

Jesutofe Salau: Hello to all of our listeners. My name is to, and today is another great day to be a, a social worker. Welcome to social work, amplified a podcast, hosted by speak, speak  
[00:00:30] stands for social policy, education, advocacy, and knowledge. And our mission is to amplify the voices of, of social workers by providing resources, increasing students' political engagement and facilitating network speak will like to gratefully acknowledge the generous support of the Simmons sisters fund at Texas women's foundation. I would like to introduce our guest for today's podcast. Mary Beth Kopsoy. Mary  
[00:01:00] Beth is a licensed master social worker and an active member of the national association, social workers, whether serving patients in mental health and substance abuse, treatment facilities, providing street outreach to people, living with HIV or helping victims of domestic violence on their path from victimhood to survivorship. Mary Beth has spent more than 17 years helping those who needed the most.

Jesutofe Salau: Her working leader roles in nonprofit organization has allowed her to utilize her  
[00:01:30] experience and talents to address domestic violence from a community level down to the trauma informed approaches used with families, fleeing, domestic violence. Mary Beth has served as an expert witness on the issue of domestic violence for the parent county felony intimate partner violence unit for the criminal district's attorney's office. She has also served on an executive committee for the Tarrant  
[00:02:00] county council on family violence. She is a past woman of the year awardee from the national association of professional woman and was also recognized by the Texas governor's office as a yellow rose of Texas award winner. In 2013, Mary Beth has also served on various panels in Tarrant County, including panels in the faith based community, Texas a and M law school, Texas Christian university, and UT  
[00:02:30] Southwestern. Mary Beth is also an, a young professor at the university at Texas Arlington who has taught a master level social work class title, intimate partner violence. Hello, Mary Beth. How are you doing today?

Mary Beth Kopsoy: Hello, I'm great. Thank you. How are you?

Jesutofe Salau: I'm doing pretty good. Your biography was really packed. You've done a lot, and I'm  
just so excited to hear from you today and just get, you know, a little bit of insight into your 17 years of experience in just the helping, helping field and social work. So I'm start off with the first question. What you to a master in social work?

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Mary Beth Kopsoy: Oh man, what led me to obtain a master's in social work, I've always been a helper and my undergraduate degree is not in social work. it's in women's studies or feminist studies with, a concentration in sociology. My minor was in sociology and started working for a shelter in Fort worth, back in 2004 and worked my way up through different departments and different positions. And I was doing social work. I  
[00:03:30] just didn't know I was doing it right because I had no formal training in social work. and so as cliché as it sounds, it was a calling to me I've always been a helper I've always wanted to help people in need. and so it, it was a natural progression for me to pursue my master's in social work. And I started that process back in, 2010 and I graduated from UTA, with my MSSW masters of science and social work in 2013.  
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Jesutofe Salau: Awesome. So you kind of just like you were doing the work, but then like what, like did, was this something along the way that helped you realize that, you know, SOC, like it gave you a name for the thing that you were doing, like somebody along the way, or did you

Mary Beth  
Kopsovich:  
Jesutofe Salau: Exactly take a  
Or something?

[00:04:30]  
Mary Beth  
Kopsovich: Yeah, no, I mean, it, it, it made sense to me. I get so passionate when I talk about it, because it's things that I was doing. And when I went, when I was in school and I was learning, it was literally connecting the dots. Right. It was those light bulb moments or those aha moments for me that I was literally connecting theory to practice, like the things I was learning about in school, in a textbook or online. Yeah. It was things that I was actually doing in my professional career. And that was just the coolest thing.

Jesutofe Salau: Yeah. So

Mary Beth  
Kopsovich:  
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Jesutofe Salau: Yes. That's one thing I really like about social work. You can actually be doing it outside of being a social worker and like just never really know. Definitely. So what, so what, so since you've been a social worker, has your concentration like always been in like the macro field, because right now, you are currently working at the family place as a program director. So have you always held those type of positions or have you like, dabbled in the micro field a little bit?

[00:05:30]  
Mary Beth  
Kopsovich: Yeah, I know that's a, that's a great question. I, when I went back and I got my master's or when I went and got my master's in social work, I was working in direct practice. So I was doing more microlevel work, individually with people. and then I actually, that's not, I was doing both, I was a program director. I was a shelter director. and so I think at the time I wanted to go into cap like community administration practice, but I wanted to challenge myself. And so I actually ended up getting a concentration in mental health, direct practice, in mental health. just because that wasn't something I had a lot of experience in, in my very first internship. This was, again, this was years ago and UTA has since changed, but I had to do a 500 hour internship. oh no, that's wrong. I did, I had to do both. I had to do a 400 hour and then a 500 hour by 400 hour internship. I did at Millwood hospital, which was an inpatient psychiatric hospital. And that was something that really opened my eyes to a complete different world. And so that wasn't anything I had experience in. and so I wanted to get more experience. And so that was the path that I chose was DP and mental health.

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Jesutofe Salau: So then what led you into like the macro field that you're in right now as a program director?

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Mary Beth Kopsovich: It was something that I, I was already doing. I was in a leadership role. Yeah. And so, again, but that's why I, I challenged myself in school, in my education in doing something I hadn't done before. I think it would've been easier for me to do. I, I shouldn't even use the term easier. I think it would've made more sense to do cap maybe back in the day, because I think it would've been easier, just because I had already been doing it. but the direct practice in mental health was something I didn't even know at the time of my enrollment, what the DSM was. It was the DSM four T R I had no clue what, what that meant. but now with a, a, you know, concentration and direct practice in mental health, I'm pretty, knowledgeable in the DSM five, the DSM five tr is actually coming out pretty soon, too, already revisions to it, so.

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Jesutofe Salau: Okay. So have you, like how long if I may ask, how long have you been, the program director at the family place? It's like, I wanted to know, like if the family placed your current position, when you referred to, like, you were already in a leadership position, are you referring to this current one or you held a different leadership position at that time?

Mary Beth Kopsovich:

[00:08:30]

Yeah. So back when I got my master's, I was, director of an Arlington, state Haven of Tarrant county. I was the director of the Arlington shelter. and then from there I ended up, working in different capacities. Uh postgraduation with my MSW. MSSW rather, I've had a variety of positions. but my current role at the family place is a program director of our central Dallas counseling center. And I've been in this role for about a year and a half, prior to this role at the family place. I worked at safe Haven of Tarran county, and that's where I worked for the better part of about 15 years. and my last position there, I was the vice president of non residential services, where I oversaw legal services, counseling services, and non residential crime case management intake and oversaw the 24 hour crisis hotline. So yeah.

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Jesutofe Salau: So

Mary Beth

Kopsovich:

More macro stuff now.

Jesutofe Salau:

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Yeah. Yeah. Now you're like really focused on like the macro stuff. So since you've been exposed to both the macro field and the micro field, like, like through your internship, when you were school into school, how would you say those two correlate, you know, like, did you find it like beneficial to BR to have had branched out and, you know, get that education in the micro field

Mary Beth

Kopsovich:

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Or a thousand percent, because without knowledge of what's happening on the day to day with clients receiving the services, you can't effectively be a leader. If you don't know what's happening. and you might not need to know like the ins and outs of every little detail, but you need to have a solid understanding of what's happening in

[00:10:30] your building or happening in your program happening in your department. And if you don't have that basic knowledge, then you're not going to be a effective in changing or effective in creating whatever type of change, or working towards whatever type of mission. You have to have a knowledge of micropractice in order to be an effective, macro practitioner, macro practice practitioner. You know what I mean? That sounded really wordy or even me level social work. Right. You have to have knowledge of all of it because they all do correlate. They all mesh together. I mean, think of systems theory, if one thing is out of whack in the system, the whole system is thrown off.

Jesutofe Salau: Okay. Yeah, that definitely makes sense. And I really like what you said, you have to have that exposure in like that micro field in order to be an effective macro leader, cuz you know, anybody can be a macro leader, but if you want to make yourself a little bit more effective in that field, in that, in that area, you just want to get that knowledge on that micro field.

Mary Beth Kopsoich:

Jesutofe Salau: Yeah. So that's great. So could you tell us a little bit about the family place? What is the organization all

Mary Beth Kopsoich: Absolutely. So the family place is the largest domestic violence organization in Texas. we have three shelter locations. We are the first designated family violence provider, to have a shelter dedicated for male survivors. So men that are experience family violence or domestic violence. We have three non-residential counseling centers. We have a supervised visitation center. We have a batter's intervention prevention program. We have a housing department, we have a dignity at work program. We also have an animal shelter on site, at one of our shelter locations. we provide a holistic comprehensive services to survivors of family violence, domestic violence or, and or incest. and so it's, it's a very large, organization, a very comprehensive program. and we're a leader in, in a lot of the things that we do in the state of Texas. family violence, domestic violence has always been my passion.

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Mary Beth Kopsoich: It's always been what I've been driven to, to work in and create change. and the family place to me, it feels like home. I've, I've been in this field for 17 and a half years. It'll be 18 years in July. but it's just, it's such a great organization. The amount of good that we do in our community is it's truly astounding. we a, a CEO, named Paige flank who just retired this past December, and she was a trailblazer and she would, she would do things if somebody told her not to do something, she would do it anyways. and you know, the fact that we have a, a men's shelter in the state of Texas, that wasn't a very popular thing to do, I think at the time. but when you really think about, the issue of domestic violence or the issue of intimate partner violence or family violence, while it can be historically a gender based crime or gender based issue, men can be victims as well.

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Mary Beth Kopsovich: And those individuals need a safe refuge to seek shelter in. and so the fact that we have just that is, is really incredible. a second ago I mentioned that we have a kennel, our former CEO page flank thought about that too, that, you know, we want to a reduces many barriers that we have in place or for survivors seeking services. We want to reduce barriers. They already have so many barriers and for people seeking shelter, oftentimes people won't come into shelter. If they have a pet, they don't want to leave their pet at home. That's true. Because there is a, a, a direct correlation between animal abuse and domestic violence. there's a really high correlation between those two, those two issues. And so the fact that we have kennels for dogs and cats at our shelter at one of our locations is, is really just phenomenal.

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Mary Beth Kopsovich: so the family place is a great organization. All of our services free of charge except for our batterers intervention prevention programming. And that's specifically for the offenders. I think it's important that we do that work, with the offenders because there are two pieces of this equation. and we cannot create a safe community if we don't look at both sides. And if we don't try and provide services to the batterers, to the people that are of the offenders, and sometimes I even hate to use the term batterer because that also goes into the misconception that domestic by violence is only physical in nature, right? The term batterers can really play to that. And domestic violence is so much more than just physical violence. It's emotional abuse, it's sexual abuse. It's yes, it's physical. or it can be physical. It can be financial, it can be spiritual. There's so many different types of abuse. anyhow, I've got on a long tangent about that. I could talk about this all day long. No. but that's, that's, you know, the family place is just, it's a great organization. We, we also provide, primary prevention and secondary prevention services to children in school, in the Dallas area, to teach them about healthy relationships and that abuse is not okay. and so, yeah, that's a little bit about the family place and what we're about.

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Jesutofe Salau: Yes. Thank you so much for all that information, you know, just, you know, the family place does seem like an amazing organization and just hearing you talk about it, I'm just like, I would, I would appreciate if you go on, but I know that, you know, we are on a certain time time limit, but it does seem like a great organization that has several and many different services. And I really like the fact that, they do have a service for men because like you mentioned, men are almost always like overlooked when it comes to discussing intimate partner violence and domestic violence. So I really think that's a great initiative and this, and then the additional initiative in regards to the pets, like you said, people are emotionally connected to their pets. And sometimes the thing that's hindering them from leaving is their, that connection to their pet or, you know, something along the along those lines. So, you know, like those initiatives that the family place does have, this is the first time I'm hearing about it, although you are the first one that has came on our podcast that serves the, the population that has suffered intimate partner violence, but still, this is the first time I'm hearing about such, you know, services available from such an organization, which I think it's really great, especially for the community.

Mary Beth Kopsovich: Yes. Thank you. Nice. We also have a lot of specialized efforts too. We have, one location down in our Southern Dallas sector and we have the African American domestic violence council. we also have a Hispanic advisory council because we know that in those communities, domestic violence might not be talked about. And so providing those specialized out reach services, I think are crucial. we are also trying to revamp our LGBTQ plus, services. and just the fact, I mean, I've got this brochure on my desk. It just, I literally just happened to have it, but, one in four lesbian, gay, bisexual, and transgender people experience relationship violence. And that's almost at the same rate as heterosexual individuals, but that's not something that's commonly talked about. And so we at the family place, we're willing to have those difficult conversations and provide services to people that, maybe more marginalized or might not know that services are available to them.

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Jesutofe Salau: Yeah, that's really great. That's really, really great. Maybe we could talk about the family place. I'm pretty sure they do so much more than you've already even talked about, but let's go ahead. for upcoming social work students that might be interested in a position like you're currently the program director right now at the family place. could you provide a brief insight into what you do overall or what a day looks like for you?

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Mary Beth Kopsovich: Oh, sure. my day is different every day. I'll tell you that, I provide supervision and oversight to a counseling center. it's, it's a non-residential facility. So the people that come in for services don't, they don't live here. but I have a team of about 10 people on staff, men and women. and it's a combination of, clinical, social workers, LPCs, social work, interns, LM, MSWs, B Ws, we're all over the place. so a day to day for me, I do a lot, I attend a lot of meetings, but I really try to be effective in, my communication with my team. We meet on a weekly basis as a, as a group, but I have individual supervision with everybody. At least once a week, my door is always open, unless it's not, but that's, that's a running joke, in the office.

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Mary Beth Kopsovich: My, my door is like 99% of the time it's open. but if my door is closed, they know that like, I'm, I'm really busy because I believe in having, an open door policy, this work is really challenging. and it's important that people in this field know that they're not in it alone, that we can lean on one another. because the work that we do is so heavy and working with people in any realm of social work can be really challenging, but particularly when you're, when you're working with hurt people, you know, it can be heavy work. so that's kind of what I do on a daily basis. I attend budget meetings. I'm responsible for the budget for my department. I'm responsible for client satisfaction, safety, and security of our building. there's a lot that goes into being a program director, and it's not just sitting behind a, a desk and, and being on a computer. it's, it's really making sure that our clients are receiving quality services. but also that, you know, they're, they're getting something from the things that we are offering them.

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Jesutofe Salau: Great. Thank you for the insight and what you do as a program director. I think one thing I've noticed, based on our previous podcast and this one that like, you know, as a macro social worker, when you're working in that field meetings are just going to meetings are inevitable. Like you're going to have to go to the meetings because, you

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[00:21:30] know, as a macro social worker, you're always collaborating with other team members and things like that. So like, you know, just so all of our listeners like meetings are inevitable as a macro social worker. We just have to accept it, especially if you want to go that route. And I really like how you mention the background stuff that you do in regards to like budget it and, you know, like collecting surveys or managing client satisfaction. I really think that's important for us to know that somebody has to do all that background work, you know, especially cuz you know, we always think about budget and we see how budget like trickles down and affects us at the micro level. But somebody, sometimes the macro worker is behind the doors trying to work on that budget and make sure that we have the funds that we need to do our work. So thank you for that. Definitely,

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Mary Beth Kopsoich: Really great. And, and I'll say too though, that a lot of it is grant driven and so we have to meet cer we have to do certain things, just because of grant requirements and that also ties into the budget as well. So a lot of behind, behind the scenes, things that happen, that, you know, people aren't always aware of that macro level social workers are responsible for.

Jesutofe Salau: Yeah. And I know you you've been able to like transfer your skills, like to many other avenues. Like your biography mentioned you are a professor. You're actually my professor teaching me Online. It's

Mary Beth Kopsoich: True

Jesutofe Salau: Teaching partner violence course at UTA, which is, it's a really good course. So how, like, what are some other ways you've been able to transfer your skills in a macro field, like in the, in your world? Are there any other ways you've been able to transfer those skills?

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Mary Beth Kopsoich: Sure. So as you highlighted, with my biography, in addition to teaching at the master's level at, UTA, in the school of social work, I've also served as an expert witness, on the issue of domestic violence. And so, I testified in felony courts, for the Tarrant county criminal district attorney's office when I was working and living in Tarrant county. and so through that role, I was effectively able to create change. when, you know, we social workers, we want to, to see change, we want to create change. We want to be agents of change. And when you're in macro level work, you don't always get to see the fruits of your labor, so to speak. and so being able to testify and really pursue social justice, was so neat. And so, it was such an honor also neat, isn't the right word. It was such an honor to be able to use my voice for somebody that wasn't able to, articulate exactly how they were hurt and for that person to receive a pretty hefty, sentence in prison because of the crimes they committed. That's another way that I've been able to use my, my experiences as a macro level social worker in creating change in the community.

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Jesutofe Salau: That's really good. I'm, I'm really glad that you have that opportunity to do that. And  
[00:24:30] your response actually leads us to our next set of questions. It's our political and advocacy questions. Like you just mentioned, you were able to like create change. You were able to be an agent of change within the community because of your, like field or your current position. So now we're going to get a little bit more into that and this can be at an individual level or it can be related to your current position. So there are many ways to be politically engaged. What are some of the ways that you choose to remain politically engaged?

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Mary Beth Kopsovich: So I will speak me myself. these are my, my political beliefs. I have nothing to do with the family place. although they might be in the similar realms, I'm not sure. but I tend to I'm I always vote even if it's a local election, because I believe that my voice, I mean, it's our, it's our right to be able to vote. And so I vote, I use my voice in any way that I can. I've been known to call legislators, to call 'em up and, and just say, Hey,  
[00:25:30] Hey, I, I would like you to consider X, Y and Z. firearm surrender was a big one. There was a, a representative in, I think he was actually housed out of Arlington and I don't remember his name and that's going to drive me nuts. I can't recall his name.

Mary Beth Kopsovich: However, I, my father happens to be a member of the NRA. he and I have very different opinions and beliefs, but my dad is an NRA member. And so I, I said, Hey dad, I, I really need you to call up, this, this person in office and ask him to vote a certain way for a firearm surrender program. Because if you're a felon, you shouldn't be able to have a weapon, as it pertains to domestic violence. And I gave him the background and, and whatnot. And so I was able to have my dad call this guy up and try and convince him to vote a certain way. I don't think it was, effective, but I was  
[00:26:30] able to get my dad to at least do that. So, you know, even if people have different political views, we can still have healthy conversations.

Mary Beth Kopsovich: And I think that that's part of political advocacy too though, is really listening to the other party. and just in listening and hearing people out. And I think if we did that, then I think that we would be in a much different place in the world. but me, myself and I, I tend to use my voice to vote the way that I believe, is best for, for change for society, for marginalized communities, for, for people, for human beings. I have not had the honor of attending social work advocacy to at the state capital, just because of COVID and because it's in Austin and I'm in Dallas. but I have been able to encourage students, that I've been their field instructor to participate in, social work day at the capital. yeah. So hopefully that answered your question on how I can get involved and how other social workers or people considering the field of social work, to become politically involved.  
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Jesutofe Salau: Yes, that definitely answered my question. And you actually answered a few other questions that I was going to ask, but I really like how you set that voting is one of the basic, one of the most basic things you can do in order to remain politically involved. And I think that's very true and we've heard it over and over again in our podcast. So like we're hearing it again, just go out there, register to vote and vote for those local elections as well, because they're very important. And I really like how you said that  
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[00:28:30] you, you're known to call up legislators because a lot of us don't think we have that access to the, our legislators like that. But the truth is that we do like, their numbers are made public for a reason, for people like us to call them, you know, voice our opinions or our suggestions or what we think that needs to be changed. And it's okay if we call them.

Mary Beth  
Kopsovich:

Jesutofe Salau: So I think you mentioned, you mentioned earlier about, one of your success stories in your, I think this pursuit was tied to your job when you went to the court and you testified, but do you have any other success stories, where you've seen like your political engagement, like yield results, maybe it can be within your area of practice or outside of your

[00:29:00]

Mary Beth  
Kopsovich:

[00:29:30] Oh man. I would say in regards to the field of, of family violence, you know, one thing that, and I don't know that it's been reauthorized yet, but Vala the violence against women act, that's been up for reauthorization. and you know, just, I, I think that was even something that I put out to the students in our class this semester about Vala. but just teaching people about, or not teaching, that's not the right word, but just speaking about certain things, and just being a, a voice for, people that don't have a voice. and I feel like I'm kind of stumbling over my words right now. I don't really know. I'm sure I have so many other successes, but you've put me on the spot and I can't think of anything.

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Jesutofe Salau: Oh yeah. It's okay. It's OK. Cause you actually mentioned a really good one earlier. when you, like, when you gave a testimony at a court and somebody received like a sentence and they were, you know, they received justice for maybe the crime that they committed, that's actually a really good success story. So

Mary Beth  
Kopsovich:

[00:30:30] Yeah, he did. He, he actually received a 40 year sentence in, in prison, for the crimes of, of domestic violence, continuous felony violence and, and some other pretty horrible things that he did, to his victim. So it was through my testimony as an expert, as an expert witness, on domestic violence that he was able, the courts were able to hear, about the dynamics of domestic violence, about certain things and maybe why a victim acted a certain way or recanted or, or did certain things. but it was through that, that he was able to, go to jail for 40 years. So that was, that was great. There need to be more stories like that, that we hear about. I think

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Jesutofe Salau: They're, they're definitely very encouraging, especially when you're working with, you know, that type of population. I'm pretty sure there's some discouraging moments and discouraging times. So like having like a win, like that can definitely kind of set you back on your feet or, you know, make you reunite that passion in you.

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Mary Beth  
Kopsovich:

It, it, and, and, you know, this work is so difficult. Like I said earlier that, we have to be, our cup has to be refilled and, and that's definitely one way that, our spark can get reignited.

Jesutofe Salau: Yeah. So, like you mentioned earlier, you've been first, you started off with women's studies in your undergrad and you've been kind of working in this field, like, offering service to domestic violence, domestic violence population for a while now. And it seems like something that you're very passionate about, like you mentioned, so how do you engage people in a call that you are so are passionate about? Because we know that two is better than one, you know? So how do you get other people on board? something that you're really passionate about.

Mary Beth Kopsovich: Yeah. I mean, I think it's something as, as simple, as like a little nursery rhyme that we heard when we were little, that sticks and stones can break your bones, but words will never hurt you. Well, that's not true words do hurt. And if so, you can even explain something as simplistic as you can, to somebody. And just so they can understand that words hurt people can be hurt by what you, what you say to them. And if you, if you act upon your words and if you become physically abusive to somebody that can, that can really do a lot of damage, not only physically, but psychologically, mentally, emotionally. And I think, especially when we start talking about, perpetuating a cycle of violence and gen the generational effects of domestic violence, that without some sort of intervention, then children will grow up to normalize that abuse is okay, or that, that is how people are supposed to be treated or how people are supposed to act.

Mary Beth Kopsovich: and so just it, having dialogue, having conversations about, what healthy relationships look like or what, healthy communication looks like. you know, I think that we can all agree that nobody likes to be hurt. And so if we can just come to that, then we can have much larger, larger discourse about out, you know, why domestic violence should not be okay. And two is better than one, four are better than two, right? Yeah. And so I think that we can all agree that, you know, people shouldn't be hurt in that, you know, we shouldn't use words or we shouldn't use our, our bodies or objects to hurt one another. And, and, you know, it sounds so silly, but we should all be able to just get along

Jesutofe Salau: Yeah.

Mary Beth Kopsovich: And treat each other with dignity and respect. Right. I, I don't think this could be a social work podcast without like, talking about the core, the core values of social work. Right. Yeah. Yeah.

Jesutofe Salau: And I think that's really true healthy conversations. definitely help kind of, what is it like thwarts, some mindsets that people may like tend to have, especially, I really like how you mentioned, like some cultures, they practice like intimate partner violence. It's like normal in some cultures because that's just what normal is for them, but that child within that family or something now starts to absorb that stuff. And it becomes normal to that child. But if like somebody has a healthy conversation with a child or like maybe school programs, they implement like an intervention or something about violence or intimate partner violence. Now that child may have a chance of not adopting that behavior that he may win, he or she may witness and think is normal.

So I really like that healthy conversations is really, it's really important, especially when you want to get more people on board with something that you're passionate about.

Mary Beth Kopsovich:

Jesutofe Salau:

[00:35:30] So, if you could start all over again with political social work, or also known as, because see what is something that you will do a lot more of? So I know you said you've been in the field for like almost 18 years now, and I know you've had a, your share of like ups and downs, successes and failures, but if you could like go back in time from where you're at now, like what would, what is something that you would do a lot more of, if anything at all,

Mary Beth Kopsovich:

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I would probably be more outspoken. I'm a pretty outspoken person. One of my favorite, I'm all about quotes. And one of my favorite quotes is speak your mind, even if your voice shakes. and I've always been known to speak my mind, but I would probably speak out against things that I've seen, and not necessarily be a bystander, not in a professional capacity, but maybe out in my personal life. I would do that also from an advocacy level. I would probably want to, oh, I can't even believe I'm going to say this. I would probably want to get into politics at a younger age and get, and get more involved and, and maybe even run for office. I think if I would, if I would've known then would I know now, that Paul aren't scary, they can't be. but that, you know, that's how we create change. Like we have to do that. I see grassroots movements and I, and that's how things start to change and things get momentum. Paradigm shifts don't happen overnight. Right. They start little by little. and I think that, that's what I, I would do. I would probably run for office. if I were much younger. Yeah. Maybe 20 years ago, I would, I would entertain that idea.

Jesutofe Salau:

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Yeah. That's a, that's a good one. I, we haven't heard of that one yet, you know? Oh, if you would, if you were to go back in time, you were run for office, but I really like the fact that you said that cuz that can encourage some of the, of people that are listening right now to, you know, take that initiative or take that step if they see a change. And if they think that they have like maybe the solutions or they have the courage or they can do that type of work, maybe they should go for it because it's better. Yeah. Better, late than ever. You don't want to, hinder, you don't want to not do what you think you can't do when it's really not that to begin with.

Mary Beth Kopsovich:

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Go for it. I mean, that's, that's, my advice is like, go for it. If you think that you can change something, don't, don't sit on the sidelines, like get up and, and do something about it. Yeah. you know, give it a shot. It might not work, but it, and if it works then awesome. And if it doesn't work, then you try again.

Jesutofe Salau:

Exactly. Cause you know, there's many, many of the people who run for office, they don't really win their first time around. Maybe it might take two times or three times and then getting that seat that they ran for. So we're going to end off with this question, just giving us, the students or the listeners, listen to our pocket, just a little

[00:38:30] bit of advice. So what's the number one website that can help social work students with political social work and advocacy. And how does that,

Mary Beth Kopsoich: I mean a no brainer for me, I think it would be NASW, or social workers.org. you can find anything you want on there. there's a lot of great guidance. There's a lot of good links that you can find. and that would be where I would point anybody that wants to learn more about social work or, or anything of that nature. That's my advice.

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Jesutofe Salau: Thank you. Yes, we've heard. Sure.

Mary Beth Kopsoich: Yeah.

Jesutofe Salau: We've heard NASW before, which is great. That means that, you know, there's a wealth of information on that website and honestly, all of our listeners, we should be on a, on that website by now just, you know, looking for, we can learn from there. So that seems like, it seems like a pretty good website I've been on there myself. So let's go ahead and get on there. So thank you so much, Mary, for spending time with me today.

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Mary Beth Kopsoich: Thank you so much for having me. I, I really appreciate the opportunity.

Jesutofe Salau: You're welcome. It was so nice to have you. Thank you to all of our listening is for joining us for another episode of social work amplify. I hope you were able to learn something today that empowers you to become more politically engaged and helps you shape a better tomorrow until next time.