This year, as part of a study abroad course at IUPUI, fifteen MSW students traveled to Kolkata, India to learn about empowerment strategies for women who have been trafficked into brothels or are trapped there. Sari Bari is an example of an organization that provides 120 women with a trade and helps them build economic self-sufficiency. Sari Bari was founded by Indian natives and is based in Logansport. Sari Bari teaches women to sew and make products from used Saris, and these products are sold here in the US to help support the organization. This presentation will include a slide show from the students about their trip to India, their thoughts about empowerment, and will introduce the audience to Sari Bari and its mission. The presentation will also include a discussion about how we embrace our client’s cultural mores when they are different from our own values and beliefs. How do we build a relationship with our clients who are from many different cultures? Additional areas of ethical consideration will also be discussed. The NASW Code of Ethics says that our “primary mission of the social work profession is to enhance human wellbeing and help meet the basic human needs of all people, with particular attention to the needs and empowerment of people who are vulnerable, oppressed, and living in poverty.” This presentation will include learned strategies that you can use with your own clients.

11:00 a.m. – 12:30 p.m. Breakout Session One

**Can I Come in? A Look at Black/African-American Culture and Home Visits**

Aarika Anderson, MSW, LSW

“Can I come in?” workshop will focus on the areas of creating strengths in assisting service providers to appropriately and effectively work with Black/African-American client’s and how to address various needs, while in their homes and community. “Can I come in?” aims to decrease barriers and increase competencies of working with Black/African-American families, through discussing norms within the culture, behaviors when entering, and while in the home; as well as taking a closer look at respect through developing an understanding of nonverbal and verbal cues/communication within the Black/African American culture. The objectives of this session are to promote an environment of mutual respect, identify how black culture is shaped by specific and shared experiences, and enhance client engagement, by fostering a receptive and non-threatening environment. Attendees will recognize the importance of demonstrating respect to coworkers and to the population we serve, understand that personal perceptions greatly impact the reception of what we say and do, and provide ways to break down barriers between service providers and recipients of services (case management, care coordination, mental health etc.)

**Cultural Competency – Homelessness: “Life on the Streets”**

Maurice Young

The audience will learn the entry points to homelessness, the five (5) basic groups of the homeless community and a systemic overview of the causes of homelessness. Practitioners will learn how to alleviate agency barriers that can unintentionally contribute to keeping people trapped in homelessness. Come learn simple solutions to transform agency programs to be truly helpful to homeless neighbors.

**Professional R & R: Resilience & Rejuvenation**

Christine Turo-Shields, ACSW, LCSW, LCAC

Those of us who professionally care for others are very good at what we do – teaching others to overcome adversity, see the bigger picture, adapt to change, make self-care a priority, become more mindful, practice balance, thrive rather than exist . . . but how well do you REALLY do that for yourself? Resilience, the ability to bounce back or adapt, is often a trait attributed to personality, temperament or genetics… but it can also be developed and fostered. Rejuvenation allows us to invigorate ourselves. Our resilience may aid us in working one-on-one with people or remain “on the front lines,” but it is the practice of rejuvenation that refreshes us most. Daily investment in yourself enhances your ability to tend to others’ needs over the long-term. Amazingly, it takes very little time, as the small, simple and intentional changes you make will have lasting results. Join us for a lively discussion of how to further develop your personal and professional Resilience and how to identify areas to enhance your practice of Rejuvenation.

**Preparing Social Workers for Innovative Policy Practice**

Marlo Dale, MSW, Jan Nes, MSW, ACSW, LCSW, Akankhe Omoreayo Adenrele, MSW

This session will provide prospective and current agency field instructors, field educators and students with simple innovative resources and approaches to prepare for active engagement in policy practice in the practicum setting. The Council on Social Work Education (CSWE) mandates that accredited social work programs prepare their students so that they are able to “understand that human rights and social justice, as well as social welfare and services, are mediated by policy and its implementation at the federal, state, and local levels” (CSWE, 2015). Additionally, CSWE requires that students “…understand the historical, social, cultural, economic, organizational, environmental, and global influences that affect social policy” (CSWE 2015). Thus, social work field instructors and field faculty must strive to find creative ways to infuse policy practice into field seminars and field placements at BSW and MSW levels. This workshop will highlight specific methods and activities that can be easily used to infuse policy content into social work field placements. Presenters will elaborate on a training developed by Indiana University School of Social Work to prepare field instructors how to teach policy practice to field students and will provide specific activities utilized in field seminars to advance students’ policy practice competency. Additionally, student attendees will find useful strategies they can readily incorporate into their field placements.

12:30–1:30 p.m. Lunch

**Young-Led Advocacy**

Laura Ingram, LMHC, and Youth Leadership Members from Prism Youth Community

Participants will learn how to create or transform organizations to be not just youth serving but youth led. Youth leaders from Prism Youth Community will discuss their leadership structure and youth led advocacy efforts they’ve been a part of. This session will encourage youth-serving
providers to involve youth in decision-making as a way to build skills and empower them. This session will also explore how being youth-led is particularly important for marginalized youth in order to lessen risk factors for them.

▼ Take a Chill Pill: Medications and Mental Health
Jacob R. Peters, PharmD
Diagnosis and treatment of mental health disorders are ubiquitous across the spectrum of individuals in the healthcare system. Disorders like depression, anxiety, and bipolar occur both alone and in combination with medical and mental health disorders. Frequently, medication treatment plays a central role in their disorder’s management and day-to-day lives. It is imperative that each practitioner and clinician involved in the care of these patients be familiar with the basics of mental health medications. This session will discuss medication treatment for various mental health disorders. It will also identify positive and negative treatment effects of mental health medications, demonstrate common patient issues relating to mental health medications, and develop solutions to ensure positive treatment response and medication adherence. At the conclusion of this session, the participant will be familiar with medications used for mental health disorders and pertinent issues for each that can be monitored and triaged in any setting of practice.

▼ Tackling the Tough Stuff: Supporting Parents so Parents Can Support Children
Stephan Viehweg, LCSW, ACSW, IMH-E® (IV)
Everyone knows that babies need consistent, responsive and sensitive caregivers to develop in emotionally healthy ways—however, sometimes we forget that relationship needs continue even for adults. Relationship experiences in early childhood not only set the stage for how we think about ourselves and others, but also continue to influence our behaviors as we grow into adulthood. Many parents encountered by early childhood workers have not had histories of positive relationships; as a result, it can be hard to gain their trust and engage them in partnerships. Participants will learn how to build partnerships with caregivers in order to facilitate parental ability to support their young child’s regulation, social and emotional skills. Strategies to effectively support challenging child behavior from this perspective will be shared. Participants will also learn to recognize the links between early experiences and adult behaviors related to relationships and caregiving, demonstrate relationship-based methods to connect with parents and teach parenting skills to address challenging child behaviors, and explore the PAUSE framework as a tool to build relationships and enhance successful outcomes.

▼ Social Work and Police Partnerships
Pamela Clark, MSW, LSW, CYC-P and Matt Myers
Indiana has a significant problem with drugs—everything from marijuana to heroin! Northwestern Indiana is a distribution center for drugs being transported throughout Indiana and Indianapolis is a secondary distribution center for the state. Law enforcement understands this not a problem for the state. Law enforcement understands this not a problem for the state. Law enforcement understands this not a problem for the state. Law enforcement understands this not a problem for the state. Law enforcement understands this not a problem for the state. Law enforcement understands this not a problem for the state. Law enforcement understands this not a problem for the state. Law enforcement understands this not a problem for the state. Law enforcement understands this not a problem for the state. Law enforcement understands this not a problem for the state. Law enforcement understands this not a problem for the state. Law enforcement understands this not a problem for the state. Law enforcement understands this not a problem for the state. Law enforcement understands this not a problem for the state. Law enforcement understands this not a problem for the state.

▼ Trauma in the Lives of Children
John Polstra, MSW, LCSW, CSAYC
This presentation will discuss the impact of trauma in the lives of children and how trauma impacts attachment to caregivers. We will discuss working definitions of trauma and complex trauma, the impact of trauma over the life span, the brain’s response to threats to one’s safety and personal integrity, how trauma triggers lead to emotional dysregulation, and the impact on children’s ability to form long-term attachments. We will also discuss some practical steps caregivers can take in effectively parenting traumatized children and helping them manage their emotions. Finally, we will discuss how self-care is important for caregivers and what steps can be taken to help caregivers avoid secondary trauma and burn-out.

▼ Welcoming and Supporting LGBTQ+ Clients
Grant Brinklow
IYG’s LGBTQ+ workshop is first and foremost a safe, non-judgmental, and confidential space to ask any questions on LGBTQ+ issues, concerns, or situations. Participants learn new ways of discussing the concepts of Assigned Sex at Birth, Gender, and Attraction to Others, without the initial confusion of so many terms and definitions. The workshop also contains chances to interact and discuss difficult LGBTQ+ scenarios and situations. Organizations learn from each other on how they work through these difficulties, and can pose other “what-ifs” and scenarios of their own. IYG will also provide information on our lengthier, intensive trainings we facilitate for individual medical and mental health organizations and branch offices. These trainings go more in-depth to help employees make the lobby, office, client forms, living quarters and programs more welcoming and affirming for all LGBTQ+ adults, youth and their families.
The body of literature demonstrates that a number of lifestyle factors, including exercise, socialization, diet, sleep, and stress, are important for brain health. Evidence also suggests that these lifestyle factors can slow disease progression and delay functional decline. Attendees will learn and identify at least 3 non-pharmacological factors that promote brain health and how to apply these strategies to daily life. They will also learn how to assess adults for use of these strategies and develop treatment plans related to promoting brain health. Time will be provided to ask questions to the neuropsychologist and neuropsychology fellows as per session content. Participants will also learn how to describe what a neuropsychological evaluation is and when this may be a helpful referral.

Meet the Speakers

Aarika Anderson, MSW, LSW is currently a Training and Development Facilitator for Eskenazi Health. While pursuing and obtaining a Masters of Social Work at the University of Pittsburgh, she was able to continue learning about adolescents through the eyes of the judicial system. Interning with the Allegheny Juvenile Courts as a part of the special services division designed to monitor youth exhibiting sexually maladaptive behaviors opened her mind about how broad trauma is and the impact trauma has on youth, families and the community. Currently she is a member of the Marion County, Community Health Improvement Plan team, and an inter-agency Mental Health Court Appointed Special Advocate (CASA). She has a special interest in working with youth and families, trauma and sexually maladaptive behaviors. Wanting to know the children and families she serves from a holistic system view also aids in fostering a well-rounded clinical perspective to help conceptualize their case and identify needs. “When they approach me they see….everything and anything except me.”—Ralph Ellison, from The Invisible Man

Graham Brinklow started with Indiana Youth Group (IYG) in 2008. Now as IYG’s Manager of Trainings, he facilitates a variety of workshops, discussions, and Q & A sessions on issues facing the Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning community. Comfortable working with any age group from preschoolers to doctoral candidates; Graham presents for classrooms, current and future educators, medical and mental health providers, religious congregations, businesses, community organizations, and departments of government.

Melissa Burgess, MSW, has fifteen years of experience working with those experiencing homelessness, including both direct service and community-based practice. She received her Bachelor’s degree in Social Work from Indiana State University in 2002 and her Master’s degree in Social Work from IUPUI in 2009. Melissa started her career doing street outreach as an AmeriCorps member at Horizon House. In addition to street outreach, she has worked in permanent supportive housing, intensive case management, mental health, substance abuse recovery, and program management. Melissa now serves as the Street Outreach Rapid Response Team (SORRT) Coordinator providing limited direct service for SORRT participants, oversight of the SORRT program, and coordination of Professional Blended Street Outreach services on a city-wide level. Collectively, SORRT and PSBO includes over 50 individuals from 23 different organizations and provides 24/7 rapid response for Indianapolis Metropolitan Police Department, Coalition for Homelessness Intervention & Prevention, and numerous local hospitals. Melissa also supervises the Housing First Case Manager through Horizon House’s partnership with Penn Place, a new Housing First community with 38 units of permanent supportive housing.

Bryan Carpenter, BSW, has been working in the field of homelessness for 18 years. He completed his BSW degree from the Indiana University School of Social Work in Indianapolis. Bryan has worked in homeless outreach, emergency shelter, transitional housing, and permanent supportive housing. He started his career as a case manager, having worked in two family shelters in Indianapolis. More recently, Bryan served in Washington, DC assisting in the startup of a “Housing First” Permanent Supportive Housing project and he managed a Permanent Supportive Housing Project in Chicago, IL. Since early 2016, Bryan serves as the Client Services Coordinator at Horizon House where he currently supervises the Guest Services and Case Management teams at Horizon House.

Pamela Clark, MSW, LSW, CYC-P works as an independent consultant and training professional specializing in organizational and leadership development, youth development and juvenile justice. Pam has a bachelor’s degree in psychology from William Woods College and a master’s degree in social work (MSW) from Indiana University, and she is a Licensed Social Worker (LSW) and a Certified Youth Care – Professional (CYC-P). From 1999- 2008 Pam served as the Director of the Bartholomew County Youth Services Center that offers an array of services to youth processed through the County’s delinquency and dependency court, as the Executive Director of the Foundation for Youth of Bartholomew County, Inc., and the Bartholomew County Youth Advocacy Commission in Columbus, Indiana, and as a deputy sheriff with the Los Angeles County Sheriff’s Department. Since 2002, she has served as adjunct faculty at the Indiana University-Purdue University Columbus campus.

Marlo Dale, MSW, serves as Field Coordinator for the IUSSW MSW Program, Indianapolis campus. Dale coordinates placements in the school systems and children and youth family serving agencies. She has worked at the University for four years. Ms. Dale’s professional career has primarily focused in the areas of education, mental health and advocacy.

Susan Glassburn Larimer, LCSW, PhD, is a professor at the IU School of Social Work where she has worked for the past 12 years. She received her MSW and PhD degrees from Indiana University. Her doctoral dissertation was about the experience of new MSWs in the workplace, and she is passionate about making sure that we do not throw our social work young in the deep end with no life preservers.

Laura Ingram, LMHC, is a Licensed Mental Health Counselor (LMHC) in private practice with over a decade of experience in the mental health field. She has spent her career working with teenagers and is the founder and Program Director for Prism Youth Community. Additionally, she teaches in the School of Social Work at IU Bloomington. Finally, Laura is also a licensed foster and adoptive parent to 3 teenagers.

Courtney Johnson PhD HSPP, is an assistant professor of clinical psychology at the IU Health Neuroscience Center. She completed her graduate training in clinical psychology at IUPUI and went on to complete her fellowship in adult clinical neuropsychology at the IU School of Medicine. She provides outpatient neuropsychological assessment to adults as well as outpatient psychotherapy for adults with neurologic symptoms. Dr. Johnson also serves as co-director for the Older Adult Mental Health Clinic through
the department of psychiatry. She is actively involved in teaching (fellowship, internship, practicum students, and master’s students) and community service (board member, Indiana Parkinson Foundation).

Matt Myers was elected as the 55th Bartholomew County Sheriff on November 4, 2014. He has more than 20 years of public safety experience, serving as a member of both the Bartholomew County Sheriff’s Office and the Columbus Police Department. After starting his career as a corrections officer, Myers joined the Columbus Police Department in 1991 as a patrol officer. In his 22 years with the police department, Myers served 11 years in supervisory and command positions and was Assistant Chief of Police from 2008-2012. Myers has participated in state and national law enforcement training academies, and has earned his associate’s degree in Criminal Justice from Vincennes University, and he is a 2010 graduate of the FBI National Academy.

Jan Nes, MSW, ACSW, LCSW, LCSW, serves as MSW Program Coordinator for Indiana University School of Social Work at the Fort Wayne IPFW campus. Ms. Nes has been teaching for over 20 years at BSW and MSW levels and has presented at regional, national and international conferences on a wide variety of social work topics.

Akanke Omorayo Adenrele, MSW, serves as MSW Faculty/Field Coordinator for Indiana University School of Social Work Direct Online Program. Ms. Omorayo has been working in higher education for 20 years and teaching for 10 of those years at BSW and MSW levels. Akanke’s cross-cultural values and world views shape and influence her attitudes, social interactions, and problem solving approaches.

Jacob R. Peters, PharmD, is currently a Post Graduate Year (PGY) 2 Behavioral Care Pharmacy Practice Resident with Community Health Network and Butler University College of Pharmacy and Health Sciences in Indianapolis, Indiana. He is a 2015 graduate of the East Tennessee State University Gatton College of Pharmacy in Johnson City, Tennessee, and completed a PGY1 residency at Eskenazi Health in Indianapolis. He was awarded the 2015-2016 Pharmacy Resident of the Year by the Indiana Society of Health-System Pharmacists. His practice interests include psychiatric pharmacy, treating patients with substance use disorders, pharmacy practice improvement and advancement, and academia. Upon completion of his PGY2 residency, Jake aims to pursue a career as a faculty member with a college of pharmacy practicing in psychiatric pharmacy.

John Polstra, MSW, LCSW, CSAYC, graduated from the University of Chicago's School of Social Service Administration. For the past 25 years, he has worked as a therapist with children and families involved in the child welfare system. John has training in trauma-focused cognitive-behavioral therapy, parent-child interaction therapy and the treatment of sexually maladaptive children which are all forms of treatment related to trauma. John has also provided supervision and training to new therapists and to students at the Indiana University School of Social Work.

Joyce Tam, PhD is a first year Neuropsychology Fellow at Indiana University School of Medicine. She completed her Pre-doctoral Internship at the University of Chicago Medicine and graduate training in Clinical Psychology at Washington State University. Her research interests include understanding cognitive changes in aging and neurologic conditions as well as developing programs that enhance quality of life and functional independence in older adulthood.

Christine Turo-Shields, ACSW, LCSW, LCAC co-owns & operates Kenosis Counseling Center, Inc., which is a community-based private practice in Greenwood, IN. With 30 years of professional experience, she knows the value of personal and professional self-care. She emphasizes self-care and mindfulness to the many graduate students that she clinically supervises – in order to attend to clients' needs, one must exercise good self-care. Her clinical specialties include treatment of suicide, trauma, grief, depression, anxiety/panic and addictions as well as working with gifted/profoundly gifted children and their families. She is an Indiana State Board Member with the Indiana Chapter of the American Foundation for Suicide Prevention (AFSP). Additionally, she is a member of the Family Advocacy Outreach Network, with specific trauma training, from the National Center for Missing and Exploited Children (NCMEC).

Stephan Viehweg, LCSW, ACSW, IMH-E- (IV) is the Associate Director of the Riley Child Development Center, a nationally recognized interdisciplinary leadership training program for young children with disabilities. He is also an associate professor in the Department of Child Development at Indiana University School of Medicine, Research Director of the Riley Child Development Center and Director of the Indiana Autism Neuroimaging Center. He is an Associate Editor of Autism, the leading professional journal in the field. He is co-author of two leading books in the field of autism, including the recent publication Autism's Next Steps: From Theory to Practice. He is a frequent presenter and consultant to national and international conferences on autism.

Todd York, RN, has a Bachelor’s of Arts Degree with a Sociology major and Psychology minor and a Bachelor’s of Science Degree in Nursing. Brad previously worked as a case manager/care coordinator in the outpatient mental health field for nine years. He also worked as a Registered Nurse for five years, including on medical floors at an urban inpatient hospital, on the pre / post-operative unit of an outpatient surgery center, and in an integrated primary care and mental health care clinics providing services to persons experiencing homelessness or persons diagnosed with mental illness. For the past 2 years, Brad has served in a managerial role of two different integrated primary health and mental health care clinics. One of these clinics, Pedigo Health Center co-located at Horizon House, provides primary health, mental health, and urgent care to persons experiencing homelessness. The other clinic provides primary health care to persons diagnosed with mental illness and is co-located inside an outpatient mental health care facility. Brad also oversees medical nursing care being provided to residents of a 38 unit apartment building that utilizes the housing first model to provide housing to formerly homeless individuals who were high users of emergency services.

Maurice Young, a leading activist to eliminate the Criminalization of Homelessness and actively homeless himself, advocates daily for the fair and equal treatment for those who call the streets home. His daily work includes identifying policies and practices that create systemic barriers for the homeless population and initiating litigation and/or mediation-arbitration for civil and constitutional rights violations. In conjunction with his legal activism, Young collaborates with many groups, agencies and organizations to meet the ongoing basic needs of those entering into homelessness together with those underserved within the homeless community. To date, the created access to free medical, dental and vision coverage for the homeless community has become a notable achievement. Moreover, Young's personal efforts, homeless initiatives and organization leadership have been widely recognized by three (3) renowned documentaries, seven (7) film festival wins (including a Best Picture), a 2014 Emmy Award and a prestigious Ted Talk.
## Indiana University School of Social Work Alumni Association 16th Annual Alumni Conference

**Friday, March 3, 2017**

**Registration Online is also available at** [http://myiuuaa.com/iusswaa](http://myiuuaa.com/iusswaa)

**Name**  
Last  
First  

**Address**  

**City**  

**State** ______________________________ **Zip** ______________________________ **Class Yr.** ______________________________

**Phone (Day)**  

**E-mail**  

**Place of Employment (if applicable)**  

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**Total Paid** $ _____________

**Additional Attendees Names for Nametags:**

_________________________________________  ____________________________________

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Please attach a list of names if additional space is needed – we do nametags for each attendee. Also attach a note with their session selections.

**Reservation Deadline:** **Monday, February 27, 2017.**

If paying by check, please make payable to IUAA.

If paying by credit card please complete:

☑ Visa  ☑ Mastercard  ☑ AMEX  ☑ Discover

**Acct. #** _______________________________________________________________________

**Exp. Date** ________  **Security Code** ________

**Signature** _____________________________________________________________________

Send completed form to:

IUSSWAA, 301 University Boulevard, Suite 1031, Indianapolis, IN 46202 or fax to (317) 274-5064.

For more information, please call (317) 274-8959 or e-mail kdeery@iupui.edu.
Please check the sessions you and your guests plan to attend. Indicate how many people will attend the sessions you select. This information will help us plan handouts, seating, etc.

Friday, March 3, 2017

8:30 – 9:00 a.m.  Registration
9:00 – 9:15 a.m.  Welcome
9:15-10:45 a.m.  Keynote

- Strategies for the Empowerment of Women Trafficked in India: Global Solutions with a Local Connection (worth 1.5 hours of ethics)

11:00 a.m.-12:30 p.m.

Breakout Session 1
- Can I Come In? A Look at Black/African-American Culture and Home Visits
- Cultural Competency – Homelessness: “Life on the streets”
- Professional R & R: Resilience & Rejuvenation
- Preparing Social Workers for Innovative Policy Practice

12:30-1:30 p.m.
- Lunch

1:30-3:00 p.m.

Breakout Session 2
- Youth-Led Advocacy
- Take a Chill Pill: Medications and Mental Health
- Tackling the Tough Stuff: Supporting Parents so Parents Can Support Children
- Social Work and Police Partnerships

3:15-4:45 p.m.

Breakout Session 3
- Playing Nicely in the Sandbox: A Collaborative Approach to Serving Those Most Vulnerable Experiencing Homelessness
- Trauma in the Lives of Children
- Welcoming and Supporting LGBTQ+ Clients
- Promoting Brain Health for the HealthCare Professional

We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you.

Lunch will be a buffet which will include vegetarian options.

Continuing Education Credits
Continuing education credits will be issued by Indiana University School of Social Work.

The conference is worth 6 CEU Hours.

Thank you to the following organizations who will exhibit at our conference:

Adult and Child  Community Health Network, Inc.  Franciscan St. Francis Health  Lifeline Youth & Family Services, Inc.
GenderNexus  Sari Bari  Fayette Regional Care Pavilion
Indiana University School of Social Work
Alumni Association
16th Annual Alumni Conference

The Journey of a Social Worker

Friday, March 3, 2017