Inside this Issue

- **Event Spotlight** *New*
- **Advising Update** *New*
- **Opportunities** *New*

Mental Health Disparities from Texas Panhandle Fire

This article discusses how natural disasters can create a significant impact on our mental/emotional health. Individuals who live in the Texas Panhandle had to evacuate their area immediately after noticing the fire spreading. Most of them had to leave their cattle and livestock behind because of how quick the fire was spreading. When they came back, the families noticed that their live stock was burnt; in addition they had to euthanize their cattle because of the fire injury they went through. The Disaster Assessment and Recovery (DAR) program recognized that in addition to the families homes, agriculture, and business being destroyed; they are also experience severe emotional distress. This mental health program targets individuals who experienced a natural disaster and want to focus on families that were impacted. They strive to support and help them cope with their negative feelings. The program is also looking for individuals within the community who are looking to help the families within the panhandle. They have trained agents and instructors who are willing to provide that sense of knowledge.

Additional UTA Mental Health Resources:

STUDENTS IN CRISIS
Call the MAVS TALK 24-hour crisis line to speak with a crisis counselor available 24/7:

(817) 272-TALK (8255)
Urgent appointments are available during CAPS business hours for students in crisis. Please call (817) 272-3671 and request to speak with the crisis counselor on duty.

TimelyCare and CAPS Services - University of Texas at Arlington students have FREE, 24/7 access to virtual care services with TimelyCare — the virtual health and well-being platform from TimelyCare, designed for college students.
https://timelycare.com/UTA/
https://www.uta.edu/student-affairs/caps

Emergency Assistance Fund: https://www.uta.edu/student-affairs/dos/resources/emergency-assistance
Application: https://cm.maxient.com/reportingform.php?UnivofTexasArlington&layout_id=10

With Love and Light,
Mia Cozzarelli, MSW GSL Intern & Kimberly Jimenez BSW USL Intern
The University of Texas at Arlington

Read More About Texas A&M Response to Mental Health Challenges

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Event Spotlight

SESSION TOPICS INCLUDE

- Poverty & Mental Health
- Motorcycling as an Intervention with Veterans
- Community Interventions & IPV
- Social Work Licensure
- School Social Work

Up to 3 CEUs for Licensed Professionals

If you require any special accommodations for this virtual event, please contact traecia.nichols@uta.edu

UTA
THE UNIVERSITY OF TEXAS AT ARLINGTON
School of Social Work

Important Dates

- **Feb 5th - Apr 5th:** Summer Field Application is open
- **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

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Advising Updates

Brittany Latcher and Desiree Warren

Brittany Latcher is the new MSW Advisor for the Mental Health and Substance Abuse. Desiree Warren is the new BSW Advisor for BSW students with last names A-H. Read more about them below!

Brittany Latcher earned her Bachelor of Science in Psychology from Prairie View A&M University in 2011. She earned her Master of Social Work degree from The University of Texas at Arlington in 2016. Brittany has practiced within the social work setting for 10

years. Her areas of expertise include children and families and mental health. Brittany enjoys being involved within her community and church. She also enjoys spending time with family and friends.

Desiree Warren - I am a born and raised Texas girl, however I had to go through New Jersey, and Georgia to get back to Texas. I am an Academic Advisor III for undergraduate students in the School of Social Work. I have been in the field of education for over ten years in which four of those years I served as an Academic Advisor for the Dallas Community College District. The other six years I served in ISD systems in both Georgia and Texas. I completed my master's in counseling psychology from Troy University in Alabama and my undergraduate work here at UTA. I am enthusiastic about guiding students to their greatest potential. I like to spend my time with family and friends, volunteering in the community and sitting down with an enjoyable book. Yes, I said a book, they still exist.

YOU MATTER!

You're not alone on your health and well-being journey.

Download the TimelyCare App or get started at
timelycare.com/UTA

TimelyCare

The importance of mental health and its approach in higher education like colleges and universities has changed the way those institutions recognize the growing mental health challenges that students face. They have begun to prioritize mental health as a major part of a student's mental well-being and their academic success. TimelyCare Virtual Mental Health Clinic is an avenue to that approach. It is a mental health direct virtual care platform with a variety of accessible mental health services for students seeking immediate mental health support and care.

TimelyCare developed by college students from Abilene Christian University, provides licensed mental health professionals with a diverse range of mental health services, including crisis support, mental health counseling, and therapy sessions. They even provide psychiatric consultations with online video conferencing that connects students to specializations in relationship problems, trauma, depressive issues, and anxiety.

TimelyCare always aim to break down those unnecessary obstacles that surround the subjects about mental health, the recognition of personal mental health challenges with guided mental health support and positive outcomes for students and individuals on campus.

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

TimelyCare at UTA

Opportunities

EMPOWERING SOCIAL WORKERS!

Social Work Service
and
Social Work Intern Coalition (SWIC)
Invites You to Attend

The 2024 Annual Social Work Career Fair

for Social Work Students and
Social Work Recent Graduates

Tuesday, March 26, 2024
From 9:30 AM—12:30 PM

VA North Texas Health Care System
Spinal Cord Injury Gym, Bd 74, Rm 121
4500 South Lancaster Road, Dallas Tx. 75216

The purpose of this event is to provide nearby universities Social Work students and recent Social Work Graduates an opportunity to talk one-on-one with a VA Social Worker regarding their role within the Federal Government, Agency, and Community. It is our hope that this opportunity will help guide students and graduates' decisions as pertains to their future as a social worker in the medical, administration, mental health and/or government sector.

Due to facility reconstruction, plan to arrive early.
Parking is available at either **Liberty Garage** (take shuttle to Southside entrance) or **Freedom Garage** (take shuttle to Main Entrance).
"Red Coats" Greeters are available for Directions to SCI, Bd 74, Rm 121.

VA

To register, please complete the registration form attachment and email to Sherry Fairchild, PhD, LCSW-S, Program Coordinator Social Work Education at sheryl.fairchild@va.gov;
Cell: 682-393-8679

NTTAC
National Training and Technical Assistance Center

NTTAC Event: Black 365: Supporting H.E.R. (Healing Empowerment and Restoration): A Mental Health Discussion for Black Women

Post-COVID mental health has increasingly been centered in conversations about social issues and marginalized communities. Particularly, conversations around mental health have become more acceptable and even normalized in many spaces of Blackness. However, as cornerstones of the community, Black women still face unique challenges and barriers to receiving financially accessible and culturally appropriate healthcare to address the complex and toxic stress, trauma, and alienation that have become an intimate part of our identities and day-to-day experiences.

Thursday | March 28, 2024
12:00pm CT

Scan the QR code for more information and to sign up

NEW VOICES RESEARCH SYMPOSIUM

Join us for a dynamic and engaging symposium where rising scholars will present their latest research in various fields of study. Present your research, connect with colleagues, spark meaningful discussions, and cultivate collaborations to drive innovation and progress. Don't miss the opportunity to showcase your research, gain valuable insights, and contribute to the advancement of knowledge.

Mark your calendars and be a part of this enriching experience.

GUEST SPEAKERS

Wendy Okolo, Ph.D.
NASA
Aerospace Research Engineer
Author

Ben Flores, Ph.D.
University of Texas at El Paso
UT System LSAMP Director
Electrical Engineering, Professor

THURSDAY- FRIDAY
APRIL 11-12, 2024
9:00 AM- 5:00 PM
UTA Science Engineering Innovation (SEIR 298) & Planetarium
REGISTER
Use your mobile device to register for the event by scanning the QR code at left. Deadline to register is Friday, March 29!
UTA Graduate School
UNIVERSITY OF TEXAS ARLINGTON
UTA EDGE Center
UTA Hispanic Serving Institution Initiatives

UTA
School of Social Work
Grief, Loss, & Trauma Peer Program
Overcoming
With
Resilience
Save the dates!
April 1 – May 2, 2024
Mondays: 12 pm & 6 pm
Tuesdays : 12:30 pm & 6 pm
Wednesdays: 12 pm & 7 pm
Thursdays: 12:30pm & 7 pm
Our program provides compassionate support for grief, loss, and trauma. We offer peer led group sessions and evidence-based techniques to help individuals navigate their emotions and build resilience.
Sign up today!
Click Here!
Sponsored by the UTA School of Social Work (SSW)

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.co1.qualtrics.com/jfe/form/SV_bl7qCSoyhSvYKIm

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 you 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 832-498-14015. This project has been approved by the UTA Internal Review Board (IRB). For questions about your rights or to report a complaint, contact the UTA Research Office at 817-272-3723 or regulatoryservices@uta.edu

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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

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THE OHIO STATE UNIVERSITY
COLLEGE OF SOCIAL WORK

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 15 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 for 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 Alvarez Padilla
alvarezpadilla.1@osu.edu
(775) 345-5602

This study has been approved by the Institutional review board at the Ohio State University. IRB #2023B0381

THE OHIO STATE UNIVERSITY
COLLEGE OF SOCIAL WORK

¿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 15 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 estado migratorio, no se compartirá ni se conectará con los resultados del estudio.

Si estás interesado comunícate con:

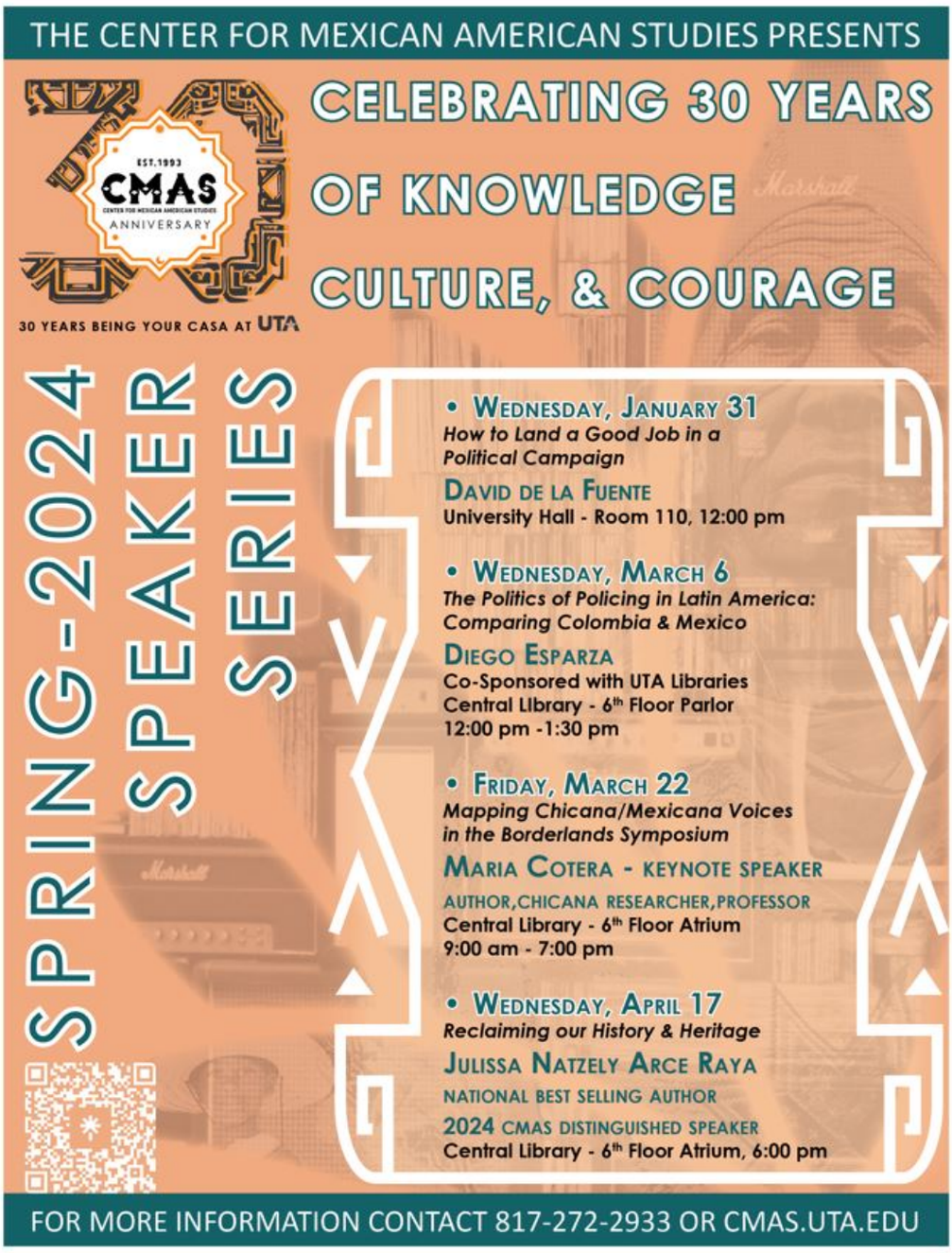
Yesenia Alvarez Padilla
alvarezpadilla.1@osu.edu
(775) 345-5602

Este estudio ha sido aprobado por la junta de revisión institucional de la Universidad Estatal de Ohio IRB #2023B0381

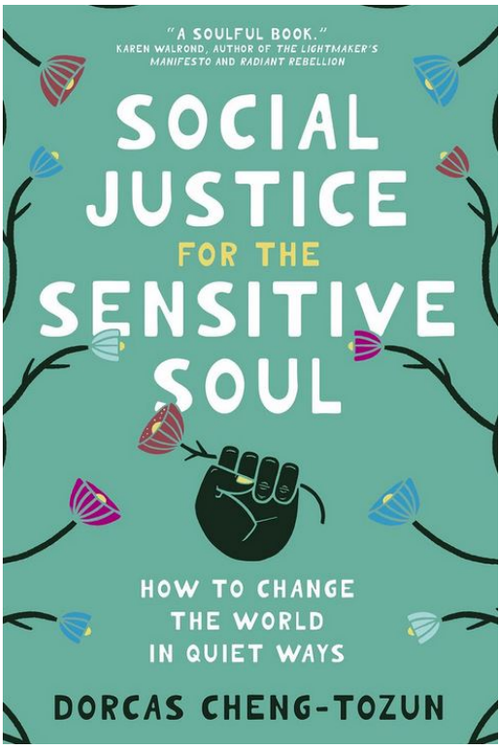
Join the Social Workers for Children + Families Student Organization

- 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)



Book of the Week



Social Justice for the Sensitive Soul

by Dorcas Cheng-Tozun

Social justice work, we often assume, is raised voices and raised fists. It requires leading, advocating, fighting, and organizing wherever it takes place--in the streets, slums, villages, inner cities, halls of political power, and more. But what does social justice work look like for those of us who don't feel comfortable battling in the trenches?

Sensitive souls--including those who consider themselves highly emotional, empathic, or introverted--have much to contribute to bringing about a more just and equitable world. Such individuals are wise, thoughtful, and conscientious; they feel more deeply and see things that others don't. We need their contributions. Yet, sustaining justice work can be particularly challenging for the sensitive, and it requires a deep level of self-awareness, intentionality, and care.

Available on Amazon

Student Success Resource

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

Looking to get more active this semester?
Want to stay active, de-stress, and have fun, all without leaving campus?

Visit UTA Campus Recreation at the Maverick Activities Center (MAC)
🏋️ **State-of-the-Art Fitness Center:** Get your heart pumping and stay in shape with top-of-the-line exercise equipment and expert guidance from certified trainers.

🍏 **Healthy Dining Options:** Grab a bite at our on-site health-conscious café, perfect for refueling after your workout. Or schedule an appointment with Nutrition Services for one-on-one nutrition 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.

counseling with a registered, licensed dietitian.

🏀 **Indoor Courts for Sports Enthusiasts:** Basketball, volleyball, racquetball, and more – our indoor courts are where champions are made!

🎉 **Social Events and Tournaments:** Join in on exciting campus tournaments, events, and fitness challenges – the perfect way to meet new friends!

🎟️ **Affordable Membership:** Student-friendly pricing ensures that staying active is easy on your wallet. Register for Group Exercise classes for $10/semester.

📅 **Flexible Hours:** The MAC opens early and close late to accommodate your busy schedule.

Monday-Friday 6am-midnight; Saturday & Sunday 12pm-midnight

And more!

Mav ID required for entry; daily guest passes are also available for purchase.

Connect on Instagram @utacamopus

Visit the MAC for More Information

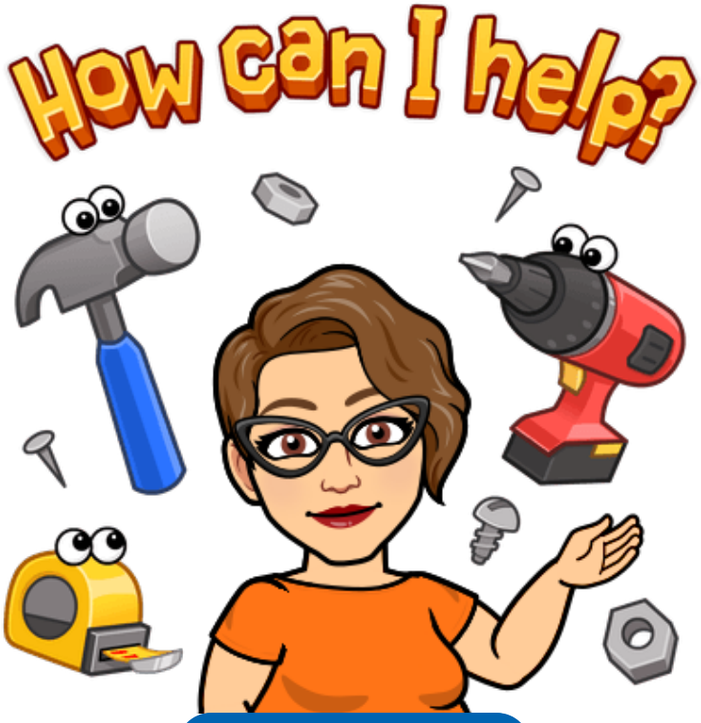
Academic Resources

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)



Monday' Virtual Meetings

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** joins us as the new academic advisor for **Mental Health and Substance Misuse**.

BSW/BSSUT Social Work Mavericks! **Desiree Warren** joins us as the new academic advisor for **students with the letter set A- H**.

Schedule your appointment here

Field Placements

- **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 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.

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: