SOCIAL JUSTICE SPOTLIGHT

PBS Releases Digital Series on Dismantling Racism in Mental Health Care!

“Like other healthcare industrial complexes, the mental health field operates around a centre defined by a whiteness of theory and practice. It’s a colonization that has rarely ever been questioned. DECOLONIZING MENTAL HEALTH dismantles the racism that underscores the mental healthcare industry. By focusing its gaze on the transformative work of therapists and individuals of color, it calls for a redressal of the ways in which we define psychiatric illness and health. Through 20 profiles, the digital series discusses what a more responsive mental health care system should look like.

Decolonizing Mental Health is part of a multi-platform initiative from GBH that includes the four-hour “Mysteries of Mental Illness” docuseries on PBS tracing the evolution of the complex topic of mental health from its earliest days to present times.”

Read more here: https://worldchannel.org/collection/decolonizing-mental-health/
YOU MATTER

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!

Sarah Herrera, LCSW | Doctoral Student | MSW

SCHOOL OF SOCIAL WORK

STUDENT ORGANIZATION SPOTLIGHT

JOIN UTA VOLUNTEERS

Apply Now!

Deadline September 3rd

Want to grow your skills as an advocate and servant leader? Apply for UTA Volunteers and put advocacy into action.

UTA Volunteers is a group of passionate students that plans and implements volunteer and community service programs for UTA and the surrounding community. Our purpose is to promote active citizenship and strengthen our community by creating a role for students to become involved in community service and provide tools and resources to the UTA community by building advocacy and servant leadership skills.

Learn more about us here.

Calling All Health Social Work Students!

Health with Hearts is currently looking for officer candidates for Fall 2021. The following positions are available: Vice-President, Secretary, and Community Liaison.

Health with Hearts is a student lead organization building community and connection for Social Work students in the Health Care Field. We engage in community outreach and volunteering. We provide our members with a chance to network and learn from the experts in our field.

We understand the strain and busy schedule that comes with being a grad student, so, our goal is to host only 2-3 high-value activities per semester. The officer team meets to plan and coordinate the activities. Meeting times are based on consensus of the officers.

If you are an eager social work student with a health focus who wants to gain knowledge, network, and empower peers, consider leadership.

Submit your interest to Diana DiConcino (diana.diconcino@uta.edu) by August 30th. Include your name, time in the MSW program, expected date of graduation, and the officer position you are interested in holding. I’m looking forward to hearing back from you and remember, leadership always looks great on a resume and is a good talking point with future healthcare employers!

SCHOOL OF SOCIAL WORK COURSE SPOTLIGHT


Hi Everyone,

How is 2021 almost over?! We have four months to go, and I’m not even finished processing everything that happened in 2020! And now I look back on what I’ve done, I realize most of my time was spent inside my house in front of a screen. I don’t feel bad about this; Staying home means that I care about my community. However, the choices made for the physical health of everyone impact my emotional health. And as the fall semester creeps up on us, I’m realizing I’m about to spend most of my days in the social work building looking at a screen. I spent this summer reconnecting with friends and family after I was vaccinated, but I’ve noticed my technology use is still just as high as it was when the pandemic first started. I know that some screen time is necessary, but I’m starting to understand that technology use was just as dangerous to my wellbeing as the isolation.

I came across a study from 2016 that found people in the US spend a little over 10 hours a day consuming media. That’s more than the average person spends asleep! I can only imagine how the average has changed school and many office jobs moved online. You are probably familiar with terms like “Zoom fatigue,” but “technostress” was a concept coined in 1984. Technostress comes from things like checking your phone or email constantly to constantly feel connected. The result of technostress is increased anxiety and irritability as well as physical pain like headaches and insomnia.

What can we do? Well, I’m not entirely sure 😊, but I am starting to explore new approaches for myself. I came across a Japanese practice called shinrin-yoku, which is roughly translated to “forest bathing.” This practice is born out of the idea that our bodies are programmed to enjoy nature, but technology and city-living reduces that exposure. Because of this, our bodies are living in a foreign space, which contributes to issues with both physical and emotional wellbeing.

I love about forest bathing is that you can do this both with and without the guidance of a mental health professional. Forest bathing is about connecting with nature through your five senses. Traditionally, you spend about two hours casually walking or sitting in a forest taking everything in.

What if North Texas doesn’t have Japanese forests, but shinrin-yoku experts suggest park trails or even just sitting outside has the same impact. The benefits of forest bathing can include lowered anxiety, lowered blood pressure, increased energy, and improved pain thresholds. Even if you are in an area with a lot of concrete, putting a few plants around your house can bring you closer to nature. You matter enough to spend some time reconnecting with yourself and the world around you.

Next time you are out in nature, try one of these exercises whether it’s sitting by your plant, being out in a park, or diving deep into the woods. Be sure to examine how you feel before and after. Even 10 minutes a day can leave you feeling a little more replenished.

- Take several minutes to look at the leaves on a tree. Allow yourself to focus on the patterns. See what other patterns you can find in nature.
- Find a spot to lay or sit. Focus on your breath and slow down your thoughts. Start to listen in all directions. Close your eyes and continue to listen as you pay more attention to the sounds of nature you didn’t notice before.
- Find a scented candle or essential oil to put in your house. Spend some time relaxing with this scent around you as you focus on your breathing.

Sarah Herrera,

LCSW | Doctoral Student | MSW

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!
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:
- Last names A-C: Valerie Adame – adamev@uta.edu
- Last names D-Me: Mark Frazier – mark.frazier@uta.edu
- Last names Mi-Z: Patrice Green – patrice.green@uta.edu

Keiana Crain is no longer with UTA. Until her position is filled, please contact Patrice Green

FIELD PLACEMENTS

- All students, agencies, and Field Instructors should use this URL for InPlace: 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!
- If you are having technical difficulties with InPlace please email 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

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 Licensure 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

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**VIRTUAL EVENTS**

The **Here For Texas Mental Health Navigation Line** is currently seeking volunteers interested in becoming trained Mental Health Navigators! Training Provided. **Deadline August 20**

**Fall 2021 Schedule**

Mondays and Wednesdays | 9:00 a.m. to 1:00 p.m.

Grant Halliburton Foundation developed the Here For Texas Mental Health Navigation Line to help individuals find appropriate care for their mental health needs. The Navigation Line offers information, resources, and encouragement via telephone and email.

We need volunteers to serve on the Navigation Line. Our trained volunteer navigators are equipped to help all types of callers, ranging from people seeking information and resources for themselves or others. *(Previous mental health experience is not required.)*

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**STUDENT SURVEYS**

Please Complete Student Feedback Surveys!

- The official UTA student feedback surveys launched on August 5th and close on August 12th.
- This survey is important to the school for several reasons. First, it is used to measure the success of the program and the quality of the teaching you are receiving. The school takes the evaluations seriously and you can have a direct impact by what you say.
- All responses are confidential and instructors cannot view feedback until after final grades post.

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**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** 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](#)

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**COURSE REGISTRATION**

- Fall registration is open.
- We are continuing to review course seats and waitlists to determine if classes need to be cancelled or added to the schedule.
- Courses marked “BSW Online Students ONLY” are restricted to students in the fully online BSW program. If you would like to switch into the fully online program, please contact your academic advisor and complete this survey.
- For questions about the BSW Online program, please contact david.waters@uta.edu

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**IMPORTANT DATES**

**SUMMER 11 WEEKS 2021**

- Aug. 12 - Last day of classes
- Aug. 18 at 7pm – SSW Commencement Ceremonies at College Park Center (on UTA campus)

**FALL 2021**

- Aug. 25 – First day of Fall classes

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- Aug. 25 – First day of Fall classes
FUNDING

Seasonal Retail Team Member – Part-time
University of Texas at Arlington Bookstore
Department: Fall Rush Bookstore 2021
Perks: Employee discount, flexible schedule
Hourly Rate of $12 Hour

Hiring Immediately!
Apply Here

Hiring! MODL Student Assistant.

Work schedule: Remote work, up to 19 hours per week, M – F
Wage per hour: $15.00
Start and end date: 7/30/2021 – 1/15/2022

Job Description: Social Media Marketing and Graphic Designer to work on social media and visual creative identity for the Department of Modern Languages (MODL) and produce marketing communications.

Please apply through Handshake, https://www.uta.edu/student-affairs/careers/students-alumni/services-offerings/handshake, only.

Required
1. Undergraduate major or minor in graphic design, visual arts or related.
2. Proficiency in the use of Emma, Photoshop, Adobe Illustrator, and InDesign is required.

Preferred
- Work Study

STAY SAFE

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.

RESEARCH

Student Research Opportunity Center
Social Work Course Guides

Let's talk about transportation in your community

A research team at the University of Texas in Arlington has partnered with the Texas Department of Transportation to better understand what your community values when making transportation choices.

Choose
We want to know what impacts your transportation choices.

Impact
We want to understand how transportation impacts your community.

Research
We will be conducting focus groups via zoom in communities across Texas.

Participate
You can participate if you are at least 18 and a resident of Texas. You will receive a $20 gift card for your time.

Contact the research team in two ways:
Visit this link: https://www.uta.edu/soe/transportation
Start the QR code: uta.socialwork.engineering@gmail.com

VACCINE OPPORTUNITIES FOR STUDENTS AND EMPLOYEES

UTA has established partnerships with Texas Health and Walmart to provide access, free of charge, to COVID-19 vaccines for all interested employees and students on campus and throughout the Dallas-Fort Worth Metroplex. 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.

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.

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.

Dean Ryan’s Statement on COVID-19

For the latest updates on UTA’s response and guidelines for COVID-19, please visit the Coronavirus Information Page.”

KNOW YOUR STATUS

No cost & confidential HIV testing
CALL OR TEXT TO SETUP AN APPOINTMENT!
PHONE: 800-477-4983
EMAIL: TITLE@UTAHCRC.ORG

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
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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)727-8255

Visit uta.edu/caps for more information

THE COMMUNITY THAT CARES
UTA Academic Calendar

Check Canvas for the MavsUnite Page!
To add please e-mail: Chantinia Chansler

Evidence-Based Practice Research Guide

SAR Center
(Formerly Office of Students with Disabilities)

UTA Library Accessibility
On-Demand & Live Fitness Classes

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.

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

“I learned that courage was not the absence of fear, but the triumph over it.”
- Nelson Mandela