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](https://www.worldsexualhealthday-northamerica.com/)
• Talk about it!

Sources: [https://www.worldsexualhealthday-northamerica.com/](https://www.worldsexualhealthday-northamerica.com/)
Howdy, all! My name is Sandra (Sandy) Miller, and I am thrilled to be a Graduate Student Leader again this semester. This is my third semester as a GSL, and I am beginning my Advanced year with the Program. Like many of you, I am a “non-traditional” student, as I received my bachelor’s degree in Criminal Justice from Sam Houston State back in “the 1900’s,” as my kids call it. I grew up in a tiny town in rural Central Texas and was the first person in my family to graduate from college. After marrying my elementary school sweetheart (and next-door neighbor), we landed in the DFW metroplex for job opportunities and have lived here almost 30 years.

I worked as an adult felony probation officer for Tarrant County for many years in various capacities and thought I would retire from the County, as I loved the job very, very much. That plan changed after becoming a mom. Over the years, I had many conversations with loving, dedicated parents whose young adult children had become involved in crimes or addicted to drugs – It can happen to anyone. I knew I did not have the energy to deal with the despair and ugliness of the justice system all day and be an effective parent. Many people can, and do, but I knew my limits. We scaled back financially so I could be a stay-at-home parent to our two smelly, kind-hearted boys, who are now thriving in middle and high school. I am thankful for that opportunity. Now that my family doesn’t “need” me as much, here I am, back in school with my gray hair and reading glasses with the goal of eventually becoming an LCSW.

In one of my classes, we watched a Ted Talk by a social worker who floored me with the statement, “You never know that you’ll need a social worker in your life… until you do.” I can attest to that. Many of you probably can, too. Volunteering as a GSL gives me the opportunity to give back by helping other students navigate the Program, just as others have so patiently helped me. The time commitment is minimal, but the reward is a sense of community and purpose that brings great satisfaction. We are all in this together with the common goal of helping others, and I see the GSL program as part of the natural progression toward our future “helping professions.” I wish you all the best! Let’s have a great semester!

Interested in becoming a GSL? 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
**COURSE SPOTLIGHT**

**Environmental Justice & Green Social Work**

Fall 2022

- **Topics include:**
  - Environmental Racism
  - Ecological issues for children, older adults, women, and low-income populations
  - Climate forced Migration
  - Natural Disaster Response
  - Health & The Environment
  - Ecotherapy for Mental Health
  - Environmental Policy
  - Micro and Macro Level Advocacy Strategies

- **Course:** SOCW 3310 (Undergraduate) / SOCW 5310 (Masters)
- **Modality:** Online- Asynchronous (with required lectures and optional live sessions)
- **Instructor:** Karen Magruder, LCSW-S
  Assistant Professor of Practice
  karen.magruder@uta.edu

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**IMPORTANT DATES**

**FALL 2022**

- September 5 -- Labor Day Holiday
- September 7-- Census Date
- Oct. 28-- Last day to drop classes; submit requests to advisor prior to 4:00pm
- Nov. 23- No classes scheduled
- Nov. 24- Thanksgiving Holiday
- Nov. 25- Thanksgiving Holiday
- Dec. 6- Last day of classes
- Dec. 7- Student Study Day (no classes)

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**CEU OPPORTUNITIES**

Free CEU’s from Valdosta State University

For All Licensed Clinical Social Workers

Do you want to learn more about dementia, caregiving, and cultural considerations while working with diverse communities? [Click](#) for more information.

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**FALL 2022**

**SOCW 5356**

Cognitive Behavioral Interventions

Learn practical tools for engagement, assessment and intervention using this popular, evidence-based approach!

- **Format:** Online Asynchronous
- **Instructor:** Karen Magruder, LCSW-S

**Prerequisite:** SOCW 5311

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**SOCW 5392**

Social Work and Law Special Topics Course

Designed to provide essential forensic knowledge and skills to advance social worker influence within legal environments.

Students will learn how to:

- Discover when problems are legal and require legal action
- Respond to Subpoena
- Analyze Case Law
- Participate in Judicial Proceedings
- Perform as a witness in court
- And more

**INSTRUCTOR**

Dr. Sherece Shavel, Assistant Professor of Practice

**EMAIL FOR MORE INFORMATION**

sherece.shavel@uta.edu
ADVISING

Need to meet with an 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.

Feeling a bit lost?
Start with your Graduate Student Leader!

Don't know who that is?
Email Martaya Brown or Lecia Edwards to get connected!

FIELD PLACEMENTS

General

- InPlace has a new URL! All students, agencies, and Field Instructors will need to use the new URL: 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 sswfield@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!

Fall 2022

- Application Deadline is CLOSED. See the Fall 2022 Field Education Calendar for Block and for Split here.
- InPlace fee is due on the first day of class

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.
- InPlace fee is due on the first day of class

FIELD POWER HOURS

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 Wednesday of the month, 3:30-4
  - 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 LMSW 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.
- There's lots of great updated information about licensing in the Student Success and Advising Course on Canvas—check it out!
- 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.
GET INVOLVED

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 PDH EACH MONTH | 5-6 PM | TEAMS VIRTUAL MEETINGS
Everybody’s Welcome!

To participate, please register:
https://forms.gle/8nKhgo5sIBIExq

Follow us @SGCUTA: Students for Global Change
Email us at sgc.uta@gmail.com

Email SSWVirtualClinic@uta.edu for information.

SOCIAL WORK CONNECTIONS LAB
Receive help with:
• Brainstorming ideas
• APA formatting
• Writing flow & structure
• Meeting requirements
• Building social work skills
• Avoiding plagiarism

Get ahead this semester by booking your appointments now!

SSW CAP GRADUATES
SAMSW is collecting ALUMNI CONTACT INFORMATION FOR A CAP ALUMNI NETWORK

SCAN OR CLICK TO REGISTER!

EVENTS

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://utahenderson.org/go

Click and search for the Gerontological Organization

WELCOME BACK WEEK
MONDAY AUGUST 22ND
Mavs Meet Convocation Celebrate the start of the new academic year with MavsMeet 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

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 – 3:30 PM

FALL DIVERSITY, EQUITY, & INCLUSION CONVOCATION
2022
Meeting of the UTA faculty and staff to receive a charge for the fall semester for Diversity, Equity, and Inclusion

Featured Speaker:
JERRY HAWKINS
Executive Director of Bates Fitch House, Healing & Transformation

Open to All Faculty and Staff
Refreshments Provided
Please RSVP here by September 16th: https://bit.ly/3etU4IP
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

CALL FOR EXHIBITORS
Exhibits for the Social Work and Law National Symposium exists to provide meaningful, engaging, and actionable tools to promote excellence in social work education. This is a great opportunity to highlight your organization’s work in the field and share resources with attendees.

SUBMISSION
General Guidelines:
- Must be original work
- No rights are transferred to the symposium
- Must be submitted online
- Must include a one-page abstract

Deadline for submission is April 15, 2022

Contact for more information: symposium@swlaw.org

VOLUNTEER OPPORTUNITIES

WE WANT YOU!

Do you enjoy:
- Networking with SW faculty and staff?
- Mentoring other SW students?
- Learning new advocacy and communication skills?

JOIN OUR MSW GRADUATE STUDENT LEADER PROGRAM!
Click HERE to Apply TODAY!

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 IDD professionals, mental health professionals, family members, educators, direct care workers, and others valuable insights into how to support children with intellectual and other developmental disabilities in healing from trauma.

Interested in becoming a trainer? Complete the application on disabilitystudies.utexas.edu/R2R
Deadline to submit your application is November 14, 2022.
Questions? Contact r2r.gov@gmail.com.

SUPER SERVICE SATURDAY

September 10th | 9am-1pm

Register today: August 31st
Join us for a day of volunteering!
Trauma Therapist

Overview
Date Posted: 6/23/2022
Job Code: THRTDSP
Position Type: Exempt
City: Fort Worth
State: TX
Country: United States of America
Category: Direct Care - Clinical Therapist/Social Work/Case Worker
Requisition Number: 8977
Position Number: 12493

ABOUT US
As the public hospital for Dallas, Parkland has been providing exceptional care stretches back for over a century. Today, many of Parkland's specialty areas have garnered national achievements in care, research, and technological innovation.

CURRENT OPENINGS:
- Social Worker (BSW) - bilingual Spanish
- Social Worker (LMSW)
- Social Worker (LMSW) - bilingual Spanish
- Mgr, social work

CONTACT
Gillian Williams
214-590-8269
gillian.williams@phhs.org
ParklandCareers.com
5200 Harry Hines Blvd., Dallas, TX, 75233

BENEFITS
- Medical, Dental, Vision
- 401 K
- Pension
- Employee Assistance Program
- Life Insurance
- Child Care
- And many others

 BENEFITS
- Healthcare
  - Medical
  - Dental
  - Vision
  - Life Insurance
  - Flexible Spending Account
  - Disability
  - Pet Insurance
  - Supplemental Insurance
  - Dependent Care Flexible Spending Account

- Financial
  - Pension
  - 401K up to 6% Match
  - Legal Insurance
  - Tuition Reimbursement
  - Federal Loan Repayment Program
  - Milliman Financial Advisor Support for Retirement
  - Employee Assistance Program

- Benefits
  - Discounts
  - Fitness Program
  - Weight Loss Support
  - Auto & Home Insurance

- Additional Benefits
  - Employee Health Center
  - Pharmacy
  - Expectant Mothers deliver for free *
  - Child Care

Click here for more information
STAY SAFE

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.

Daily Self-Check before Coming to Campus

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
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

“The world talks about change; we create change.”
— Rosa Parks

211 S. Cooper Street, Arlington TX 76019
Social Work Program
(817) 272-2135