



Skills and Safety in Community-Based Intervention

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Who are we & what are we going to do today?

- What are the strengths & experiences that we bring?
- Why are we interested in/doing community-based practice?
- What is community-based practice & how can we conceptualize our work?
- How do we stay safe and take care of ourselves when we do this work?
- Other?



Back to the future

- Outdoor relief, friendly visitors & settlement houses
- Finding a niche
- Meeting needs
 - Client
 - Provider



Guiding principles

- Strengths (enhancement)
- Empowerment
- Cultural competence
- Partnership
- Tailored interventions (enablement)
- Developmental appropriateness





Ecological perspective

- Intrapsychic
- Interpersonal
- Family
- Neighborhood
- Organization



Connecting with the client system

- Starting “where the ‘client’ is”
 - Community, providers/programs, families
- Sharing power and control
- Accepting less comfort
- Gaining multidimensional understanding
- Gaining access

Outreach to the community



- Defining boundaries
- Contacting neighborhood groups & established organizations
- Establishing visibility
- Asking for advice
- Supporting other initiatives

Outreach to other providers and programs

- Reciprocal relationships
 - referrals
 - collaborations
- Advisory Committee
- Brochures, letters, meetings, etc.
- Newsletter(s)
- Community fairs
- Professional presentations





Outreach to individuals & families



- Defining the “client”
- Developing a “bag of tricks”
- Utilizing multimedia approaches
- Starting where the client is
- Being flexible

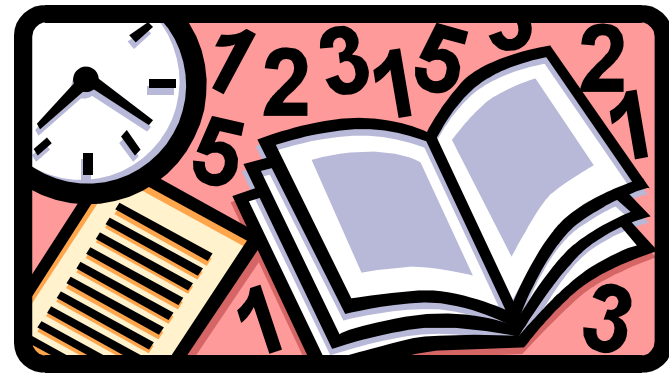


Home visiting

- Experience the “person-in-situation”
- Remove barriers to service
- Reduce need for more intrusive services
- Reduce cost of effective intervention

Scheduling & timing

- Purpose
- Content
- Location
- Availability
- Energy level
- Ease & challenge





Materials



- Release forms
- Recording device
- Standardized instruments
- Toys/games
- Confidential materials



Staying in touch - worker

- Leaving behind “my” space
 - Loss of control
 - Insecurity
 - Anxiety
 - Fear
 - Sensory overload
- What to do with how it feels



Staying in touch - client

- Unable to keep secrets
- Threatened
- Investigated
- Embarrassed
- Nurtured
- Supported
- Respected
- Proud



Making the transition

- Choosing participants
- Setting the rules
- Maintaining role identity
- Respecting lifestyle choices



Staying safe – common sense

- What to bring
- What to wear
- Who to tell
- When to go
- How to travel
- How to stay healthy
- Where to sit



Staying safe – common sense about feelings

- Feeling unsafe
 - If you feel unsafe, you probably are
 - Act on it
- Feeling guilty
 - Sometimes we feel guilty about being uneasy
 - Don't put self at risk
- Feeling confused
 - Newness & risk
 - Know the difference



Staying safe – know the neighborhood

- As you become familiar to people, your safety increases
- Avoid dangerous neighborhoods at night & other times of peak activity
- Identify the safest route from the office to the home
- Ask your client if they or friends/family can be helpful



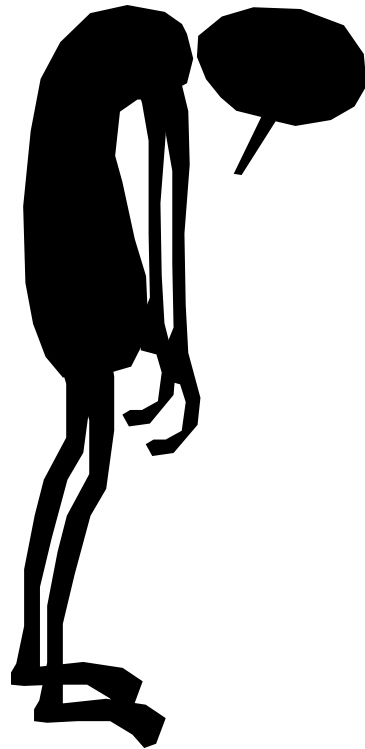
Flexibility



- *Expect*
changes
!!!



Burnout - definition



- The progressive loss of idealism, energy & purpose experienced by people in the helping professions as a result of the conditions of their work.

Edelwich & Brodsky (1980)



Burnout - prevention



- Be realistic
- Refocus on the process
- Celebrate small successes
- Get additional training
- Seek support