Inside this Issue

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Stress Awareness

According to the National Institute of Health, April is recognized as National Stress Awareness Month to bring attention to the negative impacts that stress causes. It is important to recognize when stress begins to affect your daily life. We all encounter stress, yet we all experience it in unique ways. Stress is a reaction to a situation where a person feels anxious or overwhelmed. Learning healthy ways to cope while getting the proper care and support can help reduce stressful feelings and symptoms. Long-term stress can prove to be more than just a mental issue. Whether it be emotional strain to physical symptoms–such as a stroke and heart disease can come as a result of stress. Having the ability to manage stress is an important skill to obtain, it helps promote a healthy lifestyle. As social workers we are going to to encounter many stressors which may cause long-term health problems. As we learn how to cope with stress we become more resilient with ourselves and could even teach others about coping strategies.

Sometimes we do not have the ability to change the stressor, meaning we need to learn how to overcome and adapt to the situation. A few ways to take care of yourself when you encounter uncontrollable stress situations is by taking breaks, give yourself some time to disconnect and ground yourself. In addition, taking care of your body is a great way to decompress; this can be targeted by eating healthy, sleeping well, and even exercising. Lastly, taking time to unwind by meditating or connecting with others you trust is also a beneficial way to become emotionally intelligent.

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

Learn more about Stress Awareness

Event Spotlight

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

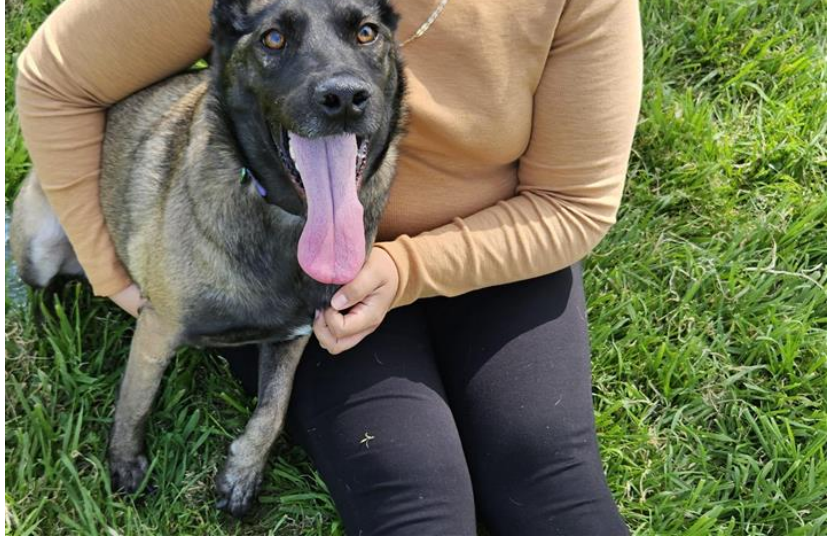
OR

SCAN ME

Important Dates

- **4/17 - 4/23:** Celebrate Earth Wk
- **April 30th**: Last Day of Classes
- **May 8th**: Last Day to get Field Hours
- **May 2nd - May 8th:** Finals Week
- **May 10th**: Commencement Ceremonies

Student Spotlight



Angie Ruvalcaba

Hello Everyone! My name is Angie Ruvalcaba, and I am in my foundation year of the MSW program. I live in San Jose, CA, with my family, which includes my husband, my 8-year-old son, 6-year-old daughter, and our dog. I am proud to be the first in my family to have graduated with a Bachelor's of Arts in Psychology and Chicanx Studies from UC Davis and am now in the process of obtaining a Master's in Social Work, specializing in Mental Health and Substance Misuse here at UTA.

The journey has not been the easiest, as I sometimes face the challenge of imposter syndrome. However, I constantly remind myself of what I have already achieved. To combat this internal battle, I tell myself that "there is a light at the end of the tunnel," "I can achieve anything if I put in the effort," "everything is a learning process," and I remind myself that I can be an example for my children and others in my community.
I have gained various experiences, mainly working with children with disabilities, in residential group settings, and currently in a school setting as a substitute teacher. I have found tremendous learning experiences through volunteering, such as translating services, food banks, and political campaigns.

Currently, I am a Graduate Student Leader (GSL) intern and volunteer, which has been a great learning experience, providing me with a sense of community regardless of the distance, and giving me the opportunity to help other students in their own educational journey. I look forward to continuing being a GSL and being able to further serve students as long as I can.

I recommend students consider becoming a GSL if they have a desire to work with fellow MSW students. This opportunity will allow them to engage with SSW administrators and advisors and gain valuable experience in a higher educational setting.

Self-Care Routine

We often advise people to remember self-care and how important it is for our health and well-being. Those suggestions may be to take a vacation, do outside activities, find a hobby, or to eat a special meal that makes you happy. These are great ideas of course but to those who are struggling with trying to understand who they are, their daily lives, their purpose, self-care can be seen and defined differently.

Here are a few suggestions to help reach those who are in this position.

What is self-care?
Self-care is particularly important for you for the Maintenance of your mental struggle's emotional struggles, and overall psychological well-being. This is especially true during your tough times. It is essential to take concrete actions to care for yourself and to nurture your overall health. Here are some ways to practice your self-care.

Do not be afraid to reach out and talk with someone:
Find a good therapist or support group filled with people who listen and share the same type of struggles that you are feeling. This will help you understand that you are not alone and to help you release those feelings easily. Releasing is an awesome way to self-care.

Emotional Self-Care:
Being true to what you are experiencing. Face your emotions with care and honesty. Do this without judging your shortcomings or in a negative space. Seek the positive definitions of yourself. Seek out positive support from friends, family, or a therapist.

Mental Self-Care:
Positivitiy counts. Find and do activities that will stimulate your mind-set. This can be exercise that relates to quiet time, meditation, guided imagery, and anything that reduces stress on the whole body. Get in tune with yourself by always learning new things that interest you and bring happiness to you. Finding a spiritual outlook that intrigues and works for you.

Social Self-Care:
Negativity is “NOT” allowed. Your social environments matter. Foster only those connections that are completely healthy and positive in all areas of your life. It does not matter what you are going through or how you are going through it only choose environments with good vibes. Spend time with loved ones and connect with outside supportive and understanding spaces.

Love & Light,
Monique Lawson, MSW GSL Intern

Learn More About Self Care

Opportunities

MSW Students:

The School of Social Work is recruiting Graduate Student Leaders (GSL) volunteers for Summer 2024

As a volunteer:

- Work with the MSW director & faculty
- Connect other students to services and resources they need
- Act as an advocate for other MSW students
- Take on roles for projects

For more information please contact a GSL intern:

- Angie: asr7984@mavs.uta.edu
- Mia: mic3786@mavs.uta.edu

Scan to find out more!

ATTENTION BSW STUDENTS

THE SCHOOL OF SOCIAL WORK IS RECRUITING
UNDERGRADUATE STUDENT LEADER (USL) VOLUNTEERS
FOR SUMMER 2024!

VOLUNTEERS

- Work directly with the BSW program directors
- Serve as advocates and communication facilitators for BSW students
- Connect students to services and resources

FOR MORE INFORMATION CONTACT A USL INTERN:

Emily: emily.rappapport@mavs.uta.edu

Jackie: jackie.flores@mavs.uta.edu

Kimberly: kxj6364@mavs.uta.edu

Meghan: mxg8550@mavs.uta.edu

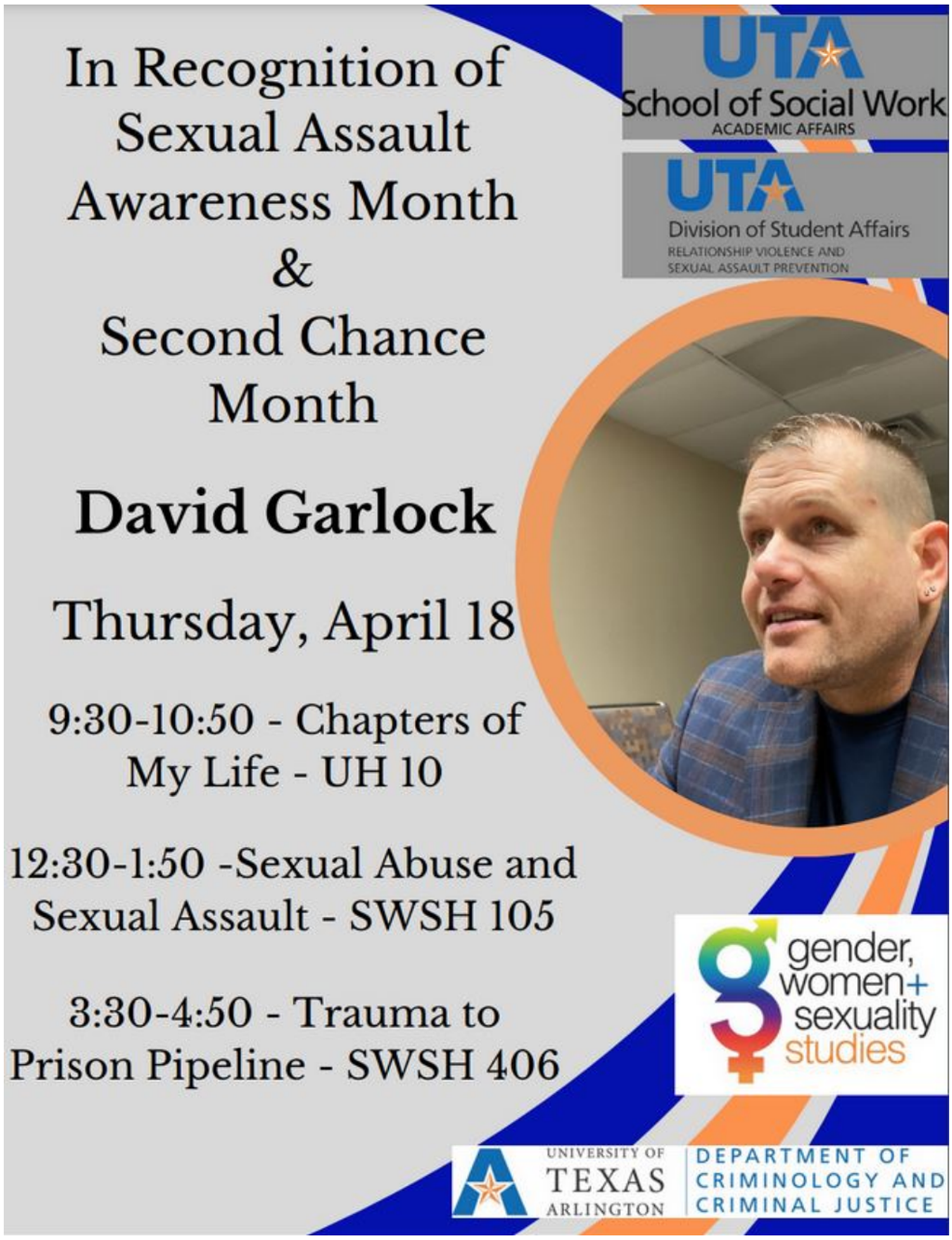
APPLY HERE

GRADUATE PEER MENTORSHIP SURVEY

SCAN HERE

1. OPEN YOUR CAMERA
2. SCAN THIS QR CODE
3. COMPLETE THE SURVEY
4. ENTRY TO WIN EDGE CENTER SWAG BAG!

UTA EDGE Center



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effectiveness of service delivery. Discussion will include increasing self-awareness and identifying culturally responsive practices.

IN-PERSON | VIRTUAL | FOOD | CEUs

REGISTER HERE

DR. KIMBERLY J. GREEN

Speech-language pathologist and Chair of the Department of Communication Sciences and Disorders at Western Kentucky University (WKU).

APRIL 26 | 10AM - 1PM
ROOM 104 & VIRTUAL

REGISTRATION LINK

UTA School of Social Work
THE UNIVERSITY OF TEXAS AT ARLINGTON

UTA
THE UNIVERSITY OF TEXAS AT ARLINGTON
School of Social Work

SSW APRIL MOVIE NIGHT

"ON THE BASIS OF SEX"

APRIL 25TH, 6-8PM
SWSH ROOM 132

AFTER-FILM PANEL DISCUSSION HOSTED BY THE COMMUNITY & ADMINISTRATIVE PRACTICE COMMITTEE

If you require any special accommodations for this event please contact allison.tomlinson@uta.edu

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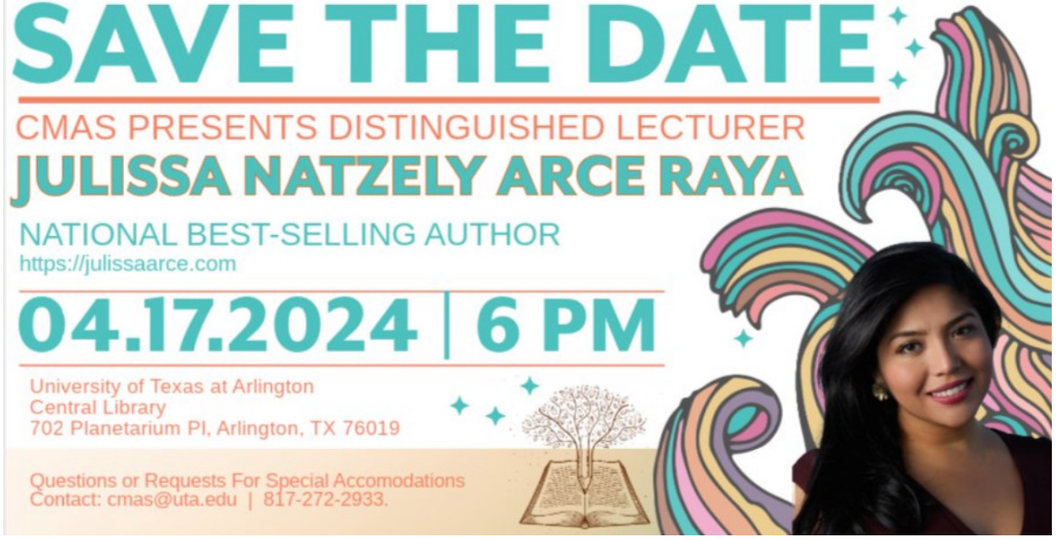
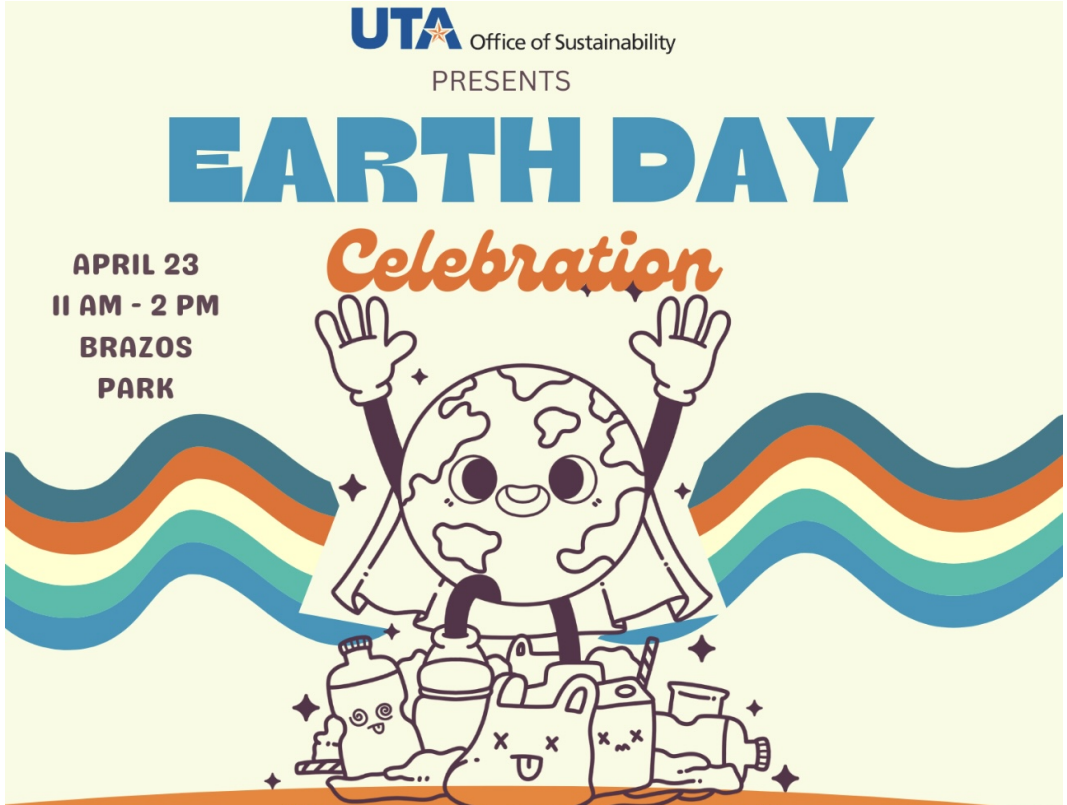


UTA Office of Sustainability

EARTH WEEK
PLANET VS. PLASTIC
Celebrate Earth Week with us!
4/17- Scavenger Hunt
UC Mall from 12pm-2pm.
4/18- Volunteer at the Compost Site
Compost site from 3pm-5pm
4/22- Bracelet making
UC Mall from 12pm-2pm.
4/23- EARTH DAY CELEBRATION
Brazos park from 11am-2pm
INSTAGRAM:
@GOGREENUTA


UTA Office of Sustainability
PRESENTS
EARTH DAY
Celebration
APRIL 23
11 AM - 2 PM
BRAZOS
PARK

PLANET VS. PLASTIC

THIS YEAR, EARTH DAY FOCUSES ON MINIMIZING PLASTIC POLLUTION IN OUR SURROUNDINGS.
JOIN US IN CELEBRATING OUR PLANET AND DISCOVER UTA'S EFFORTS IN CREATING A SUSTAINABLE ENVIRONMENT!

T-shirts • Food trucks • Giveaways • Activities • Music

INSTAGRAM:
@GOGREENUTA

SURVIVOR LINK Building Networks of Support

2023 ANNUAL REPORT

Survivor Link + Public Health AmeriCorps members increased capacity to respond to domestic violence in their communities!

AmeriCorps

- 11 States
- 92 Members
- 49,475 Service Hours
- 6,498 Training Hours

Survivor Link members trained professionals at over 101 public health and complementary agencies.

856 people learned about domestic violence

534 people learned about evidence-informed intervention

477 people learned about safety planning

Public Health professionals reported...

INCREASED KNOWLEDGE ABOUT DOMESTIC VIOLENCE, INCLUDING:

- Safety Planning
- Local and national resources
- Technology Safety
- Evidence-based domestic violence interventions
- Types of Abuse

BETTER ATTITUDES ABOUT DOMESTIC VIOLENCE SURVIVORS, INCLUDING:

- Considering the difficult life circumstances that survivors face
- Recognizing that survivors are continually seeking safety in many different ways
- Understanding that it is often hard for survivors to seek services and support

MORE READINESS TO INTERVENE, INCLUDING:

- Ability to help survivors access myPlan, an evidence-based domestic violence intervention
- Competence to engage in safety planning with survivors
- Understanding how their reactions impact domestic violence survivors
- Ability to refer survivors to local community-based domestic violence services

Public health professionals across 11 states gained the knowledge and tools that they need to support domestic violence survivors in their communities!

UTA School of Social Work

SURVIVOR LINK Building Networks of Support

VIOLENCE PREVENTION & SAFETY PLANNING COMMUNITY POLICY

Discover safety planning strategies and risk assessment approaches to improve social work and community practice

SPRING SESSION

PART 3 OF 3

SAFETY PLANNING
Learn the different strategies and services that policy makers can take to empower survivors

RISK ASSESSMENT
Understand how Social Workers assess current policy to identify community opportunities

JOIN US
APR 17
@ 4PM CST
via Microsoft Teams

Require special accommodations? Contact Dr. Rachel Voth Schrag at rachel.vothschrag@uta.edu

In Partnership With AmeriCorps ASU School of Social Work Arizona State University

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ARE YOU A MAVERICK OVER 25 YEARS OLD?

Make your voice heard and get a chance to win a UTA SWAG BAG !

JOIN OUR

SCHOLARSHIP OPPORTUNITY

TAAP
TEXAS ASSOCIATION OF ADDICTION PROFESSIONALS
FORT WORTH

ABOUT TAAP:

TAAP seeks to promote the advancement of addiction professionals by uniting alcoholism and other addiction counseling professionals throughout Texas.
TAAP organizes and charters local chapters in Texas, and assists in stabilizing and increasing their membership. By means of legislative initiatives, promotional campaigns and professional networking opportunities, TAAP will promote awareness of the disease of chemical dependency and other addictions and compulsive behaviors. TAAP will advocate for standards for licensure and certification of qualified counselors to ensure the competency basis of those who counsel alcoholics and other addicts and their families and ensure a high order of professional standards and ethics among those in the addictions counseling profession.

The Fort Worth Chapter of TAAP offers scholarships to students attending an accredited school that are engaged in studies leading towards being licensed as a Chemical Dependency Counselor in the State of Texas; Or a current Fort Worth TAAP member working towards a master's degree, or a bachelor's degree in the Behavioral Health field (Counseling, Social Work, Human Service Technology, etc.).

REQUIREMENTS:

- Attending an accredited community college or College/University/approved School of Addiction Education and is in good standing.
- LCDC students must have completed at least 2 Drug and Alcohol classes.
- Must be a current TAAP member.
- 3.0 GPA

MORE INFORMATION:

APPLY HERE

SAVE THE DATE
Opioid Response Network Summit: Challenging Addiction Stigma with Science

September 13, 2024
9:00 a.m. - 4:00 p.m. CDT
Lunch will be provided

University of Texas Arlington
School of Social Work and CONHI Smart Hospital
501 W. Mitchell Street
Room 132
Arlington, TX 76019

This training will include an overview of the science of addiction, the effect of substances on the brain, treatment for substance use disorders, including the multiple pathways of recovery, and how to best advocate for clients in need. The training will also include how to reduce the stigma associated with addiction and challenge myths surrounding medications approved to treat opioid use disorders. We are applying for social work CEUs and nursing contact hours.

As part of attending this no-cost training, we ask that participants submit a request on behalf of their agency to the Opioid Response Network. Examples and how to do so will be covered in this training. All of ORN's services are provided at no-cost.

Training Facilitator:
- Andrea Yatsco, PHD, CADC/LCDC, CCS

Email Questions:
- Victoria Holloman, ORN Region 6 Regional Coordinator/Project Manager: vholloman@austin.utexas.edu

Summit Collaborators:

Opioid Response Network

UTA School of Social Work
TITLE IV-E CHILD WELFARE PROGRAM

UTA College of Nursing and Health Innovation

UTA Center for Rural Health and Nursing
COLLEGE OF NURSING AND HEALTH INNOVATION

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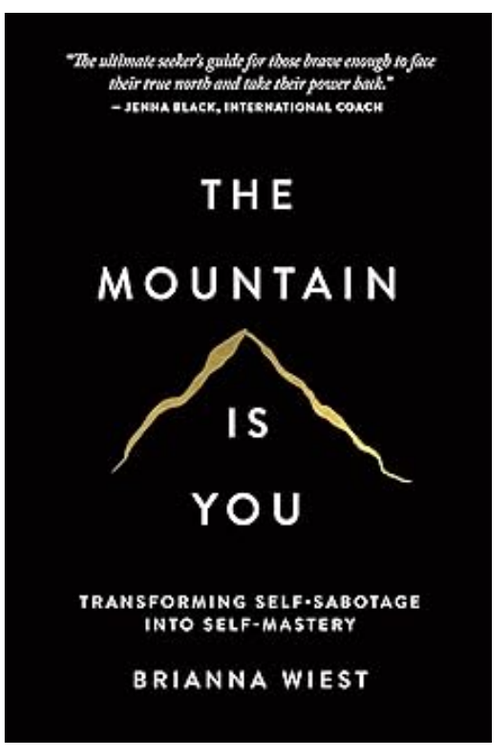
Book of the Week



The Mountain is You
by Dr. Brianna Wiest

This is a book about self-sabotage. Why we do it, when we do it, and how to stop doing it—for good. Coexisting but conflicting needs create self-sabotaging behaviors. This is why we resist efforts to change, often until they feel completely futile. But by extracting crucial insight from our most damaging habits, building emotional intelligence by better understanding our brains and bodies, releasing past experiences at a cellular level, and learning to act as our highest potential future selves, we can step out of our own way and into our potential. For centuries, the mountain has been used as a metaphor for the big challenges we face, especially ones that seem impossible to overcome. To scale our mountains, we actually have to do the deep internal work of excavating trauma, building resilience, and adjusting how we show up for the climb. In the end, it is not the mountain we master, but ourselves.

Monique Lawson, MSW GSL Intern
The University of Texas Arlington

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 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.

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 impactful 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

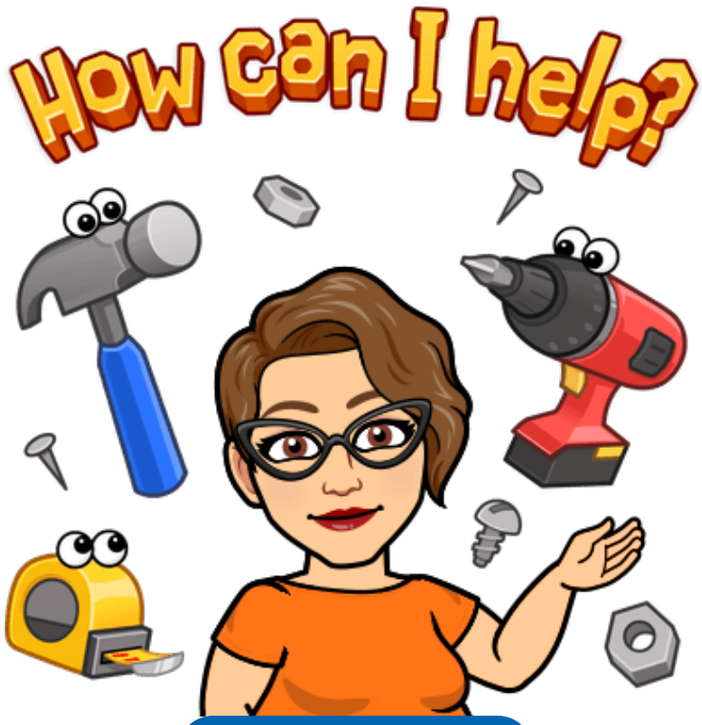
Academic Resources

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

- **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 (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: