



UNIVERSITY OF
TEXAS
ARLINGTON

SCHOOL OF
SOCIAL WORK

WE GOT THIS!



MASTER OF SOCIAL WORK

I acknowledge the grave harm brought by colonialism to this land, especially the systematic attempts to erase indigenous and African identities through violence, slavery and racist segregation laws.

WEEKLY UPDATE

June 28, 2021



SOCIAL JUSTICE SPOTLIGHT

UTA Again Ranked First in US For Military Vets & Their Families

For the second year in a row, The University of Texas at Arlington is the nation's top four-year institution for veterans and their families, according to *Military Times*.

The *Military Times* Best for Vets: Colleges 2021 list recognized UTA for both its efforts to serve its military-connected students and the resources it offers them. UT Arlington also topped the annual list in 2020.

"UTA is committed to serving all of our students, and our active-duty, veteran, National Guard and Reserve students recognize this dedication to their success," said Teik C. Lim, interim president. "We respect and honor their selfless service to our nation. They experience first-hand that UTA has a culture of ensuring our military-connected students are successful in their degrees, ready for the next stages of their careers, and have access to an array of services and support."

Of UTA's more than 4,800 military-connected students, just over 2,000 are veterans, on active duty or members of the National Guard or Reserve. Nearly 2,800 students are spouses or children of current or former military members.

Read the full article [here](#).



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GET SUPPORT

Rental Assistance

Rental assistance is available for up to 6 months through Arlington Housing Authority for Arlington residents who are behind on their rent due to the pandemic if they meet certain criteria such as income, need is directly related to the pandemic, currently behind on rent, and a few others. The application is at www.arlingtonhousing.us and funding IS still available for the program.

Interested in joining a Veteran and Military Connected group of students? The MAV VETS are here to get you support and connections to help navigate college life!

MAV VETS

CONNECT WITH US ON SOCIAL MEDIA!

Instagram: [QR Code] | Teams: [QR Code] | Facebook: [QR Code]

SCAN ME | SCAN ME | SCAN ME

Did you know as a student veteran you may qualify for free meals?

Meals for Vets is a program that provides student veterans who have low income with free daily meals.

Getting through school is hard enough without the stress of not knowing if you'll be able to afford to eat. Meals for Vets and The University of Texas at Arlington have partnered up to make sure you can get a daily meal to help fuel your success.

To qualify:

- Must have served at least 180 days federal active duty
- Provide proof of service (such as DD-214)
- Provide proof of all household income and benefits
- Meet low income qualifications

To learn more and apply, email: james.kumm@uta.edu

UNIVERSITY OF TEXAS ARLINGTON
MILITARY AND VETERAN SERVICES

MEALS FOR VETS

YOU MATTER

Weight of the World

I was sitting, doing a breathing exercise this morning, and I had a realization. It's nothing new, but it was a new insight to have a felt, personal sense of. But before I go on, I need to go back a few years...

Several years ago, I got very interested in mindfulness. I studied everything I could, and based on overwhelming evidence, I began to practice. I followed guided meditations. I ate mindfully. I did body scans. I used walking meditations. And I practiced, moment to moment, simply being more present "with curiosity and acceptance". I got so much from the many things I was practicing, but over time I noticed that I seemed to be drawn most to what I began calling "informal mindfulness".

From my perspective, informal mindfulness was anything I could do in a few minutes and without an elaborate setup: a quick check in, an intentional breath or two, or a moment of silence and no distractions transitioning from one daily activity to the next. While I did and still do find these practices useful, what I didn't realize is that I was using them to rationalize not slowing down or even stopping the fast, go-go-go pace of my inner and outer worlds.

This morning I woke up and immediately got to my to-do list. I felt a hurried pace to check things off, so I could slow down and relax later. After a few tasks, I made breakfast, sat down to eat, and felt so much stress and strain in my body and mind. So, I decided to take a few moments to breathe (informal mindfulness, right?). Within just a few breaths, I had a visceral sense of how my informal practice, at least at this moment, was just another way to rush through life! Therefore, I consciously made the decision to stop everything and devote myself fully, for as long as needed, to my breathing practice.

Sitting with my breath, feeling my body, I realized that I've taken on the weight of the world, but it never asked me to and doesn't need me to. There's not more I need to do in this moment. With or without my stress and strain, the world will keep on moving. I can just be.

Taoist philosopher Lao Tzu said that "nature does not hurry, yet everything is accomplished." If you are or have been interested in mindfulness or meditation but you feel like you just don't have the time, I invite you to consider that time might be the most important thing you can give yourself, especially if you feel like you don't have it. Slow down, stop, let go of the weight of the world and see, feel, and experience that, with or without your stress and strain, the world will keep on moving and everything will be accomplished.

Craig Keaton,

MSW | Doctoral Student | Adjunct Professor

If you like You Matter posts and want to explore them more deeply, please consider joining us for a Wounded Healers meeting. You can find us on Teams!

WOUNDED HEALERS

For Social Work Students Interested in Exploring the Arts of Self-Awareness, Self-Growth, and Personal Transformation

For more info, contact Craig Keaton: craig.keaton@uta.edu

STUDENT ORGANIZATION SPOTLIGHT

Spirituality & Social Work

Our organization would like to showcase a student's piece from our 'Expressions of Resiliency' Virtual Art Show. Please check out Dayton Ann Williams' video submission of her poem 'Healing Through Poetry' [below!](#)

HEALING THROUGH POETRY

As you travel your path, may Love always fill your heart and light your way.
- Dayton Ann Williams



ADVISING



**Feeling a bit lost?
Already worrying
about Fall as you
begin Summer? Start
with Advising!**

- 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.
- Don't need a full advising appointment but have general questions? Join your advisor for their weekly Power Hour!

Toy Howard Mon 10-11 [Click here to join the meeting](#)

Valerie Adame Tue 11-12 [Click here to join the meeting](#)

Maresia Davis Wed 11-12 [Click here to join the meeting](#)

Cleondria Marable Thu 11-12 [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](#).
- **Missed the Social Work Licensing Info Session? [Here is a link to the recording!](#)**
- 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.



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!

summer

- **The reduction in Field Hours has been extended to May 31, 2022 Spring 2022 semester. Find more information regarding Summer 2021-Spring 2022 Field accommodations [here](#).**
 - Block students must complete a minimum of 408 hours for Summer 2021
 - Split students must complete a minimum of 204 hours for Summer 2021
- The Block Field 14-week Summer Session & Split Field 11-week Summer Session dates have been updated on the [Field website calendar](#)

fall

- **The Fall 2021 Field Application closed June 4th. No late applications will be accepted.**
- Fall Field placements are currently being assigned based on the order in which field applications were submitted. If you have a question, please contact your field advisor.

spring 2022

- The Spring 2022 Field Application opens Oct. 01 – Nov. 26, 2021. These dates are subject to change. See the full Fall 2021 Field Education Calendar [here](#).
- Read the Summer 2021 – Spring 2022 Field Accommodations [here](#).

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](#)

Any Questions?



IMPORTANT DATES FOR SUMMER SEMESTER

SUMMER 11 WEEKS 2021

- **Jul. 1 - Deadline to Apply to Graduate in MyMav**
- Jul. 5 - Independence Day Holiday Observed
- Jul. 22 - Last day to drop classes; submit requests to advisor prior to 4:00pm
- Aug. 12 - Last day of classes
- Aug. 16 - Final exams
- Aug. 17 - Final exams
- **Aug. 18 at 7pm – SSW Commencement Ceremonies at College Park Center (on UTA campus)**



VIRTUAL EVENTS OF THE WEEK

NASW's Congressional Advocacy Day

Please join us on **July 22** to advance critically important congressional legislation that will strengthen the social work profession and the clients they serve. This is a key opportunity to meet with your congressional delegation, educate them about the value of social work and social workers, and to gain their support for priority legislation. To register for the event, please click [HERE](#). Registration is \$25. Space is limited, so please register early. Participants will be able to register on a first-come, first-served basis.



Eliminate Racism Series

Part 1
Tuesday, June 29
12 - 1 P.M. CST

Zoom
Register Here:
bit.ly/3pbQ08f

Watch Here:
[FB.com/UTASocialWork](https://fb.com/UTASocialWork)



Speaker
Dr. Rory O'Connor
Dr. Rory O'Connor has served as an educational and training consultant for inclusion, diversity, cultural competency, race, racism and anti-racism to colleges, universities, local school districts, businesses, state and city governments.

The establishment of Eliminate Racism as the 5th Grand Challenge in 2020 is the culmination of decades of effort to signify Social Work's commitment to addressing racism and working toward its eradication. To further highlight this challenge, the webinar's subcommittee has organized a national series of monthly webinars to discuss how racism is related to each of the existing 12 Grand Challenges.

More discussions on eliminating racism coming soon! See dates below:
July 13 at 12 p.m. CST October 12 at 12 p.m. CST
August 10 at 12 p.m. CST November 9 at 12 p.m. CST
September 14 at 12 p.m. CST December 14 at 12 p.m. CST

Featured Webinar: "When It is Darkest: Why People Die by Suicide"

CAMS-care will sponsor a webinar presentation featuring Dr. Rory O'Connor! Rory will be talking about his new book and innovative IMV model of suicide. Join us live on **Wednesday July 14** at 12 PM Eastern time (U.S.). Register [here](#).

Out of the House INTO THE FUN

SUMMER CAMP AT THE CLUB

A fun place for kids to learn and grow.

- Academic enrichment
- Internet access
- Daily snack
- Daily physical fitness & health programs
- Academic programs
- Character & leadership programs
- Prevention & counseling specialists available

Enroll Today
We have a limited number of registration spots available. Please register as soon as possible at www.bgcgc.org. Call us at 817-442-7107 for more info.

Club Location
Main Branch
608 North Elm St.
Arlington, TX 76011

Ages Served
6 - 10 years old

Date/Time
Starting June 7
Monday - Friday
8:00 am - 8:30 pm

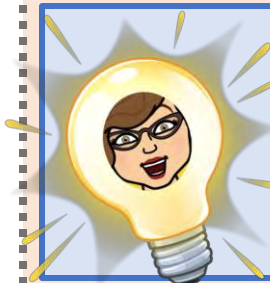
Contact Us
Haley Vanderveer
817-442-7107
mainbranch@bgcgc.org

Buildings cleaned & disinfected daily
Social distancing
All ages required to wear masks

Boys & Girls Clubs of Greater Tarrant County | www.bgcgc.org | 817-442-7107

SSW Summer Fun Day

Wednesday, June 30 at 11 a.m.
SSW Courtyard - More Details to Come



Wednesday, 2-3pm

Come visit with me about your challenges, hopes, inspirations, ideas for the programs, and your career plans. This is an open mentoring hour for us to chat about whatever you like!

[Join Microsoft Teams Meeting](#)

I am also available weekly on Tuesdays from 9-9:50!

[Click here to join the meeting](#)

Regina's Inspiration Station

21-Day Challenge

The [Arlington-Mansfield Area 21-Day Challenge](#) encourages daily actions to learn more about racial equity, promote unity, and combat divisiveness in our communities.

GRADUATION

- July 1 deadline to apply
- August 18 at 7pm tentatively scheduled for SSW commencement ceremony at College Park Center
- Link here <https://www.uta.edu/commencement/> and note that more information will be posted
- Are you an NASW student member graduating in August? Be sure to request your graduation cord (Link: <https://forms.gle/niRRm1wxTWoqSpOvA>) before Friday, July 16. Not a member yet? You can join NASW before you graduate for only \$60 and receive a discount on your membership dues for the next two years if you retain active membership. Click here for more information. (Link: <https://www.socialworkers.org/membership>)

COURSE REGISTRATION

- Fall registration is open.



RESEARCH

[Social Work Course Guides](#)

[Student Research Opportunity Center](#)

WE WANT TO HIRE YOU!

Research assistant positions available for this upcoming fall semester!

SPEAK
SOCIAL POLICY EDUCATION, ADVOCACY, & KNOWLEDGE

CLICK HERE TO APPLY

Master's Level Graduate Research Assistant Position (Paid)

Project Title: Racial Differences in Patient Experience and Diabetes Management Outcomes among Reproductive-Age Women: Implications for Maternal Morbidity and Mortality.

Minimum Qualifications: Applicants must be an actively enrolled in a master's degree program in the UTA College of Nursing and Health Innovation and have completed one of the following courses (or equivalent1) with a grade of B(+/-) or higher: KINE 4352 (Public Health Sciences and Methods) or KINE 3325 or NURS 3321. Applicant must have basic or intermediate experience with data cleaning, manipulation and/or analysis using statistical software (SPSS, SAS, STATA, R).

Interested applications should submit the following materials in PDF format Dr. Brown (kyrah.brown@uta.edu) by **Tuesday July 6, 2021**:

- Provide a one-page (single or 1.5 spacing) personal statement describing interest in the project/position, relevant experience and qualifications.
- A resume or curriculum vitae (CV). Include student contact information (UTA email, physical address, and student ID number). Also, include contact information for three professional references (no recommendation letter needed).
- A copy of UTA Human Subjects Protection (HSP) Training Certificate (complete here)



STAY SAFE

Expanded COVID-19 vaccine opportunities to include on-campus availability

UTA has established a partnership with OptumServe to provide all interested employees and **students access to COVID-19 vaccines at a convenient on-campus location and free of charge.** UTA students and employees are strongly encouraged to participate in COVID-19 vaccinations if they are able. Please visit the UTA [COVID-19 Vaccination Information and Resources](#) page to access registration links and instructions for both vaccine opportunities.

UTA Continues Protocols to Protect Campus Community

We would like to update the UTA campus community on the new [executive order](#) from Gov. Abbott that prohibits government entities from mandating face coverings. Beginning Friday, May 21, UTA will no longer mandate the wearing of masks on campus. This action comes on the heels of the CDC's updated guidance that masks are optional for those who are fully vaccinated. Read the [announcement](#).



Dean Ryan's [Statement on COVID-19 Health Disparities](#)

If you believe you have contracted COVID19, please type in 'COVID-19 Testing' and your zip code into the Texas Health and Human Services to [find a testing location closest to you](#)



FUNDING

Wells Fargo Veterans Scholarship Program

Provides scholarships to fill unmet financial need of veterans after military benefits and other grants and scholarships have been packaged by their school. Apply [here](#). Deadline is July 8.

Scholarships

Fall scholarships are open and close on July 9th. Visit the [ScholarShop](#) to search scholarships you might qualify for.



CONGRESSWOMAN
BETH VAN DUYN
REPRESENTING THE DISTRICT OF TEXAS

Congresswoman Beth Van Duyn invites you to the

NORTH TEXAS JOB FAIR

July 15 | 1pm - 6pm

Irving Convention Center

MyNTXJob.com

PARTICIPATING BUSINESSES

Abba Staffing	Comfort Suites	Irving Fire Department	QuickTrip
ABM	Commercial Metals Company	Jason Hickey Agency LLC	RaceTrac
Adventer's	Cooper	J&J Development	Ruby House
Amazon	Costa Cado	July Pie	RBF Credit Union
Amazon Web Services (AWS)	Costa Vides	JW Construction	RealPage
American Airlines	Dental Services	Karrn At CPA	Repub Services
Antonia's African Cuisine	DFW Airport	Kasai Hibachi Sushii & Bar	Right at Home
Associa	Dickey's BBQ	Kiya Homes	Solo Laser
Baby's Chicks	Envy Air	Kroger	SpinMarketing
Ball Helicopter	Fast Signs	Lone Star Park	Six Brothers Beef
Ben E. Keith Company	Feed Store BBQ	L36 Sky Chiefs	Smoothie King
Briggings Company	Five Star Subz of Cooperia	Mech 24 or More	Starbucks
Blue 22 Sports Grill	Fort Worth ISD	Mary Kay	Texas Association of Sports Officials
Bureau of Prisons	Freese and Nichols, Inc.	Massage Envy	Texas Rangers Baseball Club
Carrollton Community Hospital	Fox Le	Mathnasium	TLC Childcare
Carrollton Police Department	Fusion Academy	McCallister	Tom Thumb
Carrollton Farmers Branch ISD	GallantFaw	ModularDesignsPlus	Torres
Central Market	Gina Godwin RealEstate	Muayyah Burger	TSA
Chelsea Hall	Giordano's Insurance	Nova Swickard	TXDOT
Chick-fil-A	Gregorio Colavita ISD	My Health My Resources-	TSP Logistics
Christian Brothers Automotive	Hammary School	of Tarrant County	U.S. District Court,
City of Colville	HEB	NAPA Auto Parts	Unique Landscaping
City of Dallas	Holt Celebrator	NEI Industries	Vistra Corp
Department of Aviation	Home Care Assistance	Northwest ISD	Walmart
Love Field	Hospital Vm	Oak Street Food & Brew	Wal-Mart Global Tech
City of Houston	Hourly Recruiting Specialist	Park Auto Group	Wood Architects PLLC
City of the Colony	Inspired Wings Fashion	Prospect Air	Western Express
Coca-Cola Southwest Beverages			
Cognizant			
Colleyville Police Department			

The Colonel Michael T. Phillips Endowed Scholarship

Open now - July 6, 2021 for fall 2021 awards. This scholarship is available to full or part time students, and can only be granted for two semesters. Must provide current active military reserve identification. Please login to [Mav ScholarShop](#) and start your application today.

MANAGING STRESS AND ANXIETY DURING COVID-19

UTA COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

THERAPIST ASSISTED ONLINE (TAO)

Visit TAOconnect.org



THRIVE APP



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

MAVS TALK 24HR CRISIS LINE

Call (817)272-8255



Visit uta.edu/caps for more information

UTA is a... COMMUNITY THAT CARES



[UTA Academic Calendar](#)

[Evidence-Based Practice Research Guide](#)



Check Canvas for the MavsUnite Page!
To add please e-mail:
[Chantinia Chansler](mailto:Chantinia.Chansler)

[SAR Center](#)

(Formerly Office of Students with Disabilities)

MEAL DISTRIBUTION



Boys & Girls Clubs of Greater Tarrant County will be distributing meals, food and snacks. Curbside meal distribution will occur Monday - Friday 4:00-5:30pm.

Distribution Locations

Eastside Branch 4851 Ramsey Ave Fort Worth, TX 76105	Main Branch 608 North Elm St. Arlington, TX 76011	Panther Branch 1500 Hemphill Fort Worth, TX 76104
Martin Branch 3123 Avenue G Fort Worth, TX 76105	NW Branch 2000 Ellis Ave Fort Worth, TX 76104	

All Are Welcome!

- Meals available to any child ages 18 years or younger (membership not required)
- Meals will be distributed so long as food supplies last
- Each car is eligible to receive individually packaged meals and snacks as available to the organization
- Weekly all-home learning resources provided with each meal

Contact Us!
For more information or questions contact:
[LaToya Greyer](mailto:LaToya.Greyer@bgcgtc.org)
LGreyer@bgcgtc.org

First Come, First Served!

THE UNIVERSITY OF TEXAS AT ARLINGTON
COUNSELING & PSYCHOLOGICAL SERVICES

MAVS talk

24 HOUR CRISIS LINE

817-272-TALK (8255)
WWW.UTA.EDU/CAPS
303 RANSOM HALL

UTA Library Accessibility


On-Demand & Live Fitness Classes

Texas Health and Human Services
COVID-19 Mental Health Support Line

If you or someone you know is feeling overwhelmed by the COVID-19 pandemic, **help is available.**

Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7.

Call the toll-free COVID-19 Mental Health Support Line at **833-986-1919.**

DREAMERS WELCOME

In Crisis?
Text HELLO to 741741

CRISIS TEXT LINE | Free, 24/7, Confidential

Webinar Library

Isabella Hong, an MSW Alum, graciously compiled a list of webinar resources and a video going over the basic functioning of Teams to any who may need assistance. Special thanks to Jose B. Yerena, LCPAA, who has taken over updating the list on a weekly basis! **Please note that it is necessary to ask your supervisor permission for these to count towards any required field hours.**

[MSW Specialties](#) [Social Work Webinars List](#) [Basic Function of Teams](#)




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](tel:817-850-7940).

The Lifeline is **FREE**, confidential, and always available.

HELP a loved one, a friend, or yourself.

Community crisis centers answer Lifeline calls.



NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Learn the Warning Signs.

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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 Meghan Sheridan: mls9929@mavs.uta.edu



SCHOOL OF SOCIAL WORK

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

FOLLOW US ON SOCIAL MEDIA



"The world changes in direct proportion to the number of people willing to be honest about their lives."

- Armistead Maupin