



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

August 9, 2021

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/>



TABLE OF CONTENTS

- Page 1.....Social Justice Spotlight
- Page 2.....Get Support, You Matter
- Page 3.....Advising, Field Placements, Licensing
- Page 4.....Virtual Events, Course Registration, Important Dates, Student Surveys, Graduation
- Page 5.....Research, Funding, Stay Safe
- Page 6..... Resources

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/dates 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 DiCesare (diana.dicesare@mavs.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!



YOU MATTER

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! Time is flying by for me, but when 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 upon 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.

So 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.

What I love about forest bathing is that you can do this both with and without the guidance of 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. Now, 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.

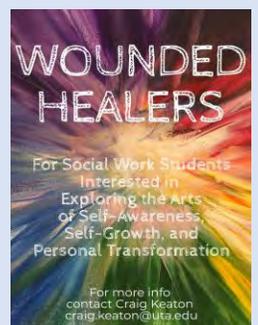
-Find a spot to lay or sit. Focus on your breath and slow down your thoughts. Start to listen in all directions. Close your eyes and continue to listen as you pay more attention to the sounds of nature you didn't notice before.

-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



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](#).

- **ATTENTION COHORT STUDENTS:** You must register for fall classes by July 26. Thereafter, any remaining cohort seats will be opened to noncohort students
- 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.
- Another option if your advisor's appointment schedule is full is to email them for email-advising. 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](#).
- **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.



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

- Final evaluations are due August 12th.
- The last day to earn hours is August 17th.

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.
- See the Fall 2021 Field Education Calendar [here](#).

SPRING 2022

- The Spring 2022 Field Application will be open Oct. 01 – Nov. 26, 2021. These dates are subject to change. See the full Spring 2022 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

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

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

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.



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
Apply Today!

Fall 2021 Schedule: Mondays and Wednesdays | 9:00 a.m. to 1:00 p.m.

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 9-9:50am! [Click here to join the meeting](#)



Are you worried about COLLEGE-LEVEL writing assignments?

Would you like to write better essays for ANY class?

Would you like to learn the BEST writing practices to help you feel empowered about your own writing?

Writing Boot Camp
Tuesday 9/7/21-Thursdays 9/9/21
3:30 p.m. – 6:00 p.m. in the West Hall Classroom
916 UTA Boulevard, Arlington, TX 76013, First Floor
Come through the main entrance and stop at the front desk for directions.

This three-day intensive workshop is for you if you want to strengthen your writing skills and understand the differences between high school and college-level writing in order to master college-level writing tasks. You will practice the following critical skills:

- Reviewing and understanding writing prompts
- Brainstorming and outlining essay ideas on a time crunch
- Structuring a paragraph to present complex ideas by using simple, easy steps
- Crafting a well-organized essay by arranging main ideas and supporting points carefully
- Following MLA/APA requirements
- Identifying and correcting common grammar errors through the editing process
- Learning how to make content revisions to improve the strength of your essay
- Engaging in a small group-workshop writing process with peers and instructor guidance

Registration

Registration Deadline: Friday, 9/3/21

Registration Fee: \$35

Registration Website: <https://go.uta.edu/writing-bootcamp>

What to Bring

Don't forget your laptop or a pen and notebook, as well as a readiness to become a stronger writer!



– Stay Ahead! –
Saturday, August 14, 2021



#HMCUTA PROGRAM-AT-A-GLANCE

Central Time	SATURDAY, AUGUST 14 VIRTUAL SESSIONS VIA TEAMS
8:00 – 8:30 am	HM UTA Hispanic Media Initiative Welcome!
8:45 – 9:45 am	A Conversation with Hispanic Media Producers and Editors
10:00 – 11:00 am	Hispanic Media Research: Misinformation, Media Coverage, and Audience Discourses on the COVID-19 Pandemic Along the U.S.-Mexico Border
11:15 am – 12:15 pm	Multimedia Journalism to Stay Ahead!
12:15 – 1:00 pm	Lunch Break – 45 Minutes
1:00 – 2:00 pm	Diversity, Equity, and Inclusion in Media
2:15 – 2:15 pm	Mission Critical: Behind the Scenes of COVID-19 Coverage, Communications, and Finances
3:30 – 4:00 pm	Keynote Speaker: Dallas County Judge Clay Jenkins

WWW.UTAHISPANICMEDIA.COM/CONFERENCE

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](#)

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



RESEARCH

[Student Research Opportunity Center](#)

[Social Work Course Guides](#)

HELP NEEDED!

Our group name is "Team Wondrous" and we need help with an evaluation project we are doing for class focused on UTA's Graduate Leadership Program. This [survey](#) will help us gauge the effectiveness of the program's outreach effort. The entire process should take less than two minutes and we would greatly appreciate it. The information gathered will be used solely for this research project and all answers will be anonymous and confidential. Last day to complete the survey is August 13rd. We really appreciate your support. Thanks so much.



FUNDING

THE UNIVERSITY ADVISING CENTER IS HIRING!

We are seeking applications for our new Advising Assistant position



Are you a Graduate Student at UTA?
Are you interested in a Graduate Assistantship position?

Apply until August 19th
Send your resume and cover letter to

CHRISTOPHER.DAURIA@UTA.EDU



STAY SAFE

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.

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: 882-478-6905
EMAIL: TYLERB@MHMRTC.ORG

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)

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.

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



"I learned that courage was not the absence of fear, but the triumph over it."

- Nelson Mandela