UTA School of Social Work

School of Social Work Weekly Newsletter
April 26, 2024 Spring Semester

Inside this Issue

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

SOCIAL JUSTICE *Spotlight*

Mental Health Awareness Month

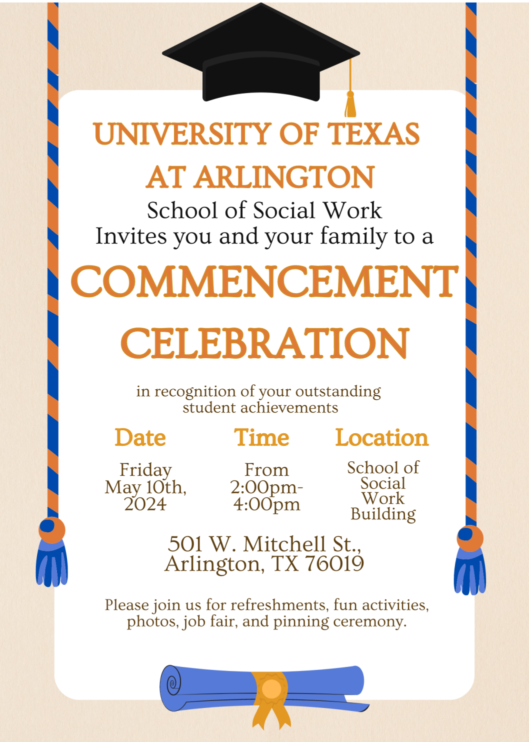
Inside Mental Health" is a podcast from Psych Center, hosted by Gabe Howard, a public speaker and mental health advocate who explores topics about mental health through the personal experiences of others. He also invites experts to expand the audience's knowledge on numerous topics. Mental health becomes a more accessible topic for discussion after his personal struggle with a diagnosis of bipolar disorder.

Weekly podcasts are shared, covering topics such as "Tiny Minds, Big Conversations: Navigating Mental Health Talks with Younger Kids." This episode discusses the importance of teaching children about feelings and emotions from an early age and dealing with them in appropriate ways. Another episode titled "How to Make Anxiety Your Ally in the Workplace" explores using anxiety to tune into how it feels and balancing it as a tool rather than a challenge.

With Love and Light,
Angie Ruvalcaba, MSW GSL Intern
The University of Texas at Arlington

Read More About Inside Mental Health Podcast

Event Spotlight



UNIVERSITY OF TEXAS AT ARLINGTON
School of Social Work
Invites you and your family to a

COMMENCEMENT CELEBRATION

in recognition of your outstanding student achievements

Date	Time	Location
Friday May 10th, 2024	From 2:00pm-4:00pm	School of Social Work Building

501 W. Mitchell St.,
Arlington, TX 76019

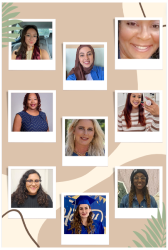
Please join us for refreshments, fun activities, photos, job fair, and pinning ceremony.

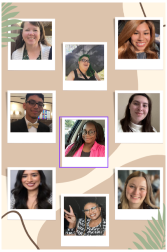
Important Dates

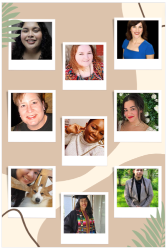
- **April 29th**: Field Application for Fall 2025
- **April 30th**: Last Day of Classes
- **May 8th**: Last Day to get Field Hours
- **May 2nd - May 8th:** Finals Week
- **May 10th**: Commencement Ceremonies
- **May 13th:** Summer field and Integrative seminar (SOCW 5395) begins

APRIL
showers
BRING MAY
flowers

Student Spotlight







GSL and USL Interns/Volunteers

Special thank you to all of our interns and volunteers. As our time together draws to a close, we wanted to take a moment to express our deepest gratitude for your dedication, compassion, and hard work during your work with us. Your presence has enriched our team and contributed immensely to our mission of serving our community.

As you prepare to embark on the next phase of your journey, whether it be furthering your education, entering the workforce, or pursuing other endeavors, we want you to carry with you the invaluable experiences and lessons you have gained here. Remember the faces of those you have helped, the stories you have heard, and the impact you have made, both big and small.

Social work is a demanding field, but it is also one of the most rewarding. we have no doubt that each of you will go on to make a profound difference in the lives of others, wherever your paths may lead you.

Thank you once again for your dedication, your passion, and your heart. Wishing you all the best in your future endeavors.

Makita Johnson - GSL Intern
Mia Cozzarelli - GSL Intern
Farrah Hannun - GSL Intern
Monique Lawson - GSL Intern
Andrea Moreno - GSL Intern
Heather Rhodes - GSL Intern
Nichola Rowan - GSL Intern
Angie Ruvalcaba - GSL Intern
Meghan Gratton - USL Intern
Emily Rappaport - USL Intern
Jackie Flores - USL Intern
Kimberly Jimenez - USL Intern
Hannah Rae Martin - USL Intern
Andwelah Givens - GSL Volunteer
Michelle Gonzalez - GSL Volunteer
Natasha Kastner - GSL Volunteer
Sandra Miller - GSL Volunteer
Katherine Morrison - GSL Volunteer
Linda Nguyen - GSL Volunteer
Angie Outlaw - GSL Volunteer
Delaina Pruitt - GSL Volunteer
Pauline Sias - GSL Volunteer
Jasmine Walker - GSL Volunteer
Amari Dillon - USL Volunteer
Shelby Almazan - USL Volunteer
Natalia Barajas - USL Volunteer
Carla Harris - USL Volunteer
Julian Jimenez - USL Volunteer
Priscilla Marin - USL Volunteer
Brooke Scott - USL Volunteer
Rory Villa - USL Volunteer
Stephen Silva- Brave - USL Volunteer

YOU MATTER!

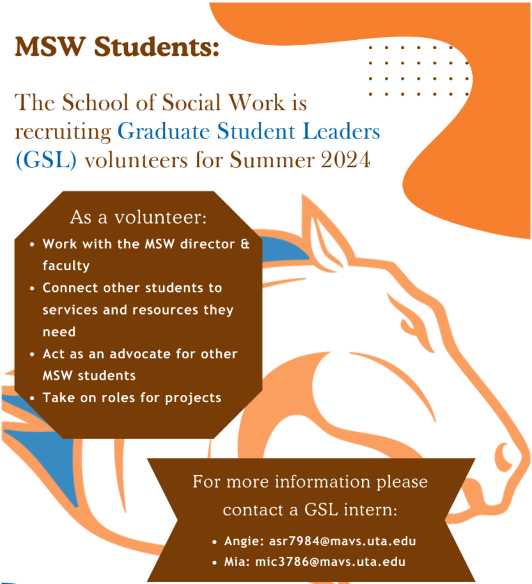
Post-Graduation Depression, it's a THING!

We made it. We pulled a lot of all-nighters, caught up with friends in the dining hall, spent many hours in the library studying, fought the traffic in the West Garage, and even stressed over exams. We should be excited! We should be happy! We have finally made it to graduation! But why do we feel that uneasy feeling? We have all this excitement of walking the stage, and shaking hands of those who taught us the knowledge to take on the world; but we still have that feeling of loss. We have this feeling because we are leaving behind the life we created in college. We are leaving behind the little space we used to study before classes, we are leaving behind the friends we used to see every Tuesday at 11:00 am, and we are leaving behind all those post class drives home jam sessions. After graduation, we don't have a schedule; we don't have a routine anymore. Maybe we are worried about finding a job after graduation, or maybe we don't know if we want to apply for graduate school. This is a big change for us who are graduating, and change can be a beautiful thing. Take the time to process these feelings, take care of yourself, and take some time off if you can. Practice self care, learn some mindfulness techniques, or maybe even pick up a new hobby! We got this graduates!

Love & Light,
Emily Rappaport, BSW USL Intern
The University of Texas at Arlington

Learn More About Post-Graduation Grief

Opportunities



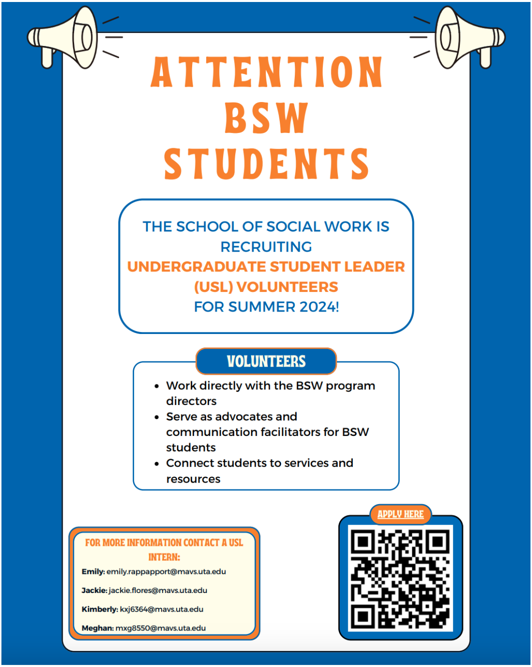
MSW Students:

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

ARLINGTON POLICE DEPARTMENT

INFORMATION SESSION

The Arlington Police Department would like to cordially invite all graduating UTA students to an informational session to learn about the exciting career opportunities offered by our agency. The session will be available virtually through Microsoft Teams.

TUESDAY, APRIL 30, 2024
2:00 PM - 2:30 PM
VIRTUAL: MICROSOFT TEAMS

SCAN HERE TO JOIN MEETING

Meeting ID:
227 233 779 050
Passcode:
GBxvmp

SCAN HERE FOR RECRUITING INFO

AT&T STADIUM
IBIS

WANT TO TO LEARN ABOUT INTIMATE PARTNER VIOLENCE INTERVENTION AND PREVENTION WHILE GETTING PAID FOR PRACTICUM NEXT YEAR?

The UTA SurvivorLink AmeriCorps program is recruiting for our 2024-2025 cohort of MSW and BSW students!

If you will be completing practicum in Fall '24 and/or Spring '25, you might be eligible!

APPLY NOW

PARTICIPANTS WILL:

- Receive information and training on evidence-based domestic violence interventions, and earn AmeriCorps service hours through completing their practicums at their assigned field site.
- Receive training throughout the academic year and work closely with the UTA site coordinator and other national experts to ensure that they are prepared to provide information on domestic violence to their placement sites.
- Receive a stiped ($2750) for completing their practicum hours, and are eligible to receive a Segal Education Award at the end of their program, which can be used to pay back student loans.

TO LEARN MORE:

For more information: contact UTA site coordinator Dr. Rachel Voth Schrag (rachel.vothschrag@uta.edu). For priority consideration for the program, please return the interest form by **May 13.**

Read Our Info Packet:

Fill Out the Interest Form

LGBTQ+ Wellness Resource Guide

CRISIS HOTLINES

MAVS TALK 24 HOUR CRISIS LINE: 817-272-TALK (8255)
UTA EMERGENCY POLICE: 817-272-3003
NATIONAL SUICIDE HOTLINE: DIAL OR TEXT 988
TREVOR PROJECT LIFELINE: 866-488-7386
TREVORTEXT: TEXT START TO 678-678
TREVORCHAT: (FORCE.COM)
ONLINE CHAT: WWW.VETERANSCRISISLINE.NET/CHAT

LGBT NATIONAL YOUTH TALK LINE: 800-246-7743
LGBT NATIONAL HOTLINE: 1-888-843-4564
LGBT SENIOR HOTLINE: 1-888-234-7243
NATIONAL SEXUAL ASSAULT HOTLINE (RAINN): 1-800-656-HOPE
NATIONAL DOMESTIC VIOLENCE HOTLINE: 1-800-799-SAFE
THE NETWORK LA RED HOTLINE: 1-800-832-1901

HOUSING & CLOTHING SECURITY

MISSION ARLINGTON
210 W SOUTH ST, ARLINGTON, TX 76010
817-277-6620

DUNE'S LGBT HOMELESS SOLUTIONS
4813 TRAIL LAKE DR FORT WORTH, TX 76133
817-902-3631

DALLAS HOPE CHARITIES
DALLAS, TX 75219
214-301-9407

FORT WORTH COMMUNITY COLLABORATIVE (FCC) CLOTHING
817-335-4673

FOOD SECURITY

UTA MAVERICK PANTRY
520 S. CENTER ST.
FOLLOW INSTAGRAM @UTAMAVERICKPANTRY TO SECURE AN APPOINTMENT & SHOPPING HOURS

TARRANT AREA FOOD BANK (MULTIPLE LOCATIONS)
817-857-7100

MAVERICK PANTRY
EST. 2021
FEEDING STUDENT SUCCESS

GENDER AFFIRMING CARE

PLANNED PARENTHOOD
3701 SOUTH COOPER ST. #235,
ARLINGTON, TX 76015
817-472-8916

HELP CENTER ARLINGTON
602 E SOUTH ST.,
ARLINGTON, TX 76010
817-200-6500

AIDS OUTREACH CENTER
400 NORTH BEACH ST., FORT
WORTH, TX 76111
817-335-1994

HELP CENTER FORT WORTH
1919 8TH AVENUE, FORT
WORTH, TX 76110
817-332-7722

TESTING & PREP/PEP RESOURCES

PRISM HEALTH (MULTIPLE LOCATIONS)
469-687-3200
WWW.PHNTX.ORG

HELP CENTER ARLINGTON & FORT WORTH
817-200-6500 & 817-332-7722

AIDS OUTREACH CENTER
400 NORTH BEACH ST., FORT
WORTH, TX 76111
817-335-1994

CAN COMMUNITY HEALTH
601 MATLOCK CENTRE CIR
ARLINGTON TX 76015
817-693-1000

SPIRITUAL WELLNESS

PFLAG DALLAS
NORTHAVEN CHURCH
972-849-0383

PFLAG FORT WORTH
CELEBRATION COMMUNITY CHURCH
817-382-7353

CATHEDRAL OF HOPE
5910 CEDAR SPRINGS RD.,
DALLAS, TX 75235
214-351-1901

GALILEO CHURCH
5860 INTERSTATE 20 SERVICE
RD., FORT WORTH, TX 76119
817-773-3147

EVENTS, SUPPORT GROUPS, & MORE!

DFW FUSE
2600 N. STEMMONS FWY. STE.
#188, DALLAS, TX 75207
214-540-4435

PRIDE FRISCO
CONTACT@PRIDEFRISCO.ORG
972-665-6452

TRANS-CENDENCE SUPPORT GROUPS
INFO@TRANS-CENDENCE.ORG

PRISM HEALTH (MULTIPLE LOCATIONS)
469-687-3200
WWW.PHNTX.ORG/EVENTS

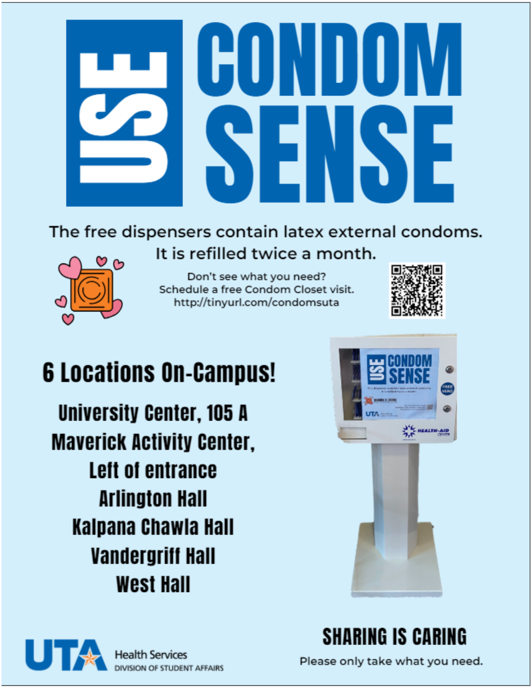
Are you a young adult with foster care experiences?

UTA
THE UNIVERSITY OF TEXAS AT ARLINGTON
School of Social Work

YOU HAVE A CHANCE TO SHARE YOUR EXPERIENCE

If you are a UTA student aged 18-30 and have lived or are currently living in foster care, we want to know about your experience and your ideas for improving educational experiences among students with foster care experience. Complete our survey online and enter a drawing to win one of thirty $30 Target gift cards. You can also complete our interview in person or via Microsoft Teams and receive a $50 Target Gift Card.

Questions? Contact Dr. Hui Huang – hui.huang@uta.edu



USE CONDOM SENSE

The free dispensers contain latex external condoms.
It is refilled twice a month.

Don't see what you need?
Schedule a free Condom Closet visit.
http://tinyurl.com/condomsuta

6 Locations On-Campus!

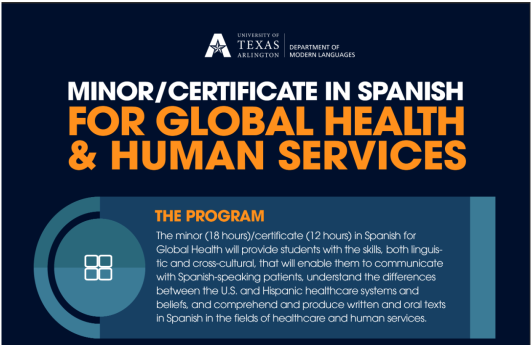
University Center, 105 A
Maverick Activity Center,
Left of entrance
Arlington Hall
Kalpana Chawla Hall
Vandergriff Hall
West Hall

CONDOM
SENSE
USE
FREE VEND
UTA
HEALTH-AID CENTER

UTA Health Services
DIVISION OF STUDENT AFFAIRS

SHARING IS CARING

Please only take what you need.

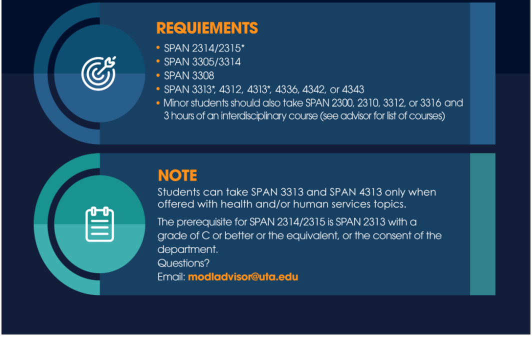


UNIVERSITY OF TEXAS ARLINGTON | DEPARTMENT OF MODERN LANGUAGES

MINOR/CERTIFICATE IN SPANISH FOR GLOBAL HEALTH & HUMAN SERVICES

THE PROGRAM

The minor (18 hours)/certificate (12 hours) in Spanish for Global Health will provide students with the skills, both linguistic and cross-cultural, that will enable them to communicate with Spanish-speaking patients, understand the differences between the U.S. and Hispanic healthcare systems and beliefs, and comprehend and produce written and oral texts in Spanish in the fields of healthcare and human services.



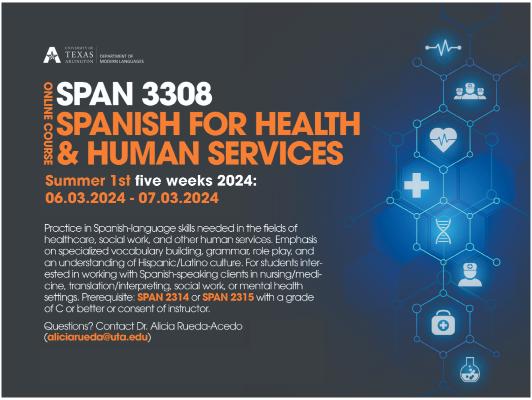
REQUIEMENTS

- SPAN 2314/2315*
- SPAN 3305/3314
- SPAN 3308
- SPAN 3313*, 4312, 4313*, 4336, 4342, or 4343
- Minor students should also take SPAN 2300, 2310, 3312, or 3316 and 3 hours of an interdisciplinary course (see advisor for list of courses)

NOTE

Students can take SPAN 3313 and SPAN 4313 only when offered with health and/or human services topics.

The prerequisite for SPAN 2314/2315 is SPAN 2313 with a grade of C or better or the equivalent, or the consent of the department.
Questions?
Email: **modladvisor@uta.edu**



UNIVERSITY OF TEXAS ARLINGTON | DEPARTMENT OF MODERN LANGUAGES

ONLINE COURSE

SPAN 3308
SPANISH FOR HEALTH & HUMAN SERVICES

Summer 1st five weeks 2024:
06.03.2024 - 07.03.2024

Practice in Spanish-language skills needed in the fields of healthcare, social work, and other human services. Emphasis on specialized vocabulary building, grammar, role play, and an understanding of Hispanic/Latino culture. For students interested in working with Spanish-speaking clients in nursing/medicine, translation/interpreting, social work, or mental health settings. Prerequisite: **SPAN 2314** or **SPAN 2315** with a grade of C or better or consent of instructor.

Questions? Contact Dr. Alicia Rueda-Acedo (**aliciarueda@uta.edu**)

DSP
DOWN SYNDROME PARTNERSHIP OF NORTH TEXAS

BIKE CAMP VOLUNTEERS NEEDED

Week of June 24th

UT Arlington Maverick Activity Center

You can make a real difference by volunteering at bike camp! You will receive training daily and must be 15 or older and able to walk briskly/run alongside participants as they learn to ride a bike. You will be required to complete an online training and background check to participate. Scan QR code for more information.

Questions: 682-316-3121.

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

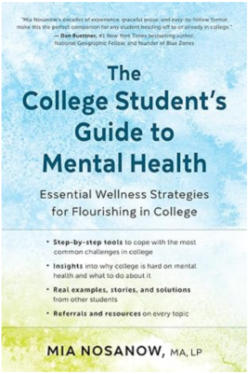
UTA School of Social Work
TITLE IV-E CHILD WELFARE PROGRAM

UTA College of Nursing and Health Innovation

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

Funding for this initiative was made possible (in part) by grant no. 1H79TI085588-02 from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

Book of the Week



"Mia Nosanow's decades of experience, graceful prose, and easy-to-follow format make this the perfect companion for any student heading off to or already in college."
— **Dan Buettner,** #1 *New York Times* bestselling author, National Geographic Fellow, and founder of Blue Zones

The College Student's Guide to Mental Health

Essential Wellness Strategies for Flourishing in College

- **Step-by-step tools** to cope with the most common challenges in college
- **Insights** into why college is hard on mental health and what to do about it
- **Real examples, stories, and solutions** from other students
- **Referrals and resources** on every topic

MIA NOSANOW, MA, LP

The College Student's Guide to Mental Health

by Mia Nosanow

While being in college can be an exciting time, it can also be a period of uncertainty, anxiety, loneliness, and even depression. *The College Student's Guide to Mental Health* is for any college student who wants to understand and maintain mental and emotional health.

Mia Nosanow, a licensed psychologist and college therapist, has drawn upon her more than twenty years of direct experience counseling a diverse college student body to write a comprehensive mental and emotional health manual designed specifically for college students.

Presented in clear, practical language and organized in short chapters, this book breaks down common problems and provides actionable strategies for addressing them. Whether students want to understand challenging emotions, transform negative thoughts, improve relationships, or explore the connection between time management and mental health, these topics and more can be found in this one book — a valuable tool for college students as well as the families and professionals who support them.

With love and light,
Heather Rhodes, 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.

Resource of the Week: Student Employment

Student Employment refers to on-campus student work opportunities, as well as specific off-campus work-study opportunities with approved employers. Through student employment you can earn an hourly wage through temporary, part-time jobs during your time as a student at UTA. Student Employment does not assign you to specific jobs but rather provides you with the resources necessary to locate the job that is best suited to your skills, needs, and interests. By participating you'll gain a variety of experiences and workforce skills that can be used in your career after graduation.

All positions are available on Handshake: https://uta.joinhandshake.com/login
The Student Employment Office is located within the Career Development Center on the 1st floor of the E.H. Hereford University Center at 300 West 1st Street, Suite 180S, Arlington, TX 76019. Our office is open between 8:00 am – 5:00 pm, Monday through Friday. Call us at 817-272-2932 or email us: studentemployment@uta.edu

Learn more about

Academic Resources

Graduate Director Office Hours

Schedule to meet Dr. Regina Praetorius, LMSW-AP-S, the Director of Graduate Programs at UTA's School of Social Work.

How can I help?

Virtual Meeting Request

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 GSLs

Click here to meet our USLs

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: