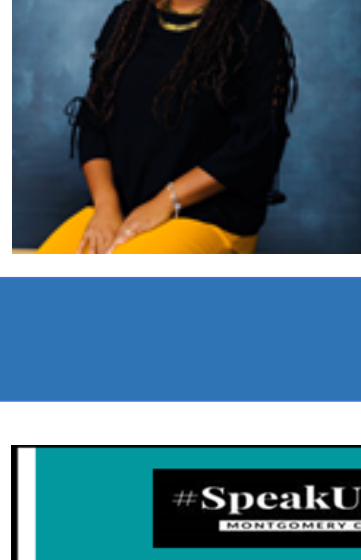
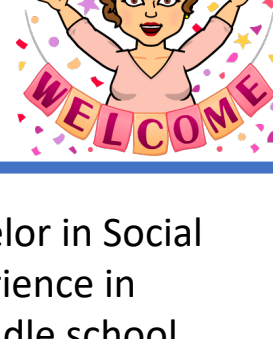


## MSW Weekly Program Update

April 6, 2020

Cleondria Marable  
New MSW Advisor

Please join me in welcoming Ms. Cleondria Marable, new advisor for students whose last names are Pi-Z!



I was born and raised in Houston, TX. I graduated from Prairie View A&M University with my Bachelor in Social Work in 2015 and Master of Social Work in 2017 from University of Texas at Arlington. I have experience in gerontology, end of life care and children and families; my most recent experience was serving middle school aged students who are considered "at-risk." Even at a young age I enjoyed helping people reach their greatest potential. "People are my passion!" is my life's motto and I live it out daily. In addition to helping people, I love to laugh and make others laugh. I believe laughter is a potent medicine and that people should have several daily doses of it. One of my greatest joys is being an aunt and mentor! I'm looking forward to serving you!

## Virtual Events

**#SpeakUpSpeakOut**  
SEXUAL ASSAULT AWARENESS MONTH

JOIN US FOR A FULL MONTH OF VIRTUAL AWARENESS ACTIVITIES TO KEEP YOU CONNECTED, ENGAGED & LEARNING.

<b>COFFEE TALK</b> <b>DAILY</b> <b>FB LIVE @ 9AM</b> COFFEE TALK IS A TIME FOR US TO CHAT ABOUT VARIOUS TOPICS RELATED TO THE WORK WE DO WITH SURVIVORS AS WELL AS TEACH MINI SESSIONS ON TOPICS RELATED TO SEXUAL ASSAULT & DOMESTIC VIOLENCE.	<b>TUESDAY TRIVIA</b> <b>4/7 &amp; 4/21</b> <b>FB LIVE @ 2PM</b> JOIN US FOR AN INTERACTIVE TRIVIA GAME FROM THE COMFORT OF YOUR OWN COUCH. UNLEASH YOUR WIT! WE WILL HOST THIS EXCITING GAME WHERE YOU CAN WIN PRIZES BY ANSWERING QUESTIONS ABOUT SEXUAL ASSAULT & DOMESTIC VIOLENCE.	<b>WATCH PARTY WEDNESDAY</b> <b>4/8, 4/15, 4/22 &amp; 4/29</b> <b>FB GROUP @ 2PM</b> JOIN US FOR A LIVE WATCH PARTY FOR A VIDEO SCREENING & DISCUSSION.
<b>THINK ABOUT IT THURSDAY</b> <b>GUEST PRESENTERS</b> <b>ON ZOOM @ 10AM</b> <b>4/9: SEXUAL ASSAULT IN THE TEXAS AMERICAN COMMUNITY</b> <b>4/16: INTRODUCTION TO TRAUMA INFORMED YOGA</b>	<b>FOOD FOR THOUGHT FRIDAY</b> <b>4/3, 4/10, 4/17 &amp; 4/24</b> <b>FB LIVE @ 12PM</b> <b>ON ZOOM @ 12PM</b> GRAB YOUR LUNCH AND JOIN US FOR SOME LEARNING!	<b>VIRTUAL RESOURCE FAIRS</b> <b>4/6, 4/13 &amp; 4/20</b> <b>ON ZOOM @ 12PM</b> JOIN US TO LEARN ABOUT RESOURCES AVAILABLE IN OUR COMMUNITY.
<b>SELF CARE &amp; YOGA WEEK</b> <b>4/14: GUIDED MEDITATION &amp; YOGA INSTRUCTION</b> <b>4/15: HOW TO MAKE A CALM DOWN JAR</b> <b>4/17: HOW TO MAKE A SELF CARE BOX.</b>	<b>4/18: BEHIND THE POST</b> <b>4/19: BECAUSE I LOVE YOU</b> <b>4/20: ANATOMY OF TRUST</b> <b>4/21: WHO ARE YOU</b>	<b>4/16: MONTGOMERY COUNTY</b> <b>4/18: IMMIGRATION</b> <b>4/20: LEGAL RESOURCES</b> <b>4/21: MENTAL HEALTH &amp; SUBSTANCE ABUSE</b>

**CONNEXIONS**

Connexions is a LGBTQ+ Peer Led Support Group open to all identities. It is a space for making connections, healing, processing and resources.

LOCATION | Online via Zoom!  
Link: <https://uiwiderc.zoom.us/j/470184533>

TIME | 12:15-1:00 PM

DATES | 2/28, 3/6, 3/27, 4/3, 4/17, 5/1

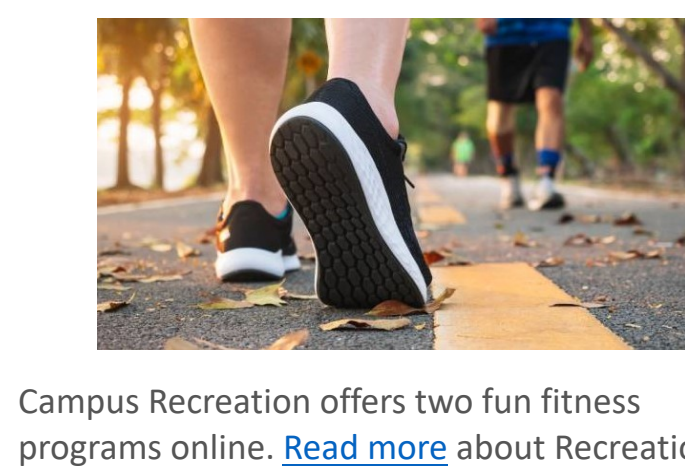
LGBTQ+ UTA is a Community That Cares @UTACARES

**Quarantine Quiz Show**

7 p.m. Wednesdays in April

Campus Recreation has teamed up with universities around the country to provide a weekly quiz show for members of the UTA community. Weekly shows will be broadcast via [Twitch](#) at 7 p.m. Wednesday nights in April.

Simply create a profile on Twitch, follow [RecWithoutBorders](#), and the show will start live at 7 p.m. Download the Twitch app to access the service via computer, phone, or any streaming service provider. For questions, please contact [imsports@uta.edu](mailto:imsports@uta.edu).



Campus Recreation offers two fun fitness programs online. [Read more](#) about Recreation Movement and Mav Rec Challenge.

**SURVIVORS SUPPORT GROUP**

Group Support is offered Monday, Tuesday, Wednesday & Thursday From 12-1 PM

Online via Zoom!  
<https://zoom.us/j/1117462891>

Receive support, learn coping skills, take part in healing activities & connect with other survivors.

For more information, please contact [trg@uta.edu](mailto:trg@uta.edu).

GROUP HEALING SUPPORT

"This group is confidential"

UTAH IS A COMMUNITY THAT CARES

**Join Us For MAVS HOUR**

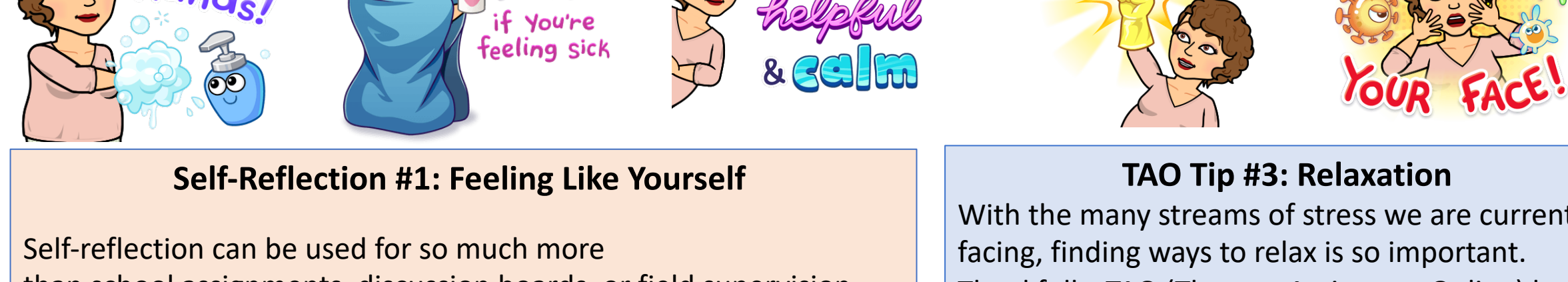
**What:** An opportunity for Mavs to find connection and support during this time of transition and change

**When:** Wednesday, April 8<sup>th</sup> @ 10:00 AM

**Where:** Conferences Tab in Mavs Unite Canvas Page

Following UTA's Principles of Community, Mavs Hour is a safe space of respect, support, and connection for Mavs during this time of COVID-19.

## YOU MATTER!



### Self-Reflection #1: Feeling Like Yourself

Self-reflection can be used for so much more than school assignments, discussion boards, or field supervision. 17<sup>th</sup> Century Spanish Jesuit Baltasar Gracian said, "self-reflection is the school of wisdom." And as clinical psychologist, Paul T. P. Wong points out, "time spent in self-reflection is never wasted – it is an intimate date to yourself."

This week consider taking some time for yourself beyond school and work, and think about all that makes you who you are. To help you, consider the following reflection question:

**What activities help you feel most like yourself?**

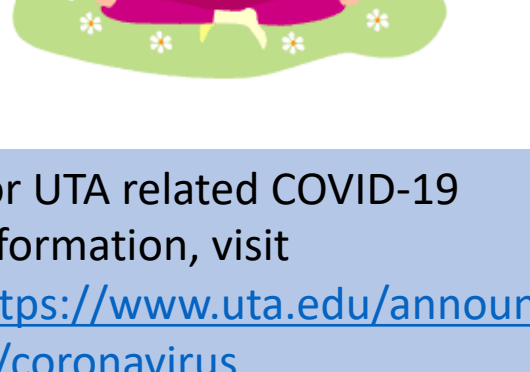
Take your time with this one... Don't feel the pressure to answer right away... Just put the question in your mind, and let the answers come... Finally, don't settle for only the first answers... Recognize what comes to you first, and then let yourself go deeper and deeper and really get to know yourself. Afterall, as fashion designer Diane von Furstenberg said, "You're always with yourself, so you might as well enjoy the company."

### TAO Tip #3: Relaxation

With the many streams of stress we are currently facing, finding ways to relax is so important. Thankfully, TAO (Therapy Assistance Online) has a great series of lessons on this very topic, including lessons on

- identifying barriers to relaxation
- body, breathing, and mindfulness-based exercises for achieving greater relaxation

To access the relaxation lessons, when in TAO's homepage, *click on My Pathways*. From there, *select Calming Your Worry – Adult*. Here, you will find *Module 2: Relaxation and Anxiety Reduction*. In this module, explore the four sessions and spend time practicing the lessons that help you most.



For UTA related COVID-19 information, visit <https://www.uta.edu/announcements/coronavirus>

### Yoga as a Practice for Cultivating Resilience and Well-Being - April 9

Join the Illinois ACEs Response Collaborative on Thursday, April 9th, 10 AM CDT in part III of our webinar series on preventing burnout in healthcare, in which yoga therapist Aggie Stewart will discuss how yoga can be utilized as a self-care and employee wellness practice.

[Register Now](#)

## WEEKLY UPDATES

### Online Instruction

- All courses will be online for Summer 2020 semesters.
- No decisions have been made about Fall 2020 semester as of yet.
- Remote: Resources for classes online, digital tutoring, tech devices, and more at [oit.uta.edu/utaremote](http://oit.uta.edu/utaremote).

### MSW Field Placement Spring 2020

UTA will allow students to reduce hours by 15% for Spring 2020. Students will now need to have the following hours to complete their field placement:

**Block students:** between 408 to 480 hours for the Spring semester.

**Split students:** between 204 to 240 for the Spring semester and Summer semester; totaling 408 to 480 total.

### MSW Placement Summer 2020

1. How will students complete field in the summer?

The field office is working on placing as many students as possible in face-to-face field placements for summer.

Students completing summer field who either cannot get a physical placement OR who do not want to go to a field site for any reason (e.g., health concerns, childcare) will have alternative options for completing their hours.

2. Will reduced hours be the policy for summer field as well? Yes.

### SSW Advising

- All academic advising appointments will be done via phone or Microsoft Teams.
- Summer and Fall 2020 Registration ends June 9, 2020 for Summer 2020 & August 31, 2020 for Fall 2020
- MSW Students beginning their last semester in Summer 2020 need to meet with their Academic Advisor to enroll in SOCW 5395: Integrative Seminar

### MSW Advisors

A-Ca: Valerie Adame – [adamev@uta.edu](mailto:adamev@uta.edu)

Ce-I: Maresia Davis – [Maresia.davis@uta.edu](mailto:Maresia.davis@uta.edu)

J-Phi: Valerie Adame – [adamev@uta.edu](mailto:adamev@uta.edu) (Toy Howard is your main advisor but she's on maternity leave)

Pi-Z: Cleondria Marable – [cleondria.marable@uta.edu](mailto:cleondria.marable@uta.edu)



## RESOURCES

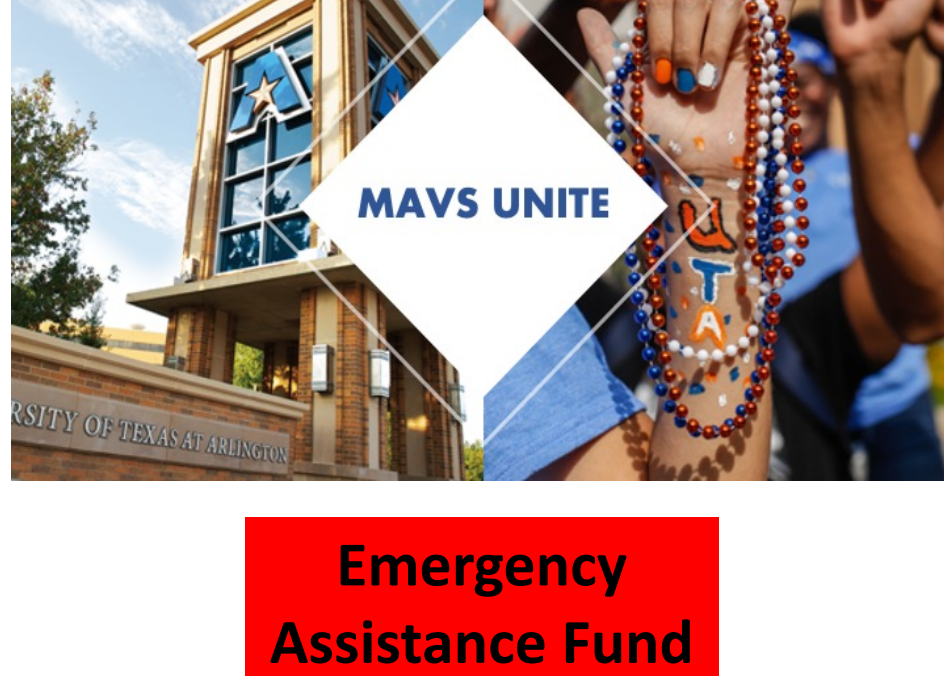
Texas Health and Human Services  
**COVID-19 Mental Health Support Line**

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**.

TEXAS Health and Human Services



### Emergency Assistance Fund

UTA students with a temporary financial hardship resulting from a sudden emergency may apply for financial help. Go to (<https://www.uta.edu/student-affairs/about-student-affairs/giving-to-student-affairs/giving-emergency-assistance-fund>) for more information.

UTA Library  
Accessibility: <https://libguides.uta.edu/c.php?g=1013811>

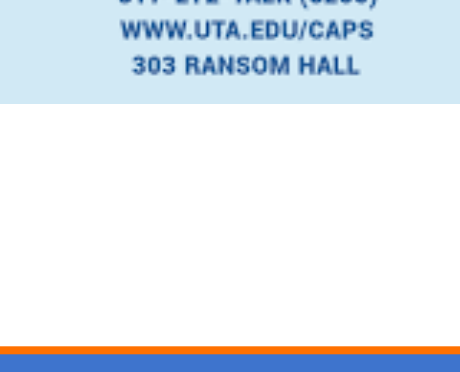
If you believe you have contracted COVID19, please type in 'COVID-19 Testing' and your zip code into the Texas Health and Human Services to find a testing location closest to you: <https://www.211texas.org/>

### What is Mavs Unite?

We realize that you may be in need of a variety of assistance and a place to build community with fellow Mavericks. The Mavs Unite project is designed to provide you with just that. We would like to know what resources you would like; these resource will be gathered in a CANVAS page called MAVS Unite and will be updated frequently. Please respond to this [survey](#) to let us know your needs.

### For Students in at least one Face to Face Course

THE UNIVERSITY OF TEXAS AT ARLINGTON  
COUNSELING & PSYCHOLOGICAL SERVICES



817-272-TALK (8255)  
WWW.UTA.EDU/CAPS  
303 RANSOM HALL

### For All Students (Online and Face to face)

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)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Learn the Warning Signs.**

Printed 2008 - Reprinted 2011  
0885-017-0128

**In Crisis? Text HELLO to 741741**

CRISIS TEXT LINE | Free, 24/7, Confidential

