how to stall the spread of AIDS. Previous intervention programs designed to prevent HIV infection encouraged participants—usually women—to think of themselves as individuals protecting themselves from disease, whereas the emphasis in Connect shifted toward both members of a couple working to support and keep each other safe.

"Until we include women's male partners in sexual risk reduction efforts," Dr. Witte said, "we're not going to be able to reduce the spread of the epidemic among women."

Once Witte and her colleagues had demonstrated that Connect was effective at reducing unprotected sex, they realized a number of major obstacles were keeping the program from being put to widespread use.

First, the materials used to implement
Community Needs First: A Collaborative Research Approach

By Jessica Troiano
This picture was part of *PhotoVoice: Documenting Community Strengths & Health Disparities*, a participatory research project conducted by the Community Collaborative Board (CCB). This group of New York City-based researchers, social and medical services providers and residents took more than a hundred photos documenting both the strengths and challenges facing their neighborhoods with regards to health and social issues. Dr. Rogério M. Pinto, an assistant professor at the Columbia University School of Social Work and a Community-Based Participatory Research (CBPR) expert, says that *PhotoVoice* helped the Board come together as a community, integrate diverse sources of knowledge, and develop research goals that reflect the realities of community-based partners.

“It helped us figure out what our vision was and what it was we were going to address,” said Dr. Pinto, who heads the Board. “It helped us define more specifically the research priorities we needed to engage.”

Forming a connection between communities and policymakers has been a guiding principle in Dr. Pinto’s life. As a child growing up in Brazil, he experienced poverty and political isolation firsthand. “My formative years were lived under a dictatorship,” said Dr. Pinto. “It made me very concerned about how policies affected people’s everyday lives and about how we can involve people in research that has personal, practice and policy implications.” Dr. Pinto came to the United States after he obtained an undergraduate degree in biological sciences in his hometown of Belo Horizonte, in the Brazilian Southeast. In the U.S. he worked as a volunteer in an HIV/AIDS Service Organization, and, inspired by the work and dedication he witnessed, he decided to pursue a career in social work. He received his master’s from Yeshiva University in 1997. While earning his Ph.D. at Columbia and pursuing a post-doctoral fellowship at the HIV Center for Clinical and Behavioral Studies at New York State Psychiatric Institute, Dr. Pinto maintained his connection with those who had inspired him to enter the field. “I never took my foot out of the community,” he said. It was during his fellowship that his expertise in CBPR took hold.

The creation of *PhotoVoice* has been just one method used by Dr. Pinto in his participatory research. CBPR is a paradigm, a collaborative approach which involves the community in all phases of research, from the development of areas of interest to collecting and analyzing data to disseminating findings. “The most basic principle of CBPR is to tackle issues that are important to the community,” said Dr. Pinto. “If, as a researcher, I am not clearly aware of what is meaningful to the communities I work with, I may engage in research that will have little or no impact in peoples’ lives. For example, through *PhotoVoice*, it became clear that providers and female community representatives on our collaborative board were interested in understanding the factors that influence women’s involvement in HIV-prevention research and services.”

Based on their recommendations, Dr. Pinto developed a quantitative study, accepted for publication by the *American Journal of Orthopsychiatry*, to identify key factors that affected women’s attendance at a 12-session cognitive behavioral intervention. “Many factors were revealed,” he said. “However, on a continued on page 17

"**My formative years were lived under a dictatorship. It made me very concerned about how policies affected people’s everyday lives and about how we can involve people in research that has personal, practice and policy implications.**"

—DR. ROGERIO PINTO
Catastrophe to Compassion: CUSSW Responds to the Haitian Earthquake

By Lauren Harris
The next day, however, Clerisme realized such a journey was impractical with the new semester about to start and decided to mobilize here. Clerisme got in touch with Thompson, a fellow first-year student and Vice President of the Black Caucus, and the two quickly contacted two other Haitian students attending CUSSW. They wanted to do something at the School so that the minute everyone came back after winter break, “We could hit the ground running to respond in an urgent and comprehensive way.” After they reached out to Dean Takamura and the Student Union Executive Board, the meeting of four quickly grew to a group of 40 students in the CUSSW community.

In the weeks since the catastrophe, Clerisme, Thompson and their group have collected ten barrels of toiletries, clothing and first aid materials and raised nearly $2,000 – twice the group’s goal – in donations to Doctors Without Borders. “They are an organization that is on the ground and have experience with disaster relief,” says Clerisme. “You can trust that the money will be used immediately and effectively.”

Now Clerisme and Thompson have moved on to other, longer-term initiatives. They are trying to transform the group of Haitian students into a disaster relief caucus, and they have approached the administration about sponsoring a Haitian student for one semester at CUSSW. “It would be with the agreement that the student would go back and use the knowledge in Haiti to organize, help rebuild and do counseling,” explains Clerisme.

The group also plans to create a public awareness committee that would sponsor panels, foster discussions and screen documentaries about Haiti, making the larger CUSSW community aware of the country’s rich political and cultural history.

Clerisme and Thompson believe they are putting into practice the compassion and fortitude social workers must show, whether they are counseling clients locally or working at the international level.

“We are doing the practical things, and we are doing the long-term programming that takes into account advocacy, counseling and not just the material things,” says Thompson. “We must always respond – immediately and with compassion. We are social workers – this is what we are made for. It is what we are here for.”

Tania Clerisme and Lauren Kaye Thompson clearly remember where they were when they heard an earthquake had struck Haiti. Clerisme, a second-generation Haitian-American and first-year student at the Columbia University School of Social Work (CUSSW), started receiving a barrage of text messages and calls, inquiring about friends and family in the impoverished island nation. Turning on CNN, she began to realize the magnitude of the catastrophe that has claimed tens of thousands of lives and paralyzed the country, and there was only one thought in her mind.

“I thought I was going to Haiti,” Clerisme says. “At that point, that was all that was on my mind.”

“We must always respond—immediately and with compassion. We are social workers—this is what we are made for. It is what we are here for.”

—LAUREN KAYE THOMPSON
Mr. David M. Ockert ’84PhD, a visionary in medically-assisted substance abuse treatment, says he founded Parallax Center, Inc., a private, state-licensed outpatient detoxification and chemical dependency treatment center, out of necessity.

“Back in the early 1980s, chemical dependency treatment was only inpatient,” says Dr. Ockert. “I was trying to find data where an outpatient service was integrating medication into a treatment strategy.” Discovering that there were none, Dr. Ockert opened the doors to Parallax Center in Manhattan in 1984.

“We believe we may have been the first free-standing outpatient facility on the East coast,” says Dr. Ockert, who oversees Parallax Center’s operations as executive director. “There was no other competition and this was generally a new concept.”

At the time, he says, it was not uncommon for patients to go into the hospital for up to 10 weeks to treat an addiction. However, inpatient treatment was considered a revolving door because one came out into the community and had no structured treatment support. In addition, such lengthy hospitalizations interrupted patients’ lives and carried a stigma.

The Parallax Center offers a unique treatment that incorporates psychosocial, cognitive and behavioral therapies to treat not only the chemical dependency but also any psychiatric or medical problems as well. With ambulatory detoxification, addicts receive medical treatment on an outpatient basis, allowing them to safely withdraw from alcohol or opiates without undue pain.

It is part of Dr. Ockert’s treatment philosophy of taking care of “biological recovery,” which means stabilizing brain chemistry and decreasing drug cravings following detox or abstinence.

Last year, there were 16,500 visits to Parallax Center, with patients ranging in age from 18 to 60 who are addicted to alcohol, opiates, stimulants and other drugs. The success of the Center’s approach is apparent in its patient outcome data. While the national success rate for outpatient detoxification from opiates alone is only 20-40 percent, the Center has a success rate of 70 percent for patients participating in its ambulatory opiate detoxification program. In addition, 80 percent of those who have completed the program continue in aftercare treatment at the Center.

Dr. Ockert credits his studies at Columbia and his dissertation on treatment combining medication and psychosocial cognitive treatments for his work today.

“As a research methodologist coming out of Columbia’s School of Social Work, this is what I learned to do. The training has really helped me to develop new and innovative treatments and evaluate them. You must know about medications that are being developed for chemical dependency treatment and psychiatric conditions such as mood disorders. It is a very important part of a treatment strategy,” he says.

Parallax Center combines medication with talk therapy at the individual, couple, family and group level. Dr. Ockert’s long term goal for the Center’s treatment plan is to assist patients in identifying environmental and emotional stressors and helping them learn how to intervene with adaptive behaviors or reactions to prevent relapse.

He recalls a case involving a patient who had been through treatment many times before. “He came up to me and said, ‘I can focus. I can remember. I have never been this clear three weeks after stopping.’ That is very good to hear. If somebody feels good and can reintegrate into their life, you’ve really given them a helping hand.”

As a graduate of the School of Social Work, Columbia is still very much a part of Dr. Ockert’s life. He is currently collaborating with Dr. Allen Zweben, associate dean of research and academic affairs at the School, on a clinical trial for a new medication for alcohol-dependence treatment. Dr. Zweben says he agrees with Dr. Ockert’s approach, noting that the entire field of addiction treatment is moving toward a combination of medication and psychotherapy.

Parallax Center recently donated $25,000 to the School to develop clinical trials that involve combining medications and behavioral treatments for substance use problems. Dr. Ockert will work with Dr. Zweben, who does most of his research work at the Center.

Dr. Ockert says he is considering opening centers in other New York City boroughs based on the Parallax Center model. “I know this is the direction the field has to move towards,” says Dr. Ockert. “Ultimately, you want to have an impact on best treatment practices.”
DONOR PROFILE: HELEN LOWENSTEIN

For Helen Lowenstein ’78, deciding where to get her master’s degree in social work was easy. “Columbia’s excellent program in social work, the opportunity to return to a place I knew from previous studies and the University’s fine reputation were all leading reasons for my choice,” Lowenstein recalls.

After graduating from the Columbia University School of Social Work, Lowenstein worked for the Archdiocese and the Jewish Board of Guardians in New York City, and for Jewish Community Services of Greenwich in Connecticut. She then began a private practice in New York City and Mamaroneck, New York. An active alumna, she served two terms on the School’s Advisory Council. However, she wanted to do more and began to consider how she could give back to benefit her alma mater. Lowenstein’s decision to support graduate education at the School was influenced by her experiences as a graduate student and her desire to give back to society at large.

In 2000, Lowenstein and her late husband, Louis Lowenstein Jr., then a professor at Columbia Law School, established the Lowenstein Loan Repayment Assistance Fellowship Program. The landmark program was the first to provide a financial aid package for mature social work graduate students. The program established a new means of recruiting and assisting mature students who have demonstrated excellence in their previous work, and who wish to enter and remain in nonprofit social work. Students who are selected each year receive help with their tuition and graduate with a correspondingly smaller debt.

“We knew that social work students often study and enter the profession at serious financial sacrifice, and that virtually all of them will work in the nonprofit sector,” says Lowenstein. “We wanted to ease the burden for these students, who are among the most motivated and diligent of students. In doing so, we also show our commitment to the School’s mission to train social work professionals.”

The program allows fellows to demonstrate evidence of their commitment to social work through prior professional or voluntary activities. By reducing their debt load upon graduation, the program helps caring, committed individuals move into a second career, or begin their first, knowing they will be able to fulfill their hope of working in social work.

Since its launch 10 years ago, the fellowship program has enabled 20 students to enter and remain in full-time, nonprofit social work with less of a financial burden. Gail Siegel ’02, a recipient of the fellowship, recalls, “I was a full-time student and did not have any income other than my savings, financial aid and scholarships. Without the Lowenstein Loan Repayment Assistance, I would have had a much larger debt.” I was also very encouraged by Mrs. Lowenstein and her husband, who took a personal interest in me and my aspirations and work after graduation.”

For Lowenstein, the program was simply a way to give back and to help individuals pursuing a career in social work. “I hope to make a lasting impact and encourage others to make similar investments in the intellectual and personal potential of future social work professionals.”

IN MEMORIAM: DR. HERMAN STEIN, SOCIAL WORK PIONEER

Dr. Herman Stein, a pioneer of the social work profession and a highly regarded social work educator, passed away on October 2, 2009 at his home in Shaker Heights, Ohio. He was 92 years old.

Dr. Stein earned both his master’s and doctoral degrees at Columbia University School of Social Work. For more than 16 years, he was a member of the Columbia University community as a professor at the School of Social Work and as director of its Research Center. At Columbia and Smith College, Dr. Stein developed and introduced some of the first courses in the nation on comparative social welfare with a particular emphasis on the Third World. A prolific scholar who authored and edited more than 120 papers and seven books, many on international social welfare, Dr. Stein was one of the first social work educators to draw from and integrate theories and concepts from a wide array of disciplines, including the social and behavioral sciences, to inform his research and teaching. His doctoral courses on organizational theory and administration and on research related to comparative industrial social welfare are still referenced for their pioneering perspectives and contributions.

Through these and many other positions, Dr. Stein played a significant role in social welfare policy and program development in countries around the world. A former president of the International Association of Schools of Social Work, Dr. Stein served on numerous missions to developing countries and was a senior advisor on policy and organizational issues for many public and private agencies in the United States. Among the national and international organizations and health and education institutions to which he lent his expertise as a consultant were the War Manpower Conservation Commission; the Government of India Planning Commission; the U.S. Department of Health and Human Services; the Secretariat for the United Nations Conference of Ministers Responsible for Social Welfare; the United Nations Division of Social Development; the United Nations Children’s Fund; and the Asian Pacific Development Council.

In 1969 Dr. Stein was appointed Dean of the School of Applied Social Sciences at Case Western Reserve University and later Provost of Social and Behavioral Sciences and University Vice President. This was followed in 1994 by Case Western University conferring upon him the University Medal. Professor Stein’s many honors and awards also include the Significant Lifetime Achievement Award from the Council on Social Work Education, the Rene Sand Award of the International Council of Social Welfare, and the Katherine A. Kendall Award from the International Association of Schools of Social Work.

Dr. Stein was an early pioneer in the field of International Social Welfare whose work reflected a deep appreciation of the value of interdisciplinary scholarship. He is survived by his brother Joseph Stein and daughters Naomi, Shoshana and Karen.

"Social work students often study and enter the profession at serious financial sacrifice . . . We wanted to ease the burden for these students, who are among the most motivated and diligent of students.”

—HELEN LOWENSTEIN
FACULTY NEWS & NOTES

INTERNATIONAL PROJECTS

Steven Schinke, D’Elbert and Selma Keenan Professor of Social Work, has joined the Global Health Research Center of Central Asia team as Co-Director. Professor Schinke will assist with strategic planning efforts related to the Center and be involved in building faculty collaborations Columbia-wide. He will also be engaged in pursuing research and other opportunities that are of great concern in the region. As chronic diseases present serious health problems in Central Asia and are a priority for the Kazakh and other governments, he will participate in collaborations aimed at building the capacity of researchers, educators, and other professionals in Kazakhstan, and implementing new intervention programs.

AWARDS AND APPOINTMENTS

Barbara Berkman, Helen Rehr/Ruth Fizdale Professor of Health and Mental Health, was named an Advisory Council member of the Sloan Center on Aging and Work at Boston College. The Center promotes quality of employment as an imperative for the 21st century multi-generational workforce.

Associate Professor Wen-Jui Han was named an Outstanding Reviewer for 2009 by the American Educational Research Association (AERA) and the American Educational Research Journal Section on Social and Institutional Analysis. AERA is the national interdisciplinary research association for approximately 25,000 scholars who undertake research in education.

Ronald Mincy, Maurice V. Russell Professor of Social Policy and Social Work Practice, was awarded the 2009 Raymond Vernon Memorial Prize by the Association for Public Policy Analysis and Management. The award is given annually to the authors of the best research article published in the Journal of Policy Analysis and Management. The Raymond Vernon Memorial Prize was shared with co-authors Jennifer Hill of New York University and Marilyn Sinkewicz of the University of Michigan for their co-authored article entitled, "Marriage: Cause or Mere Indicator of Future Earnings Growth." The article examined whether married men earn significantly more than single men, specifically low-income, unmarried fathers.

Assistant Professor Rogério M. Pinto was awarded the 2010 Society for Social Work Research’s (SSWR) Deborah K. Padgett Early Career Achievement Award. The Deborah K. Padgett Early Career Achievement Award recognizes an individual who is conducting innovative, rigorous research and scholarship in his early career and is having a notable emerging impact on his field and profession.

Professor Barbara Simon was reappointed for another 3-year term (2010-2013) to the Commission for Diversity and Social & Economic Justice of the Council on Social Work Education. The Commission promotes social work education inclusion, equity, social and economic justice, and the integration of knowledge of how the multiple aspects of human diversity intersect.

Dean Jeanette C. Takamura was honored by the Government of Japan with The Order of the Rising Sun, Gold Rays with Neck Ribbon, for her outstanding contributions to the promotion of social welfare policies and programs in the U.S. and to the status of Japanese Americans. First awarded in 1875, the Order is the second highest honor that has been bestowed since 1981 upon persons who are not citizens of Japan. Women have been among those honored with the Order since 2003.

Associate Dean Allen Zweben was named a member of the faculty of the Earth Institute at Columbia University. The Earth Institute at Columbia University is the world’s leading academic center dedicated to sustainable development.

SELECTED GRANTS


Gulamo-Ramos, V. (PI), Network Determinants of Risk among Formerly Incarcerated Latino Men, National Institute of Mental Health, awarded $1,000,000, October 2009 – September 2011.


Mincy, R. (PI), Educational and Employment Experience and Aspiration of Young Black Bermudian Males, Atlantic Philanthropies, awarded $140,000, January 2010 – March 2011.


EDUCATIONAL TRAINING PROGRAM HIGHLIGHTS

Nabila El-Bassel, Professor and Co-Director of the Columbia University Global Health Research Center of Central Asia, welcomed 19 professionals from Astana Medical University in Kazakhstan. The professionals participated in an educational training program in New York City supported by the Kazakhstan National Medical Holding and Kazakhstan Ministry of Health. The training program was developed by the Global Health Research Center of Central Asia in collaboration with the Columbia University Mailman School of Public Health and Downstate Medical Center. The students participated in lectures related to hospital management and information about the U.S. health care system and health reform and participated in hospital site visits.

The NIH-funded HIV Intervention Science Training Program for Racial/ Ethnic Minority Investigators (HISTP) welcomed prominent scholars from several universities and a number of racial and ethnic minority training fellows to the 2009 HISTP Winter Institute. The scholars included Wendee Wechsberg of RTI International, Isaac Montoya of the University of Houston, and Theo Sandfort of the HIV Center for Clinical and Behavioral Studies, each of whom served as guest reviewers during a full day mock grant review session. Three HISTP training fellows’ grant applications were reviewed and discussed, and the fellows gained valuable insight and guidance about the science, methodology, design, and structure of their grant applications. The program is co-directed by Professor Nabila El-Bassel and Assistant Professor Elwin Wu.
FROM CHILD WELFARE TO CHILD WELL-BEING: An International Perspective on Knowledge in the Service of Policy Making

Sheila Kamerman, Shelley Phipps, Asher Ben-Arie (Eds.)

This unique volume provides an exceptional opportunity to experience the history of the past 50 years of child welfare as well as its current status and future. Written by renowned experts in the field, the chapters are organized into five clusters. The first one includes Al Kahn’s last written contribution to the field and looks at how children and families have changed over time as has the research on their well-being. The next two clusters focus on the traditional child welfare system and on different theoretical perspectives. The fourth and fifth clusters focus on economic support for child and family well-being and a discussion of current child well-being issues.


SELECTED PUBLICATIONS


Mandiberg, J. M. & Warner, R. (in press). The importance of client community in the design of psychiatric treatment and rehabilitation programs. NOS.


WEALTH AND WELFARE STATES: IS AMERICA A LAGGARD OR LEADER?

Irwin Garfinkel, Lee Rainwater, Timothy Smeeding

It is widely believed that the welfare state undermines productivity and economic growth, that the United States has an unusually small welfare state, and that it is, and always has been, a welfare state laggard. This book shows that all rich nations, including the United States, have large welfare states because the socialized programs that comprise the welfare state—public education and health and social insurance—enhance the productivity of capitalism. In public education, the most productive part of the welfare state, for most of the 19th and 20th centuries, the United States was a leader.

The American welfare state faces large challenges. Restoring its historical lead in education is the most important but requires investing large sums in education, beginning with universal pre-school and in complementary programs that aid children’s development. The American health insurance system is by far the most costly in the rich world, yet fails to insure one sixth of its population, produces below average results, crowds out useful investments in children, and is the least equitably financed. Achieving universal coverage will increase costs. Only complete government financing is likely to restrain long term costs.


SELECTED INTERNATIONAL PRESENTATIONS

Professor Sheila Kamerman presented at the annual research network meeting of international developments in parental leave policies at Charles University in Prague, Czech Republic. She also gave two lectures at Charles University, the first a lecture on international developments in early childhood education and care and the second on social protection policies and children.

Professor Steven Schinke presented at Astana Medical University and The Kazakhstan Ministry of Health’s National Center for Problems of Healthy Lifestyle Development on prevention research.

SELECTED NATIONAL PRESENTATIONS

Professor Shelley Akbas presented “How to Do Change Before It Does You” at the New York City Conference on Aging.

Professor Barbara Berkman presented “Issues in Aging Research” at the pre-conference seminar of the Gerontological Society of America Annual Meeting in Atlanta, GA.

Assistant Professor Fang-Pei Chen presented “Inside the Black Box of an EBP: Critical Time Intervention from an Implementation Perspective” at the 14th Annual Conference of the Society for Social Work and Research (SSWR) in San Francisco, CA.

Associate Professor Vincent Guillamo-Ramos presented “Family Mediators of Acculturation and Adolescent Sexual Behavior Among Latino Youth” at a symposium on “Acculturation and Health Behavior in Latino Adolescents: Advances in Statistical Modeling of Mediation Processes and Longitudinal Trajectories” at the Annual Conference of the SSWR in San Francisco, CA.


Assistant Professor Jim Mandiberg presented “The Origin of Organization in Autonomously Organized Homeless Camps” at the Association for Research on Nonprofit Organizations and Voluntary Associations (ARNOVA) Annual Conference in Cleveland, OH.

Assistant Professor Rogério M. Pinto presented “Retention in the NIDA Clinical Trials Network Women and Trauma Study: Implications for Post-Trial Implementation” at the Annual Conference of the SSWR in San Francisco, CA.


Assistant Professor Victoria Rizzo presented “Using RE-AIM Metrics to Evaluate the Arthritis Foundation’s Disease Management Programs Among Individuals in New York State” at the Annual Program Meeting of the Gerontological Society of America in Atlanta, GA, and “The Use of Congressional Hearing Video Role Plays in Advanced Policy Courses” at the 55th Annual Program Meeting of the Council on Social Work Education in San Antonio, TX.

Associate Professor Barbara Simon presented “Faith, Reason & Science: Three Gospels for Mary Simkhovitch and Settlement Movement Workers” at the 2009 Annual Program Meeting of the Council on Social Work Education in San Antonio, TX. She also presented “Community as the Antipode of War for Mary Kingsbury Simkhovitch and Mary Parker Follett” at the Annual Conference of the SSWR in San Francisco, CA.

Assistant Professor Fred Ssewamala was a featured speaker at the Opening Plenary Session of the SSWR Annual Conference in San Francisco, CA. The title of the session was, “International Research in Social Work: Strategies, Lessons, and Potential.”

Assistant Professors Ronald Thompson and Dana Lizardi presented “Offspring Lifetime Alcohol Dependence: The Influence of Maternal and Paternal Histories of Alcohol Problems and Childhood Parental Divorce/ Separation” at the 32nd Annual Research Society on Alcoholism Scientific Conference in San Diego, CA.

Assistant Professor Elwin Wu presented “A Couples-Based HIV Risk Reduction Intervention for African American, Methamphetamine-Involved Men in Longer-Term Same-Sex Relationships” at the National HIV Prevention Conference in Atlanta, GA.

Associate Dean Allen Zweben and Assistant Professor Robin Gearing presented “International and National Perspectives of Developing Capacity: Integrating EBP and Practice Wisdom in Agency Settings,” at a roundtable at the Annual Conference of the SSWR in San Francisco, CA.
**AWARDS AND HONORS**

**Frederick L. Ahearn ’73DSW,** Professor and Co-Director of the Center for International Social Development at the Catholic University of America, received the 2008 Lifetime Achievement Award from the National Association of Social Work and the 2009 Education Global Education Award from the Council on Social Work Education.

**Murali Nair ’78DSW** received Cleveland State University’s 2009 Distinguished Teaching Award.

**Barbara Grodd ’79** received a Lifetime Achievement Award from the College of New Rochelle’s School of New Resources.

**Eileen M. Verity ’97** was honored by Long Island Business News at their 12th annual “40 Under 40” induction gala. The program recognizes business and community leaders under the age of 40 who are shaping Long Island’s future. Eileen is Director of Senior Services and Nutrition Programs for Catholic Charities of Rockville Centre and also serves as the Emergency and Disaster Response Coordinator for the agency.

**Seth Kurzban ’98 ’09PhD,** an Assistant Professor at the USC School of Social Work has been named to the Advisory Board of The Gabe W. Miller Memorial Foundation.

**Sherry Saturno, ’00,** Director of Social Services at Sprain Brook Manor in Scarsdale, has been named the 2010 Social Worker of the Year by the National Association of Social Workers of NY/Westchester Division. She is also being featured in the NASW national marketing campaign celebrating the 50th anniversary of the Academy of Certified Social Workers.

**Kenneth Jones ’01** received the inaugural Black Gay Research Group’s Emerging Scholar and Leadership Award. The award recognizes “an outstanding Black gay man who has made significant contributions in advancing the ideals of the Black Gay Research Agenda through research or other intellectual discourse or forms of scholarly activity.”

**Amanda Guarino ’04** received ACF’s Partnering for Health and Human Services Excellence Award. The award recognizes teams that excel in developing external partnerships and in reaching across organizational boundaries to accomplish specific agency goals. Amanda served on the Hurricane Ike Response Team and Region II’s Emergency Preparedness and Response Team, both of which produced stellar outcomes.

**Brook K. Dayton ’06, Elizabeth Lee ’05, Marcella Tillet ’03,** and **Jenna Tutjer ’06** were named the 2009 Emerging Social Work Leaders by the National Association of Social Workers-New York City Chapter. The annual award recognizes social workers who demonstrate exemplary leadership qualities and a unique commitment to the improvement of social and human conditions.

**Emily Ball ’06** received an Employee Excellence Award from the Administration for Children and Families (ACF). Emily was recognized particularly for coordinating ACF’s performance management efforts with “ease and with great smoothness in a complex and fast-paced environment.”

**Brendan Kelly,** a doctoral candidate at CUSSW, served as the Team Leader for ACF’s Welfare Research and Evaluation Conference Team, heading the group that received the Organizational Team Achievement Award in recognition of a “supremely organized effort that demonstrated intellectual vitality, logistical excellence, and dedication resulting in an outstanding event and a model of teamwork.”

**Donna Scimia ’86** is host and producer of the weekly TV talk show, “Taming the Cubicle Jungle: Workplace Discussions that Make a Difference.” Donna is also the president of Scimia Consulting Group, Inc.

**Anat Leonard ’02** has been promoted to Deputy Executive Director of Housing Services for the Bowery Resident’s Committee in New York City. Anat will be overseeing six programs throughout New York City.

**Zeny Cleveland ’03** is Director of the Family and Community Services for Head Start of Rockland, Inc. where she will be ensuring compliance of the service delivery of the Social Service aspect of Head Start programming in Rockland County, NY.

**Terry Ann Klee ’06** presented her CUSSW-M.S. research on “The Obscured Identities of Childlessness” at the New York State Society for Clinical Social Work 39th Annual Conference. She was subsequently interviewed by ELLE Magazine for a forthcoming feature article entitled, “When Does Recreational Sex Become Pro-creational.”

**Natasha Josefowitz ’65** had her eighteenth book, *Been There, Done That, Doing It Better: A Witty Look at Growing Older by a Formerly Young Person* published by Blue Mountain Arts.

**Dorothy Gamble ’66** authored *Community Practice Skills: Local to Global Perspectives* which was published by Columbia University Press.

**Mimi Abramowitz ’67 ’81DSW** presented a paper entitled, “The Social Determinants of Social Problems” at the Annual Meeting of the Council on Social Work Education in San Antonio, TX. She also recently published a paper entitled “Double Jeopardy: The Impact of Neoliberalism on Care Workers in United States and South Africa” in the *International Journal of Health Services*.

**Carole A. Winston ’71,** Director of the Maya Angelou Institute for the Improvement of Child & Family Education at Winston Salem State University, was awarded $21,354 by the Women’s Fund of Winston-Salem for the “Mothers and Daughters: 2gether we CAN!” program designed to strengthen relationships between mothers and their fourth grade daughters.

**Matt Boettcher ’83,** LCSW is the Director of Case Management at St. Joseph’s Hospital and Medical Center in Phoenix, AZ.

**Sue Smith ’84** has been promoted to Director of the Housing Resource Center at the Center for Urban Community Services in New York City.

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**Wendie Veloz ’06** is working for the Center for Disease Control’s International Experience and Technical Assistance (CDC-IETA) Program. The goal of the
In a new photo exhibit at the Columbia University School of Social Work entitled “Faces of Hope,” photographer Charlotte Raymond captures the portraits of some of the young women and children with whom World Childhood Foundation helps. Founded in 1999 by Her Majesty Queen Silvia of Sweden, the mission of the Foundation is to defend the rights of the child to a secure childhood and, in particular, to work for better living conditions for children at risk all over the world. Special gratitude is extended to alumna Monika Heimbold ’89 and the World Childhood Foundation whose generosity made this exhibition possible.

Kam Chi (Gigi) Li ’07 has been named Co-Director of the Neighborhood Family Services Coalition in New York.

David Feinerman ’08 is the Program Coordinator for the Queens Regional Initiative of UJA-Federation of New York’s Connect to Care, a program serving individuals and families who have been impacted by the economic downturn.

Natania Kremer ’07 is now Director of Early Childhood Support Services at the Jewish Board of Family and Children’s Services in New York.

Jordan Esai Jenrette White ’09 is an ORISE Research Fellow serving as an Health Communications Specialist at the Centers for Disease Control and Prevention in Atlanta, GA. She assists senior staff with the formative research that guides the development of the Act Against AIDS campaign.

“The visual images break the ice because the couple sees his and her bodies and together they can explore levels of risk,” said Dr. Witte. “So the discussion and the experience of learning about risk become less didactic, less abstract and much more interactive and fun for the couple.”

Another advantage of translating the Connect program exercises into multimedia tools is the ability to implement them more easily in the social work curriculum. With the traditional model, first- and second-year students could practice certain components of the intervention – the speaker-listener technique, for instance – only in the field.

“As these tools were translated to become Web-based and interactive, we have been integrating them into the classroom,” Dr. Witte said. Students exposed to the interactive model in the classroom are likely to use the tools with clients after completing their Master of Social Work, she said. “We believe that integrating these components both in research and into the classroom serves the students, clients and the profession best.”

Screenshots from Multimedia Connect
illness, Sara couldn’t accept the finality of her loss. She had not had a positive model of marriage from her own parents, and she never expected to find such a loving spouse. To add to her stress, she was also taking care of an elderly aunt who was dying of cancer, and she was not with her husband when he died, even though she had been with him throughout his illness. She was unable to forgive herself for not being present when he passed away. Unable to move forward in her life, she sought treatment for the syndrome that was eventually diagnosed as complicated grief.

Though at this point there is not a great deal of data, Dr. Shear says those who suffer from complicated grief have usually lost someone very close with whom they shared a strong and positive relationship. While the natural grieving process includes relying on one’s social group for support and companionship, those suffering from complicated grief often don’t have that support network or feel estranged from people in their lives who may want to help.

Dr. Shear’s treatment approach – a 16-week program – is currently being tested in two clinical trials funded by the National Institute of Mental Health. The goal of the treatment is to revitalize the normal grief process to help people come to terms with their loss and resume the lives they led before their loved one died.

The first study was completed in Pittsburgh in 2005. Another clinical trial focusing on participants 60 and older is currently underway at the New York Psychiatric Institute. A third study in New York, Boston, Pittsburgh and San Diego will examine the efficacy of the treatment when administered with antidepressants.

"The therapy makes the assumption that the person needs to have someone in their life to really be there to both listen and kind of help gently move the person through the grief process," she says. "We do that using a very open, kind relationship with the person and by using specific strategies and techniques."

One of the techniques, a modification of an intervention used to treat post-traumatic stress disorder, is asking the person to tell how they learned about their loved one’s death. The story is tape recorded and the audiotape is sent home with the study participant, who is asked to listen to the recording in between sessions.

The clinical trials have yielded positive results for participants, helping them to envision a future that may once again include joy and satisfaction. Dr. Shear hopes clinicians will become increasingly aware of complicated grief and the ways in which it can be treated. She is optimistic that inclusion in the DSM-V would lead to additional research and education for clinicians in the field.

"Bereavement is something that everyone experiences and yet most people feel fearful of the strong emotions that accompany acute grief," she says. "That's one reason why research has lagged behind other areas in mental health. There are a lot of suffering people who can really benefit from working with someone who knows how to help them. For a social worker it is one of the most rewarding areas of work you can do."

Dr. Pinto believes that research questions ought to drive the methods we use to answer them, and not the other way around. "To pursue CBPR," Pinto says, "one must be competent in quantitative and qualitative research. My research uses a mixed-method approach to include communities in the collection, analysis, interpretation and dissemination of data. Qualitative research is helpful to identify opinions and attitudes of communities and to develop models of community-researcher collaboration. I use quantitative methods to measure aspects of research collaboration that have not yet been systematically documented." Dr. Pinto has contributed an entry, "Mixed Methods Design" to the Encyclopedia of Research Design, to be published in 2010.

Onaje Muid, a member of the CCB and clinical director of Reality House, a substance abuse treatment facility in Long Island City, describes the impact of this type of research collaboration from a community perspective. "As a substance abuse treatment provider concerned with high rates of HIV among substance abuse users, I take the position that the person using drugs is an expert on their own life," said Mr. Muid. "This is a principle of CBPR that is directly applicable in service provision. It’s a marriage of research and service provision competencies that helps both researchers and providers work together to make meaningful changes in our clients’ lives."

Dr. Pinto notes that community involvement can help ensure that important research findings do not end their useful life in the pages of a journal. "If you develop an intervention," said Dr. Pinto, "people who have been involved with it are much more likely to use the results to guide their day-to-day behaviors, whether it is using science-based HIV-prevention methods in one’s own life or teaching clients about these methods."

"Bereavement is something that everyone experiences and yet most people feel fearful of the strong emotions that accompany acute grief."

—DR. KATHERINE SHEAR
As part of the Campaign for Columbia University launched in fall 2006, the Campaign for the School of Social Work will enhance the School’s core mission and provide support for students, faculty, academic programs, and the building fund.

Your commemorative gift helps sustain our tradition of excellence and provides opportunities that faculty, students, and alumni expect. Help us continue to be the “first and finest” school of social work.

### Key Initiatives

#### Building Fund: $7 million
Help us complete the financing for the School’s state-of-the-art building and provide essential operating support for technology and other needs. A number of premier naming opportunities remain, including naming the building itself, main lobby, library stacks, and widely used seminar rooms and classrooms.

- Naming opportunities—$50,000 or more
- Named row in our largest seminar room—$10,000
- Named seat in seminar room—$5,000
- Gift for CUSSW Alumni Association Student Lounge—any amount

#### Student Aid: $18 million
Create a master’s student scholarship or doctoral fellowship for our talented students, 90 percent of whom require financial assistance.

- Named annual scholarship—$15,000
- Annual master’s scholarship—$35,000 each year for two years
- Endowed scholarship—$50,000
- Endowed doctoral fellowship—$250,000
- Endowed full master’s or doctoral fellowship—$1,000,000
- CUSSW Alumni Association Commemorative Scholarship—gifts of any amount

#### Faculty Programs: $8 million
Enhance our academic and research initiatives by endowing a professorship.

- Endowments—$1 million or more

#### CUSSW Annual Fund: $2 million
Your gifts to the CUSSW Annual Fund are critical and powerful, as they allow the School to provide funding where it is most needed. Unrestricted funds can be immediately used to help bridge gaps and provide for flexibility in the operating budget, bolster services that enhance the quality and experience of student life, and provide for programs that foster relationships with alumni. Gifts of all amounts are welcome.

- Mary Richmond Society—$500 or more
- Dean’s Circle—$1,000 or more

Endowments and naming gifts of $50,000 or more may be pledged and paid over up to five years. For more information, please contact Gretchen Knudsen, Associate Director of Development, at 212-851-2368 or gdk2111@columbia.edu.
Save the Date!

Annual Alumni Reunion and Conference
Friday, April 23–Saturday, April 24, 2010

FRIDAY, APRIL 23

Alumni Association Hall of Fame Induction Ceremony and Reception
5:30pm, Columbia University School of Social Work

2010 Hall of Fame Recipients
Frederick L. Ahearn, Jr. ’73DSW
Elizabeth C. Forer ’81
Lawrence Shulman ’61

2010 Pioneer Recipients
Sonia G. Austrian ’67 ’88DSW
Antonia Pantoja ’54
Verne Weed ’41

Alumni Dinner
7:00pm, Columbia University’s Faculty House

Class reunions for graduation years ending in ‘0’ or ‘5’

Special honoring of the Golden Anniversary Class of 1960 and the Silver Anniversary Class of 1985

Networking opportunity for all alumni

SATURDAY, APRIL 24

Alumni Conference
Columbia University School of Social Work

Keynote Speaker: Robert Y. Shapiro, PhD, Professor of Political Science, Columbia University

For more information contact the Alumni Office at sswalumni@columbia.edu or call 212-851-2375.