



CECH Inclusive Excellence Weekly Update

WHY DEI?

- DEI stands for Diversity, Equity, and Inclusion.
- This is a monthly reminder brought to you by the CECH DEI Board encouraging you to explore a topic related to diversity, equity, and/or inclusion.
- December's topic: **National Human Rights Month.**
 - Click the link to learn more: [WHY DEI DECEMBER 2020 Flyer](#)

Upcoming Events

CECH Climate Study

- CECH is conducting a climate study to examine where we are in terms of racial equity. This study will be part of the development of a data-driven plan to create a more equitable future for all members of our college community. Since we cannot address every identity in one study, we have chosen at this time to prioritize a racial analysis while also highlighting the intersection of other identities such as class and gender.
- The CECH Climate Study targets three primary stakeholders and their experiences: students, faculty, and staff/admin. Stakeholder ideas of educational experience and outcomes along racial lines will be captured in this survey as well as focus groups and interviews.
- Our first step in the CECH Climate Study is to survey our stakeholders. Ensure your voice continues to be heard by completing the survey you received in your email no later than **December 18, 2020.**
- Please note that this is only the beginning of CECH's work in fostering a more inclusive climate. After Winter Break, we will be reaching out to stakeholders for volunteers to participate in focus groups as part of next phase in the CECH Climate Study.
- Thank you for participating and helping us to create the best CECH possible for all members of our community!

7th Annual CECH Diversity Research Day

- Celebrate Diversity, Advance Equity, Promote Inclusion
- Purpose: To highlight diversity of thought in CECH undergraduate and graduate research for various populations and systems. Research can include but is not limited to, cultural studies, LGBTQ+ topics, social justice issues, international subject matter, mental health

conditions, content related to disabilities, racial and ethnic themes, interdisciplinary work, spirituality practices, etc. Works in progress will be considered.

- Research can be presented through a 10-minute oral presentation, poster presentation, or both. Oral presentations will be given during the synchronous portion of the event and poster presentations will be available in an asynchronous format.
- Even though the event is virtual, posters will be printed through the CECH Library for use at future research presentations.
- [Library and literature search support](#) available from your CECH Library
- When/Where: This event will be held virtually on February 24, 2021
- Who should submit: CECH undergraduates and graduate students
- How to submit: Complete this [abstract and information form](#)
- Important dates:
 - Submissions due January 18, 2021
 - Notification of acceptance: January 25, 2021
- Questions? Email Carrie Biales at bialesce@ucmail.uc.edu
“Diversity is about all of us, and about us having to figure out how to walk through this world together.” -Jacqueline Woodson

MLK Tribute

- The University of Cincinnati will pay tribute to and celebrate the legacy of Rev. Dr. Martin Luther King Jr. through an interactive virtual event. This event will take place Thursday, January 14th from 5 - 6:30 PM.
 - As a credit to the original musical creation of Louise Shropshire’s “If My Jesus Wills,” the program highlights the discovery of the popular “We Shall Overcome” as an injustice towards Shropshire’s rightful copyright and financial claims. The campus will get the unique opportunity to collaborate to deliver messages of equality, inclusion, and fairness. With contributions of uplifting music and various artistic expressions, the unity through various forms of personal artistic expression will work to thread a positive message! The program will also award the annual Embodiment of Hope student and faculty/staff awards and the inaugural Community Embodiment of Hope award which recognizes a community member who exemplifies the spirit and principles of Dr. King in the community.

Job and Volunteer Opportunities

One Stop Work Study Student Position

- Virtual front desk position for One Stop Student Services. Student workers are the first point of contact at our virtual front desk- hosting virtual walk-ins via WebEx and directing students to staff for assistance. Student workers must be able to greet guests and answer general questions about services provided by the One Stop Student Service Center as well as other UC offices. When in-person, student workers will also maintain the physical Walk-In area.

This position is for a federal work study eligible student. Submit your resume to: Jessica.Max@uc.edu

Mental Health Matters

- Mental Health America: “Much has been written about the mental health challenges young people are facing in 2020. The health and economic impact of the COVID-19 pandemic, changes in learning, missed milestones, and the racial reckoning in the United States have exacerbated an already existing mental health crisis.
 - In addition to the great need, there are many barriers to supporting young people's mental health. Yet, young people are often not consulted in designing and allocating mental health services and resources. To have the greatest impact now and in the future, young people’s leadership and lived experience are critical. We must build on what has helped them and invest in what they feel would empower them to change their mental health and their communities' mental health.
 - Mental Health America’s (MHA’s) new report, *Young People’s Mental Health in 2020: Hope, Advocacy, and Action for the Future*, shares the perspectives of 1,906 14-24-year-olds who completed our Young People’s Mental Health Survey through our online screening program, [MHA Screening](#). Highlights from the survey include:
 - Access to mental health professionals and mental health breaks as part of work or school were the top resources young people requested to support their mental health.
 - Only 24% think training adults would help them with their mental health challenges, versus 47% who want to learn more about how to help their own mental health.
 - 45% of 14-18-year-olds are not hopeful about the future, and more than half of LGBTQ+ teens are not hopeful about the future.
 - Only 1 in 4 young people think they can make a change in mental health in their communities.
 - The top ways young people want support to make a difference include support for their own mental health, opportunities to learn about mental health, connection to a mental health advocacy community, and training to support their peers’ mental health.”
 - [Download the full report here!](#)
- Crisis Resources
 - If you or someone you know is in an emergency, call **911** immediately.
 - [Faculty/Staff – Helping Students in Crisis Through CAPS](#)
 - If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at **1-800-273 TALK (8255)**
 - You can also text **NAMI to 741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.
 - [Know the Warning Signs and Risk Factors of Suicide](#)
- Community Mental Health Services & Resources
 - [BIPOC & Mental Health](#) – Resources, statistics, and general information by MHA
 - [CAPS](#) - CAPS is the University Counseling & Psychological Services for students. Call 513-556-0648 to schedule an initial consultation.
 - [Impact Solutions \(UC’s EAP\)](#) – Faculty and staff mental wellness services.

- [Inclusive Therapists](#) – Inclusive Therapists offers a safer, simpler way to find a culturally responsive, social justice-oriented therapist.
- [NAMI](#) – the National Alliance on Mental Illness, the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
- [Psychology Today](#) – Connect with a licensed mental health professional in your community.
- [Racial Trauma Resources](#) – A collection of information and campus and community resources for race-based stress and trauma.
- [Self-Help Tools](#) – Interactive tools and resources provided by Mental Health America.
- [Student Resources at CAPS](#) – Alternative resources to face-to-face counseling
- [Student Wellness Center Virtual Resources](#) – A collection of virtual resources, apps, websites, podcasts, articles and more to help you maintain your health and wellness.

Ongoing Events

Mondays With Matt

- An opportunity to virtually meet with Matt Olovson, the Title IX Coordinator and Interim Executive Director of the Office of Gender Equity & Inclusion and the Executive Director for the Office of Equal Opportunity & Access, to discuss various topics surrounding harassment and discrimination.
- You will need to register separately for each session that you are interested in, and this list will be updated with additional sessions as topics are defined. To register, email titleix@uc.edu or call 513-556-3349
- Weekly sessions every Monday, 1:30-3:30 PM
 - 12/14 - Reflections on 2020 and Diversity, Equity, and Inclusion Resolutions for 2021

Resources for YOU!!!

[December PSA](#)

[AACRC Newsletter](#)

[EPS Newsletter](#)

[Changing Times Newsletter](#)