

Week in Review

DEPT. OF SOCIAL WORK

4 February, 2025



In this newsletter you can expect:

Weekly Local and National Updates

Policy Highlights

Resources

Weekly Somatic Practice

Action Corner

Share your feedback with us?

Joy is a radical act!

Welcome!

Welcome to our weekly informational newsletter! We are living in what is often described as “interesting” times. In general, the world is moving at warp speed. News reports coming out of the new administration has the potential to impact our community in broad terms. From those we serve, to our own personal and professional experiences, and the field of social work.

Each week you will find updates regarding what’s happening in politically both locally and nationally, what policy implications these have, and what we understand to be possible. In addition, you will find multiple resources, ways in which you can get involved and take action, care practices, and encouragements to continually seek moments of joy and peace.

Because of the fast pace of news and our belief that this pace is an intentional tactic to keep us dysregulated, confused, and in fear. Our intention is to resist this temptation by becoming a hub for information sharing that highlights weekly happenings, connects them to the multitude of spaces we occupy, and clarify where our energies are needed.

*Critical Response
Team x*





What's Happening?

Two executive orders were issued this week that have implications for campus life. The first many of us are aware of, and that is the deportation of undocumented people. The arrests we are seeing across the county of undocumented people are having an unprecedented impact on the Latine community on a local and national level, and there are reports of ICE agents being able to come onto school campuses. While this has not happened on our own campus, please review [this newsletter from Councilmember Parady](#) with a number of resources for both those directly impacted and their accomplices, as well as suggestions if you come into contact with ICE. We also highly recommend that you do not share your or anyone else's immigration, naturalization, or citizenship status within your Canvas containers, as this can be publically obtained.

The second order references international students who participated in the 2024 college protests regarding the violence in Gaza. This order is very new, and we don't know a lot yet; however, it does seem to be a violation of the 1st amendment, including the right to free speech and assembly. This article from Sanjana Karanth at the Huffington Post provides links to read the full executive order and provides some understanding and perspective. [Trump Signs Order to Deport Foreign Students Who Support Palestinian Freedom](#)

We will continue to provide updates as they become available.

Finally, we'd like to address the now rescinded executive orders regarding the freezing of federal funding and grants. Fortunately, our institutions in this instance held. And funding is continuing to flow. However, we can also acknowledge that this has signaled the intention of this administration to deeply curb access to future funding for programs and organizations that serve our most historically excluded communities and could also impact our ability to obtain work. We want to assure you all that you are needed. In a world where our institutions and systems often function with the goal of causing harm to people deemed undeserving, is a world where we are critical. This is scary, it's blanketed with uncertainty and ambiguity, and it can feel like the sacrifice needed isn't feasible because you need to eat and have a roof over your head, this is a time that calls for solidarity standing in when we can, standing back when we should, and giving what we can. We must care for each other as deeply and urgently as we care for our other communities. Your faculty and staff are thinking about this, we are talking about this, and we know it's on your mind, and therefore we will continue to follow the stories that impact the future of social work. Just remember, social workers are resourceful and creative and we need to draw on that creativity and resourcefulness right now, and continue to align with and work within our values, to continue to strive for the world we know can be, one where we no longer do social work because we are no longer needed, not because the resources have been taken from us.

Policy Highlights

National Association of Social Workers (NASW)

- [NASW Policy Briefs Website](#): Get current information on the NASW position regarding important local, national, and global policy.
- The NASW released this brief [NASW responds to Trump Administration Executive Orders](#) with additional statements and resources regarding the Trump administrations executive orders.

A Few Notes To Remember

- As new executive orders and policies are issued, it is critical that we take a beat and ask about the legality, understand the overarching impact, and seek resources and information that is free of click bait and overly nuanced reporting.
 - At this time, many of our institutions are holding, while of course, we also need to be aware of the role of systemic racism, oppresison, and phobias, our instituions are still given power to step in when something is illegal and/or unconstitutional.
 - In future additions of this newsletter, you will find highlights in this section that give you the best and most accurate information possible, as well as, how you might take action in light of our current understandings.
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Resources

When life is moving fast, and it feels like we are facing crisis after crisis, our bodies learn to stay in a heightened state of vigilance and anxiety. When faced with a threat the body prepares to confront that threat; however, when the threat feels omnipresent our ability to regulate our response to the environment is disrupted. Somatic perspectives tell us when our body is unable to complete the regulatory process and release excess energies or emotions, we become dysregulated, leaving a memory in the with ongoing glimpses [reminders] of the threat, even after it has dissipated. When we are regulated, we are more able to ask questions, rather than trust the inflammatory headline. We are more able to organize and act, not give into the sense of powerlessness. Each week you will find resources intended to provide you access to different ways to care for yourself, including somatic practices, intended to help you move dysregulating emotions through the body, and stay regulated.

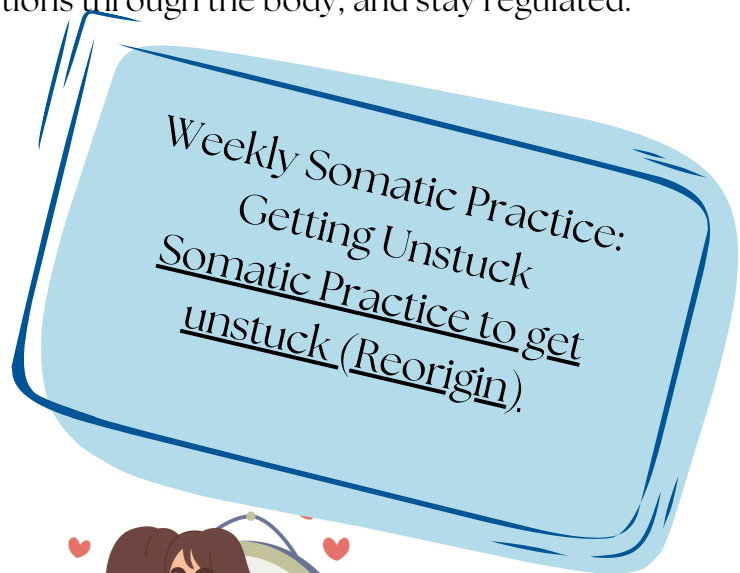
In the Moment Practices

Self-Soothing Touch – Boundaries are usually broken with trauma, and it is essential to recover this by working with the body. Touch can instill containment and create a soothing sensation.

Soothing Breath – Breath and touch can help soothe both the body and the mind. Slow deep breathing can activate the parasympathetic nervous system, bringing a feeling of relaxation and calmness.

Grounding and Centering – People commonly experience a loss of grounding and are thrown off balance. Grounding allows feelings of safety and inner strength to emerge.

Shake It Off – Animals often shake themselves to release the excess energy produced from the stress response. Allowing your body to connect with the trembling sensation produced by a stressful event can enable your system to settle.



Getting Involved

Each week we will share different organizations working in our community that could use your support in whatever ways you can provide it.

Denver Justice Project: To radically transform the criminal legal system through intersectional advocacy that fosters safe and healthy communities.

Partnership for Colorado: is a coalition of several non-profits in Colorado, their mission states: These nonprofits envision a more inclusive and equitable Colorado with broader access to social and economic opportunity, equal recognition of civil, legal, and human rights, and respect for all Coloradans.

Chinook Fund: We support organizations working to challenge the root causes of oppression - organizations that more mainstream funders may find too risky, radical, or new to give initial funding. Many of the anchor social change organizations in Colorado today received their first funding from Chinook Fund.

Colorado Rapid Response Network (CORRN): The Colorado Rapid Response Network (CORRN) is committed to responding to raids, deportation, and any Immigration Customs Enforcement (ICE) activity happening across the state in our communities. Our network is made up of multiple immigrant advocacies and activist groups.

We want to hear from you...

Share
Your
Thoughts

We'd love to hear from you. Is there something you are concerned about you would like us to cover? Is there something you think is missing from this newsletter? We are interested in what you want to tell us. Please send all questions, suggestions, and comments to ...



EXPERIENCE JOY

Why?

Joy is an act of resistance, particularly in an environment that is intended to keep us busy and going, feeling like we can't slow down, take a break, or find joy and happiness in life. We think you can slow down, you can take a break, and you can experience joy, and you should without guilt or shame!



How?

Each week we will wrap this up with a moment of joy we'd like to share with you or something you take a short break with and have a good laugh. I know it can be cliché, but laughter can be a good strategy for releasing tension, getting back into our bodies, and regulating. Will you join me in a laugh?



1 Minute Laugh Exercise

Social Work Stand Up