

9/22/2021

NASW-NYS Westchester Division Monthly Meeting Recap

Division Director: Billye Jones, LCSW

- Billye asked everyone to introduce themselves/ pronouns
- Areas of practice
- Share something that brings you joy and something you do for self care

After the go around I introduced myself and shared my history with NASW and some of my goals. Goals stated were:

- Open meeting for the next few months to create opportunities to get to know each other
- Want to survey members to see what the current needs are
- Reach out to new members via email

In the New Year '22

- Do some goal setting for the chapter
- Explore the possibility of an in-person CE event
- Acknowledging work of members

The theme of the meeting was self care or radical self-care

Introduced the self care wheel

We discussed how we work while continuing to take care of ourselves.

A question was raised: How can the division/ NASW help with self-care: A response to that question was that members missed "collegial time" to just connect with other social workers. I said maybe we should meet to just "goof off".

We shared self care tips and what has been helpful during the pandemic. A member suggested a self-care challenge and there was a lot of enthusiasm about the idea. I agreed to implement the challenge. I challenged our group to declutter a small area. I shared where to take paper to be shredded and where to donate used and broken items.