



The Office of Diversity, Equity, &
Inclusion Presents:



ODEI NEWSLETTER



THE ODEI NEWSLETTER

FROSTBURG
STATE UNIVERSITY
ODEI NEWSLETTER



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The Office of Diversity, Equity, & Inclusion's campus newsletter is created to promote engagement, collaboration, and communication within Frostburg State's community. This newsletter will inform the campus community of upcoming events and Frostburg State's history. This newsletter will usually include highlights of a student, alumni, staff, and a faculty member.

A MESSAGE FROM THE OFFICE OF DIVERSITY, EQUITY, & INCLUSION

Greetings from the Office of Diversity, Equity, & Inclusion! Welcome as we jump into the month of May in the spring semester of 2024. This office invites you to get serious with us by taking advantage of some of the opportunities we will provide for increased learning and growth around diversity and inclusion. What does this mean? There will be opportunities to learn more about yourself and how your awareness, understanding, and life experiences help shape how you show up in the world and impact others. There will be opportunities to learn more about others and how we can all learn to make room for each other. I encourage you to take advantage of these opportunities. Our goal is that you, as a student, will be confident that you belong here, you are welcome, you matter, and we are invested in your success. That requires some effort on your part as well. Do not shelter in your silos. Join us as we embrace life together.



Robin V. Wynder
AVP of Student Affairs
Diversity, Equity, and
Inclusion Officer

Throughout the semester, we will continue acknowledging the upcoming diversity-themed months, including religious and other holidays, with options to engage through cultural conversations, lectures, fun activities, and road trips. Read our emails before deleting them... you never know what you find of interest. We will send a newsletter like this each month containing interesting facts, upcoming activities, and highlights on current students, alumni, faculty, staff, and administrators.

Meeting folks you may not have encountered yet or learning more about those you already know is fun. As always, our doors are open to you. We do not have all the answers and are not the perfect fit for everyone, but we promise to stick with you until you find the answers and support you need.



MARGINALIZATION, WHAT IS IT?

Marginalization is the concept that an individual or group is excluded on the basis of not being viewed as significant. Most commonly, socially, this occurrence is observed with low-income individuals, people of color, individuals with disabilities, individuals in the queer community, and other minorities. Marginalization typically includes discrimination and oppression.

HOW DOES IT IMPACT MENTAL HEALTH?

Marginalization greatly impacts one's mental health and wellbeing, as marginalized individuals due to the discrimination they face. People who are marginalized often lack access to critical mental health services. Marginalized folks also have their mental health issues more stigmatized than other individuals or groups. Marginalized folks experience incredible stress due to the oppression they faced, therefore facing more mental health issues in the long run.



MAY IS MENTAL HEALTH AWARENESS MONTH

During the month of May, it is important to address the mental health concerns of all people, and especially marginalized folks. There may be cultural stigmas, a lack of access to services, or other barriers that prevent someone from seeking mental health services.

Although white folks are more likely to be diagnosed with depression, it is more likely to persist with people of color. 48% of white folks received mental health services, compared with 31% of Black folks and Hispanics, and 22% of Asians. (Psychiatry.org, 2024).

People of color also tend to be discriminated against in the healthcare and mental health fields. This can make folks wary of mental health service providers, and understandably so.



STUDENT HIGHLIGHT

STELLA BEERNINK

My name is Stella Beernink, and I am a junior Psychology major, with minors in Industrial Organization Psychology and Biology. After college, I plan to earn my master's degree in psychology or business administration. I am currently involved in Society for Human Resource Management (SHRM), Active Minds, and recently, I began volunteering at Student Engagement. My favorite thing on campus is studying in the library, conversing in the Student Engagement office, going to events, and attending concerts on campus.

A significant part of my identity in college has been shaped by being a part of the Delta Zeta sorority. Being a woman and being able to involve myself with sisterhood was very important to me. I was able to focus on feminist issues that I am extremely passionate about. I always enjoyed planning, paying close attention to detail, and thinking carefully about events and other decisions. However, I am often too much of a perfectionist. My role model is Jamie Winters, as she has been a mentor to me and has driven my passion. She has assisted me in growing into my leadership roles and always serves as an amazing guide.



FACULTY HIGHLIGHT

KIMBERLY JAMES, PSY.D

My name is Kimberly James. I am an Associate Professor in the Department of Psychology. I am the program coordinator for the master's in counseling psychology. I also supervise undergraduate learning assistants who mentor the general psychology students. I teach abnormal psychology classes, teach in the master's program, and collaborate with faculty on research. I wish to sustain what we are doing in the Psychology Department and make it more accessible for students. I want students to know psychology is more than just clinical and counseling. I hope to grow and develop more of the master's program and give resources to students. I try to be open and genuine with how I interact with everyone. I often say I am a 'professionally trained non-judger'. I make it known that we need more mental health counselors- especially from different walks of life.



A primary group I belong to that has shaped my identity as a leader is being a woman. My mom was always a strong and influential figure in my life. She is a Vice-President in her career and pursued a lot of leadership roles. In my leadership, students know that I care, that I am approachable. I do not get angry; I am open, flexible, and meet folks where they are. It is sometimes difficult to be heard, even today. My role model has definitely been my mom, she has always been in a leadership role and climbed the corporate healthcare world. I took after how she interacts with others.

STAFF HIGHLIGHT

**CHRISTOPHER LYON,
LCSW**



My name is Christopher Lyon. I am a student therapist at Frostburg's Student Counseling Center. I partake in group and individual therapy, outreach, and handle a variety of topics. I am to help improve the lives and functioning of those that I work with. It is my job to accept people as they come to me. I want everyone to be comfortable when they talk to me, regardless of their differences.



A primary group to which I belong and have shaped my identity as a leader is being a part of the Kappa Alpha Psi fraternity. I am also involved in the Brazilian Jiu-Jitsu community. In my leadership, I am goal-oriented, empathetic by nature, and an active listener. However, sometimes this can work to my detriment. When it comes to role models, I would say Chadwick Boseman is a role model to me. Throughout his life he never lost sight of his goals and what he wanted to accomplish. He continued to do so even faced with such illness and adversity, which I resonate with.