

We Embrace



Spreading awareness of diversity-related issues while promoting inclusion of our diverse faculty, trainers and staff.

A quarterly newsletter from the Diversity and Inclusion Committee | Department of Psychiatry and Behavioral Health | Spring 2023

Committee Co-Chairs

Kimberly Alba, PsyD; Anna Coward, PhD; and Veronica Tapia, MD. Please reach out to us as we continue to promote diversity, equity and inclusion and to join our multi-disciplinary committee. If you would like to know more or get involved, visit our [website](#).

Celebratory Spotlights

Celebrating the life and legacy of Judith "Judy" Heumann, Disability Rights Activist. On March 4, 2023, our community lost Judy Heumann, a pioneer in the disability rights movement who left a legacy for future generations. Heumann is considered the mother of the disability rights movement for her lifelong lobbying for legislation that eventually led to the federal Americans with Disabilities Act (ADA), Individuals with Disabilities Education Act, and the Rehabilitation Act.

During the 1970s, Heumann won a lawsuit against the New York Board of Education and became the first teacher in the state who could work while using a wheelchair, which the Board had tried to claim was a fire hazard. From 1993 to 2001, she served as the Assistant Secretary of the U.S. Office of Special Education and Rehabilitation Services in the Clinton administration. Subsequent missions included spreading ideas about civil rights across the world to foreign countries. Between 2000 and 2015, a total of 181 countries passed disability civil rights modeled after the ADA.

In 2020, Heumann was featured in the documentary "Crip Camp: A Disability Revolution," which highlighted Camp Jened, a summer camp Heumann attended that helped spark the disability rights movement. The film was nominated for an Academy Award. This civil rights hero who changed the lives of millions also served as one of our panelists in October 2022, when our DEI Committee, under the leadership of Maria Spera, LCSW, hosted a viewing of "Crip Camp: A Disability Revolution." A copy of the panel discussion can be found here: [Crip Camp Documentary Panel Discussion at Stony Brook University October 2022.mp4](#)

Stony Brook Spotlight

June 14: Multicultural Quarterly Round Table: Healthcare Without Borders Recap & Next Steps. Facilitated by Kimberly Alba, PsyD, and Anna Coward, PhD. Our roundtable will review key takeaways from our recent, second annual Healthcare Without Borders virtual conference, "Providing Clinical Care for Unaccompanied Immigrant Children." A video clip of the March conference will be provided prior to the June roundtable for review and to aid in the discussion of the conference and next steps. A link to join will be provided prior to the roundtable. Please reach out to the committee members listed above for more information.

June: Pride Month Community Outreach Events

To sign up for our June 10 event, visit: [Pride Month Events signup](#)

Spring Events:

- **April:** Autism Awareness Month. Some agencies expanded this opportunity for awareness and celebrate April as Neurodiversity Awareness Month. More info here: autismspeaks.org/world-autism-month
- **May:** Asian/Pacific American Heritage Month. More info here: asianpacificheritage.gov
 - The New York Public Library is celebrating Asian American, Native Hawaiian & Pacific Islander Heritage Month with books, resources and free online events. More info here: nypl.org/spotlight/aanhpi-heritage-month
- **June 14:** DEI Roundtable "Healthcare Without Borders Recap & Next Steps." [Click Here](#) on 6/14 at 12 pm to join the meeting - Meeting ID: 280 784 317 026; Passcode: ekdXLM
- **June 19:** Juneteenth. The official name of this federal holiday is Juneteenth National Independence Day. It's also called Emancipation Day, Freedom Day, Jubilee Day, Black Independence Day and Juneteenth Independence Day, and commemorates the end of slavery in the United States. More info here: nypl.org/blog/2021/06/09/juneteenth-reads-all-ages and juneteenthny.com.

Continues on next page

- **July:** Disability Pride Month
- **July 12:** Malala Day. This holiday celebrates Malala Yousafzai, an education activist, who advocates for the right to education. More info here: humanrightscareers.com/issues/malala-day

Doing the Work

Articles:

Article discussing mental health in the AAPI community
[cnn.com/2023/05/05/us/aapi-mental-health-across-generations-iyw-wellness/index.html](https://www.cnn.com/2023/05/05/us/aapi-mental-health-across-generations-iyw-wellness/index.html)

Podcasts:

“A Disability Rights Icon’s Long Legacy” available on YouTube’s “What Next,” Apple Podcasts, Spotify, Stitcher, Amazon Music, Overcast, iHeartRadio

“Activist Judy Heumann led a reimagining of what it means to be disabled” available on “All Things Considered” on NPR

“Our fight for disability rights – and why we’re not there yet” – Judy Heumann available on TEDxMidAtlantic

Books:

The Juneteenth Story: Celebrating the End of Slavery in the United States (2022) — Alliah L. Agostini (Children’s book)

How to Raise an Antiracist (2022) — Ibram X. Kendi

Being Heumann: An Unrepentant Memoir of a Disability Rights Advocate (2020) — Judith Heumann with Kristen Joiner

Demystifying Disability: What to Know, What to Say, and How to Be an Ally (2021) — Emily Ladau

Disability Visibility-First Person Stories from the Twenty-First Century (2020) — Alice Wong

Reimagining Special Education-Using Inclusion as a Framework to Build Equity and Support all Students (2021) — Jenna Mancini Rufo and Julie Causton

Films:

Frederick Douglass: In Five Speeches (2022) — available on HBO

The Fundamentals of Caring (2016) — available on Netflix

Crip Camp: A Disability Revolution (2020) — available on Netflix

My Name is Pauli Murray (2021) — available on Amazon Prime

Vision Portraits (2019) — available on iTunes and New Day Films

When I Walk (2013) — available on Vudu, Amazon Prime, Google Play



Department of Psychiatry
and Behavioral Health