



## CECH Inclusive Excellence Weekly Update

### LGBTQ+ History Month



“LGBT History Month sends an important message to our nation’s teachers, school boards, community leaders, and youth about the vital importance of recognizing and exploring the role of gay, lesbian, bisexual, and transgender people in American history.”

-Rodney Wilson

- October is LGBTQ+ History Month, during this month we recognize lesbian, gay, bisexual, transgender, and queer history, along with the history of gay rights and related civil rights movements.
- In 1994, Rodney Wilson, a high school teacher in Missouri, had the idea to dedicate a month where teachers and community leaders would celebrate and teach LGBTQ+ history. October was chosen because of National Coming Out Day, October 11<sup>th</sup> and the National March on Washington which took place on October 14<sup>th</sup>, 1979.
- Check out these resources for more information:
  - [UC LGBTQ Center](#)
  - [31 Days 31 LGBTQ Icons](#)
  - [LGBTQ Rights Milestones Fast Facts](#)
  - [One Archives Foundation](#)
  - Watch the October PSA video down below!

## CECH Triple Play Mentoring Program

- Triple Play is an opportunity for CECH alumni, faculty/staff, and upperclassmen to provide collegiate, professional, and career guidance to current CECH students for the 2020-2021 school year.
- If you are an underclassman interested in becoming a mentee or you are an alumni, faculty/staff, or upperclassmen interested in becoming a mentor please email [harrijz@mail.uc.edu](mailto:harrijz@mail.uc.edu).

## Mental Health Awareness

### Informational Resources:

- [What is Mental Health?](#) (3min video)
- [Coping Skills Advice](#) (very short article)
- [Taking Care of Mental Health in the Face of Uncertainty](#) (short article)
- [Know the Warning Signs and Risk Factors of Suicide](#)
- [Being Prepared for a Crisis](#)
- [Navigating a Mental Health Crisis](#)
- Need more information, referrals, or support? Contact the [NAMI Helpline](#).

### Crisis Resources:

- If you or someone you know is in an emergency, call **911** immediately.
- 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.

### Student Mental Wellness 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.
- [Inclusive Therapists](#) – Inclusive Therapists offers a safer, simpler way to find a culturally responsive, social justice-oriented therapist. They center the needs of marginalized populations, including Black, Indigenous, and People of Color, the LGBTQ+ community, neurodivergent folx, and people with disabilities.
- [Let's Talk](#) - A free virtual consultation program which provides easy access to conversations with clinicians from CAPS. This service is available for all UC students, located anywhere, who may not need traditional counseling, but could still benefit from one-on-one support.
- [Mental Health America \(MHA\) – Suicide Awareness](#) - Facts, warning signs, resources and more.
- [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.
- [Reach Out](#) - A free app available for smart phones that provides a wealth of information about mental health and suicide prevention for the UC community.
- [Self-Help Tools](#) - Interactive tools and resources provided by Mental Health America.
- [Student Wellness Center Virtual Resources](#) - A collection of virtual resources, apps, websites, podcasts, articles and more to help you maintain your health and wellness.
- [Therapy Assistance Online](#) -TAO is a free interactive, web-based self-help program that provides online and mobile. tools to help you overcome the day to day challenges around stressors like anxiety, depression, or other concerns.
- [Wellness Workshops](#) - Join CAPS for free WebEx workshops on topics related to mental and emotional wellness. You can register for any of these workshops on our Campus Link page.

### **TAP Information Sessions and Application**

- The Transition and Access Program (TAP) is a four-year residential college certificate program for young adults with intellectual and developmental disabilities. Students live, work, learn and lead on the University of Cincinnati's campus and belong to a vibrant community.
- UC will be hosting several virtual information sessions. Please sign up to learn more or feel free to pass along to those interested!
  - TAP Overview [Register for TAP Informational Session](#)
    - 10/14 at 6:16 PM
  - Chat with TAP Ambassadors [Register for Chat Session with TAP Ambassadors](#)
    - 10/22 at 6:30 PM
- Application Deadline: November 1st (Early Decision) and February 14th (Regular Decision)
  - [Access the application and process here and TAP into your future!](#)

### **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.  
Register here:  
Email [titleix@uc.edu](mailto:titleix@uc.edu) or call 513-556-3349
- Weekly sessions every Monday, 1:30-3:30 PM
  - 10/12 UC Non-Discrimination & Anti-Harassment Policy Overview
  - 10/19 - Implicit Bias and Disparate Impact Discrimination
  - 10/26 - Equal Access and Intentionally Inclusive Practices

- o 11/2 - Affirmative Action and Equal Employment Opportunity

## **OEOA Inclusive Excellence Workshops Fall 2020-2021**

- Equal Opportunity at UC: Anti-Harassment/Non-Discrimination Workshop - Level 1
  - o Facilitators: Brandon Craig and Tracey Johnson
  - o October 12, 2 PM – 3:30, via WebEx
- Affirmative Action Plan 101
  - o Facilitator: Randy Lytes
  - o October 13, 10 AM – 11:30, via WebEx
- Self-Care in Self-Isolation
  - o Facilitator: Dy'an Marinos
  - o October 13, 2 PM – 3:30 via WebEx
- Inclusion Advocacy in Support of Equitable Hiring Processes
  - o Facilitators: Randy Lytes and Karla Phillips
  - o October 15, 9:30 AM – 11:00, via WebEx
- Fostering Belonging Through the Inclusion of LGBTQ History
  - o Facilitator: J.A. Carter
  - o October 20, 10 AM – 11:30, via WebEx
- Disability Access and Inclusion in Higher Education
  - o Facilitators: Jessica Guess, Emma Kreiner, and Whitney Saunders
  - o October 20, 2 PM – 3:30, via WebEx
- Renewing our Commitment to Greater Cultural Competence at UC
  - o Facilitators: Brandon Craig and Tracey Johnson
  - o October 27, 10 AM – 11:30, via WebEx
- Out in Business: Exploring the Paradox of Belonging
  - o Facilitators: Suzanne Masterson, Marianne Lewis and Brian Fanelli
  - o November 3, 10 AM – 11:30, via WebEx
- Fat doesn't mean unhealthy: Understanding sizeism in the workplace
  - o Facilitator: Tina Mahle
  - o November 3, 2 PM – 3:30, via WebEx
- Overcoming barriers to leadership: Developing the leader in YOU!
  - o Facilitator: Kristen Campbell
  - o November 10, 10 AM – 11:30, via WebEx
- Inclusion: Shifting from Compliance to Culture of Access
  - o Facilitator: Pamela Goines
  - o November 10, 2 PM – 3:30, in WebEx
- Inclusion Advocacy in Support of Equitable Hiring Processes
  - o Facilitators: Randy Lytes and Karla Phillips
  - o November 13, 1:30 PM – 3, via WebEx
- Developing a Culture of Diversity, Equity, and Inclusion – It Starts with You!

- o Facilitators: Anna Donnell, Bradford Mallory, Carolyn Shisler
  - o November 13, 2 PM – 3:30, via WebEx
- Envisioning What’s NEXT? Becoming Agents for Sustaining Equitable and Inclusive Environments
  - o Facilitators: Bradford Mallory, Rita Kumar and Natalia Darling
  - o November 17, 10 AM – 11:30, via WebEx
- Informed Discussions
  - o Facilitator: Dy’an Marinos
  - o November 17, 2 PM – 3:30, via WebEx
- Equal Opportunity at UC: Anti-Harassment/Non-Discrimination Workshop - Level 1
  - o Facilitators: Brandon Craig and Tracey Johnson
  - o November 19, 9 AM – 10:30, via WebEx
- Bearcat Familia: a roundtable discussion on Latinx student support at UC
  - o Facilitator: Molly Scruta
  - o November 24, 10 AM – 11:30, via WebEx
- Straight from Gen Z’s Mouth: Considering Generational Differences in Student Interaction
  - o Facilitator: Liz Pawley
  - o December 1, 10 AM – 11:30, via WebEx
- Pass the Mic: Managing Your Response in Challenging Situations
  - o Facilitator: Dy’an Marinos
  - o December 1, 2 PM – 3:30, via WebEx
- Inclusion Advocacy in Support of Equitable Hiring Processes
  - o Facilitators: Randy Lytes and Karla Phillips
  - o December 7, 10:30 AM – 12, via WebEx
- Equal Opportunity at UC: Anti-Harassment/Non-Discrimination Workshop - Level 1
  - o Facilitator: Brandon Craig and Tracey Johnson
  - o 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](mailto:Huda.Kebede@uc.edu)

**Resources for YOU!!!**

[October PSA](#)

[AACRC Newsletter](#)

[EPS Newsletter](#)

[Changing Times Newsletter](#)