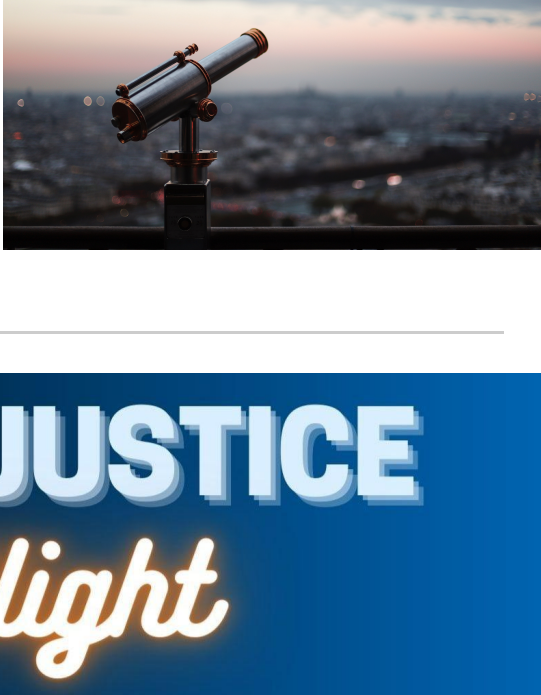
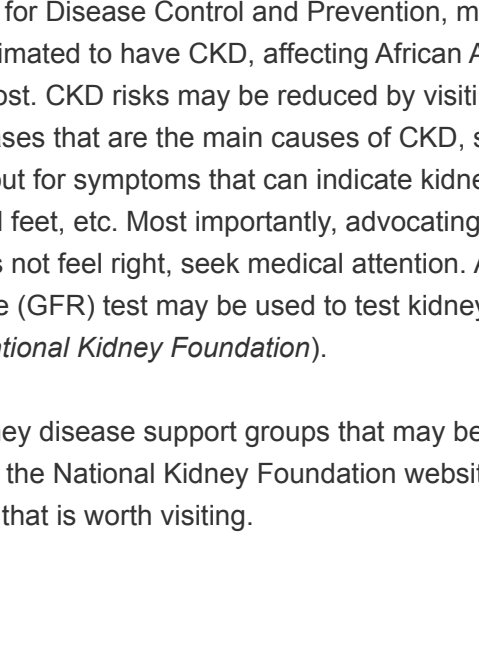


Inside this Issue

- **Event Spotlight** *New*
- **Social Justice Spotlight** *New*
- **Opportunities** *New*



SOCIAL JUSTICE Spotlight



Kidney Health Awareness Month

March brought us long days, eagerly awaited spring break, forthcoming midterms, the beginning of spring, and Social Work advocacy days. March was also a month of awareness for Kidney Health.

Our kidneys play many vital roles in regulating, filtering, and absorbing fluids in our bodies. When they malfunction, they may become damaged or damage other vital organs, which may lead to heart attack, kidney failure, nerve damage, etc. When damaged, it becomes Chronic Kidney Disease (CKD).

According to the Centers for Disease Control and Prevention, more than 1 in 7 adults in the United States are estimated to have CKD, affecting African Americans and individuals over the age of 65 the most. CKD risks may be reduced by visiting a primary medical provider, managing diseases that are the main causes of CKD, such as diabetes and high blood pressure, looking out for symptoms that can indicate kidney issues, such as blood in urine, swollen ankles and feet, etc. Most importantly, advocating on behalf of yourself and others. If something does not feel right, seek medical attention. A simple blood test like the Glomerular Filtration Rate (GFR) test may be used to test kidney function and detect abnormalities quickly (*National Kidney Foundation*).

There are numerous kidney disease support groups that may be found online for people to find support. Additionally, the National Kidney Foundation website provides education and support on kidney health that is worth visiting.

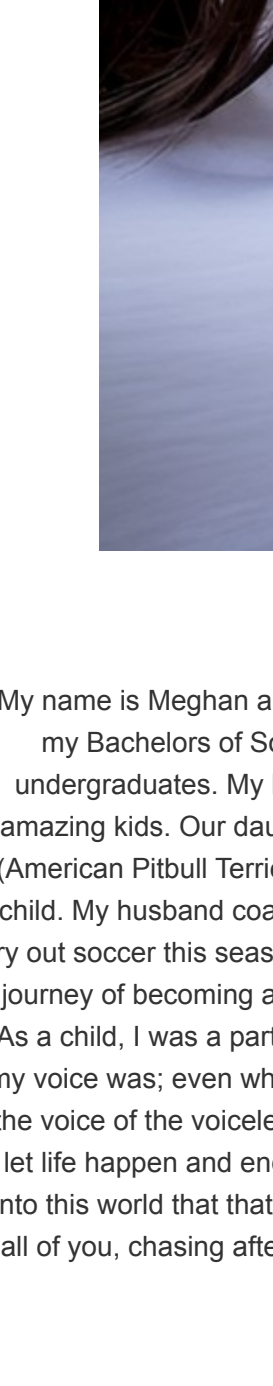
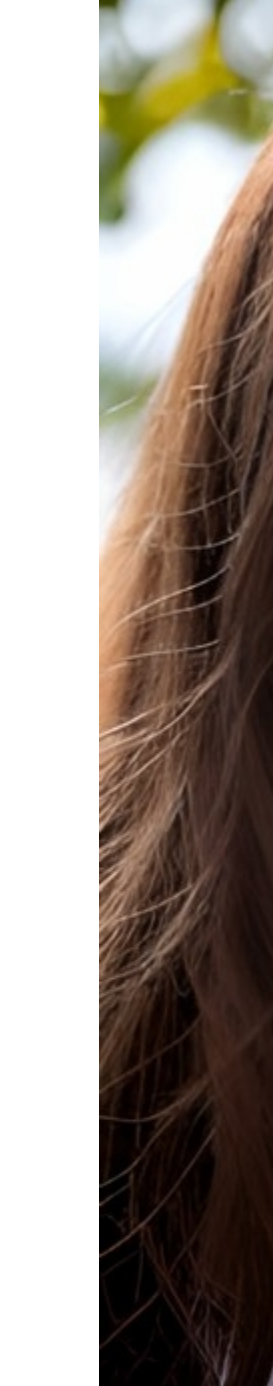
With Love and Light,

Angie Ruvalcaba, MSW, GSL, Intern
The University of Texas at Arlington

[Read More About Kidney Health](#)

Event Spotlight

UTA School of Social Work



Grief, Loss, & Trauma Peer Program

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)

Important Dates

- **Apr 5th:** Summer Field Application closes
- **Apr 1st:** Registration for Sum '24 and Fall '24 classes open
- **April 30th:** Last Day of Classes
- **May 8th:** Last Day to get Field Hours
- **May 2nd- May 8th:** Finals Week

MARCH IS NATIONAL KIDNEY AWARENESS MONTH

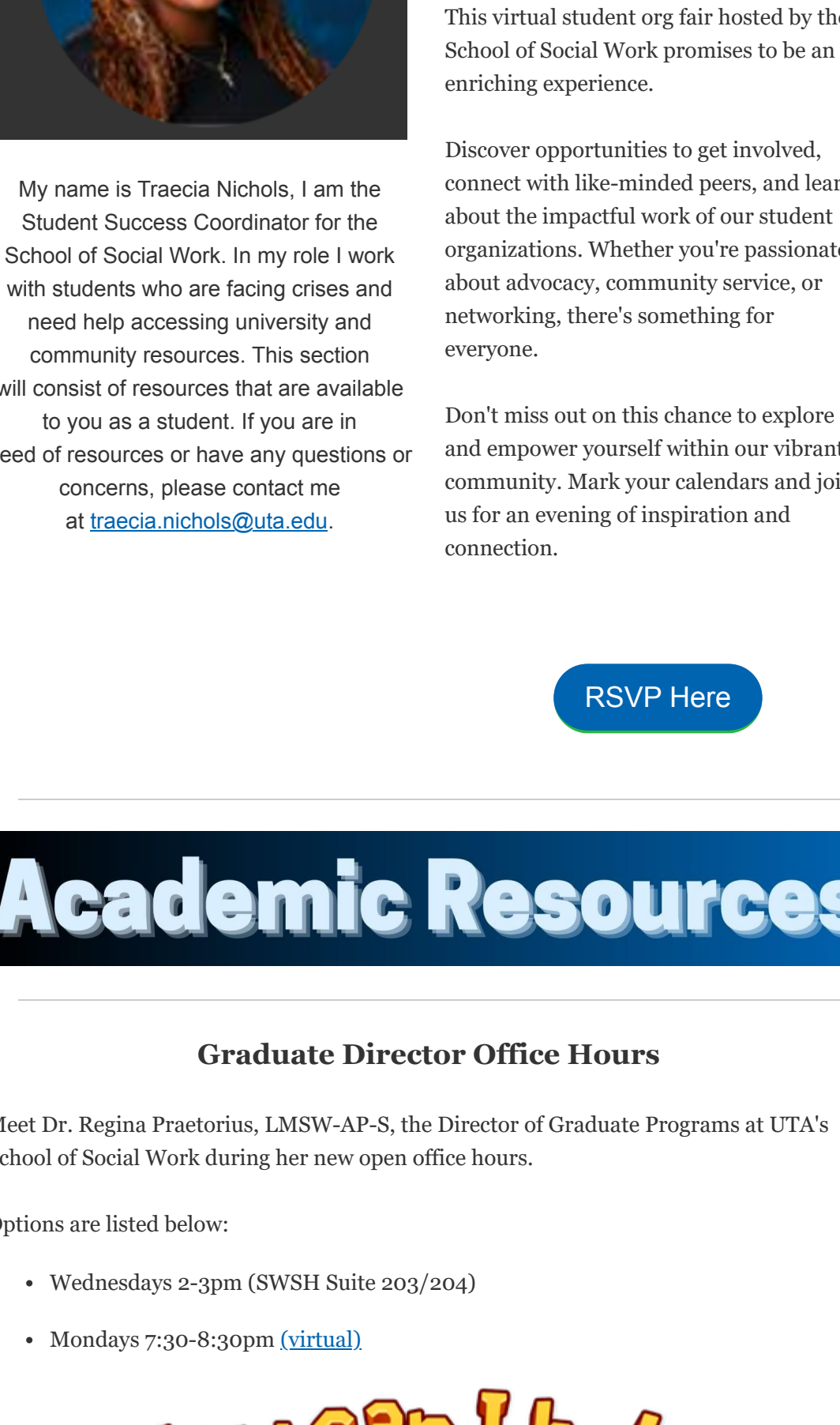
Student Spotlight



Hello Friends!

My name is Meghan and I am currently in the final two semesters before graduating with my Bachelors of Social Work. I am also currently one of your Student Leaders for undergraduates. My husband and I have been together for 18 years and we have two amazing kids. Our daughter is 7 and our son just turned 5. We have a 3-year-old Pitbull (American Pitbull Terrier and Huskie) pup named Khione (kee-o-nee) who is our 4-legged child. My husband coaches our son's little league team and our daughter has decided to try out soccer this season. Needless to say, our weekends are full of games! I started this journey of becoming a Social Worker after I found out I was pregnant with our daughter. As a child, I was a part of the foster care system and distinctly remember how small I felt my voice was; even when I was screaming. I knew for a very long time that I wanted to be the voice of the voiceless and advocate for children who are in CPS care but I decided to let life happen and ended up taking a 15-year gap year. It wasn't until I was bringing life into this world that that feeling became something urgent and visceral. So here I am, with all of you, chasing after a dream that will make a huge impact on those we seek to help.

YOU MATTER!



The Interplay of Emotions and Stress on Somatic Pain in Internal Organs

Somatic pain is defined as pain originating from the musculoskeletal system or the surface of the body. It extends beyond physical injury or illness to encompass a multi-faceted interaction between the physiological, psychological and environmental factors. While somatic pain in internal organs may lack obvious external manifestations, its impact on individual's overall health and quality of life is profound. The intricate relationship between emotions, ongoing stress and somatic pain within internal organs, highlights the need for a holistic approach to pain management.

Emotions play a significant role in modulating pain perception and processing. Research has shown that negative emotions, such as anxiety, depression, and anger, can heighten the perception of pain, while positive emotions may offer some degree of pain relief. In the context of somatic pain in internal organs emotions can influence the intensity and duration of pain episodes. For instance, individuals experiencing chronic stress may exhibit heightened sensitivity to pain stimuli, leading to increased somatic pain in organs such as the gastrointestinal tract or the cardiovascular system, especially within the realm of internal organs, is a complex phenomenon influenced by various factors, including emotions and ongoing stress.

Understanding this interplay is crucial for developing effective interventions and management strategies for individuals experiencing chronic somatic pain. Integrative approaches that address both the physiological and psychological aspects of pain, such as cognitive-behavioral therapy, mindfulness-based stress reduction, and pharmacological interventions, have shown promise in alleviating somatic pain in internal organs. Moreover, lifestyle modifications, including stress management techniques, regular exercise, and dietary changes, can help mitigate the impact of emotions and stress on somatic pain.

Stay well,

Heather Rhodes, MSW, GSL, Intern
The University of Texas at Arlington

[Learn More About Somatic Therapy](#)

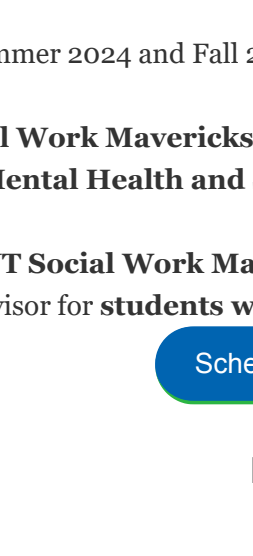
Opportunities

NEW VOICES RESEARCH SYMPOSIUM

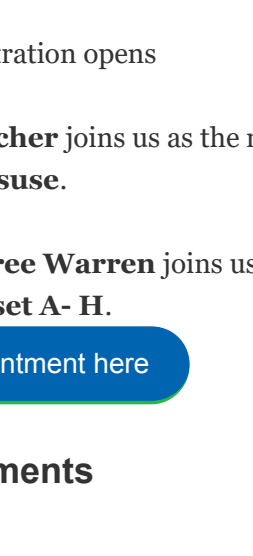
Join us for a dynamic and engaging symposium where rising scholars will present their latest research in various fields of study. Present your research, connect with colleagues, spark meaningful discussions, and cultivate collaborations to drive innovation and progress. Don't miss the opportunity to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

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

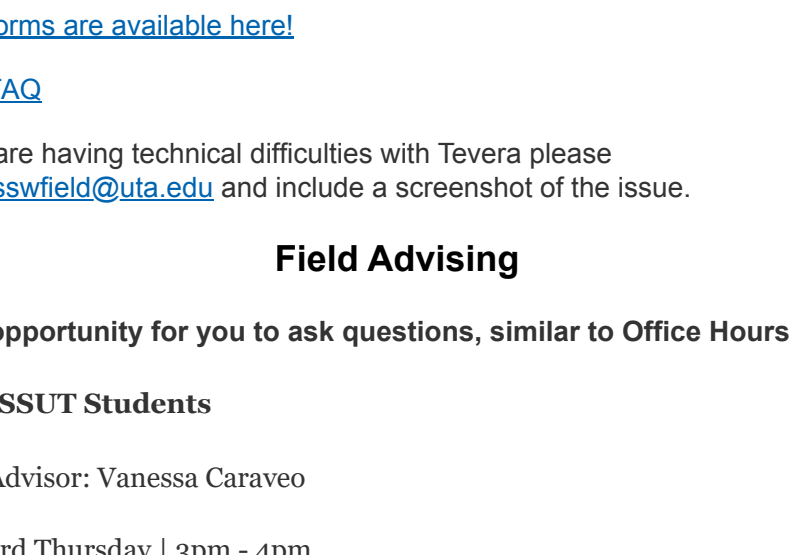
GUEST SPEAKERS



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!

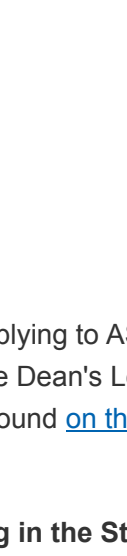
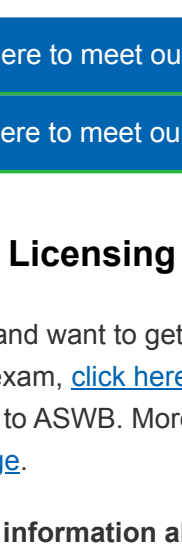
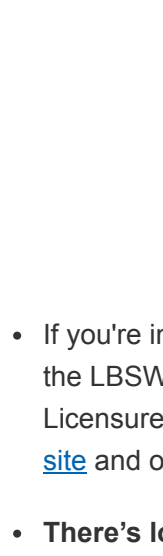


UNIVERSITY OF TEXAS AT ARLINGTON PHI ALPHA

FIRST STREET MISSION FOOD DRIVE

DEADLINE TO SUBMIT ITEMS WILL BE APRIL 5, 2024

MAIL/DROP OFF ADDRESS:
ATTN: KELLI RENEE ROGERS
BOX 9029
501 W. MITCHELL STREET ARLINGTON, TX 76019



WHAT WE NEED:
NON-PERISHABLE FOOD
BEDDING
WOMEN'S SANITARY PRODUCTS
TOOTH PASTE
TOOTHBRUSHES
HAIRBRUSHES
BOTTLED WATER

DONATIONS COUNT AT VOLUNTEER HOURS:
IF YOU NEED VOLUNTEER HOURS, EVERY 5 ITEMS WILL COUNT AS A VOLUNTEER HOUR/OPPORTUNITY

MISSION:
THE MEMBERS OF PHI-ALPHA ARE RUNNING A FOOD DRIVE TO HELP THE HOMELESS FIRST STREET MISSION. ANY FOOD ITEMS ARE ENCOURAGED.

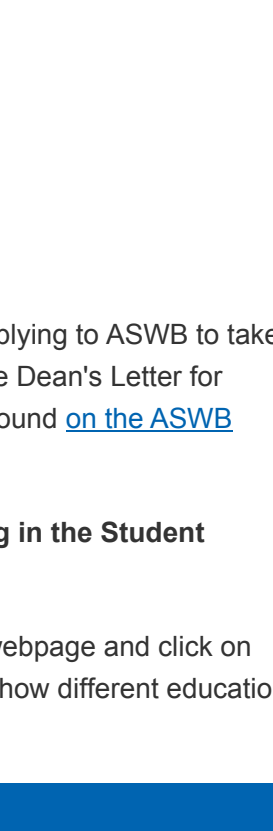


SAVE THE DATE

CMAS PRESENTS DISTINGUISHED LECTURER
JULIESSA NATZEY ARCE RAYER
NATIONAL BEST-SELLING AUTHOR
04.17.2024 | 6 PM
<https://philasos.org>

University of Texas at Arlington
Central Library
702 Planetarium Pl, Arlington, TX 76019

Questions or Requests for Special Accommodations
Contact: cmas@uta.edu | 817-272-2553.



School of Social Work

Student ORG ONLINE FAIR

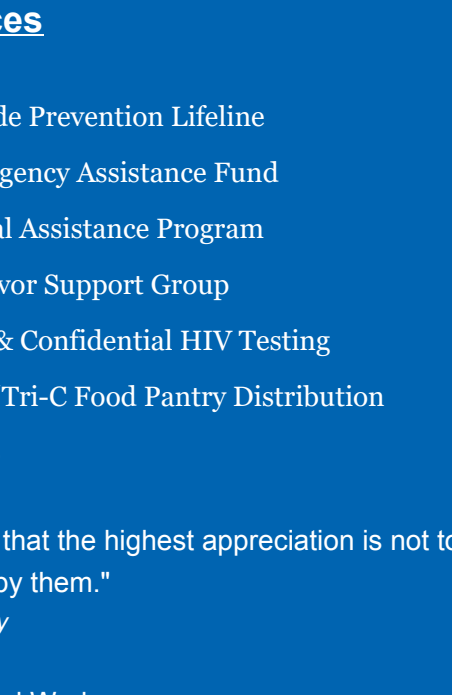
APRIL 18TH 5:30-6:30

Join us ... for our last Empowerment Pathways: Student Success Spring 2024 event

- At the School of Social Work, we have several student organizations that one could join. The organizations are available to both our in-person and online students. Please join us to learn more about the Student Organizations that are offered and what they do. The following are organizations we have:
 - African American Social Work Student Alliance
 - Gerontology
 - Mavs for Mental Health Awareness
 - Phi Alpha (invite only)
 - Social Work Council
 - Social Workers for Children and Families
 - Student Association for Macro Social Work
 - Students Coalition Against IPV
 - Students for Global Change
 - Queer Social Association

Please RSVP by:

[Clicking here](#) OR 



Book of the Week

When Bad Things Happen to Good People
THE INSPIRATIONAL #1 BESTSELLER
OVER A MILLION COPIES SOLD
HAROLD S. KUSHNER

When Bad Things Happen to Good People

by Harold S. Kushner

This week the newsletter team focused on the importance of kidney health in the Social Justice Spotlight. And the importance of balanced health as stress can impact one mentally and physically in the You Matter section. It can be daunting dealing with physical ailments caused by stress and/or from taking care of a loved one. There can be a lot of shame and guilt and questioning of "why is this happening to me or someone I love?" Sometimes it can feel like the universe is picking on you. I've personally experienced some of these feelings and a book that helped me through is When Bad Things Happen to Good People by Rabbi Harold S. Kushner.

This book is written by a father whose son was diagnosed with a degenerative disease and given a life expectancy to their early teens at the age of three. While this book broke my heart, I also found it to be incredibly uplifting as it gave voice to many of the same feelings I and others have felt when dealing with a tragedy. Dealing with tragedies can be very scary especially when there is a lot of unknowns and what if. In his own unique way, Rabbi Kushner shares his wisdom on how to deal with those feelings and questions that arise.

Makita Johnson
MSW Student – Graduate Student Leader
The University of Texas Arlington
[Available on Amazon](#)

Student Success Resource

Empowerment Series

Join us for the final Empowerment Pathways event of the semester held **Online on April 18th from 5:30 to 6:30 pm!**

This virtual student org fair hosted by the School of Social Work promises to be an enriching experience.

Discover opportunities to get involved, connect with like-minded peers, and learn about the organizational work of our student organizations. Whether you're passionate about advocacy, community service, or networking, there's something for everyone.

Don't miss out on this chance to explore and empower yourself within our vibrant community. Mark your calendars and join us for an evening of inspiration and connection.

[RSVP Here](#)

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.

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 (SSWH 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.
- **May 8th**- Last Day to get hours
- [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 (mj31622@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	Suicide Prevention Lifeline
Evidence-Based Research Guide	Emergency Assistance Fund
Webinar Library	Rental Assistance Program
UTA Counseling & Psychology Services	Survivor Support Group
SAR Center	Free & Confidential HIV Testing
Free Windows Apps with Student ID	UTA/Tri-C Food Pantry Distribution
SSW Writing Resources	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:

