

The Student Affairs Diversity Council (SADC) strives to cultivate an environment that embraces and promotes the broad scope of diversity within the division.

Mental Health and the Strength of Our Connections

"I didn't want to tell anyone because outwardly I seem like a completely normal person and I didn't want that image to be hurt, especially if the thoughts of suicide would go away." This quote from an anonymous University of Utah student highlights the invisibility of mental health issues on a college campus and the stigma that can go along with getting help. If this seems like an extreme example, consider this: Suicide is the second leading cause of death for young men in Utah and our state consistently has one of the highest suicide rates in the country. In fact, a recent survey of University of Utah students revealed that more than half had experienced suicidal thoughts. Chances are, if you aren't suffering from a mental health concern, the person in the office next to you or the student you might see walking past your office is



By Rob Davies,
University Counseling Center

The most recent Utah Higher Education Health Behavior Survey found that a third of females and a quarter of males attending public colleges in Utah needed formal mental health treatment. A national survey by the American College Health Association shows that in the past year, 45% of students felt that things were hopeless, 50% felt overwhelming anxiety and 30% felt so depressed that it was difficult to function.

The situation is even more complicated for students, staff and faculty with minority statuses. One study shows that most Black Americans with major depressive disorder do not receive treatment. Similarly, research indicates that among Latina/Latino individuals with a mental health issue, fewer than 1 in 11

contact a mental health professional--and this despite

(Continued on page 2)

Debra Daniels Presented the 2013 Rosa Parks Award



On Monday, January 21, 2013, Debra Daniels, Director of the Women's Resource Center and Co-Chair of the Student Affairs Diversity Council, was honored with the Rosa Parks Award at the NAACP Salt Lake Branch's 29th Annual Dr. Martin Luther King, Jr., Memorial Luncheon at the Little America Hotel. This award was established for the dual purpose of honoring the courage with which Rosa Parks challenged racial segregation in Montgomery, Alabama, and gave momentum to the struggle for racial equality in American and, honoring annually a woman whose life in Utah has helped to "Keep the Dream Alive".

"The NAACP Salt Lake Branch is proud to present the 2013 Rosa Parks

(Continued on page 3)

FEBRUARY SEMINAR SERIES

The Refugee Experience and Resources



Presented by Ze Min Xiao,
followed by a refugee panel
discussion.

Zee has been the Refugee Services Liaison for Salt Lake County since November 2008. Zee is responsible for coordinating countywide resources to service refugees by working with representatives from the various county agencies for planning, fact finding, and problem solving, including the monitoring of access to services provided.

Zee has over twelve years of experience working with the community, educational institutions, businesses, government agencies, and grass-root organizations. Zee earned a Bachelor of Art degree in Political Science from the University of Utah and a Master of Arts in Community Leadership from Westminster College.

**February 20, 2013
12:00 PM—1:30 PM
Parlor A, Union**

mental health cont.

(Continued from page 1)

the fact that adolescents from this group experience more mental health problems than their White counterparts. Several studies show that Asian Americans are also much less likely than White Americans to mention their mental health concerns to a friend or relative. Among American Indians, the suicide rate is almost double that of White Americans. And because of access issues, American Indians are also much less likely to seek treatment. Because of societal pressures and stigma, gay youth are two to three times more likely to attempt suicide than other young people, and this alarming statistic becomes even higher when LGB individuals have multiple minority statuses. Disturbingly, suicide rates for every group, including Whites, are increased when they live in politically conservative communities.

While all of this may seem overwhelming, there are several ways we can be helpful to one another, and one element in particular is very powerful: Our relationships with each other are vitally important to our friends' wellbeing, and to our own. The odds that you know someone who is suffering from a mental health concern are overwhelming. Much of that suffering is invisible unless the person suffering chooses to share their distress. So reaching out to each other and creating a community that cares is critical. It may sound trite, but we never know how much our kind word, smile or friendship might mean to someone else. The connection we form can be a boost to others and will have a positive impact on our own wellbeing as well. In fact, our mental health is so strongly correlated with the strength of our connections with friends and family that it is the single biggest predictor of life satisfaction and happiness. Interestingly, if you are happy, not only will there be a correspondence between you and your friends' happiness, but between your happiness and your friends' friends' happiness. In other words, happiness is contagious--and not just to people you know, but to the people that your friends know as well. In addition, unlike other forms of wealth, we continue to derive positive emotions from our interpersonal connections with each other. Another way of saying this is that while the shine on our new car will fade, the shine on a friendship rarely does. We matter to each other. Having strong positive connections with others is correlated with doing better at work, getting better grades in school, having fewer physical health problems, and having better mental health. Folks with strong interpersonal bonds live longer, too. The diversity awareness work we do strengthens our ability to connect with each other and in turn helps create an antidote to mental illness, stress, depression and anxiety. Reach out and connect with someone today!

Debra Daniels, Rosa Parks Award cont.

(Continued from page 1)

Award to Debra Daniels for her committed and recognized work in the community. Debra has shown that one person can make a difference. She has devoted many hours of work to helping others. Her personal passion for her work is evident each time that she renders advice, lends a helping hand or comforts those reaching to her for words of encouragement. There are those nameless individuals in the community that Debra gave a warm smile when they needed someone to care. Debra never asked others to do what she could do and that was to help others. It is because of all these things, this prestigious award is presented to Debra.”

While Rose Parks herself presented the first award

given in Salt Lake in 1992, Debra received the award from Jeanetta Williams, President of the NAACP Salt Lake Branch.

In response, Debra Daniels states that “Receiving the NAACP 2013 Rosa Parks Award holds a very special meaning to me. It represents an acknowledgement of my work from the African American community and an organization that has worked so diligently to assure the right of all human beings. Receiving this award on the 2nd inauguration of our first African American president on the Day honoring Dr. Martin Luther King Jr. and just days shy of Rosa Parks 100th birthday was incredibly significant. I am humbled and deeply honored to have received this award and to have my work recognized among those who have made it possible for me to reach many of my aspirations.”

Top 10 Ways to Support Other’s Mental Health

1. Acknowledge that mental health issues exist
2. Listen nonjudgmentally
3. Be there; show up and offer support, call, e-mail, walk together or take their kids for an afternoon.
4. Encourage them to eat well or better yet share a meal together.
5. Invite and accompany to an activity.



A screenshot of the National Alliance on Mental Illness (NAMI) website. The header includes the NAMI logo, navigation links (About NAMI, Contact Us, NAMI Members, NAMI Leaders, en Español, Information Helpline: (800) 952-NAMI), and buttons for 'JOIN NAMI' and 'DONATE'. The main content area features a Facebook social media widget with the text 'Like NAMI on Facebook: Get the Latest Updates, News, Blogs and Personal Stories on Your Dashboard. Interact with NAMI's Online Community.' Below this, there are several article teasers: 'Putting a Life Back Together' (Bipolar disorder derailed her son's life...), 'Disclosure and Relationships' (Dating isn't always the easiest thing...), and 'Fifty Years Ago, John F. Kennedy Called on Congress to Improve Mental Health' (In a special message to Congress in 1963, President John F. Kennedy stated his wishes to improve the mental health system of the U.S.).

6. Help them expand their social support (e.g., church groups, volunteer groups, community groups)
7. Encourage moderate physical activity or exercise
8. Refer or assist them in consulting with a professional
9. Provide them with good information about mental illness and treatment options. For example: <http://www.apa.org/topics/index.aspx>
10. Tell them about NAMI: <http://www.nami.org/>

February Events

Tuesday, February 12 at Noon, Union Ballroom

The Mormon Moment with The New York Times National Religion Correspondent, Laurie Goodstein.

Laurie Goodstein looks for stories that will bring to life how Americans live out their faith in an age of increasing religious diversity and conflict over the limits of religious expression. She has won respect in the field by refusing to treat each faith or religious group as a monolith, and reporting on the variety of voices and debates inside of groups — from Muslims to Roman Catholics to evangelical Christians.

Friday, February 15th—March 2nd , Pioneer Theatre

Clybourne Park: Currently the most electrifying new play on Broadway, Clybourne Park is a fascinating, insightful, and often brutally funny look at the way we talk about--or avoid talking about--race in America. When a white couple wants to buy a home in a gentrifying, all black neighborhood of Clybourne Park, Chicago, they unknowingly reenact the same tense drama, fraught with miscommunications and barely suppressed hostility that occurred fifty years earlier in the same house.

<http://www.pioneertheatre.org/>

Friday, February 15th - Sunday, August 11th, UMFA

Bierstadt to Warhol: American Indians in the West

Bierstadt to Warhol: American Indians in the West is an ambitious exhibition comprising over 100 oil paintings, sculpture and works on paper drawn from primarily from the Diane and Sam Stewart Collection. It examines depictions of American Indian identity (by both natives and non-natives) in a diverse array of styles: from the traditional European schools to Modernist abstraction and conceptual renderings of cultural motifs. This exhibition negotiates the devices and implications of portraiture as an historical genre, to show that a portrait can either fashion a mythologized persona or an authentic personal dynamic that speaks to lived experience.

<http://www.umfa.utah.edu>

Wednesday, February 20th at Noon,

Gould Auditorium, Marriott Library

Building Bridges Among Faith Traditions

Making Sense of Sandy: Christina and Buddhist Responses to Natural Disasters.

Lecture by Dr. Beverly Foulks McGuire

FIRST ANNUAL NEALE NELSON MEMORIAL LECTURE

BUILDING BRIDGES AMONG FAITH TRADITIONS

**Making Sense of Sandy:
Christian and Buddhist
Responses to Natural Disasters**

Dr. Beverly Foulks McGuire
Professor of Religion and Philosophy,
University of North Carolina, Wilmington

Wednesday, February 20, 2013 at 12 noon
Gould Auditorium, J. Willard Marriott Library,
University of Utah, 295 South 1500 East

The Nelson Lecture honors Dr. Nelson, former pastor at Zion Evangelical Lutheran Church, Salt Lake City; former Professor, University of Utah and Regis University; and University of Utah alum.

The Series is co-sponsored by the J. Willard Marriott Library, Special Collections' Religion Archives; University of Utah Religious Studies Program; and Zion Evangelical Lutheran Church.

J. Willard Marriott Library
THE UNIVERSITY OF UTAH

Wednesday, February 27th 7-9pm, UMFA

UMFA Spring Film Series co-presented by the Utah Film Center:
On the Ice

As a complement to Bierstadt to Warhol: American Indians in the West, the Utah Museum of Fine Arts is partnering with the Utah Film Center to present three films created by Native American filmmakers whose work represents an evolution of the Native American storytelling tradition.

<http://www.umfa.utah.edu>



Debra Daniels, Co-chair Women's Resource Center
Kari Ellingson, Co-chair Student Development
Michael Bard, Registrar's Office
Kajsa Berlin-Kaufusi, Center for Learning Abroad
Arlyn Bradshaw, Dean of Students Office
Karen Cone-Uemura, Counseling Center
Branden Dalley, Union Administration
Nelly Divricean, International Center
Kris Fenn, Bennion Center
Eduardo Galindo, ASUU Student
Adrienne Howell, TRIO
Nedra Hotchkins, Graduate Student
Scott Jensen, Housing & Residential Education

Trisha Jensen, Orientation & Leadership Development
Suzanne Jones, Registrar's Office
Carol MacNicholl, Center for Disability Services
Kai Medina-Martinez, LGBT Center
Susan Miller, Campus Recreation
Sana Muller, ASUU
Sam Ortiz, Student
Rachana Patel, Office of Admissions
Cynthia Powell, Student Health Center
Valery Pozo, Career Services
Erica Rojas, Financial Aid & Scholarships
Claudia Snow, Union Administration

For more information and
recourses, please visit:
sadc.utah.edu