National Slavery and Human Trafficking Prevention Month

Approximately 40 million human trafficking victims exist worldwide. During the month of January, we educate and advocate to eliminate human trafficking. Law enforcement agencies and organizations across the nation work together to raise awareness in communities.

Human trafficking impacts all races, every class, religion, and gender. It even spans every ability. As a result, the issue belongs to every community in the country.

Ways to Be Observe and be Involved:

• **Knowledge** – Learn how human trafficking is happening. Visit [www.dhs.gov/blue-campaign](http://www.dhs.gov/blue-campaign) to inform yourself about what human trafficking looks like.

• **Get involved** – If you suspect human trafficking report it. In the U.S. call 1-866-347-2423. For more information visit [www.dhs.gov/blue-campaign](http://www.dhs.gov/blue-campaign). You can also volunteer through organizations committed to eliminating human trafficking. Contact local, state, and regional service organizations to volunteer time, services, or a donation.

• **Get help** – If you need help, call 1-888-373-7888. Visit [www.dhs.gov/blue-campaign](http://www.dhs.gov/blue-campaign)

The Military Social Work Graduate Certificate prepares micro practice students to work with military service members, veterans, and their families in a clinical social work setting. Coursework focuses on enhancing the ability to assume advanced evidence-based practice roles in working with individuals and families.

The Military, Veteran and Family Care Graduate Certificate prepares students to work with military service members, veterans, and their families across settings. It is open to any graduate student at UTA. It focuses on military, military-connected, and veteran culture toward effectively serving these populations across various non-direct practice roles in health and social service agencies.

Hi Everyone!
Welcome back to another semester in the School of Social Work! If you’re new here, welcome for the first time! We are so glad to have you! If this is your first time reading the weekly newsletter, the You Matter section is here because...well, YOU MATTER!
This newsletter has essential reminders and helpful information needed to progress toward your degree. The “You Matter” section has a similar goal. We (Craig and Sarah) will discuss crucial social work practice/education and wellbeing. We discuss self-care throughout any social work curriculum, but sometimes it doesn’t sink in until we have those deeper conversations with ourselves.

So, with all of that being said, it feels a little disingenuous to fill this post with complete excitement. Of course, I am excited that you all are entering a semester where you’ll learn more about yourselves and social work! However, I’m also feeling the drain of living in a pandemic since the beginning of 2020. No matter what we’re looking forward to, we are also exhausted. I hope that you all honor BOTH feelings if you have them. It’s ok to look forward to the future AND feel frustration/exhaustion/etc. about our current situation. Learning to accept those uncomfortable thoughts and feelings makes space in your mind for new coping methods and helps you let go of any unhelpful thoughts telling you that you have to live your life a certain way.
Before the pandemic, I used a paper planner and had my schedule documented by the hour. That was before the collective trauma we experienced. My brain is usually in a fog now, and it’s hard for me to focus. It’s hard to take in some days, but once I accepted this change, I’m starting to feel more like myself, even if it’s a new self. I threw out my planner (best believe I kept the cute stickers) and traded it in for a notepad where I make a daily to-do list. Then I make a not-to-do list as well. I know what to write on these lists because I ask myself these questions in the morning:
What is my energy level today?
What do I need to do for myself?
What do I need to do for others?
What can wait?
When I ask myself these questions, I struggle with the last question. I have all of those thoughts that go through my head about letting people down if I let some things wait. I have to remind myself that yes, someone else may be disappointed, but sometimes that’s necessary, so I don’t let myself down Every. Single. Day.

If life is looking different for you these days, I challenge you to embrace it. Step into the new and find what works for you now. Stay curious with yourself, and you’ll likely find inspiration that will make life feel a little less exhausting. Craig and I would love to hear about your journey towards self-awareness and wellbeing. Feel free to drop us an email or meet up with us on the first Wednesdays of the month.

Sarah Herrera
LCSW | Doctoral Student | MSW

Free CEU’s from Valdosta State University
For All Licensed Clinical Social Workers

Do you need Continuing Education units? Earn those units from the comfort of your office. Click for more information.
ADVISING

Feeling a bit lost? Start with your Graduate Student Leader! Don’t know who that is? Email Stacie Hill to get connected and back on track!

Need to meet with your advisor but there’s no upcoming appointment available? Drop-in either in person or virtually on Wednesdays. To schedule your 30-minute drop-in time, click here. Be sure to select in-person or virtual and your advisor. Remember, drop-in sessions are on a first come basis.

Registration continues for the next two weeks, and instructors have been informed that students may enroll in classes over this time period, so don’t worry if you are still waiting to be enrolled in a class—your instructor will accommodate your needs and give you time to catch up!

FIELD PLACEMENTS

General

- InPlace has a new URL! All students, agencies, and Field Instructors will need to use the new URL. https://inplace.uta.edu/
- The InPlace fee is $67 per year or $130 for a lifetime. Each student will need to plan to pay the InPlace fee on the first day of class for that semester they are starting field.
- InPlace Training and Logbook Training can be found here!
- Field forms are available here!
- Field FAQ
- If you are having technical difficulties with InPlace please email sswfield@uta.edu and include a screenshot of the issue.
- Are you a CAP student ready for your advanced field placement? Check out the Funding section for paid opportunities!

Spring 2022

- The Spring 2022 Field Application is now closed
- Read the Summer 2021 – Spring 2022 Field Accommodations here.
- All students have been placed. Students should contact their field advisor if they are still awaiting placement.
- See the Spring 2022 Field Education Calendar here. InPlace fee is due on the first day of class

FIELD POWER HOURS

This is an opportunity for you to ask questions, similar to Office Hours for faculty!
- Foundation MSW
  - Field Advisor: Natalie Mangham
  - 1st & 3rd Monday of the month, 3-4
  - Click here to join the meeting
- CAP & Children & Families
  - Field Advisor: Monica Brown
  - 1st & 3rd Tuesday of the month, 3-4
  - Click here to join the meeting
- Mental Health
  - Field Advisor: Hector Ramos
  - 1st & 3rd Wednesday of the month, 3-4
  - Click here to join the meeting
- Aging & Health
  - Field Advisor: Sharon Martin
  - 1st & 3rd Thursday of the month, 3:30-4
  - Click here to join the meeting

LICENSING

- If you’re in your final semester and want to get started on applying to ASWB to take the LMSW licensing exam, click here to request the Dean’s Letter for Licensure, which UTA will send to ASWB. More info can be found on the ASWB site and our SSW licensure page.
- Click here for a recording of our Social Work Licensing Information Session.
- Interested in the LCDC? Scroll to the end of this Licensure webpage and click on the Texas LCDC Licensing 2021 PDF for a chart that shows how different education levels can prepare you for the LCDC.
**GET INVOLVED**

**Mentorship Opportunity**

Arlington ISD is looking to set up some of their students with mentors. Help support our community schools!

If interesting, please reach out to Stephanie Tucker at stephanie.tucker@mavs.uta.edu

**OPPORTUNITIES**

**Students for Global Change (SGC)**

Interested in making an impact regarding social injustices? Advocate for social issues! Join Students for Global Change (SGC) to start making an impact!

Meet every 6th Wednesday PM each month | 5:45 PM | Teams' virtual meetings | Everybody's welcome!

To participate, please register: https://bi irrigation.com/1/18555

Follow on @SGCUTA: Students for Global Change
Email: uta.sgc@gmail.com

**IMPORTANT DATES**

**SPRING 2022**

- **Jan 18** – First day of the regular session and 1st-8 week session
- **Feb 23rd** – Last day to drop from 1st-8 week session by 4PM
- **April 1st** – Last day to drop from regular session by 4PM
- **March 21st** – First day of 2nd-8 week session
- **April 26th** – Last day to drop from 2nd-8 week sessions
- **March 1st** – Graduation application deadline

Apply Here

**LEARN A NEW ADVOCACY SKILL WITH SPEAK & SKILLSHARE!**

**Click Here to Learn More**
The Texas Substance Use Symposium (TxSUS) represents a special time for our substance use community to come together and continue our work to strengthen the field and identify challenges and solutions for substance use. Click here for more information.
COVID-19 Testing

REQUIRED COVID-19 TESTING

Regardless of vaccination status, all students and employees coming to campus in any capacity for the spring 2022 semester must provide proof of a viral COVID-19 test by Feb. 4, 2022. Tests taken before Jan. 3, 2022 will not be accepted. If you have any questions, contact covidtesting@uta.edu.

UTA has a number of on-campus testing options that meet the required criteria and are free. Results received from an on-campus testing option will automatically be reported to the University with no further action required on your part. UTA’s COVID-19 testing resources are always available to you should you need or want a test, not only when you are completing a UTA testing requirement.

Results from off-campus testing sites will be accepted, though you will not be reimbursed for costs. Test results from an off-campus testing site will be uploaded to the COVID-19 Self Report portal in MyMav. Remember, if you test positive, please follow the CDC’s isolation protocols and submit the Personal Diagnosis Form.

UTA’s COVID-19 testing resources are always available to you should you need or want a test.

Covid-19 Vaccine

On Campus Covid Vaccine Clinic

Each clinic will operate on a walk-in-only basis and be held in the Group Exercise Room (101B) in the Maverick Activities Center.
• Wednesday, January 5 – 10 a.m. to 2 p.m.
• Wednesday, January 12 – 10 a.m. to 2 p.m.
• Wednesday, January 19 – 10 a.m. to 2 p.m.
• Wednesday, February 2 – 10 a.m. to 2 p.m.

Click Here for more information.

Required COVID-19 testing and new protective measures for Spring 2022 (English and Español) (uta.edu)

Classroom density, updated info from university on testing and return to campus

Flu Shots

Health Services recommends getting vaccinated to be protected against flu before the start of flu season. Email the Immunization Clinic with your name, date of birth, student ID number, and phone number to schedule your free flu shot.
RESOURCES

UTA Academic Calendar

Evidence-Based Practice Research Guide

Check Canvas for the MavsUnite Page! To add please e-mail: Emily Clark

SAR Center
(Formerly Office of Students with Disabilities)

Managing Stress and Anxiety During COVID-19
UTA Counseling and Psychological Services (CAPS)
THERAPIST ASSISTED ONLINE (TAO)
Visit TAOnnect.org

THrive APP
Download "Thrive at UT" on App Store or Google Play

Mavs Talk 24HR Crisis Line
Call: (817)272-8295

Visit uta.edu/caps for more information

UTA is a Community that Cares

Rental Assistance Program
The Tarrant County Rental Assistance Program assists residents who have been impacted by the COVID-19 pandemic. For more details, email renthelp@tarrantcounty.com or call 817-850-7940.

Emergency Assistance Fund
UTA students with a temporary financial hardship resulting from a sudden emergency may apply for financial help.

Get Microsoft 365, The Wall Street Journal and Other Apps FREE with your student email!

How to gain access to SSW writing resources: Advising & Student Success Canvas

UTA/Tri-C Food Pantry Distributions
Currently distributing groceries on Thursdays only, from 9-11:45 a.m. and 2-4:45 p.m. To receive these grocery bags you must send an email to utafoodpantry@gmail.com to request a pickup time. Include student name, last four digits of UTA ID, requested grocery pickup time, choice of vegetarian, chicken, or any meat groceries.

If you have any questions or content suggestion for the newsletter, please contact Tuesday Darling: tbd2290@mavs.uta.edu

In Crisis? Text HELLO to 741741

In Crisis?

Free 24/7 Confidential

Follow us on Social Media

211 S. Cooper Street, Arlington TX 76019
Social Work Program
(817) 272-2135

"Be the change you wish to see in the world."
— Mahatma Gandhi