UTA School of Social Work

School of Social Work Weekly Newsletter
June 24th, 2024 Summer Semester

Inside this Issue

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

SOCIAL JUSTICE Spotlight

Children's Awareness Month

Every year in the month of June we dedicate ourselves to become aware of our children. This serves as a reminder the these children are our future, and it is important to priortize their well being. The idea behind Children's Awareness Month was to embrace and promote the health and well-being for these children who are the future of the nation. The proclamation for Children's Awareness Month was written in memory of "all children who have died from violent deaths in America". Along with the idea that children reflect the greatest amount of hope for the future, the proclamation states that "every child deserves to be truly valued and cherished." When we show appreciation to the children, it provides them a sense of accomplishment and self-worth. Providing empathy and patience with children will help grow successful futures for children.

Here are some exciting and thrilling ways to celebrate children:
Family Day Out: Plan a special day trip to a zoo, amusement park, or museum.
Personalized Gifts: Give them gifts that reflect their interests or hobbies.
Special Meals: Cook their favorite meal or have a themed dinner party.
Creative Activities: Engage in arts and crafts, baking, or a DIY project together.
Outdoor Adventures: Go hiking, have a picnic, or spend the day at the beach or park.
Story Time: Read their favorite books or tell stories.
Movie Night: Organize a home movie night with their favorite films and snacks.
Games and Puzzles: Spend time playing board games or solving puzzles together.

Learning Experiences: Visit a science center or planetarium for educational fun. **Recognition and Praise:** Acknowledge their achievements and milestones with words of encouragement and praise.

While endorsing Children's Awareness Month, one does not merely celebrate but actively does something positive for children and their development.

Love and Light,
Mia Cozzarelli, GSL Intern
Ashley Moody, USL Intern
The University of Texas at Arlington

Read More About Children's Awareness

Event Spotlight

---

and UTA School of Social Work alumni, Diana DiCesare. During this workshop, Diana will be sharing her experience and expertise in the following topics:

-Resume Writing

-Preparing and taking the LMSW exam

-Interviewing

-Entering the Field after graduation

-Advice for future social workers

Scan the QR code to join us June 26th from 6:00 pm to 7:30 pm.

Important Dates

- **June 26th** - •Alumni led workshop for resumes, entering the field, exam prep
- **June 27th** - PTSD Awareness Day
- **July 1st** - Deadline to apply for graduation

Student Spotlight

Nichola Rowan

Hello all! My name is Nichola Rowan. I am originally from the United Kingdom and now call Dallas home. But I still have my daily cup of tea and am an avid Harry Potter fan!
I am a Graduate Student Leader intern in my foundation year of UTA's Master's in Social Work. Next semester, I will be entering my advanced year and I am on track to graduate at the end of May 2025.

I earned my Bachelor of Psychology in May 2023 from the University of North Texas, after serving in the US Air Force. Now, as an MSW student specializing in Children and Families, I plan to focus on working with children and families with Special Educational Needs to add value and strengthen the lives of individuals, families, and communities.

Resiliency: Children in Foster Care & Social Workers

"You are so mature for your age," is comment that you usually take as a compliment as a child. However, some may perceive it as a sign of trauma. Having to step into the role of a parent at a young age taking care of younger siblings, I heard this a lot. For some, it's seeing the world from a child's view shatter by a moment or series of events that force them into seeing everything for what it "really is". Coming from a Child Protective Services experience, children see and hear a lot before they've even had enough time in this world to know what any of it means. Boys, girls, babies, toddlers, children, teenagers, and young adults, it doesn't matter the color of the skin or background. The foster care system is full of individuals who have been through some form of trauma, including the parents and family members. It is an ongoing cycle of problems that unfortunately never ends.

In previous newsletters we've talked about the injustices Indigenous people have suffered in the past, over time, and still to this day. The children in foster care have suffered similar traumas to those Indigenous families. They all were brought into this world and shown a specific way of life. Imagine knowing one set of parents for years, practicing one culture, and getting used to one way of living your whole existence. Then one day, a law enforcement officer and social worker show up to your school or home and tell you that you will be living somewhere else with strangers. You can only take a few of your things, and you may only see your parents once a week maybe for the next year. Now from an outsider's perspective you think you are taking that child away from an unsafe environment. Now even though that is usually the case, that child doesn't see it that way. They are being taken from their families and usually kept in the dark about what is going on.

Trauma lives in the body in a way that can have a serious impact on our lives way past the moment of the traumatic event. Children in the foster care system usually have to depend on themselves, especially when they are aging out. They have been stuck in survival mode for most of their lives. Resilience can be defined based on multiple indicators, such as education, employment, and avoidance of homelessness, substance abuse referrals, and incarceration. Collectively, studies describe a substantial proportion of foster youth exhibit resilient outcomes during the period of transition to adulthood. "Not all foster youth are able to just simply overcome their challenging circumstances, not alone at least. We have to show up for them; after all, that is the social contract we made when we removed children out of their home of origin "(Kenyon Lee Whitman).

As social workers we are a key factor in the foster care system. Our mentality, effort, empathy, and compassion all make a difference in the world of those individuals who feel like nobody is on their side or cares.

Love and Light,
Krystle Vela, GSL Intern
The University of Texas at Arlington

Opportunities

WORK ORG

We Need Officers for:

- President
- Vice President
- Treasurer

Interested in helping build an organization for Hispanic/Latina/o/x/e social work students at UTA? We are currently looking for members and officers for a Latinx Social Work Organization.

Questions?

Contact Karla Padilla at karla.padilla@mavs.uta.edu if you are interested!

University of Texas at Arlington
School of Social Work

MENTAL FITNESS
Virtual Clinic

PEER LED

MINDFULNESS & MENTAL RESILIENCE

In our virtual program, we'll learn mindfulness skills to strengthen mental resilience and help manage stress, anxiety, and loss.

SUMMER 2024 SESSIONS

June 10 - August 02, 2024

Tues: 12 p.m. & 6 p.m.

Wed: 12 p.m. & 6 p.m.

SIGN UP TODAY!

Thurs: 12:30 p.m. & 7 p.m.

Click Here to Sign Up!

UTA
Residential Learning Communities
DIVISION OF STUDENT SUCCESS

WE ARE HIRING

OPEN POSITION:

GRADUATE ASSISTANT

FOR THE FULL POSTING:
HANDSHAKE JOB #: 9036962
FOR QUESTIONS EMAIL RLC@UTA.EDU

PRIOTITY APPLICATION DEADLINE: JULY 1, 2024

SUPPORT RESIDENTIAL LEARNING COMMUNITY (RLC) STUDENTS' ACADEMIC AND PERSONAL SUCCESS! THIS ROLE IS FOR FALL 2024-SPRING 2025 (FULL ACADEMIC YEAR).

Required Qualifications

- Bachelor's degree
- Enrolled Full-Time in a Graduate Program at UTA
- Approximately 20 hours Per Week

Preferred Qualifications

Previous experience with event planning, marketing (social media/Instagram, graphic design, etc.), recruitment, and application review.

Compensation

- $1300 Per Month
- Professional Development

APPLY NOW

Want to help erase the stigma of Mental Illness?

JOIN MAVS FOR MENTAL HEALTH AWARENESS!

Resiliency In Interprofessional Teamwork

An Interprofessional Education Summer 2024 Activity

As interprofessional teams are becoming increasingly important in healthcare delivery. The benefits of interprofessional collaboration are becoming more apparent and can lead to an improved morale, decreased burnout, and increased patient safety. The purpose of this virtual IPE event is to discuss and reflect on the reciprocal relationship between teamwork and individual/team resiliency. Interprofessional small groups will also discuss team and individual strategies/tools to build resiliency and understanding of emotional intelligence which is necessary in preventing burnout.

Deadline to Register: July 9th

Discipline Involved: Nursing, public health, medical students, athletic training, pharmacy
Classes Recommended: Substance misuse, mental health, aging, health courses

Online Event
July 19th 8:30am-12:00pm

Contact Information:
Tracy Orwig
Tracy.Orwig@uta.edu

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

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

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

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

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!

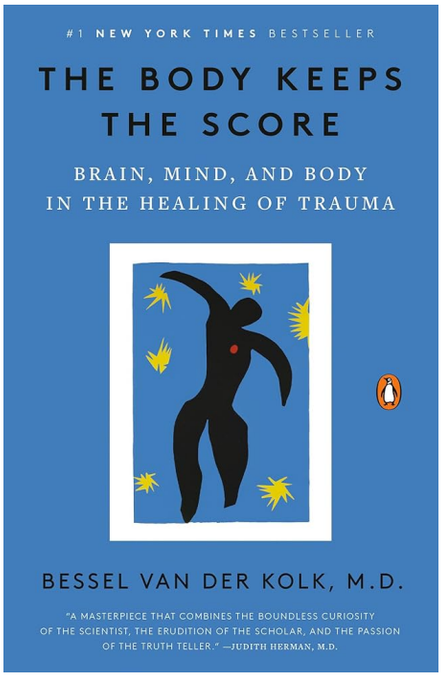
DFW FUSE
2600 N. STEMMONS FWY. STE. #188, DALLAS, TX 75207
214-540-4435

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

Book of the Week



The Body Keeps the Score

by: Bessel Van Der Kolk M.D.

During PTSD awareness month, it is important to educate or remind ourselves on how much trauma impacts the body. In The Body Keeps the Score by Bessel Van Der Kolk, trauma is described as something that most people are living with but unable to cope with properly. He uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. The book offers a new hope for reclaiming lives with those suffering from trauma.

Love & Light,
Alyssa Gallagher, GSL Intern
The University of Texas Arlington

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.

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.

Here are the Group Advising Links for the New Incoming Fall '24 MSW Students:

M98 – Foundation – Face to Face
https://utaedu.questionpro.com/MS98FOUNDATION-FACETOFACEGROUPADVISING

MS99 – Foundation – Online
https://utaedu.questionpro.com/FAll2024MS99FoundationOnline

MS100 – Mental Health – Online – 12 months
https://utaedu.questionpro.com/MS100-MENTALHEALTH-12MONTHSONLINEGROUPADVISING

MS101 – Mental Health – Online – 16 months
https://utaedu.questionpro.com/MS101-MENTALHEALTH-ONLINE-16MONTHS

MS102 - Mental Health – Ft Worth – Face to Face
https://utaedu.questionpro.com/MS102-MENTALHEALTH-FTWORTH-FACETOFACE

MS103 - Children & Families Online – 12 months
MS104 - Children & Families Face to Face
https://utaedu.questionpro.com/MS103MS104-CHILDRENANDFAMILIES-GROUPADVISING

MS105 – CAP
https://utaedu.questionpro.com/MS105-CAP-GROUPADVISING

MS106 – Aging
https://utaedu.questionpro.com/MS106-AGING-GROUPADVISING

MS107 – Health
https://utaedu.questionpro.com/MS107-HEALTH-GROUPADVISING

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**.

Undergraduate Director's Note
Dr. Allison Tomlinson, LCSW-S, the Director of Undergraduate Programs at UTA's School of Social Work and the Office of Undergraduate Programs encourage you to exercise selfcare this summer. Use this time to complete tasks that keep you going strong in the program.

1. Complete your BSW or BSSUT Major Declaration
2. Take the self-paced virtual asynchronous SSW Undergrad Orientation "Map for the Journey"
3. Schedule and advising appointment to ensure you're on track with your degree plan.

Most of all stay calm and cool and keep growing as a social work student! Please reach out to our office to let us know how we can help!

Schedule your appointment here

Field Placements

- **April 29th-June 14th:** Fall Field Application Open
- **August 9th** - Last Day to earn 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 Kimberly Jimenez (kxj6364@mavs.uta.edu) or Meghan Gratton (mxg8550@mavs.uta.edu).

If you do not know who your assigned GSL is, you may email Mia Cozzarelli (mic3786@mavs.uta.edu) or Angie Ruvalcaba (asr7984@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: