

JULY NEWSLETTER

This Month's Celebrations

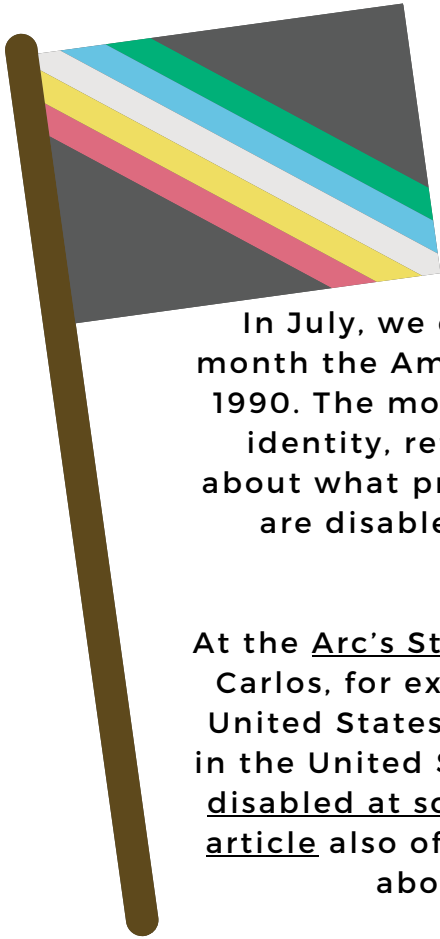
Disability Pride Month, BIPOC
Health Awareness Month,
French American Heritage
Month
4th Independence Day
6th Muharram (Islamic) (July 6 -
August 5)
7th Hijri New Year (July 7 - July
8)
7th Al-Hijra / Muharram
(Islamic: July 7th- August 4th)
14th International Non-Binary
People's Day
16th Ashura (Islamic) (July 16 -
July 17)
21st Asala-Dharma (Buddhist)
26th Americans with Disabilities
Act Day

HAPPY SUMMER QUARTER!

The jolly summer
campers on
campus surely
remind us of
cultivating
beginners'
mindsets...and
energy!



Spotlight on: Disability Pride Month*



In July, we celebrate Disability Pride Month because it is the month the American with Disabilities Act was enacted on July 26, 1990. The month offers us a chance to recognize disability as an identity, reflect on progress, and have serious conversations about what progress still needs to happen. 1 in 4 adults in the US are disabled, yet the barriers to access care are all around, particularly health care costs.

At the [Arc's Story Hub](#) you can learn directly from the community. Carlos, for example, tells the story of how he immigrated to the United States to have access to better health care and resources in the United States. Carlos also reminds us that "Everyone will be disabled at some point in their life. Things need to change." [This article](#) also offers a chance to learn directly from the community about breaking down damaging stereotypes.

We can all be a part of the change needed. The Arc invites us, for instance, to participate in a [virtual Disability Pride Parade](#) on July 26th. The organization also outlines [several ways to contribute](#), including reaching out to elected officials, donating to grassroots movements, and hiring people with disabilities.

*thank you, Bryan Fauth, for text revision and editing.

[Disability Impacts All of Us Infographic | CDC](#)


[Observing Disability Pride Month this July | Human Rights Watch \(hrw.org\)](#)

[Why and How to Celebrate Disability Pride Month - The Arc](#)

[Our Stories | The Arc](#)

[27 Quotes From People with Disabilities \(goodhousekeeping.com\)](#)

Spotlight on: BIPOC Mental Health Awareness Month



"While everyone - all colors - everyone is affected by stigma - no one wants to say 'I'm not in control of my mind.' No one wants to say, 'The person I love is not in control of [their] mind.'

But people of color really don't want to say it because we already feel stigmatized by virtue of skin color or eye shape or accent and we don't want any more reasons for anyone to say, 'You're not good enough.'"-

Bebe Moore Campbell

July is BIPOC (Black, Indigenous, People of Color) Mental Health Awareness Month. Originally established as Bebe Moore Campbell National Minority Health Awareness Month in 2008, it brings awareness to inequities in mental health access impacting communities of color. Bebe Moore Campbell was an author, journalist, educator, and advocate for removing barriers to accessing mental health resources for these communities.*

Structural racism creates several barriers that prevent treatment, including the lack of health insurance, culturally competent and diverse mental health providers, and stigma around mental health. The National Alliance on Mental Illness advocates, among other things, for culturally competent health professionals who understand culture's role in diagnosis and treatment. NAMI honors the legacy of Bebe Moore Campbell with resources to dismantling these barriers, helping us remember that "Hope Starts with Us."

At the Diversity & Equity Center



The Center is stepping outside its walls this summer! Visit our tent on July 17, from 12-2 to learn about the Center, the Scholars Program, and resources around campus. Or ... simply stop by to say hello and enjoy something sweet.

Speaking of sweets - sometimes this world can be, well, too much, and eating dessert first is in order. Stop by the Center on July 24, 12-2 to eat dessert and take a break in the middle of it all. We hope to see you - Happy Summer to all!

