



Inclusive Excellence Newsletter

Word of the month

This month's term is 'Health Equity'. According to the [CDC](#), Health Equity is the state in which everyone has a fair and just opportunity to attain their highest level of health.

What is RVU doing to improve health equity? What more could we be doing? Let us know using the QR code.



Resources: Health Equity & Self-Care

Websites & Articles:

- [Health Equity Overview](#) | World Health Organization
- [Mindful Making Self-Care Toolkit](#) | Pennsylvania State University
- [Why is Cultural Competence Important in Health Care?](#) | Regis College
- [Mental Health Resources for Underrepresented Communities](#) | American Foundation for Suicide Prevention

Quick Videos:

- [How do Social Determinants Impact Public Health?](#) | American Public Health Association | YouTube | 4 min 35
- [Daily Calm | 10-minute Meditations playlist](#) | Calm | YouTube

New Resources from the Frank Ritche Ames Memorial Library:

- [Diversity in Medicine](#) | Online Resources in AccessMedicine
- [McGraw-Hill's Complete Medical Spanish, Premium Fourth Edition](#) | eBook
- [An Introduction to Medical Spanish: Communication and Culture, Fifth Edition](#) | eBook
 - Please note you will have to log-in to view the library resources



UPDATES FROM THE VICE PRESIDENT

JESÚS TREVIÑO, PHD

Last week, the Supreme Court delivered two controversial and convoluted decisions. One, on Affirmative Action in college admissions, the other on LGBTIQ civil rights. The two cases are indicators of a divided court and country on issues that impact marginalized communities. Over the coming weeks and months, much litigation will be designed to clarify how far reaching these decisions will extend.

For our part, the Office for Diversity, Equity, and Inclusion will continue to educate about the dynamics of race in recruiting diverse communities as well as preparing healthcare professionals to provide services to all patients including members of the LGBTQIA community.

Staff Spotlight

Dauida Miller

Yá'át'ééh! Shí éí Dauida Miller. Yinishyé Dibézhíní nishí. Bilagáana bashishchiin. Honágháahnii dashicheii. Bilagáana dashinalí. Ákót'éego diné asdzáán nishí.

Hello! My name is Dauida Miller. I am of the Blacksheep People. Born for People of Caucasian descent. My maternal grandfather is of One who Walks around People. My paternal grandfather is of Caucasian descent. In this way, I am a Navajo woman.

The above introduction is an important Navajo tradition.

Please welcome Dauida Miller, the new RVU Human Resources Coordinator on the Montana campus. Dauida is Diné (Navajo People) and although raised on the Navajo Nation, her upbringing was split between the Diné culture and religious LDS beliefs. Dauida started her career as a General Manager with Speedway, a C-store chain. She returned to school for her Bachelor of Science in Business with a Human Resource Management Certificate and decided to pursue a career in Human Resources. She took a position as an HR Generalist at Tsehootsoi Medical Center located on the Navajo Nation near Fort Defiance, Arizona, to stay connected with her homeland.

Dauida and her husband, Ryon, also Navajo, recently relocated to Billings, Montana for Ryon's job, and she was able to continue her HR journey with RVU. Dauida and Ryon have 2 children – a 3-year-old son and a daughter who just turned 1. She has cultivated many skills in the HR field. Dauida enjoys her work at RVU, particularly the onboarding of new employees and sharing the experience of their first day on campus.



Upcoming Events

All Access RVU

Universal Design for Learning: Making Your Content Work for All Learners

July 26 | 12-1 pm | [Zoom](#)

Steve Weidner will present on the Universal Design for Learning (UDL) framework, which is designed to improve and optimize teaching and learning for all people based on scientific insights into how humans learn. UDL offers a set of concrete suggestions that can be applied to any discipline or domain to ensure that all learners can access and participate in meaningful, challenging learning opportunities.

Open to RVU Faculty & Staff

KEY DATES

- July is [BIPOC/Minority Mental Health Month](#)
- July 24 | [International Self-Care Day](#)
- July 31 | [Lammas/Lughnasa](#)

Self-care
IS EMPOWERMENT



Message from the Mental Health & Wellness Office

Minority Mental Health Awareness Month, observed annually in July, is a crucial campaign that sheds light on the unique mental health challenges faced by minority communities around the world. It serves as a platform to raise awareness, promote understanding, and provide support for individuals belonging to marginalized racial, ethnic, and cultural groups.

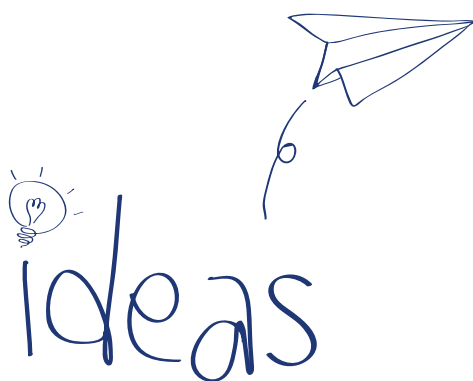
This month-long initiative aims to address the disparities in mental healthcare access, treatment, and outcomes experienced by minority populations. It recognizes that various factors, including systemic racism, discrimination, cultural stigma, and socioeconomic inequalities, contribute to the higher prevalence of mental health issues among these communities.

During Minority Mental Health Awareness Month, organizations, mental health advocates, and community leaders come together to organize a range of activities and events. These initiatives often include educational workshops, panel discussions, art exhibitions, and public forums that foster dialogue and encourage culturally sensitive approaches to mental health.

The campaign also emphasizes the importance of culturally competent mental healthcare services. It seeks to break down barriers by promoting inclusivity, reducing stigma, and providing resources specifically tailored to the needs of minority populations. By amplifying diverse voices and sharing personal stories, Minority Mental Health Awareness Month aims to create a more compassionate and equitable mental health landscape for all.

Additional Resources

- [National Alliance on Mental Illness \(NAMI\) on National Minority Mental Health Awareness Month](#)
- [NAMI Equity and Mental Health Series](#)
- [RVU Mental Health Resources](#)



Do you have events you would like to highlight in the Newsletter? Or perhaps a staff or student you would like to see featured in Spotlight? Whatever your idea is we want to hear them. Please email Hope Falk with anything you would like to see in the Newsletter. Alternatively, you can use the QR code on page 1 and leave your suggestions in our Volume 4 feedback form.