



## **CECH Inclusive Excellence Weekly Update**

### **Black History Month**

- February is celebrated annually as Black History Month. This month was originally chosen to coincide with Abraham Lincoln's birthday on the 12<sup>th</sup> and Frederick Douglass' birthday on the 14<sup>th</sup>. During this time, we remember the centuries of injustice and oppression African Americans have faced, and acknowledge the many accomplishments of their community and continuous contributes to America.
- Scroll down for the [February WHY DEI Flyer](#) and the monthly PSA video.
- In addition, here are some other videos to check out:
  - [What the World Needs to Know About Black Lives Matter](#)
  - [6 Ways to be an Antiracist Educator](#)

### **Upcoming Events**

#### **7th Annual CECH Diversity Research Day**

- Save the Date for the 7<sup>th</sup> Annual CECH Diversity Research Day which will take place Wednesday, February 24, 2021 from 10 AM - 12pm.
- This year our event will be held virtually via Zoom. Registration link will be available in the coming weeks. Participate to earn Be Well UC points.
- Email Carrie Biales [bialesce@ucmail.uc.edu](mailto:bialesce@ucmail.uc.edu) or Andre Buenano [buena@ucmail.uc.edu](mailto:buena@ucmail.uc.edu) if you have any questions.



### Call for Students - CECH Triple Play Mentorship Program

- Triple Play is an opportunity for CECH alumni, faculty/staff, and upperclassmen to provide collegiate, professional, and career guidance to current CECH students.
- If you are an underclassman interested in having a group of mentors, please email Jazmin Harris [harrijz@mail.uc.edu](mailto:harrijz@mail.uc.edu).
- If you are an upperclassman interested in being a mentor for the Spring semester, please email Jazmin Harris [harrijz@mail.uc.edu](mailto:harrijz@mail.uc.edu).

### Annual Black Feminist Symposium - UC Women's Center

- The University of Cincinnati and Women's Center presents our annual [Black Feminist Symposium](#). This year we are presenting a series format from February 3rd - March 12th, 2021
- Theme - *Radical Rest: Intersectionality, Healing, and Love for Black Womxn*.
- The series is free and open to the public. Registration is required to attend, please follow this [link to register](#).

### Virtual Happy Hour - Disabled Faculty and Staff Association

- Join us Friday, February 26th from 4-6 pm via [Zoom](#) for a virtual happy hour - grab a beverage of your choice, get a brief update of the work we have done and what our next steps are, and meet some fellow UC faculty/staff! We want to take some time to celebrate the creative solutions that our faculty and staff have developed this year in terms of coping with the pandemic and what it means for our work and get to know each other more. We hope to host regular events during the Spring Semester. ASL interpreters and captions will be provided.
- Please note: This association is specifically formed for faculty and staff who identify as having a disability. We encourage you to send this to any other faculty or staff members who identify as disabled and may be interested in joining us!
- If you have questions, feel free to reach out to Emma Kreiner at [emma.kreiner@uc.edu](mailto:emma.kreiner@uc.edu).

## **Virtual Red & Black Blast - Advancement and Transition Services**

- Please join us on March 11th for Advancement & Transition Services' Virtual Red & Black Blast! There are many ways to participate, including ordering a VIP Party Package - register soon! Limited VIP packages available! [Click here to register!](#)

## **GreekServe 2021 Proposals**

- GreekServe brings UC Fraternity and Sorority members together with local non-profits. Due to Covid-19, we will be doing both virtual and in-person projects. If you have a specific need, up to 10 students can be assigned to work with your organization for a given shift from March 21 through March 27, 2021.
- [Click here to propose a project for GreekServe!](#)

## **Ongoing Opportunities**

### **Diversity, Equity & Inclusion Board Meeting**

- Here is the [January 2021 DEI Agenda](#) and [January DEI Agenda Notes](#)

### **Free Webinars from Sallie Mae**

- Personal branding
  - **February 17 | 2pm ET** [Register Now](#)
  - **February 18 | 8pm ET** [Register Now](#)
- I've been accepted to grad school. What's next?
  - **March 3 | 2pm ET** [Register Now](#)

### **Inclusive Excellence Workshops Spring 2021**

- **Supportive Measures: How Can I Help? (OGEI)**
  - Facilitator: Ashely McWhorter
  - February 16, 12 PM – 1. [Register Here](#)
- **Anti-Harassment/Non-Discrimination Seminar Level 1 (OEOA)**
  - Facilitators: Brandon Craig & Tracey Johnson
  - February 23, 10:30 AM – 12. [Click here to register](#)
- **New Title IX Regulations: What Are They? (OGEI)**
  - Facilitator: Ashely McWhorter
  - February 24, 10 AM – 11. [Register Here](#)
- **Fostering Belonging Through the Inclusion of LGBTQ History (OEI)**
  - Facilitator: J.A. Carter
  - February 25, 2 PM – 3:30. [Click here to register](#)
- **Introduction to the Office of Gender Equity & Inclusion (OGEI)**
  - Facilitator: Ashely McWhorter
  - March 1, 1 PM – 2. [Register Here](#)
- **Building Trust, Inclusion, and Positive Relationships within Your Space (OEI)**
  - Facilitators: Randy Lytes, Morgan Shaw, Alexa Justice & Ashely McWhorter
  - March 4, 2 PM – 3:30. [Click here to register](#)
- **New Title IX Regulations: What Are They? (OGEI)**

- Facilitator: Ashely McWhorter
- March 9, 11 AM – 12. [Register Here](#)
- **Microaggressions and Unconscious Bias (OEI)**
  - Facilitator: Dy'an Marinos
  - March 11, 10 AM – 11:30. [Click here to register](#)
- **Inclusion Advocacy in Support of Equitable Hiring Processes (OEEOA)**
  - Facilitators: Karla Phillips Randy Lytes
  - March 15, 9:30 AM – 11. [Click here to register](#)
- **Renewing our Commitment to Greater Cultural Competence at UC (OEEOA)**
  - Facilitators: Brandon Craig & Tracey Johnson
  - March 17, 9:30 AM - 11. [Click here to register](#)
- **Supportive Measures: How Can I Help? (OGEI)**
  - Facilitator: Ashely McWhorter
  - March 17, 3 PM – 4. [Register Here](#)
- **The Power of Resilience (OEI)**
  - Facilitator: Jane Sojka
  - March 18, 10 AM – 11:30. [Click here to register](#)
- **LGB, But Where's the T? An Exploration of Resources for Trans and Nonbinary UC Community Members (OEI)**
  - Facilitator: Alexa Justice & Matt Nguyen
  - March 25, 10 AM – 11:30. [Click here to register](#)
- **Introduction to the Office of Gender Equity & Inclusion (OGEI)**
  - Facilitator: Ashely McWhorter
  - April 1, 12 PM – 1. [Register Here](#)
- **New Title IX Regulations: What Are They? (OGEI)**
  - Facilitator: Ashely McWhorter
  - April 6, 2 PM – 3. [Register Here](#)
- **Supportive Measures: How Can I Help? (OGEI)**
  - Facilitator: Ashely McWhorter
  - April 12, 10 AM – 11. [Register Here](#)
- **Inclusion Advocacy in Support of Equitable Hiring Processes (OEEOA)**
  - Facilitators: Karla Phillips & Randy Lytes
  - April 15, 2 PM – 3:30. [Click here to register](#)

# Mental Health And COVID-19

WHAT MHA SCREENING DATA  
TELLS US ABOUT THE IMPACT  
OF THE PANDEMIC

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- [Mental Health America](#) released the [2020 full-year data](#) from the nation’s largest ongoing, real-time online [mental health screening program](#).
- “The data shed on bright light on what we have been reporting throughout the past year,” said Paul Gionfriddo, president and CEO of Mental Health America. “The mental health needs in the United States are reaching new highs – and public officials need to make the restoration of the mental health of our nation a top priority in 2021.”
- Nearly 2.5 million people took an online [mental health screening](#) in 2020, comprising the largest real-time database ever compiled from a mental health help-seeking population. This compares to the 1 million people who completed a screening in 2019. Read the full findings [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.

### **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.
- February’s topic: **Black History Month**
- Click [February WHY DEI Flyer](#) to learn more.

### **Resources!!!**

[February PSA](#)

[AACRC Newsletter](#)

[EPS Newsletter](#)

[Changing Times Newsletter](#)