

Black Social Workers Matter: *The Influence of Black Social Work Pioneers on the Profession*

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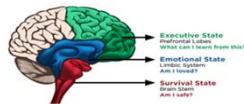


Overview: Race, Faith, and Social Work



Self Regulation: Brain Principles

- The best exercise for the brain is exercise
- The brain functions optimally when safe
- The brain is pattern seeking



A Gift from Me to You 😊

- **Self-regulation** – managing our own thoughts, feelings and actions – is the cornerstone of a successful life and transformative social work practice.



Self Regulation



Feelings Identification

Feelings are something we feel in our body

Where do you feel your feelings?

Show the places with these colors

- Sad - Blue
- Fear - Black
- Guilt - Brown
- Anger - Red
- Jealous - Green
- Nervous - Orange
- Happy - Yellow

***Self monitor to respond instead of react when triggered



- Breathing: Keep breathing
- Grounding: Ground yourself by consciously choosing to re-direct your attention to an object (use 5 senses) for a short period of time
- Grateful state: Focus on what is good (Phil. 4:8, Psalms 34)
- Walk away: Go get a drink of water or choose to end the conversation (Proverbs 14:7)



Self Regulation
in Difficult
Conversations



Who are the founders or pioneers of Social Work?

What is racism?

- Is Social Work racist?



If Black Social Workers Mattered...

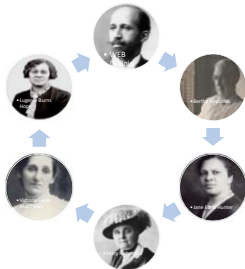
...when one speaks of the history and development of social work, Black social work pioneers would be mentioned alongside the highlighted contributions of Jane Addams, Mary Richmond, and Bertha Reynolds.

...Jane Addams and colleagues alone would not be lauded for the settlement house movement in America.

...there would be recognition of the contribution of W.E.B. DuBois in the conceptualization and use of the strengths based approach, community based research...

...the neighborhood, coalition-building, and community based work of Black pioneers such as Lugenia Burns Hope would be acknowledged

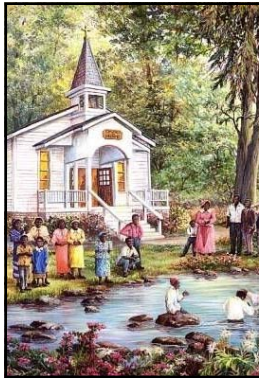
If Black Social Workers Mattered...



History of Social Work in America

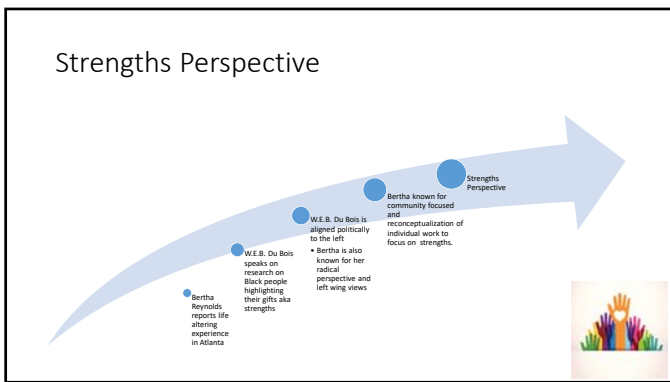
- Mainstream Social Welfare System:
 - Settlement houses
 - Jane Addams and Hull House
 - Community workers
 - Mary Richmond





Black Social Welfare System


- Black Church
 - Missions
 - New York Colored Mission in 1865 and the Progressive Workingman's Club in 1878
- Settlement Houses: Between 1890 to 1920
 - Locust Street Fellowship (Hampton, VA), Neighborhood Union (Atlanta, GA),
 - Elizabeth Russell Settlement (Tuskegee, AI), Chicago Settlement and Negro Fellowship League (Chicago, IL),
 - Phillis Wheatley Settlement (Minneapolis, MN), White Rose Settlement (New York, NY)
 - Fredrick Douglass Center (Chicago, IL)
 - Institutional Church and Social Settlement (Chicago, IL)
- Community-based self help (masons, fraternities, sororities)



Race, Faith, and Social Work

- Faith and race are interwoven
- The majority of Black social work pioneers were people of faith.
- Faith recruited and retained the pioneers to service work
- Faith based practices included: prayer, song, scripture, meditation, service...

Black Social Workers Matter



- 1 Acknowledge the contributions of people of African ancestry to the field
- 2 Give credit where credit is due
- 3 Recognize the role of faith in resilience

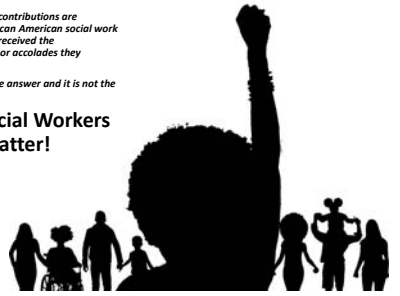
Anti-Racist Reflection



All social workers' contributions are important, but African American social work pioneers have not received the acknowledgement or accolades they deserve.

Ignorance is not the answer and it is not the excuse.

Black Social Workers Matter!



Resources

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- And many more...
