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 Bachelor of Science in Substance Use & Treatment (BSSUT) “The degree will use a multidisciplinary approach to understand the biological, psychological and social aspects of substance misuse,” said Scott Ryan, dean of the School of Social Work. “Its curriculum for assessment and treatment methods for substance misuse are based on evidence-informed and research-supported practices that will enable students and future professionals to understand and treat individuals, families, groups and communities while preparing graduates for careers in this field.”

Continue reading here

David Waters
david.waters@uta.edu

Dr. Allison Tomlinson, PhD, LCSW-S
allison.tomlinson@uta.edu

For more info and FAQ’s Click Here

Degree Progress Worksheet Click Here

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
**ADVISING**

- 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.

- If your advisor’s appointment schedule is full, please consider emailing them for email-advising, or attend their weekly Power Hour. Please check advising appointments every Monday when new availability opens up for the coming weeks.

  **BSW Academic Advisors:**
  - Valerie Adame – [adamev@uta.edu](mailto:adamev@uta.edu)
  - Sabrina Earle – [sabrina.earle@uta.edu](mailto:sabrina.earle@uta.edu)

**FIELD PLACEMENTS**

**General**

- All students, agencies, and Field Instructors should use this URL for InPlace: [https://inplace.uta.edu/](https://inplace.uta.edu/)
- The InPlace fee is $67 per year or $130 for a lifetime. Each student will need 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!
- If you are having technical difficulties with InPlace please email [sswfield@uta.edu](mailto:sswfield@uta.edu) and include a screenshot of the issue.
- Field forms are available here!
- Field FAQ
- Contact Sharon Martin, LMSW, Field Advisor, with any questions! You can also connect with her during her Field Power Hours every 1st & 3rd Thursday of the month from 3:00-3:30. Click [here](#) to join the meeting

**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

**LICENSING**

- If you’re in your final semester and want to get started on applying to ASWB to take the LBSW 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, held in April 2021.
- 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.

**MSW ADMISSIONS**

Did you know that if you pursue your MSW at UTA within 6 years of graduating with your BSW, you can finish your Masters in as fast as 1 year? We accept MSW admissions on a rolling basis. The admissions calendar can be found [here](#). If you have any questions about the process of applying to the MSW, please contact [leslie.reyna@uta.edu](mailto:leslie.reyna@uta.edu)
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
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.
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. If you have trouble finding or using the portal, contact the OIT Help Desk. Remember, if you test positive, please follow the CDC’s isolation protocols and submit the Personal Diagnosis Form.

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.

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.
**Managing Stress and Anxiety During COVID-19**

**Therapist Assisted Online (TAO)**
- Visit TAOconnect.org
- MAVS TALK 24HR CRISIS LINE Call (817)272-6256
- Visit uta.edu/caps for more information

**Thrive App**
- Download "Thrive at UTA" on App Store or Google Play

**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.

**UTA Academic Calendar**

**Evidence-Based Practice Research Guide**

**SAR Center**
(Formerly Office of Students with Disabilities)

**UTA Library Accessibility**

**On-Demand & Live Fitness Classes**

**In Crisis?**
Text HELLO to 741741

**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

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