Red Ribbon Week

Schools around the country have started celebrating the oldest and largest drug prevention program the United States observes. Although Red Ribbon Week is gear to children, adult can get involved in planning, improving and volunteering for their local programs.

History

President Richard Nixon proclaimed a war on drugs as “public enemy number one” in 1971. When President Ronald Reagan came into office, he grew Nixon’s policies and Nancy Reagan became involved in 1984 when she began the “Just Say No” campaign. In 1985 The Red Ribbon campaign began as a tribute to the fallen DEA agent Enrique Cameron. Red Ribbon Week was begun to honor him and to present a unified and visible commitment toward a Drug-Free America.

Ways to Participate

• Encourage your child to get involved in their schools’ daily activities
• Talk to your child about the dangers of drugs
• Plan a Red Ribbon rally at a local school
• Learn about people who have overcome addition
• Visit the Red Ribbon Campaign site below to see more

Learn more about Red Ribbon Week here.

Source: https://www.redribbon.org/virtual-activities
Calling all VOLUNTEERS!!
Join UTA School of Social Work for the 2nd Annual Fall Harvest & Trunk-or-Treat!

Duties include:

Trunk-or-Treaters: Decorate your vehicle and distribute candy. Must be available for the full event - set-up begins at 3 p.m., event ends at 7 p.m. (must provide own decoration and candy).

Registration: Check-in and/or Register attendees.

Food Handlers: Load food into vehicles and distribute food to walk-up attendees.

Traffic Attendants: Direct attendees to the appropriate line. Keep the line moving and direct slow-moving traffic.

*Assigned Role may change to meet event needs.

Sign Up Here to Volunteer! - Must attend virtual training on Friday, October 29 at 4 p.m. via Zoom.

Face covering required for volunteers.

For questions or concerns, email Coral Simpkins-Mims at SSWSpecialEvents@uta.edu.

Many of us are called to this profession because of our own experiences. We’ve gone through pain, and we want to prevent others going through it, too. I’m one of the many that started this career with the same sentiment. I look back at my childhood and sometimes ask myself, where were the adults who were supposed to look out for me? At home? In the school? So, believe me when I say that I still get it when I hear students repeat this reason for choosing social work. I want you to carry on that idea because you need it to change the world. But there’s always a flip side. I also want you to consider how this idea can also be dangerous to your wellbeing.

You’re probably already familiar with the flight, fight, and freeze responses to trauma. Over the last decade, clinicians have identified a fourth response called “fawning.” Fawning is a way to avoid further abuse by proactively trying to please the abuser. In childhood, this often looks like agreeing to appease the abuser, ignoring personal feelings, saying the “right” answer to avoid confrontation. Even in loving homes, we can see fawning behavior such as doing exceptionally well in school to protect chronically stressed parents. These behaviors in childhood become patterns we develop in adolescence and eventually carry over into adulthood.

Psychology today listed a few key signs including:

- Difficulty identifying your feelings when you’re alone
- You ignore your own beliefs, thoughts, and truths and accept those of the people around you
- You feel self-anger and guilt some or most of the time
- Saying no to those around you is a challenge
- You are overwhelmed at times but take on more if asked
- You lack boundaries and are often taken advantage of in relationships
- You are uncomfortable or threatened when asked to give an opinion

If any of this sounds familiar, you’re not alone. I’m a fawner at heart. It’s hard to keep this pattern in check, and I can still see it play out in my life. Every few years I notice that I’ve unintentionally developed relationships with no boundaries with people who aren’t looking out for me. What does this look like? It looks like having a flat tire at 3 in the morning with nobody willing to pick me up even if I’m willing to do the same. Or, it can be getting a big promotion at work when it’s a job I don’t even like with a boss that only values me when I’m working more than 40 hours a week. I create this world around me that is impossible to live in because it’s impossible to make everyone around you happy.

I want to say again, it’s not a bad thing to want to help people. But people-pleasing is exhausting, and it can easily lead to burning out. Think about working with Clients. Sometimes we need to confront. Sometimes we need to advocate. Sometimes we need to make our voices heard and that can make people uncomfortable. I’ve heard a lot of colleagues tell me it’s easier to advocate when it’s not about themselves. If these skills are worth developing for our Clients, why aren’t we developing them for ourselves? What makes us feel like we aren’t worth it?

I hope you’ll consider thinking about this more. Even if your trauma response is something different, we all need to evaluate our boundaries occasionally. This pattern once helped you survive, but it’s likely you no longer need to take this way of coping with you into the future. It’s ok to thank your old self for protecting you. You can give yourself permission to try something new. One way to start is to start making lists. Take note of the people you spend most of your time with. Do you actually like those people? How are they supporting you? Look at your responsibilities. Is there a balance between responsibilities that take away your energy and activities that help you replenish? What do you need more or less of in your life to help you stay well?

Sarah Herrera,
MSW | Doctoral Student | LCSW
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.

Mark Wednesday 12:00-1:00 Click here to join the meeting
Valerie Thursday 11:00-12:00 Click here to join the meeting

BSW Academic Advisors:
• Last names A-C: Valerie Adame – adamev@uta.edu
• Last names D-M: 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

General

• 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!
• 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 Licensing Information Session, held in April 2021.
• Interested in the LCDC? Scroll to the end of this Licensing 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

• 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.
The Bush School of Government & Public Service
Texas A&M University

The Bush School is preparing for our tenth annual Public Service Weekend (PSW), once again hosted ONLINE this fall. This free informational and interactive event is scheduled for Fri-Sat, Oct 29-30 via Zoom.

We are looking for service-minded individuals who want to learn more about careers that give back to society. Click here for more information.
**IMPORTANT DATES**

**FALL 2021**

- Nov. 5 Last Day to Drop Classes by 4:00PM
- Nov. 8 Registration begins for Spring
- Nov 25-26 Thanksgiving Holiday
- Nov 26 Spring Field Application Deadline

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**Events**

**Campus Sustainability Month Events**

- **Hike and Trash Pick up at Crystal Canyon Natural Area**
  - October 30, 2021 9:00 am - 10:00 am
  - Finish off Campus Sustainability Month with a hike and trash pick up at Crystal Canyon Natural Area with the Environmental Science Club and American Conservation Coalition.

**Non-UTA Opportunity**

- **Project Green Challenge - October 1 - October 30**
  - Project Green Challenge is month-long global challenge for students to get more informed, inspired, and mobilized on sustainability initiatives. Daily prizes are given to 20 students, finalists win a free trip to San Francisco to the 4-day eco summit, and one grand prize winner gets a $5,000 Green Award! Learn more [here](#).

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**You are invited to the School of Social Work Virtual Clinic Open House** which will take place Monday, October 25th thru Thursday, October 28th. Throughout the week, you'll have the opportunity to join a virtual support group to learn a new skill and win one of three GRAND PRIZES!! The more groups you join, the more chances you have to win the Grand Prizes!

**RSVP for the groups you would like to join!**

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**Spirituality & Social Work Student Org. Invites You to an open forum!**

- **October's topic: The Spirit of Social Work**
  - Wed. Oct. 27th noon TEAMS
    - TEAMs Link Oct Meeting
  - For more information regarding Spirituality & Social Work, please email LaShaunn Bold, LCSW at LaShaunnBold@uta.edu
  - The organization is open for Social Work majors.

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**Flu Shots on campus**

**FALL HARVEST & TRUNK-OR-TREAT**

Drive-Thru Trunk-or-Treat & FREE Food Giveaway

Saturday, October 30
4 p.m. - 7 p.m.

*Registration Required*

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**Monday, October 25th**

- 3:00PM-4:00PM Women's Virtual Room of Recovery
- 6:30PM-7:30PM Military Women's Empowerment Group

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**Tuesday, October 26th**

- 9:00 AM-10:00AM Parenting During a Pandemic
- 6:30PM-7:30PM Active Duty, Deployed Guard, and Reserve Group

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**Wednesday, October 27th**

- 10:00 AM-11:00AM First-Generation and International Students’ Success
- 12:00PM-1PM Men’s Virtual Room of Recovery
- 1:30PM-2:30PM Accommodating for Success
- 3:30PM-4:30PM Promoting Healthy Habits
- 6:30PM-7:30PM COVID and Caregivers

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**Thursday, October 28th**

- 1:00PM-2:00PM Building Better Interpersonal Relationships
REQUIRED COVID-19 TESTING

Beginning Monday, Sept. 13, students, faculty and staff coming to any UTA campus in any capacity will be selected at random for mandatory COVID-19 testing.

Until further notice, 20% of our campus population, regardless of vaccination status, will be selected each week for testing. Notifications will come from covidtesting@uta.edu, and you will have seven days to get tested after being selected. If you have any questions, contact covidtesting@uta.edu.

UTA has a number of on-campus testing options that meet the required criteria and are free. Results received from an on-campus testing option will automatically be reported to the University with no further action required on your part.

Results from off-campus testing sites will be accepted, though you will not be reimbursed for costs. Test results from an off-campus testing site will be uploaded to the COVID-19 Self Report portal in MyMav.

Remember, if you test positive, please follow the CDC’s isolation protocols and submit the Personal Diagnosis Form.

UTA’s COVID-19 testing resources are always available to you should you need or want a test; you do not need to wait until you are selected for random testing.

Covid-19 Vaccine

Click to find vaccine opportunity.

Listen to UTA public health experts explain why getting a COVID-19 vaccine is beneficial for you and your community.

Required COVID-19 testing and new protective measures for Fall 2021 (English and Español) (uta.edu)

Classroom density, updated info from university on testing and return to campus

Flu Shots

Health Services recommends getting vaccinated by the end of October to be protected against flu before the start of flu season. Email the Immunization Clinic with your name, date of birth, student ID number, and phone number to schedule your free flu shot.

BSSUT SPOTLIGHT

The Bachelor of Science in Substance Use & Treatment (BSSUT) “The degree will use a multidisciplinary approach to understand the biological, psychological and social aspects of substance misuse,” said Scott Ryan, dean of the School of Social Work. “Its curriculum for assessment and treatment methods for substance misuse are based on evidence-informed and research-supported practices that will enable students and future professionals to understand and treat individuals, families, groups and communities while preparing graduates for careers in this field.” Continue reading here

David Waters
david.waters@uta.edu

For more info and FAQ’s Click Here

Degree Progress Worksheet Click Here

Dr. Allison Tomlinson, PhD, LCSW-S
allison.tomlinson@uta.edu

Applications for Spring ’22 scholarships are now open through Nov. 12th.

Here is the link to apply. Scholarship Link

CMAS PRESENTS
MANUEL GAMIO
SCHOLARSHIP
$1200
SCAN TO APPLY

DEADLINE NOVEMBER 1, 2021
WHO QUALIFIES?
© 2021 CMAS MANUEL GAMIO SCHOLARSHIP
CMAS PRESENTS THE MANUEL GAMIO SCHOLARSHIP TO SUPPLEMENT SCHOLARSHIP FUNDS FROM COLLEGE, UNIVERSITY AND OTHER SOURCES.

1. Must be a student at UTA in the Bachelor of Science in Substance Use & Treatment.
2. Must have a minimum GPA of 3.0 and 3.5 in courses directly related to the field.
3. Must have completed at least one year of college.

Deadline: November 1, 2021

For more info Click Here

Scholarship Link
National Substance Abuse Awareness Month

October has been highlighted to bring awareness to the millions of American’s that suffer from substance abuse. Ashley Schmidt, a UTA SSW student and USL Intern wrote an article to bring awareness to students:

**DEA Public Safety Alert**

Nonmedical use of prescription stimulants is common among college students, and nonmedical use may peak during the months of April, November, and December (Lipari, 2015). Students may take stimulants "to lose weight, to stay awake, or for attention deficit disorders (Lipari, 2015). According to a 2018 survey conducted by the National Institute on Drug Abuse (NIDA), college students are more likely to misuse Adderall than their non-college peers, and more likely to use Adderall without a prescription (Thornton, 2020).

On September 27, 2021, the Drug Enforcement Administration issued a public safety alert concerning counterfeit prescription drugs circulating in the United States. Over the past year, the DEA has confiscated over 9.5 million counterfeit pills and a chemical analysis revealed a "rise in the number of counterfeit pills containing at least two milligrams of fentanyl, which is considered a lethal dose" (DEA, 2021). Of the pills confiscated by the DEA, 2 out of 5 contained potentially fatal amounts of fentanyl. The counterfeit pills look just like Oxycontin or Percocet, Vicodin, Xanax, and Adderall. These dangerous pills are becoming more accessible and more lethal than ever, which is a serious concern.

Studies have shown there is a prevalence of mental health disorders among college students (Auerbach et al., 2018; Kang et al., 2021). If you or someone you know is struggling with these issues, please contact UTA Counseling and Psychological Services at (817) 272-3671, or the UTA Crisis Line at (817) 272-8255. Please, we urge you not to resort to using or buying prescription medications which have not been prescribed to you. Not only is this illegal, with the influx of counterfeit pills in the United States, your will be risking your life.

References


If you have any questions or content suggestion for the newsletter, please contact Tuesday Darling: TBD2290@mavs.uta.edu

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.

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.

RESOURCES

UTA Academic Calendar
Evidence-Based Practice Research Guide

SAR Center
(Formerly Office of Students with Disabilities)

Check Canvas for the MavsUnite Page! To add please e-mail: Emily Clark

Managing Stress and Anxiety During COVID-19
UTA Counseling and Psychological Services (CAPS)
Therapist Assisted Online (TAO)
Visit TAOConnect.org
Mavs Talk 24HR Crisis Line
Call (817) 272-8255
Visit uta.edu/caps for more information

Dreamers Welcome
In Crisis? Text HELLO to 741741
Crisis Text Line
Free, 14/7 Confidential

UTA Library Accessibility
On-Demand & Live Fitness Classes

Rental Assistance Program
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The world talks about change; we create change.

211 S. Cooper Street, Arlington TX 76019
Social Work Program
(817) 272-3613

“I always wondered why somebody doesn’t do something about that. Then I realized I was somebody.”
— Lily Tomlin