UTA School of Social Work

School of Social Work Weekly Newsletter
June 7th, 2024 Summer Semester

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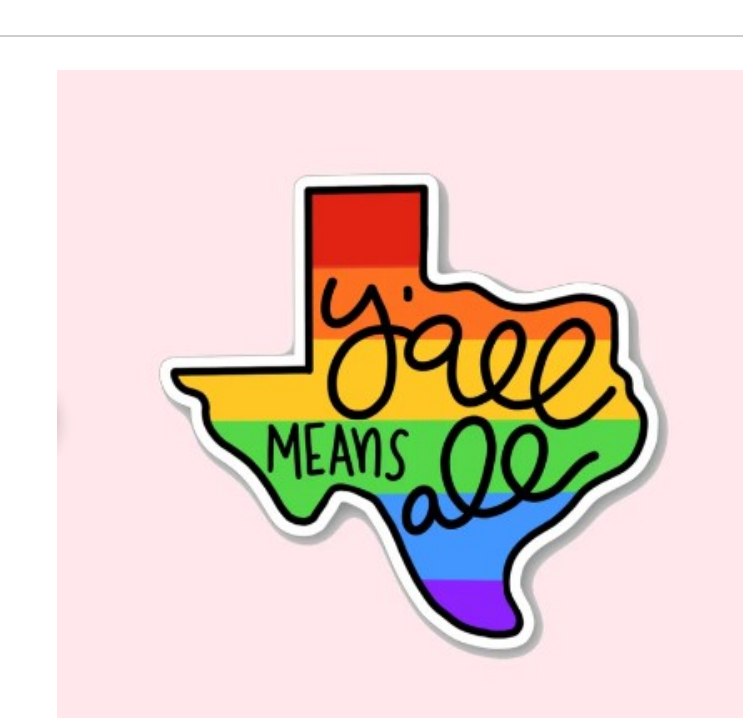
SOCIAL JUSTICE Spotlight



PRIDE IS A PROTEST

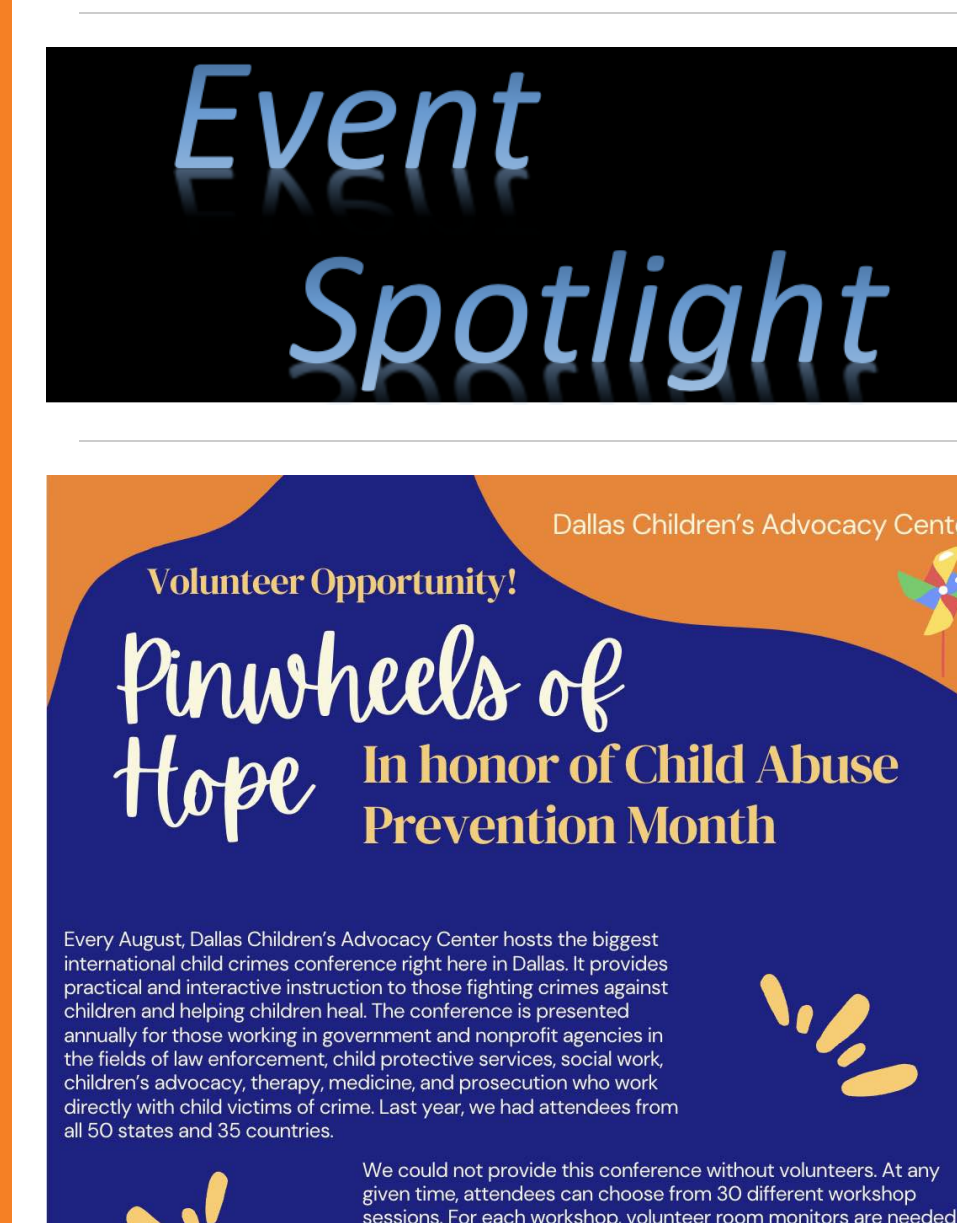
Did you know that the first "pride" was actually a protest? In the United States, after World War II, the cultural and social climate became extremely hostile toward queer people, and they faced discrimination, violence, and had their safe spaces routinely raided by police. The Stonewall Inn in Greenwich Village, New York City was one of these safe spaces. On June 28, 1969, this home to many lesbians, gay men, drag queens, and queer homeless youth was raided. While there was often resistance to these police raids, this one ignited the movement which would led to the decriminalization of homosexuality and eventual enactment of other protections for the LGBTQIA+ community. The Stonewall Riots are why we celebrate Pride in June.

As a lesbian myself, Pride means being able to celebrate my identity and honor those who lost their lives to advocate for our right to exist, work, and have marriage equality. But Pride is more than a celebration; it is an ongoing protest. A protest of bigotry, discrimination, a protest against repressing of our identities, our culture, and our relationships. During Pride, we advocate for the progress we have yet to make in regard to legal and social protections of queer and especially transgender rights in the United States. This celebration of our community is simultaneously a protest defending our right to exist as we are and love who we love. As a queer person or as an ally, Pride is a great opportunity for you to become involved with your local LGBTQIA+ community.

Love & Light,
Rae Martin, USL Intern
University of Texas Arlington

Learn about nonprofit Equality Texas

Event Spotlight



Dallas Children's Advocacy Center

Volunteer Opportunity!

Pinwheels of Hope In honor of Child Abuse Prevention Month

Every August, Dallas Children's Advocacy Center hosts the biggest international child crimes conference right here in Dallas. It provides practical and interactive instruction to those fighting crimes against children and helping children heal. The conference is presented annually for those working in government and nonprofit agencies in the fields of law enforcement, child protective services, social work, children's advocacy, therapy, medicine, and prosecution who work directly with child victims of crime. Last year, we had attendees from all 50 states and 35 countries.

We could not provide this conference without volunteers. At any given time, attendees can choose from 30 different workshop sessions. For each workshop, volunteer room monitors are needed to check attendee badges, serve as a contact for the speaker, troubleshoot A/V problems, provide a count of attendees, assist with concerns, etc. 90 volunteers are needed to cover workshops during each time slot—and this is for workshops alone!

Conference Date:
Sunday, August 11th – Thursday, August 15th

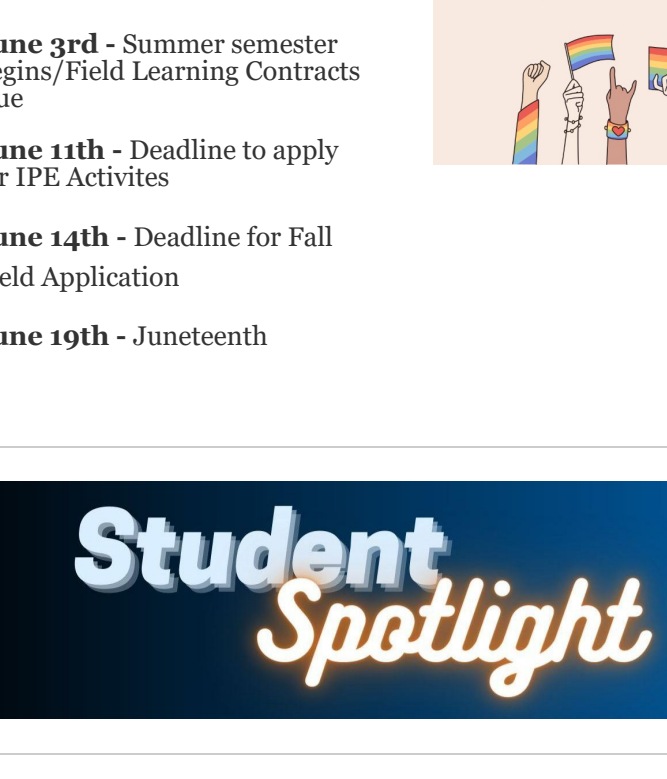
Scan to Learn More

Important Dates

- **June 3rd -** Summer semester begins/Field Learning Contracts Due
- **June 11th -** Deadline to apply for IPE Activites
- **June 14th -** Deadline for Fall Field Application
- **June 19th -** Juneteenth

PRIDE MONTH

Student Spotlight

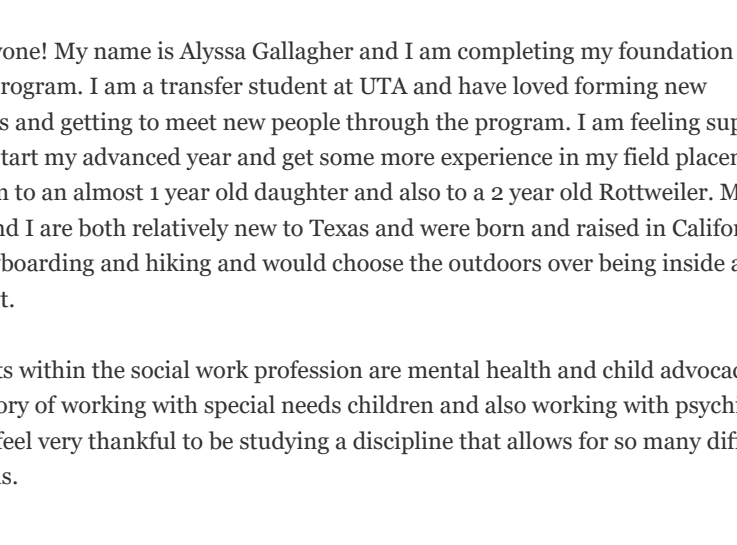


Hello everyone! My name is Alyssa Gallagher and I am completing my foundation year in the MSW program. I am a transfer student at UTA and have loved forming new connections and getting to meet new people through the program. I am feeling super excited to start my advanced year and get some more experience in my field placement! I am a mom to an almost 1 year old daughter and also to a 2 year old Rottweiler. My husband and I are both relatively new to Texas and were born and raised in California. I enjoy snowboarding and hiking and would choose the outdoors over being inside any chance I get.

My interests within the social work profession are mental health and child advocacy. I have a history of working with special needs children and also working with psychiatric patients. I feel very thankful to be studying a discipline that allows for so many different career paths.

With love,
Alyssa Gallagher, GSL Intern
The University of Texas at Arlington

YOU MATTER!



Self-Care after grief...

While grief can be difficult and challenging, It is not something that should be avoided or expedited. By allowing ourselves to process the loss, we should take a moment to practice self-care. During the grief process, we often feel moments of sadness,anxiety,and loneliness which makes the process more difficult and even unbearable at times. By recognizing and acknowledging how grief has affected your daily life and routine is a form of self-care. The more you are able to express and recognize what you are feeling, the easier it becomes to accept the loss. During moments of grief, self-care can assist in navigating that loss.

Selfcare and grief tends to never go hand in hand,however, placing others before self will make it impossible to achieve a positive and healthy outcome. Self-care can play a crucial role in navigating through those challenging times. Taking a moment to practice some of the different ways of self-care will assist in your wellbeing and make the grieving process a little bit easier. Listed below are a few ways to practice self care....

Seek Support
Never feel as if you are a nuisance to anyone. By seeking support from your family members, friends, support groups, and professional counseling, you are not navigating through your grief alone. We know how grief can be overwhelming at times, but help is available.

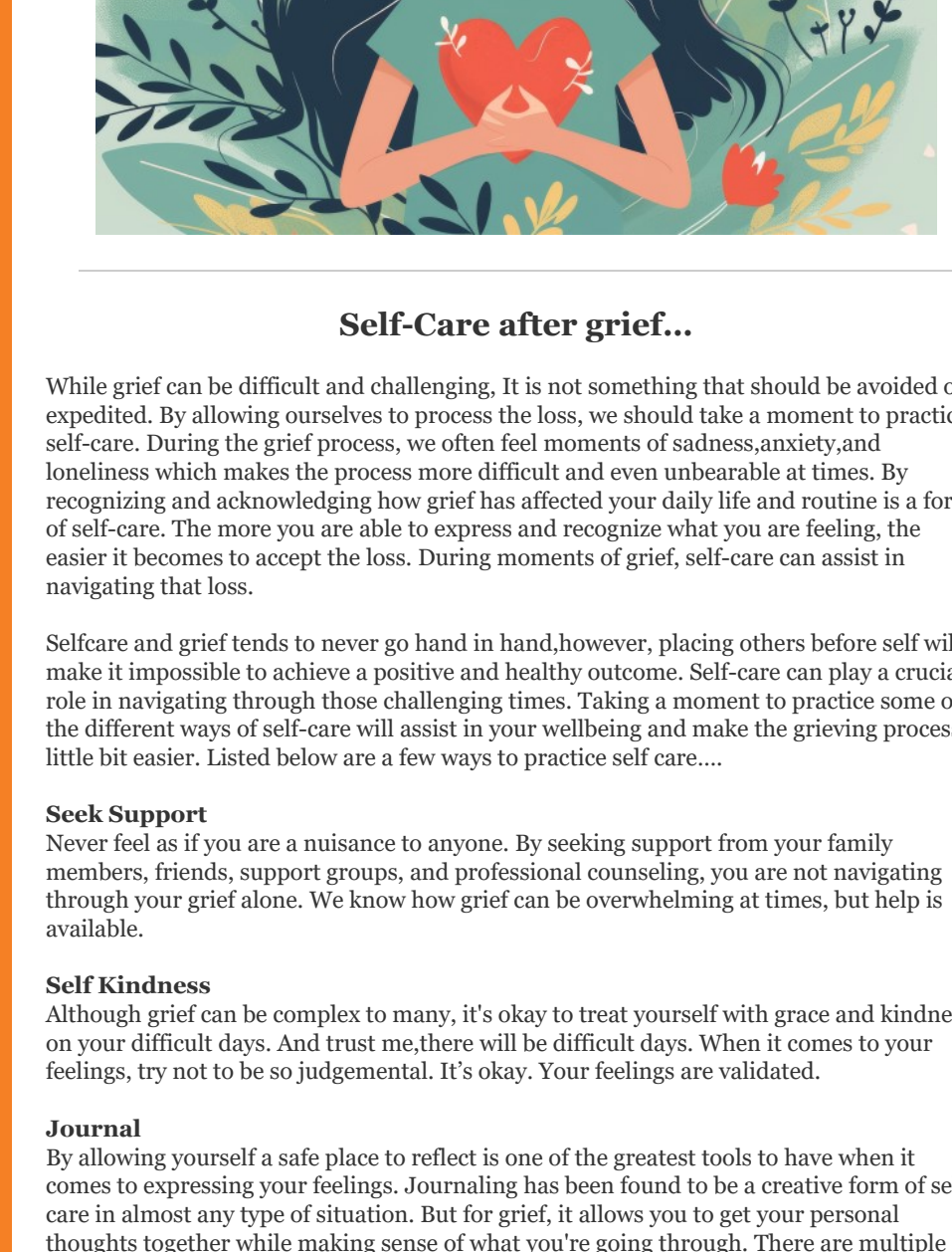
Self Kindness
Although grief can be complex to many, it's okay to treat yourself with grace and kindness on your difficult days. And trust me,there will be difficult days. When it comes to your feelings, try not to be so judgemental. It's okay. Your feelings are validated.

Journal
By allowing yourself a safe place to reflect is one of the greatest tools to have when it comes to expressing your feelings. Journaling has been found to be a creative form of self-care in almost any type of situation. But for grief, it allows you to get your personal thoughts together while making sense of what you're going through. There are multiple things that you could write in your journal to assist you with self-care. (Pictures, Mementos)

Music
For many of us, music is a great way to practice self-care. It's known to be meditative and relaxing. Allowing yourself to have music in your existence during this grieving period, you are elevating your mind and spirit to ease your grief, even if it's for a short period of time.

Love and Light,
Tracie Prosser, GSL Intern
Monique Lawson, GSL Intern
The University of Texas at Arlington

Opportunities



SHATTER THE STIGMA: AN INTERPROFESSIONAL SIMULATION WITH STANDARDIZED PATIENTS

DATE: JUNE 21ST 8:30AM-12:30PM
FORMAT: Online synchronous
FOCUS: Students will learn from speakers who will address the importance of meeting patients where they are reduced the harm of stigmas in health care. Additional information will be discussed about patient interviewing strategies to destigmatize substance use disorders. Students will role-play engaging with a patient/client.
DISCIPLINES INVOLVED: Nursing, public health, medical students, athletic training, pharmacy
CLASSES RECOMMENDED: Substance misuse, mental health, aging, health courses.
LINK TO REGISTER:
https://app4.ttuhsc.edu/InterprofessionalEvents/content/Events.aspx
DEADLINE TO REGISTER: June 11th
CONTACT PERSON: Tracy Orwig (tracy.orwig@uta.edu

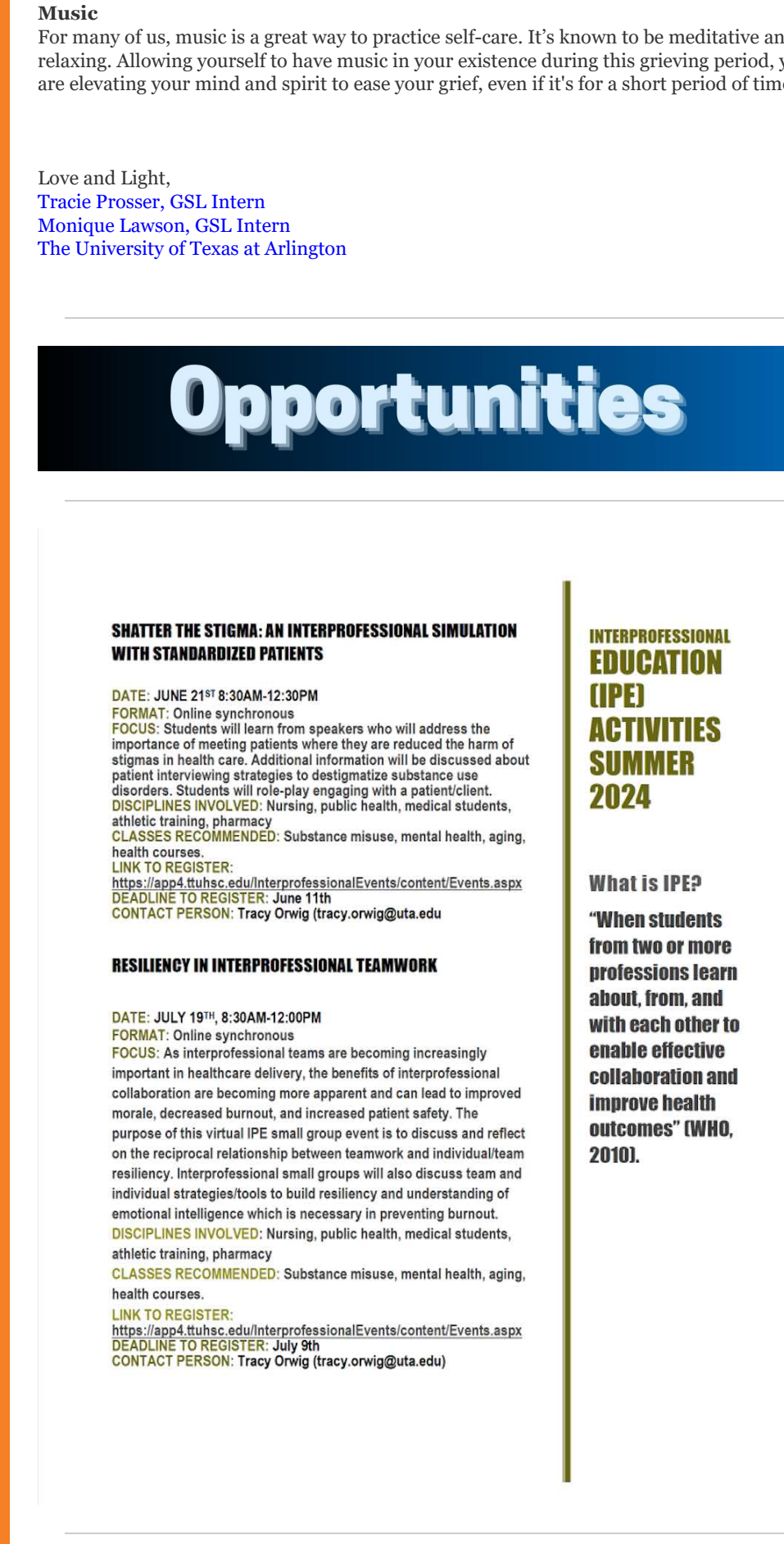
RESILIENCY IN INTERPROFESSIONAL TEAMWORK

DATE: JULY 19TH, 8:30AM-12:00PM
FORMAT: Online synchronous
FOCUS: As interprofessional teams are becoming increasingly important in healthcare delivery, the benefits of interprofessional collaboration are becoming more apparent and can lead to improved morale, decreased burnout, and increased patient safety. The purpose of this virtual IPE small group 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.
DISCIPLINES INVOLVED: Nursing, public health, medical students, athletic training, pharmacy
CLASSES RECOMMENDED: Substance misuse, mental health, aging, health courses.
LINK TO REGISTER:
https://app4.ttuhsc.edu/InterprofessionalEvents/content/Events.aspx
DEADLINE TO REGISTER: July 9th
CONTACT PERSON: Tracy Orwig (tracy.orwig@uta.edu)

INTERPROFESSIONAL EDUCATION (IPE) ACTIVITIES SUMMER 2024

What is IPE?

"When students from two or more professions learn about, from, and with each other to enable effective collaboration and improve health outcomes" (WHO, 2010).



THE FOLLETT STUDENT LEADERSHIP CENTER

WE'RE Hiring

GRADUATE INTERN

The Follett Student Leadership Center (FSLC) at The University of Texas at Arlington develops inclusive, engaged, reflective leaders who positively influence the UTA, local, and global communities. FSLC's mission is to cultivate leadership capacity in every student through educational programs, student organizations, and community engagement. The Student Leadership Center Graduate Intern will provide support specifically for the UTA Volunteers program.

JOIN OUR TEAM

PRIMARY RESPONSIBILITIES

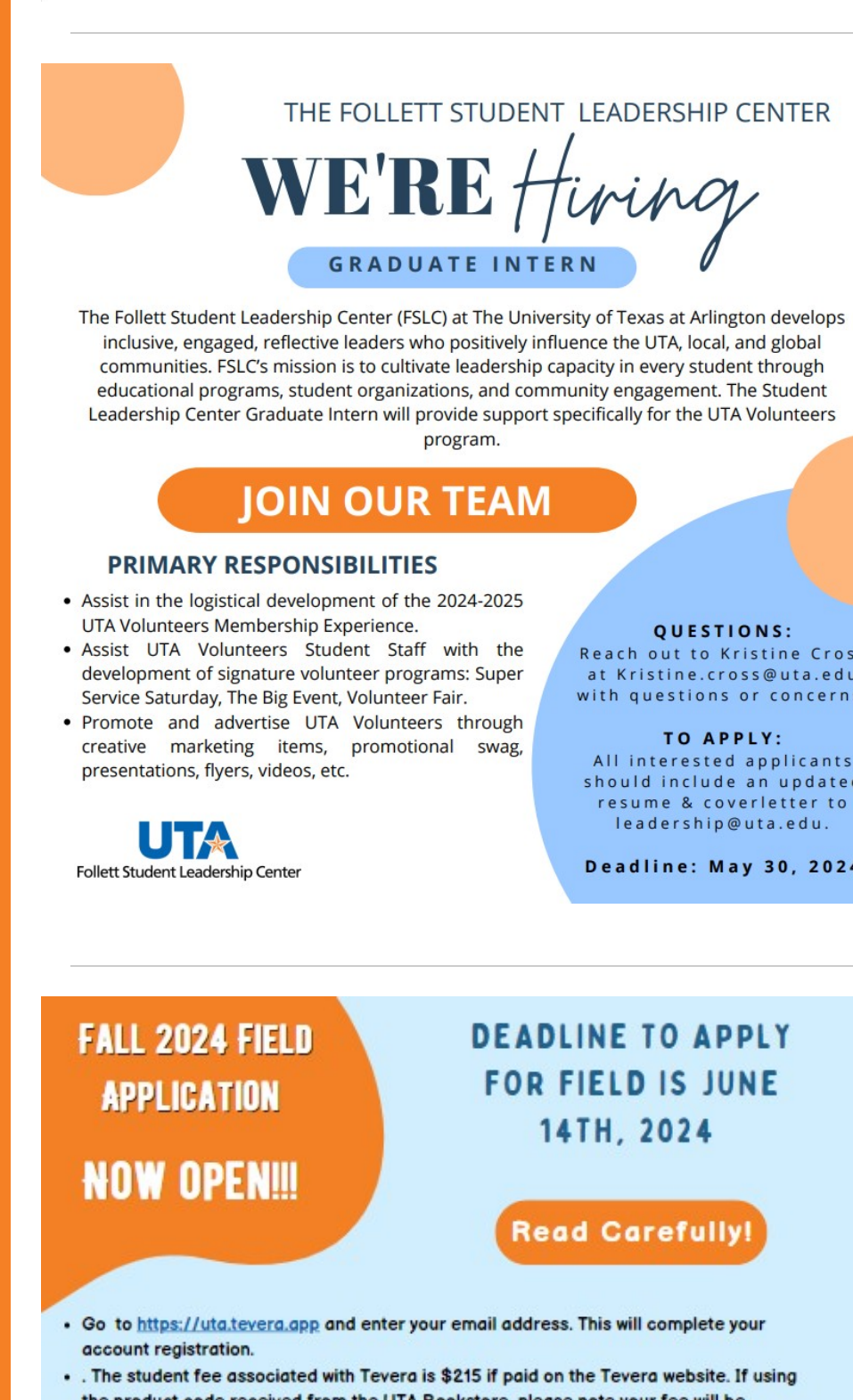
- Assist in the logistical development of the 2024-2025 UTA Volunteers Membership Experience.
- Assist UTA Volunteers Student Staff with the development of signature volunteer programs: Super Service Saturday, The Big Event, Volunteer Fair.
- Promote and advertise UTA Volunteers through creative marketing items, promotional swag, presentations, flyers, videos, etc.

UTA Follett Student Leadership Center

QUESTIONS:
Reach out to Kristine Cross at Kristine.cross@uta.edu with questions or concerns.

TO APPLY:
All interested applicants should include an updated resume & coverletter to leadership@uta.edu.

Deadline: May 30, 2024



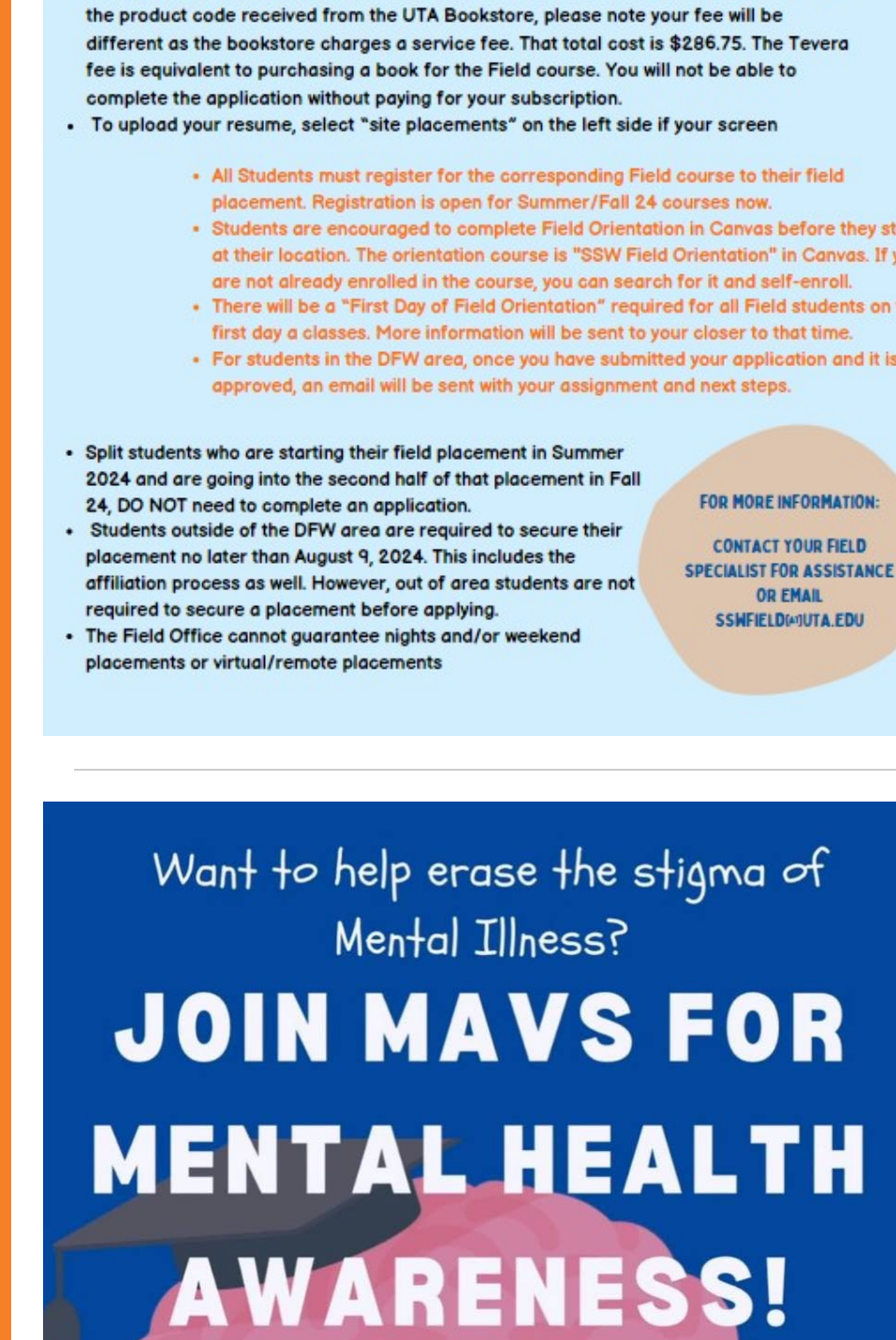
FALL 2024 FIELD APPLICATION NOW OPEN!!!

DEADLINE TO APPLY FOR FIELD IS JUNE 14TH, 2024

Read Carefully!

- Go to https://uta.tevera.app and enter your email address. This will complete your account registration.
- . The student fee associated with Tevera is $215 if paid on the Tevera website. If using the product code received from the UTA Bookstore, please note your fee will be different as the bookstore charges a service fee. That total cost is $286.75. The Tevera fee is equivalent to purchasing a book for the Field course. You will not be able to complete the application without paying for your subscription.
- To upload your resume, select "site placements" on the left side if your screen
    - All Students must register for the corresponding Field course to their field placement. Registration is open for Summer/Fall 24 courses now.
    - Students are encouraged to complete Field Orientation in Canvas before they start at their location. The orientation course is "SSW Field Orientation" in Canvas. If you are not already enrolled in the course, you can search for it and self-enroll.
    - There will be a "First Day of Field Orientation" required for all Field students on the first day a classes. More information will be sent to your closer to that time.
    - For students in the DFW area, once you have submitted your application and it is approved, an email will be sent with your assignment and next steps.
- Split students who are starting their field placement in Summer 2024 and are going into the second half of that placement in Fall 24, DO NOT need to complete an application.
- Students outside of the DFW area are required to secure their placement no later than August 9, 2024. This includes the affiliation process as well. However, out of area students are not required to secure a placement before applying.
- The Field Office cannot guarantee nights and/or weekend placements or virtual/remote placements

FOR MORE INFORMATION:
CONTACT YOUR FIELD SPECIALIST FOR ASSISTANCE OR EMAIL SSWFIELD@UTA.EDU

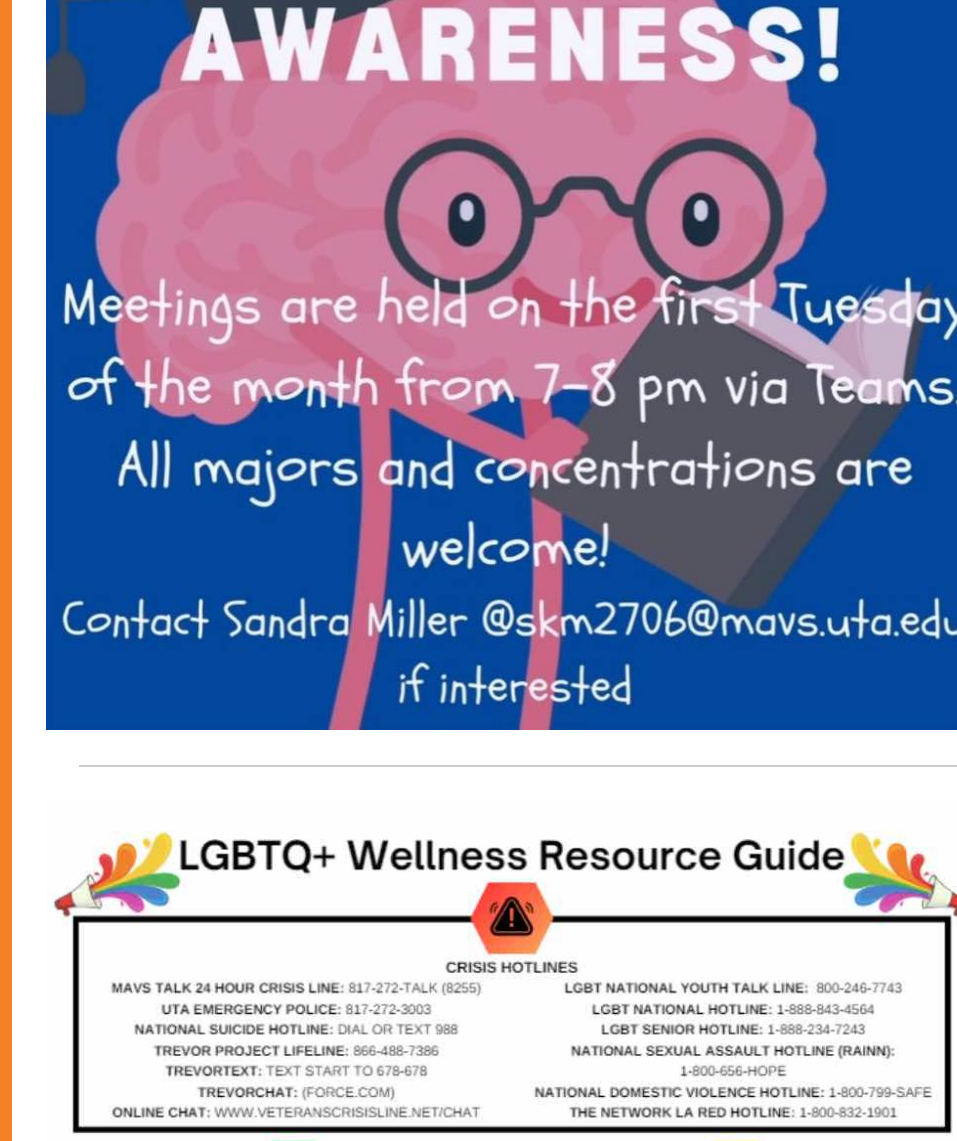


Want to help erase the stigma of Mental Illness?

JOIN MAVS FOR MENTAL HEALTH AWARENESS!

Meetings are held on the first Tuesday of the month from 7-8 pm via Teams. All majors and concentrations are welcome!

Contact Sandra Miller @skm2706@mavs.uta.edu if interested



LGBTQ+ Wellness Resource Guide

CRISIS HOTLINES

HOUSING & CLOTHING SECURITY

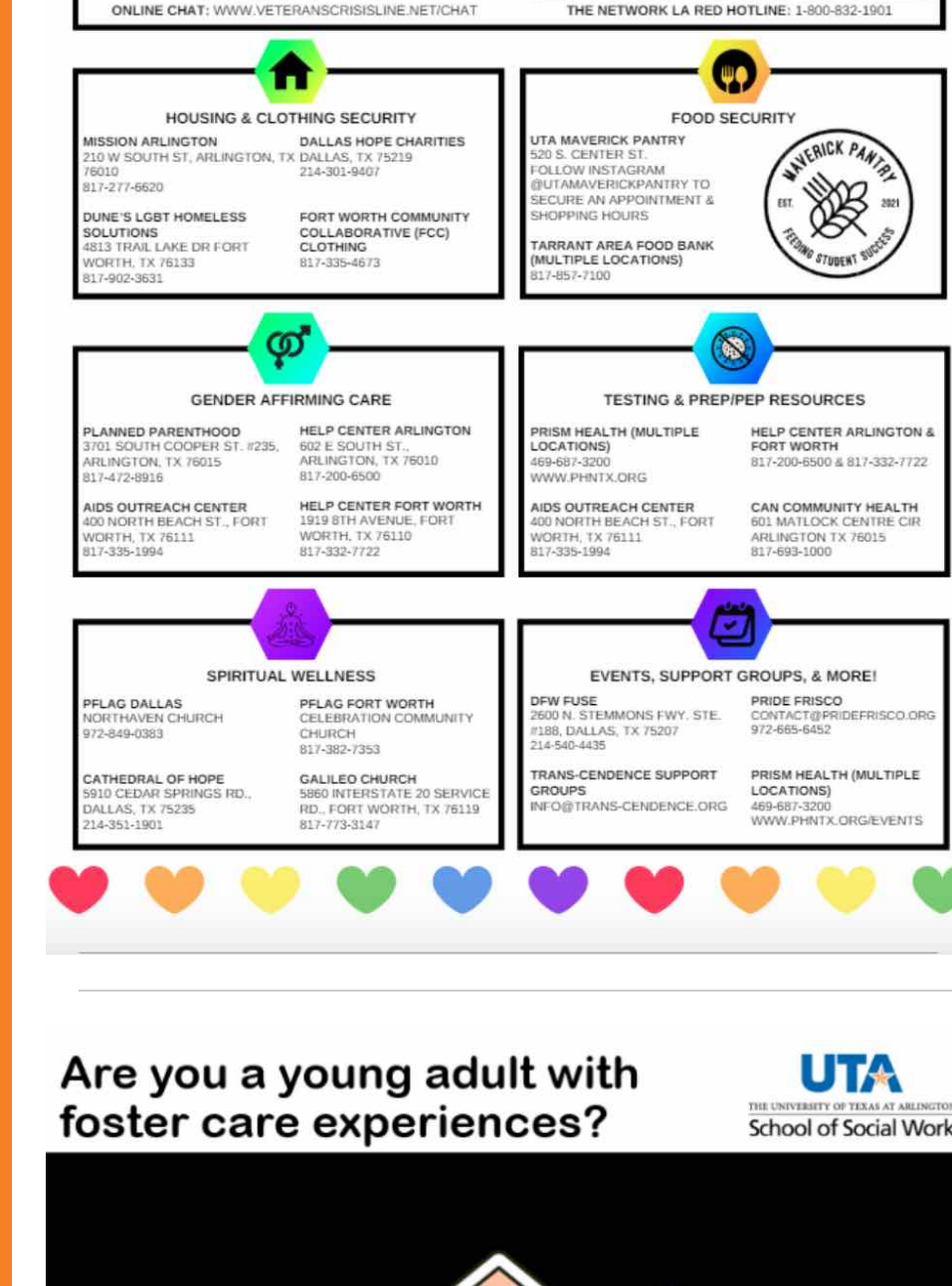
FOOD SECURITY

GENDER AFFIRMING CARE

TESTING & PREP/PEP RESOURCES

SPIRITUAL WELLNESS

EVENTS, SUPPORT GROUPS, & MORE!



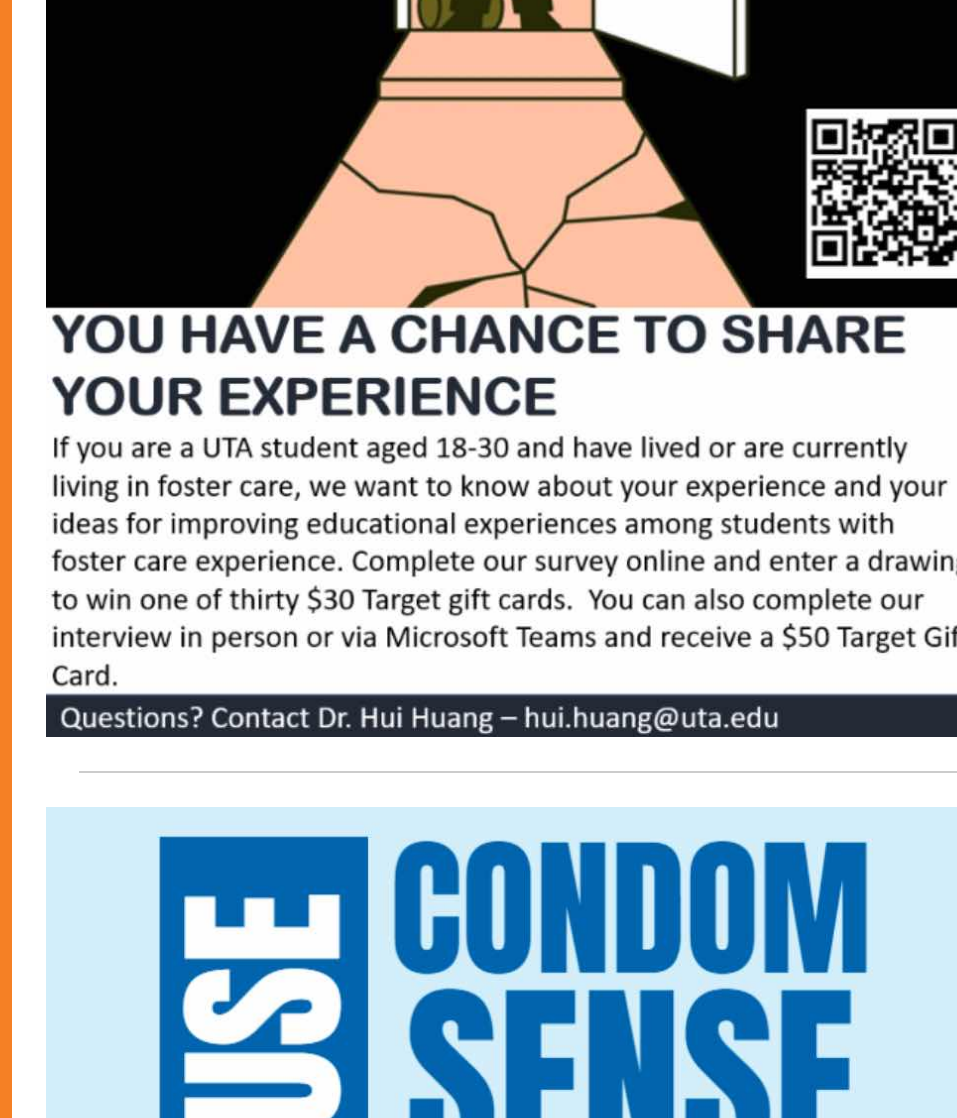
Are you a young adult with foster care experiences?

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.

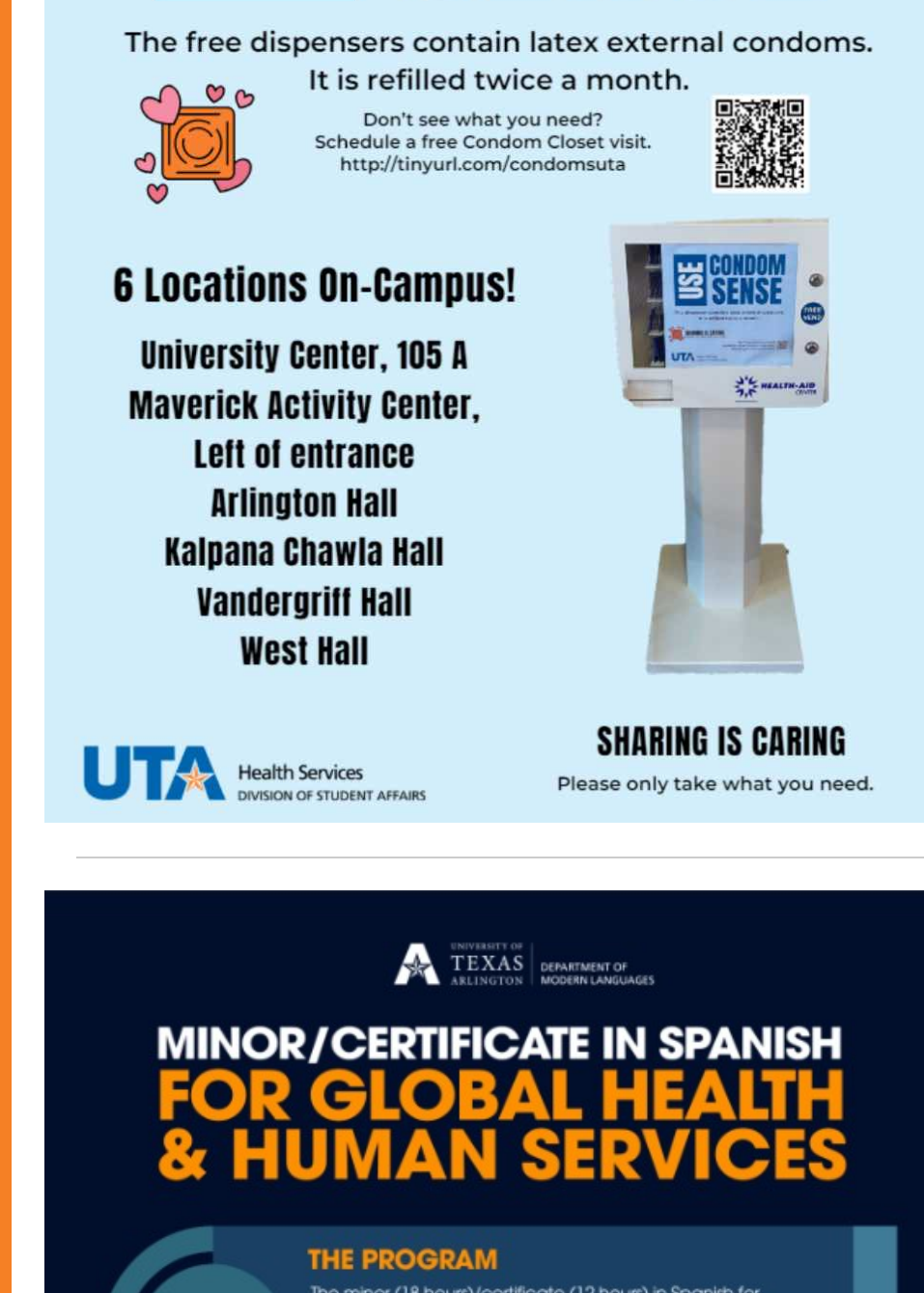
Don't see what you need?
Schedule a free Condom Closet visit.
http://tinyurl.com/condomsuta

6 Locations On-Campus!

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

UTA Health Services DIVISION OF STUDENT AFFAIRS

SHARING IS CARING
Please only take what you need.



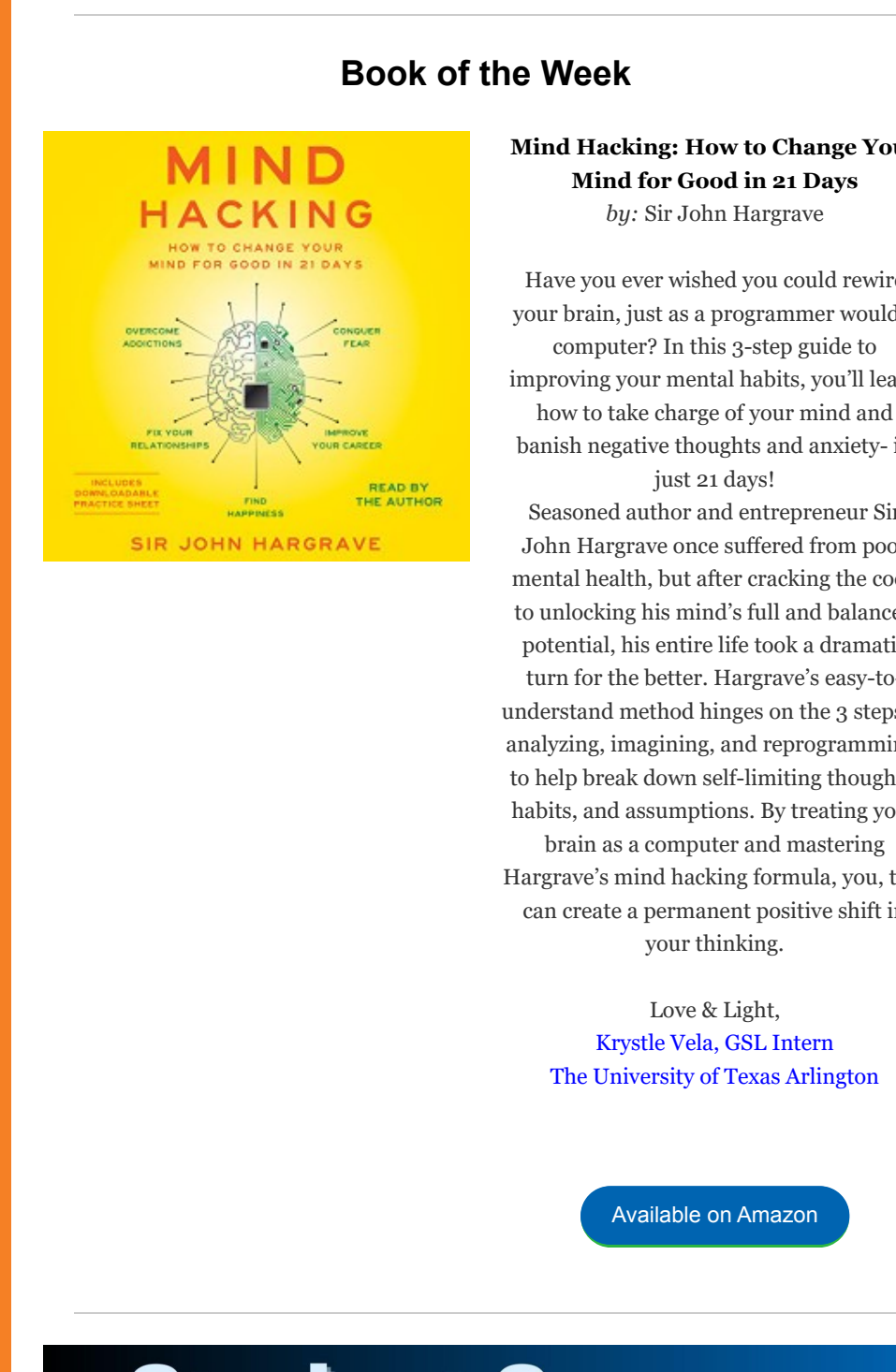
UNIVERSITY OF TEXAS ARLINGTON | DEPARTMENT OF MODERN LANGUAGES

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



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.

Book of the Week

Mind Hacking: How to Change Your Mind for Good in 21 Days
by: Sir John Hargrave

Have you ever wished you could rewire your brain, just as a programmer would a computer? In this 3-step guide to improving your mental habits, you'll learn how to take charge of your mind and banish negative thoughts and anxiety- in just 21 days!
Seasoned author and entrepreneur Sir John Hargrave once suffered from poor mental health, but after cracking the code to unlocking his mind's full and balanced potential, his entire life took a dramatic turn for the better. Hargrave's easy-to-understand method hinges on the 3 steps of analyzing, imagining, and reprogramming, to help break down self-limiting thoughts, habits, and assumptions. By treating your brain as a computer and mastering Hargrave's mind hacking formula, you, too, can create a permanent positive shift in your thinking.

Love & Light,
Krystle Vela, 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

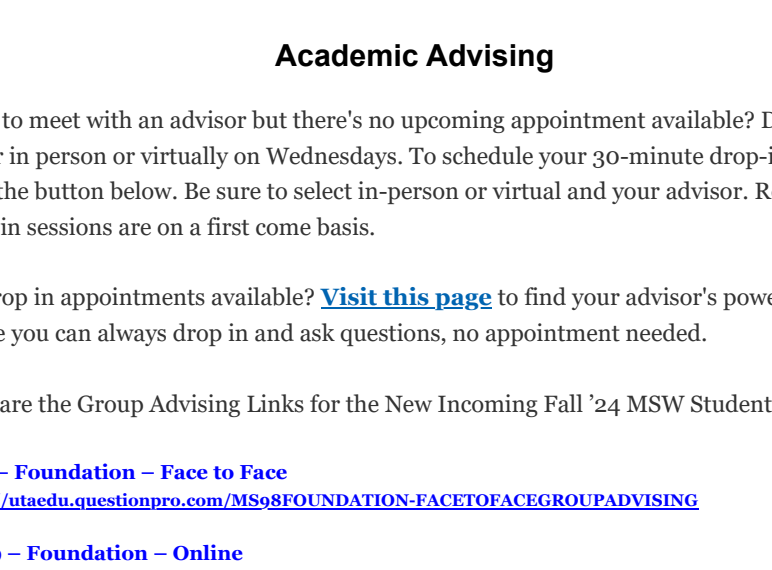
The Student Employment Office is located within the Career Development Center on the 1st floor of the E.H. Hereford University Center at 300 West 1st Street, Suite 180S, Arlington, TX 76019. Our office is open between 8:00 am – 5:00 pm, Monday through Friday. Call us at 817-272-2932 or email us: studentemployment@uta.edu

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.

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**.

Schedule your appointment here

Field Placements

- **April 29th-June 14th:** Fall Field Application Open
- **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 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: