Welcome to Courtyard Conversations.

I'm your host, Jaelon Jackson.

And in today's episode, we have Dr. De’An Roper, an esteemed clinician and educator with over two decades of experience in community mental health and substance use disorder treatment.

Dr. Roper has pioneered initiatives aimed at reducing law enforcement involvement and aligning care systems to individual needs.

Transitioning into academia at the University of Texas at Arlington, she leads the development of the state's first Bachelor Substance Use Treatment Program, preparing future clinicians with advanced skills.
Dr. Roper's research focuses on sexual and gender, minority health disparities, behavior change technology, and the intersection of mental health and substance misuse and criminal justice systems.

Now join us as we dive into her invaluable insights on LGBTQ+ advocacy, social work, and the transformative power of community support.

How are you?

I'm great, I'm glad to be here.

Thank you.

No problem. I'm glad to have you here.
So to start off with, we usually like to get a little bit of background

00:01:16:09 - 00:01:17:11
Jaelon: on you.

00:01:17:11 - 00:01:21:15
Jaelon: Can you give us a little bit of insight on what your research is about
and what guided you to research sexual and gender minority health disparities?

00:01:25:21 - 00:01:27:02
De‘An: Sure.

00:01:27:02 - 00:01:32:17
De‘An: Well, I am an APT faculty, not a tenure track or tenured faculty,
which means research is really just a smaller piece

00:01:32:17 - 00:01:37:00
De‘An: of, you know, my training and my education.

00:01:40:00 - 00:01:43:07
De‘An: I really focus on, my focus is on teaching.

00:01:43:12 - 00:01:47:20
De‘An: But I have done some research in my master's degree here at UTA
for my MSSW and then also for my Ph.D.

De’An:
And that research was based

De’An:
on LGBTQ plus folks.

De’An:
My master's degree was I did a thesis

De’An:
and I did a qualitative study about the relationship between lesbians, people

De’An:
who identified as lesbians at the time and gay men in leadership positions in the Dallas area.

De’An:
And so then when I went and decided to get my Ph.D.,

De’An:
I studied women who were assigned female at birth.

De’An:
Their smoke.

De’An:
I, I decided to study smoking in that population.

De’An:
LGBTQ folks who identify as lesbian
De'An:
and LGBTQ folks tend
to smoke more at higher rates than other groups.

De'An:
And that was really intriguing to me.

De'An:
And, you know, it's political, but

De'An:
it's also personal and it's important.

De'An:
And so

De'An:
being a part of the community, since I was very, very young,

De'An:
I just feel like it's really important to highlight

De'An:
research, highlight our community to really be a role model.

De'An:
That's really a big goal of mine is to be a role model.

Jaelon:
That's always great to be a role model.
Jaelon: You lead the way, you lead the way and pave the path.

De’An: Well, I've been doing it a lot of years.

De’An: I guess you could say that.

Jaelon: As long as you're doing it, you need somebody to do it.

De’An: Right, right, right.

Jaelon: So what can you tell me a little bit of.

Jaelon: Well, actually, I want to know

De’An: It was one of those things that I didn't just say, okay, I want to be a social worker.

De’An: I remember, like, in third grade, I remember thinking

De’An: why aren't there more women singers on, you know, the radio?
And I remember in I think it was seventh grade,

I was such an intense kid,

You know you have to do the speech.

You know, it's your big speech for the first time.

And in seventh grade, my topic was about violence on TV and how it affects children.

Oh, that sounds like a thesis. Yeah.

Right. So,

you know, it just

social work, I think, is just always been sort of part of,
De'An: I didn't know it was social work, but passion, you know, I'm passionate for advocacy for all folks.

De'An: And I think as social workers, we're drawn to social work because we're passionate.

De'An: It's just who we are as a general rule.

De'An: It's who we are.

Jaelon: You know, I had to ask. I know everybody has their story of what led them the social work.

De'An: Yeah.

De'An: The other reason was I didn't have to take algebra.

Jaelon: So it's always interesting.
I'm not good at math either, so I understand.

Eventually, by the time I got to my Ph.D.

I kind of figured it out a little bit.

But truly, that did have a little bit of play at hand.

- Played a little part.

Little part, yeah.

You do what you can, right?

You do.

So can you tell us a little bit of some of the most common challenges faced by LGBTQ plus individuals in society?
De’An: Wow. That's a big question because, you know, I think it changes all the time.

Jaelon: I think so as well.

De’An: And I think it depends on where you live, honestly.

De’An: But, you know,

De’An: I always wonder, is it easier now?

De’An: And I did a little research digging into some of the literature about it.

De’An: You know, a lot more people come out now as LGBTQ.

IA, 2-spirit, queer is sort of the umbrella term for sexual and gender minorities.

De’An: And so,
De‘An: you know, I think people we faced, when I came out a long time ago, it was very different.
De‘An: And it was, of course, prior to the Supreme Court ruling in 2015.
De‘An: And I think today's struggles are very different.
De‘An: There's still struggles and they're different.
De‘An: One thing I think that we don't do a good job of
De‘An: is having young people understand our history and understand the, you know, the fight and the struggle
and all of the things that led up to where we are today.

00:06:29:00 - 00:06:32:12
De’An: And I really think it's important that we understand our history.

00:06:32:14 - 00:06:34:23
Jaelon: Okay with that,

00:06:34:23 - 00:06:37:22
Jaelon: how do you think we should go about that?

00:06:37:22 - 00:06:42:19
Jaelon: Because I know there are like in I believe there are classes here.

00:06:42:21 - 00:06:46:22
Jaelon: And, you know, I've never heard of anybody taking them.

00:06:46:22 - 00:06:49:00
Jaelon: I've never met anybody myself that takes them.

00:06:49:00 - 00:06:52:19
De’An: We actually have an LGBTQ Plus studies class,

00:06:52:19 - 00:06:56:03
De’An: and it is open to anyone who is at the university.

00:06:56:03 - 00:06:57:23
De’An: It's not specific to social work,

00:06:57:23 - 00:07:02:23
De’An: and I've taught it a few times and actually we only have two or three social workers in there.
De'An: Usually, it's a diverse group of students and that makes me so happy.

De'An: that we have all kinds of majors of students

De'An: who are interested in LGBTQ studies and the historical perspective.

De'An: Some of them identify as part of the community and some of them don't.

De'An: And they say, I just take this class because I want to learn more and be a part of the community, of the larger community, and learn more about,

De'An: you know, they have friends or their family and that kind of thing.

Jaelon: I always think that's the best thing ever.

Jaelon: Just, you know, being a part and just wanting to be involved

Jaelon: rather than just like, Oh no, I don't really want to learn.
Jaelon:
I feel like you should learn about things
that you don't really know about, to be able to

just just accommodate more with the world.

De'An:
Yeah, absolutely.

De'An:
I was thinking about,

you know, our interview coming up, and I was thinking about

how the world, the planet is a system, right?

And the system stays in balance
with diversity, biodiversity, right.

Because if we kill off certain plants or we kill off certain
animals or certain systems, then everything gets out of whack.

It's kind of the same thing with humans, right?

Think about if we didn't have diversity,
De'An: think about if we didn't have that, we would be way out of balance.

Jaelon: We would.

De'An: Yeah, it would be like a big step backwards.

De'An: Right?

De'An: Right.

De'An: So I appreciate those students who want to learn more that are not necessarily a part of the community, but they want to learn more and support the community.

Jaelon: Do you teach it like every semester?

De'An: It's taught every semester I believe, even in the summer.

De'An: I didn't teach it this semester.

De'An: I did teach it the last couple of semesters.

Jaelon:
I would have took it.

Jaelon:
I would of took it if,

Jaelon:
if you were teaching.
De’An:
You know, everybody who teaches it,

De’An:
we make sure that they are really good at that topic.

Jaelon:
Yes ma’am. Yeah, That’s how it’s supposed to be.
De’An:
-Yes.

Jaelon:
Um, how do you think societal attitudes and policies

Jaelon:
impact the mental health and wellbeing of LGBTQ+ individuals?

De’An:
Oh, my gosh.

De’An:
You know,

De’An:
one of the things that a lot of people don't
understand is structural stigma

De’An: or structural discrimination.

De’An: And what that means is, for example,

De’An: before 2015, when we had equal before we had equal rights, right?

De’An: There were some studies done at some clinics

De’An: up north, I believe it was Massachusetts, maybe Boston, I'm sorry, I can't remember.

De’An: But the Gay Men's Health Crisis Clinic, a lot of clinics that served gay men

De’An: and they took the medical records, you know, big medical records.

De’An: The anon, it was all anonymous.

De’An: They looked at how much
in certain states where they have

00:09:48:12 - 00:09:52:13
De’An: positive policies for LGBTQ folks,

00:09:52:15 - 00:09:56:16
De’An: you know, less discrimination and that kind of thing, more open.

00:09:56:18 - 00:09:59:12
De’An: They looked at the rates of depression

00:09:59:12 - 00:10:03:18
De’An: and anxiety and mental health reasons that they were visiting the doctor

00:10:03:20 - 00:10:08:14
De’An: and their rates were lower than in other areas.

00:10:08:16 - 00:10:12:13
De’An: So in other words, people who live in states

00:10:12:17 - 00:10:17:03
De’An: where there is more structural laws against who they are, so to speak,

00:10:17:03 - 00:10:21:12
De’An: or discrimination have higher rates of mental health issues.

00:10:21:12 - 00:10:25:00
De’An: And we can look at that and we can see that through large

00:10:25:05 - 00:10:28:01
De’An: databases of medical records access.

Jaelon: And I actually think that makes a lot of sense

Jaelon: because it kind of is kind of like, um, like a barrier.

De’An: It's a huge barrier. It's a huge barrier because think about it.

De’An: So if you're a young person and you have discovered that you are part of this community

De’An: but you get messages from your leadership

De’An: in your state or your schools or your community

De’An: that say you're not okay, and there's really something very wrong about you

De’An: that gets internalized.

De’An: And that's a powerful message to be internalized
De'An: and leads to, you know, issues of depression and stigmatizing experiences that they internalize and anxiety.

De'An: That's why the more we can be advocates for, the more we can speak positive of, you know, LGBTQ folks, the better off everybody is.

Jaelon: -Yep.

Jaelon: And that is very important to be able to advocate.

De'An: Mm hmm.

Jaelon: Because it's like, you know, if you have someone in power who's not advocating it makes it especially because you are in such a big position to make you feel like, Oh, I don't matter.
Jaelon: Yeah. Or

Jaelon: I need to find somebody else to advocate for.

De’An: Right.

De’An: Right.

De’An: It's hard when you feel like you don't have a voice and

De’An: you feel like your voice is not

De’An: heard, even if you did speak up.

De’An: Invisibility is

De’An: detrimental to people.

Jaelon: Wow. That's a statement right there.

Jaelon: That’s powerful.
Jaelon: That’s funny.

That is actually fun that we were on this question about political things.

How do the ripple effects of, um, political statements impact LGBTQ+ individuals and communities?

You know, if you take the LGBTQ studies class, you would learn that,

you know, back in the HIV and AIDS crisis at the very beginning,

we couldn't get funding and we had thousands and thousands of people,

gay men specifically dying.

And we didn't know why.
De’An:
And we needed research and I lived through that time

00:13:01:20 - 00:13:05:02
De’An:
and we were fighting for our lives,

00:13:05:04 - 00:13:08:04
De’An:
literally fighting for our lives in our community.

00:13:08:08 - 00:13:10:05
De’An:
Talk about invisibility.

00:13:10:05 - 00:13:12:11
De’An:
And it wasn't until,

00:13:12:11 - 00:13:16:19
De’An:
I believe it was President Reagan
who actually used the word aids

00:13:16:21 - 00:13:20:02
De’An:
publicly before we got any funding

00:13:20:04 - 00:13:24:18
De’An:
to really take a look at that and start saving lives

00:13:24:20 - 00:13:26:14
De’An:
and helping people.

00:13:26:14 - 00:13:30:01
De’An:
So really and truly,

00:13:30:03 - 00:13:32:22
De’An:
not only our leadership, but language
De’An: that our leadership uses, language that anyone uses is very powerful.

Jaelon: That's true.

Jaelon: And, um, and I know, like, in today's time, like,

Jaelon: you know, people are people, people are very they try to be very selective

Jaelon: with wording and things like that because they don't want to say the wrong thing.

De’An: Right.

De’An: Don't want to say the wrong.

De’An: Right. Right. Everybody. So they don't say anything.

Jaelon: Yeah.

Jaelon: So you know, I, I would I would like to see like, you know, people
Jaelon: using wording in the more positive way rather than just not saying anything at all.

De'An: Right. It's okay to ask.

De'An: How do you identify What's what? What are your pronouns?

De'An: My pronouns are she, her, that kind of thing.

De'An: It's okay.

De'An: We have some research that shows that people are more reticent to talk about their money and their income than their pronouns.

De'An: Believe it or not.

Jaelon: -Really?

Jaelon: I would have never guessed that.
I would have never guessed that.

**Jaelon:**
And I actually learned more more about

**Jaelon:**
asking for people's pronouns

**Jaelon:**
being here at the School of Social Work.

**De‘An:**
-Oh, that makes me happy.

**Jaelon:**
You know, because before

**Jaelon:**
I, I didn't, I didn't think to ask.

**Jaelon:**
It was never on my head to ask, Hey, what are your pronouns?

**Jaelon:**
But I got here and it's like, you know,

**Jaelon:**
it's it's actually a respectful thing to ask.

**De‘An:**
Absolutely.

**De‘An:**
And it makes someone visible.
De’An: Right? Right. It makes someone visible.

Jaelon: What can future social workers do to make a positive impact in addressing discrimination and social injustice faced by the LGBTQ+ community?

De’An: Such a big question.

Jaelon: Yeah, I know. It's.

Jaelon: And I know that has a lot of answers.

De’An: Right? Right.

De’An: It does. It has a lot of answers.

De’An: You know, I think, first of all, learning what they need to learn, right?

De’An: Doing your own work, figuring it out,

De’An: understanding how to talk to other people
De’An: about diversity just in general, just talking about how important everyone's contribution is, talking about like what you did, where you learned how to talk about pronouns or ask people about their pronouns.

De’An: Um, you know, stepping into courage, I think, and creating more courageous spaces is what we have to do as social workers.

De’An: That's one of the biggest pieces we have to learn, is how do we create those courageous spaces for everyone.

De’An: And I think everybody goes about that a different way and has to learn that journey and figure out that journey for themselves.
De'An: But it's a wonderful, powerful journey that you can when you learn, you learn more about yourself, even.

Jaelon: Yes.

Jaelon: And I think, like how you said, like taking classes, taking the classes specifically to learn about the history of certain things.

Jaelon: Yeah, I think that would help a lot, too.

De'An: Absolutely.

De'An: Because it's all together.

De'An: It's not just, you know, the LGBTQ movement.

De'An: It is women's rights movements.
De'An:
It is civil rights movements.

00:16:46:09 - 00:16:48:08
De'An:
It is all of it together.

00:16:48:08 - 00:16:50:17
De'An:
We're all in it together, right?
Jaelon:
-Exactly.

00:16:50:17 - 00:16:55:16
Jaelon:
Yeah, I'll be elated the day we all move is one, Right?

00:16:55:16 - 00:16:57:17
Jaelon:
That. That right. That'll be the day.

00:16:57:17 - 00:17:02:15
De'An:
And respect the differences not just is not we don't want to not see anything different.

00:17:02:15 - 00:17:03:03
De'An:
Right.

00:17:03:03 - 00:17:04:10
De'An:
We want to see differences.

00:17:04:10 - 00:17:09:01
De'An:
We want to appreciate differences in people.
Jaelon:
-Yes.

00:17:09:03 - 00:17:09:07
Jaelon:
Yeah.
Jaelon:
That'll make a big difference. Yeah.

Jaelon:
It just changes the way the world's perspective.

De'An:
It enriches our own individual lives as well.

Jaelon:
-Yes.

Jaelon:
You talked a little bit about

Jaelon:
your research with, um, smoking,

Jaelon:
um, and members of the LGBTQ community.

Jaelon:
What are some factors

Jaelon:
that contribute to the higher smoking rates?

De'An:
Well,
one of the leading theories is the minority stress theory,

De'An:
and we don't exactly know 100% what contributes to this,
De'An: but that's one of the leading theories as what I was kind of trying to figure out.

De'An: Right

De'An: in my research for my dissertation

De'An: is why do we smoke more?

De'An: Um, you know, there's a it's, it's pretty complex.

De'An: I, I actually was an ex-smoker and,

De'An: you know, came out really early as a lesbian and

De'An: back it back then, smoking was more acceptable.

De'An: Started becoming more stigmatized.

De'An: But even women

De'An: who identify as lesbian assigned female at birth even smoke
more than men or gay men, men assigned male at birth.

We smoke longer

and we just have the higher rates and it it affects everything, right?

Smoking affects everything.

I think that minority stress theory has to do with the structural stigma,

the discrimination, all of those kinds of things, vicarious trauma

that we hear through, you know, the media and things like that.

That's one thing.

Another reason might be,

um, like a rebel
De'An: sort of identity, this outlaw identity kind of thing.

De'An: Because, you know, think about smoking is, is really a little bit stigmatized.

De'An: And so some people go to the opposite instead of sort of hiding it,

De'An: they become this sort of outlaw kind of person, which was me, I have to admit,

De'An: I was that person.

De'An: But, you know, I learned a lot doing that, doing that research.

De'An: And I learned that

De'An: women assigned female at birth,

De'An: people assigned female at birth tend to relapse

De'An: for different reasons, and smoking then other people.
De'An: And it's just fascinating. It's really fascinating.

De'An: There's a lot of reasons, but we really think it's about the stress.

Jaelon: -Wow.

De'An: Right. The stress of living.

Jaelon: I know.

Jaelon: And I know it can be stressful.

Jaelon: I mean, you said you said it's a very rebel mindset.

Jaelon: In my head,

Jaelon: I just picture like a guy like with the leather jacket.

De'An: Yeah, yeah.

**Jaelon:**
That's what I figure when you said a rebel mindset.

00:20:08:08 - 00:20:11:10  
**Jaelon:**
Yeah I think I think stress does lead

00:20:11:10 - 00:20:14:12  
**Jaelon:**
to, to, you know, finding different ways of coping.

00:20:14:13 - 00:20:17:12  
**De'AN:**

00:20:17:12 - 00:20:21:22  
**Jaelon:**
And I was I also brought up the question to me, does

00:20:22:00 - 00:20:28:23  
**Jaelon:**
I know your research was specifically on smoking, but does it lead to not does it lead to, um,

00:20:29:01 - 00:20:32:02  
**Jaelon:**
could that same thing apply to any other substance?

00:20:32:02 - 00:20:33:06  
**De’An:**
-Yes, absolutely.

00:20:33:06 - 00:20:36:06  
**De’An:**
And honestly,

00:20:36:06 - 00:20:37:20  
**De’An:**
a lot of the tobacco companies

00:20:37:20 - 00:20:40:21  
**De’An:**
and liquor companies will target certain populations,
and the queer community is one of the target populations as well.

They were one of the first the smoking corporations were one of the were the first corporate like, you know, big corporate companies that funded HIV, AIDS and LGBTQ rights movements back in the day.

And they did that on purpose.

They did that on purpose.

They were saying, you know, smoking back when they were trying to ban smoking from buildings,

You're too young to remember this.

I'm sure, like used to.
De‘An: We could smoke in a room anywhere in a building. Right.

00:21:16:02 - 00:21:19:19
De‘An: And so the tobacco companies were sort of strategically trying

00:21:19:19 - 00:21:24:00
De‘An: to align themselves with our groups, our populations,

00:21:24:02 - 00:21:26:23
De‘An: saying it was a choice to smoke.

00:21:26:23 - 00:21:32:09
De‘An: And so LGBT being LGBTQ was a choice as well, is what they were trying to piggyback on.

00:21:32:09 - 00:21:34:07
De‘An: Of course, we know that's not necessarily true.

00:21:34:07 - 00:21:37:17
De‘An: We have a lot of research that demonstrates the opposite, but that's

00:21:37:17 - 00:21:42:08
De‘An: they were the first ones that recognized the queer community.

00:21:42:10 - 00:21:48:01
De‘An: And when you are invisible and you are recognized by a huge corporation,

00:21:48:03 - 00:21:51:13
De‘An: you tend to be loyal as a group.
And the same thing with liquor companies and, you know, beer companies and those kinds of things.

00:21:57:00 - 00:22:00:03
De'An:
So they target and then people are loyal.

00:22:00:03 - 00:22:02:06
De'An:
And plus we have stress on top of that.

00:22:02:06 - 00:22:04:09
De'An:
And you've got that outlaw identity.

00:22:04:09 - 00:22:06:21
De'An:
The same thing, right? Yes.

00:22:06:21 - 00:22:10:04
De'An:
So lots of reasons.
Jaelon:
-Wow.

00:22:10:06 - 00:22:12:13
Jaelon:
That's that is true.

00:22:12:13 - 00:22:18:21
Jaelon:
Um, just looking at it and just I never I never realized that

00:22:18:23 - 00:22:22:17
Jaelon:
it's that's how that's how most companies get people in.

00:22:22:22 - 00:22:24:10
De'An:
Yeah, exactly.

00:22:24:10 - 00:22:26:05
Jaelon:
They Oh, my goodness.
Jaelon: I just, I, you know, I know they, yeah, it did.

Jaelon: Because it's like, you know, I know like they, they cater to, to different people and,

Jaelon: and just different groups of people.

Jaelon: But I never knew was that specific to where

Jaelon: like even the fact of

Jaelon: targeting people who feel invisible

Jaelon: and making you seem invisible just to get just to get your product out.

De'An: -Yes. To get your product out and to politically motivate you to go vote in their favor.

Jaelon: -Wow.

De'An: That's what was happening in California back in the day.
Absolutely.

00:23:02:13 - 00:23:04:14
Jaelon:
I didn't think about it that deep at all.

00:23:04:14 - 00:23:08:19
Jaelon:
Not to the voting aspect.

00:23:08:21 - 00:23:14:03
Jaelon:
What, if you can,

00:23:14:05 - 00:23:16:22
Jaelon:
what is the most impactful moment of

00:23:16:22 - 00:23:21:02
Jaelon:
in your work dealing with a client with mental health challenges?

00:23:21:05 - 00:23:25:02
De’An:
Yeah, well,

00:23:25:04 - 00:23:26:04
De’An:
there are so many.

00:23:26:04 - 00:23:30:04
De’An:
You know,
I've done a lot of different jobs and mostly in mental health

00:23:30:04 - 00:23:36:17
De’An:
and treatment of people who misuse substances and

00:23:36:19 - 00:23:37:17
De’An:
it's hard work.
De’An:
I got to tell you, Jaelon, it's really hard work.

00:23:41:01 - 00:23:44:12
De’An:
So you kind of have to when you have those moments, you really have to hang on to them.

00:23:44:12 - 00:23:47:13
De’An:
So one of the moments that I hang on to is

00:23:47:13 - 00:23:50:13
De’An:
I was on campus at

00:23:50:16 - 00:23:56:18
De’An:
Texas Woman's University finishing up something for one of my classes and I was walking across campus.

00:23:56:19 - 00:23:58:19
De’An:
They had a lot of construction going on.

00:23:58:19 - 00:24:01:04
De’An:
And there was a gentleman I could tell out of the corner of my eye.

00:24:01:04 - 00:24:03:08
De’An:
He was trying to kind of get my attention.

00:24:03:08 - 00:24:06:20
De’An:
I think I just, you know, kept walking.

00:24:06:22 - 00:24:10:21
De’An:
And finally he came up to me hesitantly and he said, Ms. De’An?

00:24:10:23 - 00:24:13:09
De’An:
And I said, Yes?

00:24:13:09 - 00:24:19:14
De'An:
And he said, I just want to thank you.

00:24:19:16 - 00:24:25:00
De'An:
He said, I have a family now and I have a job

00:24:25:02 - 00:24:28:02
De'An:
and I am back on my own two feet.

00:24:28:04 - 00:24:31:20
De'An:
Thank you for the program that you were a part of.

00:24:31:22 - 00:24:37:11
De'An:
It's because of that program that I'm here
and that my family is good and I'm back in with my family

00:24:37:13 - 00:24:42:14
De'An:
and that those things,
those kinds of stories are why we do this.

00:24:42:20 - 00:24:46:20
De'An:
You know, we're not just touching one person,
but we're touching

00:24:46:20 - 00:24:51:17
De'An:
whole families and generations.
Jaelon:
-See, that's always that's always great to hear.

00:24:51:18 - 00:24:53:17
Jaelon:
And you actually answer my next question.

00:24:53:17 - 00:24:59:02
Jaelon:
I was going to ask you, you know, how do these
how do these like positive outcomes

00:24:59:04 - 00:25:03:23
Jaelon:
and like these personal stories
and everything like contribute to the positive outcomes?

00:25:03:23 - 00:25:06:09
Jaelon:
But yeah, I know that's rewarding.

00:25:06:09 - 00:25:06:20
De’An:
-It is.

00:25:06:20 - 00:25:12:17
Jaelon:
I know that is so rewarding.
De’An:
-You know, we have such passion as we started out talking about, social workers

00:25:12:17 - 00:25:16:08
De’An:
have such passion, and our passion can burn us out

00:25:16:09 - 00:25:21:14
De’An:
if we don't harness it and use it and take care of ourselves.

00:25:21:16 - 00:25:27:04
De’An:
And I think one of the ways to do that is to remember

00:25:27:06 - 00:25:29:05
De’An:
the stories

00:25:29:05 - 00:25:32:11
De’An:
of impact that we make all the time.

00:25:32:11 - 00:25:39:01
De’An: And we have to also trust that we make that impact even when people don’t tell us.

De’An: because we can recognize when people have made impacts on us. Yes.

Jaelon: That's those impacts.

Jaelon: Oh, because I listen to

Jaelon: like whenever anybody comes in here for an episode, I love to hear about the impact they made because it just,

Jaelon: I don’t know, it warms my heart just to see like,

Jaelon: you know, y'all do so much in the field.

Jaelon: And I know like the best

Jaelon: reward is seeing the reaction or the outcome that comes with it.

De’An: It is the best reward, and they're few and far between.
De’An: But you got to hang on to them because they're there and it keeps you going.

De’An: It just keeps you going.

Jaelon: Can you suggest any specific resources or avenues for our listeners to get involved?

De’An: I think that everybody, you know, we have such a diverse campus and people from all over and there's always community events.

De’An: You know, Google is your friend, right?

De’An: You know, get involved, just go to a pride parade,
De’An: you know, and talk to people and observe

00:26:56:11 - 00:26:59:17

De’An: and look up the calendar events and things like that.

00:26:59:17 - 00:27:03:15

De’An: There's lots of ways to find organizations

00:27:03:17 - 00:27:06:06

De’An: that you can volunteer for.

00:27:06:06 - 00:27:11:05

De’An: Also, I think making sure that you vote and you vote on a local level,

00:27:11:06 - 00:27:15:15

De’An: that's really important to understand what's going on in our communities at the grassroots level.

00:27:15:21 - 00:27:18:04

De’An: That's where it makes a difference.

00:27:18:06 - 00:27:20:13

Jaelon: And how can

00:27:20:13 - 00:27:23:23

Jaelon: listeners apply the insights gained from our conversation

00:27:23:23 - 00:27:27:07

Jaelon: today in their own lives and communities?

00:27:27:09 - 00:27:31:04

De’An: Oh, that's a test question.
De'An: Um, you know,

De'An: I think just doing your own work, you know, doing your own work and figuring out,

De'An: finding your own voice, finding your voice for other folks and,

De'An: you know, just doing that work, right?

De'An: Be better.

Jaelon: -Yes, ma'am.

Jaelon: Well, I think that's all we have for today.

Jaelon: Thank you for joining us.

De'An: -Thank you, Jaelon.

De'An: I appreciate it, great conversation.
Jaelon:
All right.

00:28:00:14 - 00:28:04:07
Jaelon:
If you want to learn more about the School of Social Work and what social workers do,

00:28:04:07 - 00:28:07:04
Jaelon:
please go to our website and follow our social media pages.

00:28:07:07 - 00:28:09:11
Jaelon:
Please be sure to give this video a thumbs up.

00:28:09:11 - 00:28:14:04
Jaelon:
Subscribe to our channel and turn on those post notifications for more content down the road.

00:28:14:06 - 00:28:21:10
Jaelon:
As always, everyone, please be safe and make sure to check on your friends. Until next time, signing off - I'm Jaelon Jackson.