



UNIVERSITY OF
TEXAS
ARLINGTON

SCHOOL OF
SOCIAL WORK

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

July 05, 2021

SOCIAL JUSTICE SPOTLIGHT

Advocacy Alert!

The advocacy fight to keep anti-discrimination language in the Social Work Code of Conduct continues and we need YOUR help!

Social work voices across the state and nation helped the Behavioral Health Executive Council (BHEC) retain anti-discrimination language regarding disability, sexual orientation, gender identity and gender expression in the Social Work Code of Conduct in October 2020. Now, the fight continues after the Texas Attorney General issued a nonbinding legal opinion on June 14, 2021 that states the Texas State Board of Social Work Examiners (TSBSWE) may not adopt a Code of Conduct more expansive than the non-discrimination clause currently in our statute. This strips protections for disability, sexual orientation, gender identity and gender expression and destroys the statutory authority of TSBSWE to set the ethical standards for the profession. [READ THE NASW TX TALKING POINTS.](#)

What Can You Do?

We need as many voices as we can get to ask TSBSWE to adhere to the NASW Code of Ethics and maintain anti-discrimination language in the Code of Conduct.

It is vital that we show TSBSWE that social workers will not stand for changes to the Code of Conduct by the Governor of Texas!

We need your advocacy in this fight. [Check out the NASW advocacy page](#) for more background info, additional resources, and letters from various legislators and other groups to give you a brief overview of the background on the issue and our advocacy strategy. Read more [here](#)



Keep The Texas Social Work
Code of Conduct Intact



Don't Mess with
Texas Social Workers.



#StandWithTXSocialWorkers

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GET SUPPORT

Virtual Support Groups

WEEKLY VIRTUAL SUPPORT GROUP SCHEDULE	MONDAY	TUESDAY
	6:30PM - 7:30PM Military Women Empowerment Group	6:30PM - 7:30PM Working During a Pandemic
WEDNESDAY	THURSDAY	FRIDAY
10:00AM - 11:00AM Transgender Community	6:30PM - 7:30PM Student Anxiety Support Group	10:00AM - 11:00AM Student Union Student Council
1:00PM - 2:00PM Accounting for College		11:00AM - 12:00PM Newly Hired/Recent Graduate Support Group
3:00PM - 4:00PM Academic Support Group		6:30PM - 7:30PM New Grad, Student and Graduate Support

Need support? Attend **Mavs Hour** Wednesdays. Next Wednesday's group will be at 7pm. Email [Chantinia Chansler](mailto:Chantinia.Chansler@uta.edu) for the link to participate.

Know a non-social work student who needs support? Make a referral to the weekly support groups to the left.

Who may participate:
Must be 18 years of age or older
Individuals affiliated with UTA (students, faculty, staff, etc.)—each group has their own selection criteria (i.e. *students only*)
At this time, **we are not serving students from the School of Social Work** to maintain HIPAA and FERPA standards. These students will be connected with resources and university personnel to best serve their needs.
Individuals who have been referred to the SSW Virtual Clinic and reached out through the email: SSWCOVID19HELP@uta.edu

Announcement

Brooke Troutman, our UTA social work librarian, is leaving UTA to pursue another opportunity. As we await their replacement, students can reach out to socialworklibrarians@uta.libanswers.com for assistance.

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. Apply here: www.arlingtonhousing.us

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!



CONNECT WITH US ON SOCIAL MEDIA:

Instagram: [@MAV_VETS](#)

TEAMS: [MAV VETS](#)

Facebook: [MAV VETS](#)



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.kurmm@uta.edu



YOU MATTER

Hi Everyone,

My name is Sarah Herrera, and this is my first You Matter post. Before I start hyping you up, I'd like to take a second to introduce myself. I am a doctoral student in the School of Social Work, and I am on Dr. P's research team. I'm also a clinical social worker with experiences in various social work fields. I'm honored to contribute to You Matter because it revolves around what I focus on in research in practice: student wellbeing. My commitment to you all is that I will write this from the heart. I will never tell you what you "should" do. I'll offer you my viewpoints not in hopes that you will always agree with me, but that you will take the time to consider the topics within the context of your own life. So, with all that laid out, let's move on to why we're really here...my cat Fredrick.

Fredrick is my only cat. He's short-haired, black, and happens to have 3 legs. Out of all of his qualities, the one I love most is his awareness. He knows exactly what's about to happen when he hears the metal can of cat food open. He can sense Olive (our outdoor cat) on the patio without even looking. And often, he can sense when I'm feeling anxious even before I'm willing to admit it.

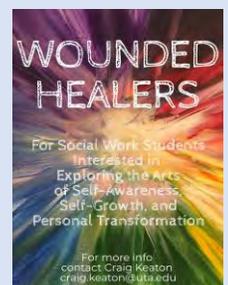
I had my first panic attack as an undergrad, but I didn't know that at first. After a couple of trips to the ER, a very compassionate nurse whispered to me, "Have you thought about seeing a therapist?" That first time thinking about my mental health. Like, ever. Yes, I would feel all the symptoms of anxiety, but I ignored them so often it felt like panic attacks came out of nowhere.

I went to therapy and started to grow my self-awareness. I learned to check in with myself daily and really listen to my body and what it needed that day. Eventually, my panic attacks faded, and I thought, "I'm cured." I began to slack off on my self-awareness routines and everything was fine again. Fast-forward to my MSW experience. The first semester in, my panic attacks "came out of nowhere" again. I had the realization that this isn't going away, and I needed to plan past my panic attacks ending.

That same semester, my husband and I adopted Fredrick. I would watch him nap in his favorite spots, demand cuddles when he wanted, and go outside to watch the birds when he felt like it. He lived his life based on what he needed in that moment. I tried living like Fredrick. I went back to asking myself daily, "Where are my energy levels today?" "What are my priorities?" "What can I let go of today?" Those questions led me to things like going to niece's birthday party on the same day an assignment was due. I also started having weekly date nights with my husband. And even though in the back of my mind, I was sure I was going to flunk out of my MSW program, life started getting better. I had more energy for my work because I was participating in life-giving activities. For the first time in my life, I felt like I was *thriving*. Don't get me wrong, life isn't perfect. I still struggle with anxiety, but it's finally easier to recognize. I shared my symptoms with my friends and family so they know when it's time to talk to me, even if I haven't realized it. This of course, includes Fredrick. He seems to know when my thoughts are racing and my body is more tense. Any time he comes to cuddle with me during the day it's a gentle reminder to let go of my anxious thoughts. I hope you all can consider two things from my experience. First, how are you going to continue strengthening your self-awareness? And second, have you found a Fredrick in your life that can remind you to check in with yourself? School matters, but you matter more.

-Sarah H

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!



SOCIAL WORK COUNCIL CAP & GOWN LENDING CLOSET SPOTLIGHT

Calling ALL UTA Alumni

The Social Work Council is creating a Cap & Gown Lending Closet for future graduates at all levels.



Donate your cap & gown to The Social Work Council to help current graduates as they step across the stage. If you need a gown please contact us!

For more info contact The SWC utasocialworkcouncil@gmail.com



ADVISING



Feeling a bit lost? Already worrying about Fall as you begin Summer? Start with your Graduate Student Leader! Don't know who that is? Email [Julie Henderson](#) or [Nicole Ferguson](#).

- 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](#)

SPECIALTY SELECTION

If you joined us in January of 2021 and are classified as a foundation student (i.e., you don't have a BSW), it's time to pick your area of focus (concentration/specialty) for the second half of the MSW. If you haven't picked your specialty and/or want to view the event overviewing the different specialties, here is the info you need:

- [Video Recording](#)
- [Information on Specialties](#)
- [Information on Certificates](#)

If you already are **certain** of your specialty (and certificate choice if you'd like to add an optional certificate), [please click here to officially declare](#). **Due July 9!**

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. 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)**

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.



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.

>81,000 DRUG OVERDOSE DEATHS OCCURRED IN THE US IN 2020, THE HIGHEST NUMBER OF OVERDOSE DEATHS EVER RECORDED IN A 12-MONTH PERIOD (CDC.gov)

SHATTER THE STIGMA

An Interprofessional Simulation with Standardized Patients
July 23, 2021 | 9:00AM—12:30PM (Virtual)

Because healthcare professionals are typically the first points of contact for a person with a **substance use disorder (SUD)**, we should all take the necessary steps to reduce the potential for stigma and negative bias. Take the first step in shattering the stigma of SUDs by learning and practicing the use of destigmatizing patient interviewing techniques with standardized patients.

FEATURING

- Lucas Hill, PharmD, RCP, BCACP – Keynote presentation on SUDs and harm reduction strategies
- Zach Sneed, PhD, LCDC, CRC – Destigmatizing the patient interview in SUDs
- Small group interprofessional simulation with standardized patients
- Large group debrief
- Stacy Hobbs, APRN, PMHNP, BC – a personal story of recovery and hope

REGISTER BY JULY 16, 2021
<https://hsyuri.com/yxx4vnhh>
For more information visit the Office of Interprofessional Education web site at: www.ttuhsoc.edu/interprofessional-education or contact us at reg@ttuhsoc.edu

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

BOYS & GIRLS CLUBS OF GREATER TARRANT COUNTY

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
For more information or registration information, please contact us at mainbranch@agcgb.org or call us at 817-442-7107 or visit www.agcgb.org

SCAN ME

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

Ages Served
8 - 10 years old

Date/Time
Starting June 7
Mondays - Fridays
8:00 am - 5:30 pm

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

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

Regina's Inspiration Station



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](#)

COURSE REGISTRATION

Fall registration is open.



GRADUATION

- **The deadline to apply to graduate passed on July 1. To apply late, contact your advisor ASAP.** There is an additional \$60 late application fee.
- SSW [commencement ceremony](#) tentatively scheduled for **August 18 at 7pm at College Park Center**
- The Virtual Ceremony is to be held on Saturday, August 21, 2021.
Guest ticket info: Click [here](#)
- **Are you an NASW student member graduating in August? Be sure to request your [graduation cord](#) 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.



RESEARCH

[Social Work Course Guides](#)

[Student Research Opportunity Center](#)

Historic Black communities

Fort Worth Star-Telegram reported on a group of UT Arlington students and faculty that is helping historic Black communities facing steep challenges. Read more [here](#)

WE WANT TO HIRE YOU!

Research assistant positions available for this upcoming fall semester!

SPEAK

SOCIAL POLICY EDUCATION, ADVOCACY, & KNOWLEDGE



CLICK HERE TO APPLY



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
AIM	Commercial Metals Company	Jason Ridley Agency LLC	RaceTrac
Albertson's	Copart	JMJ Development	Rally House
Amazon	Costa Cado	Judy Pie	RHF Credit Union
Amazon Web Services (AWS)	Costa Vida	JW Construction	RealPage
American Airlines	Dental Dimensions	Karim Ali CPA	Republic Services
Anton's African Cuisine	DFW Airport	Kasai Hibachi Sushi & Bar	Right at Home
Asocio	Dick's Sporting Goods	Krya Hotels	Soda Laser
Babe's Chicken	Envoy Air	Kroger	Solphmarketing
Bell Helicopter	Fast Signs	Lone Star Park	Six Brothers Beef
Ben E. Keith Company	Feed Store BBQ	LSU Sky Chefs	Smoothie King
Billingeys Company	Five Star Subaru of Grapevine	Mac's on Main	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	Frito Lay	Mathnasium	TLE Childcare
Carrollton Police Department	Fusion Academy	McCallisters	Tom Thumb
Carrollton Farmers Branch ISD	GallantFaw	McKesson	Toyota
Central Market	Gina Godsey Realestate	ModularDesignsPlus	TSA
Chelsea Hall	Glorias Latin Cuisine	Mooyah Burger	TxDOT
Chick-It-A	Goodhead Insurance	Move Solutions	TRX Logistics
Christian Brothers Automotive	Grapevine Colleyville ISD	My Health My Resources-	U.S. District Court,
City of Colleyville	Harmony School	of Tarrant County	Utine
City of Dallas	HEBISD	NAPA Auto Parts	Northern District of Texas
Department of Aviation	Holt Caterpillar	NFI Industries	Uline
Love Field	Home Care Assistance	Northwest ISD	Unique Landscaping
City of Hurst	Hotel Vin	Oak Street Food & Brew	Vistra Corp
City of the Colony	Hourly Recruiting Specialist	Pack Auto Group	Walgreens
Coca-Cola Southwest Beverages	Inspired Wings Fashion	Prospect Air	Walmart Global Tech
Cognizant		Ward Architecture PLLC	Western Extrusions
Colleyville Police Department			



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.

For the latest updates on UTA's response and guidelines for COVID-19, please visit the [Coronavirus Information Page.](#)

FACE MASK POLICY

UTA no longer mandates the wearing of masks on campus but continues to strongly encourage and recommend that Mavericks wear masks, particularly when inside campus buildings.

KNOW YOUR STATUS

No cost & confidential HIV testing

CALL OR TEXT TO SETUP AN APPOINTMENT!

PHONE: 817-470-8905
EMAIL: TELE@UTAHIV.CCJG

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](#)

Have you tested positive?
Had close contact with someone with Covid?

1. Complete [mandatory reporting form](#)
2. If needed, you can:



- Ask professors for deadline leniency
- Contact your [USL](#), Program Director and/or Academic Advisor for additional support and guidance.

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)



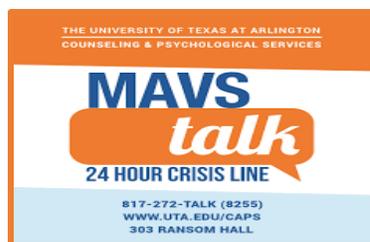
Boys & Girls Clubs of Greater Tarrant County will be distributing meals, food and snacks
Curbside meal distribution will occur Monday - Friday 4:00-5:30pm

Distribution Locations

Eastside Branch 4651 Rainey Ave Fort Worth, TX 76105	Main Branch 608 North Elm St. Arlington, TX 76011
Martin Branch 3123 Avenue G Fort Worth, TX 76105	NFW Branch 2000 Ellis Ave Fort Worth, TX 76104
Panther Branch 1500 Hemphill Fort Worth, TX 76104	

- All Are Welcome!**
- Meals available to any child ages 15 years or younger (membership not required)
 - Meals will be distributed as long as food supplies last
 - Each car is eligible to receive individually packaged meals and snacks as available to the organization
 - Weekly online 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!



UTA Library Accessibility

On-Demand & Live Fitness Classes



In Crisis?
Text HELLO to 741741

CRISIS TEXT LINE | Free, 24/7, Confidential

Webinar Library

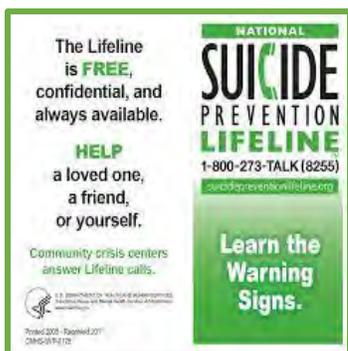
Isabella Hong, an MSW Alum, graciously compiled a list of webinar resources and a video going over the basic functioning of Teams to any who may need assistance. Special thanks to Jose B. Yerena, LCPAA, who has taken over updating the list on a weekly basis! **Please note that it is necessary to ask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



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 Safiyah Ricks rdr0162@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



"Do not get lost in a sea of despair. Do not become bitter or hostile. Be hopeful, be optimistic. Never, ever be afraid to make some noise and get into good trouble, necessary trouble. We will find a way out of no way." --Former US Rep. John Lewis (2/21/40 - 7/17/20)