



**Name:** Troy Hollett

**Class of:** 2015

**First job after graduation:**

My first job was the Central Regional Coordinator for the Canadian Mental Health Association – Newfoundland and Labrador Division.

**Subsequent jobs:**

I was hired with Central Health in January 2016 as a Regional Float Community Supports Registered Social Worker. I worked there only briefly before being hired as a Registered Social Worker for the City Hospitals in March 2016. Since March 2016, I have worked at all of the four major hospitals in the St. John's area. I have had the opportunity to work in the Emergency Department, Intensive Care Unit, 4SA Medicine, 4SB Neurology Medicine, 4NB General Surgery, 4NA Oncology, 5SA Cardiology, 5SB Neurosurgery and Urology, and 5NA Orthopedics at the Health Sciences Centre. I have provided coverage on 2N and 2S – both of the rehabilitation units for our province. I also had opportunity to work at Rehabilitation Day Services at the Dr. Leonard A. Miller Centre on outpatient basis. I also have had much exposure working in acute care (E3A and W3A), as well as Forensics (N4B) at the Waterford Hospital since that time.

**Did you take on subsequent education? If so, what and where?**

At this time, I am trying to gain some work and other experience before applying to complete my Master's Degree. It is definitely on my radar.

**Favourite memory of your...**

**Class:**

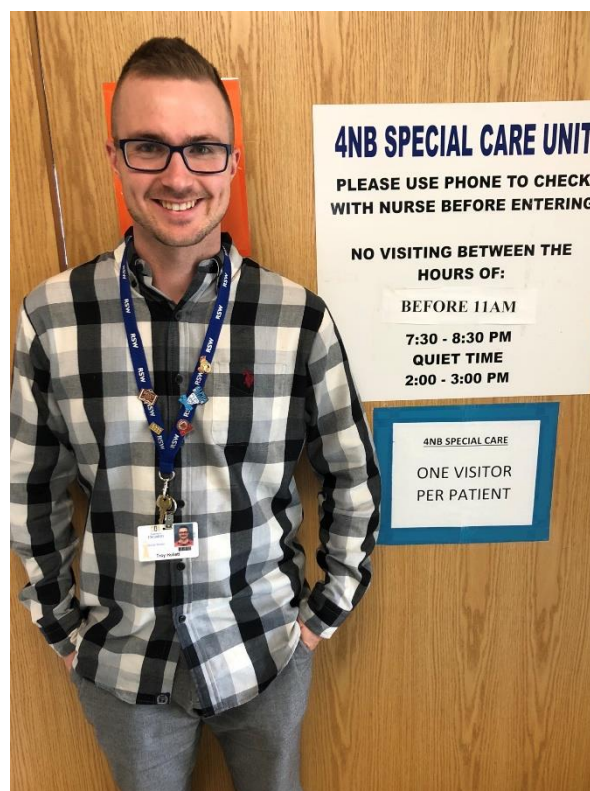
Role play exercises were so fun. A lot of strong and unique personalities portraying diverse roles while using literature and social work skills was a blast! A lot of people are not a fan of role playing, but it was some of the most fun times I had during our classes. In fact, a classmate of mine once dressed up as Marilyn Monroe and sang "Happy Birthday, Mr. President" to me on my birthday! It was quite memorable for sure! It was great to build some lasting friendships from my class!

### **Time at the School of Social Work:**

As President of the Class of 2015, I travelled to Brock University in St. Catherine's, Ontario to represent the School of Social Work as the student delegate for my class. This was a privilege and honour that I am still very grateful for.

### **Time at Memorial:**

Hanging out with new friends at the University Centre was always fun. It was so great to meet so many likeminded individuals.



### **Where are you now?**

I currently work temporary, full time in acute care with the Surgery program at the Health Sciences Centre with Eastern Health. I work on both 4NB General Surgery, which incorporates individuals who experience trauma, require plastic surgery, and/or may need services from the burn unit. I also work on 5SB Urology on a consult basis as needed.

In my current role with acute care, I assist patients and their families with implementing a client-centred discharge plan. This provides the patient and their family members with formal supports to assist with their transition from the hospital to their discharge destination. This may come in the form of home supports, referrals to community programs, supportive counselling, or a placement in a personal care home/nursing home.

**What's your favourite part of being a social worker?**

My favourite part about being a social worker is being able to go to work, be myself, and meet so many people from different backgrounds and experiences all while making a difference one day at a time. I really enjoy advocating for patients and their family members to ensure their needs are met while admitted to hospital.

**What advice would you give to prospective students considering social work as a profession?**

Be a "social" social worker! Start networking within your practice area of interest as soon as you start the social work program. This will help to build working relationships which will ultimately assist in obtaining resources and connections to support colleagues and clients who you will work with in the future.

Also, be prepared to realize that you are not going to be able help everyone. However, you are going to be an important person in trying to help individuals and families help themselves. This is something that you will learn really quickly.

Know your triggers – everyone came to the profession for a reason. Be aware of your own personal triggers and have coping strategies in place to deal with the triggers when they come out of nowhere!

**Any personal or professional highlights or milestones you'd like to share?**

I have been a part of the Newfoundland & Labrador Association of Social Workers (NLASW) Promotion of the Profession Committee since May 2016.

I recently was asked by Eastern Health to attend the National Health Leadership Conference in St. John's in June of this year. I went on a morning tour at Health Sciences Centre with all CEOs and officials in health authorities across Canada!

I am in the process of moving into a new position as the Social Worker for the Emergency Department at the Health Sciences Centre.

I am one of the few Social Workers who attend Doctors Rounds every Friday morning. This has been valuable to assist the surgeons with discharge planning.

**Any interesting research you're working on that you'd like to share?**

I have been adding to my research on Delirium since April 2015, and I have been working with different stakeholders and my employer to add to pre-existing resources already in place.