



## **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).

### Anti-Racism Community Space

- Come to the CECH Anti-Racism Community Space on February 9<sup>th</sup> at 3:30 - 5:00 PM. Professor of Information Technology, Russ McMahon, will give a presentation on LGBTQ+ and BIPOC communities in the field of IT. Presentation will be followed by thought-provoking discussion and activities. The session will be facilitated by Karen McGarry, Scott Pena, and Alice Deters. [Register to Attend via Zoom](#)

### Kuamka Week 2021

- Kuamka, which is Swahili for the phrase “in the beginning,” is a week of exciting events that kicks off Black History Month. This year is the 22nd anniversary of Kuamka, and the theme is Fix Your Crown. During the week, students will compete in different areas to become the next Mr. and Ms. Kuamka, celebrate academic and leadership excellence, attend social programming, and more.
- The last event of Kuamka week, Red, Black, Green & Gold Ball takes place tomorrow February 6<sup>th</sup>, 6 PM - 7:30 PM. [RSVP and more information here](#)
- One of our very own CECH students is a candidate for Ms. Kuamka!
  - A’Jiana Birchmore, 4<sup>th</sup> year student majoring in criminal justice, is a proud first-generation student, who is very involved on campus. She is Vice President of the United Black Student Association, a BASE Mentor, a ROAR Tour Guide, and Student Ambassador for the UC Office of Admissions.

- Her platform, “Becoming a Bearcat”, focuses on increasing the Black student population on campus by engaging prospective students. Great work A’Jiana!
- The current outgoing Ms. Kuamka is Akua Wilson, is also a CECH student in their 3<sup>rd</sup> year of criminal justice studies, and President of CECH Tribunal.

### **National Black HIV/AIDS Awareness Day**

- Going Black in Time: A Story of HIV, is a virtual workshop presented by UC Libraries.
  - Facilitator: Morris Singletary
  - When: February 10th, 1PM - 3 PM. [Registration link here.](#)
- Traveling exhibit, *Surviving and Thriving: AIDS, Politics and Culture*, is on display through February 10th in the University of Cincinnati Health Sciences Library.

### **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 3<sup>rd</sup> - March 12<sup>th</sup>, 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](#).

### **Rethinking Disability: Creating a Culture of Cultural Disability**

- Join us for an informative and inspiring conversation about rethinking disability.
- When: February 10<sup>th</sup> at 12 PM - 1:30 PM [Zoom link](#) , [RSVP and more information here.](#)

### **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!](#)

### **Jobs and Volunteer Opportunities**

#### **Digital Communications Graduate Assistant Position**

- The Division of Student Affairs and Enrollment Management are seeking a Graduate Assistant to support the Director of Marketing & Communications in developing ongoing communication strategies and marketing plans directed toward undergraduate and graduate students.
- 20 hours per week with occasional evening and weekend hours, as required, but not to exceed 20 hours/week. Runs from January 2021 to May 2021 with the option to renew for June 2021 to May 2022
- Responsibilities:
  - Campus-wide Student Newsletter Management
  - Social Media Management

- Mass Email Announcements
- Required Qualifications:
  - Full time graduate student in good academic standing; Strong interpersonal skills; Detail oriented; Excellent written communication skills; Able to work effectively independently and as a team worker; Able to work effectively in a dynamic and evolving work environment
- Preferred Qualifications:
  - Preferred programs of study: Marketing, Communication, Journalism, Professional Writing, or similar
  - Newswriting skills, graphic design skills, photography experience
- For interest or further questions, email Whitney White ([whitewe@ucmail.uc.edu](mailto:whitewe@ucmail.uc.edu)).

### **Ongoing Opportunities**

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

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

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

- Considering graduate or professional school?
  - February 11 | 2pm ET [Register Now](#)
- 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**

- **Affirmative Action 101: Data drives action (OEI)**
  - Facilitator: Randy Lytes
  - February 11, 2 PM – 3:30. [Click here to register](#)
- **Introduction to the Office of Gender Equity & Inclusion (OGEI)**
  - Facilitator: Ashely McWhorter
  - February 11, 3 PM – 4. [Register Here](#)
- **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 (OEOA)**
  - Facilitators: Karla Phillips Randy Lytes
  - March 15, 9:30 AM – 11. [Click here to register](#)
- **Renewing our Commitment to Greater Cultural Competence at UC (OEOA)**
  - 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 (OEOA)**

- Facilitators: Karla Phillips & Randy Lytes
- April 15, 2 PM – 3:30. [Click here to register](#)

### **Mental Health Matters**

- Bethany Jones writes on [Secondary Trauma In The Time Of COVID-19](#):  
*“Anyone can burn out, some do so like a roman candle – in a bright combustible way, while others burn out slowly – quietly, like a candle at a dinner party slowly dripping away while no one notices - until it extinguishes itself. While everyone can burn out, not everyone can get secondary trauma. Secondary trauma is different from its exhausted cousin burn out. Secondary trauma only affects a handful of professions: social workers, therapists, teachers, nurses, caregivers, teachers, ER doctors, law enforcement, and members of the media. We are the front line of trauma and exposed to it constantly, day in and day out – a sponge for the wounds of the world. And our exposure to the trauma and absorption of the trauma can eventually leave an indelible scar and lesions on our soul.”*

Read [here](#) for more on secondary trauma during COVID 19.

- Mental Health America’s (MHA’s) report, *Young People’s Mental Health in 2020: Hope, Advocacy, and Action for the Future*, shares the perspectives of 1,906 14-24-year-olds who completed our Young People’s Mental Health Survey through our online [MHA Screening Program](#) . [Download the full report 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](#)