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Meet & Greet: Mich Low

[PHC COMMUNICATIONS](#)

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People-Forward



March is [Social Work Month](#), a time to learn more about the many positive contributions of the profession. To celebrate the special month, meet Foundry social worker Mich Low (she/her).

Job Title: Social Work Case Manager

Department/Location: Foundry Vancouver-Granville

How long have you worked at PHC? Seven and a half years.

Describe your job in one sentence: Jack of all trades.

Why did you go into social work? Total fluke as I used to work in the world of literacy while doing a degree in psychology. But a summer job for Literacy Ontario had me supporting non-profits. During that summer, I met and saw some amazing social workers and wanted to do that.

What is your favourite thing about being a social worker? I have two: being in a role whose values are deeply rooted in social justice; and my coworkers. I seriously work with the Best Team Ever who really embody care and compassion.

What drew you to work with youth? Initially it was because I am a big kid myself. But over the years I have come to realize that each young person is unique and on their own individual journey and where it will take them can't be predicted. There is a belief that anything is possible.

You and some colleagues recently started a Skills System group at Foundry. What is Skills System? And what is the aim of this new group? Skills System is a modified Dialectical Behavioural Therapy group designed for folks with cognitive impairment and/or diverse learning needs. The aim is to offer emotional regulation skills to folks who are often left out of other therapeutic groups due to their learning needs.

You’re also doing a BC Centre on Substance Use (BCCSU) Addiction Social Work Fellowship.

What does this program entail? It’s a one-of-a-kind learning opportunity that not only gives you specialty training in addictions but also the opportunity to work as a social worker in diverse settings with folks who use substances.

What are your major takeaways from the experience?

So far:

- 1. It is a good thing to get out of your comfort zone.
- 2. The world of addictions is ever changing and I will always be a life-long learner.
- 3. We need to lessen the stigma of substance use and do better in offering supportive services in a timely manner.

What book and/or podcast are you currently reading or listening to? Book - *Peaceful Parent, Happy Child* / Podcast- Anything from RadioLab.

What superpower do you wish you had? Teleport to far off lands.


What was your favourite class in high school? Psychology

What’s your go-to karaoke song? “Sweet Caroline”


What’s one thing we’d be surprised to learn about you? I used to work for NATO.

What would we most likely find you doing on your days off? Being outside, getting up and close to nature with my five-year-old and dog.


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