



CECH Inclusive Excellence Weekly Update

Asian American and Pacific Islander Heritage Month

- May is Asian American and Pacific Islander Heritage Month. The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants. During this month we pay tribute to the generations of Asian Americans and Pacific Islanders who have enriched America's history and present day.
- Explore these [APAHM Events and Activities in Cincinnati](#) taking place in May.
- Check out these [30 AAPI Books for Kids of All Ages](#) with Amazon links.
- Below are important organizations fighting for AAPI rights:
 - [Asian Americans Advancing Justice](#)
 - [Stop AAPI Hate](#)
 - [National Asian Pacific American Women's Forum](#)
 - [18 Million Rising](#)
 - [APIA Health Forum](#)
 - [National Council of Asian Pacific Americans](#)

Summer 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 inclusion.
- Take a moment to [view our Summer WHY DEI newsletter](#) and discover fun ways you can stay engaged in DEI over the summer. If you are interested in joining our WHY DEI creation and editing team for the 2021-2022 school year, email [Daniele Bond](#).

Upcoming Events

MCRC is at the Cincy Fringe Festival

- Northern Kentucky University's Mourning the Creation of Racial Categories (MCRC) Project will present two NEW films at the 2021 [Cincinnati Fringe Festival](#), the largest arts festival in Ohio!
- The films *Why White?* and *I am White Like You, Right Mom?* are part of the primary lineup and are available on-demand from June 4 to 19. Click [here](#) for more information and tickets.

Merck Virtual Symposium

- The Merck Virtual Symposium "*Inventing for Life with Merck Chemistry: Many Cultures Innovating Together*" will take place June 17th from 12 PM – 3 P. To join click the [Zoom link here](#).

Mental Health Matters

Launched in 1949 by Mental Health America (MHA), May is Mental Health Month is the most highly recognized mental health awareness event in the nation.

Each year, tens of thousands of organizations choose to use MHA's official May is Mental Health Month materials. The materials reach millions of people with messages of health, wellness, prevention, and recovery.

The COVID-19 pandemic has had a profound impact on the mental health of people of all ages. Now, more than ever, it is critical to reduce the stigma around mental health struggles, **because that stigma often prevents individuals from seeking help.**

In 2021, MHA continues with the theme of *Tools 2 Thrive*, providing practical tools that everyone can use to improve their mental health and increase their resiliency regardless of their personal situation. The toolkit includes sample materials for communications and social media as well as printable handouts on the following topics:

- Adapting after trauma and stress
- Dealing with anger and frustration
- Getting out of thinking traps
- Processing big changes
- Taking time for yourself
- Radical acceptance

[Download the toolkit here!](#)

Mental Health Month & Social Media: Who is sharing about Mental Health Month? Many individuals are utilizing social media to advocate for mental health through art, literature, podcasts, blogs resources and so much more. Interested in this type of content? Start here!

- [Self Care is For Everyone](#)
- [Sunny Bloom Inspiration](#)
- [Nedra Glover Tawwab](#)
- [Keeley Shaw](#)

- [The Therapist Spot](#)
- [Lori Gottlieb](#)
- [Asians For Mental Health](#)
- [Ji-Youn Kim](#)
- [Anxious Black Girl Comics](#)
- [Inclusive Therapists](#)
- [Mental Matters Podcast](#)
- [Minaa B.](#)
- #MentalHealthAwareness
- #MentalHealthMatters
- #TherapyIsCool

Quick Resources

- [CECH Mental Health Resource Guide](#)
- [CAPS](#) – The University Counseling and Psychological Services for students. Call 513-556-0648 to schedule an initial consultation.
- [Crisis](#) – If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at 1-800-273 TALK (8255)
- [Faculty/Staff](#) – Helping Students in Crisis Through CAPS
- [Impact Solutions \(UC's EAP\)](#) - Faculty and staff mental wellness resources and services.
- [Inclusive Therapists](#) – Inclusive Therapists offers a safer, simpler way to find a culturally responsive, social justice-oriented therapist.

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](#)

Resources!!!

[AACRC Newsletter](#)

[EPS Newsletter](#)

[Changing Times Newsletter](#)