September is Suicide Prevention Awareness Month — a time to raise awareness on this stigmatized, and often taboo, topic. In addition to shifting public perception, we use this month to spread hope and vital information to people affected by suicide.

**Individual Impact:**

• 78% of all people who die by suicide are male.
• Although more women than men attempt suicide, men are nearly 4x more likely to die by suicide.
• Suicide is the 2nd leading cause of death among people aged 10–34 and the 10th leading cause of death overall in the U.S.
• The overall suicide rate in the U.S. has increased by 35% since 1999.
• 46% of people who die by suicide had a diagnosed mental health condition.
• While nearly half of individuals who die by suicide have a diagnosed mental health condition, research shows that 90% experienced symptoms.


To Be Before To Do

On the “good” days, I have this idea that I seem to come back to. My idea – or question - is this: What is the main focus of my day? What I have to do? Or what, who, or how I want to be?

In one form or another, we all have “to do” lists. And no matter how many items we check off those lists, the “to dos” never fulfill us. This is especially true if we’re stressed, upset, and completely exhausted trying to complete them, only to start all over again tomorrow. So, maybe we’re prioritizing the wrong thing.

What if instead of organizing and operating our days based on a “to do” list, first, we operated, from a “to be” list? (Please note, I am not the first person to propose such an idea). So, what, who, or how do you want “to be”?

Do you want to be:
- patient
- happy
- assertive
- understanding
- thoughtful
- helpful
- joyful
- loving
- kind
- mindful
- present

Today, this week what do you think your day would look and feel like to focus first on your “to be” list? It’s my guess that whatever, whoever, or however you want to be, if you put that first, the “to dos” will take care of themselves.

Make it a great week!

~ Dr. Tomlinson
Director of Undergraduate Programs
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.

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: Patrice Green - patrice.green@uta.edu

Keiana Crain is no longer with UTA. Until her position is filled, please contact Patrice Green

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 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

Fall 2021

• The Fall 2021 Field Application closed June 4th. No late applications will be accepted.
• All students have been placed. Students should contact their field advisor if they are still awaiting placement.
• See the Fall 2021 Field Education Calendar here. InPlace fee is due on the first day of class

Spring 2022

• The Spring 2022 Field Application will be open Oct. 01 – Nov. 26, 2021. These dates are subject to change. See the full Spring 2022 Field Education Calendar here.
• Read the Summer 2021 – Spring 2022 Field Accommodations here.

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 leslie.reyna@uta.edu
**I M P O R T A N T  D A T E S**  
**FALL 2021**

- Sep. 10 Census Date
- Nov. 5 Last Day to Drop Classes
- Nov 25-26 Thanksgiving Holiday

**CE HOURS**

**The Clinician’s Suicide Prevention Summit**  
*Treatment Strategies to Inspire Hope & Save Lives*

Live Online for Free • September 9-10, 2021 • Up to 11 CE Hours

Register for this free CE event to get actionable interventions and up-to-date insights on topics such as:

- The top assessment tools that can guide treatment
- Applying DBT, CPT, CBT, and IFS treatments for suicidal clients
- What to do with chronic suicidal thoughts that won’t go away
- Working with teens, youth, veterans, and clients
- And MORE!  

Click here to Register

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**UTA Tier 1 Announcement**

UTA has earned the Texas Tier One designation from the state of Texas!

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**BSSUT SPOTLIGHT**

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

**BSSUT PROGRAM CONTACTS**

David Waters  
david.waters@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
The University announced recently that students charged Distance Education (DE) fees for Fall 2021 online courses may be eligible for financial aid if they are facing extraordinary educational and economic challenges due to the COVID-19 pandemic. Additional information, including a University online application form, will be available after September 13 for regular session courses.

The University announcement mentioned only the $25 per credit hour DE Fee. For students taking online School of Social Work classes, you are charged an additional $65 per credit hour DE fee. If you are determined eligible by the University to receive financial aid for the $25 per credit hour of the DE fee and you are a School of Social Work student, then the remaining balance of $65 per credit hour will also be covered. This is in effect for as long as the University continues this waiver program or thru the Spring 2022 semester, whichever comes first. To coordinate with the University, further details regarding this process will be forwarded on or about September 13th.

If you are having challenges paying tuition and fees before fall classes start, it is suggested that you submit a request to the University to be on a payment plan.

If you have questions about your bill please contact Student Accounts.
RESOURCES

UTA Academic Calendar

Evidence-Based Practice Research Guide

Check Canvas for the MavsUnite Page!
To add please e-mail:
Emily Clark

SAR Center
(Formerly Office of Students with Disabilities)

UTA Library Accessibility
On-Demand & Live Fitness Classes

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.

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 Tuesday Darling: tbd2290@mavs.uta.edu

The World Talks About Change; We Create Change.

“At this very moment, there are individuals only you can reach, and differences only you can make in their lives.” -Mike Dooley

UTA Today

FOLLOW US ON SOCIAL MEDIA

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