I acknowledge the grave harm brought by colonialism to this land, especially the systematic attempts to erase indigenous and African identities through violence, slavery and racist segregation laws.

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.
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 a way 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” Clients. 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 be enough to show your authentic self? What parts of you allow you to shine and be you? Let go of comparing yourself. We’re all human, and we’re all flawed. We’re all going to make mistakes. It’s OK to make mistakes. It’s OK to be human.

My grandmother was such a strong woman, but she was still human. She fought with depression nearly her entire life. How can you fight that when it’s too hard? That is the pressure of presenting a certain way and just be, and it’s 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.
ATTENTION COHORT STUDENTS: You must register for fall classes by July 26. Thereafter, any remaining cohort seats will be opened to noncohort students.

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.

Don't need a full advising appointment but have general questions? Join your advisor for their weekly Power Hour!

Toy Howard  Mon 10-11  [Click here to join the meeting]
Valerie Adame  Tue 11-12  [Click here to join the meeting]
Maresia Davis  Wed 11-12  [Click here to join the meeting]
Cleondria Marable  Thu 11-12  [Click here to join the meeting]

InPlace has a new URL! All students, agencies, and Field Instructors will need to use the new URL [https://inplace.uta.edu/](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!
Field forms are available here.
Field FAQ

If you are having technical difficulties with InPlace please email ssfield@uta.edu and include a screenshot of the issue.

Are you a CAP student ready for your advanced field placement? Check out the Funding section for paid opportunities!

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.

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.

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.

This is an opportunity for you to ask questions, similar to Office Hours for faculty!
- Foundation MSW
  - Field Advisor: Natalie Mangham
  - 1st & 3rd Monday of the month, 3-4
    - [Click here to join the meeting](#)
- CAP & Children & Families
  - Field Advisor: Monica Brown
  - 1st & 3rd Tuesday of the month, 3-4
    - [Click here to join the meeting](#)
- Mental Health
  - Field Advisor: Hector Ramos
  - 1st & 3rd Wednesday of the month, 3-4
    - [Click here to join the meeting](#)
- Aging & Health
  - Field Advisor: Sharon Martin
  - 1st & 3rd Thursday of the month, 3:30-4
    - [Click here to join the meeting](#)
**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.

**Suicide-Focused Assessment and Treatment: An Update for Professionals**

Join us for this online course, **October 20, 2021**

**Regina’s Inspiration Station**

**Wednesday, 2-3pm** Come visit with me about your challenges, hopes, inspirations, ideas for the programs, and your career plans. This is an open mentoring hour for us to chat about whatever you like! **Join Microsoft Teams Meeting**

I am also available weekly on Tuesdays from 9-9:50am! **Click here** to join the meeting.
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’s 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.

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)

MANAGING STRESS AND ANXIETY DURING COVID-19

THERAPIST ASSISTED ONLINE (TAO)

Visit TAOconnect.org

THRIVE APP

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

MAYS TALK 24HR CRISIS LINE

Call (817)272-8255

Visit uta.edu/caps for more information

Scholarships

Fall scholarships closed on July 9th. Visit the ScholarShop to search scholarships you might qualify for.

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 2/3 time

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

Hiring Immediately!
Apply Here

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UTA Academic Calendar

Check Canvas for the MavsUnite Page!
To add please e-mail: Chantinia Chansler

SAR Center
(Formerly Office of Students with Disabilities)

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.

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.

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!

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.

STRAIGHT TALK COUNSELING PROGRAM
MEAL DISTRIBUTION
Boys & Girls Clubs of Greater Tarrant County will be distributing meals, food, and snacks. Curbside meal distributions will occur Monday – Friday 6:30 – 8:00pm.

Distribution Locations
Eastside Branch
4651 Ramey Ave
Fort Worth, TX 76105

Main Branch
608 North Elm St.
Arlington, TX 76011

First Come, First Served!
All Are Welcome!
Meals available to any child ages 18 years or younger (membership not required)
Meals will be distributed as long as food supplies last
Each car is eligible to receive individually packaged meals and snacks as available to the organization
Weekly at-home learning resources provided with each meal
Contact Us!
For more information or questions contact:
LaToyia Greyer
LGreyer@bgcgtc.org

Curbside meal distribution will occur Monday - Friday 4:00-5:30pm
Martin Branch
3123 Avenue G
Fort Worth, TX 76105
Panther Branch
1500 Hemphill
Fort Worth, TX 76104
NFW Branch
2000 Ellis Ave
Fort Worth, TX 76164

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MSW Specialties
Social Work Webinars List
Basic Function of Teams

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

“Some Days There Won't Be A Song In Your Heart. Sing Anyway.”
-Emory Austin