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National Minority Mental Health Awareness Month
Bridging the Gap in Mental Health Equity

National Minority Mental Health Awareness, is observed every July, and is a vital initiative aimed at shedding light on challenges faced by racial and ethical minority groups. This month-long observance serves as a powerful reminder of the disparities in mental health care access and treatment among minority populations and underscores the importance of culturally competent care and community support.

The establishment of National Minority Mental Health Awareness Month can be traced back to 2008, thanks to the efforts of Bebe Moore Campbell, a renowed author and advocate for mental health awareness. Campbell recognized the pressing need to address mental health dispartieis and the cultural stigma surrounding mental illness within minority communities. Her advocacy work led to the U.S. House of Representatives designating July as a month dedicated to raising awareness about minority mental health.

Racial and ethnic minorities often face significant barriers to mental health care, including: stima, access to care, quality of care, and language barriers. The importance of cultural competence in mental health care is crucial for improving outcomes for minority populations. It involves understanding and respecting the cultural backgrounds, beliefs, and practices of patients. Culturally competent care can lead to more accurate diagnoses, more effective treatment plans, and increased patient trust and engagement.

As we observe National Minority Mental Health Awareness Month, it is crucial to recognize the ongoing work needed to bridge the gap in mental health equity. Policymakers and healthcare providers, and community organizations must collaborate to address the barriers faced by minority populations. By promoting culturally competent care, increasing access to services, and reducing stigma, we can create a more inclusive and effective mental health care system for all.

Additional information regarding National Minority Awareness Month is available at https://nextstepcs.org/national-minority-mental-health-awareness-month/.

Love and Light,
Heather Rhodes, GSL Intern
The University of Texas at Arlington

Event Spotlight

MSW STUDENTS

The School of Social Work is recruiting Graduate Student Leaders (GSL) volunteers for Fall 2024

AS A VOLUNTEER:

- Work with the MSW director & faculty
- Connect other students to services and resources they need
- Act as an advocate for other MSW students
- Take on roles for projects

Deadline to apply: August 2, 2024

Click here or scan to find out

more!

For more information please contact a GSL intern:

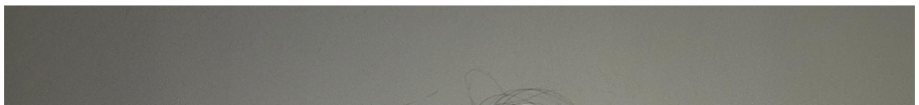
Tracie: tracie.prosser@mavs.uta.edu

Angie: asr7984@mavs.uta.edu

Important Dates

- **July 19th** - Deadline to apply for BSW/MSW Scholarships
- **July 29th**- USL recruitment deadline for Volunteers
- **July 31st**- Deadline for EDGE scholarship
- **August 7th** - Last day of classes for summer semester
- **August 2nd** - GSL & USL recruitment deadline
- **August 9th** - Last day to earn Field hours
- **August 18th -** Deadline to register for fall classes

Student Spotlight



Isabela Reyes

Hello everyone! My name is Isabela Reyes and I am an Undergraduate Student Leader for the BSW Program as well as the secretary for the Diversity Reading Nook organization. As a USL, I enjoy being able to help others succeed and connecting my peers with resources our campus offers. My plans for the future are not set in stone, however I am very passionate about reproductive rights and I hope to one day work in policy to advocate for our right to bodily autonomy. This summer I've been volunteering with Planned Parenthood which has been an amazing experience so far. It's incredibly exciting being almost done working towards my Bachelor's degree, and I'm looking forward to see where this path takes me.

YOU MATTER!

Men's Minds Matter

Men's mental health is a crucial aspect of overall well-being. Societal expectations and traditional gender roles can create barriers for men in seeking help or expressing their emotions openly. This can lead to issues such as depression, anxiety, and stress going unrecognized or untreated. It's important to recognize that mental health challenges affect men just as they do women, and promoting open dialogue, destigmatizing seeking help, and encouraging healthy coping mechanisms are essential steps towards supporting men's mental well-being. Providing spaces where men feel safe to discuss their feelings without judgment can make a significant difference in their mental health journey.

According to a Priory survey, 77% of men have experienced symptoms of common mental health conditions. However, only 31% of men in the U.S. who have experienced poor mental health actually received medical diagnosis. About 40% of men have never spoken to anyone about their mental health, with most commenting they were either embarrassed or mentioned the stigma around them seeking help. Men in the U.S. die by suicide at a rate four times higher than women. Instead, men will usually turn to substance abuse instead of seeking help for their mental health. About 1 in 5 men will have an alcohol use disorder at some point in their lifetime. We need to talk openly about men's mental health. Suffering in silence isn't safe or a healthy option.

Love and Light,
Krystle Vela GSL Intern
The University of Texas at Arlington

Opportunities

FOR MORE INFORMATION CONTACT A USL INTERN:

Rae: hrm8665@mavs.uta.edu

Ashley: anm4900@mavs.uta.edu

Kimberly: kxj6364@mavs.uta.edu

Meghan: mxg8550@mavs.uta.edu

APPLY HERE

DEADLINE TO APPLY JULY 29, 2024

GRADUATING THIS SEMESTER?

TAKE THE

EXIT SURVEY

EDGE PROGRAM SCHOLARSHIP (PPOHA GRANT)

- Eligibility Criteria: Applicants must be: 1) US Citizens or Permanent Residents; 2) a new or continuing graduate student at UTA; 3) enrolled in a minimum of 3 credit hours.

The EDGE Scholarship is designed to provide some much-needed financial support to new & continuing graduate students. Recipients of the EDGE Scholarship are expected to participate in activities with the EDGE Center. These include professional development workshops, academic skill building sessions, and activities outside of the classroom. As a new graduate student, you could be eligible to apply for this opportunity!

- Scholarship opened to all current and new incoming graduate students
- Application Deadline: Wednesday, July 31, 2024

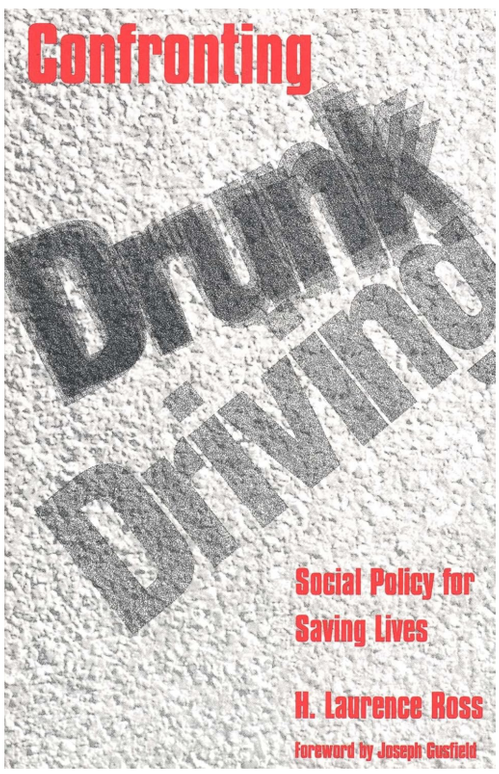
More Information:

A one-day on-campus experience
Connect with peers, explore campus resources, and learn essential skills needed to succeed as a #MavGrad
Saturday, 10 August
9:00 to 5:00PM
Check-in starts at 8:30am
E.H. Hereford University Center- 2nd floor
300 W. 1st St.
Arlington, TX 76013
Register now!

MSW RESEARCH ASSISTANT
Conduct literature reviews
Transcribe qualitative interviews
Create research materials (recruitment flyers, presentations)
Edit papers, write reports
Language translation (Spanish, Arabic, Hindi, etc.
Contact us!
Melissa Parsinen, MA, GPC
melissa.parsinen@uta.edu
Monisa Caldwell, BA
monisa.caldwell@uta.edu
WHY CHOOSE US?
Office of Research and Faculty Affairs Suite 108
We support SSW research efforts and the SSW PhD program.
We connect students with faculty
We house Title IV E program
We identify and help secure external funding for research projects (grants).
Flexible
Often work remotely
Earn
Get paid to do scholarly work
Address some of society's biggest problems, impacting real people
Experience
Experience real-world applications to what is taught in the classroom
Communication
Enhance communication skills as a member of the research team
MENTORSHIP:
Connect with a faculty member
Receive one-on-one mentorship from leaders in the field of Social Work
Receive Letters of Recommendation from someone who knows and can attest to your work
RESEARCH SKILLS:
Gain new persepctives
Learn to utilize evidence-based praactices
Enhance your individual skill set
Learn to work as part of a team
Set yourself up for success as a PhD student
Made with PosterMyWall.com

HELP US BUILD THE...
LATINX SOCIAL WORK ORG

Book of the Week



Confronting Drunk Driving: Social Policy for Saving Lives
by: H. Laurence Ross

Drunk driving is most often viewed as criminal behavior that is best addressed through the justice system. However, in this book, H. Laurence Ross argues that drunk driving is more than a criminal issue. It is an inevitable consequence of American society's almost total dependence on automobile transportation and acceptance of liberal use of alcohol as part of leisure. Ross offers a more practical approach to the problem of drunk driving, one that combines criminal deterrence with other efforts to reduce the number of deaths caused by drivers under the influence of alcohol.

Ross first discusses the deterrence approach to controlling drunk driving, contending that well-publicized law-enforcement campaigns aimed at increasing the certainty and swiftness of punishment are more successful than highly punitive laws that the target population does not expect to be applied. Ross then shows how society can couple its legal attack on drunk driving with institutional responses. His policy agenda includes proposals to support his efforts to mitigate negative outcomes of drunk driving. As a parent who has been affected by someone who chose to drink and drive, the social policies and implications of their actions will never compare to the detrimental trajectories that follow. I highly encourage each of you reading this to think of the person(s) left behind to pick up the pieces after making careless decisions involving drinking and driving.

Love & Light,
Tracie Prosser, GSL Intern
The University of Texas Arlington

Student Success Resource

My name is Traecia Nichols, I am the Student Success Coordinator for the School of Social Work. In my role I work with students who are facing crises and need help accessing university and community resources. This section will consist of resources that are available to you as a student. If you are in need of resources or have any questions or concerns, please contact me at traecia.nichols@uta.edu.

Resource of the Week: Student Employment

Student Employment refers to on-campus student work opportunities, as well as specific off-campus work-study opportunities with approved employers. Through student employment you can earn an hourly wage through temporary, part-time jobs during your time as a student at UTA. Student Employment does not assign you to specific jobs but rather provides you with the resources necessary to locate the job that is best suited to your skills, needs, and interests. By participating you'll gain a variety of experiences and workforce skills that can be used in your career after graduation.

All positions are available on Handshake: https://uta.joinhandshake.com/login

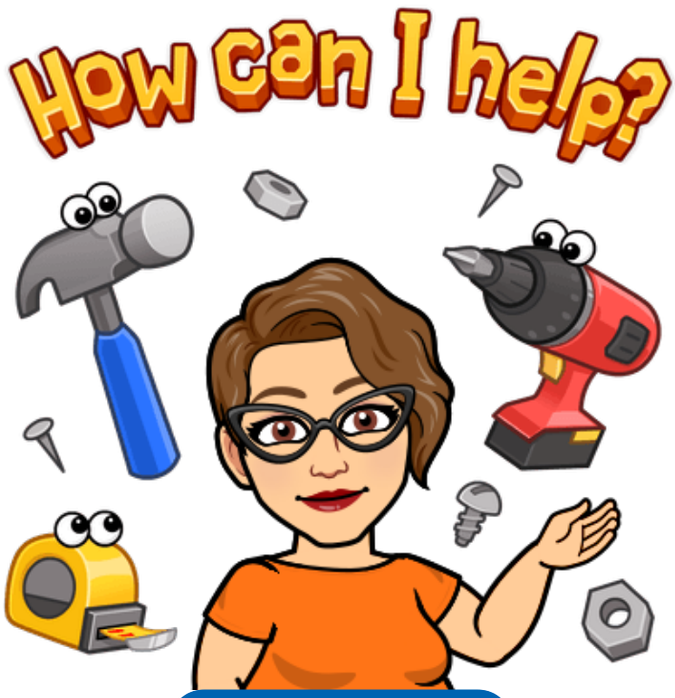
The Student Employment Office is located within the Career Development Center on the 1st floor of the E.H. Hereford University Center at 300 West 1st Street, Suite 180S, Arlington, TX 76019. Our office is open between 8:00 am – 5:00 pm, Monday through Friday. Call us at 817-272-2932 or email us: studentemployment@uta.edu

Learn more about

Academic Resources

Graduate Director Office Hours

Schedule to meet Dr. Regina Praetorius, LMSW-AP-S, the Director of Graduate Programs at UTA's School of Social Work.



Virtual Meeting Request

Academic Advising

Need to meet with an 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 the button below. Be sure to select in-person or virtual and your advisor. Remember, drop-in sessions are on a first come basis.

No drop in appointments available? **Visit this page** to find your advisor's power hour where you can always drop in and ask questions, no appointment needed.

Here are the Group Advising Links for the New Incoming Fall ’24 MSW Students:

M98 – Foundation – Face to Face
https://utaedu.questionpro.com/MS98FOUNDATION-FACETOFACEGROUPADVISING

MS99 – Foundation – Online
https://utaedu.questionpro.com/FAll2024MS99FoundationOnline

MS100 – Mental Health – Online – 12 months
https://utaedu.questionpro.com/MS100-MENTALHEALTH-12MONTHSONLINEGROUPADVISING

MS101 – Mental Health – Online – 16 months
https://utaedu.questionpro.com/MS101-MENTALHEALTH-ONLINE-16MONTHS

MS102 - Mental Health – Ft Worth – Face to Face
https://utaedu.questionpro.com/MS102-MENTALHEALTH-FTWORTH-FACETOFACE

MS103 - Children & Families Online – 12 months
MS104 - Children & Families Face to Face
https://utaedu.questionpro.com/MS103MS104-CHILDRENANDFAMILIES-GROUPADVISING

MS105 – CAP
https://utaedu.questionpro.com/MS105-CAP-GROUPADVISING

MS106 – Aging
https://utaedu.questionpro.com/MS106-AGING-GROUPADVISING

MS107 – Health
https://utaedu.questionpro.com/MS107-HEALTH-GROUPADVISING

MSW Social Work Mavericks! **Brittany Latcher** joins us as the new academic advisor for **Mental Health and Substance Misuse**.

BSW/BSSUT Social Work Mavericks! **Desiree Warren** joins us as the new academic advisor for **students with the letter set A- H**.

Schedule Your Appointment Here

Undergraduate Director's Note

Dr. Allison Tomlinson, LCSW-S, the Director of Undergraduate Programs at UTA's School of Social Work and the Office of Undergraduate Programs encourage you to exercise selfcare this summer. Use this time to complete tasks that keep you going strong in the program.

1. Complete your BSW or BSSUT Major Declaration https://bswmajordeclarationform.questionpro.com/
2. Take the self-paced virtual asynchronous SSW Undergrad Orientation "Map for the Journey" **https://uta.instructure.com/enroll/3XEA4E.**
3. Schedule and advising appointment to ensure you're on track with your degree plan.

Most of all stay calm and cool and keep growing as a social work student! Please reach out to our office to let us know how we can help!

Field Placements

- **August 9th** - Last Day to earn hours
- Field forms are available here!
- Field FAQ
- If you are having technical difficulties with Tevera please email sswfield@uta.edu and include a screenshot of the issue.

Field Advising

This is an opportunity for you to ask questions, similar to Office Hours for faculty!

BSW and BSSUT Students

- Field Advisor: Vanessa Caraveo
- 1st & 3rd Thursday | 3pm - 4pm
- **Join your field advisors' power hour here**

Advanced Children & Families, Advanced CAP, Advanced Aging & Advanced Health

- Field Advisor: Monica Brown
- 1st & 3rd Wednesday | 4pm - 5pm
- **Join your field advisors' power hour here**

Advanced Mental Health/Substance Misuse

- Field Advisor: Sharon Martin
- 1st & 3rd Thursday | 3pm - 4pm
- **Join your field advisors' power hour here**

View all field advisors and power hours here

Undergraduate & Graduate Student Leader (USL/GSL)

USLs & GSLs serve as advocates and communication facilitators for BSW & MSW students, fielding questions about all aspects of the school experience, including advising, field, registration, orientation, scholarships, deadlines, program policies, and more. You may reach out to your USL / GSL by email or Teams.

If you do not know who your assigned USL is, you may email Kimberly Jimenez (kxj6364@mavs.uta.edu) or Meghan Gratton (mxg8550@mavs.uta.edu).

If you do not know who your assigned GSL is, you may email Mia Cozzarelli (mic3786@mavs.uta.edu) or Angie Ruvalcaba (asr7984@mavs.uta.edu).

Click here to meet our GSLs

Click here to meet our USLs

Licensing

- If you're in your final semester and want to get started on applying to ASWB to take the LBSW or 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.
- **There's lots of great updated information about licensing in the Student Success and Advising Course on Canvas—Check it out!**
- 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.

UTA Resources

UTA Academic Calendar
Evidence-Based Research Guide
Webinar Library
UTA Counseling & Psychology Services
SAR Center
Free Windows Apps with Student ID
SSW Writing Resources
Suicide Prevention Lifeline
Emergency Assistance Fund
Rental Assistance Program
Survivor Support Group
Free & Confidential HIV Testing
UTA/Tri-C Food Pantry Distribution
CAPS

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."
- John F. Kennedy

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