



UNIVERSITY OF  
**TEXAS**  
ARLINGTON

**SCHOOL OF  
SOCIAL WORK**

**BACHELOR OF SOCIAL WORK  
BACHELOR OF SCIENCE IN SUBSTANCE USE  
TREATMENT**



**WEEKLY UPDATE  
August 23, 2021**

## **SOCIAL JUSTICE SPOTLIGHT**

### **National Women’s Equality Day August 26, 2021**

#### The History of Women’s Equality Day

At the behest of Rep. Bella Abzug (D-NY), in 1971 and passed in 1973, the U.S. Congress designated August 26 as “Women’s Equality Day.” The date was selected to commemorate the 1920 certification of the 19th Amendment to the Constitution, granting women the right to vote. This was the culmination of a massive, peaceful civil rights movement by women that had its formal beginnings in 1848 at the world’s first women’s rights convention, in Seneca Falls, New York.

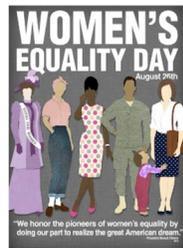
#### **#WOMENSEQUALITYDAY**

The observance of Women’s Equality Day not only commemorates the passage of the 19th Amendment, but also calls attention to women’s continuing efforts toward full equality. Continue reading [here](#)

#### **Current Equality Issues**

- Demanding equal pay with men and economic empowerment
- Protecting reproductive rights, including both access to birth control and abortion
- Equal opportunities in the workplace and education
- Eliminating suppression, oppression and violence towards women
- Raising awareness of gender-based discrimination and stereotyping

Source: <https://nationalwomenshistoryalliance.org/resources/commemorations/womens-equality-day/>



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## Welcome Back from the Director of Undergraduate Programs

Hello BSW & BSSUT Mavericks,

As the new Director of Undergraduate Programs, I would like to welcome you back to campus for the start of the 2021-2022 academic year in the School of Social Work! We are excited about the return to in person learning and the launch of so many wonderful Baccalaureate programs. I would also like to welcome to the new students in the Bachelor of Science in Substance Use Treatment (BSSUT) Program, and to our new BSW- Online students. We hope that whether you are learning remotely or in-person, you will participate in all that the School of Social Work has to offer this term in our constantly changing world of health and safety risk management. We hope that you are returning to campus with a renewed mind and spirit and that you are eager to embrace the changes we have seen over the last year. I am eager to start getting to know you all in my role as Director and I am hopeful to meet many of you at our BSW Welcome!

This year many of you will venture back out to face-to-face classes, internships, or expand your social repertoire. As we continue to navigate pandemic realities and face new challenges lets embrace the resilience and insight change brings. As Mother Teresa once said, "I alone cannot change the world, but I can cast a stone across the waters to create many ripples." In the next leg of your social work journey you will cast the ripples that help you grow, advance knowledge in our field, and encourage each other as classmates. I look forward to working with you all and the bright year ahead in our Bachelors programs.

-Dr. Tomlinson



## YOU MATTER

Hi Everyone!

Welcome back to another semester in the School of Social Work! If you're new here, welcome for the first time! We are so glad to have you! If this is your first time reading the weekly newsletter, the You Matter section is here because...well, YOU MATTER!

This newsletter has essential reminders and helpful information needed to progress toward your degree. The "You Matter" section has a similar goal. We (Craig and Sarah) will discuss crucial social work practice/education and wellbeing. We discuss self-care throughout any social work curriculum, but sometimes it doesn't sink in until we have those deeper conversations with ourselves.

Craig and I are truly passionate about creating a community of care and challenging society's current work ethic. Though we will never tell you what you "should" do, we do invite you to challenge your perspectives. If you'd like to talk further about any of our posts, we will meet in the courtyard in the middle of the social work buildings on the **first Wednesday of every month from 11:00 AM – 12:30 PM.**

So, with all of that being said, it feels a little disingenuous to fill this post with complete excitement. Of course, I am excited that you all are entering a semester where you'll learn more about yourselves and social work! However, I'm also feeling the drain of living in a pandemic since the beginning of 2020. No matter what we're looking forward to, we are also exhausted. I hope that you all honor BOTH feelings if you have them. It's ok to look forward to the future AND feel

frustration/exhaustion/etc. about our current situation. Learning to accept those uncomfortable thoughts and feelings makes space in your mind for new coping methods and helps you let go of any unhelpful thoughts telling you that you have to live your life a certain way.

Before the pandemic, I used a paper planner and had my schedule documented by the hour. That was before the collective trauma we experienced. My brain is usually in a fog now, and it's hard for me to focus. It's hard to take in some days, but once I accepted this change, I'm starting to feel more like myself, even if it's a new self. I threw out my planner (best believe I kept the cute stickers) and traded it in for a notepad where I make a daily to-do list. Then I make a not-to-do list as well. I know what to write on these lists because I ask myself these questions in the morning:

- What is my energy level today?
- What do I need to do for myself?
- What do I need to do for others?
- What can wait?

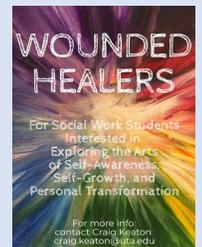
When I ask myself these questions, I struggle with the last question. I have all of those thoughts that go through my head about letting people down if I let some things wait. I have to remind myself that yes, someone else may be disappointed, but sometimes that's necessary, so I don't let myself down Every. Single. Day.

If life is looking different for you these days, I challenge you to embrace it. Step into the new and find what works for you now. Stay curious with yourself, and you'll likely find inspiration that will make life feel a little less exhausting. Craig and I would love to hear about your journey towards self-awareness and wellbeing. Feel free to drop us an email or meet up with us on the first Wednesdays of the month.

*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

JOIN UTA VOLUNTEERS



*Apply Now!*

Deadline September 3rd

Want to grow your skills as an advocate and servant leader? Apply for UTA Volunteers and put advocacy into action.

UTA Volunteers is a group of passionate students that plans and implements volunteer and community service programs for UTA and the surrounding community. Our purpose is to promote active citizenship and strengthen our community by creating a role for students to become involved in community service and provide tools and resources to the UTA community by building advocacy and servant leadership skills.

Learn more about us [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.

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](mailto:adamev@uta.edu)
- Last names D-Me: Mark Frazier – [mark.frazier@uta.edu](mailto:mark.frazier@uta.edu)
- Last names Mi-Z: Patrice Green- [patrice.green@uta.edu](mailto:patrice.green@uta.edu)

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

## 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](mailto: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](mailto: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

- **The Fall 2021 Field Application closed June 4<sup>th</sup>. 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](#).

## IMPORTANT DATES

### FALL 2021

- Aug. 24 Registration Ends for Fall Term - Regular Session
- Aug. 25 First Day of Fall Classes
- Aug. 30 Late Registration Ends
- Sep. 6 Labor Day Holiday

## COURSE REGISTRATION

- **Fall registration is open.**
- We are continuing to review course seats and waitlists to determine if classes need to be cancelled or added to the schedule
- 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](mailto:david.waters@uta.edu)
- If one of your courses is cancelled and you need assistance finding a different class, please contact your academic advisor
- **Late Course Registration is open until Aug 30<sup>th</sup>**



## WELCOME EVENTS

# SSW WELCOME WEEK SCHEDULE



AUG. 25-31



FACE MASK ENCOURAGED

WEDNESDAY (25)

BREAKFAST WITH SSW

8AM - 12PM  
SSW 1ST FLOOR

WEDNESDAY (25)

MSW WELCOME

9AM - 3PM  
SSW B-107

THURSDAY (26)

BREAKFAST WITH SSW

8AM - 12PM  
SSW 1ST FLOOR

THURSDAY (26)

BSW WELCOME

9AM - 3PM  
SSW B-107

THURSDAY (26)

RIDING BACK TO CAMPUS-BBQ

11:30AM - 1:30PM  
BRAZOS PARK

FRIDAY (27)

USL/GSL KICKOFF

12PM - 4PM  
SSW 1ST FLOOR

MONDAY (30)

FIELD EDUCATION/ ADVISING WELCOME

9AM - 5PM  
SSW 3RD FLOOR

TUESDAY (31)

SWC SPIRIT BOOTH

12PM  
SSW 1ST FLOOR

GET CONNECTED AND LEARN ABOUT ALL OF OUR RESOURCES AND PROGRAMS.



### AUGUST 25<sup>th</sup>

- ❖ BREAKFAST WITH SSW
- ❖ MSW WELCOME

### AUGUST 26<sup>th</sup>

- ❖ BREAKFAST WITH SSW
- ❖ BSW WELCOME
- ❖ RIDING BACK TO CAMPUS –BBQ

### AUGUST 27<sup>th</sup>

- ❖ USL/GSL KICKOFF

### AUGUST 30<sup>th</sup>

- ❖ FIELD EDUCATION / ADVISING WELCOME

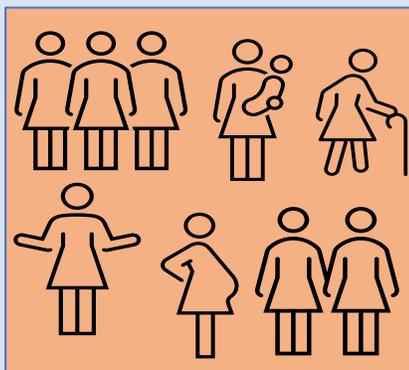
### AUGUST 31<sup>st</sup>

- ❖ SWC SPIRIT BOOTH

## COURSE SPOTLIGHT

### SOCW 4366

SEMINAR IN WOMEN'S ISSUES - 3 HOURS  
(Open Elective for Fall '21 enrollment)



Explores women's issues in human behavior theory, practice theory, and policy. Using an intersectional lens, the historical, political, and socioeconomic forces that maintain sexism among diverse groups are discussed. Environmental influences are examined in relation to social justice, social work values, knowledge, and skills. Prerequisite: [SOCW 3301](#), and [SOCW 3307](#). Co-requisite: Social Work Practice II ([SOCW 3309](#)).

## 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](mailto:david.waters@uta.edu)

Dr. Allison Tomlinson, PhD, LCSW-S  
[allison.tomlinson@uta.edu](mailto:allison.tomlinson@uta.edu)

For more info and FAQ's [Click Here](#)  
Degree Progress Worksheet [Click Here](#)



## RESEARCH

### Student Research Opportunity Center



## Let's talk about transportation in your community

A research team at the University of Texas in Arlington has partnered with the Texas Department of Transportation to better understand what your community values when making transportation choices.



#### CHOICE

We want learn what impacts your transportation choices.



#### IMPACT

We want to understand how transportation impacts your community.



#### RESEARCH

We will be conducting focus groups via zoom in communities across Texas.



#### PARTICIPATE

You can participate if you are at least 18 and a resident of Texas. You will receive a \$30 gift card for your time.

Contact the research team in two ways:

Visit this link: <https://xdot-public.questionpro.com>

Want to participate in our focus groups?

Scan this QR code:



[uta.socialwork.engineering@gmail.com](mailto:uta.socialwork.engineering@gmail.com)

[Social Work Course Guides](#)

## UTA Tier 1 Announcement

[UTA has earned the Texas Tier One designation from the state of Texas!](#)



## FUNDING

### Financial Aid for new School of Social Work Distance Education Fee

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 13<sup>th</sup>.

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](#)



## STAY SAFE

### COVID-19 Testing



All students, faculty and staff coming to campus in any capacity for the fall 2021 semester **must provide a viral test (antigen test or nucleic acid amplification test such as a PCR) by Sept. 8, 2021.**

UTA has [a number of on-campus testing options](#) that meet the required criteria and are free. In addition, the results from our on-campus options will be automatically reported to UTA with no further action required on your part. Results from off-campus testing sites will be accepted, though you will not be reimbursed for costs. You will be able to upload and submit your COVID-19 test results from off-campus testing sites to a digital portal that will be made available to campus in the coming days. Please continue to monitor your UTA email and the [UTA COVID-19 Information website](#) for updates. Students already living or otherwise present on campus may submit their results as soon as the portal becomes available, but no later than Sept. 8. Negative results from tests conducted more than 72 hours before the portal is made available will not be accepted.

Remember, if you test positive, please follow the CDC's [isolation protocols](#) and submit the [Personal Diagnosis Form](#). UTA facilities will be made available for on-campus residents who need to quarantine.

[Required COVID-19 testing and new protective measures for fall 2021 \(English and Español\) \(uta.edu\)](#)

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

## KNOW YOUR STATUS

No cost & confidential HIV testing

CALL OR TEXT TO SETUP AN APPOINTMENT!

PHONE: 817-478-6955  
EMAIL: TYLERB@MHMRTC.ORG

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



### MANAGING STRESS AND ANXIETY DURING COVID-19 UTA COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

#### THERAPIST ASSISTED ONLINE (TAO)

Visit [TAOconnect.org](https://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](https://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](mailto: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. Curbside meal distribution will occur Monday - Friday 4:00-5:30pm.

**Distribution Locations**

<b>Eastside Branch</b> 4851 Ramley Ave Fort Worth, TX 76105	<b>Main Branch</b> 808 North Elm St. Arlington, TX 76011
<b>Martin Branch</b> 5123 Avenue G Fort Worth, TX 76105	<b>Partner Branch</b> 1500 Hampshire Fort Worth, TX 76104

**All Are Welcome!**

- Meals available to any child ages 18 years or younger (proof of age not required).
- Meals will be distributed as long as food supplies last.
- Each carrier is given to each individual packaged meals and groceries are given to the regular pickup.
- Validity of home health care services provided with each meal.

**Contact Us!**

For more information or questions contact:  
Latoya @ never  
LO never@bcgcto.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.**





**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](mailto: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)  
[suicidpreventionlifeline.org](http://suicidpreventionlifeline.org)

**Learn the Warning Signs.**

© U.S. Department of Health & Human Services  
2018-2019-2020  
DHS-50-017-2128

### 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](mailto: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](mailto:rdr0162@mavs.uta.edu)**



**SCHOOL OF SOCIAL WORK**

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

*"We Make A Living By What We Get, But We Make A Life By What We Give."*  
- Winston Churchill

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