



Issue 50 | March 2017

## Spotlight on Social Work

### A Note from the Director

March is [Social Work Month](#). The Resource Center team and I celebrate the many men and women who work tirelessly in the social work field on behalf of the millions of individuals and families who are struggling through life's many challenges. Social workers are often overloaded with cases and their contributions to society underappreciated. While we take time out to honor social service providers, we are also reminded that [Social Service Providers Have Families, Too](#). It's important for them to take time for self-care and to nurture their own family relationships. Maintaining a sustainable work-life balance can prevent compassion fatigue and reduce family stress. We hope the additional tips and resources provided below will be helpful to you and the families you serve.

Best Regards,  
**Robyn Cenizal, CFLE, Project Director**

## Tip of the Month

Your monthly tip to strengthen the relationships of those you serve. Share it - Post it - Pass it on!

Professional social workers and others who work in social service settings such as health and human services agencies, community-based organizations, and schools use healthy relationship skills to establish trusting partnerships with clients, and, often, also teach and/or model these skills to strengthen the personal, academic and/or professional functioning of the individuals and families they serve. Here are two additional ways to incorporate healthy relationship education into social services:

- Provide individuals and families with our [tip sheets \(English/Spanish\) on the core elements of healthy relationships](#): communication, conflict management, financial management, and parenting skills.
- [Establish partnerships](#) with other service providers in your community, including healthy marriage and responsible fatherhood programs, who can deliver relationship education to clients.

[Learn more about integrating healthy relationships into social services.](#)

## Featured Resources

The Resource Center's [Virtual Library](#) has collected more than 1,400 materials in a variety of formats including fact sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

- **Setting the Stage for Successful Integration of Relationship Education**  
This research brief summarizes the benefits of and strategies for integrating relationship education into existing social services, and features integration success stories from safety-net service providers across the country.
- **Guide to Free and Low-Cost, Research-Based Healthy Marriage and Relationship Education Curricula for Safety-Net Service Providers**  
This Resource Center tool provides information on free and low-cost healthy marriage and relationship education curricula that are research-based and suitable for integration into safety-net service delivery systems. For the purposes of this review, "low-cost" is defined as costing less than \$300 for facilitator materials for up to 20 participants.
- **Resource Center on LinkedIn**  
Our LinkedIn page offers new resources and professional development opportunities targeted to individuals working in social services. Connect with other social service professionals and learn about free online training, research and tools, technical assistance opportunities, and upcoming conferences and webinars.
- **My Relationship Isn't Perfect - How Can I Help Couples?**

This tip sheet addresses how social service providers can effectively utilize marriage and relationship education to assist the children, couples, and families they serve. It also provides examples of helpful strategies and addresses the importance of using research-based principles.

## Events

The Resource Center's [Events Calendar](#) offers a listing of Resource Center events and other national, regional, and community-wide events that might be of interest. Upcoming events include:

- **44th Annual National Head Start Conference and Expo, Chicago, IL, April 7-10, 2017**

More than 4,000 executive directors, directors, administrators, managers, teachers, policy council members, and parents from every state and territory will gather to discuss the latest developments, innovations, and obstacles in early learning and to inspire ideas for turning challenges into opportunities.

- **2017 APHSA National Health and Human Services Summit, Baltimore, MD, April 30 - May 3, 2017**

Attendees are encouraged to come prepared to drive the conversation about shaping a modern human serving system, promoting these new approaches at all levels of government, and championing technological innovations that lead to improved outcomes for all citizens. The Summit will focus on three broad health and human services themes: child and family well-being, employment and economic well-being, and improved overall population health and well-being through the integration of the health and human services systems.

## Feedback and Technical Assistance

To learn more about the Resource Center, visit us at [www.healthymarriageandfamilies.org](http://www.healthymarriageandfamilies.org).

The National Resource Center for Healthy Marriage and Families supports human service providers as they integrate healthy marriage and relationship education skills into service delivery systems as part of a comprehensive, culturally appropriate, family-centered approach designed to promote self-sufficiency.

If you have suggestions or wish to speak with a Resource Center staff member, please [contact us](#) and we will be happy to assist you. To learn more about free training and technical assistance available to human service agencies, visit our [Training and Technical Assistance page](#).

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