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SOCIAL JUSTICE Spotlight
Affordable Housing - Is it Attainable?

Affordable housing has diminished the hopes for families with modest incomes who are outbid by those with deeper pockets, even when supposedly looking at "affordable homes" on the market.

This is a social justice issue, because not realizing the American Dream of homeownership for individuals and families causes a lack of stability for all who need to feel secure and have the opportunity to build a better future.

In the Texas Tribute, Joshua Fechter reported that housing advocates, builders, and real estate experts agree there is not enough housing being build to keep up with the growing demands of the rising population, resulting in rising housing costs. Fechter also reported that Texas has one of the largest gaps in the nation between the number of households considered extremely low income and the number of available affordable homes based on the estimates from the National Low Income Housing Coalition. For example, for every 100 extremely low-income households, there are 25 available rental units.
The affordable housing issue is so important to advocate for and bring more awareness toward since as social workers so many of our own clients are faced with this issue. We play a crucial part in helping our clients find resources to access housing options that will meet their needs, so they can find the comfort in their own home sweet home.

“There is nothing like staying at home for real comfort.” by Jane Austen

Read More About the Housing Crisis Here
28TH ANNUAL
Native American Students Association at UTA
BENEFIT POWWOW

UTA Maverick Activities Center
500 W. Nedderman Dr.
Arlington, Texas 76013

JOIN US FOR
• Grand Entries at 1pm & 6pm
• Women’s, Men’s, & Community Contests
• Stickball Demo
• Indian Tacos
• Native Arts & Crafts

HEAD STAFF
Head Lady: Kearston Freeman
Head Man: Harold Rogers
Head Gourd: Randall Jakes
Head Singer: Lance Tahchawwickah
Head Judge & Arena Director: LaRay Guerrero
Emcee: Delvin Johnson

MARCH 2
11am-11pm

For vendor or event questions message facebook.com/utapowwow
or email powwow@uta.edu
- **Feb 5th - Apr 5th**: Summer Field Application is open
- **Mar 1st**: Deadline to Apply for Graduation in MyMav
- **Mar 11th-15th**: Spring Break
- **Mar 26th**: Social Work Mini Conference
- **Mar 29th**: Last Day to Drop Classes; Submit in MyMav by 4pm
- **Apr 1st**: Registration for Sum '24 and Fall '24 classes open
Hello everyone! My name is Michelle Gonzalez and I am a Graduate Student Volunteer. This is my second semester working as a GSL volunteer, it has been an adventure. I got my bachelors in criminal justice with a minor in psychology at the University of North Texas at Dallas in December 2021. I am currently in my advance placement year here at UTA under the Mental Health and Substance misuse. I currently work as an immigration paralegal here in the Dallas area. My end goal is to become a LCSW and be able to
provide services for young adolescents and young adults, and possibly immigration evaluations that are used for heavy casework in immigration cases. I am really excited to see what the future holds for me and for the community I am wanting to advocate for. In my spare time I enjoy reading, going for walks, traveling, and going to concerts! I’m always happy to help and advocate for those who are misrepresented. As always, don’t struggle in silence and always ask for help when it’s needed.
As Spring season is coming around the corner we wanted to emphasize how important it is to implement self-care. This means we can proactively participate in Spring Cleaning. It is much more than decluttering our closets at home; it helps create a healthier mindset and become ready for a new season to come. When we take care of the environment around us, we begin to develop a space that is restful, peaceful, and restorative.

Personal Self-care and Spring cleaning go hand in hand.

Reflect on SELF:
Always stop to understand who you are. Your emotional state, life’s challenges and valuable experiences can dictate how you view life.

*Live life:* Find and participate in hobbies, activities that bring meaning and value to who you are and the goals that you have set. Write down your emotions, get some sunshine, exercise, or take on a new activity. In with the NEW!

NO NEGATIVITY ALLOWED:
Reassess your friendships and associates.
You are who you hang around: Treat yourself to surroundings and people who support you. Those who can be a support system, and who care about your well-being.

*Eliminate the negativity:* Those relationships that create negative and devaluing attitudes.

Outline YOUR peace:
Set clear boundaries between your personal and professional life. Social work can be emotionally demanding, so it is essential to create space for relaxation and personal time.

*Declutter your life:* Review and eliminate work that no longer serves a purpose. Try to rearrange and simplify your work and personal schedule so that you can make room for your goals and outside activities.

Remember:

- Use the six-month rule; if you haven’t used something in six months, you probably won’t. Consider donating unused items to someone who may need them.
- Mediate/Yoga/Exercise
- Eat regularly/healthy
- Prioritize Sleep
- Focus on one thing at a time
• Revive the PHYSICAL and renew the MENTAL.
  *You are important to YOURSELF!

With Love and Light,
Monique Lawson, MSW GSL Intern
Mia Cozzarelli, MSW GSL Intern
The University of Texas at Arlington

Spring Cleaning is Good for Mental Health

Opportunities
MARCH 6TH
6:30PM - 8:00PM.

WOMEN’S STUDIES

JOIN MS. MASHAL FOR A WEBINAR DISCUSSING WOMEN’S RIGHTS IN AFGHANISTAN, ADVOCACY, COALITION BUILDING, NETWORKING, AND HER EXPERIENCES AS A HUMAN RIGHTS ACTIVIST.

ANYONE INTERESTED CAN REGISTER USING THE LINK BELOW.
FESTIVAL OF IDEAS

WITH DR. DAVID TREUER
(PHD Anthropology, University of Michigan 1999),
Professor of Creative Writing University of
Southern California

Bestselling author David Treuer is an Ojibwe Indian from Leech Lake
Reservation in northern Minnesota. He is the recipient of a Pushcart Prize, two
Minnesota Book Awards, and fellowships from the NEH, Bush Foundation, and
the Guggenheim Foundation.

MARCH 5TH 2024
12:30PM
MAVERICK ACTIVITIES CENTER
500 W Nedderman Dr
Arlington, TX 76013
United States
SCHOOL OF SOCIAL WORK
Empowerment Pathways: Student Success Series

ALUMNI PANEL EVENT:
NAVIGATING THE PATH IN SOCIAL WORK

March 7, 2024
5:30 p.m. to 6:30 p.m.
School of Social Work Building Room 231
Or join us virtually

RSVP
by scanning the QR code
OR
By clicking HERE

In-Person space is limited

For more information contact Traecia.Nichols@uta.edu
Research Study on the Impact of COVID-19 on Latina Dreamers

- Are you a female DACA participant (Dreamer)?
- Are you currently enrolled in a 4-year college or university in Texas?
- Are you interested in discussing how COVID-19 has impacted different areas of your life?

If you answered “yes” to these questions, then you may be eligible to participate in a confidential research study exploring the experiences of Latina Dreamers during COVID-19.

If you are interested, please go to the link below or scan the QR code to complete the online screening.

https://uhsocialwork.coz.qualtrics.com/jfe/form/SV_bDqCosyhSwVYKlm

If you are eligible you will be contacted within 48 hours by a member of the study team about scheduling an interview that will be conducted by Zoom. Your total time of participation will be about 90 minutes and you will receive a $50 Amazon gift card for your time. Please feel free to share this link with friends/colleagues who may be interested in participating. Funding for this study was provided by the University of Texas at Arlington Center for Mexican American Studies (CMAS) Faculty Fellowship Program.

If you have any questions about this study, please contact the PI of our research team, Dr. Micki Washburn at Micki.Washburn@uta.edu or at 817-272-3723 or regualtoryservices@uta.edu

CMAS
YOUR CASA AT UT ARLINGTON
Relationship Violence and Sexual Assault Prevention (RVSP) is launching a pilot program to give students opportunities to volunteer on a PRN, or as the situation demands, basis.

What you need to know:
Those who sign up for the program will be required to attend a one-time mandatory workshop that will go over how to be sensitive towards those that have experienced trauma, what services RVSP provides, and how they can be a better ally to the victims and survivors they may encounter. After this mandatory training, volunteers will receive a certificate from RVSP and will be cleared to assist the program whenever they please.

If you are interested in, please fill out the form: Interest Form
Are you a member of a Latine immigrant family? Do you want to talk about the financial lessons shared in your family?

What is the study about?

The College of Social Work is conducting a study to explore the financial conversations and lessons shared in Latine immigrant families. We will complete separate interviews with one parent/caregiver and one adult child who is a college student from 12 families. The interviews can be completed in English and/or Spanish.

We are looking for:

- Undergraduate college students (18-24 yrs old) from Latine immigrant families
- Parents/caregivers from Latine immigrant families

Earn $33 per participating!

Note: Participants’ personal information, including immigration status, will not be shared, or connected to the study results.

If you are interested in participating, please contact:
- Yesenia Alverez Padilla
  - (740) 345-5602

¿Eres miembro de una familia inmigrante? ¿Quieres hablar sobre las lecciones financieras compartidas en tu familia?

¿De qué se trata el estudio?

La Facultad de Trabajo Social está llevando a cabo un estudio para explorar las conversaciones financieras y las lecciones compartidas en las familias inmigrantes. Realizaremos entrevistas separadas con un padre/cuidador y un hijo/a que es estudiante universitario de 12 familias. Las entrevistas pueden ser completadas en inglés y/o español.

Buscamos a:

- Estudiantes universitarios latinos de pregrado (18-24 años de edad) de familias inmigrantes
- Padres latinos de familias inmigrantes

Recibe $33 por participar.

Nota: La información personal de los participantes, incluido el estatus migratorio, no se compartirá ni se conectará con los resultados del estudio.

Si estás interesado, comunícate con:
- Y. Alverez Padilla
  - (740) 345-5602
Krispy Kreme Dozens to Support
Student Association for Macro Social Work

$15 Per Dozen
Over 50% Donated Back
Ends March 5

https://groupraise.krispykreme38518sb
Interested in Social Work with Children + Families?

Join the Social Workers for Children + Families Student Organization

- Network with other UTA students
- Hear from professionals within the social work field

To join, scan the QR code or email Dr. LaBrenz (catherine.labrenz@uta.edu) or Dr. Okoruwa (tiara.okoruwa@uta.edu)
March is National Kidney Month

Commissioner Alisa Simmons

KIDNEY WELLNESS and Health Expo
A CHRONIC KIDNEY DISEASE AWARENESS INITIATIVE

Saturday, March 9, 2024
10 AM - 2 PM
Tarrant County Sub-Courthouse
700 E. Abram Street, Arlington, TX 76010

Free Kidney Screenings
• Free Flu and COVID-19 Vaccines
• Healthy Food Demonstrations
• Free Educational Workshops
• Kidz Crafts and STEM Zone

Complimentary Lunch

Scan the QR Code to sign up or go to:
tinyurl.com/KWHE2024
THE CENTER FOR MEXICAN AMERICAN STUDIES PRESENTS

CELEBRATING 30 YEARS
OF KNOWLEDGE
CULTURE, & COURAGE

SPRING-2024
SPEAKER SERIES

• WEDNESDAY, JANUARY 31
  How to Land a Good Job in a Political Campaign
  DAVID DE LA FUENTE
  University Hall - Room 110, 12:00 pm

• WEDNESDAY, MARCH 6
  The Politics of Policing in Latin America: Comparing Colombia & Mexico
  DIEGO ESPARZA
  Co-Sponsored with UTA Libraries
  Central Library - 6th Floor Parlor
  12:00 pm - 1:30 pm

• FRIDAY, MARCH 22
  Mapping Chicana/Mexicana Voices in the Borderlands Symposium
  MARIA COTERA - KEYNOTE SPEAKER
  AUTHOR, CHICANA RESEARCHER, PROFESSOR
  Central Library - 6th Floor Atrium
  9:00 am - 7:00 pm

• WEDNESDAY, APRIL 17
  Reclaiming our History & Heritage
  JULISSA NATZELY ARCE RAYA
  NATIONAL BEST SELLING AUTHOR
  2024 CMAS DISTINGUISHED SPEAKER
  Central Library - 6th Floor Atrium, 6:00 pm

FOR MORE INFORMATION CONTACT 817-272-2933 OR CMAS.UTA.EDU
And I Don't Want To Live This Life

by Deborah Spungen

Trigger Warning: this book contains topics related to substance misuse, murder, and sexual content.

"For most of us, it was just another horrible headline. But for Deborah Spungen, the mother of Nancy, who tragically perished at the Chelsea Hotel, it was both a relief and a tragedy. Here is the incredible story of an infant who never stopped screaming, a toddler who attacked people, a teenager addicted to drugs, violence, and a daughter completely out of control—who almost destroyed her parents’ marriage and the happiness of the rest of her family."

This is a really great read and an eye opening perspective to the destruction that can be caused by substance misuse to the family unit.

By Meghan Gratton
BSW USL Intern
Available on Amazon
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.

Alumni Panel Event

📅 Event Details:

Date: Thursday, March 7th
Time: 5:30pm-6:30pm
Location: SSW Room 231 or Join us Virtually via the link in our RSVP Form

🌼 About the Event:

At the Alumni Panel Event, you can look forward to:

**Distinguished Alumni Panelists:** Hear from our alumni who have made a significant impact in the field of social work. They will share their experiences, challenges, and successes, offering valuable insights for your own journey.

**Career Stories:** Learn about the diverse career paths our alumni have pursued, from clinical social work to community organizing, and how they have contributed to positive change in their communities.

**Q&A Session:** Have burning questions about the field of social work, job prospects, or the graduate experience at The University of Texas at Arlington? Our
panelists are here to provide you with expert advice and guidance.

📅 Save the Date: Mark your calendar and invite friends!

Sign Up Here for Alumni Panel Event

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Academic Resources

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Graduate Director Office Hours

Meet Dr. Regina Praetorius, LMSW-AP-S, the Director of Graduate Programs at UTA's School of Social Work during her new open office hours.

Options are listed below:

- Wednesdays 2-3pm (SWSH Suite 203/204)
- Mondays 7:30-8:30pm (virtual)
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.

**Apr 1st:** Summer 2024 and Fall 2024 class registration opens

**MSW Social Work Mavericks! Brittany Latcher** will join us as the new academic advisor for **Mental Health and Substance Misuse**. Ms. Latcher will conduct drop-ins Wednesday, March 7th and will be released to all mental health students on March 11th.
BSW/BSSUT Social Work Mavericks! Desiree Warren will join us as the new academic advisor for students with the letter set A-H. Ms. Warren will conduct drop-ins Wednesday, March 7th and will be released to her BSW/BSSUT students on March 11th.

Field Placements

- **Feb 5th** - Summer Field Application opens.
- **Apr 5th** - Summer Field Application closes.
- [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 Emily Rappaport (emily.rappaport@mavs.uta.edu) or Jackie Flores (jackie.flores@mavs.uta.edu).

If you do not know who your assigned GSL is, you may email Makita Johnson (mxj1622@mavs.uta.edu) or Andrea Moreno (axm7516@mavs.uta.edu).

Click here to meet our USLs
Click here to meet our GSLs

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 Licensee 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

Follow UTA School of Social Work on: