THE OHIO STATE UNIVERSITY COLLEGE OF SOCIAL WORK / FALL 2018

Aging: So cool everyone's doing it!

Age-Friendly Columbus and Franklin County, a new college initiative, helps make Columbus livable for all ages



CONTENTS

FEATURE STORIES

[5] An iPad in Every Hand
The college continues to be a leader in technology as
Ohio State launches Digital Flagship initiative.

[8] Following a Dream to Serve
Three social work graduates volunteer for the Peace
Corps, joining nearly 2,000 Buckeyes who have
served worldwide since 1961.

[10] On the Cover
Aging: So cool everyone's doing it. Making Columbus livable for all ages.

[18] Opioid Support Toolkit Targets Families
Students create unique way to show how children cope after witnessing an overdose and more.

[22] Legacies that Live On
Buckeyes who continue to honor their commitments to social work through their generosity.





[**6**] Meet Our Alumni

[14] Research Tidbits

[15] New Faculty

[16] Alumni Hall of Fame

[20] Alumni Spotlight

[**21**] @OSUCSW

[23] Alumni Opportunities



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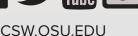
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A note from the Dean

As fall approaches and the new academic year unfolds, we are excited to share with you a few highlights of our work here at The Ohio State University College of Social Work.

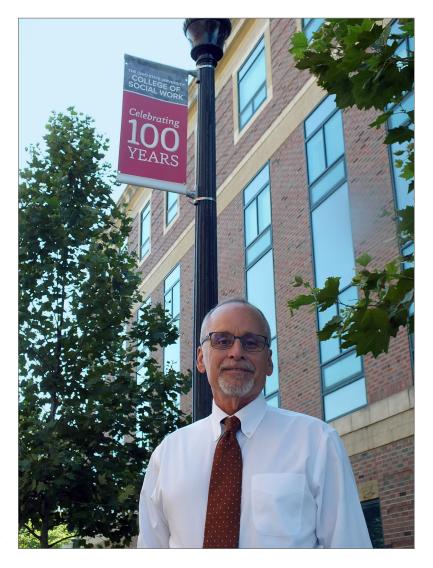
The demographic trends are clear—persons age 65 and older will soon outnumber children for the first time in U.S. history. The college's new initiative, Age-Friendly Columbus and Franklin County, represents a community-wide initiative focused on creating a more livable Central Ohio for older adults. Through rigorous research and significant local and national collaborations, Age-Friendly Columbus and Franklin County is focused on designing environments that will support this fast-growing segment of adults in Central Ohio and beyond, in the area of the built, social and health-care environments. In this edition, we share why Columbus is one of the nation's leading cities championing the Age-Friendly initiative.

A campus leader in substance abuse prevention and treatment, we are proud to introduce you to two students who identified where information and support gaps existed and what resources would help families dealing with opioid addiction and its consequences. As part of an opioid toolkit, they unleashed their creativity and designed a graphic novel to help adults understand how children cope when they witness an opioid overdose. You'll also find research tidbits about a variety of other projects our faculty members are engaging in, and you'll meet the newest faculty to join our ranks.

Our alumni highlights will give you a glimpse of some of your colleagues and how they're impacting their cities, what pressing social issues they face, and on the lighter side, what they miss most about Ohio State and our college. Three new BSSW alumni with a strong desire to serve will share why they decided to follow their dreams and volunteer for the Peace Corps. You'll also meet this year's Hall of Fame inductees in print, but be sure to mark your calendars so you can meet them in person next month at our annual awards ceremony and tailgate on October 5 and 6.

In closing, I'd like to recognize those who continually support the college with special scholarships and donations. In this issue, we honor living donors as well as families who have earmarked funds or made provisions to continue investing in our students while also upholding the legacy of loved ones with whom they shared a commitment to the social work profession.

And speaking of legacies, the college will be celebrating its 100th anniversary in 2019. We are excitedly planning a gala and other celebratory events around this important milestone. One hundred years calls for more than one party, right? Stay tuned—more details will be coming your way soon.



I hope this issue gives you a good reason to reflect on the difference social workers make, and inspires a bit of pride in your college. As we launch another school year, my best wishes for a pleasant autumn.

Best wishes,

Tom Gregoire, MSW, PhD

Dean, The Ohio State University College of Social Work

Donors Strive to Ease a Student's Burden

College of Social Work alumnus, Joe Borgo (MSW '72) and his wife, Mary, have set aside a portion of their estate to establish two future graduate scholarships for the College of Social Work: one in community organizing and another in social policy.

The Borgos consider their donation to be an expression of gratitude and a means of "paying forward" the many kindnesses and support they have received from others throughout their lives.

"At every stage of our lives when we were in need, someone has stepped forward to lend a hand," Joe says. "While I was in graduate school, one of my professors helped us get a car loan when we had no established credit history. A board member generously sent us a check while I was unemployed with the stipulation that it was a gift, not a loan, and with the admonition to pay it forward someday."

Their decision is rooted in their Catholic faith, with its fundamental dedication to social justice and concern for the poor and the vulnerable. That faith also was a major impetus for Joe's choice of social work as a career. He references Pope Francis: "Each individual Christian and every community is called to be an instrument of God for the liberation and promotion of the poor, and for enabling them to be fully a part of society."

The social work profession's essential commitment to inclusion, empowerment of marginalized communities and the fight for social justice also informed their choice of the areas of practice they wished to encourage and promote through their gift. In their view, skilled practitioners in community organizing, social policy formation and advocacy are essential agents to guarantee the preservation and expansion of the social programs that ensure the health and well-being to all.

They both share fond memories of Joe's years in the MSW and PhD programs. "We thoroughly enjoyed living in Columbus and had a great experience while at Ohio State," Mary says. She recalled faculty mentors who offered Joe personal advice, a collegial relationship and small class sizes. "Professors became good friends, and we often shared dinner at each other's homes."

But as a young married couple with a newborn daughter, it was sometimes difficult to make ends meet. The Borgos hope the scholarships they are establishing will help other graduate students pursue their studies without experiencing undue worries about their finances.



Mary and Joe Borgo

"At every stage of our lives when we were in need, someone has stepped forward to lend a hand....

A board member generously sent us a check while I was unemployed with the stipulation that it was a gift, not a loan, and with the admonition to pay it forward someday."

Joe Borgo (MSW '72)

An iPad in Every Hand

The Digital Flagship initiative aims to reshape education

When the College of Social Work distributed iPads to all faculty and staff in 2012, it was considered a groundbreaking experiment in how new technology could transform education.

The college was the leader at Ohio State in utilizing iPads. They were taken into the field, used in research and the classroom and sparked other digital firsts, such as offering the first social work courses nationally on Apple's iTunes U.

"I wanted to give really creative people a really creative tool and see what would happen," says Tom Gregoire, social work's dean who spearheaded the effort. "They're great research tools, and now we have iPads on multiple continents collecting data. We shifted our view of the role of tech in teaching."

The iPad will soon be ubiquitous on

campus. This fall, all first-year Ohio State students will receive a preloaded iPad Pro, Smart Keyboard and Apple Pencil as part of the Digital Flagship University initiative. The collaboration with Apple also is teaching students, faculty, staff and the community basic coding skills through the new iOS Design Lab that opened this year.

With its head start using iPads, the college is once again being viewed as a leader in this new effort.

"It shows there is forward thinking in the college, and we see it already changing the clinical side of their field," says Cory Tressler, director of Learning Programs and Digital Flagship in Ohio State's Office of Distance Education and eLearning. "The college sees how omnipresent technology is in the lives of those they serve. They are willing to experiment, innovate and adapt their ideas and practices as opportunities arise. I'm excited to see what social work does next!"

Byron Roush, the college's director of educational technology who serves on the Digital Flagship advisory board with Gregoire, says the first big step is sustained innovation. As each new class receives its iPads, instructors know there is a technology baseline available to each student. That wasn't the case in the past and made for a

disparate approach. "We'll be on a common platform for the first time and can really plan," says Roush, who was a leader in the last iPad effort. "For instance, if we train faculty on how to use FaceTime to meet with students, we know every student will have that and we won't have to train faculty on five pieces of technology."

If software engineers and social workers can speak the same basic coding language, Roush sees more inclusive apps for clients of varying technical abilities. Researchers and graduate students, he says, also could develop some basic apps for more efficient data analysis.

With iPad 1.0, faculty redesigned courses to take advantage of the technology and give students a path to be more creative. "Students know the apps to create, but faculty can help shape and connect them to social work," Roush says.

With a homogeneous platform, Roush expects more faculty to take advantage of iPad 2.0, "and students are going to get a better learning experience," he says.

Most important, Gregoire says, is that technology should enhance, not supplant, human relationships. He sees the iPad as a way to guide the whole student, promote wellness—such as teaching skills to use when things aren't going well—and connect them to people and resources around campus.

"The idea is that most of what you need to survive as a student you can find on the iPad," Gregoire says. "It's about how we support them as people and professionals."



Alumni Across the Country

What's happening in your city?

We have amazing alumni all over the world and we'd love to hear from you! Send a selfie taken in your city, along with your responses to the questions below, to Katie Justice, director of alumni relations, at justice. 228@osu.edu.



Rami Arafah MSW '10, BSSW '08 Location: California

Current position: Research Consultant at Harder+Company Community Research

What is a current social work issue in your city? Given the ever-growing cost of living here in California, especially in the Bay Area, rising rates of economic inequality and homelessness are major issues.

What do you miss about Ohio State? I miss learning from the amazing faculty and lecturers at the College of Social Work!



Oliver James Davis, Jr. MSW '92

Location: Indiana

Current Positions: Vice President and 6th District Councilman (D) of South Bend Common Council; Social Worker at South Bend Community School Corp.; Doctor of Social Work candidate at the University of Southern California

What is a current social work issue in your city? The most prevalent social work issues in my area are: building collaborative groups to resolve community challenges in local cities and towns, helping non-custodial parents with successful parenting and promoting conflict resolution within middle and high schools.

What do you miss about Ohio State? I miss sitting under some of my favorite sycamore trees at The Oval where I would read and do some of my academic assignments. I also miss the awesome MSW field placement team that I worked with at Lutheran Social Services of Central Ohio, where the late Charlotte Osterman, LISW, ACSW, was my field instructor.



Heather E. BerardMSW '07

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Location: South Dakota

Current position: Social Work Executive and Homeless Program Coordinator at the Sioux Falls VA Health Care System, Sioux Falls, SD

What is a current social work issue in your city? The most pertinent issues facing Sioux Falls are homelessness, human trafficking and an increase in drugs and violence. Our area has a lot of National Guard and Reserve veterans who have been deployed multiple times to Iraq and/or Afghanistan, so we see quite a few adjustment concerns, such as PTSD, traumatic brain injuries, amputations, mood disorders and chronic pain, when they return. We also have a large number of veterans who present us with age-related concerns, such as dementia and Alzheimer's, making caregiving and nursing home placements difficult for families.

What do you miss about Ohio State? I miss my cohort, the classes and my professors. After getting out of the military and attending Ohio State, I was so busy raising my son and going to school that the great folks in my cohort became like family to me. I wish I had kept in touch!





Phil Horn
BSSW '10
Location: Missouri

Current Position: Project Manager, Missouri Opioid State Targeted Response Grant, University of Missouri St. Louis– Missouri Institute of Mental Health

What is a current social work issue in your city? Like many other areas of the nation, St. Louis is facing a heroin and fentanyl crisis that is killing some of the most vulnerable people in our communities. Our grant is focused on meeting people where they are, helping them make informed decisions to better their health and stabilizing them on medications for Opioid Use Disorder. Social work plays a pivotal role in respecting client self-determination in this crisis, while also advocating for disadvantaged people on the local, state and national level.

What do you miss about Ohio State? I miss the strong sense of tradition and togetherness at Ohio State and at the College of Social Work. Wherever I go, I take the principles and strong sense of community I learned at the college and infuse them into my work.



Martez Smith
BSSW '13
Location: New York

Current position: Second year doctoral student at the University of Rochester School of Nursing

What is a current social work issue in your city? A current social work issue in my city is the lack of access to culturally competent mental health therapists, especially among people with low socioeconomic status.

What do you miss about Ohio State? I miss the school spirit! Ohio State has an international presence not only because of the amazing work being done there, but also because of the wonderful people who remain proud Buckeyes for life.



Brittany Alyssa Woodley
MSW '13, BSSW '12
Location: Texas

Current position: Specialty Senior Social Worker at the Dallas VA Medical Center, and Behavioral Health Officer in the U.S. Army National Guard

What is a current social work issue in your city? Over 30 percent of children residing in Dallas, Texas, live in poverty. With one of the highest populations of children living in poverty among major U.S. cities, Dallas is working on economic development to try to combat this issue.

What do you miss about Ohio State? I miss the comradery I built with my cohort as an undergrad student. Some of us completed the MSW ASAP program together as well. The faculty and staff are truly invested in the success of their students. Even now, some of my professors are mentors because they provide valuable feedback and guidance as I maneuver within my career. I am forever grateful for my strong foundation provided by the college.

FALL 2018 7

Making the Most of Their World!

Social Work trio among record number of Ohio State Peace Corps volunteers



The desire to serve is strong at Ohio State. The university had 62 Peace Corps volunteers serving in 2017, placing Ohio State sixth nationally among similarly sized peers in the 2018 rankings—a new high since Ohio State cracked the top 10 in 2013.

Three recent College of Social Work graduates joined this year's Peace Corps class: Abigail Coyle, Caroline Filbrun and June McDowell, who has been dreaming about volunteering since she was a child.

"I remember thinking it would be amazing to travel the world and help people, and the Peace Corps has been in the back of my mind ever since," McDowell says. "I firmly believe that every person in the world, no matter what country they are from, is equally deserving of rights and resources."

McDowell was open to going anywhere, and the Peace Corps placed her in Ecuador's Youth in Development program. In May, she started eight weeks of training in the capital city of Quito, learning Spanish and working with an organization that fights to eradicate child labor. In July, she was assigned a

two-year stint to teach community life skills, gender and sexual health, physical activity, arts and recreation, and parenting skills.

McDowell says the College of Social Work and Ohio State prepared her well to serve abroad.

"Studying social work drastically altered the way I interact with people and view interpersonal relationships," she says. "The program at Ohio State is practice-based and prepares students for work in often unpredictable environments. This is perfect for Peace Corps service, as volunteers are expected to be culturally competent and flexible about placement, living conditions and schedules."

At the time of this interview, Coyle hadn't yet started her Peace Corps training in Costa Rica, and was scheduled to be sworn into service in October. Originally she was going to Nicaragua, but the Peace Corps removed its volunteers there because of political instability.

Also in the Youth in Development sector, Coyle, who graduated on the international social work track, says applicants must have a strong resume that includes diverse experiences and translatable skills—all things Ohio State offers.

"Within the first month at Ohio State, I joined an international volunteer club and signed up for a service trip overseas," Coyle says. "And social work's basic values and competencies align with Peace Corps' core expectations, such as service to people in need, working alongside the community, social justice, gender rights and the importance of human relationships."

Coyle says her field practicum with a community-based international agency dovetailed perfectly with her Peace Corps admission.

"It feels like some great world awaits for us to really be a part of it," she says.

In 1961, President John F. Kennedy founded the Peace Corps, and since then 1,821 Buckeyes have served worldwide.

Filbrun is proud to add her name to that list. Also joining the Youth in Development program, she began training in Lima,

8 CSW.OSU.EDU

MEXICO

Gulf of Mexico



ABIGAIL COYLE

BSSW '18

Hometown: Oakwood, OH Placed in Costa Rica

BELIZE

GUATEMALA

HONDURAS NICARAGUA

PANAMA

Caribbean Sea

Peru, in September. At Ohio State, Filbrun was the president of a student organization that sponsors girls' education in lowincome countries, and she volunteered with Community Refugee and Immigration Services, which serves international populations in Ohio. She also participated in a recently published research project on the barriers Ohio immigrants face in accessing social services.

"At Ohio State, you find a lot of different routes to seeing a new perspective," says Filbrun, who will pursue her MSW after serving. "And all the work I'll be doing in the Peace Corps is predicated on what I learned in social work classes. With a community needs assessment, for example, you go in and ask the community what they feel they need—you don't tell them as an outsider—then you help them effect change themselves.

"The Peace Corps wants you to get to know your community before you try to change anything. This is about me learning from the people at my site as much as it is about me teaching them what I've learned."

Peace Corps disclaimer: These responses are those of the students alone and do not reflect the views of the U.S. government, the Peace Corps or the governments in countries where the students will be training and serving.

Galapagos Islands (ECUADOR)

COSTA

RICA

ECUADOR





JUNE McDOWELL

BSSW '18

Hometown: Minneapolis, MN Placed in Ecuador





YANA

CAROLINE FILBRUN

BSSW '18

Hometown: Dayton, OH

Placed in Peru

BOLIVIA

ARGENTINA

Making Columbus Livable for All Ages

Age-Friendly Columbus and Franklin County is leading the way in efforts locally as well as across the country to ensure a high quality of life for older adults and people of all ages and abilities

ON COVER

Marisa Sheldon (far left), assistant director of Age-Friendly Columbus and Franklin County, and Katie White (far right), director, stand against the backdrop of the Columbus skyline with some of their most active volunteers: (left to right) Fran Ryan, Daniel Sinclair, Karen Peters, Laura Modisette, James Body.

Central Ohio's 65-and-over population will double by 2050, and Columbus is one of the nation's leading cities embracing age-friendly experiences.

Enter Age-Friendly Columbus and Franklin County—an initiative to assess the age-friendliness of the city. Supported by the College of Social Work, this initiative is focused on meeting the needs, capturing the opportunities and providing built and social environments that are well-suited for the fast-growing population of older adults in Central Ohio.

Launched in 2016, Age-Friendly Columbus and Franklin County is a five-year, research-driven initiative working with residents of all ages and abilities to improve the quality of life in Central Ohio.

Take sidewalks, for instance. A survey showed that 52 percent of adults think sidewalks are uneven or unsafe in Columbus, while another 40 percent reported sidewalks weren't present in areas they wanted to walk.

Dr. Holly Dabelko-Schoeny, associate professor in the College of Social Work, is working with a group of interdisciplinary students and faculty to understand how social, service and environmental factors contribute to creating age-friendly communities in Franklin County.

"The research and evidence are lagging behind the activity already taking place within the community," Dabelko-Schoeny says. "Historically, we have operated in silos, with planners focused on the built environment, social work scholars looking at social connections and service utilization, and then nursing and medicine looking at the health science side. But the reality is, if we talk about a truly age-friendly community, we must all come together."

"If you plan to the highest level of need, you've made a community livable for all ages and abilities," says Katie White, director of the initiative.

"Age-Friendly is a way to not only age-proof your city, but to make it accessible for all, and a strong and better place to grow up and grow old," Dabelko-Schoeny adds. "Young adults want to be in control of decisions made

Continued on page 12



Dabelko-Schoeny



Durham



Sheldon



White

Age-Friendly hosted several community barbecues at Blackburn Community Center, where Age-Friendly offices are located.
All residents of the neighborhood were invited.



Nearly 200 attendees created buttons highlighting the positivity of aging during the Employment For Seniors 24th Annual Career Expo.



Ernestine Jackson spreads the healthy habit of connection in Columbus

Ernestine Jackson, 76, has a mantra she believes is life-changing for many older adults: "Being in contact with others is healthy," she says.

The healthfulness of human connection is a lesson she first learned by observing her mother who lived in Knoxville and benefited from a tight-knit group of four friends as she grew older.

"They would call each other every morning and every evening and ask, 'How are you doing? Are you up? Are you moving? How was your night,' "Jackson says. "But there are people who don't have that core of friends to have that contact with, and we need to make sure they are up and moving."

Jackson spent her career both in the non-profit sector and in corporate positions, including as a vice president at a major Columbus-based bank. She was recruited for the position from Chicago, when she was 51, by a headhunter.

"I was impressed with the diversity of employment opportunities in Columbus," she recalls. She eventually left the corporate world for the non-profit sector, and retired in the mid-2000s. But she has hardly slowed down, and jokes about her "two volunteer jobs," one with the Interfaith Association of Central Ohio, and the other with AARP, where she works with the Age-Friendly Columbus and Franklin County initiative, overseeing a team of about 50 volunteers. It's an effort she sees as potentially transformative for older people in Columbus.

"People isolate themselves, or they are isolated based on circumstances," Jackson says. "When Age-Friendly uses its power, if you will, as an entity to bring people out to talk about and create awareness that isolation isn't good, it makes a fundamental difference in peoples' lives. There are still large segments of communities in the Columbus area that are basically isolated."

Jackson sees trust as the cornerstone of Age-Friendly Columbus and Franklin County efforts.

"It's the first step to reaching out to people who are isolated," she says. She related the efforts of a volunteer with the Mid-Ohio Food Bank, who asked, "How do we identify older people struggling with hunger and isolation?"

In response, several volunteers started spending more time at other food banks around the city. Once people noticed them at the same place several times, the older residents began to communicate better about their unmet needs. Beyond her advocacy work for others, Jackson is also making her voice heard about the kind of age-friendly environment she wants.

"The piece that's missing for me is affordable entertainment that I like," she says. "I love jazz, but I can't go every week. I don't want to spend that kind money, so I can't go all the time, I have to get my prescriptions filled, too, but I still want more opportunities for entertainment and stimulation."

FALL 2018 11

COVERSTORY

\$77 billion

Economic value of volunteers 55+

Locally, 40%

of residents 50+ believe ageism exists

Central Ohio's 65+

population is expected to double in the next 35 years

65+ are happy

Studies show many people are happiest between the ages of 65 and 85









Age-Friendly sponsored a free LinkedIn photo booth at the Employment For Seniors 24th Annual Career Expo. More than 125 mature job seekers participated in the photo session.

about where they live, they want to be able to walk places, and have convenient access to grocery stores. That's what older adults want, too."

Earlier this year, Age-Friendly Columbus and Franklin County transitioned to the College of Social Work after operating under the guidance of the Mid-Ohio Regional Planning Commission. The college is now charged with helping implement a series of research-informed initiatives aimed at preparing the region for a vast demographic shift. Over the next 35 years, Central Ohio will be transformed, with the number of people 65 and older doubling.

As this shift happens, Age-Friendly Columbus and Franklin County plans to do more than address the mechanics of mobility, transportation and access to services. It will also tackle harmful misperceptions. After all, 40 percent of older adults surveyed report negative stereotypes against older adults in the community.

"We are positioning older adults and people with disabilities at the forefront of making community changes. By doing that, we can start to chip away at ageist stereotypes," White says.

Lisa Durham, assistant dean of strategic initiatives and community engagement at the college, says decision-makers must figure out what older adults want from the built environment. That demands the adoption of an inclusive planning process, one in which the people being planned for are listened to first.

"It's about letting older adults tell us, 'Here's what we need,' as opposed to us telling them here's what we think you need, which is typically what happens," Durham says. "Age-Friendly is listening to the experts—older adults—about what they need and want in a

truly age-friendly community."

Yet the initiative hopes to go beyond the public sector for influence and is working to create connections with major developers and service providers in Central Ohio. Without partnerships with the private sector, it would be difficult to fulfill many of the initiative's implementation goals. Toward that aim, Age-Friendly Columbus and Franklin County advocates that government leaders adopt an "Age in Everything" lens when considering issues involving planning, transportation and outdoor spaces. Both regional and local officials have welcomed such paradigm-shifting efforts.

"Age-Friendly has been doing great work over the last few years to provide residents with equitable access to services, amenities and opportunities," says Franklin County Commissioner Marilyn Brown. "We want to make certain that seniors across Franklin County can thrive in their communities. We have heard from municipalities around the county that they want to be involved in this work."

Michael Stinziano, Columbus City Council president pro tem, has worked with the Age-Friendly initiative to bring important feedback from residents into the planning process. "For baby boomers and millennials alike, it has been encouraging to learn that both groups seek similar goals and improvements for their neighborhoods that revolve around accessibility in their working, living and playing environments," he says.

Age-Friendly Columbus and Franklin County is leading the way in efforts locally as well as across the country to ensure a high quality of life for older adults and people of all ages and abilities.

12

157,767

75% of the 50+ of Columbus residents population has less than 50+ are active voters \$5,000 in the bank for retirement



Nationally, 61% of older workers experience age discrimination



39% of Franklin County voters are 50+



Daniel Sinclair is a tireless volunteer passionate about serving his peers

Daniel Sinclair, 76, proudly refers to himself as an advocate. His passion is the inclusion of older citizens in the decision-making processes of Greater Columbus. "This is a rapidly growing city," he says. "I fear that the older adults could possibly slip through the cracks. When Columbus is dealing with development, I want to be sure that the older population is considered in those development efforts."

Sinclair lives at the JayCee Arms Apartments on E. Main Street downtown, where he is past president of the resident council. He moved to the complex six years ago when he retired from a career in sales. Approximately 240 people live in the complex, mostly seniors.

"It immediately concerned me that there were so many folks here in the building that were rather isolated," Sinclair recalls. "I find that to be an ongoing situation with a lot of older adults. They find themselves somewhat isolated."

He soon observed how residents in the building often tried and failed to use the Central Ohio Transit Services, or COTA, when they wanted to venture out into the



community. The hindrance: four lanes of automobile traffic. There is not a crosswalk immediately in front of the apartment building and residents must cross the thoroughfare to get to the closest bus stop. Although there is one a block or so away, he often observed residents simply gave up and went back inside.

"They aren't going to walk down to the corner," he says. "Some of these folks in my building are on walkers and some are in wheelchairs. They are over 65, and they don't want to dodge that kind of traffic, so they just go back inside and don't get out."

Such frustrations bothered Sinclair, but in 2016, after engaging with the Age-Friendly initiative as a volunteer, he found a way to advocate for his community.

"I think it is so important to just have folks talk about some of these issues, such as housing, transportation, and safety," he says. "We haven't had any other avenues to open up that kind of conversation before. I feel like we are being listened to finally."

Sinclair also wants to counteract misperceptions about older

"There are stereotypes about older people that have a way of lessening the feeling of respect and inclusion," he says. "The overall feeling is that older adults don't have anything to offer. But the reality is that elders in any community have always been the gatekeepers of history and wisdom. And that information for any vibrant community is something that should be utilized to help the next generation."

13 **FALL 2018**

Research You Can Use

Competition Heavy Among Private Child Welfare Orgs

Dr. Alicia Bunger found that private child welfare organizations collaborate with one another frequently, but their relationships were far more competitive than previously thought. Although community needs motivated intensive collaboration, pressure to keep pace with other organizations in the field and financial risks appeared to drive competition among these organizations. Together, these findings highlight the complexities and risks that organizational leaders must manage when working collaboratively in their communities.

Disparities in Food Much Higher Than Expected

Dr. Michelle Kaiser's food mapping study across 10 zip codes in Franklin County, Ohio, indicated much higher rates of food insecurity (32.2%) than national estimates for Franklin County (17.4%) and illuminated very distinct differences in food environments across the county. Food insecure households faced challenges of accessing healthy food its sparsity of items available at food stores convenience.



faced challenges of accessing healthy food items because of the sparsity of items available at food stores convenient to where they lived, transportation concerns and economic barriers, even though the majority of food insecure households had at least one person employed fulltime. Her research provided a better understanding of consumer behaviors in relation to their food environment. Findings will be used to develop and test behavioral and community interventions with community partners to improve health outcomes related to food insecurity.

Youth Offenders Self-Identify Strengths

In her study, Dr. Cecilia Mengo surveyed
22 youth charged with family violence and
asked them to self-identify their strengths
(skills and resources). Four distinctive
themes emerged: 1) hardiness, 2) grit,
3) social competence, and 4) empathy.
Approaching research and practice using a
strengths-perspective framework may help in
identifying and enhancing individuals' own
strengths or help youth develop positive social skills that they
can tap into when faced with difficult life events.

LiFEsports: Changing the Face of Youth Sports

This longitudinal study, conducted by Dr. Dawn Anderson-Butcher, explores outcomes among underserved youth who attended two consecutive years of The Ohio State University's LiFEsports (Learning in Fitness and Education through Sports) program. It also examines growth patterns among clusters of youth participants, including an increase in self-control, teamwork and desire to pursue higher education. Findings demonstrate LiFEsports' positive impact on social development, especially for youth entering the program with poor social skills and vulnerabilities. LiFEsports is a transformative, research-backed intervention that aims to change the face of youth sports and recreation programming by developing quality programming, training future leaders and disseminating best practices.

14

MICHELLE JOHNSON-MOTOYAMA
Associate Professor

Using Policy for Prevention

Motivated by her practice and policy experiences in the child welfare field, Dr. Johnson-Motoyama's research focuses on child maltreatment prevention, with an emphasis on reducing social disparities in child welfare. With support

from the Centers
for Disease Control
and Prevention, she
currently leads a
national, longitudinal
study that examines the
effects of social safety
net changes on child
maltreatment during
the Great Recession and



beyond. Johnson-Motoyama finds that state policy changes that decrease access to the safety net, such as the federal government's Temporary Assistance for Needy Families restrictions, or increase access, such as Medicaid expansion, relate to child maltreatment outcomes in important ways. As a Buckeye, Johnson-Motoyama will apply and extend this work through a number of research translation activities including the design of a cost-benefit tool for policymakers and practitioners. She will also step into a new role as associate editor for Children and Youth Services Review, one of the field's premier child welfare journals.

LAUREN McINROY

Assistant Professor

Fostering Youth Resilience via Digital Technologies

Dr. Lauren McInroy's research investigates how marginalized adolescents and young adults, particularly those who identify as LGBTQ+, build

communities of support, engage in identity development, foster resilience and wellbeing, and engage in advocacy using digital technologies. Her focus is specifically geared toward those who experience heightened risks including mental her



risks including mental health disparities, social exclusion and victimization. McInroy recently joined the Leadership Council of the International Partnership for the Queer Youth Resilience (INQYR), an international, interdisciplinary network seeking to co-create new knowledge and develop adaptable online tools related to LGBTQ+ resilience and digital technologies. Through her work, McInroy is endeavoring to ensure that social workers do not underestimate the critical importance of digital activities in young people's lives, and that emerging social workers are adequately prepared for contemporary practice in the information age. She looks forward to continuing this work in the supportive, innovative context of the College of Social Work.

NANCY MENDOZA

Assistant Professor

Building Resilience in Grandfamilies

The prevalence of grandfamilies, families in which grandparents are raising their grandchildren, continues to grow and so do their needs and challenges. Committed to understanding the strengths and challenges of

grandfamilies,
Dr. Angela Nancy
Mendoza is using
social network
analysis to examine
the relationship
between social support
and resilience in
grandparents raising
grandchildren. Findings
have the potential to



aid in creating services, resources and interventions that promote resilience in grandfamilies. For the past three years, Mendoza has also served on a team for the GRANDcares Project, a strengthsbased intervention designed to provide education, support and mentorship for grandchildren, grandparents and service providers. Funded by the United States Department of Agriculture's National Institute of Food and Agriculture's Children, Youth & Families At-Risk program, the GRANDcares Project is a collaboration between Colorado State University and the University of Hawaii at Mānoa. In addition to continuing her work related to social support and resilience, Mendoza plans to bring components of the GRANDcares Project to grandfamilies in Ohio.

FALL 2018 15

MEET THE 2018 COLLEGE OF SOCIAL WORK HALL OF FAME INDUCTEES

Each year, the College of Social Work honors alumni who have gone above and beyond to make a difference in the world. These leaders were nominated by our alumni—more than 13,000 social workers living in the United States and abroad.

Please join us in honoring these inspiring ambassadors.

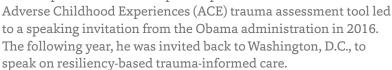
Distinguished Career Awards

Duane Casares (MSW '90)

Duane Casares, LISW-S, is the CEO of Directions for Youth & Families (DFYF) and has held this position since 2011. He started with DFYF in 1990 as clinical director.

Under his direction, DFYF has grown into one of the leading mental and behavioral health providers to Central Ohio youth and their families, recently honored with the United Way's 2017 Champion of Children Award.

On a national level, Casares is a leader in advancing trauma-informed care. His agency's work with National Crittenton and Philadelphia Children's Hospital to pilot the



Casares continues to advance innovation in community care with expansion of the Trauma Informed Community Building model working with the Bridge Housing Corporation of San Francisco and supported by the Aspen Institute.

In addition to serving on a variety of executive boards, Casares has been featured in *Who's Who in Latino Columbus* and has a monthly segment on 97.1 The Fan radio's Columbus Perspective addressing community and mental health issues.



Adrienne Gavula, a passionate civil libertarian, was the development director for the American Civil Liberties Union (ACLU) and a community lecturer for the college at the time of

her death on September 2, 2017. Gavula held several ACLU roles and demonstrated her commitment through achievements such as building relationships with the prison system to ban solitary confinement for prisoners with severe mental illnesses and working to decrease voting barriers for disenfranchised populations.

Prior to joining the ACLU, Gavula served at the National Association of

Social Work (NASW) Ohio Chapter, where she developed a membership recruitment and retention program, free CEU series and career services program. Under her leadership, NASW-Ohio membership grew more than 20 percent.

She also served as a medical case manager at the Columbus AIDS Task Force, on the Women Have Options and Freedom of Choice Ohio Coalition boards, and as field instructor and mentor to social work students.

Gavula was a fierce advocate of the First Amendment, the rights of underprivileged populations and systematic equality and justice.



16 CSW.OSU.EDU

Druann Whitaker (BSSW '77)

Druann Whitaker is the chief strategy officer at the National Youth Advocate Program, a multi-service, multi-state organization serving over 2,000 children and families daily, with 800 employees and a budget exceeding \$80 million.

Whitaker oversees all aspects of strategic planning and works with the board of directors, leadership team and staff to imagine and create a future that is more fair, just and equitable for all members of our society.

During her career, Whitaker had a long tenure as the CEO of Specialized Alternatives for Youth (SAFY), where she expanded it into a multi-service organization encompassing



foster care, adoption, community-based in-home programs and behavioral health services in eight states with over 400 employees and a \$40 million budget.

Whitaker has served and/or chaired various state and national boards, including the Ohio Children's Alliance, the Family Focused Treatment Association and the Council on Accreditation.

Terry Russell (BSSW '72)

Terry Russell is the executive director of the National Alliance on Mental Illness of Ohio (NAMI) and serves as chief administrative officer of the 26-member board of directors, accountable for

planning, funding, implementing, evaluating, educating and supporting those suffering from major brain disorders in Ohio. Under his leadership, NAMI Ohio has grown to become one of the largest state mental health advocacy organizations in the country.



Prior to joining NAMI Ohio, Russell retired from the Eastern Miami Valley Alcohol, Drug Addiction and Mental Health Services Board as president/CEO where he grew the

organization to one of the largest multi-county boards in Ohio.

In 2002, Russell advocated with the Ohio Department of Medicaid to allow psychiatric physicians employed in community mental health centers to be exempt from prior authorization requirements associated with prescribing certain types of psychiatric medications. The result: The Ohio General Assembly formalized and inserted this agreement into state law, allowing thousands of those living with mental illness to get life-saving medications.

Russell also helped pass the Medicaid Expansion in Ohio, which resulted in 1.2 million Ohioans gaining access to health insurance coverage.

Dr. Kenneth Yeager (PhD '99, MSW '93, BSSW '92)

Dr. Kenneth Yeager, LISW-S, ICDC, is director of the Stress, Trauma And Resiliency (STAR) program at The Ohio State

University Wexner Medical Center. The STAR program provides support to staff throughout the medical center to prevent emotional fatigue and burnout. Yeager was also instrumental in implementing the Brief Emotional Support Teams (BESTs) which train staff to support one another through difficult times in the hospital system.



In 2015, Yeager was honored by the Arthur G. James Cancer Hospital & Solove Research

Institute with the David E. Schuller MD, Professorship for Patient Compassion, an endowed professorship of \$1 million that provides an opportunity to build on his legacy of compassionate care.

He also received an \$800,000 grant from the Ohio Attorney General's Office to continue expanding the STAR program throughout Central Ohio and a \$1.4 million grant to secure case managers and clinical space to serve more clients.

Yeager serves as an adjunct faculty member for the College of Social Work and as a full professor-clinical at Ohio State's College of Medicine, Department of Psychiatry.

Distinguished Recent Alum Award

Dorothy Martindale (BSSW '13)

Dorothy Martindale is the membership associate for the National Association of Social Workers (NASW) Ohio Chapter.

She is responsible for membership recruitment and retention, managing the chapter's communications, developing career resources and overseeing its online continuing education series.

Martindale has been instrumental in helping NASW-Ohio attain its recordbreaking membership growth, increased financial well-being and recognition as an influential organization in Ohio.



She is a five-year active volunteer for the Franklin County Children Services mentor program, and leads a group of girl scouts and volunteers at RESCUEDOhio, an all-volunteer organization that helps dogs in need of adoption.

Martindale is president of the College of Social Work's Alumni Society and has been an active board member for several years.

FALL 2018

Minding the Gaps

Grad students' independent study helps close holes in opioid overdose resources

Between 21 and 29 percent of people who are prescribed opioids for chronic pain misuse them, and 8 to 12 percent of those then suffer a substance use disorder, according to the National Institute on Drug Abuse. To put a number to that, a Center for Behavioral Health Statistics and Quality national study estimated that 2 million people experienced substance use disorder in 2015.

The fallout is that health and social service costs rise and families are fractured. And those families often don't know where to find answers or support.

Last year, College of Social Work graduate students Ashley Bennett (MSW '18) and Karla Shockley McCarthy (MSW '18) began a yearlong independent study initiated by Professor Bridget Freisthler. They wanted to identify where information and support gaps existed and what resources would prove valuable in helping families and others dealing with an opioid addiction overdose and its aftermath.

To understand the landscape, the students anonymously surveyed parents, caregivers, social service professionals, first responders and people battling opioid addiction. The result was the development of the Opioid Overdose Family Support Toolkit.

This comprehensive online resource made the students' outcome all the more remarkable because neither had direct training in drug misuse. The website features a Q&A flier, created in collaboration with the College of Pharmacy, about naloxone (or Narcan), which can temporarily reverse an opioid overdose. They also came up with a unique way to show how children cope when they witness an opioid overdose and how to help them, using a graphic novel to explain children's feelings and how they're projecting them. Bennett and Shockley McCarthy adapted the content from evidence-based research.



Bennett and Shockley McCarthy

"Throughout the process, they wanted to get it right and went the extra mile or two," Freisthler says. "My role was to support them and let their vision lead the project. They learned about survey development and design, determination and how to package things. They learned how to outreach to different parts of the community and different ways to conduct that outreach all while being creative about solving problems and issues. It was amazing how they came at it from such different angles."

Initially the students attended community opioid events and talked with parents of opioid overdose victims. The parents were concerned about a lack of education and information concerning addiction and wanted more addiction services. Through the survey, they discovered the questions family members didn't always have answers for, such as is it safe to administer more than one dose of naloxone if one doesn't work? (Yes, multiple doses are safe and sometimes necessary to save a life.)

Often, grandparents end up taking care of grandkids in an overdose situation because the parent or parents die, are incarcerated or end up in rehab. While there are resources to help the caregivers, Bennett and Shockley

McCarthy found children were in need of more support. Children without caretakers who enter the child welfare system are at higher risk for substance abuse, pregnancy, incarceration, abuse and neglect if their trauma goes untreated, Freisthler says.

"We wanted to make the toolkit as universal as possible, and a graphic novel seemed like an easy way to show behaviors for multiple age groups and different backgrounds and to explain what could be motivating that behavior," says Shockley McCarthy, who is currently working on her doctorate. "For a lot of these kids, they might be in a kinship care situation, but the siblings are really supporting each other, so we wanted to make it accessible to children as well."

Once the website was up, Freisthler shared it on Twitter. State and national children's trauma organizations responded and more than a dozen others across the country have accessed or shared the toolkit.

"This is a resource I'm going to use as a professional and I hope others do, too," says Bennett, who is joining the Nationwide Children's Hospital psychiatric evaluation unit. "As social workers, we can see a problem, but what are we going to do about it and how are we going to help the issue? This was the project for me, and I hope there are more opportunities for faculty and students to collaborate."

The students say they'd like to see the website expand to other educational content, including first-responder training and helping the public understand addiction.

"We learned from our survey that some people believe that those with addiction would stop using if they really cared about their children," Shockley McCarthy says. "We need to help spread understanding of the disease of addiction. It's not about choice, it's about combating a disease."

18

What you can find in the Opioid Overdose Family Support Toolkit

Here are some of the resources you'll find on our website for families, children, and first responders impacted by opioid use and overdose. Visit **u.osu.edu/toolkit** for the entire toolkit!

- Know the signs of an overdose Provides information to help you understand the signs of an overdose and what you should do next.
- The Trauma of Witnessing Opioid Overdose: How to Help Children This graphic novel presents a traumatized child's behavior, thoughts, and feelings, as well as ways to provide support to this child, based on age. It is intended for anyone who interacts with or cares for children who have witnessed parental substance use or overdose.

■ Narcan Q & A

Explains what opioids are, how they interact in the brain, how naloxone works against opioids, where to acquire naloxone and Ohio's Good Samaritan Law.

■ Medication-Assisted Treatment (MAT) The MAT infographic provides clear and concise information about this type of treatment, its use and benefits, and the research statistics supporting its use.



COLLEGE OF SOCIAL WORK

WHAT THEY MAY SAY & DO It should have Why should I happened to believe you? me... You'll leave me, too! Get off my back! Why won't these teachers leave me alone?!

YOUTH 13-18 YEARS OLD

- Resentment
- Guilt
- Depression
- · Anger & acting out
- Fear
- · Possible self-harm
- Avoiding feelings
- Anxiety
- Withdrawal
- Physical complaint
- Possible substance use



HOW TO HELP

- Keep youth involved in family problem solving
- Be flexible but maintain consistent limits
- · Be open and patient
- Be aware that youth may act out or engage in risky behavior

In Case You Missed It...

College of Social Work alumna Pamela Mayor was featured as an "Inspirational Alumni" in the Summer edition of the Ohio State Alumni Magazine. Be sure to check out the story below.

Congratulations, Pam!



When, as a field coordinator in the College of Social Work, Pam Mayor '01 MSW starts a search for an Ohio State social work graduate student's field placement (the equivalent of student teaching), she's doing so with the benefit of recent memory. Mayor entered the master of social work program at Ohio State in 1998, two decades into her career. She was 48 when she graduated in 2001. "When I went for orientation, I thought, 'What the heck am I doing here?' But I loved grad school. I loved the camaraderie, the challenge," she says. "A lot of my students are nontraditional, so I truly can help them."

She's retired after 30 years advocating for children in Montgomery County, Ohio,

but Mayor continues to fuel her passion for social work. "I've loved my career," she says. "This is my way of getting those behind me ready to take over for the rest of us."

It's Mayor's job to guide social work grad students toward the areas in which they will thrive post-graduation — whether working with children, senior citizens or hospital patients. Mayor recalled one student who reluctantly took a placement at the Veterans Administration medical center in Dayton, unsure it was the right place for her. Today, she's an employee. "She told me, 'Pam, thank you so much for pushing me to go there,'" Mayor says. Mayor knows firsthand the power of having a compassionate

teacher in your corner.

At the age of 12, Mayor started wearing a confining brace to correct curvature in her spine. She didn't fit in a regular desk, and she couldn't move her head freely. One teacher made a point of conducting class while sitting beside her, "when I'm standing out different from everyone else," she says. "I don't know what my life would be like if he hadn't shown me such love and caring when I was at the beginning of a difficult time." Now she's proudly in the position of advocacy. "When they're done, I can say, "Welcome to the MSW field. You've done good."

Kristen Schmidt

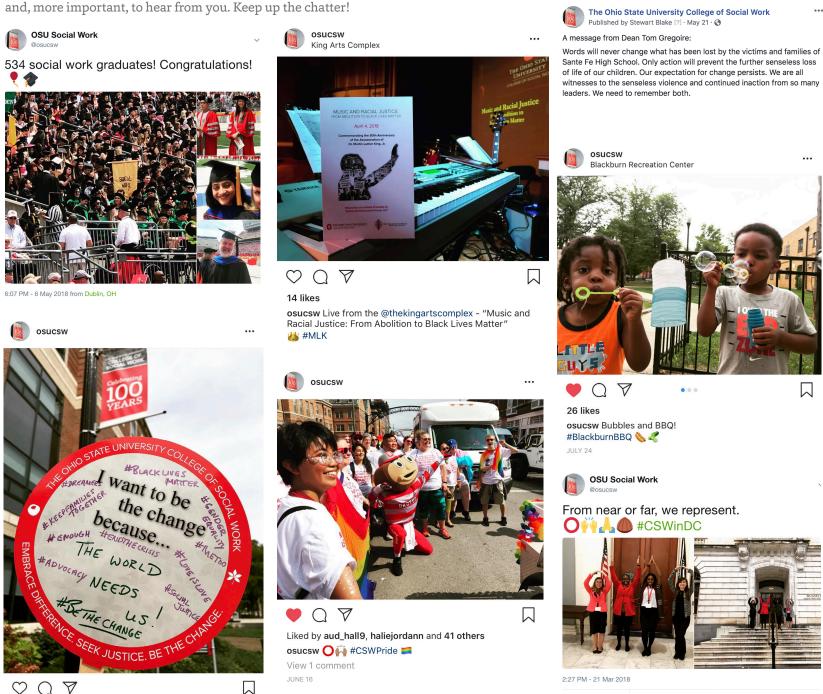
Checkout the online edition at go.osu.edu/alumnimag

20



Thanks for the Tweets!

With nearly 2,500 followers on Twitter and nearly 4,000 on Facebook, the college maintains a vital and direct line of communication with our students, faculty, staff, alumni and friends. Social media gives us the opportunity to address current issues



We'd love to hear from you, too!









A Buckeye Legacy of Social Justice

Although they are no longer with us, their legacy will live on through our students.

ADRIENNE GAVULA (MSW '09)

Adrienne Gavula (March 3, 1982–September 2, 2017) was the development director for the ACLU of Ohio and previously worked at the Columbus AIDS Task Force and the National Association

of Social Workers Ohio Chapter. She served on the Women Have Options and Freedom of Choice Ohio Coalition boards. In addition to her professional career, Adrienne continuously served as a field instructor and mentor to social work students. Adrienne was a fierce advocate of the First Amendment, the rights of underprivileged populations and pushing systems toward equality and justice. She spent every day making the world a more kind, fair place.



To preserve Adrienne's legacy, her family established The Adrienne Gavula Memorial Scholarship Fund at The Ohio State University College of Social Work (Fund # 483388). The scholarship will support an MSW1 or MSW2 student enrolled at the college who demonstrates financial need. It will support a student interested in, but not limited to, advocacy/social justice, women's rights, and/or domestic violence.

CHARLOTTE OSTERMAN (MSW '75)

Charlotte Osterman's (April 22, 1951–August 15, 2017) impact with the College of Social Work began in 1977. She was a long-standing member of our field education team, taught numerous

students as a community lecturer, including our BSSW field seminar, and was a regular field liaison. Charlotte also worked as a trainer for the Ohio Child Welfare Training program and as a curriculum developer at the Institute for Human Services. Much of Charlotte's work was focused on one of our most vulnerable populations—children. Through Charlotte's work with Lutheran Social Services of



Central Ohio, she facilitated the adoption of over 500 children. Her commitment to children, families and the profession was unparalleled, and performed with grace, humility and tenacity. The Charlotte Osterman Memorial Scholarship (Fund # 483225) was established by her friends and family to honor her dedication to social work, the families and youth she served, and the students she taught and mentored. The fund will support students in the undergraduate or master's programs who have expressed an interest in working in child welfare and/or adoption. Preference will be given to candidates who are first-generation students, with particular attention given to, but not limited to, students of color.

JOHN "JACK" SMITH (BSW '76, MSW '84)

John "Jack" Smith (May 14, 1950–March 7, 2018), a Navy veteran, committed his life to service and helping those less fortunate. He

spent the majority of his career working for the Franklin County Board of Developmental Disabilities. Throughout his social work career, Jack also served for several years on the College of Social Work Alumni Board and as a field instructor for social work students. He never hesitated to volunteer and provide opportunities for alumni and students to thrive in the profession.



Prior to his passing, Jack and his beloved wife, Andrea, knew they wanted to leave a gift beyond their lifetime. Jack had designated the college as a beneficiary to a life insurance policy. He specifically wanted to continue impacting the field in which he spent his career and designated his policy to The Sara (Sally) E. and Robert (Bob) C. Delaney Endowed Scholarship Fund in Mental Retardation and Developmental Disabilities (Fund # 641630). This fund supports a social work student with preference to those interested in working with children with mental retardation or other developmental disabilities.

MAKING A GIFT IN THEIR HONOR:

If you would like to make a gift in honor of Adrienne, Jack or Charlotte, please visit **giveto.osu.edu** and note the specific fund and fund number listed on this page. Contact our College of Social Work Advancement Office at 614-247-6441 or ruetsch.2@osu.edu for help.

22 CSW.OSU.EDU

Check Out What's Going On!

Whether you're a student, alumnus or friend, there's something here you should know about!

WHAT'S YOUR STORY?

The College of Social Work is turning 100! That's 100 years of transforming lives, both within the walls of Stillman Hall and outside in the many communities our students, faculty, staff and alumni serve. As we begin to celebrate our birthday, we want to hear from you—our proud alumni, loyal friends and dedicated partners. What's your College of Social Work story? Best memories? Most influential faculty mentors? Transformational field placements? Over the next year, the College of Social Work Advancement Team will be offering opportunities for you to share your story, whether it be through personal meetings, social media or during our various alumni events. We look forward to capturing the many reasons our college continues to be among the best in the nation, but more importantly, a place for you to always call home.

Keep up to date on alumni events at go.osu.edu/cswalumni.

CONTINUING EDUCATION

The Office of Continuing Education is committed to providing lifelong educational opportunities for our alumni by providing a variety of continuing education options on topics most important to you.

We offer monthly in-class supervision and ethics trainings as well as programs that allow you to go deeper. For instance, our Leadership in Human Services Management Certificate program allows you to develop your leadership skills in an intimate classroom setting.

If you're looking for online classes, we've got you covered there, too. Our Advanced Certificate in Serving Veterans and Their Families and our new online Social Enterprise & Impact Investing Executive Education program are great opportunities to further your social work education at a time and place that fits your schedule.

Be sure to check out all of your continuing education options at **go.osu.edu/ce**.



Top row, left to right: Sara Friedman, director continuing education; Katie Justice, director of career services and alumni relations; Shea Bennett-Callen, program assistant continuing education Bottom row, left to right: Megan Ruetsch, advancement coordinator; Amy Bibler, director of strategic engagement and donor experience; Melanie Wehmeyer, director of development

CAREER SERVICES

Whether you're a student who's just beginning your career journey or a seasoned social worker who's ready to make a change, the Office of Career Services at the College of Social Work has something for you. We offer job search tools and services, as well as an Ohio State networking tool for our alumni.

Visit **go.osu.edu/cswcareerservices** to check out upcoming career events.

Is your agency looking for well-prepared social workers? Our Learning Journey program provides an opportunity for our social work students to tour your agency, discover its mission and meet social workers practicing in that agency to get a better sense of what they do on a daily basis.

For more information, email cswcareers@osu.edu.

FALL 2018 23



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CSW IS TURNING 100 YEARS OLD!

We hope you join us in the celebration. Keep a lookout for upcoming events that will mark 100 years of educating social workers.



