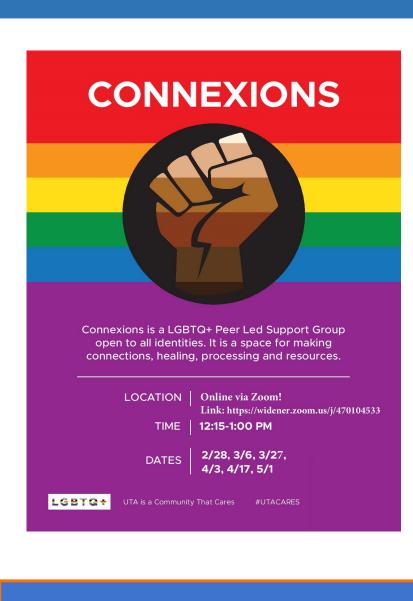


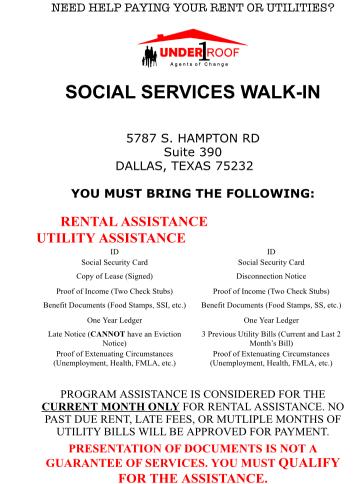
For UTA related COVID-19 information, visit https://www.uta.edu/annou ncements/coronavirus

MSW Weekly Program Update

March 23, 2020







FOR QUESTIONS CALL: (214)-343-4000 or email Janet Akorikin 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.

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).

Finally, good sleep greatly contributes to our

Reference Walker, M. (2018). Why We Sleep: Unlocking

Scribner.

For more information about Covid-19 and

website: https://www.nami.org/getattachm

mental health, visit the

the Power of Sleep and Dreams. New York, NY:

ent/About-NAMI/NAMI-News/2020/NAMI-<u>Updates-on-the-Coronavirus/COVID-19-</u>

Updated-Guide-1.pdf

As we move out of the classroom and fully online and face a

TAO Tips #1

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.

24/7, 365 days a year.

When can it be used?

How can you access TAO? Go to 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**

Face-to-Face courses transitioned into

online classes starting March 23. Students

should receive instructions to access their

Spring Break Extension & Online

Instruction

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.
- continue working and may come to campus as needed for their work. Most SSW faculty and staff will be working

Graduate Student Assistants are expected to

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
- RESOURCES
- (Online and Face to face)

In Crisis?

For All Students

All academic advising appointments will be done via phone or Microsoft Teams.

SSW Advising

- 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

new advisor is appointed. **MSW Advisors** A-Ca: Valerie Adame – <u>adamev@uta.edu</u>

current advisor will be Ms. Patrice Green until a

Ce-I: Maresia Davis – Maresia.davis@uta.edu

maternity leave)

field liaison.

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

Pi-Z: Patrice Green — <u>Patrice.green@uta.edu</u> (temporary advisor. New advisor to start soon)

Face-to-face field seminar sections converted to online platforms beginning March 23.

Please look for access instructions from your

liaisons and your field instructors to arrange

internship. You must get approval from your

alternative assignments to complete your

MSW Field Placement:

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

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.

financial hardship resulting from a sudden emergency may apply for

Emergency

Assistance Fund

UTA students with a temporary

financial help.

Text HELLO to 741741 CRISIS TEXT LINE

The Lifeline is FREE. confidential, and always available. HELP a loved one.

or yourself. Learn the Community crisis centers answer Lifeline calls.

a friend,

course

organized

Eliminate distractions

Leverage your network

Actively participate

Warning Signs. Tips to Survive Your Online Classes Treat an online course like a "real" Create a regular study space and stay

Go to (https://www.uta.edu/studentaffairs/about-student-affairs/giving-to-

student-affairs/giving-emergencyassistance-fund) for more information. **How To Pass Your Time While Social Distancing**

•DO YOUR TAXES!!! (Extended to July 15th) Declutter your email

Social work-related Netflix shows:

Organize your closets and pantries

•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











Master of Social Work Program

(817) 272-2135

211 S. Cooper Street, Arlington TX 76019





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