CECH Inclusive Excellence Weekly Update

International Education Week

- Thank you to all that organized and participated in International Education Week.
- This past week, November 16th - 20th, our campus took part in International Education Week, with events that gave us all an opportunity to:
  - Promote international education
  - Build support for global exchange
  - Encourage the development of programs that prepare Americans for a global environment and workforce
  - Attract the best and brightest minds to study in the United States
- Information about other UC International events and their social medias can be found on their website.

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.
  - [Native Governance Center](#) ***Land acknowledgement***
  - [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

CECH Anti-Racism Community Space

- The Anti-Racism Community Space is a safe space devoted to building an inclusive community within CECH dedicated to anti-racism. Each month we'll learn, engage, and listen to one another alongside experts in the community. Open to all members of the CECH community – students, staff, faculty, and alumni.
- Second Tuesday of every month. Co-presented by the CECH Diversity, Equity & Inclusion Board and the CECH Library.
  - December 8th at 3:30 PM (Save the date)

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:

- o Submissions due January 18, 2021
- o 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.
  - o 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.
- Save the date, more details to come!

Mental Health Matters

- The mental health community recognizes November as **National Family Caregivers Month**. During this month, we take the time to celebrate and acknowledge the contributions of caregivers, empower them with tools that they need and continue to advocate for individuals with mental health concerns.
- "In recognition of **National Family Caregivers Month**, Mental Health America (MHA) released a new report, ***The Strain of Caregiving: How Caregiver Involvement Reduces Distress and Conflict***, which explores whether family caregivers feel involved in the care of their loved ones, if involvement has an effect on their levels of distress and conflict in providing care, and the hope they have for their loved one's recovery." - MHA
- Explore valuable caregiver resources:
  - o Caregiving in BIPOC Communities
  - o HIPAA: What Are A Caregiver's Rights?
  - o Setting Goals for Recovery
  - o Treatment Supports
- Crisis Resources
  - o If you or someone you know is in an emergency, call **911** immediately.
  - o Faculty/Staff – Helping Students in Crisis Through CAPS
  - o If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at **1-800-273 TALK (8255)**
  - o You can also text **NAMI to 741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.

- o [Know the Warning Signs and Risk Factors of Suicide](#)
- Community Mental Health Services & Resources
  - o [BIPOC & Mental Health](#) – Resources, statistics, and general information by MHA
  - o [CAPS](#) - CAPS is the University Counseling & Psychological Services for students. Call 513-556-0648 to schedule an initial consultation.
  - o [Impact Solutions (UC's EAP)](#) – Faculty and staff mental wellness services.
  - o [Inclusive Therapists](#) – Inclusive Therapists offers a safer, simpler way to find a culturally responsive, social justice-oriented therapist.
  - o [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.
  - o [Psychology Today](#) – Connect with a licensed mental health professional in your community.
  - o [Racial Trauma Resources](#) – A collection of information and campus and community resources for race-based stress and trauma.
  - o [Self-Help Tools](#) – Interactive tools and resources provided by Mental Health America.
  - o [Student Resources at CAPS](#) – Alternative resources to face-to-face counseling
  - o [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
  - o 11/23 - Executive Order 13950 and Diversity, Equity, & Inclusion Education

OEOA Inclusive Excellence Workshops Fall 2020-2021

- Bearcat Familia: A roundtable discussion on Latinx student support at UC
  - o Facilitator: Molly Scruta
  - o November 24, 10 AM – 11:30, via WebEx
- Better Together: Campus partnerships that support inclusive coaching relationships
  - o 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](#)