

Resources Shared During CHECK-IN Virtual Meetings, Mar 31 & Apr 1, 2020

We scheduled two conference calls with the D&I and HR Leaders Group to see how everyone was doing, to provide updates on the NWDLS, and to see how we might continue being in touch. A summary of these meetings is archived in the D&I and HR Leaders password-protected section of our website, i4sdi.org, drop down menu under Sponsors.

(Note: if these links don't load, copy and paste into your browser window)

Mental Health & Other Resources: (shared by Terry Falk*)

Interview: Artist With Anxiety Illustrates Mental Health Tips She Learns in Therapy

https://mymodernmet.com/kate-allan-mental-health-comic/?fbclid=IwAR01K7VDFDPupKz9tDIC5BZazln40-vlToQax1Xn82eM-3ew3W3AGhQ_zV4

That Discomfort You're Feeling Is Grief

From <<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>>

The Best Places On the Internet For People Of Color to Talk About Therapy

From <https://www.huffpost.com/entry/best-places-online-people-of-color-therapy_15d3ad936e4b0c31569e9a74d?guccounter=1&guce_referrer=aHR0cHM6Ly93d3cuZ29vZ2xlLnNvbS8&guce_referrer_sig=AQAAAEYv6LlZxavFhkdWdUGKhf94HNBGYLKBp-KFBu8Tcl8pQpPdbcSthYhOmMbsCdJxRFzQv5W1JwL45qCEDzQCIP3QSGmvPnz_OmJONaswxWhZiH3dWXqHv1qZp5om7yIB7nauQE33ilFnmiUBxBTvrEtA0nww6Qlj1_AxQFZmddv>

Mason Aid

<https://www.themasonaid.com/about>
<https://www.themasonaid.com/speaking>

Mental Illness:

Schizophrenia is a mental illness that changes the way you think, feel, and act -- and with the right treatment, it can be managed. Michelle Hammer tells her story

From <https://www.youtube.com/watch?v=C7Jl9_59tfY&feature=youtu.be>

How to process your anxiety instead of trying to escape it

From <<https://www.mic.com/p/how-to-process-your-anxiety-instead-of-trying-to-escape-it-22633975>>

Working Remotely

<https://hbr.org/2020/03/how-to-get-people-to-actually-participate-in-virtual-meetings>

Live Captions for meetings:

<https://support.office.com/en-us/article/use-live-captions-in-a-teams-meeting-4be2d304-f675-4b57-8347-cbd000a21260>

Skype: <https://support.skype.com/en/faq/FA34877/how-do-i-turn-live-captions-subtitles-on-during-a-skype-call>

Zoom: <https://support.zoom.us/hc/en-us/articles/207279736-Getting-started-with-closed-captioning>

Uncovering Talent: A new model of inclusion

<https://www2.deloitte.com/content/dam/Deloitte/us/Documents/about-deloitte/us-about-deloitte-uncovering-talent-a-new-model-of-inclusion.pdf>

Latinos at Work: Unleashing the Power of Culture

<https://www.talentinnovation.org/publication.cfm?publication=1540>

*Terry said many of these resources he culled from a conference call for DEI Practitioners held by Jennifer Brown Consulting, <https://jenniferbrownconsulting.com/>
Community calls are held every Tues & Thurs @ 12:00 pm EDT

Impact of the virus on Diverse Communities (Articles mentioned by Effenus)

<https://www.aamc.org/news-insights/new-coronavirus-affects-us-all-some-groups-may-suffer-more>

<https://blavity.com/black-mother-dies-from-the-coronavirus-one-day-after-being-told-she-wasnt-a-priority-patient?category1=World-News&subCat=news>

<https://blavity.com/people-in-the-lgbtq-community-will-face-unique-economic-challenges-due-to-the-coronavirus?category1=news&subCat=LGBT>

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