



CECH Inclusive Excellence Weekly Update

Happy Veterans Day

- CECH honors and extends appreciation to all of the military personnel for your courage, dedication, and service to the United States. We also commend all of the military families for your support, sacrifice, and resilience. Thank you!

Native American Heritage Month



- November is Native American Heritage Month. During this month we celebrate the rich history, accomplishments, and impactful contributions of our nation's first people.
- Most schools in the United States do not teach a comprehensive, thoughtful, or accurate history of Native Americans and their culture. Thousands of years before Christopher Columbus' ships landed in the Bahamas, America was discovered by Native Americans. They journeyed across the Bering land bridge from Asia to Alaska, and traveled most of the continent of North America. The Cincinnati area and the land that the UC has been built on is the native homeland of the Indigenous Algonquian speaking tribes, including the Delaware, Miami, and Shawnee tribes.
- CECH Library is home to the [Kretschmer Collection](#), a collection of over 275 books about indigenous cultures written and/or illustrated by Native American authors and artists. Take a moment to also read CECH Library's [Native American Heritage Month Collection Spotlight](#).

- The history of Native Americans is vast, and we strongly encourage you to explore the links below and educate yourself more about America's indigenous people.
 - [Timeline of Native American History](#)
 - [The Native American Cultures of North America](#)
 - [Myths About Thanksgiving](#)
 - [7 Native American History Books Everyone Should Read](#)
 - [32 Native American Children's Books](#)
 - Watch the November PSA below!

Upcoming Events

UC International Education Week

- UC International is hosting International Education Week on November 16th-20th. There will be different events and activities each day of the week for students, faculty, and staff. Check out their [webpage](#) for more information about the weekly lineup.

Dialogue Across Differences About Race

- The UC Action Research Center and The School of Education are hosting a lunch workshop on November 19th from 12 - 1:30PM.
- Presenters: Itzel Hayward and Kathy Simon
- Join in this interactive workshop where together we will work on ways to respond to challenging comments in ways that promote empathy and deeper understanding.
- Click this [Zoom link for registration](#)

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, content related to mental health, focuses on differing abilities, 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 Save the Date

- 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. More details to come!

Jobs and Volunteer Opportunities

Work Study Student Position, Title IX Office

- UC’s Office of Gender Equity & Inclusion is looking for student workers. Their mission is to lead the university in creating and maintaining a community in which all persons may participate in university programs and activities regardless of their sex, sexual orientation, gender, or gender identity and expression.
- For more information and to apply, [click here](#).

Student Facilitators Needed for Dissolving Division

- Miss Kuamka 2020, Akua Wilson, is in search of facilitators for her platform Dissolving Division. Dissolving Division is a program intended to teach students how to unlearn hate and promote community through radical empathy.
- Facilitators will be provided with FREE intensive radical empathy training, and become certified to handle difficult topics involving radical empathy and healing.
- As a facilitator, you would participate in biweekly meetings, help lead and navigate conversations, and contribute to organizing the Dissolving Division Conference in the Spring.
- If interested, please fill out this [interest form](#).
- If you have questions, email Akua Wilson at wilso3au@mail.uc.edu

A&S Academic Advisor Position

- There is an opening for an academic advisor position in the College of Arts and Sciences. If you are interested, or know anyone who may be interested, the position is posted on [Success Factors](#).

Mental Health Matters

- Earlier in October the National Alliance on Mental Illness (NAMI) raised awareness through Mental Illness Awareness Week. Follow this [link](#) for background, [stories](#), [videos](#), history and other resources.
- Watch and share: [Krishna Louis: What I wish people knew about anxiety](#)

The State of Mental Health in America

Mental Health America’s (MHA) report on [The State of Mental Health in America](#) contains current data on disparities faced by individuals with mental health concerns. In gathering this information, MHA believes this report can be used as a catalyst for change. This year’s report also includes a [spotlight on the impact of COVID-](#)

[19 on mental health](#), using the over 1.5 million people who have taken a screen on [MHA Screening](#) from January to September 2020.

Perspective & More

- Ideas and Perspective
 - [Podcasts](#)
 - [Self-Care & Self-Compassion](#)
 - Social media & mental health: [#mentalhealthawareness](#), [#mentalhealthmatters](#), [Self-Care Is For Everyone](#), [The Loveland Foundation](#)
 - [The Professor Is In](#)
- Books
 - [The Gifts of Imperfection](#) by Brené Brown
 - [Maybe You Should Talk to Someone](#) by Lori Gottlieb
 - [Burnout](#) by Emily Nagoski
 - [First, We Make the Beast Beautiful: A New Journey Through Anxiety](#) by Sarah Wilson
 - [Reasons to Stay Alive](#) by Matt Haig

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](#)
- [Being Prepared for a Crisis](#)
- [Navigating a Mental Health Crisis](#)

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
 - 11/16 - Implicit Bias and Disparate Impact Discrimination
 - 11/23 - Executive Order 13950 and Diversity, Equity, & Inclusion Education

OEOA Inclusive Excellence Workshops Fall 2020-2021

- Envisioning What's NEXT? Becoming Agents for Sustaining Equitable and Inclusive Environments
 - Facilitators: Bradford Mallory, Rita Kumar and Natalia Darling
 - November 17, 10 AM – 11:30, via WebEx
- Informed Discussions
 - Facilitator: Dy'an Marinos
 - November 17, 2 PM – 3:30, via WebEx
- Equal Opportunity at UC: Anti-Harassment/Non-Discrimination Workshop - Level 1
 - Facilitators: Brandon Craig and Tracey Johnson
 - November 19, 9 AM – 10:30, via WebEx
- Bearcat Familia: A roundtable discussion on Latinx student support at UC
 - Facilitator: Molly Scruta
 - November 24, 10 AM – 11:30, via WebEx
- Better Together: Campus partnerships that support inclusive coaching relationships
 - This is a session from The Transition and Access Program (TAP). TAP is a four-year college experience for students with mild to moderate intellectual or developmental disabilities (ID/DD) that embraces the University of Cincinnati's strategic direction of *Next Lives Here*, making a positive impact on the world and promoting diversity and inclusion.

- Facilitator: Danielle Reiss
- November 24, 2 PM – 3:30 PM, via WebEx
- Straight from Gen Z’s Mouth: Considering Generational Differences in Student Interaction
 - Facilitator: Liz Pawley
 - December 1, 10 AM – 11:30, via WebEx
- Pass the Mic: Managing Your Response in Challenging Situations
 - Facilitator: Dy’an Marinos
 - December 1, 2 PM – 3:30, via WebEx
- Inclusion Advocacy in Support of Equitable Hiring Processes
 - Facilitators: Randy Lytes and Karla Phillips
 - December 7, 10:30 AM – 12, via WebEx
- Equal Opportunity at UC: Anti-Harassment/Non-Discrimination Workshop - Level 1
 - Facilitator: Brandon Craig and Tracey Johnson
 - December 9, 10 AM – 11:30, via WebEx
- [Sign Up for OEOA Inclusive Excellence Workshops](#)
- If you require an accommodation or other assistance to participate in any of these workshops, please notify Huda Kebede at 556-5503 or Huda.Kebede@uc.edu

Resources for YOU!!!

[November PSA](#)

[AACRC Newsletter](#)

[EPS Newsletter](#)

[Changing Times Newsletter](#)