

Race + Equity + Wellbeing Fall Series



Presented by

- Campus Wellbeing and Education
- Center for Work and Family Life
- University Human Resources

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Race, Politics, and the Holiday Season



Host

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Moderator

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Race, Politics, and the Holiday Season



Panelist

Dr. LaVonna Lewis
Teaching Professor and
Associate Dean of Diversity,
Equity, and Inclusion at the
USC Sol Price School of
Public Policy



Panelist

Kambiz "Kamy" Akhavan
Executive Director, USC
Dornsife Center for the
Political Future



Panelist

Dr. Ruth White
Clinical Associate Professor at
the USC Suzanne Dworak-Peck
School of Social Work

Resources - Race, Politics, and the Holiday Season

Talking to Family about Politics

<https://www.harpersbazaar.com/culture/politics/a25221603/thanksgiving-dinner-conversation-how-to-talk-to-family-about-politics/>

Thanksgiving Conversation Guide

<https://www.scpr.org/news/2017/11/22/78003/thanksgiving-conversation-guide/>

Skills for Thanksgiving Conversations

<https://braverangels.org/better-angels-skills-for-thanksgiving-conversations/>

Stress Free Holiday Conversation Topics

<https://thriveglobal.com/stories/stress-free-thanksgiving-topic-questions-holiday-conversation/>

Surviving the Holidays with a Dysfunctional Family

<https://psychcentral.com/lib/10-tips-for-surviving-thanksgiving-with-the-dysfunctional-family/>

Center for Work and Family Life

CWFL staff remain available to help with mental health concerns during the coronavirus pandemic. Highly-trained clinicians can help you with well-being, stress, anxiety, and other issues. Phone lines are open and remote sessions can be scheduled by Zoom or teleconference for any staff, faculty, their families, and retirees. This is a free service for USC employees.

Call us 24/7 at 213-821-0800 to find out more about counseling and other services.

<https://employees.usc.edu/work-family-life/>

Office of Campus Wellbeing and Education

CWE focuses on the environment, culture, and systems so all members of the USC community can thrive. Our clinical and organizational psychologists consult privately with individuals, campus groups, departments and schools on issues ranging from building trust, healing from transgressions, and preventing burnout to improving engagement, communicating effectively, and adapting to change. We listen, learn with you, and provide research-backed recommendations and evaluations of new ways to work together more collaboratively, purposefully and productively.

<https://cwe.usc.edu/> or 213-740-0411



Resources

USC Campus Support and Intervention (CSI) <https://campussupport.usc.edu/> assists faculty, staff, and students in resolving complex personal, academic, and financial issues, providing useful information and referring to the proper campus resources

Threat Assessment and Management at 213-740-0243 or <https://cwci.usc.edu/threat-assessment/> provide proactive collaborative oversight and support in the identification, assessment and management of threats and/or threatening behavior that may lead to acts of targeted violence.

Campus Ombuds at 323-442-0383 (HSC) and 213-821-9556 (UPC). <https://ombuds.usc.edu/> is a safe and confidential place to share your USC-related issues and explore options or paths to manage your concerns.

USC Occupational Faculty Practice for Lifestyle Redesign at 323- 442-2850 or chan.usc.edu/patient-care/faculty-practice/about which helps faculty, staff, and students develop healthy life habits and stress management.

Diversity, Equity, and Inclusion

<https://diversity.usc.edu/messages/> which provides information DEI initiatives at the university

The Office for Equity, Equal Opportunity, and Title IX

at (213) 740-5086 or <https://eeotix.usc.edu/> responds to complaints of discrimination and harassment based on protected characteristics; sexual harassment, sexual assault, and sexual misconduct; and retaliation for making a complaint, for participating in the OED process, or for protesting the alleged discrimination, harassment, sexual harassment, sexual assault, sexual misconduct, or retaliation (collectively, "prohibited conduct").



Thank you for attending!

