

UNIVERSITY OF
TEXAS
ARLINGTON

**SCHOOL OF
SOCIAL WORK**

BACHELOR OF SOCIAL WORK



WEEKLY UPDATE

July 19, 2021

SOCIAL JUSTICE SPOTLIGHT

Bereaved Parents Awareness Month

According to Beverly Beuermann-King, "There are so many expressions of grief after the loss of a child, that often it is hard to sort out how a bereaved parent is really coping."

Grieving The Loss Of A Child

Beuermann- King describes the loss of a child as being "the most stressful and inconsolable of losses to deal with." She continues saying, "It violates the natural order of things and it's not fair for an innocent to see their dreams unfulfilled." Some parents may feel as if they are ultimately responsible for their child's safety and well-being which may lead them to feel like they have failed their child when loss occurs. When faced with grieving parents, many people do nothing or avoid any interactions, simply because we don't know what to do or say. However, the month of July is designated as Bereaved Parents Awareness Month, a time for supporting friends and loved ones who've experienced the stress and loss of a child.

Tips For Building Resiliency Through Bereaved Parents Awareness Month

Don't avoid the parents. The child's death may make you very uncomfortable and it may make you contemplate the mortality of your own children. It is okay for you to not know what to say or how to help. A listening ear may be what they need the most. I love the sentiment that one parent received from a friend: "Grieve well. One day you will cease to remember him with tears and instead remember him with smiles."

For many, the first year after a child's death can be the most difficult. Anniversaries, birthdays and holidays will trigger pain and tears. Don't avoid these dates but provide an opportunity for the parent to grieve and remember and not feel like they must hold the grief under control. Continue reading tips from Beverly Beuermann-King [here](#)

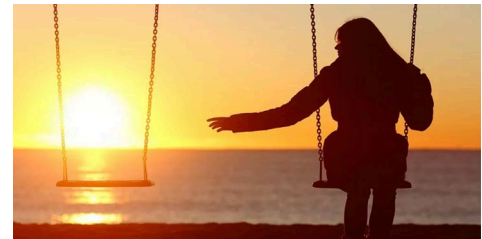


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GET SUPPORT

Announcement

Brooke Troutman, our UTA social work librarian, is leaving UTA to pursue another opportunity. As we await their replacement, students can reach out to socialworklibrarians@uta.libanswers.com for assistance.

Weekly Virtual Support Group Schedule

WEDNESDAY	THURSDAY	FRIDAY
10:00AM-11:00AM First-Generation & International Students' Success	6:15PM-7:15PM Building Better Interpersonal Relationships	10:00AM-11:00AM Men's Virtual Room of Recovery
1:30PM-2:30PM Accommodating for Success		11:30AM-12:30PM Women's Virtual Room of Recovery
3:30PM-4:30PM Promoting Healthy Habits		6:30PM-7:30PM Active Duty, Deployed Guard and Reserve Group
6:30PM-7:30PM		

Presented by University of Texas Arlington | School of Social Work

Virtual Support Groups

Need support? Attend *Mavs Hour* Wednesdays. Next Wednesday's group will be at 7pm. Email Chantinia.Chansler@uta.edu for the link to participate.

Know a non-social work student who needs support? Make a referral to the weekly support groups to the left.

Who may participate:
Must be 18 years of age or older
Individuals affiliated with UTA (students, faculty, staff, etc.)—each group has their own selection criteria (i.e. *students only*)
At this time, **we are not serving students from the School of Social Work** to maintain HIPPA and FERPA standards. These students will be connected with resources and university personnel to best serve their needs.
Individuals who have been referred to the SSW Virtual Clinic and reached out through the email: SSWCOVID19HELP@uta.edu



YOU MATTER

Hi Everyone,

Thank you for the kind words you've shared with me these past couple of weeks. I'm humbled to know that my words have connected with some of you in a meaningful way. Some of the best advice I've received from mentors is to "say what you need to hear." When I follow this advice, it's always led to healthy conversations and ultimately a stronger community. So what do I need to talk about today? Hurt. Discomfort. Sadness.

My grandmother passed away earlier this week. My heart is heavy with my grief, but I'm also taking in my family's feelings. Watching their pain is hard, but in some ways, I'm grateful to sit in that discomfort with them. It means that our relationships are genuine. We don't have to pretend to be something we're not. We can just *be*. I'm going out with friends on Saturday, and one of my friends had the most loving reply: "I still want to see you, whatever your mood." Putting on a persona is exhausting, and, to tell you the truth, it's not necessary. You matter enough to let go of that pressure of presenting a certain way and just *be*.

My hope for you all is that you learn to *be* with the people around you, including your family, friends, and Clients. I remember early in my career; I wanted to be the "best" social worker. I tried to solve problems. Looking back, I realize that my heart was in the right place, but my intentions were more hurtful than harmful. I let my ego get in the way. Any time someone came to me with a problem, I immediately started helping them look for solutions. Or, when someone was upset for more than 10 minutes, I'd want to change the topic by finding solutions. But how can you resolve something like grief? How can you permanently "fix" someone's financial situation when there are so many systemic barriers? Sometimes I worry that we focus too much on "checking boxes," and we forget about the healing power of just *being* with someone. Validating pain can be more helpful than trying to provide case management your way on your own time.

Maybe you think you would never do that. I remember thinking the same way, but when you convince yourself something will "never" happen, it's a lot easier to ignore the behaviors/thoughts that are harmful. Social work is not like a textbook. You may know the "correct" way of practicing, but knowing doesn't protect you from making those mistakes. The sooner YOU take the pressure off of you to always have the correct answer, the sooner you'll start to thrive in every part of your life. It's so hard to hear someone else's pain, and often our first response is to try to alleviate it. But our job as social workers is not to "fix" because our Clients are NOT broken. It's about being with someone in what's most likely a vulnerable time in their lives. My challenge to you is to look deeper than the textbook answers. Sit with that discomfort of asking yourself, what do my behaviors say? Am I here for this person, or am I letting my ego get in the way? For me, there are signs I've identified when I'm making it more about me than the person:

- Talking more than listening
- Trying to make someone feel better
- Trying to give solutions

Avoiding a deeper conversation because of my discomfort
Remember, you don't have to be perfect, just human. You matter enough to show your authentic self. What parts of you allow you to connect with someone? Your humor? Your tears? Your hobbies? I'd love to know! Bonus points if you can list them without quoting the fancy words in your textbook. 😊

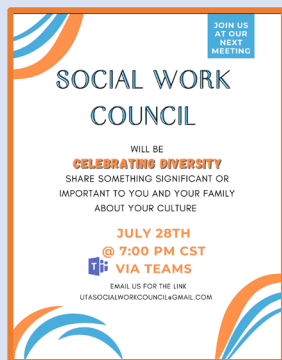
Sarah Herrera,

LCSW | Doctoral Student | MSW

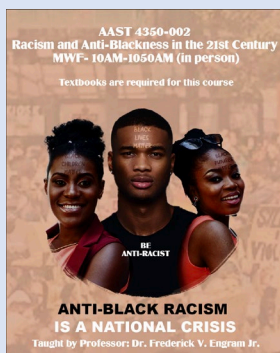
If you like You Matter posts and want to explore them more deeply, please consider joining us for a Wounded Healers meeting. You can find us on Teams!



STUDENT ORGANIZATION SPOTLIGHT



COURSE SPOTLIGHT



WELCOME NEW BSW ADMIN ASSISTANT

Our previous BSW program administrative assistant Velvet Denny has moved out of state, and we are pleased to welcome our new admin assistant, David Waters! David will be helping with things like minor declarations, transitioning to the major, BSW orientation and more. He can be reached at david.waters@uta.edu



ADVISING

- Don't need a full advising appointment but have general questions? Join your advisor for their weekly Power Hour!
- **If your advisor's appointment schedule is full, please consider emailing them for email-advising, or attend their weekly Power Hour.** Please check advising appointments every Monday when new availability opens up for the coming weeks.

Keiana Tuesday 12:00-1:00 [Click here to join the meeting](#)
 Mark Wednesday 12:00-1:00 [Click here to join the meeting](#)
 Valerie Thursday 11:00-12:00 [Click here to join the meeting](#)

BSW Academic Advisors:

- Last names A-C: Valerie Adame – adamev@uta.edu
- Last names D-Me: Mark Frazier – mark.frazier@uta.edu
- Last names Mi-Z: Keiana Crain – keiana.green@uta.edu

LICENSING

- If you're in your final semester and want to get started on applying to ASWB to take the LBSW 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](#).
- **Click [here](#) for a recording of our Social Work Licensing Information Session, held in April 2021.**
- 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.

MSW ADMISSIONS

Are you graduating this semester with a 3.0 or higher and hoping to start the MSW program this fall? We accept MSW admissions on a rolling basis. The admissions calendar can be found [here](#). If you have any questions about the process of applying to the MSW, please contact leslie.reyna@uta.edu



FIELD PLACEMENTS

General

- **All students, agencies, and Field Instructors should use this URL for InPlace:** <https://inplace.uta.edu/>
- The InPlace fee is \$67 per year or \$130 for a lifetime. Each student will need to plan to pay the InPlace fee on the first day of class for that semester they are starting field.
- [InPlace Training](#) and [Logbook Training](#) can be found here!
- If you are having technical difficulties with InPlace please email sswfield@uta.edu and include a screenshot of the issue.
- [Field forms are available here!](#)
- [Field FAQ](#)
- **Contact [Sharon Martin](#), LMSW, Field Advisor, with any questions!** You can also connect with her during her Field Power Hours every 1st & 3rd Wednesday of the month from 3:00-3:30. [Click here to join the meeting](#)

Summer

- **The reduction in Field Hours has been extended through the Spring 2022 semester. Find more information regarding Summer 2021-Spring 2022 Field accommodations [here](#).**
 - Block students must complete a minimum of 408 hours for Summer 2021
 - Split students must complete a minimum of 204 hours for Summer 2021
- The Block Field 14-week Summer Session & Split Field 11-week Summer Session dates have been updated on the [Field website calendar](#)

Fall

- **The Fall 2021 Field Application closed June 4th. No late applications will be accepted.**
- Fall Field placements are currently being assigned based on the order in which field applications were submitted. If you have a question, please contact your field advisor.

Spring 2022

- The Spring 2022 Field Application opens Oct. 01 – Nov. 26, 2021. These dates are subject to change. See the full Fall 2021 Field Education Calendar [here](#).
- Read the Summer 2021 – Spring 2022 Field Accommodations [here](#).

IMPORTANT DATES

SUMMER 11 WEEKS 2021

- **Jul. 22 - Last day to drop classes; submit requests to advisor prior to 4:00pm**
- Aug. 12 - Last day of classes
- Aug. 16 - Final exams
- Aug. 17 - Final exams
- **Aug. 18 at 7pm – SSW Commencement Ceremonies at College Park Center (on UTA campus)**

COURSE REGISTRATION

- **Fall registration is open.**
- Courses marked "BSW Online Students ONLY" are restricted to students in the fully online BSW program. If you would like to switch into the fully online program, please contact your academic advisor and complete [this survey](#).
- For questions about the BSW Online program, please contact david.waters@uta.edu

21-Day Challenge

The [Arlington-Mansfield Area 21-Day Challenge](#) encourages daily actions to learn more about racial equity, promote unity, and combat divisiveness in our communities.



VIRTUAL EVENTS

Support Dreamers

Mark your calendar for a training session on supporting DACA and undocumented Mavericks so they can be successful.

[Dreamers Ally Training](#) is at **2 P.M. Wednesday, July 21**. For more information, email dreamers@uta.edu.

NASW's Congressional Advocacy Day

Please join us on **July 22** to advance critically important congressional legislation that will strengthen the social work profession and the clients they serve. This is a key opportunity to meet with your congressional delegation, educate them about the value of social work and social workers, and to gain their support for priority legislation. To register for the event, please click [HERE](#). Registration is \$25. Space is limited, so please register early. Participants will be able to register on a first-come, first-served basis.



On Demand Fitness Classes



Fitness On Your Schedule

The following classes are on-demand! Take them anytime.

[Strength Class 1](#)

[Strength Class 2](#)

[Pulse Strong 1](#)

[Pulse Strong 2](#)

[Tabata 1](#)

[Tabata 2](#)



Putting People First in Mental Health

Suicide- Focused Assessment and Treatment: An Update for Professionals

Join us for this online course
October 20, 2021



GRADUATION

- The deadline to apply to graduate passed on July 1. To apply late, contact your advisor ASAP.
- There is an additional \$60 late application fee.
- SSW [commencement ceremony](#) scheduled for **August 18 at 7pm at College Park Center**
- The Virtual Ceremony is to be held on Saturday, August 21, 2021.
- Guest ticket info: Click [here](#)
- **Are you an NASW student member graduating in August? Be sure to request your graduation cord before Friday, July 16.** Not a member yet? You can join NASW before you graduate for only \$60 and receive a discount on your membership dues for the next two years if you retain active membership. Click [here](#) for more information.

Calling ALL UTA Alumni

The Social Work Council is creating a Cap & Gown Lending Closet for future graduates at all levels.



Donate your cap & gown to The Social Work Council to help current graduates as they step across the stage. If you need a gown please contact us!

For more info contact The SWC
utasocialworkcouncil@gmail.com



IPE Distinction Certificate

Interprofessional education (IPE) is "when students from two or more professions learn about, from and with each other" (WHO, 2010).

Have you participated in IPE activities while attending UTA?

Want to be recognized for your hard work?

Apply for an **IPE Distinction Certificate!**

REQUIREMENTS:

- MUST HAVE COMPLETED AT LEAST TWO IPE ACTIVITIES WHILE ATTENDING UTA
- MUST BE ABLE TO DISCUSS THE IPE ACTIVITIES IN WHICH YOU PARTICIPATED
- SUBMIT A COPY OF YOUR RESUME THAT INCLUDES THE IPE ACTIVITIES
- SUBMIT AN EXAMPLE COVER LETTER EXPLAINING HOW IPE HAS HELPED YOU TO PREPARE FOR A JOB

To fill out an application
CLICK HERE!

APPLICATIONS ARE DUE: July 16th, 2021

Questions?
Contact: Professor Tracy Orwig
tracy.orwig@uta.edu





RESEARCH

[Student Research Opportunity Center](#)

[Social Work Course Guides](#)

RESEARCH TUTORING CENTER

DROP-IN SOCIAL WORK RESEARCH ASSISTANCE

Calling all students enrolled in research courses! Are you struggling with your research class? Tutors are here to help! Log in through Microsoft Teams to receive assistance.

JOIN IN TUESDAYS FROM 12-2PM. [LOG IN HERE](#)

Unable to drop in during the designated time? No problem! Submit your questions [here](#).



FUNDING

Hiring Immediately!
[Apply Here](#)

Seasonal Retail Team Member – Part-time
University of Texas at Arlington Bookstore
Department: Fall Rush Bookstore 2021
Perks - Employee discount, flexible schedule
Hourly Rate of \$12 Hour

BE A PART OF OUR TEAM!

NOW HIRING VA WORK STUDY STUDENTS

Gain professional experience and serve your fellow military-connected students by working with the Military and Veteran Services Education Benefits Certification Team:

- Processing VA Education Benefits
- Hazlewood Exemption Benefits
- Welcoming/assisting visitors
- Answering questions over the phone
- Other projects as needed

Click Here for application
send completed application to va@uta.edu

student must be currently using federal VA Education Benefit and enrolled at least 3/4 time

UNIVERSITY OF TEXAS AT ARLINGTON | MILITARY AND VETERAN SERVICES

Scholarships

Fall scholarships closed on July 9th.

Visit the [ScholarShop](#) to search additional scholarships you might qualify for.



STAY SAFE

Expanded COVID-19 vaccine opportunities to include on-campus availability

UTA has established a partnership with OptumServe to provide all interested employees and **students access to COVID-19 vaccines at a convenient on-campus location and free of charge.** UTA students and employees are strongly encouraged to participate in COVID-19 vaccinations if they are able. Please visit the UTA [COVID-19 Vaccination Information and Resources](#) page to access registration links and instructions for both vaccine opportunities.

FACE MASK POLICY

UTA no longer mandates the wearing of masks on campus but continues to strongly encourage and recommend that Mavericks wear masks, particularly when inside campus buildings.

For the latest updates on UTA's response and guidelines for COVID-19, please visit the [Coronavirus Information Page.](#)"

KNOW YOUR STATUS

No cost & confidential HIV testing

CALL OR TEXT TO SETUP AN APPOINTMENT!

PHONE: 682-478-6965
EMAIL: TYLERB@MHMRTC.ORG

Dean Ryan's [Statement on COVID-19 Health Disparities](#)



If you believe you have contracted COVID19, please type in **'COVID-19 Testing'** and your zip code into the Texas Health and Human Services to [find a testing location closest to you](#)

Have you tested positive?
Had close contact with someone with Covid?

1. **Complete mandatory reporting form**
2. If needed, you can:

- Ask professors for deadline leniency
- Contact your [USL](#), Program Director and/or Academic Advisor for additional support and guidance.



MANAGING STRESS AND ANXIETY DURING COVID-19

UTA COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

THERAPIST ASSISTED ONLINE (TAO)

Visit TAOconnect.org



THRIVE APP



Download "Thrive at UT" on App Store or Google Play

MAVS TALK 24HR CRISIS LINE

Call (817)272-8255



Visit uta.edu/caps for more information

UTA is a... COMMUNITY THAT CARES



[UTA Academic Calendar](#)

[Evidence-Based Practice Research Guide](#)



Check Canvas
for the MavsUnite Page!
To add please e-mail:
[Chantinia Chansler](#)

[SAR Center](#)

(Formerly Office of Students with
Disabilities)

MEAL DISTRIBUTION

Boys & Girls Clubs of Greater Tarrant County
will be distributing meals, food and snacks.
Outside meal distribution will occur Monday - Friday 4:00-5:30pm

Distribution Locations

Eastside Branch 4851 Ramsey Ave Fort Worth, TX 76105	Main Branch 808 North Elm St. Arlington, TX 76011
Murkin Branch 3123 Avenue G Fort Worth, TX 76105	North Branch 2000 Ellis Ave Fort Worth, TX 76104
South Branch 1500 Hampshire Fort Worth, TX 76104	

All Are Welcome!
Meals are available to any child ages 18 years or younger.
Meals will be distributed as long as food supplies last.
Each site is able to accept individually packaged meals
and groceries available to be organized.
Various advance learning resources provided with each meal.

Contact Us!
For more information or questions contact:
Latoya Dwyer
LDwyer@bgclubs.org

First Come, First Served!

THE UNIVERSITY OF TEXAS AT ARLINGTON
COUNSELING & PSYCHOLOGICAL SERVICES

MAVS talk

24 HOUR CRISIS LINE

817-272-TALK (8255)
WWW.UTA.EDU/CAPS
303 RANSOM HALL

[UTA
Library
Accessibility](#)

[On-
Demand
& Live
Fitness
Classes](#)

Texas Health and Human Services
**COVID-19 Mental
Health Support Line**

If you or someone you know
is feeling overwhelmed by
the COVID-19 pandemic,
help is available.

Speak with a mental
health professional
for help dealing
with anxiety,
depression, stress,
grief or worry 24/7.

Call the toll-free COVID-19
Mental Health Support Line at
833-986-1919.

TEXAS
Health and Human
Services

**DREAMERS
WELCOME**

**In Crisis?
Text HELLO to 741741**

CRISIS TEXT LINE | Free, 24/7, Confidential

Webinar Library

Isabella Hong, an MSW Alum, graciously compiled a list of webinar resources and a video going over the basic functioning of Teams to any who may need assistance. Special thanks to Jose B. Yerena, LCPAA, who has taken over updating the list on a weekly basis! **Please note that it is necessary to ask your supervisor permission for these to count towards any required field hours.**

[MSW Specialties](#)

[Social Work Webinars List](#)

[Basic Function of Teams](#)



Rental Assistance Program

The [Tarrant County Rental Assistance Program](#) assists residents who have been impacted by the COVID-19 pandemic. For more details, email renthelp@tarrantcounty.com or call [817-850-7940](tel:817-850-7940).

The Lifeline
is **FREE**,
confidential, and
always available.

HELP
a loved one,
a friend,
or yourself.

Community crisis centers
answer Lifeline calls.

**NATIONAL
SUICIDE
PREVENTION
LIFELINE**
1-800-273-TALK (8255)
suicidepreventionlifeline.org

**Learn the
Warning
Signs.**

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0805-0917-0128

Emergency Assistance Fund

UTA students with a temporary financial hardship resulting from a sudden emergency [may apply for financial help.](#)

[Get Microsoft 365, The Wall Street Journal and Other Apps FREE with your student email!](#)

How to gain access to SSW writing resources: [Advising & Student Success Canvas](#)

[UTA/Tri-C Food Pantry Distributions](#)

Currently distributing groceries on Thursdays only, from 9-11:45 a.m. and 2-4:45 p.m. To receive these grocery bags you must send an email to utafoodpantry@gmail.com to request a pickup time. Include student name, last four digits of UTA ID, requested grocery pickup time, choice of vegetarian, chicken, or any meat groceries.

If you have any questions or content suggestion for the newsletter, please contact Safiyah Ricks: rdr0162@mavs.uta.edu



**SCHOOL OF
SOCIAL WORK**

211 S. Cooper Street, Arlington TX 76019
Social Work Program
(817) 272-3613

"Some Days There Won't Be A Song In Your Heart. Sing Anyway."

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-Emory Austin