

# SOCIAL WORKERS generations STRONG

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

## MSW Weekly Program Update

March 23, 2020

**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://widener.zoom.us/j/470104533>

**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

**SURVIVORS SUPPORT GROUP**

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

Online via Zoom!  
<https://zoom.us/j/5117462691>

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

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

"This group is confidential"

HOPE  
HEALING  
SUPPORT

UTA IS A COMMUNITY THAT CARES

NEED HELP PAYING YOUR RENT OR UTILITIES?



### SOCIAL SERVICES WALK-IN

5787 S. HAMPTON RD  
Suite 390  
DALLAS, TEXAS 75232

#### YOU MUST BRING THE FOLLOWING:

RENTAL ASSISTANCE	UTILITY ASSISTANCE
ID Social Security Card Copy of Lease (Signed)	ID Social Security Card Disconnection Notice
Proof of Income (Two Check Stubs) Benefit Documents (Food Stamps, SS, etc.) One Year Ledger	Proof of Income (Two Check Stubs) Benefit Documents (Food Stamps, SS, etc.) One Year Ledger
Late Notice (CANNOT have an Eviction Notice) Proof of Extenuating Circumstances (Unemployment, Health, FMLA, etc.)	3 Previous Utility Bills (Current and Last 2 Month's Bill) Proof of Extenuating Circumstances (Unemployment, Health, FMLA, etc.)

PROGRAM ASSISTANCE IS CONSIDERED FOR THE CURRENT MONTH ONLY FOR RENTAL ASSISTANCE. NO PAST DUE RENT, LATE FEES, OR MULTIPLE MONTHS OF UTILITY BILLS WILL BE APPROVED FOR PAYMENT.

**PRESENTATION OF DOCUMENTS IS NOT A GUARANTEE OF SERVICES. YOU MUST QUALIFY FOR THE ASSISTANCE.**

**FOR QUESTIONS CALL: (214)-343-4000 or email Janet Akorikin [jakorikin@under1roofdallas.org](mailto:jakorikin@under1roofdallas.org)**

## YOU MATTER!

### SLEEP!!! (Part 1)

As our lives and lifestyles are being challenged by the coronavirus, this is a most important time to care for ourselves and our health. Dr. Matthew Walker (2018), declares that ***"sleep is the single most effective thing we can do to reset our brain and body health each day..."*** (Walker, 2018).

While sleep quality is important (look for Sleep: Part 2 next week), sleep quantity is also key to optimizing health, including the immune system. As Walker (2018) warns, ***"routinely sleeping less than six or seven hours a night demolishes your immune system..."*** Therefore, **sleeping 7+ to 9 hours a day should be prioritized for most adults**, where even more hours may be needed for our children to thrive.

Finally, good sleep greatly contributes to our mood, making us ***"feel happier, less depressed, and less anxious"*** (Walker, 2018). Now, more so than ever, we need to cultivate and share positivity, health, and hope and as Dr. Walker thoughtfully shares, ***"the best bridge between despair and hope is a good night's sleep."*** (Walker, 2018).

#### Reference

Walker, M. (2018). *Why We Sleep: Unlocking the Power of Sleep and Dreams*. New York, NY: Scribner.

For more information about Covid-19 and mental health, visit the website: <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

### TAO Tips #1

As we move out of the classroom and fully online and face a myriad of challenges as our lives are changing with the coronavirus, we may all have mental and emotional health needs. While social distancing is in place, this is a great time to use of one UTA's greatest mental health and well-being resources: TAO (Therapy Assistance Online).

#### What is TAO Self-Help?

TAO self-help, is a completely private online library of behavioral health resources that includes interactive educational modules and practice tools to help you understand and manage how you feel, think and act. You can learn stress management, mindfulness skills, problem-solving, relationship skills and strategies to avoid dwelling on your concerns and to develop more helpful thinking patterns.

#### Who can use TAO?

Any registered student at UTA, whether they are face-to-face or online students.

#### How much does it cost?

TAO is a free resource to all UTA students.

#### When can it be used?

24/7, 365 days a year.

#### How can you access TAO?

Go to [www.uta.edu/caps](http://www.uta.edu/caps) and scroll down and find QUICK LINKS – Therapy Assistance Online (TAO) Self-Help. Click this link, scroll to the bottom of the page, and in the right-hand bottom corner find the TAO Self-Help sign-up. All you need is an active UTA email address.

This week, sign up and browse around the TAO website. Look for the Mindfulness Library, which has more than 20 different mindfulness exercises, or explore the different pathways to understand and better handle stress, anxiety, and worry. Finally, look for our TAO Tips each week, where we will highlight specific exercises, activities, and resources available to you in TAO.

## IMPORTANT UPDATES

### Spring Break Extension & Online Instruction

- **Face-to-Face courses transitioned into online classes** starting March 23. Students should receive instructions to access their classes on online platforms within the next week. Classes are to remain online until further notice.
- Instructors have received trainings on making the courses accessible to students. Students are advised to contact their course instructors first should they have trouble with online accessibility.
- **Students who need an accommodation letter** should reach out to the Office of Students with Disabilities.
- **Campus and student events are cancelled until further notice.**
- Graduate Student Assistants are expected to continue working and may come to campus as needed for their work.
- Most SSW faculty and staff will be working remotely for now until further notice. They should still be accessible to students during normal office hours.

### For those enrolled in UTA's Health Insurance:

- Health Services encourages students insured by the UT System student health insurance plan, Academic Blue with Academic Health Plans, to utilize virtual visits through MDLive. **Academic Health Plans has announced that co-pays for virtual visits (normally \$20) will be waived through April 30, 2020.**
- Academic Blue does not require prior authorization and will not apply member co-pays or deductibles for testing to diagnose COVID-19 when medically necessary and consistent with Centers for Disease Control guidance.
- UTA Health Insurance Plan via BlueCross BlueShield of Texas for Summer 2020:
  - Summer Enrollment Date: 4/1/2020-6/15/2020
  - Coverage: 5/15/2020-8/14/2020
  - Cost: \$702

### SSW Advising

- **All academic advising appointments** will be done via phone or Microsoft Teams.
- Students who have scheduled on-campus advising appointments will receive a Teams invitation for their virtual meeting time.

**If Tiara Thomas was your advisor, she is no longer with the School of Social Work.** Your current advisor will be Ms. Patrice Green until a new advisor is appointed.

#### 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: Patrice Green – [Patrice.green@uta.edu](mailto:Patrice.green@uta.edu) (temporary advisor. New advisor to start soon)

### MSW Field Placement:

- **Face-to-face field seminar sections** converted to online platforms beginning March 23. Please look for access instructions from your field liaison.
- **If you are willing and able to go to your field placement site**, you may do so.
- **If you cannot**, please contact both your field liaisons and your field instructors to arrange alternative assignments **to complete your internship**. You must **get approval** from your field liaison **BEFORE getting credits** for the alternative assignments.
- **Contact the Field Office only** if you cannot make arrangements with your field liaisons and instructors.

## RESOURCES

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

**In Crisis?**  
Text HELLO to 741741

CRISIS TEXT LINE | Free, 24/7, Confidential

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.**

### Tips to Survive Your Online Classes

- Treat an online course like a "real" course
- Create a regular study space and stay organized
- Eliminate distractions
- Actively participate
- Leverage your network

### 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.

#### How To Pass Your Time While Social Distancing

- DO YOUR TAXES!!! (Extended to July 15th)
- Declutter your email
- Organize your closets and pantries

#### Social work-related Netflix shows:

- 13th
- The Trials of Gabriel Fernandez
- When They See Us
- Freedom Writers

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

THE UNIVERSITY OF TEXAS AT ARLINGTON  
COUNSELING & PSYCHOLOGICAL SERVICES

**MAVS**  
**talk**  
24 HOUR CRISIS LINE

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

UTA IS  
**A Community That Cares**

**FREE WIFI**  
**Spectrum**

**Call Spectrum at 1-844-488-8395**

Wifi service will be free for at least 60 days for students, no connection or service fees.



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