An old proverb states, “Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.” Fred Ssewamala knows firsthand what this means. “I’m a big believer in providing assistance that helps people become self-sufficient. There’s a growing consensus that giving people handouts does nothing to empower them in the long run. What poor people need the most are the resources to turn their own lives around and build a future.”
The fall semester opened with tremendous excitement as we welcomed one of our most gifted and energized classes to the School. The campus itself was abuzz with anticipation of the November election. Thousands watched presidential nominees John McCain and Barack Obama, who visited the campus to appear together at a forum on civic service and engagement. Service has always been synonymous with the Columbia University School of Social Work’s mission and its identity. Since its founding, CUSSW has educated more than 16,000 social work professionals who are leaders in our field.

This year marks the 110th anniversary of the School. The oldest school of social work in the nation, CUSSW has a proud record of innovation, research, and academic excellence. Our diverse faculty and alumni have demonstrated excellence in practice, policy, education, administration, and research—their ongoing work helping to improve the lives and life chances of persons struggling with society’s most pressing problems. We are proud of our distinguished history and role in shaping the social work profession. As we forge ahead into the 21st century, we remain committed to enhancing the quality of life of the citizens and communities of New York City, the nation, and the world.

Among the School’s recent accomplishments are the designation of the Global Health Research Center of Central Asia (GHRCCA) as one of the University’s new network of global centers. A Middle East Center and an Asia Center in Beijing will be unveiled in the spring, with others to follow in the future. Meanwhile, the GHRCCA is arguably the most advanced of these centers, a credit to Professor Nabila El-Bassel, who directs it with co-director Louisa Gilbert and operations director Dr. Anne Brisson. Additionally, Drs. Irv Garfinkel, Jane Waldfogel, Julien Teitler, and Neeraj Kaushal have all played leading roles in the establishment of the Columbia University Population Center, which was unveiled during the last academic year. Both the GHRCCA and the Population Center were begun by the School of Social Work and have been enriched with the partnership of multidisciplinary collaborators from both the Morningside and Medical Center campuses.

In this issue of Spectrum, you will read about the work of CUSSW faculty and alumni who are addressing the HIV/AIDS epidemic and its social ramifications, substance abuse, social inequality, and poverty. These include a project that creates economic opportunities for orphaned children and their families in Uganda, an intervention study focused on complicated grief, the effectiveness of social work interventions in treating substance abuse, and how one alumna is seeking to change the world one ice cream scoop at a time.

We look forward to sharing much more in the months ahead. Meanwhile, please do come and visit us!

The very best to you,

Jeanette C. Takamura
Dean
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The Columbia University School of Social Work

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From Uganda to the Bronx, Fred Ssewamala is
Creating a Brighter Future for Today’s Youth

By Monique Sierra

Ssewamala’s experience of growing up in war-torn Uganda influenced the work he does today. At the age of 12, his parents, two older siblings, and a niece were killed by the military, leaving him an orphan. He says that “because of this I know what orphans in Africa go through. It’s so important to help them to understand that they have a future.” With the financial and emotional support of his extended family, Ssewamala was able to look toward the future. He earned his first degree at Makerere University, followed by master’s and doctoral degrees in the United States, all on scholarship. Now an associate professor at the Columbia University School of Social Work, Ssewamala has committed his life to addressing the needs of orphans through innovative interventions that provide these children hope for the future. He believes that if children are provided with an opportunity to save money toward their education, they will have better and brighter futures, positive health outcomes, and the economic empowerment to escape poverty.

Ssewamala illustrates this through his program, SUUBI, a word in Luganda—a Ugandan language—that means “hope.” Based on the theory of asset ownership, the program was first launched in the Rakai District in Uganda, an area that has been one of the hardest hit by HIV/AIDS. Families are provided with savings accounts that have been opened in their child’s name and are encouraged to save money. The money saved is matched by the program on a two-to-one ratio. The savings are used to fund the child’s education or small family businesses.

Ssewamala has committed his life to addressing the needs of orphans through innovative interventions that provide these children hope for the future.
addition, SUUBI has a mentorship component whereby children are provided with a mentor to talk about planning for the future as well as any psychosocial issues they may be experiencing. Says Ssewamala, “This approach provides the children with some financial resources by which they can realistically plan for their future education or vocational or job training.”

Because of conflict and the HIV/AIDS pandemic, coupled with poverty in Uganda, the traditional family has been stretched beyond its capacity to provide effective and sustainable care for orphaned children. Ssewamala describes the social context in Uganda: “The HIV/AIDS epidemic has hit my country very hard. In Africa, because we do not have government-sponsored social services, we take care of each other. A parent, in my culture, is anyone who cares for you, but this disease has so ravaged the society that many people can no longer fall back on the tradition of extended family support. It has weakened and frayed.”

Through the program, orphans and their families learn to develop creative ways to earn and save money, by writing letters to extended family and friends asking for contributions, working during their school holiday, or gardening or farming to earn extra money to add to their savings account. What had appeared intangible and unthinkable for these children and families becomes attainable and achievable. As a result of SUUBI, families begin to believe and hope once again that there is a fruitful future.

Ssewamala continues to develop the asset-ownership model to increase economic empowerment and address poverty directly by creating another intervention that focuses on the family as a unit. The intervention is called SUUBI-MAKA, meaning “hope for families,” and it has three key components: (1) promoting monetary savings, (2) microenterprise development, and (3) mentorship. The savings are used for educational opportunities for AIDS-orphaned children, because education has been shown to be a protective factor for mental health and sexual risk taking. Microenterprise development will enhance economic stability, reduce poverty, and strengthen protective family processes for children. Adult to child mentoring creates an essential, ongoing caring relationship with an adult, which has been proven to be an important way of developing resilience in children. Increased resilience can protect their mental health when they experience stress and adversity.

The children in SUUBI-MAKA will receive a matched savings Child Development Account in their name, training sessions on financial and career planning, and monthly mentorship meetings on life skills and how to avoid risky behaviors. Most importantly, the children in SUUBI-MAKA will participate in training sessions on microenterprise development, specifically on how to start family-level income-generating projects using part of their matched savings. The other part of their savings will be used for the child’s secondary education. Ssewamala believes that it truly takes a village to raise a child and by economically strengthening the family unit, an orphan child will have the social and emotional support to thrive.

Ssewamala’s groundbreaking research in Africa is now making an impact in New York City. He is currently pilot testing SUUBI-Bronx. With the success of SUUBI in diverse and poverty-affected communities in Uganda, Ssewamala is adapting the program for similar vulnerable populations of inner-city adolescents being raised in poverty in the United States, specifically in Harlem and the Bronx. Ssewamala aims to not only provide the opportunity for urban youth to save money to go to college through SUUBI-Bronx, but also prepare them for the future.

Regardless of what country or continent he is in, Ssewamala feels the greatest impact SUUBI has had on children and families is teaching them how to save to fulfill their own dreams. As he continues his research and work to create innovative programs that target the needs of the most vulnerable, Ssewamala ultimately aims “to put a face on poverty so that people can look and see beyond the numbers and theories.”
CHANGING THE WORLD, ONE SCOOP AT A TIME
When Alexis Miesen graduated from CUSSW with a specialization in social enterprise administration, she had many plans, but never imagined that a career as an ice cream entrepreneur was one of them. After receiving her degree in 2004, Miesen became director of development for the African Services Committee, a Harlem-based nonprofit dedicated to improving health and self-sufficiency for the African-American community in New York City. The experience showed her some of the more frustrating aspects of pursuing and relying upon corporate gifts. “My work in the field gave me a very clear sense that there is a disconnect between corporations and communities,” says Miesen. “I remember watching people trying to get into corporations and voice their agency’s needs. The dialogue was not often effective.” While she appreciated the extent to which corporate social responsibility can be “helpful and wonderful,” Miesen wanted to consider alternative, effective ways that for-profit businesses could help communities. “I was tired of constantly cranking out grant proposals and knocking on doors and begging people for support,” says Miesen. “I just had a suspicion that [corporations] could turn a profit and take a more holistic, genuine approach to responding to needs in their community. It doesn’t have to be a separate department writing checks.” Coupled with the need to “stretch her social work muscles,” Miesen, a self-proclaimed ice cream fanatic, decided it was time to make a difference, and to do it in a unique—and delicious—way.

With her business partner, Jennie Dundas, Miesen developed plans for Blue Marble Ice Cream (www.bluemarbleicecream.com), named after the iconic 1972 photograph of planet Earth. In October 2007, nine months after the two women conceived the idea of the Earth-friendly sweet shop, Blue Marble opened its doors in Prospect Park. Both locations feature organic ice cream served in biodegradable, compostable cups and bowls. Even the Free Trade java is organic. Both shops were built predominantly of reclaimed and nontoxic materials. Miesen and Dundas also make sure every aspect of their business is geared toward creating a positive and thriving community, starting with their own employees. “Our rate of pay is on par with big corporations like Starbucks,” says Miesen. “It certainly is a stretch to pay as much as we do, but we believe in investing in the young people.”

In addition to being a meeting spot for those in the neighborhood, the family-friendly Blue Marble hosts birthdays and private parties and their Boerum Hill shop includes a children’s play area. The two women are not limiting their Earth-friendly, community-based ice cream mission to Brooklyn; they have also established a nonprofit extension of their business called Blue Marble Dreams (www.bluemarbledreams.org) “with the aim of exploring the transformative potential of ice cream, not just as a source of fun and joy, but also as a means to sustainable economic growth in developing countries. Communities are urged to rely upon local, underutilized dairy resources,” explains Miesen. In February, the duo will travel to Rwanda, where they are working on plans to build an ice cream shop in Huye, a district in Southern Rwanda. The goal is for the shop to provide jobs and sustained income for women in the area, support Rwandan dairy farmers, and provide a “simple pleasure” to the Rwandan people, while serving as a gathering place for the community. Future plans include a mobile unit to take free ice cream to children in neighboring areas of Huye. Miesen and Dundas are also in talks about a documentary featuring their project to help promote social entrepreneurship. The women recently received a $20,000 matching challenge grant, part of their continued efforts to network and raise funds for Blue Marble Dreams.

Although Miesen never thought she would be changing communities through ice cream, she believes her social work education and the skills she acquired through it have helped bring her where she is now. “Social work is a kind of approach to the world, to life, to the people around us, to making and sharing money. It’s a whole mindset that doesn’t have to be restricted to the nonprofit world and service agencies—we need to infiltrate every realm of society. We need people like us in every vocation.”

For more information, contact Alexis Miesen at alexis@bluemarbleicecream.com.
Integrating Research and Clinical Wisdom

Dr. Allen Zweben, Associate Dean of Academic Affairs and Research, delivered the keynote address at the 40th annual conference of the National Association of Social Workers—New York City Chapter’s Addictions Institute. Dr. Zweben presented “Two Decades of Treating Addictive Behaviors: Integrating Practice Wisdom and Evidence-Based Practice,” which addressed innovative assessment and treatment approaches for substance abuse problems. The following is an excerpt.

Practitioners and researchers working in addiction treatment share the same goal—giving clients the best care possible. A shared goal, however, does not necessarily mean identical treatment methods. A model integrating practice wisdom and evidence-based practice can be most effective in treating alcohol and drug use disorders. Consequently, it is essential that practitioners work closely with researchers in attaining the goal of excellent patient care.

Two models have been employed in testing efficacy of social work practice. Though there is much overlap between the general approaches of practice- and research-based models, each method has some basic elements. The practice-based research method is an approach that is informed by practitioners’ experiences and clinical judgment, commonly known as “clinical wisdom.” Practitioners in agency settings serve clients every day and develop studies from those interactions. The research-based model uses a different source. The approach taken in the latter model stems from theory and research findings emerging from the literature on treatment outcome. Both approaches have their strengths and limitations.

Practice-Based Model
Clinical social work was traditionally based on casework and emphasized practitioner experience and wisdom rather than data gathered through standardized instruments. A practice-based model places greater emphasis on the worker’s own assessment and discretion of “what’s best for the client” instead of relying mainly upon evidence-based or research-substantiated information.

Research-Based Practice
Research-based practice is an academic approach to clinical research. This approach includes the following elements: hypotheses testing, randomized control designs, standardized assessment tools, data and intervention monitoring, and power analysis. Although it yields statistical information, statistically significant findings are not necessarily clinically relevant in the everyday practice environment.

Ingredients of Effective Therapy
All effective addiction treatments share some basic ingredients that are supported both by everyday experience and empirical evidence.
These elements include a well-structured evidence-based treatment, a strong therapeutic alliance with the client, and therapists who demonstrate empathy and acceptance. Effective therapy also addresses the client’s ambivalence, enhances commitment, and involves supportive others. The treatment should promote or facilitate an ensured period of abstinence (at least initially for dependent clients) and provide case management services that are accessible and readily available to promote reinforcement for and maintenance of recovery.

**Combination Therapy**
Pharmacotherapy interventions can be an effective tool in addiction treatment. Conventional wisdom would indicate that alcohol and drug users should not take additional chemicals in order to treat their addiction, but research has shown that medication and behavioral therapy combined can have better outcomes than therapy alone. One such medication is Naltrexone, which blocks the reinforcing effects of alcohol consumption, preventing a “slip” (one or two drinks) from becoming a full-blown relapse. Other medications have also been found to be effective. In other words, the data appears to indicate that treatment outcomes could be improved if medications are used in conjunction with behavioral therapy.

**Bridging the Gap**
Forging effective and productive partnerships between schools of social work and community agencies is an essential vehicle for bridging the gap between research and practice. Establishing a healthy, mutually beneficial academic-provider relationship necessary to conduct meaningful community-based research requires navigating many challenges and differences. Suspicion and doubt, rather than opportunity and professional advancement, often inhibit the development of successful partnerships between providers and academics.

An ongoing dialogue between practitioners and researchers is essential to enable their formulation of realistic research questions based on their mutual understanding of clinical work. An essential component of the dialogue between practitioners and researchers involves answering the question: What kinds of strategies work best for whom under the following circumstances and conditions?

An examination of such questions tends to yield useful clinical information. Researchers also need to investigate practice experiences perceived to be effective for clients and to test the positive findings found in clinical trials in “real world” clinical settings.

Jessica Troiano contributed to this article.
Strong feelings of sadness and loneliness commonly occur following the death of a loved one. Other painful feelings, such as fear, anxiety, guilt, resentment, anger, and shame are also common. Experiencing any or all of these emotions during acute grief is perfectly normal. However, for some people, grief is complicated, prolonged, and impairing. For older adults, complicated grief can be a serious problem.

“People with complicated grief continue to experience intense yearning and longing for the person who died, often having an irrational feeling that the person may actually reappear,” says Katherine Shear, MD, Marion E. Kenworthy Professor of Psychiatry at the Columbia University School of Social Work. “They are preoccupied with thoughts and memories of the person, while avoiding doing things that remind them that the person is gone. They feel an uncomfortable distance from family and friends. These bereaved people are ‘stuck’ in mourning that does not progress and that hampers their ability to engage in ongoing life. It is as if they have lost their own life as well as that of the person who died.”

Complicated grief resembles depression, but differs from it in important ways. For example, intense yearning and longing is a hallmark of complicated grief that is not usually present with depression. Complicated grief does not respond to traditional treatments for depression. Without outside help, many people with this condition do not recover.

According to 2005 statistics from the National Council on Aging, there were more than 10 million older men and women who were widowed. This number does not include older people grieving the loss of friends, children, grandchildren, siblings, or even parents. It is estimated that approximately 10–20 percent of bereaved individuals, of which more than a million are bereaved older adults, will develop complicated grief. Older people are susceptible to ill health and compromised cognitive functioning, prone to disruption of sleep and daily routines, and may be socially isolated. Those who suffer from complicated grief are associated with more negative health consequences, including onset of new physical illness and worsening of existing conditions, onset and worsening of alcoholism and other behavioral health problems, and increased rates of suicidality.

Shear’s study will compare standard Interpersonal Therapy (IPT), a model that has been proven effective in the treatment of depression, with Complicated Grief Treatment (CGT), an enhanced version of IPT pioneered by Shear. Study participants will attend weekly therapy sessions for 16 weeks at the Late Life Depression Clinic at the New York State Psychiatric Institute. The study will also be followed in an assessment program for a total period of 48 weeks.

“Effective treatment for older people with complicated grief is very important for their health and well-being, as well as their relationships with others,” says Shear. “Results of this study will provide information for clinicians about how to provide effective treatment. We also expect to learn whether some people respond better to one treatment or the other.”

Shear was recently awarded a $2.6M, five-year grant from the National Institute of Mental Health to conduct the first clinical study of complicated grief in older adults. To learn more, visit www.socialwork.columbia.edu.
Q&A with Cheryl Franks

Cheryl L. Franks, PhD, is Assistant Dean, Director of Field Education at CUSSW. Cheryl has been at CUSSW for 20 years. She was most recently Executive Director of Diversity, Human Rights and Social Justice, and prior to that was Associate Director of Field Education. She currently teaches “Social Work and Human Rights” and “Issues of Diversity.”

Spectrum: What are the goals of the field education program at CUSSW?

Cheryl Franks: Throughout the history of social work, field education has been a unique and critical component in the academic preparation of students for the profession. In social work education the field education requirement provides students with the opportunity to master skills for work with clients, communities, neighborhoods, policy and advocacy groups, and organizations. Students acquire knowledge and skills in the classroom and then practice, master, and integrate all of this in the field while they are being supervised to serve clients and communities. The dual purpose and dual roles of learning and mastering new knowledge and skills through serving clients and communities is at the heart of field education. Learning through serving!

S: How is the city a good environment for social work students to do their fieldwork?

CF: New York City is rich with diversity within our client groups, our communities, neighborhoods, and the families we serve — you really cannot surpass the diversity represented in this city. If we are going to embed cultural competence within a structural analysis, to which we are committed, New York City is an ideal environment in which to learn and practice social work skills. The skills are transferable to a host of issues facing New Yorkers. For example, immediately after 9/11 many of our faculty, administrators, and students worked with survivors, families, and individuals dealing with the traumatic aftereffects, including the triggering of historical trauma. Social workers created models for the management and resolution of conflicts and the interethnic, interracial, and interreligious tension that we predicted would emerge.

S: What do you envision as the future of the social work profession and CUSSW’s role?

CF: I think CUSSW will continue to build on our incredible history and tradition by focusing on current problems and issues, forecasting future ones, and creatively developing solutions. We will stay connected to, inspired by, and inclusive of the community — through, for example, field education, which at CUSSW includes local, national, and international placements and exchange opportunities.

The U.S. is at a crossroads. Will we move toward and embrace peace, reconciliation, economic and sustainable development, environmental and human rights? Will we use our

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Tenure & Promotions

Ronald Mincy, the Maurice V. Russell Professor of Social Policy and Social Welfare, was awarded tenure by Columbia University. Professor Mincy is renowned for his groundbreaking conceptualizations and innovative perspectives on some of our nation’s most challenging social concerns. He created, conceptualized, and advanced the development of research on “fragile families.” His work on urban labor markets and urban poverty has resulted in new legislation and programming at the federal and state levels in the U.S.

Associate Professor Wen-jiu Han was also awarded tenure by Columbia University. Dr. Han is a nationally recognized scholar whose research on child care, maternal employment, and child well-being has had strong implications for national public policy. Her research on examining the relationship between parental work schedules and child well-being is considered the first of its kind in the nation to examine the important question of how mothers’ work schedules affect children’s outcomes.

Fred Ssewamala was promoted to associate professor and has received a joint appointment with the School of International and Public Affairs. Professor Ssewamala has distinguished himself as a member of the faculty with his asset-based social interventions and research in Uganda, sub-Saharan Africa, and the United States. His work entails the design and testing of the impact of institutional structures, programs, and policies on asset ownership. His ground-breaking work through the SUUBI (“Hope”) program has empowered children and families at risk of impoverishment to have a hopeful and sustainable future.

International Projects

Jordan Social Work Education for Excellence Program (SWEeP) is co-led by Professor Nabila El Bassel and Dean Jeanette C. Takamura. CUSSW is working at the invitation of Queen Rania and in collaboration with the Columbia University Middle East Center on the development of the social work profession and social work education in Jordan.

Center Highlights

Nabila El Bassel is co-founder and director of the Global Health Research Center of Central Asia at CUSSW. The Center is designated as one of Columbia University’s Global Centers and is the first research center on global health established by a university in Central Asia. Serving Kazakhstan, Uzbekistan, Tajikistan, and Kyrgyzstan, the Center is focused on developing effective solutions to pressing health problems in order to help reduce health disparities in the region.

Irwin Garfinkel, the Mitchell I. Ginsberg Professor of Contemporary Urban Problems, is co-director of the Columbia Population Research Center. The Center’s activities are focused on research, policy, and program development related to the roles, status, and impact of fathers (and father figures) on the well-being of children and families.

CUSSW will also be involved in the 2009 launch of the Columbia University Asia Center in Beijing, China, and the Columbia University Middle East Center in Amman, Jordan.

Workshop & Training Highlights

The Global Health Research Center of Central Asia at CUSSW welcomed 20 health research scholars from the Republic of Kazakhstan. The scholars, who are all affiliated with the Kazakhstan Ministry of Health, participated in a five-week interdisciplinary
health science and services training series at the School. Coordinated with the CUSSW Office of Professional Excellence, the goal of the training was to prepare the scholars to conduct social and health-related prevention and intervention research.

Marion E. Kenworthy Professor of Psychiatry in Social Work Katherine Shear, MD, led a one-day advanced clinical workshop on treatment interventions for complicated grief. Dr. Shear has conducted extensive federally funded research on clinical services targeting women with mood and anxiety disorders and has led the development of groundbreaking psychosocial interventions in the area of complicated grief. Coordinated by the CUSSW Office of Professional Excellence, the workshop drew local and international participants.

CUSSW welcomed 20 faculty members from the Oslo University College School of Social Work in Norway in October 2008. The members participated in a two-day program to learn how the School addresses issues of multiculturalism within the student body and the curriculum. As Norway is facing increasing diversity within its own population, the Norwegian scholars were interested in developing organizational and educational initiatives to promote a multicultural study environment in their own school.

CUSSW welcomed five new fellows from the Open Society Institute’s (OSI) Social Work Fellowship Program in September 2008. Now in its eighth year, the program is a collaborative initiative that is co-sponsored by the George Soros Foundation. CUSSW is one of only two schools of social work nationwide that have been chosen to participate in this program. The two-year fellowship provides the opportunity for participants to expand their knowledge in a social work area of interest, create innovative approaches, and apply the new skills into practice in their home countries upon the conclusion of the program.

The Social Intervention Group welcomed eight fellows to the HIV Intervention Science Training Program (HISTP) in June 2008. HISTP, a training program funded by the National Institute of Mental Health, is aimed at increasing racial and ethnic minority (REM) investigators who conduct HIV intervention and HIV-related health disparities research. The program is co-directed by Nabila El Bassel and Assistant Professor Elvin Wu.

Associate Professor Susan Witte and Associate Director of Professional Practice Marion Riedel conducted a five-day training in Ulaanbaatar, Mongolia. The training was held for the National AIDS Foundation (NAF) Women’s Wellness Study, the first behaviorally based randomized clinical trial in Mongolia related to HIV/STI or alcohol abuse prevention. The study is funded by the National Institute on Alcoholism and Alcohol Abuse.

Faculty Accomplishments

Jeanette C. Takamura was invited to serve on President-elect Obama’s transition team for the U.S. Department of Health and Human Services. She is working on the transition while continuing her responsibilities as dean and looks forward to returning to focus exclusively on the School following the historical presidential inauguration in January. Dean Takamura was also invited to serve on a 12-person advisory panel for the 2008 American Express Members Project. Members were able to submit ideas for projects that will make a positive impact on the world. American Express awarded monetary prizes, including $1.5 million to the first place project. Other Advisory Council members include Geoff Canada, Jane Goodall, Dr. Sanjay Gupta, Judith Jamieson, Dr. Wangari Maathai, and Gail Sheehy.

Associate Professor Vincent Guilamo-Ramos and doctoral candidate Alida Bouris authored a guide for practitioners to help Latino parents talk to their teenage children about sex. The guide was written for the National Campaign to Prevent Teen and Unplanned Pregnancy’s Latino Initiative.

Ronald Mincy has been named a member of the New York State Juvenile Justice Task Force. Established by Governor Paterson and the New York State Office of Children and Family Services (OCFS), the Task Force will review and reform the state’s current policies and practices for providing care and custody to incarcerated youth.

Assistant Professor Rogério Pinto was selected to participate in the 2008 Leadership Training Institute (LTI) on Career Advancement for Diverse Researchers. Funded by the National Institute of Mental Health, LTI seeks to increase diversity in social and behavioral research and advanced leadership positions by providing training and mentoring opportunities for women and persons of color.

Assistant Professor Victoria Rizzo was appointed a Hartford Faculty Scholar. The program, supported by the John A. Hartford Foundation, trains academic leaders to teach, mentor, and conduct cutting-edge research; it aims to prepare the next generation of social workers to serve older adults.

Assistant Professor Craig Schwalbe has joined the Columbia University Center for the Promotion of Mental Health in Juvenile Justice, headed by Dr. Gail Wasserman, as a collaborating scientist.

Katherine Shear was appointed to the National Institute of Health’s National Advisory Council on Complementary and Alternative Medicine (NACCAM). Dr. Shear is a leading authority in the clinical assessment and treat-

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ment of complicated grief, anxiety disorders, and depression.

Associate Professor Barbara Simon was appointed to the Columbia University Committee on the Quality of Faculty Work Life. The Office of Work Life is a joint initiative of Human Resources and the Office of the Provost.

Allen Zweben, Associate Dean for Academic Affairs and Research, was elected a Fellow of the New York Academy of Medicine. The Fellows are a distinguished group of physicians, scholars, and other health professionals who utilize their knowledge and expertise to support the NYAM.

Awards and Honors

Barbara Berkman, Helen Rehr/Ruth Fizdale Professor of Health and Mental Health, received the President’s Medal of Honor from the Society for Bachelor Program Directors in recognition of her efforts to increase the gerontological research capacity of PhD social work faculty in undergraduate programs across the country.

Associate Professor Neeraj Kaushal and Professor Jane Waldfogel won the 2008 Frank Breul Memorial Prize for the best article published in Social Service Review: The title of their exemplary article (also coauthored with alumna Qin Gao '05PhD) is “Welfare Reform and Family Expenditures: How are Single Mothers Adapting to the New Welfare and Work Regime?” The article examines the association between welfare reform and expenditure patterns of poor single-mother families.

Assistant Professor Mark Preston received the Best Dissertation Award from Rockefeller College of SUNY. Dr. Preston’s dissertation identified theoretical inconsistencies in Robert Karasek’s job demand-control (JD-C) model and calls for the integration, via instrumental feedback, of two previously distinct streams of organizational behavior literature: work stress and work motivation.

Jane Waldfogel was awarded a fellowship at the Radcliffe Institute for Advanced Study at Harvard University for the 2008–2009 academic year. She will use her time as a fellow to complete a book on Great Britain’s war on poverty.

Select Presentations

Associate Professor Maria Brave Heart presented the keynote address at UC San Francisco Department of Psychiatry and California-Arizona Node of the NIDA Clinical Trials Network, entitled “Historical Trauma Theory and Intervention Research: Models for Healing Indigenous Survivors.” She also presented the keynote speech, entitled “Historical Trauma Theory and Intervention Research: Promises and Challenges,” at the Aboriginal Mental Health Research Conference at McGill University in Montreal.

Assistant Professor Fang-pei Chen presented at the 4th International Congress of Qualitative Inquiry in Urbana-Champaign, IL. Her presentation was entitled “Moving Out of the Parents’ House: Assisting Mentally Ill Clients with Independent Living.”

Nabila El Bassel and Lesia Ruglass presented at the 70th Annual Meeting of The College on Problems of Drug Dependence in San Juan, Puerto Rico. Their presentation was entitled “The Relationship Between Stress, Coping, Substance Abuse and HIV Risk Behaviors Among African American Women.”

Assistant Professor Robin Gearing presented at the 2008 Canadian Academy of Child and Adolescent Psychiatry’s 28th Annual Confer- ence in Vancouver, British Columbia. His presentation was entitled “Evidence-Based Intervention for Children and Adolescents with Psychotic Disorders.”

Sheila Kamerman, Compton Foundation Centennial Professor, presented in Stockholm, Sweden, on conditional cash transfers. At the University of Louvain in Belgium, she presented at a seminar on parental leave policies in the European Union and participated in a research network meeting.

Neeraj Kaushal presented “Food Stamps, Consumption Pattern and Obesity” with Qin Gao at the National Bureau of Economic Research Pre-conference on Economic Aspects of Obesity.

Associate Professor Vicki Lens presented “Administrative Justice in Public Welfare Programs” at the Annual Meeting of the Law and Society Association and the Canadian Law and Society Association in Montreal, Canada.

Assistant Professor Dana Lizardi presented a paper entitled “Does Suicide Attempt Status Predict Treatment Utilization following a Major Depressive Episode?” at the 12th European Symposium on Suicide and Suicidal Behavior in Glasgow, Scotland. She was also a panelist at the Caring Community Suicide Prevention Conference sponsored by the Samaritans of New York.

Ronald Mincy participated in a panel entitled “The Changing Face of Fatherhood and Families in America: Consequences and Implications for Child Support” at the Office of Child Support Enforcement 18th Annual Training Conference in Washington, DC. He also participated on a panel entitled “Expanding the Earned Income Tax Credit: Short-Term and Long-Term Possibilities” at The Brookings Institution. In addition, he delivered the keynote address at the summit of the Administration for
Assistant Dean **Ann McCann Oakley** was the keynote speaker at the University of Chicago School of Social Administration’s Centennial Celebration kick-off. Her presentation was entitled “Using Technology to Teach Social Work Practice Skills and Linking the Classroom and Field.” It showcased the Columbia School of Social Work’s low-tech and high-tech initiatives for linking field and classroom learning as well as its many multimedia resources for enhancing teaching and learning.

**Rogério Pinto** presented two papers, “Sexual Health Communication with HIV+ Girls: The Roles of Primary Caregivers and Medical Providers” and “What Makes HIV Prevention Research Truly Collaborative: NGOs Tell a Researcher,” at the International AIDS Conference in Mexico City, Mexico. He also presented “The Science of Establishing Collaborative Relationships and Designing Culturally Congruent Interventions at Individual, Community and Organizational Levels: HIV and Substance Abuse Prevention” at the Spring Institute on Community Partnered Suicide Prevention in Rochester, NY.

**Fred Ssewamala** presented “Faith-Based Institutions as Project Implementers: An Innovative Economic Empowerment Intervention for Care and Support of AIDS-Orphaned and Vulnerable Children in Rural Uganda” (with Leyla Ismayilova) at the White House Faith-Based and Community Initiative’s (with Leyla Ismayilova) at the White House and Vulnerable Children in Rural Uganda” at the White House.

**Jane Waldfogel** presented “Social Mobility and the Early Years” at a seminar in London at the Cabinet Office, sponsored by Institute of Public Policy Research, the Prime Minister’s Strategy Unit, and the Department for Children, Schools, and Families. She also testified on extending paid parental leave rights at a hearing of the Joint Economic Committee of Congress and the Subcommittee on Federal Workforce, Postal Service and the District of Columbia in Washington, DC.


**Allen Zweben** delivered the keynote address, “Two Decades of Treating Addictive Behaviors: Integrating Practice Wisdom and Evidence-Based Practice,” at the 40th Anniversary Conference of the National Association of Social Workers–New York City Chapter’s Addictions Institute.

**Select Grants**

**Akabas, S.** (Principal Investigator), *Workplace Supports for Parents Who Are Caregivers to Children with Asthma*, Eunice Kennedy Shriver National Institute of Child Health and Human Development.


continued on page 16
power to lead? Social workers are positioned to lead and to lead in these areas. Our training enables us to see the larger picture, the context, the interconnectedness, the intersection of issues and then to intervene on micro and macro levels.

CUSSW is training future leaders. I envision CUSSW leading the profession as the U.S. strives to regain its credibility and influence throughout the world.

S: How does your interest in diversity, human rights, and social justice inform your social work principles?

CF: First, our professional code describes the ethical responsibility we have to pursue knowledge that supports the promotion of social and economic justice.

Our role as educators is to increase students’ capacity to tolerate the ambiguity and complexity needed to serve clients and communities at this place, space, and time; to provide students with the ability to develop authentic cross-cultural relationships with their clients, understanding the social dynamics of the “isms” and systems of dominance and oppression that impact their daily lives and experiences. We teach students to adapt a human rights framework and see their role as standing behind or next to clients, who take the lead. We want students to learn to be effective and supportive followers, opening up doors and resources with the power they have in their professional role. We teach students to use the Declaration of Human Rights as well as the NASW Code of Ethics to guide their assessments and interventions. We teach the knowledge and skills of reconciliation, conflict resolution, change management, research methodology, policy analysis and advocacy, and development strategies that are both culturally sensitive and relevant.

I see all of this not just as a way to educate but as a professional mandate, one that is only achievable through the application of a diversity/human rights/social justice framework and a lens on the world in one’s professional role.


Mincy, R. B. (PI), *EITC Study Project Support and CRFCFW Strategic Planning*, Open Society Institute, awarded $200,000, September 2008–August 2009.


Shear, K. (PI), *Complicated Grief Treatment in Elderly Adults*, NIMH, awarded $2.6 million, September 2007–April 2012.


Witte, S. (PI), *Adapting CONNECT for Spanish-Speaking, Heterosexual Couples*, Centers for Disease Control and Prevention, awarded $93,000.

This is an exciting time for our alma mater. I am pleased to let you know that Dean Takamura was invited to serve on the presidential transition team, with a focus on assisting the new administration with the U.S. Department of Health and Human Services. She will be dividing her time through at least January 20, 2009, between her transition team activities in Washington, DC, and her ongoing work as dean of the School. She is looking forward to returning full time to CUSSW following the historical inauguration of President-elect Barack Obama.

I am extremely proud of all the great work that is being accomplished nationally and internationally. You have read about some of these initiatives in this issue of Spectrum; others can be accessed on the School’s Web site at www.socialwork.columbia.edu.

Some of you may be thinking, “This is great, but what can I do to assist the School?” Well, I’m so glad you asked. First and foremost, get connected! If you are not receiving communications from the School via e-mail, simply contact us at sswalumni@columbia.edu. Make sure we have your e-mail address and your current personal and professional contact information as well. Once we know how to reach you, you’ll be able to assist us in alumni outreach, reunion planning, or any other activity you may be interested in.

It’s very important to remember that you never know where the next big opportunity will come from. Staying connected with the School and assisting in Association initiatives are great ways to get to know colleagues in your area who graduated from CUSSW. It’s also important for us as well to know what our alumni are doing. We are very proud of your accomplishments and we want as many people to know about you and your area of expertise. Alumni are featured in our newsletters (class notes and profiles), as speakers for panels and conferences, and as contacts for graduating students.

Save the Date! On April 17 and 18, 2009, we will be holding our annual reunion and conference. If your graduation year ends in a “4” or a “9,” you will be celebrating a reunion this spring. If you are interested in getting your classmates together for this festive occasion, let us know! We need lots of assistance with outreach. This is a perfect time to reconnect with former classmates and the School. We’re starting to plan now—contact the alumni office if you are willing to chair your reunion or assist in organizing.

The Alumni Office would also like to seek your input as we further develop programs that fully meet your interests and needs. What programs are you interested in attending? Did you enjoy your student experience? Where should we hold our next regional event? Visit our Web site to access the survey online, or call the Alumni Office at 212-851-2372 to obtain a copy in the mail.

There are many opportunities to choose from to stay connected. Many thanks for all that you do for the School, and I look forward to seeing you soon.

Sincerely,

Penny J. Schwartz ’78
President
CUSSW Alumni Association
Jeanette Ruiz ’79 was recently appointed by Mayor Bloomberg to a full 10-year term on the Family Court. She sits on the Brooklyn Family Court, where she was first assigned in July 2007. Prior to her current appointment to the family court, Judge Ruiz was a New York City assistant corporation counsel, an assistant commissioner at the Department of Business Services, and most recently served as the deputy commissioner, Division of Family Permanency Services for New York City’s Administration for Children’s Services. Judge Ruiz was also the keynote speaker for the CUSSW Alumni Association Annual Conference this past spring.

William Lennon ’92 is the clinical director of the Community Counseling Center in the U.S. Army stationed in Germany.

Lucia McBee’s ’94 book, Mindfulness Based Elder Care, was published in April by Springer Publishing Company.

Mark Fairfield ’95 is the founder and CEO of The Relational Center. He is the former clinical director of Common Ground—The Westside HIV Community Center in Santa Monica, California, and is a former faculty member of the Pacific Gestalt Institute. In addition to his work with The Relational Center, he maintains a private psychotherapy and consulting practice in Los Angeles, CA.

Jessica Ingram-Bellamy ’96 is the recipient of the World Mission Foundation’s 2008 Social Justice Award. Jessica was honored on October 10 in Harlem.

Susan Wayne, LMSW ’96 is president and CEO of Family Services of Westchester. Susan assumed her new position on July 1, 2008.

Sheryl (Grossman) Goldfarb ’97 and Adam Goldfarb are happy to announce their marriage on November 10, 2007, in Boston, MA. They currently reside in New York, NY. Alaine Waldshan ’97 and Jay Speyer (’98 Law) attended the ceremony.

Mandy Blake-German ’97 is director of six Patient Programs for the American Cancer Society, southeast Pennsylvania region. The programs help cancer patients, survivors, and caregivers cope with cancer through comprehensive support services, educational workshops, advocacy, and financial assistance.

Yumi Bae ’99 now works with UNICEF Myanmar as chief of field operations. Yumi works with a team of field officers to facilitate UNICEF program implementation on the ground.
Sarah Gerstenzang ’00 is the executive director of the New York State Citizens’ Coalition for Children. She is also author of Another Mother: Co-Parenting with the Foster Care System, published by Vanderbilt University Press.

Tina Abas Hookum ’01 was recently promoted to director of social services of The Actors Fund.

Meta Bodewes ’04 recently accepted a position at Children’s Aid Society’s Bronx Prevention Program as a preventive services supervisor. Among her responsibilities in her new role will be supervising preventive services workers and conducting client intake.

Pamela Coker ’04, her husband, Jason, and first-born, Kenneth Liam, welcomed Owen Alexander into their family on June 9, 2008.

Ben Whitfield ’04 is currently working as a logistician in Northern Nigeria with Doctors Without Borders (Médecins Sans Frontières). He is building and running an emergency field hospital for malnourished children. Ben’s assignment is for six months. Formerly, Ben was a disaster recovery specialist for the New York City Office of Emergency Management.

Marianne Gurnee ’05 is based in Cork, Ireland, working for The Counseling Centre, a community-based organization, where she provides psychotherapeutic services to adults, adolescents, and children.

Tessa Horst ’06 is a service coordinator at the Golden Gate Regional Center, Early Start Program. GGRC is a nonprofit organization that serves individuals with disabilities and their families. She is part of a multidisciplinary team that coordinates early intervention services for children with developmental delays between the ages of 0 and 3.

Stacie Sanchez ’06 works for The After-School Corporation (TASC) in New York City. TASC recently launched a new program, RAMP UP, which recruits professionals to mentor young children.

Manendra Bhugra ’07 was recently promoted to coordinator of wellness programs at Corporate Counseling Associates.

Marina Kaneti ’07 is currently working toward her PhD in political science at The New School. Formerly, Marina was with the UN Development Program, working on private sector development and corporate social responsibility in Albania and the Western Balkans.

Jenna Mersky ’08 recently accepted a position as a consultant at the New York City office of ORC Worldwide, an international HR consulting firm.

Send your class note to spectrum@columbia.edu.
Honor Roll of Donors

We are delighted to present to you the 2007–2008 Honor Roll of Donors. We recognize with gratitude those who made a gift to the Columbia University School of Social Work between July 1, 2007, and June 30, 2008. Together, nearly 2,000 CUSSW alumni, parents, friends, faculty, staff, corporations, and foundations contributed to the School. Our heartfelt thanks for your support.

Gifts at every level are important and deeply appreciated. Your support makes it possible for us to plan for the future and meet immediate opportunities. Just as important, a gift is a testament to the academic achievements and accomplishments that impact the social work profession. They provide a vote of confidence in the School’s mission and leadership, and an acknowledgment of our unparalleled history and legacy as the first and finest School of Social Work.

Please take a few moments to recognize those who are listed. Leadership gifts of $500 or more are recognized in the Mary Richmond Society; gifts of $1,000 or more are listed in the Dean’s Circle. The G.O.L.D. Circle recognizes Graduates of the Last Decade (Classes 1998–2008) who made a gift of $100 or more. The Blue & White Circle acknowledges loyal donors who gave to the School each year for the past five years.

We are proud to report that 94 individuals gave to the Annual Fund for the first time and 15 new Mary Richmond donors made a gift to the School. To recognize all of the School’s many generous supporters, the unabridged Honor Roll will be published online.

We have made every effort to ensure accuracy. If your name was mistakenly omitted or if you would like your name to appear differently in future listings, please give us a call at 212-851-2375 or contact us at ssualumni@columbia.edu.

Thank you for making CUSSW a part of your ongoing philanthropy.

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Total $2,082,571  |  Annual Fund: $339,042  |  Restricted and Endowment Funds: $1,743,529

**Dean’s Circle**

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- The Annie E. Casey Foundation, Inc.
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Daniel Resanovich
Judith Anne Rbineck
Susan R. Rice
Lauree F. Richardson*
Joan S. Richter
Margery K. Roberts
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Anne F. Hilt
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Denise Hinds-Zaarni
Shelley Y. Hintson
Thelma Levine Hochberg
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Melanie Klein
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*Deceased        * Blue & White Circle   G.O.L.D. Circle
The 1754 Society

The 1754 Society honors and acknowledges CUSW alumni who have made a gift to the School of Social Work through a life income gift, bequest intention, retirement plan or other future gift. The Society was named for the year in which King's College was established. Members are recognized for their vital role in enhancing Columbia's academic excellence. If you intend to include the School of Social Work in your estate plans or want to learn more about a gift that will pay you an income for life, please contact Shawn Mroz, Associate Director, in the Office of Gift Planning at 212-870-2473 so we can make certain that your intentions are both recognized and honored.

We gratefully acknowledge the following alumni for including the School of Social Work in their estate plans or for their contribution as a beneficiary of their life income gift:

- Georgia Parsons Brauer
- Robert N. Butler, M.D.
- Dorothy Demby
- Charlotte K. Ehrenhaft
- Dr. Mose J. and Sylvia Dlirm
- Stanford Foodim
- Martha Friedlaender
- Robert Galton
- Arthur Harrigan
- Betty C. Jones
- Ann Kaplan
- Rita Baker King
- Robert Langer
- Helene G. Martin
- Jo Taylor Marshall
- Linda Matheson
- Helen Rehr
- Mary and Steven Schinke
- Penny J. Schwartz
- Ann H. Sherwood
- Jessica P. Smith
- Roschel Holland Stearns
- Sandy Warshaw

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CUSSW Capital Campaign
At a Glance

GOAL: $35 million

TIME FRAME: Through June 30, 2012
As part of the Campaign for Columbia University launched in fall 2006, the Campaign for the School of Social Work will enhance CUSSW’s core mission and provide support for students, faculty, academic programs, and the building fund.

Help us launch CUSSW’s 110th anniversary with a commemorative gift that creates a scholarship fund in perpetuity, or names a space in the CUSSW building. Your gift helps sustain our tradition of excellence and provides opportunities that faculty, students, and alumni expect. Help CUSSW continue to be the “first and finest” school of social work.

KEY INITIATIVES

Student Aid: $18 million
Join the many donors who have established scholarship funds, enabling thousands of our alumni to attend CUSSW. Create a master’s student scholarship or doctoral fellowship for our talented students, 90 percent of whom require financial assistance.

- Annual master’s scholar—$25,000 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

Annual Fund
$2 million

Building Fund
$7 million

Student Aid
$18 million

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

- Endowments—$1 million or more

Building Fund: $7 million
For the first time in its long history, CUSSW resides in a state-of-the-art building that was specifically designed with its academic needs in mind. A number of premier naming opportunities remain, including naming the building itself, main lobby, library stacks, and widely used seminar rooms and classrooms. Gifts will help complete financing for the CUSSW building and provide essential operating support for technology and other needs.

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

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

Make a Gift, Make a Difference
Endowments and naming gifts to the building fund may be pledged and paid over up to five years. For more information, please contact Elaine Yaniv, Director of Development, at 212-851-2370 or efy3@columbia.edu.