



# HOW YOU CAN BENEFIT ***FROM SOCIAL WORK***

[www.LakeCountryPhysio.com](http://www.LakeCountryPhysio.com) | (705) 413-3587

## **INSIDE:**

- What Do Social Workers Actually Do?
- Are You Struggling With Your Mental Health? *Social Work Can Help*



## HOW YOU CAN BENEFIT **FROM SOCIAL WORK**

Are you struggling to cope with problems arising in your everyday life? You can benefit from seeing a social worker if you are experiencing anxiety, depression, life changes, or relationship and parenting challenges.

Social work is a profession where trained professionals assist vulnerable people and communities in overcoming everyday challenges. We are incredibly excited to announce that at Lake Country Physiotherapy, we have a new social worker on staff in addition to our virtual social work therapy provided by Lindsay Katarynych.

If you resonate with any of the issues named above, don't hesitate to contact Lake Country Physiotherapy to schedule an appointment with our social worker. You don't have to manage challenges alone; we can help!

### **Who Do Social Workers Typically Work With?**

Different social workers may have varying focuses, but all social workers are committed to promoting social welfare and assisting people of all backgrounds in overcoming personal challenges.

The truth is, anyone can benefit from seeing a social worker. No matter your background, we're confident that our social work services can benefit you.



**Get your life back on track with  
Lake Country Physiotherapy!**

[www.LakeCountryPhysio.com](http://www.LakeCountryPhysio.com)

Phone: (705) 413-3587 Fax: (705) 327-9064



1. *Feel free to call us and ask to speak to your therapist.*



2. *Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.*



3. *If further assessment is warranted, your therapist might recommend you come in for an appointment.*

**Call Lake Country  
Physiotherapy  
to talk with your  
physiotherapist today!**

# What Do Social Workers Actually Do?



However, in general, a social worker will spend their day meeting with clients, either individually or in groups. According to Baylor University, a social worker's job during these meetings is to listen to their client, assess their needs, assist them in identifying areas where they are struggling or vulnerable, and make suggestions to improve their current situation.

Social workers usually have different specialties and roles depending on where they work. For example, school social workers assist students in coping with problems at school and home. Clinical social workers provide counseling services that may encompass struggles with addiction, mental health, or trauma. Medical social workers help coordinate services for patients during and after treatment.

Our registered social worker, Andrea Smith, has experience supporting families and individuals in various settings and specializes in psychotherapy services for the community.

## What Do Social Workers Do?

Social workers serve people.

Social workers believe people are resourceful, resilient and able. Working in a variety of settings, social workers help people attain physical, mental and spiritual well-being. They also address broad social issues like oppression, discrimination, domestic violence, unemployment and poverty. They do this in many different ways, including:

- Therapy/Counseling
- Social policy analysis
- Community capacity building
- Health promotion
- Research
- Collaboration with other professions

It's normal to have questions about social work, especially if you've never interacted with a social worker before. You may understand that social workers help individuals overcome complex problems, but how? What do they actually do?

Social work isn't always easily summarized. This is because, at its core, social work is about people, and each person is unique, with their own set of specific needs. No two social workers would be doing the exact same thing daily.

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# Are You Struggling With Your Mental Health? *Social Work Can Help*

Did you know that professional social workers are estimated to be the largest group of mental health service providers in Canada?

According to Health Affairs, "social workers are often the only mental health care providers in many rural and remote communities. There are more clinically trained social workers than psychiatrists, psychologists, and psychiatric nurses combined."

It's not uncommon for individuals with mental illness to feel isolated, but knowing that you're not alone is critical. ***In fact, take a look at the following statistics from the Canadian Mental Health Association showing how prevalent mental health concerns really are:***

- In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness.
- By age 40, about 50% of the population will have or have had a mental illness.
- Approximately 20% of Canadian youth are affected by a mental illness or disorder.

Social workers support people by using social work knowledge, skills, and evidence-based interventions that can help you with your mental health and support so you that you don't have to manage alone.

## **Make An Appointment With Lake Country Physiotherapy Today**

Are you dealing with an issue that is too big to tackle alone? You can find the dedicated support you need with a Lake Country Physiotherapy social worker. Whatever your problem is, let's solve it together.

Sources:  
<https://socialwork.buffalo.edu/admissions/is-social-work-right-career-for-me/what-is-social-work.html>  
<https://gssw.baylor.edu/what-do-social-workers-actually-do>  
<https://www.healthaffairs.org/doi/full/10.1377/hlthaff.22.5.177>  
<https://cmha.ca/brochure/fast-facts-about-mental-illness/>  
<https://lakecountryphysio.com/our-team/registered-social-worker/andrea-smith/>



## **Staff Spotlight** *Andrea Smith, Registered Social Worker*

Andrea is a Registered Social Worker (RSW) with a Master of Social Work (MSW) who has supported families and individuals in a variety of settings including hospitals, transitional houses, foster care, and the public sector. Andrea is guided by a person-centered approach that aims to develop the therapeutic relationship. She has a genuine interest in understanding a client's experience with warmth, compassion, respect, and non-judgment. Additionally, it is important for Andrea to approach clients with an anti-oppressive, trauma-informed, and culturally responsive lens.

Andrea can support individuals experiencing anxiety, depression, life changes, and relationship and parenting challenges. Andrea is constantly pursuing new techniques, skills, and courses as a professional social worker. She has completed additional training in Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Emotion Focused Family Therapy (EFFT).

## Clinic News!



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## **Did You Know?**

### ***We Can Also Treat:***

- Back Pain
- Contusions
- Headaches
- Hip Pain
- Joint Pain
- Knee Pain
- Mobility Issues
- Neck Pain
- Pelvic Injuries
- Shoulder Pain
- Sports Injuries
- Sprains