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## Update Your Self-Care Plans for 2009

**E**stablishing a self-care plan is a regimen reinforced regularly by social work faculty, but you may have discovered that these reminders take a back seat to work, family, friends, and other pressing duties.

Are you frustrated with New Year's resolutions? Try something different. Take a moment and think. Then make a list of things that add richness and quality to your life. If you want to take it a step further, cap your list by setting a longer term goal, such as planning a trip. It will give you something to look forward to in the year ahead.

If you are feeling stumped, start by asking yourself a few questions.

Where do you like to go? What do you like to do? What makes you feel centered? How long has it been since you have done those activities?

When you answer questions like these, you will be able to devise a list of things that you would like to add to the mix, whether it's walking through a park, stretching your body in a yoga class, or attending a religious service.

You might think that your week is too full to add more activities, but consider the reframe, but you might spend

an hour at a religious service that might heighten your spiritual well-being all week long.

Attending one hourlong yoga class per week or completing three 20-minute yoga DVDs at home, takes just one of the 168 hours you have each week.

After you check off items on your list, you might discover that some parts of your routine are expendable enough to be replaced with activities that will recharge your personal life.

— **Writer Stephanie Holmes is an MSW graduate research assistant at the Center for Children and Families.**

## CCF Welcomes Students and Interns

The Center for Children and Families (CCF) welcomes four new Title IV-E stipend students and two new CCF interns.

Erika Gomez and Sara Foshat are BSW students, who attend Texas State University

as part of Austin Region 7. Monica Chapa and Melissa Summerville are BSW students who attend Our Lady of the Lake University as part of San Antonio Region 8.

Kristin Thompson and Kendra Reneau are MSW

students focusing on administrative leadership at the Texas State School of Social Work. They began working on their projects at the CCF in January, and will complete them at the close of the spring semester.



An official portrait of the 44th President Barack Hussein Obama

Source: The White House

“...Our challenges may be new. The instruments with which we meet them may be new. But those values upon which our success depends—honesty and hard work, courage and fair play, tolerance and curiosity, loyalty and patriotism -- these things are old. These things are true. They have been the quiet force of progress throughout our history.”

President Barack Obama said as part of his inauguration speech Jan. 20, 2009.

## Recent Publications to Review

The CCF staff collected a variety of updated resources that may be useful in your work.

### STRESS MANAGEMENT

<http://www.mindtools.com/stress/UnderstandStress/StressManagement.htm>

### YOUTUBE VIDEO

*The Truth About Foster Care: A Child's Point of View* is a series of videos posted on YouTube that remind us about some of the feelings that clients might encounter: Web site:

<http://www.youtube.com/watch?v=pu4nldTcpt8&feature=related>

### CBX

The December 2008/January 2009 issue of CBX, the *Children's Bureau Express* online, includes a special section on child welfare leadership and its impact on the workforce. CBX covers news, issues, and trends of interest to professionals and policymakers in the interrelated fields of child abuse and neglect, child welfare, and adoption. Web site:

[cbexpress.acf.hhs.gov](http://cbexpress.acf.hhs.gov)

### CHILD WELFARE

All States and Territories require that the child's best interests be considered when court decisions about a child's placement are made. This publication reviews statutes and offers insight to people involved in making such decisions based on the child's best interests. Web site: [www.childwelfare.gov/systemwide/laws\\_policies/statutes/best\\_interest.cfm](http://www.childwelfare.gov/systemwide/laws_policies/statutes/best_interest.cfm)

## Domestic violence Web site updated

Child Welfare Information Gateway updated its Domestic Violence Web site resources.

The Web site provides information on the co-occurrence of child mistreatment and domestic violence.

Also, the Web site gives social service providers guidance on working together to improve services for children, youth, and families affected by domestic violence.

tic violence.

In addition to an overview of the topic and a list of resources for families, the redesigned section addresses:

- **Impact**
- **Prevention**
- **Assessment**
- **Treatment services**
- **Casework practice**

### • Cross-system collaboration

You can visit the Domestic Violence Web section at [http://www.childwelfare.gov/systemwide/service\\_array/domviolence/](http://www.childwelfare.gov/systemwide/service_array/domviolence/)

This notice is courtesy of Title IV-E Child Welfare Education

## News & Notes

Title IV-E would like to send you announcements, newsletters, and notices about future Title IV-E and events.

We'd also like to hear about positive things happening for you and your career.

Please send your e-mail address and other information to

[ccf@txstate.edu](mailto:ccf@txstate.edu).

### FEBRUARY TRAINING

Dr. Dorinda Noble, Social Work Director, and Andrew Marks, LMSW, will hold an interactive workshop in Advanced Ethics for foster care and adoption development workers, child protective ser-

vices, caseworkers, case managers, and supervisors.

Session 1 will be held 1:30 p.m. to 4:45 p.m. on Feb. 19, 2009, and Session 2 will be held 9 a.m. to 12:15 p.m. on Feb. 20, 2009. Both sessions will be held at DFPS, 2500 N. Main St., Building B, Room 153 in Belton. Each session is worth three continuing education credits.

To register send your name, telephone and e-mail address to [mg42@txstate.edu](mailto:mg42@txstate.edu)