



The Care Café: Implementing Models of Social Work Practice with Groups

Kimberly Moore, PhD, LCSW, MA, MAC, CASAC, ADS, Director of Care Café Program

Yvette Fort, LMSW, SIFI Certified, Field Instructor

Yeshiva University, Wurzweiler School of Social Work

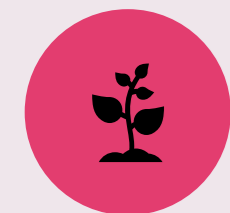


Wurzweiler
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Introduction

Established in 2018, Care Café is Yeshiva University's Wurzweiler School of Social Work mental health community outreach and engagement division providing psychoeducational pop-up support cafés throughout the New York City metropolitan area.

Program Summary



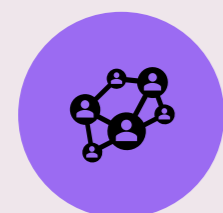
Promotes growth and healing in our community



Provide free workshops and presentations on a wide range of topics



Empower participants to overcome obstacles



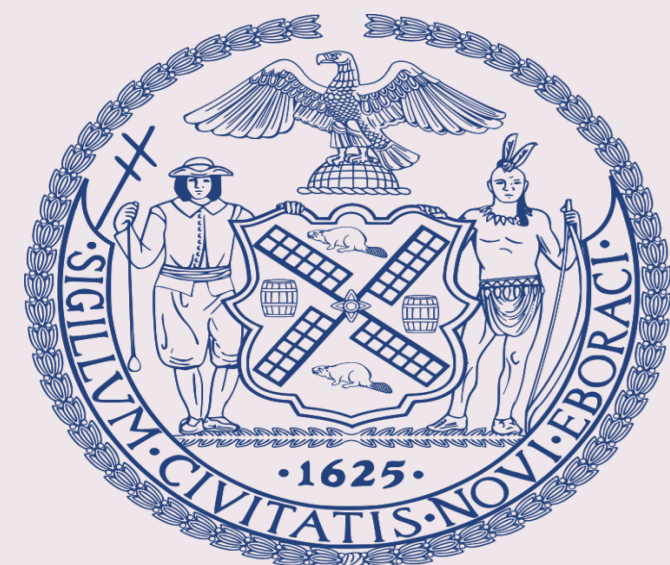
Facilitate the development of internal/external support networks

The work of Care Café is founded upon a model of bringing a topic expert into an easily accessible community-based setting to facilitate a presentation or interactive workshop on a subject timely and important to the residents of the community, offered in the primary language of attendees.

Social Issues

- ✓ Mental Health
- ✓ Health Promotion
- ✓ Domestic Violence
- ✓ Substance Use Prevention
- ✓ Healthy Aging
- ✓ Parenting
- ✓ Food Insecurity
- ✓ Stress management,
- ✓ Technology

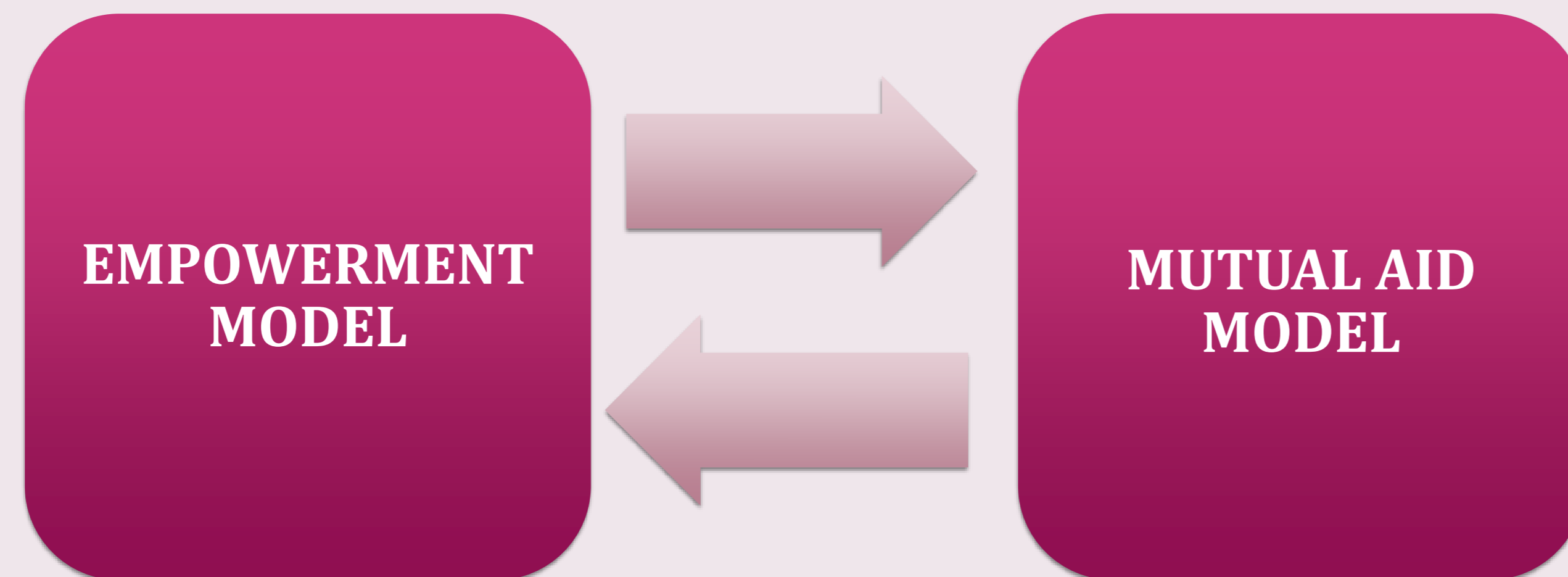
Stakeholders



New York City Council

Group Work Practice Models

Grounded in the theoretical frameworks of the Mutual Aid Model (Gitterman, 2004), Empowerment Model (Zimmerman, 2000), Interpersonal Learning (Yalom, 1995), Care Café utilizes an empowerment group practice modality which safely fosters an environment of personal reflection, open communication, and the development of group strength and cohesion.



Interpersonal Learning



Interpersonal relationships

(Ex. Older Adult learning communities)



Correctional emotional experiences

(Ex. Victim/ Survivor healing circles)



Group as a "social microcosm"

(Ex. Faith leaders as interventionists)

Implementation

By working together students learn to engage, assess, and evaluate individual goals and/or collective psychosocial goals of community members, to develop interventions and to provide services that address the identified needs of community members.

Foundations of learning

Needs Assessment

- Utilize tools and develop strategies which explore, assess, and evaluate psychosocial issues which impact marginalized populations

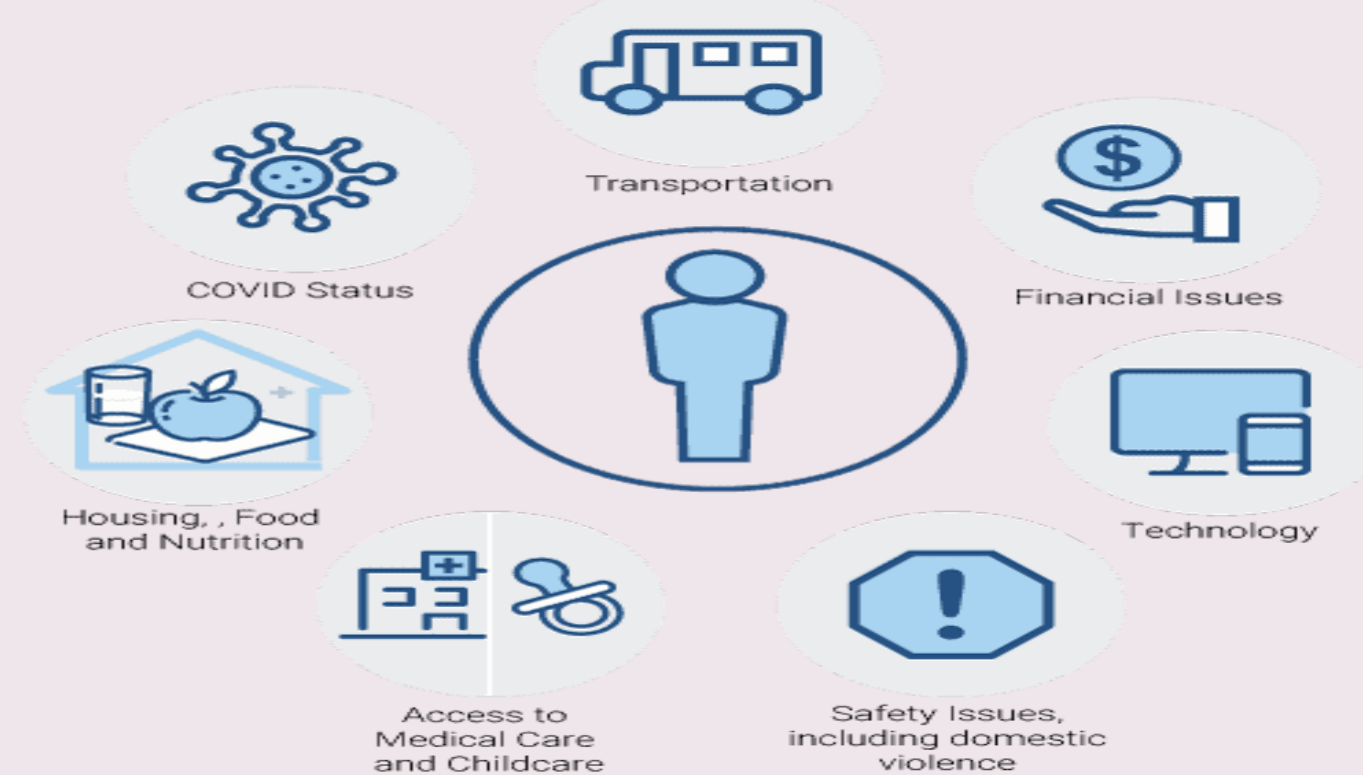
Engagement

- Build rapport and relationships which are rooted in empathy and embrace diversity and cultural humility

Intervention

- In collaboration with community partners, develop programming which promotes improvements in population health and well-being through education, advocacy and mutual support.

Health Promotion Initiatives



Implications for Social Work

Practice

- ✓ Increase and strengthen knowledge theory and its applications

Education

- ✓ Expand social work curricula to include stakeholder best practices

Policy

- ✓ Engage in advocacy efforts which promote health equity

Research

- ✓ Opportunities for participatory action research

References

Gitterman, A. (2004). The mutual aid model. In C. Garvin, L. Gutierrez & M. Galinsky (Eds.), Handbook of social work with groups. (pp. 93-110). New York, NY: Guilford Publications, Inc.

Zimmerman, M.A. (2000). Empowerment Theory: Psychological, Organizational and Community Levels of Analysis. Handbook of Community Psychology, (pp. 43-63).