September 4 is World Sexual Health Day!

September 4 is World Sexual Health Day, where we raise GREATER awareness to sexual health, celebrate sexuality and promotes sexual rights. What is sexual health? Sexual health regards your well-being mentally, physically and emotionally well-being regarding our sexuality. Our sexual wellbeing influences our medical issues, education and over all sexual behavior.

On this day we also look at our sexual rights, here are just a few:
• equality and non-discrimination
• autonomy and bodily integrity
• be free from all forms of violence and coercion
• privacy
• the highest attainable standard of health, including sexual health
• accurate information
• education
• decide to have children and how many to have
• access justice

How To Observe
• Educate yourself on ways to stay safe
• Take part in a conference
• Talk about it!

Sources: https://www.worldsexualhealthday-northamerica.com/
Get to know our Student Leaders!

Hey guys, my name is Tava A. Romaine (She/Her/Hers), I have been at UTA for the last 3 semesters and I’m loving every moment. I do have to attend online classes, so I feel like I’m missing out on the full college experience. I was a student leader last semester; I’m learning more and more each day.

I do plan to finish my BSW and pursue my MSW. I long to work with troubled teens or young adults in our juvenile system. I would say that I lead when leading needs to be done, but I’m mostly a behind the scenes type of girl and I also love to help others without anyone knowing. I was always told to be a nurse and that was the way to help people, but I took one class in the Social Work field and I have been hooked ever since and looking forward to all I can learn.

I am not a native of Texas, but I’m learning to love it here as so many Texans do. I have been slow to learn the roads and not a fan of the heat or the ice. I look forward to what the University of Arlington will bring me, I’m thankful for the opportunity to be a part of the leadership program and can’t wait to see where it takes me in the future.

Interested in becoming a USL in the Spring 2023? Click here!
I have learned...through a great deal of missing the mark and adjusting...that whenever I take the focus off of what is going on inside of me and direct that focus to another...what is wrong with them...everything gets out of balance inside of me. It is a high price I pay when I attempt to ditch what I am responsible for...my thoughts, feelings, and choices.

It typically goes something like this...someone says or does something, and I notice that I become incredibly anxious or stressed. I don’t want to feel anxious, and I want an immediate solution NOT to feel stressed. So, the quickest path to resolution is to blame the person for their actions and for ‘making me’ feel anxious. Well, we all know that nobody can make us feel anything; how we feel in any given situation is completely within our power.

What is the result? I will continue to feel anxious and out of balance until I stop and turn the question inward...where is this anxiety coming from? Sometimes I have to sit with the question for awhile...maybe hours...maybe days...maybe weeks...for it all depends on how willing I am to be honest with myself. Their words or actions were merely a catalyst for making me aware of an old wound...I say old wound for rarely is it about something in the here and now.

As I walk this journey of evolution and awakening, I notice that the present continuously offers opportunities to heal the past in the now...as long as I enter the process with a few perspectives. First is mindfulness...which is simply another way of saying ‘being present in the now’. Next is curiosity...the ability to wonder...for when we are in wonderment, it is much easier to leave judgement out of the picture completely.... and this is foundational to healing. Finally, to be open. If we want to experience something different, we have to do something different. A common saying in 12-step programs is ‘insanity is doing the same thing over and over expecting different results’ or the proverbial beating our head against the wall. A quote that applies to these concepts is attributed to Herbert Spencer, “There is a principle which is a bar against all information, which is proof against all argument, and which cannot fail to keep a man in everlasting ignorance. This principle is contempt prior to examination”

Consequently, taking each situation as an opportunity to learn something about myself becomes a magical and transformative process. I give myself the opportunity to identify and release patterns that no longer serve me. I give myself the opportunity to experience a whole new level of self-awareness, self-acceptance, and self-love. I become proficient at self-regulating my emotions...of addressing the source of the anxiety.... as well as steps to alleviate the anxiety. I believe that each of us have...within us...the answers to whatever questions we have. It is simply a matter of tapping into that innate wisdom...our higher self...Great Spirit...Universal Consciousness...God within...or whatever name you choose. Remember, this is your journey, and you are creating your reality with every thought, feeling and choice. You get to decide how you want to respond; this is where your personal freedom and personal power lie.

What did you learn about yourself today? How has your life changed? What is different now? Do you feel an increased vibration of love, joy, grace, or peace? Do you have more to explore about a particular experience, thought or feeling? Do you feel closer to your authentic self. Do you feel empowered?

My wish for you? Whatever the day brings, anchor yourself in the now and embrace the beautiful you. This journey is uniquely yours...you are writing the script...you are telling the story...trust the journey...trust yourself...for you matter.

Dayton Ann Williams, MBA, PMP®
MSW Student, Direct Practice in Mental Health & Substance Misuse
MHPS (Certified Mental Health Peer Specialist)
CPC® (Certified Professional Coach)

Want to write your own “YOU MATTER” section? Email Olga.carrillo@mavs.uta.edu
The Bachelor of Science in Substance Use & Treatment (BSSUT) “The degree will use a multidisciplinary approach to understand the biological, psychological and social aspects of substance misuse,” said Scott Ryan, dean of the School of Social Work. “Its curriculum for assessment and treatment methods for substance misuse are based on evidence-informed and research-supported practices that will enable students and future professionals to understand and treat individuals, families, groups and communities while preparing graduates for careers in this field.”

Continue reading here

Shermell Osborne
shermell.Osborne@uta.edu

Dr. Allison Tomlinson, PhD, LCSW-S
allison.tomlinson@uta.edu

For more info and FAQ’s Click Here

Degree Progress Worksheet Click Here
**ADVISING**

- Need to meet with your 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 [here](#). Be sure to select in-person or virtual and your advisor. Remember, drop-in sessions are on a first come basis.

- 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.

**BSW Academic Advisors:**
- Sabrina Earle – sabrina.earle@uta.edu
- Kyleigh Easter- kyleigh.easter@uta.edu

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**FIELD PLACEMENTS**

**General**

- All students, agencies, and Field Instructors should use this URL for InPlace: [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 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 Thursday of the month from 3:00-3:30. [Click here to join the meeting](#).

**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**

Did you know that if you pursue your MSW at UTA within 6 years of graduating with your BSW, you can finish your Masters in as fast as 1 year? 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 doloresbevins@uta.edu

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**Spring 2023**

- The Spring 2023 Field Application is open October 03, 2022.
- Application deadline is November 25, 2022
- See the Spring 2023 Field Education Calendar for Block and for Split [here](#).

**Fall 2022**

- The Fall 2022 Field Application is now open.
- Application Deadline is [NOW CLOSED](#).
- See the Fall 2022 Field Education Calendar for Block and for Split [here](#).

**InPlace fee is due on the first day of class**

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The School of Social Work Virtual Clinic
Need additional support? The School of Social Work Virtual Clinic offers FREE services. Support groups are offered virtually, weekly to BSW students. Please email SSWVirtualClinic@uta.edu for more information.

Students for Global Change (SGC)
Interested in making an impact regarding social injustices? Advocate for social issues! Join Students for Global Change (SGC) to start making an impact!

MEETS EVERY 3RD WEDNESDAY PDF EACH MONTH | 5-8 PM | TEAMS VIRTUAL MEETINGS
EVERYBODY’S WELCOME!

To participate, please register: https://forms.gle/InHefg5535kME1
Email us at sgc.uta@gmail.com

Connections Tutoring Lab
School of Social Work
NOW OPEN
Schedule a 30 minute session with a writing tutor!

DHA
Housing Solutions for North Texas

Welcome Back Week
MONDAY AUGUST 22ND
Mavs Meet Convocation
Celebrate the start of the new academic year with Mavs Meet at the College Park Center
6 PM

WEDNESDAY AUGUST 24TH
Waffleopolis
The evening will include new and old friends meeting up to enjoy waffles with a variety of toppings. Located at Brazos Park
8 PM

WEDNESDAY AUGUST 31ST
Maverick Activity Fair Day
Activity Fair Day is a prime opportunity to meet face-to-face with an array of campus and community resources.
10:00 AM - 1:30 PM

Join the UTA School of Social Work Gerontological Organization (GO)
• Interested in creating a better world
• Interested in a career working with older adults
• Working in a field placement with older adults
• Want to build your resume with student activities
• Looking to network with your peers
• Consider joining GO

First Meeting: September 12, 2022 – 5:30 – 6:30 PM
TEAMS Link: CLICK HERE to join the meeting.

To Join GO:
https://mavconnect.uta.edu/teams/gerontological-organization

Click and search for the Gerontological Organization
PROFESSIONAL DEVELOPMENT TRAININGS

Making an Accessible PDF Document From a Word Document
- Virtual Only
- Date: Monday 08/29/2022, 10:00 AM – 11:00 AM (1 hr)
- Prerequisite: #1 Electronic Accessibility - Why, What and How

A Day In Your Shoes
- In-Person Only
- Location: Library, Room Atrium
- Date: Tuesday 09/13/2022, 10:00 AM – 12:00 PM (2 hrs)

May Ally 1.0
- Virtual Only
- Date: Thursday 09/15/2022, 10:00 AM – 12:00 PM (2 hrs)

GLOBAL ENGAGEMENT - INTERCULTURAL COMPETENCY TRAINING
- Virtual Only
- Thursday 10/20/2022, 10:00 AM – 11:00 AM

Visit the Diversity, Equity & Inclusion Professional Development UTA Website!
ACADEMIC OPPORTUNITIES

Minor in Medical Humanities and Bioethics

Details at uta.edu/philosophy

New BSSUT Courses

Wide variety of electives available
Service learning opportunities
Internship

Contact for more information: steven.gallman@uta.edu

Requirements:
- HIMU 3300 (Medical Humanities)
- PHIL 3315 (Bioethics)
- Disability Studies Course (Choose at least)

Course Options:
- BSSUT 3349: Women, Access, and Disability
- BSSUT 3360: Treatment Management
- BSSUT 3351: Social Service Law Treatment

Cognella Cares Scholarship Program

We'd like to recognize your outstanding students!

We're accepting submissions for the Cognella Cares Student Scholarship Program through September 20, 2022. This program awards undergraduate students from any academic discipline with scholarships for writing essays on timely and relevant topics that impact higher education, student life, and society at large.

Social Work Connections Lab

Receive help with:
- Interviewing skills
- APA formatting
- Writing from a structure
- Interviewing requirements
- Build social work skills
- Writing assignments

Get ahead this semester by booking your appointments now!

VOLUNTEER OPPORTUNITIES

UTA Needed: UTA School of Social Work

Attention BSW students! The School of Social Work is recruiting undergraduate student leaders (USLs).

Application opens in April, for the summer 2022 semester!

Are you interested in applying? If so, contact Ashley Schmidt or Esther Rocha:
- Ashley.schmidt@uta.edu
- Esther.rocha@uta.edu

Road To Recovery: Trauma Informed Care

Applications Open for 2023

The Texas Center for Disability Studies is offering an exciting training opportunity - FREE to selected applicants. The Center is recruiting applicants to become master trainers of the Road to Recovery: Supporting Children with Intellectual/Developmental Disabilities Who Have Experienced Trauma.

The virtual training offers DID professionals, mental health professionals, family members, educators, direct care workers, and others valuable insights into how to work effectively with intellectual and other developmental disabilities in helping from trauma.

Interested in becoming a trainer?
Complete the application on disabilitystudies.uta.edu/R2R

Deadline to submit your application is November 14, 2022. Questions? Contact chrisko@gmail.com.

Tarrant Area Food Bank

TAFB

Volunteer Today

REGISTER TODAY

NASW Texas Hybrid Conference

October 13-15, 2022

Student Volunteers Needed!
Covid-19 Vaccine

Contact covidvaccine@uta.edu with any questions. If the dates and times of these clinics don’t work for you, the COVID-19 vaccine is free and widely available in Arlington and surrounding communities. To find a vaccine or booster near you, enter your zip code into the CDC’s COVID-19 vaccine finder.

Click Here for more information.

Required COVID-19 testing and new protective measures for Spring 2022 (English and Español) (uta.edu)

Classroom density, updated info from university on testing and return to campus

Dean Ryan’s Statement on COVID-19 Health Disparities

Are you a student in recovery from substance use? If so, you may be eligible to offer feedback on a new VR based tool for substance use treatment. Click here for more information.

Research Participation Opportunity

Volunteers needed for an exploratory survey of childhood experiences and well-being in transition-age youth.

Thank you for your interest and participation! We understand that your time is valuable. Participants who complete the survey will be entered into a raffle for one of ten $20 Amazon gift cards.

If you have any questions, please contact the research team at katherine.fahrenthold@mavs.uta.edu or caroline.ludeman@uta.edu.
**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!**

**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 Olga Carrillo: Olga.carrillo@mavs.uta.edu

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*"You must not be fearful about what you are doing when it is right"*  
— Rosa Parks