

DIVERSITY & INCLUSION NEWSLETTER

PANHELLENIC ASSOCIATION AT THE UNIVERSITY OF KANSAS



MAY IS:

1 - Mental Health
Month

2 - Asian Pacific
American Heritage
Month

3 - Jewish American
Heritage Month

MENTAL HEALTH AWARENESS MONTH (MHAM)

Since 1949, millions of Americans have observed Mental Health Awareness Month in May. The purpose of MHAM is to educate the public about mental illnesses and reduce the stigma surrounding mental and behavioral health issues.

With life still in a pandemic, finals week approaching, and the multitude of other daily stressors and struggles, we encourage you take this time to check in on yourself, your friends, and your family.

For resources, activity ideas, and more information on MHAM, click [HERE](#).



ASIAN PACIFIC AMERICAN HERITAGE MONTH (APAHM)

Asian Pacific American Heritage Month celebrates the accomplishments, influence, and contributions of Asian American and Pacific Islander Americans. APAHM encompasses all individuals of the Asian continent and Pacific islands of Melanesia, Micronesia, and Polynesia.

THIS MONTH ON CAMPUS

FREE HISTORY: THE ANATOMY OF ANTI-ASIAN VIOLENCE AND RACISM

On Friday, May 21st from 6-7pm, the Watkins Museum will be hosting a free online event to help educate the KU community on the roots of anti-Asian violence in America. Dr. Kelly H. Chong, Professor of Sociology at the University of Kansas, will be leading the discussion. Register for the event [HERE](#).

FREE HISTORY: ASIAN AMERICAN WOMEN'S EXPERIENCES PAST AND PRESENT

On Thursday, May 27th, from 6-7pm, the Watkins Museum will hold another event in their FREE History mini-series for APAHM. Thursday's event will be hosted by Dr. Doris T. Chang, Associate Professor of Political Science at Wichita State University. Dr. Chang will be discussing the ways in which stereotypes and U.S. immigration laws affect Asian American women's experiences and how the white majority society perceive Asian American women both past and present. Register for the event [HERE](#).

JEWISH AMERICAN HERITAGE MONTH (JAHM)

Since May 2007, Jewish American Heritage Month has annually recognized the generations of Jewish Americans and their impact on American history, culture, and society. This year, JAHM will highlight times in which Jewish communities displayed resilience and care for communities outside of their own, and also how diverse communities stood up for Jews in the face of antisemitism.

IDEAS TO CELEBRATE JEWISH AMERICAN HERITAGE MONTH

- Visit a Jewish museum or a Jewish historical site
- Explore the [Jewish Virtual Library](#).
- Research your family's history
- Read a book recommended by the [Jewish Book Council](#)
- Learn about Jewish American history through the JAHM [website](#)

ON CAMPUS RESOURCES:

MENTAL HEALTH

The University of Kansas hosts multiple organizations dedicated to helping students' mental health. Here is a non-exhaustive list of resources available:

KU Counseling and Psychological Services (CAPS)

- CAPS offers affordable access to licensed psychologists, clinical social workers, board certified psychiatrists, and graduate interns or trainees
- The first appointment process is quick and easy!
 - Sign up for an initial consultation
 - Submit required documentation and paperwork
 - Conveniently meet your healthcare provider over Zoom!
- To make an appointment, call (785) 864-2277

Peer Support Groups

- HOPE@CAPS offers peer support groups led by mental health peer educators
- Accessible to all currently enrolled KU students, these groups provide a safe space to share experiences, support, and encouragement
- To find available groups, head over to their [website](#)

ASIAN PACIFIC AMERICAN HERITAGE

Student groups and organizations with an AAPI focus or interest:

- Asian American Student Union (AASU)
 - "Strives to promote Asian American awareness and education, we also aspire to create a social network for anyone interested in Asian American and Asian cultural, last we collaborate with other Asian and minority groups to create a more diverse campus."
 - kansas.aasu@gmail.com
- Lamda Phi Epsilon (MGC Fraternity)
- Sigma Psi Zeta (MGC Sorority)
- alpha Kappa Delta Phi (MGC Sorority)

JEWISH AMERICAN HERITAGE

Student groups and organizations with a Jewish focus or interest:

- The Chabad Student Center at KU
 - "Provides awareness of the Jewish culture with educational, mentorship and social activities. It is our goal to promote Jewish values, morals, and outlooks for those wishing to learn more about Judaism."
 - www.jewishku.com
- KU Hillel
 - "Builds Jewish community, connects students to Jewish opportunities and each other, inspires and trains Jewish leadership, and develops Jewish adults."
 - kuhillel.org
- Alpha Epsilon Pi (IFC Fraternity)
- Zeta Beta Tau (IFC Fraternity)

IMPORTANT DATES

2: ORTHODOX EASTER

Western Christianity, also known as Pascha, commemorates the resurrection of Jesus Christ

5: CINCO DE MAYO

Commemorates the Mexican Army's victory over the French at the Battle of Puebla in 1862

6: NATIONAL DAY OF PRAYER

A set day asking Americans of all faiths to "turn to God for prayer and meditation"

9: LAYLAT AL-QADR

Muslim, also referred to as the Night of Power, the holiest night in Islamic faith marks when the first verses of the Quran were revealed

13: ASCENSION DAY

Christian, also called Holy Thursday, commemorates the ascension of Jesus Christ into Heaven

12-13: EID AL-FITR

Muslim, beginning at sundown, this day marks the end of Ramadan and the end of month-long fasting

16-18: SHAVUOT

Jewish, also called Feast of Weeks, marks both the summer grain harvest and the receiving of the Torah on Mount Sinai

17: INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA, AND BIPHOBIA

Aims to raise awareness of LGBTQ+ rights violations and stimulate interest in LGBTQ+ rights work internationally

21: WORLD DAY FOR CULTURAL DIVERSITY, DIALOGUE, AND DEVELOPMENT

Celebrates the world's cultures, the importance of intercultural dialogue, and the promotion of peace, stability, and fundamental human rights

22-23: DECLARATION OF THE BÁB

Bahá'í, commemorates when the Báb announced that he was the new messenger of God. He served as a herald for Bahá'u'lláh, who is the central prophet of the Baha'i faith

23: PENTACOST

Christian, feast celebrated the seventh Sunday after Easter, marks the descent of the Holy Spirit upon the disciples

26: BUDDHA DAY

Buddhist, also known as Vesak or Visakha Puja, commemorates the birth and enlightenment of Buddha

29: ASCENSION OF BAHÁ'U'LLÁH

Bahá'í, marks the anniversary of the death of Bahá'u'lláh, the founder of the Bahá'í Faith

30: ALL SAINTS DAY

Eastern Christianity, Eastern churches celebrate all saints this day on the first Sunday after Pentecost

30: TRINITY SUNDAY

Western Christianity, celebrates the Christian doctrine of the Trinity, the three Persons of God: the Father, the Son, and the Holy Spirit



[CLICK HERE FOR THE FULL CALENDAR!](#)

NPC UPDATES

NPC ANNOUNCES PARTNERSHIP WITH NCL

APRIL 15: THE NATIONAL PANHELLENIC CONFERENCE PARTNERS WITH THE NATIONAL CHARITY LEAGUE, INC.

The National Charity League (NCL) is an organization committed to building mother-daughter relationships through philanthropy, culture, and leadership.

“The National Charity League is dedicated to empowering women, inspiring social awareness and supporting local communities,” said NPC Chairman Carole J. Jones. “Working with an organization whose values align so closely to NPC’s allows us to combine our efforts to find new and creative ways to support women and our local communities.”

To read more, click [HERE](#).

CELEBRATING MENTAL HEALTH AWARENESS MONTH

This year, NPC will celebrate Mental Health Awareness Month by participating in 5onthe5, an initiative that encourages us to call 5 of our loved ones and ask the question, "How are you feeling?" This day was created to celebrate the importance of human connections. The goal is to impact people that may be feeling isolated or lonely allowing them to feel seen and heard.

NPC encourages all Panhellenic members to join in and participate on May 5th. More information can be found on www.5onthe5.com.

CELEBRATING NATIONAL WOMEN'S HEALTH WEEK

From May 9-15, NPC will be celebrating National Women’s Health Week. NWHW is dedicated to encouraging women to make their physical and mental health a priority. Throughout the week, NPC will be sharing information and resources on their Facebook, Instagram, and Twitter.

Here are some ways you can participate:

- Share what steps you're taking for good health. Use #NWHW and #FindYourHealth in any social media messages you share.
- Use the Office of Women's Health's [online tool](#) for customized tips to improve your healthy eating and physical activity habits.
- Share the tool with your friends and family to help them take the next step on their personal health journeys.

<https://www.womenshealth.gov/nwhw>

CHAPTER UPDATES

ALPHA CHI OMEGA

"In April we had a supporting survivors presentation for Sexual Assault Awareness Month that showed all the ways you can help a sister out when these things happen. We have also discussed on how our chapter welcomes anyone that identifies as a woman. For recruitment we had a discussion about putting our pronouns on our Zoom name and having potential new members share their pronouns in the beginning of rounds. We have also eliminated the legacy policy for us for recruitment. We also will be establishing a DEI committee within the chapter in the fall. A national committee was made to analyze bylaws and make them more inclusive come Fall. We have also made sure to be financially transparent during recruitment." -Melisa Martin del Campo, VP of DEI

ALPHA DELTA PI

"Alpha Delta Pi has continued to be dedicated to diversity and inclusion initiatives! We have weekly DEI committee meetings to facilitate conversations and education. In April, we had a guest speaker present to our chapter about antisemitism and religious diversity." -Sarah Gress, Director of Inclusion

CHI OMEGA

"In April, Chi Omega has consistently educated its members on various topics related to Diversity, Equity, and Inclusion by introducing a concept from the "DEI Dictionary" during chapter each week. This month's topics included gender non-conformity, allyship, unconscious bias, and cultural competence. We have also established a financial relief scholarship fund for members facing financial challenges due to COVID-19 or other personal struggles. Additionally, we successfully passed all changes proposed by our DEI chairs to make our chapter bylaws more inclusive, such as using "they/them/theirs" pronouns in place of "she/her/hers" pronouns. We look forward to continuing our pursuit of a more equitable chapter as we finish the academic year and as we transition into next year and Fall Formal Recruitment!" -Katherine Ewing, DEI Chair

CAMPUS RESOURCES

SEXUAL VIOLENCE

KU's CARE (Campus Assistance, Resource, and Education) Coordinator

Provides free and confidential services to all students impacted by gender based violence. Connects students to various resources including: therapeutic support, advocacy, emotional support while filing reports, and help accessing medical care.

(785) 864-9255

care@ku.edu

studenthealth.ku.edu/sexual-assault

The Sexual Assault Prevention and Education Center

SAPEC promotes social change and the elimination of sexual violence through prevention education, inclusive programming, and campus wide collaboration.

(785) 864-5879

sapec.ku.edu

DIVERSITY AND EQUITY

The Office of Diversity & Equity

Leads and facilitates the development of institutional policies and protocols intended to create a more representative, equitable, and inclusive KU.

(785) 864-4904

diversity@ku.edu

diversity.ku.edu

Emily Taylor Center for Women & Gender Equity

ETCWGE seeks to support the personal, educational, and professional success of students through challenging patriarchal norms which impede full access to the university. Provides consultation and personal advising, scholarships and aid, and resources for student parents.

(785) 864-3552

emilytaylorcenter.ku.edu

Center for Sexuality & Gender Diversity

Strives to build an inclusive campus community by providing social justice-based education, resources, programming, events, training, and support for queer and trans students, staff and faculty at the intersections of identity.

(785) 864-4256

sgd@ku.edu

HAZING

Student Conduct and Community Standards

Addresses incidents of non-academic misconduct on campus and educates students about the Code of Student Right and Responsibilities. Students may contact SCCS to report harm or violations of university policy. The office seeks to foster a holistic learning environment through education focused on community.

(785) 864-4060

kusccs@ku.edu

studentconduct.ku.edu

MENTAL HEALTH SUPPORT

Counseling and Psychological Services

CAPS helps students with issues related to adjusting to college and other psychological, interpersonal, and family problems. Individual sessions, group sessions and psychiatric services are available.

(785) 864-2277

caps.ku.edu

National Suicide Prevention Lifeline

Available 24/7. People may call for themselves or for a loved one who is struggling. Trained crisis workers are available to talk, assess the level of risk, and develop a plan to help keep the person safe.

1-(800) 273-TALK

REPORTING

Office of Institutional Opportunity and Access

The IOA serves as a neutral and unbiased resource for students, faculty, and staff who wish to report an allegation of discrimination, harassment, sexual misconduct, sexual violence and/or retaliation.

(785) 864-6414

IOA@ku.edu

Legal Services for Students

Provides students with advice, representation, and education with commonly occurring legal issues.

(785) 864-5665

legals@ku.edu

CONTACT INFO:

Anne Gill

PANHELLENIC DIRECTOR OF
DIVERSITY AND INCLUSION
AT THE UNIVERSITY OF KANSAS

she/her/hers

kuphadiversity@gmail.com

Office Hours: **T/TH 11:30-1p**

Meeting ID:

552 172 3611