

KENTUCKY BOARD OF SOCIAL WORK QUARTERLY NEWSLETTER

October 2024

Kentucky Board of Social Work, 125 Holmes Street, Suite 310, Frankfort, KY 40601
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ANNOUNCEMENTS

Social Work Board Members and Board Staff

Whitney Cassity-Caywood, Ph.D, LCSW,
Vice-Chair
Paducah, KY

Lori Vogel, LCSW
Lexington, KY

Vacant, LCSW
KY

Hank Cecil, LCSW, Chair
Mayfield, KY

Laura Guffey, LSW, Secretary
Edgewood, KY

Tiffany Payton, Citizen at Large
Eminence, KY

Genesia Kilgore-Bowling, Ph.D, CSW
Pikeville, KY

Marc Kelly, LCSW
Executive Director

Vanessa Jones, B.S.
Executive Assistant

PLEASE NOTE THAT OUR NOVEMBER MEETING WILL BE ON MONDAY NOVEMBER 18TH, WHICH IS THE 3RD MONDAY OF THE MONTH, DUE TO OUR OFFICE BEING CLOSED ON NOVEMBER 11TH FOR VETERANS DAY. THANKS!!

2024 Board Meeting Dates

January 8	July 8
February 12	August 12
March 11	September 9
April 8	October 14
May 13	November 18
June 10	December 9

All board meetings are held at 125 Holmes Street, Suite 310, Frankfort KY and are open to the public. Please join us when you can. You can also watch via our Utube channel KBSW. The link is on our website.

Board dates above are subject to change.

Have you moved, changed employers, or had a name change?

Let us know by making these changes using the Self-Service Portal on the Board website below.....

<https://bsw.ky.gov>

You may also email Board staff or call the office

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****ASWB SOCIAL WORK UPDATE****

ASWB began partnering with FifthTheory, a minority-owned firm with expertise in high-stakes testing and occupational assessment. As part of this collaboration, ASWB and FifthTheory launched a pilot initiative that offered access to the Test Mastery Inclusion (TMI) program to very test-taker who was unsuccessful on a licensing exam. The program includes a research-based assessment and resources designed to help individuals taking a high-stakes exam to reflect on and develop essential mindset competencies.

Due to the demonstrated value of the program and based on survey findings from an assessment questionnaire sent to participants, ASWB has decided to expand the offering to all registered candidates.

Piloting the collaboration

At the end of the yearlong pilot period, FifthTheory researchers reported on findings describing the test mastery characteristics of ASWB test-takers. In addition, ASWB surveyed the participants about the usefulness of the program, receiving responses from 11% of participants. A large majority (72.5%) reported a positive experience with the self-assessment, choosing neutral, agree, or strongly agree. Most (60.3%) also chose neutral, agree, or strongly agree when asked if the self-assessment report helped them understand their test mastery mindset. In addition, 45% of respondents chose neutral, agree, or strongly agree when asked if they felt better prepared to retake the exam.

According to the report from FifthTheory, “This initiative benefits both test-takers preparing to retake the licensing exam and ASWB in its work to better understand the test-taking mindset and provide test-takers with evidence-based resources on their licensure journeys.”

[Download the full report](#)

Test mastery findings

Of the 8,866 ASWB test-takers who completed the TMI assessment questionnaire, 83% had scores that indicated a need to further develop their test preparation and/or readiness. According to the TMI framework, the test preparation and test readiness dimensions each have specific competencies that contribute to an overall test mastery mindset. Per FifthTheory's research, a test-prepped individual demonstrates motivation and responsibility leading up to exam day. A test-ready individual exhibits confidence and resiliency during testing.

Test Preparation Mindset

Motivation

- Committed
- Studious
- Productive
- Energetic

Responsibility

- Organized
- Time-efficient
- Self-disciplined
- Assertive

Test Readiness Mindset

Confidence

- Mentally tough
- Self-assured
- Internally controlled
- Attentive

Resiliency

- Optimistic
- Centered
- Composed

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The report reveals that ASWB test-takers tended to be stronger in test preparation than in test readiness. Both dimensions, however, tended to be stronger the more the candidate's social work educational program discussed the exam. Significantly, only about one-third of candidates said their program provided a fair amount or a lot of discussion of the licensing exam. Higher test mastery mindset scores were also observed for test-takers who used more methods of examination study.

Also included in the report is a sampling of strategies excerpted from the customized resources provided to participants in the TMI program. Self-coaching

interventions such as increasing self-awareness, meditation, and positive self-talk may help improve mindset and increase the likelihood of success on the social work licensing exam.

Investing in test-taker mindset development

"We were not surprised to learn that individuals who do not succeed on an ASWB exam may benefit from improving their mindset competencies," said Lavina Harless, ASWB senior director of examination services. "The findings confirm what candidates have shared: stressful situations like taking a high-stakes exam require confidence and resilience – elements of a strong test readiness mindset. We are proud that ASWB is able to begin providing these valuable resources to all test-takers."

In July, all licensing exam candidates will receive access to the TMI program via the Authorization to Test email they receive after registering for the exam with ASWB.

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EXECUTIVE ORDER

RELATING TO PROTECTING MINORS FROM CONVERSION THERAPY

The Commonwealth of Kentucky cannot reach its full potential until and unless it is free from discrimination by or against any citizen. Team Kentucky must exhibit the diversity and resilience of the people of the Commonwealth. Discrimination against our LGBTQ+ brothers and sisters, including our LGBTQ+ youth, is unacceptable in this Commonwealth.

Kentucky law recognizes that "children are the Commonwealth's greatest natural resource and that individuals and their families are the most critical component of a strong society," KRS 194As010(2). The Cabinet for Health and Family Services is thus required to deliver social services to promote the safety and security of Kentuckians and their dignity. Section I of the Kentucky Constitution provides that everyone enjoys the "right of seeking and pursuing their safety and happiness."

According to a 2021 survey by The Trevor Project, 75% of LGBTQ+ youth in America reported that they had experienced discrimination based on their sexual orientation or gender identity at least once in their lifetime, The Trevor Project's 2023 survey reported that 60% of LGBTQ+ youth in America reported that they had experienced discrimination based on their sexual orientation or gender identity within the prior year, The Centers for Disease Control and Prevention and the American Academy of Pediatrics reported that LGBTQ+ youth face significant health disparities compared to their peers. The Kentucky Medical Association opposes conversion therapy in its Policy Manual.

In the 2023 survey by the Trevor Project, 15% of LGBTQ+ youth reported being threatened with or subjected to conversion therapy. In that same survey, 41 % of LGBTQ+ youth reported seriously considering attempting suicide in the past year and 14% reported they had attempted suicide in the past year. Of those LGBTQ+ who had attempted suicide, 28% reported having been threatened with conversion therapy and 28% reported having been subjected to conversion therapy.

The practice of so-called "conversion therapy" or "reparative therapy" is particularly harmful to LGBTQ+ youth. The intent of this practice is to change an individual's sexual orientation or gender identity, and methods include aversion therapy, talk therapy, shaming, and hypnosis among other techniques. Conversion therapy rests on the premise that an LGBTQ+ individual's identity is pathological and can be "repaired" or "fixed." This false premise has no basis in medicine or science.

According to such organizations as the American Medical Association, the American College of Physicians and the American Psychiatric Association, the dangerous practice of conversion therapy can cause significant long-term harm to LGBTQ+ youth, including anxiety, depression, internalized homophobia, lowered self-esteem, self-blame, alienation, loneliness, social isolation, loss of social supports and suicidal behaviors. The Trevor Project's 2023 survey showed that LGBTQ+ youth who were subjected to conversion therapy reported more than twice the rate of suicide attempts in the past year compared to those who were not subjected to it,

The leading medical and mental health organizations in the United States oppose the practice of conversion therapy. The American Psychological Association and the American Counseling Association have stated the practice is unethical for certain licensed professionals to engage in. The Kentucky Psychological Association, the National Association of Social Workers-Kentucky, the Kentucky Mental Health Coalition, and the Fairness Campaign have each written to voice opposition to the dangerous practice.

At least 23 states and the District of Columbia prohibit the use of conversion therapy with minors in some way, either through barring its agencies from spending state and federal dollars for conversion therapy with minors, or by making engaging in conversion therapy a prohibited act or unprofessional conduct for licensed practitioners and subjecting them to disciplinary action for violating the prohibition. Some of these states have acted through executive order, but many of them have passed bipartisan legislation to prohibit the harmful practice of conversion therapy.

The Commonwealth has a strong interest in protecting the health, safety, and welfare of all its citizens, including LGBTQ+ youth. The Commonwealth also has a significant interest in ensuring that state and federal funds are used for evidence-based services, and not for unethical, dangerous, and contraindicated practices that medical professionals find are not credible and oppose. Practices like conversion therapy risk harm to our youth.

NOW THEREFORE, I, Andy Beshear, Governor of the Commonwealth of Kentucky, by virtue of the authority vested in me by the Kentucky Constitution and KRS 12.020, do hereby Declare, Order and Direct the following:

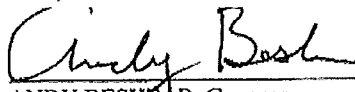
- I. The Cabinet for Health and Family Services shall take all actions necessary to prohibit the direct or indirect use of state and federal funds for the practice of conversion therapy on minors, referring a minor for conversion therapy, or extending health benefits coverage for conversion therapy with a minor. This includes, but is not limited to, funding relating to the Kentucky Medical Assistance Program (Medicaid) and Kentucky Children's Health Insurance Program (K-CHIP), child welfare services, and juvenile justice programs.
- II. Any state agency that discovers or receives a report that a provider certified or licensed to practice in Kentucky engages in conversion therapy efforts with a person under 18 years of age or performs counseling on conversion therapy as part of his training for any profession licensed under a professional certification or licensing board within the Commonwealth of Kentucky shall report that provider to the appropriate professional certification or licensing board within the Commonwealth for potential disciplinary action.
- III. The Cabinet for Health and Family Services and all departments and agencies within the Cabinet shall update any relevant policies, procedures,

standards, manuals, treatment guidance, and other materials related to child health care, child welfare, and juvenile justice services to reflect the prohibition on the use of state and federal funds for the practice of conversion therapy on minors and to convey, where appropriate, the dangers associated with the practice of conversion therapy on minors, to the extent allowable by state and federal law.

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- IV. All departments and autonomous agencies subject to the supervision of the Governor that regulate, provide, procure, or pay for medical or mental health services on behalf of Kentucky residents shall explore what further actions they can lawfully take to protect minors from the practice of conversion therapy,
- V. All professional certification or licensing boards, departments and autonomous agencies within the Commonwealth of Kentucky that are not subject to the supervision of the Governor are encouraged to explore and implement all options to prohibit the practice of conversion therapy on minors and the referral of minors for conversion therapy, including, but not limited to, making engaging in conversion therapy on minors or referring minors for conversion therapy unprofessional conduct subject to disciplinary action.
- VI. For purposes of this order:
- A. "Conversion therapy" means any practice, treatment, or intervention that seeks or purports to change an individual's sexual orientation or gender identity, including efforts to change behaviors or gender expressions or to eliminate or reduce sexual or romantic attractions or feelings toward individuals of the same gender.
- B. "Conversion therapy" does not include:
- i. any practice, treatment, or intervention that provides acceptance, support, or understanding to an individual, or any practice, treatment, or intervention that facilitates an individual's coping, social support, and identity exploration and development, so long as such practice, treatment, or intervention does not seek to change an individual's sexual orientation or gender identity; and
 - ii. Any practice, treatment, or intervention that is neutral with regard to sexual orientation or gender identity and seeks to prevent or address unlawful conduct or unsafe practices; and
- Frankfort Any practice, treatment, or intervention that assists an individual seeking to undergo a gender transition or an individual who is in the process of undergoing a gender transition.
- C. "Minor" means an individual under age 18.

This Order shall be effective September 18, 2024.



ANDY BESHEAR, Governor
Commonwealth of Kentucky
Kentuck

MICHAEL G. ADAMS
Secretary of State

****FREQUENTLY ASKED QUESTIONS****

****Do I only need to submit my supervised experience documentation forms in order to get approved to take the clinical exam?***

NO, you must apply online at the board website for the LCSW exam/license. Just be sure we have your supervision documents in your file or upload them when you apply. Then once we review all, we will email you an approval notice for the clinical exam.

****When can I apply to take my LCSW clinical exam?***

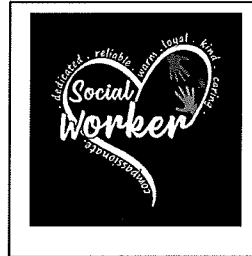
You must wait until 1 day after your 2 year supervision contract is up and you have obtained the 150 hours of supervision. Please note if you apply prior to that, you will not be approved until the 2 year mark has been met and we have all your supervised experience documentation forms.

****Do my supervision hours under a temporary permit count toward my supervision hours toward my LCSW license?***

NO, supervision under a temp permit is different. You will begin supervision toward your LCSW once your CSW license is issued and you have an approved supervision contract in place.

****Reminders****

- Be sure and like and share our Facebook page "The KY Board of Social Work" We post a friendly Friday reminder each work along with other information for you all.
- Don't forget to do your renewals. You can now submit them online 3 months in advance. If they expire after 3 months, you must submit a reinstatement application.
- If you would like to attend our monthly Board meeting, please let us know, we would love to have you. If not you can watch it on our Utube Channel.
- ASWB has FREE test prep and resources available on their website aswb.org
- When you are ready to work toward your LCSW, be sure to submit a supervision contract to the board office for approval first. You cannot start supervision until you receive an approval email.



"We cannot teach people anything; we can only help them discover it within themselves."

****Things You Can Do****

1. When you need an official license verification from the Board, you can request a digital verification from the website. Note there is a \$25 license verification fee. If we need to send an official verification to any states for you, be sure to email this information to us so we know where to send it.
2. If you are a graduate student, you can apply to take your exam 6 weeks prior to your graduation date. You must submit your unofficial transcript to get you approved, so be sure to add it to your application. Then once you pass your exam, we must have your official transcript with your degree awarded sent to us directly from your school before we can issue any license.
3. If you want to stay up to date on the COMPACT; you can find information on ASWB website. They will begin working on everything in September.
4. Keep your mind active and learn something new every day!
5. ALWAYS take time for self care!!