



USCB Human Services department's Mission Statement

University of South Carolina, Beaufort's (USCB) baccalaureate degree in Human Services prepares students for employment or advanced study in the art and science of care. As a growing field of study emerging in response to an increasingly sophisticated global economy, this liberal arts interdisciplinary degree produces graduates with attitudes, values, knowledge, and skills to make a positive difference. In addition to Human Services courses, the program draws heavily from the disciplines of sociology and psychology. It also provides a series of internships so that students gain the ability to apply the knowledge and skills learned through their coursework.

The program was awarded accreditation in December 2018 from the National Council on Standards for Human Services Education. USCB's program is the only accredited bachelor's degree in Human Services in South Carolina.

STUDENT SPOTLIGHT



IMANI SHERRILLS

*Lynn M. Mulkey
Human Services
Program Outstanding
Student of the Year*

Imani is the 2020-2021 Newman Civic Scholar for USCB; this fellowship recognizes and supports community-committed students who are changemakers and public problem-solvers at Campus Compact member institutions. Imani is an outstanding student in the top 25% of her class and former vice-president of the

Human Services Student Organization (HSSO). She volunteered with children through the Beaufort County Foster Parent Association and will have completed a total of 360 internship hours at graduation, including working with the United Way of the Lowcountry and AmeriCorps, where she was responsible for provision of literacy tutoring and classroom support for local elementary school children (grades K-3). Imani has consistently demonstrated a passion for helping others and plans to pursue a career in Human Services that will allow her to provide mental health and intervention services for military personnel and their families.



**DONIKA
QUATTLEBAUM**
*Palmetto College On-Line
Human Services Degree
Completion Outstanding
Student of the Year*

Donika Quattlebaum is a member of the Human Service National Honor Society Donika, TUA Upsilon Alpha Chi Nu Chapter. She is a truly impressive student who demonstrates tremendous diligence, commitment, and enthusiasm for her coursework. As many students (and faculty members!) discovered over the past year, online learning is much more difficult than one might think. However, Donika's academic performance and strong GPA is a clear indication that she thrived in the Palmetto College Human Services Program. In Donika's own words "I think we live in a time where help is needed the most but is the hardest thing to get sometimes. I look at the world we live in and while I wish I was superwoman and could

handle a million problems at once, I can't but I still want to do my part. Happening upon this program, the light clicked for me, and I knew I had found where I was supposed to be. There are a few areas where I would like to be a helping professional, but youth and developmental disabilities are what I am leaning more towards. To be able to help those who can't help themselves fully and help put a little more light in their lives will be rewarding enough for me."



NOHS Conference

The National Organization for Human Services (NOHS) Conference was held virtually this year on October 20-22. The USCB Human Services Program enrolled a team of Ambassadors, registering nine students and a professor to participate in the Conference. The mission of the event is for the opportunity to help individuals gain an abundance of knowledge as it relates to the broad field of Human Services. The NOHS Conference is meant for individuals to share information, get to know one another, and learn from each other tactics on how to push the profession forward.

ZaNiiya Gerald, a Student Ambassador who attended the conference said, “My absolute favorite session from the conference was Self-Care for Helping Professional- Taking Care of YOU While Taking Care of Everyone Else by Jessica Brubaker. I am very passionate about helping others and pursuing a career in mental health.” In agreement with Jessica, ZaNiiyah stated “We can provide care for others, but when the time comes to direct our time and energy to taking care of ourselves, we deem it to be less important (sometimes subconsciously) and simply don’t do it.”

Ambassador **Qadir Phillips** also came away with a lot from the Self Care - Anxiety session, especially that the presenter believes that you should choose to nurture your relationship with yourself before you can nurture your relationship with others. Ms. Brubaker shared different Self-Care Plans for Anxiety, DIY, Self-Esteem and Motivation which she encouraged the participants to read, think about, and work with when trying to better your relationship with yourself.

Patricia Simmons, another USCB Student Ambassador was able to attend multiple sessions and said she was “humbly grateful” for being selected to attend the Conference. As a first-time conference attendee with the Department of Human Services, she was welcomed and acknowledged with open arms by Steve Kashdan, President of NOHS. Qaadir also had great things to say about his interaction with Steve Kashdan. Qaadir was able to sign up as a volunteer at the business meeting session. He believes that NOHS, as an all-volunteer organization, its success is based on its commitments from others. Qaadir was able to attend about 3-4 sessions a day and learned about different ways we, as HS professionals, can help those who need us.

Resilience - An Active Strategy

by Patricia Simmons and Me'Shalia Mckelvey

A session in which Student Ambassadors participated at the NOHS Conference was titled **Resilience: How Can We Build it in Ourselves and Others** by Lucy Hone. During this session she spoke about being able to “Help yourself and team cope with constant challenge and change”. She says that active strategy is what is mostly needed when dealing with Human Services aspects. We make the work seem so perfect sometimes, but she reminded us that we should stop pretending the world is perfect. We should also be mindful of what you focus on “Change what you can change ” says Ms. Hone. Resilience is about nature, nurture and knowing that other people matter. Lucy Hone also says that you should train greater mental agility so you can work out how to approach certain situations. One of the most interesting parts of this session was when she explained that giving young children hope is the best way to teach them resilience. Parents or guardians need to keep them thinking about the future and if they are going through a tough time ask them how they’ve gotten through other tough times. When time goes by, ask them if they remember having a bad patch a couple weeks ago and assure them that they can get through anything and they have a future to look forward to, but they have to want to get through it. Ms. Hone also stated that you should ask those who show signs of discouragement “if something goes wrong and you lose hope, what else are you hoping for now? What else is important to you?”.

This session was very important and gave an idea of how to be more in-tune with individuals and show supportiveness. What I took away from the session is that you have to “get yourself through what you are facing with hope. Build your own picture with self-resilience of what helps and what harms. Be realistic and optimistic change what possible, what you can control. Understand the ways you are living and find middle ground. Consider resilience through a collective lens, then pace yourself through tough times. Look for good/positive things and find those things to look forward to.”

Articulation Agreements

The Articulation Agreements strengthens state-wide presence and relationships with two-year college partners. It focuses on supporting the goal of increased enrollment and student retention for The University of South Carolina Beaufort Human Services Program. The articulation agreement also makes the Human Services Program more efficient by streamlining the transfer process and providing additional guidance and data for two-year college students to transition to USCB.

The University of South Carolina Beaufort Human Services Program has a partnership with 10 two-year college programs in South Carolina and one college program out of state. These colleges include:

- Trident Technical College, Charleston
- Central Carolina Technical College, Sumter
- Florence-Darlington Technical College, Florence
- Horry-Georgetown Technical College, Myrtle Beach
- Midlands Technical College (HMSV Bridge Program), Columbia
- Greenville Technical College, Greenville
- University of South Carolina Lancaster
- University of South Carolina Sumpter
- University of South Carolina Union
- University of South Carolina Salkehatchie
- York County Community College, Wells, ME



WORLD AIDS DAY PROJECT

The Human Services and Public Health Student Associations partnered on a project to promote the 2021 World AIDS Day. They were invited to produce a video clip which was included in a statewide media presentation. **Caterin Hermida Gutierrez** of HMSV and **Asya Wideman** of PUBH organized the effort. It is the first of several projects in which the two student associations will collaborate.

Video link presented below:

<https://photos.app.goo.gl/aiS6Q3c5Cwtb6jU76>



WORLD AIDS DAY

DECEMBER 1

A New Home for Human Services!

Dr Diana Reindl and Dr Najmah Thomas

During the summer of 2021, Provost Eric Skipper announced an Academic Affairs reorganization at USCB, focused on creating and cultivating a forward-thinking organizational model for the University. As a result of that reorganization, the Human Services Program was moved from the Department of Social Sciences and combined with Public Health to create the Department of Public Health & Human Services (DPHHS). This departmental arrangement will improve collaborations and efficiencies for the two Programs. Dr. Diana Reindl will serve as the Interim Chair for the Department, and Dr. Najmah Thomas will continue in the position of Human Services Program Coordinator.

Discussions on how to best leverage the new partnership for the future are well underway. Plans are being implemented to cross promote the major/minor model for our students, making it an attractive option for a Human Services major to minor in Public Health, and vice versa. And, we have already seen our respective student clubs (Human Services Student Association and Public Health Association) collaborate successfully on an awareness and support project for World AIDS Day. Stay tuned for additional updates regarding the DPHHS in subsequent editions of this Newsletter.

A brief message from interim Department Chair of Public Health and Human Services, Diana Reindl, PhD, CHES

USCB is proud to represent the only program in the state of South Carolina with an accredited Bachelor's degree in Human Services. As the inaugural interim chair for the Department of Public Health and Human Services (DPHHS) it is an honor to house USCB's Human Services program in DPHHS. The team working for our students are dedicated, distinguished and deliberate in their work to provide you, our students, an exceptional learning environment. We look forward to recognizing our students in DPHHS and building pathways that open up the future. I welcome meeting students and if you would like to meet with me, I would be happy to do so. To schedule an appointment, use this link: www.calendly.com/dianareindl/talk

We would like to recognize and thank the members of the Advisory Council for their continued support of the Program.

HMSV Advisory Council Members

Tara Bloom, *Coastal Carolina Hospital*

Melissa Dalton, *Memory Matters*

Kristin Dubrowski, *Hopeful Horizons*

Katie Godowns, *Beaufort County Alcohol and Drug Abuse Department*

John Leadem, *USCB Human Services Adjunct Faculty*

Fred Leyda, *Beaufort County Human Service Alliance*

Chris Protz, *Boys and Girls Club of the Lowcountry* (Retired as of December 2021)

LaKinsha Swinton, *Beaufort County School District*