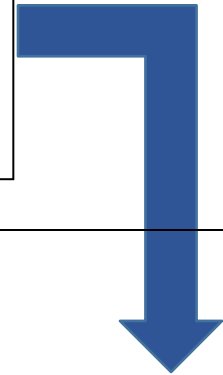




**IMPORTANT NOTE**

If in the “field hours” column on the right, it says email confirmation to show you completed a training or module, keep in mind that confirmation can be in the form of a certificate or you can take a screenshot of a final page that states you have completed a particular training and email that screenshot.



| Alternative Field Placement Activities<br>(acceptable for a temporary period due to a disaster or other local, regional, or national emergency)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                         |
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| Alternative Activities<br>(Related competencies-to help with where to place item on your Learning Agreement)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Number of field hours & Who will approve hours                                                                                                                                          |
| <p><b>1. MENTAL HEALTH ASSOCIATION OF MD, VIRBRANT AGING: PEERS PROGRAM</b><br/>                     After a 4 hour virtual training, student will be paired with a local older adult through the Connections Project to remotely provide supportive phone and video visits. Student is also able to analyze qualitative data previously collected and assist in ongoing analysis of program effectiveness and development of evaluation measures. Student could also participate in virtual or in-person community health fairs. If interested, please contact Casey Saylor at <a href="mailto:csaylor@mhamd.org">csaylor@mhamd.org</a>.<br/> <b>(Competencies: 6, 7, &amp; 8)</b></p>                                                                                                                                                                                                                                                                                                                      | <p>2 to 4 hours/week, if approved as a volunteer by Casey Saylor.</p> <p>Hours will need to be recorded in IPT and approved by both field instructor and field liaison.</p>             |
| <p><b>2. RED CROSS DISASTER TRAINING FOR THE FUTURE</b><br/>                     The link below is to the Volunteer Connection page of the Red Cross. It requires you to sign up and get a Red Cross ID then it will provide details on next steps. The idea is to get this valuable training so that you will be prepared to be a disaster volunteer in the future should there be a need. Please hold on to any confirmation that you receive showing that you completed the training. You should email that confirmation to your field instructor and field liaison.<br/> <a href="https://www.redcross.org/ns/site/sso/vc1.html?arcPartnerId=vc1&amp;resume=/idp/LEbDS/resumeSAML20/idp/SSO.ping&amp;spentity=http://pingone.com/d5b109be-ce0e-4a23-b2ea-171a180ac2a5">https://www.redcross.org/ns/site/sso/vc1.html?arcPartnerId=vc1&amp;resume=/idp/LEbDS/resumeSAML20/idp/SSO.ping&amp;spentity=http://pingone.com/d5b109be-ce0e-4a23-b2ea-171a180ac2a5</a><br/> <b>(Competencies: 6 &amp; 8)</b></p> | <p>There are multiple trainings worth 1 hour each.</p> <p>Take the course/s and email the certificate to your field instructor and field liaison for approval. Record hours in IPT.</p> |

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| <p><b>3. CONTRACT TRACING COURSE THROUGH JOHNS HOPKINS</b><br/> A free, six-hour Coursera class developed by the Johns Hopkins Bloomberg School of Public Health and supported by Bloomberg Philanthropies is now available to train contact tracers about how to do this work effectively—and help cities and states across the nation undertake these critical efforts.<br/> <a href="https://coronavirus.jhu.edu/contact-tracing#:~:text=A%20free%2C%20six%2Dhour%20Coursera,nation%20undertake%20these%20critical%20efforts.">https://coronavirus.jhu.edu/contact-tracing#:~:text=A%20free%2C%20six%2Dhour%20Coursera,nation%20undertake%20these%20critical%20efforts.</a></p> <p><b>(Competencies 4 &amp; 6)</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <p>This activity is worth 6 hours.</p> <p>Take the course and email the certificate to your field instructor and field liaison for approval.<br/> Record hours in IPT.</p>                             |
| <p><b>4. SELF-CARE</b><br/> Dangerous Cortisol Levels: How to Reduce Them,<br/> <a href="https://heartmindinstitute.com/stress-relief/dangerous-cortisol-levels-how-to-reduce-them/">https://heartmindinstitute.com/stress-relief/dangerous-cortisol-levels-how-to-reduce-them/</a></p> <p>General Stress Management, <a href="https://www.helpguide.org/articles/stress/stress-management.htm">https://www.helpguide.org/articles/stress/stress-management.htm</a></p> <p>Mindfulness Based Stress Reduction Program, which includes body scans and other relaxation techniques: <a href="https://palousemindfulness.com/">https://palousemindfulness.com/</a></p> <p>How to Reduce Stress with Breathing Exercises, <a href="https://www.verywellmind.com/how-to-reduce-stress-with-breathing-exercises-3144508">https://www.verywellmind.com/how-to-reduce-stress-with-breathing-exercises-3144508</a></p> <p>Physical Symptoms of Panic Disorder and Anxiety, <a href="https://www.verywellmind.com/physical-symptoms-of-panic-and-anxiety-2584248">https://www.verywellmind.com/physical-symptoms-of-panic-and-anxiety-2584248</a></p> <p>-</p> <p>Once you've completed the articles and videos, craft a 2-3 page reflection that addresses the central concepts that were most meaningful to your professional growth and continued self-care. <b>(Competency: 1)</b></p> | <p>6 hours may be recorded after you have completed the self-care activities listed.</p> <p>Email the 2-3 page paper to your field instructor and field liaison. Record hours in IPT for approval.</p> |
| <p><b>5. SUICIDE ATTEMPT SURVIVOR (collection of stories)</b><br/> <a href="https://livethroughthis.org/">https://livethroughthis.org/</a></p> <p>Create a 2 page reflection speaking to perseverance and the influence of survival on individual's lives.<br/> <b>(Competency: 1)</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <p>3 hours may be recorded for this activity.</p> <p>Email the 2-3 page paper to your field instructor and field liaison. Record hours in IPT for approval.</p>                                        |

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| <p><b>6. CODE OF ETHICS COMPARISON REFLECTION OF 2 STANDARDS</b><br/> Select a standard in the NASW Code of Ethics and contrast with another standard in the code. Reflect on differences or points of tension between the Standards in the Code in a 2-3 page reflection.<br/> <b>(Competency: 1)</b></p>                                                                                                                                             | <p>2 hours may be recorded for this activity.</p> <p>Email the 2-3 page paper to your field instructor and field liaison. Record hours in IPT for approval.</p>                                  |
| <p><b>7. PARENTS AND THE POWER OF PRIVILEGE IN SCHOOLS</b><br/> Jessica Calarco podcast, <a href="https://www.irp.wisc.edu/resource/jessica-calarco-on-parents-and-the-power-of-privilege-in-schools/">https://www.irp.wisc.edu/resource/jessica-calarco-on-parents-and-the-power-of-privilege-in-schools/</a>.<br/> Identify how your own parent or guardian used privilege in your educational processes, 1-2 pages.<br/> <b>(Competency: 2)</b></p> | <p>3 hours may be recorded for this activity.</p> <p>Email the 1-2 page paper to your field instructor and field liaison. Record hours in IPT for approval.</p>                                  |
| <p><b>8. UNCONCIOUS BIAS TRAINING</b><br/> (free) Grovo<br/> <a href="https://blog.grovo.com/grovo-unconscious-bias-training-available-for-everyone/">https://blog.grovo.com/grovo-unconscious-bias-training-available-for-everyone/</a><br/> <a href="https://www.mslearning.microsoft.com/course/72169/launch">https://www.mslearning.microsoft.com/course/72169/launch</a>. [3 hours]<br/> <b>(Competency: 2)</b></p>                               | <p>3 hours may be recorded for completion of this training.</p> <p>Take the course and email the certificate to your field instructor and field liaison for approval. Record hours in IPT.</p>   |
| <p><b>9. GENDER EQUALITY AND SEXUAL DIVERSITY TRAINING</b><br/> (free) Udemy<br/> <a href="https://www.udemy.com/course/gender-equality-and-sexual-diversity/">https://www.udemy.com/course/gender-equality-and-sexual-diversity/</a>.<br/> <b>(Competency: 2)</b></p>                                                                                                                                                                                 | <p>5.5 hours may be recorded for completion of this training.</p> <p>Take the course and email the certificate to your field instructor and field liaison for approval. Record hours in IPT.</p> |

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| <p><b>10. LGBTQ HEALTH EDUCATION CENTER ONLINE TRAINING WEBINARS</b><br/>         (free) 50 different trainings<br/> <a href="https://www.hrc.org/hei/the-national-lgbt-health-education-center">https://www.hrc.org/hei/the-national-lgbt-health-education-center</a>. [1 hour each, up to 50]<br/> <b>(Competency: 3)</b></p>                                                                                                                                         | <p>Trainings are worth 1 hour each and you can do up to 3-4 trainings.</p> <p>Take the trainings and email the certificate to your field instructor and field liaison for approval. Record hours in IPT.</p> |
| <p><b>11. FEMINISM AND SOCIAL JUSTICE</b><br/>         free training<br/> <a href="https://www.humanrightscareers.com/magazine/course-on-feminism-and-social-justice/">https://www.humanrightscareers.com/magazine/course-on-feminism-and-social-justice/</a>. [10 hours]<br/> <b>(Competency: 3)</b></p>                                                                                                                                                               | <p>10 hours may be recorded for completion of this training.</p> <p>Take the training and email the certificate to your field instructor and field liaison for approval. Record hours in IPT.</p>            |
| <p><b>12. INSTITUTE FOR RESEARCH ON POVERTY CENTER</b><br/>         Includes brief essays summarizing current poverty and policy research for non-researchers,<br/> <a href="https://www.irp.wisc.edu/resource_type/focus-focus-plus/">https://www.irp.wisc.edu/resource_type/focus-focus-plus/</a>.</p> <p>Explore local, state and federal policies that impact organization and/or the affected community, write a one page summary.<br/> <b>(Competency: 5)</b></p> | <p>3 hours may be recorded for completion of this activity.</p> <p>Email the paper to your field instructor and field liaison. Record hours in IPT for approval.</p>                                         |
| <p><b>13. SOCIAL WORK VOTING TOOLKIT</b><br/> <a href="https://votingissocialwork.org/">https://votingissocialwork.org/</a></p> <p>Study the contents of the website and develop a written 1 page plan for implementation within the agency, within a specific community, or within the UMBC Social Work Program.<br/> <b>(Competency: 5)</b></p>                                                                                                                       | <p>3 hours may be recorded for completion of this activity.</p> <p>Email the 1 page plan to your field instructor and field liaison. Record hours in IPT for approval.</p>                                   |

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| <p><b>15. CENTER FOR DEPLOYMENT PSYCHOLOGY</b> webinars (free)<br/> <a href="https://deploymentpsych.org/online-training-courses">https://deploymentpsych.org/online-training-courses</a><br/> Write a 1 page reflection paper per webinar topic watched.<br/> <b>(Competency: 6)</b></p>                                                                                                                                                                            | <p>2 hours may be recorded for completion of each webinar topic. Up to 5 are allowed.</p> <p>Email the 1 page paper (per topic) to your field instructor and field liaison. Record hours in IPT for approval.</p> |
| <p><b>16. MACRO SOCIAL WORK CHAT or LISTEN TO A #MacroSW Podcast</b><br/> Go to: <a href="https://macrosw.com/">https://macrosw.com/</a>, articulate in a 1 page reflection what you did/why you chose this/how it relates to your current field placement and one of your learning goals.<br/> <b>(Competency: 6)</b></p>                                                                                                                                           | <p>2 hours may be recorded for completion of this activity.</p> <p>Email the 1 page reflection to your field instructor and field liaison. Record hours in IPT for approval.</p>                                  |
| <p><b>17. TELEBEHAVIORAL HEALTH TRAINING</b><br/> 12-hour CEU course on telehealth training. Click on the link and follow the instructions below.<br/> <a href="https://catalog.pesi.com/item/52191">https://catalog.pesi.com/item/52191</a><br/> Steps<br/> 1. Click on “add to chart”<br/> 2. Click “proceed to checkout”<br/> 3. Input information to register<br/> 4. Confirm registration<br/> 5. Type TELEFREE in the codebox.<br/> <b>(Competency: 6)</b></p> | <p>Up to 12 hours may be recorded for completion of this training.</p> <p>Take the training and email the certificate to your field instructor and field liaison for approval. Record hours in IPT.</p>           |

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| <p><b>18. AGING IN PLACE TOOLKIT</b><br/> Seven modules on evidence base models to support aging in place<br/> <a href="https://www.ruralhealthinfo.org/toolkits/aging">https://www.ruralhealthinfo.org/toolkits/aging</a><br/> Write a 1 – 2 page reflection paper.<br/> <b>(Competency: 6)</b></p>                                                          | <p>4 hours may be recorded after completion of this toolkit.</p> <p>Email the 1-2 page paper to your field instructor and field liaison. Record hours in IPT for approval.</p>                     |
| <p><b>19. JONATHAN SINGER’S SOCIAL WORK PODCAST</b><br/> Covers multiple areas, <a href="http://socialworkpodcast.blogspot.com/">http://socialworkpodcast.blogspot.com/</a>. Choose a podcast to listen to then write a one page reflection on how the content will be incorporated into your social work practice. [2 hours]<br/> <b>(Competency: 6)</b></p> | <p>2 hours may be recorded for completion of this activity.</p> <p>Email the reflection paper to your field instructor and field liaison. Record hours in IPT for approval.</p>                    |
| <p><b>20. CALM (Counseling on Access to Lethal Means)</b><br/> free training, <a href="https://training.sprc.org/enrol/index.php?id=20">https://training.sprc.org/enrol/index.php?id=20</a>. [2 hours] suicide prevention, pass the test and get a certificate<br/> <b>(Competency: 7)</b></p>                                                                | <p>2 hours may be recorded for completion of this activity.</p> <p>Once you pass the test, email the certificate to your field instructor and field liaison for approval. Record hours in IPT.</p> |

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| <p><b>21. TED TALKS</b><br/> <a href="https://www.ted.com/talks/shalini_unnikrishnan_we_need_to_turn_our_response_to_crisis_inside_out">https://www.ted.com/talks/shalini_unnikrishnan_we_need_to_turn_our_response_to_crisis_inside_out</a> (10 minutes)<br/> <a href="https://www.ted.com/talks/bill_gates_the_next_outbreak_we_re_not_ready">https://www.ted.com/talks/bill_gates_the_next_outbreak_we_re_not_ready</a> (8 min)<br/> <a href="https://www.ted.com/talks/raj_panjabi_no_one_should_die_because_they_live_too_far_from_a_doctor">https://www.ted.com/talks/raj_panjabi_no_one_should_die_because_they_live_too_far_from_a_doctor</a> (20 min)</p> <p>After watching these three Ted Talks, write a 1 – 2 page paper to summarize the key take away from the talks as they relate to social work practice and disaster/pandemic preparedness. Identify three key take aways from each talk for the 1 page paper. Reflect on the ways in which you think your community is doing a “good job” and the ways in which your community may be falling short during the current COVID-19 pandemic. (be sure to define “community” for the sake of the assignment!)</p> <p><b>(Competency: 7)</b></p> | <p>2 hours may be recorded for completion of this activity.</p> <p>Email the 1-2 page reflection paper to your field instructor and field liaison. Record hours in IPT for approval.</p>                                                        |
| <p><b>22. SUBSTANCE USE DISORDER (SUD) Core Curriculum Webinars</b><br/> 22 different modules, one hour each, <a href="https://pcssnow.org/education-training/sud-core-curriculum/">https://pcssnow.org/education-training/sud-core-curriculum/</a>.<br/> <b>(Competency: 8)</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <p>The modules are worth 1 hour each and you can do up to 4 modules.</p> <p>Email the certificates of completion to your field instructor and field liaison for approval. Record hours in IPT.</p>                                              |
| <p><b>23. Parent-Child Interaction Therapy (PCIT)</b><br/> FREE Online Training (11 modules, takes 10 hours)<br/> <a href="https://pcit.ucdavis.edu/about-us/">https://pcit.ucdavis.edu/about-us/</a><br/> <b>(Competency: 8)</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p>10 hours may be recorded for completion of this activity.</p> <p>Once you complete the 11 training modules, email documentation to your field instructor and field liaison showing that you completed the training. Record hours in IPT.</p> |

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| <p><b>24. THE COMMUNITY TOOL BOX</b><br/> Free, online resource for those working to build healthier communities and bring about social change, offering over 300 modules on community assessment, planning, intervention, evaluation, advocacy, and other aspects of community practice. <a href="https://ctb.ku.edu/en/table-of-contents">https://ctb.ku.edu/en/table-of-contents</a><br/> Write a 1 page reflection for each module that you review.<br/> <b>(Competency: 9)</b></p>                                                        | <p>The modules are worth 1 hour each and you can do up to 4 modules.</p> <p>Email the reflection paper/s to your field instructor and field liaison. Record hours in IPT for approval.</p>     |
| <p><b>25. COGNITIVE BEHAVIORAL INTERVENTION FOR TRAUMA IN SCHOOLS (CBITS)</b><br/> <a href="https://cbitsprogram.org/">https://cbitsprogram.org/</a> 3 hours<br/> <a href="https://bouncebackprogram.org/">https://bouncebackprogram.org/</a> 3 hours<br/> <b>(Competency: 8)</b><br/> You can register online to access these trainings. For each training you complete, write a 1-2-page reflection highlighting the areas that stood out to you. Include your thoughts on how this information will help you when working with clients.</p> | <p>3 hours may be recorded for completion of each activity.</p> <p>Email the reflection paper to your field instructor and your field liaison. Record hours in IPT for approval.</p>           |
| <p><b>26. STRESS AND RESILIENCE</b><br/> <a href="https://headington-institute.org/topic-areas/634/e-learning">https://headington-institute.org/topic-areas/634/e-learning</a> 90 minutes<br/> After you complete the training, write a 1-2 page reflection on what you found beneficial about the stress and stress relief.<br/> <b>(Competency: 1)</b></p>                                                                                                                                                                                   | <p>2 hours may be recorded for completion of this activity.</p> <p>Email the reflection paper to your field instructor and field liaison. Record the hours on IPT for approval.</p>            |
| <p><b>27. PSYCHOLOGICAL FIRST AID</b><br/> <a href="https://www.nctsn.org/resources/psychological-first-aid-pfa-online">https://www.nctsn.org/resources/psychological-first-aid-pfa-online</a> 6 hours<br/> <b>(Competency: 8)</b></p>                                                                                                                                                                                                                                                                                                         | <p>6 hours may be recorded for completion of this activity.</p> <p>Take the course and email the certificate to your field instructor and field liaison for approval. Record hours in IPT.</p> |

Special thanks goes to NASW-Kentucky and University of Houston-downtown for many of the alternative field placement activities listed.