

## BSW Program – 60-hour Requirement *during Covid-19*

Completing the 60-hour Social Work Requirement – all of the resources listed below can be accessed virtually, free of charge. Where certificates of completion are available, please keep for your records. After you have completed the virtual training fill out the 60-hour volunteer form and return the form to Ron Cummings, the Office Manager at [rcummings@westfield.ma.edu](mailto:rcummings@westfield.ma.edu)

1. Psychological First Aid Training for Providers:
  - a. <https://www.coursera.org/learn/psychological-first-aid>
2. Recorded talk “Caring for yourself and others during the COVID-19 pandemic: Managing healthcare workers stress” by Dr. Patricia Watson, PhD, from the National Center for PTSD: <https://www.theschwartzcenter.org/webinar/caring-for-yourself-others-during-the-covid-19-pandemic-managing-healthcare-workers-stress>
3. UCLA’s Mindful Awareness Research Center offers free guided meditations (English and Spanish!) now available on an app as well: [https://www.uclahealth.org/marc/body.cfm?id=22&iirf\\_redirect=1](https://www.uclahealth.org/marc/body.cfm?id=22&iirf_redirect=1)
4. Dr. Laurie Santos has a podcast based on her Science of Happiness/Well-Being course from Yale called The Happiness Lab - available wherever you get your podcasts: <https://www.happinesslab.fm/>
5. **NASW-CA:** <https://www.socialworkweb.com/#/s/freeceus>
  - Introduction to Gender Identity and the Transgender Community (3 hours)
  - The Opioid Crisis in the United States (3 hours)
6. **MUSC:** <https://tfcbt2.musc.edu/>
  - Trauma-Focused CBT (10 hours)
7. **Westfield State University:** <http://www.westfield.ma.edu/interdisciplinary-behavioral-health-collaboration/modules> **Integrated Behavioral Health Care Project**
  - Introduction to Integrated Healthcare & Interprofessional Education (4 hours)
  - Addictions (3 hours)
  - Specialized Populations (9 hours)
  - Coming in September 2020 – Self-Care Train the Trainer Series, Telehealth for Social Workers, Addressing Social Determinants of Health, and Program Evaluation
8. **NASW:** <https://www.socialworkers.org/About/Ethics/Ethics-Education-and-Resources/Workshops-and-Webinars>

- Faculty-Student Virtual Ethics Round Table: "Exploring Ethics and Technology in Academia" (1.5 hours)
9. **Quantum Units Ed:** <https://www.quantumunitsed.com/online-ceus/free-ces.php>
    - Increasing the Effectiveness of Suicide Prevention Strategies (1 hour)
    - Resilience Factors for People Who Use Drugs (1 hour)
    - Dual Diagnosis: Understanding Co-Occurring Mental Illness and Substance Use Disorders (1 hour)
  10. Child Welfare Trainings SBIRT  
<https://www.childwelfare.gov/topics/management/training/curricula/caseworkers/>
  11. Screening, Brief Intervention and referral to Treatment (SBIRT) Training for Substance Use
    - [https://psattcelearn.org/courses/4hr\\_sbirt/](https://psattcelearn.org/courses/4hr_sbirt/)
  12. . [Wright State on Self-Care](#)
    - This page not only shares a few short videos on self-care practice, but breaks down the various ways to engage in self-care and the benefits of practicing self-care.
  13. [Treat Yo'Self!: Promoting Self-Care for Our Youth](#)
    - The link leads to a PDF on the importance of self-care, identifying stressors, assessment of personal wellness, and sharing strategies for self-care for adolescents.
  14. [Community Health Training Institute](#)
  15. Provides targeted skills development to individuals and teams working to build healthy communities in Massachusetts
  16. Teaching and Learning in Social Work:
  17. <https://laureliversonhitchcock.org/2020/07/22/virtual-volunteering-for-social-work-education-during-covid19/>
  - 18.
  19. Greater Lynn Senior Services:  
<http://campaign.r20.constantcontact.com/render?m=1106571503214&ca=54f42b95-d4de-4cb4-b929-352c7416ef15>