

LEWIS-CLARK STATE COLLEGE

LC State Graduates Do More A series featuring Warriors, written by Warriors

This is social work for LC State grad Rosa Mettler

Rosa Mettler found her calling in the midst of what she calls a "dark time." Her parents were out of the picture so she and her brothers were raised by her grandparents in St. Maries through high school graduation. She had been attending North Idaho College for six months when she had her daughter at the age of 19.

"That was my real life-changer," Mettler said.

After her daughter's birth, Mettler had a meeting with her social worker when she realized exactly what she wanted to do with her life. Her social worker, Margie Gannon, told Mettler that she should go back to school because she is smart



and always did well in school.

"Well, what is it that you're doing with me?" Mettler asked Gannon. "What's this? Because I could do this. This I like - helping people."

To which Gannon replied, "This is social work."

Mettler reflected, "sometimes you don't know what you want to do until you have life experiences and then that kind of points you in your direction, and that was definitely my case. I knew I wanted to be a social worker from that point on."

Mettler re-enrolled at NIC in 2002, saying Gannon "showed me the pathway to go back to college." She immediately began working with a Lewis-Clark State College advisor to help her

transition from NIC to LC State.

"Rosa, like many students studying at LC State, was a returning adult student," said Rocky Owens, senior director at the LC State Coeur d'Alene Center. "I remember appreciating her dedication to not only her academic studies, but her daughter, Shayla."

Two years later, Mettler graduated with her bachelor's in social work from LC State's Coeur d'Alene Center, and her classes were planned so efficiently that she did not take an extra credit.

She was looking forward

to spending more time with her then 6-year-old daughter

and working full time, but JR Seaman, one of her professors, convinced her to apply for graduate studies at Boise State University.

According to Mettler, Seaman told her, "No, Rosa, you don't want to stop. It's just one year. You really need to apply and keep going. Think about it, you'll never be set up the way you are right now to finish this." Mettler took it to heart, remembering his greatest piece of advice: "Never let your education limit your opportunities," she said "I have repeated that to my own daughter, colleagues, and interns over the years.

"So, with a four-day deadline before the application for grad school was due, I applied for my master's program and went on for that the next year." After earning her master's, she was hired by the company where she had just interned during the year.

A few years down the road, she was invited to interview for a position with the Children's Village, where she interned during her time at LC State. The Children's Village is a trauma responsive shelter that restores trust and hope for children and families who experience abuse, neglect or are in crisis. Upon accepting the job, she helped

the Village transform the way it interacts with children so it can serve them more effectively.

"We now refer to our program as trauma-responsive because we have continued to grow in our understanding and treatment of trauma," she said. "We must apply what we know to create relationships that help children and families heal."

Mettler conducted a case review study in her LC State research class in conjunction with her internship at the Village. She discovered the primary reason for the recidivism rate of traumatized

children returning to residential care is because their "place of discharge" is not prepared for their behavior.

"Coming back to Children's Village nine years later and being asked to build a program to address that very issue has been very fulfilling," Mettler said. "I am blessed to be entrusted with such an important role in this community. And there is no better staff to work beside. It has been, and continues to be, very rewarding."

I really felt like my Lewis-Clark State College social work program prepared me 100 percent for the field. I loved that program. It was so comprehensive and prepared me for the many roles of a social worker in the field."

Mettler appreciates the program involved a significant amount of self-reflection at the time, saying "I hope it remains the same because you have to be really aware in social work to your own biases, your own emotional responses to situations. It helps me be a better person and professional today."

She loves her job and appreciates how her education supports her work every day.

"I love my LC State experience - it set a solid foundation for my career," she said.

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Morganne Nutt is a senior at the Lewis-Clark State College Coeur d'Alene Center and will graduate with her Bachelor of Science in communications in spring 2022. She transferred from North Idaho College after obtaining two associate degrees, and plans to attend graduate school to continue studying communications. Ultimately, she seeks a career in media, publications, editing, mediation, and/or community relations. Morganne is the recipient of the Work Scholar Award, which provides LC State students with a tuition waiver in exchange for work service to LC State.

LC STATE BY THE NUMBERS

#1 lowest tuition in Idaho among public four-year institutions.

Ranked by U.S. News & World Report as **#3** in the West.

12:1 student-to-teacher ratio for academic programs.

Academic programs graduates have a **96%** placement rate.

80% of students receive some form of financial aid.

Ranked **#1** school for non-traditional students. *(Best College Reviews)*

130+ degrees and certificate programs.

Ranked by The Economist as **#2** in Idaho for economic value.