

NPHF Monthly Newsletter



HAWTHORNE



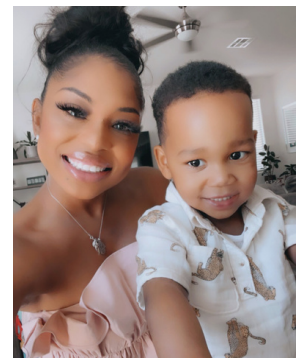
Each month the main picture will feature a different city in Nevada. If you have a scenic picture of your county please email, andrea@nphf.org

Social Work Scholarship Student Check-In

Rai Yana Anderson is a MSW student at Capella University working in DPBH in Clark County. Rai Yana has been with the scholarship program since Spring 2024.

What are you looking forward to this semester?

This semester, I'm looking forward to deepening my understanding of social work theories and applying them in practical settings. I'm particularly excited about engaging with my peers and instructors to explore diverse perspectives, as well as participating in any fieldwork opportunities that will allow me to gain hands-on experience. Additionally, I hope to develop stronger skills in areas like mental health, substance abuse, trauma-informed care and community advocacy, which are essential for my future career.



Describe the work you do for Department of Public and Behavioral Health (DPBH)?

As a Psychiatric Case Manager for the DPBH, I provide direct support to individuals experiencing mental health challenges. My role involves assessing clients' needs, developing personalized care plans, and coordinating access to mental health services, including therapy, medication management, and community resources. I work closely with clients to advocate for their well-being, helping them navigate complex systems such as healthcare, housing, and social services. Additionally, I monitor their progress, provide crisis intervention when necessary, and collaborate with multidisciplinary teams to ensure comprehensive care. This role requires strong communication skills, empathy, and a commitment to improving clients' quality of life.

What is one thing you learn in your last class that was interesting to you?

In my last class, I found the discussion on cultural competence in social work especially interesting. Learning about how cultural values, beliefs, and practices influence client experiences highlighted the importance of being sensitive and adaptable in my approach to service delivery. It reinforced the need for ongoing self-reflection to avoid biases and provide more effective, respectful support to diverse populations.

What kind of self-care or work/life balance techniques have you implemented to handle work/school/home responsibilities?

To manage my responsibilities, I've incorporated regular self-care practices such as mindfulness meditation and physical exercise, which help me reduce stress and maintain focus. I also prioritize creating a structured schedule that allocates specific time for work, study, and relaxation. Setting clear boundaries between school, work, and home life ensures I avoid burnout and stay energized. Additionally, I make time to connect with friends and family, which provides emotional support and balance.

Upcoming Webinars

**Build Your Network - Meet other
Scholarship Recipients
(only for Scholarship Recipients)**
Oct. 28th @ 6:30-7:30pm

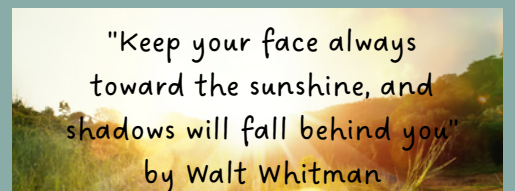
[Click to Register](#)

**Day in the Life of Two LSWs:
One Urban, One Rural**
November TBD @ 12:00 -1:00pm

[Click to Register](#)

Quote of the Month

"Keep your face always
toward the sunshine, and
shadows will fall behind you"
by Walt Whitman



Changing Young Lives in Rural Southern Nevada

Luke Hatch, LCSW, is the Co-Founder/Executive Director/Clinical Director for KW Legacy Ranch in Hiko, Nevada a residential treatment center for young men ages 11-18. kwlegacyranch.com

Would you share about your background?

I was born and raised in a small farming community in southern Nevada where I grew up ranching with my parents and grandparents. I learned so much from ranching growing up including how hard work and accomplishment would add value to my life. After graduating from high school, I attended Southern Utah University receiving a Bachelor of Psychology degree and then went to the University of Utah for my Master of Social Work degree. I then went on to work for an adolescent residential treatment program in southern Utah that was a short term (100 days) treatment center on a working ranch. I worked as a therapist and eventually moved into administration and became their Executive Director. In 2012, I moved back home to southern Nevada to start KW Legacy Ranch. I have loved incorporating the value taught from a working ranch into mental health treatment. We use the working ranch as a therapeutic tool to help change lives.

As a clinician in this type of setting what are the main diagnosis you are seeing and working with?

Some of the main issues and diagnoses we work with are defiance, poor peer choices, under achievement at school, Substance Use Disorder, depression, anxiety, ADHD, Autism Spectrum Disorder, Adjustment Disorder, parent-child relational problems, anger, poor impulse control, trauma, poor attachment to parents/guardians, and low self-esteem.

Has it changed over the past few years?

In the past few years Autism Spectrum Disorder has become way more prevalent. We are seeing so many more children that are coming with these diagnoses.

What have you found is/are important attributes when working with youth?

I think it is more effective to be a role model with adolescents where they see you as a mentor and someone they can look up to. Sometimes adults try to be on an immature level with adolescents, and they see right through that.

When you use social learning theory by using your own good example with positive regard, non-judgementalism, and empathy, you see the best results. Once you gain their trust and respect most adolescents will work well with you. I always try to be straight forward and honest with them and that builds more trust.

What do you find they enjoy about being on the ranch, working outdoors, working with animals?

They love the animals, and they really enjoy working on the ranch and accomplishing things. Even though it wasn't always my favorite job growing up, for some reason the boys love to go buck hay (hauling the hay off the fields and stacking it). The boys love riding the horses and getting to participate in the roundups. They also love taking care of the cattle with doctoring and marking them. Some of the boys like the mechanics and welding projects.

What challenges do you face providing services in a rural environment?

The biggest challenges I face is being able to hire qualified staff and therapists to work at the treatment program. It usually requires them to relocate to a small community and not many want to make that move early in their careers.

Can you share a success story?

We had an individual come to us with a severe substance use disorder. She had moved to a point of shooting up her heroin in her neck to get the effects faster. She had had severe trauma and came to us friendly but depressed. As she worked through the program and participated in all the activities, we started to see a light come back in her. She seemed happy, accomplished, and built good relationships with the students and staff. She did good family work with her parents and older sister. She was engaged in the therapy and worked on herself throughout the program. Now that she has been out of the program for the past 10 years, she has remained clean from drugs and is married and has two young children. Her mother reached out recently to thank us for our work with her daughter and told us we saved her life.

Are there areas of training that have become invaluable in your work?

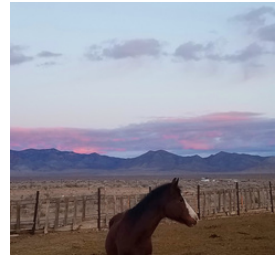
Training in Motivational Interviewing and the Stages of Change model have been very valuable to me in my work. I use them every day.

What advice would you give to students interested in therapeutic work with teens?

Please consider working with teenagers. They are still developing, bright, and fun. I love seeing their growth. When working with teens you can be a part of helping someone get on the right path that will help them for the rest of their lives.

One thing to consider is how important it is to use the group work in a positive way. They feed off each other's energy so much and if you can keep the group positive and engaged, you have a greater effect on the individual.

I have enjoyed working with this population so much and hope I have been a positive influence in their lives. I have worked with so many different age groups in my career but my favorite group to work with are teens.

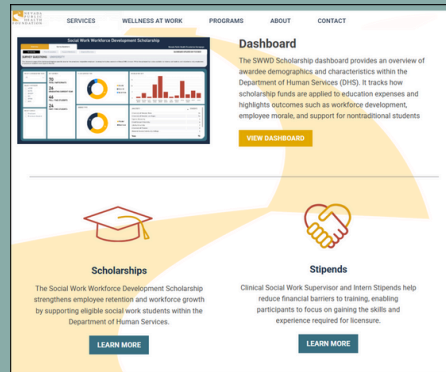


Ranch pictures from KWLegacyranch.com

RESOURCE CORNER

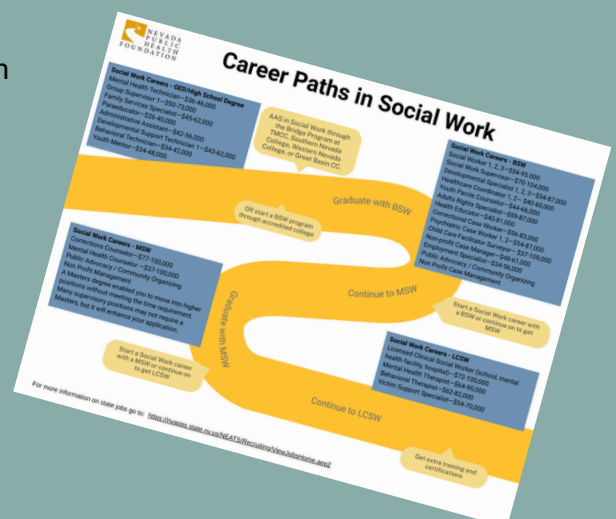
Our Social Work Workforce Development section of our website is updated.

<https://nevadapublichealthfoundation.org/programs/swwd/>



Check out the interactive Dashboard utilizing scholarship awardee demographics and characteristics within the Department of Human Services (DHS). It tracks how scholarship funds are applied to education expenses and highlights outcomes such as workforce development, employee morale, and support for nontraditional students.

If you continue to scroll down below the dashboard on the website, we have created a “Career Paths in Social Work” infographic to show many of the social work jobs available at each level of schooling. Go to the website page to download as a pdf.





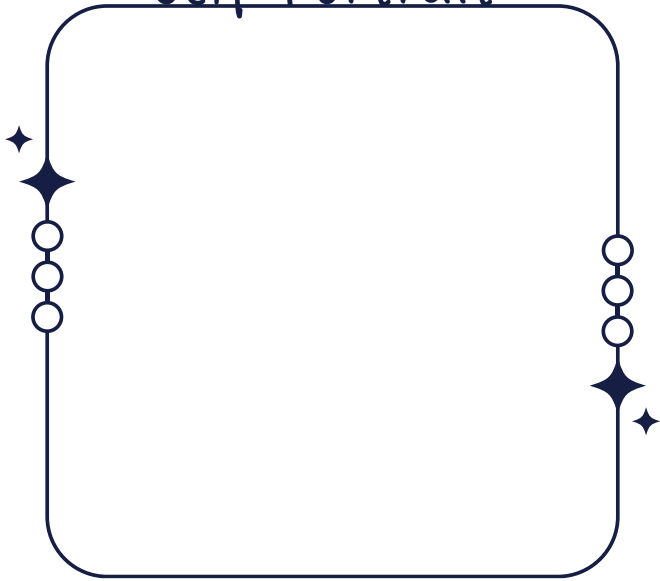
ALL ABOUT ME

✦✦ Social Work Edition ✦✦

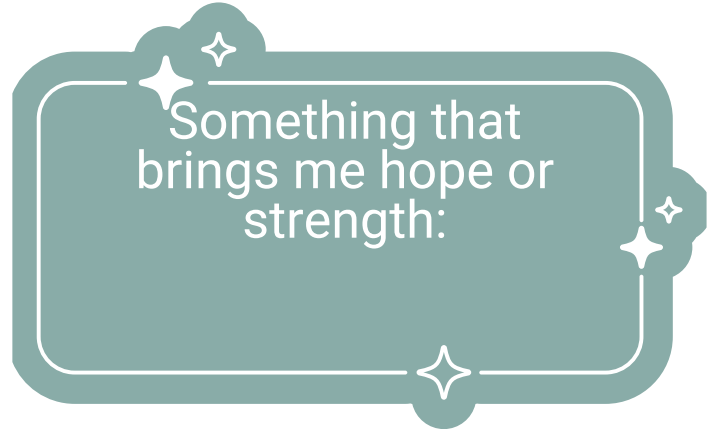


My name is: _____ Degree/Grad Date: _____

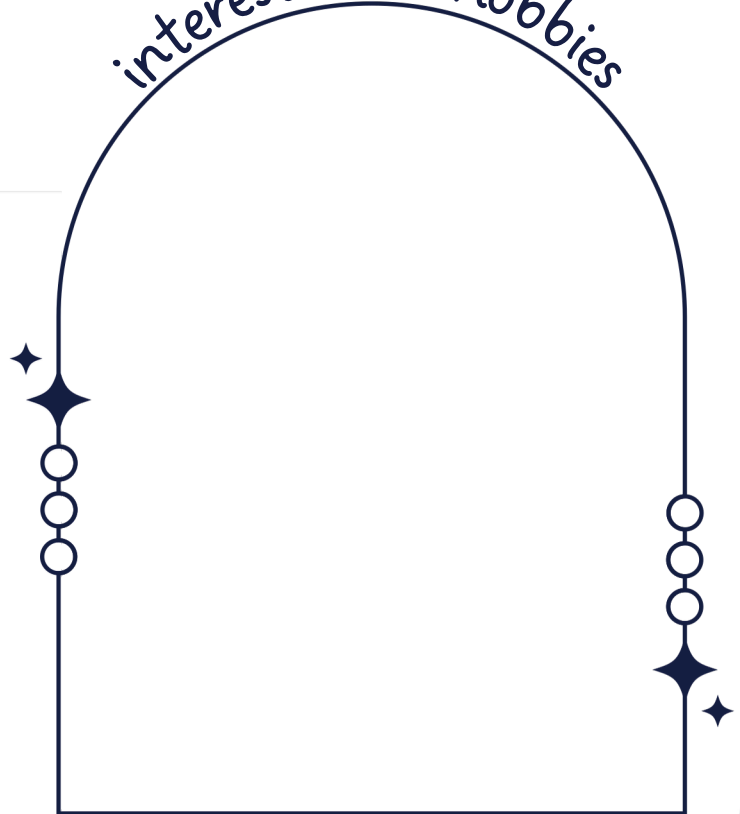
Self-Portrait



Something that
brings me hope or
strength:



interests and hobbies



THIS OR THAT?

Mindfulness or Movement

Macro or Micro

Remote or In-Person

_____ or _____

For each of the prompts, try to answer using one word only!

- Dream Job or Location:

- Life in 5 years:

- Purpose/Goal of Social Work:

- Advice for new students: