



OCTOBER 2020

ADA30



This year is the 30th anniversary of the Americans with Disabilities Act, a significant milestone in the movement to secure full civil rights for 60+ million diverse Americans with disabilities. As we celebrate #ADA30, we cannot lose sight of the work still to be done. Together, we move boldly into the next 30 years of the disability rights movement. #DisabilityRights are fundamental civil rights. For more information check out the #ADA30 [Social Toolkit](#) or [adaanniversary.org](#). For information about Disability Services at UW-Stout visit their [website](#).

Speak Up for Mental Health

October 4-10 is Mental Health Awareness Week, and here at UW-Stout you are not alone, we are here to support you.



Counseling Center

The UW-Stout [Counseling Center](#) has counselors available to meet with students this fall in addition to other wellness programming and initiatives, Monday through Friday 8:00am-4:30pm.

Behavior Intervention Team

Another resource at UW-Stout is the [Behavior Intervention Team](#) (BIT) whose mission is to promote a safe and healthy learning environment at UW-Stout by detecting, assessing and providing early intervention to students whose behavior raises concern for serious health and safety risks to themselves or other members of the campus community.

SilverCloud App



Stout faculty, staff and students also have access to the SilverCloud app. SilverCloud is an online, self-guided, interactive resource that provides confidential help for mental health concerns and stress management 24 hours a day. If you're interested in this self-guided tool, you can find more information [here](#).

If the Counseling Center and SilverCloud are not the right spaces for you, the Counseling Center has compiled a [list](#) of community area resources.



The Qube will host an in person event for National Coming Out Day, go to their [Connect](#) page for details.

Indigenous Peoples' Day October 12

In preparation for Indigenous People's Day, we would like to acknowledge that UW-Stout is on the ancestral lands of several indigenous tribes including the Ojibwe, Menominee, Ho-Chunk, and Dakota.

Tribal Nations of Our Native American Students



You will find these flags hanging on the second floor Overlook in the Memorial Student Center.



ACE Week



Asexuality: experiencing little to no sexual attraction or desire. ACE Week is October 25th-31st and celebrates all who identify as asexual or on the ace spectrum, such as demi-sexuality or grey asexuality. The colors on the asexual flag stand for asexuality, grey/demi-sexuality, non-asexual partners and allies, and community. If you want to learn more about ACE Week and the global advocacy movement you can go to [aceweek.org](#). The Qube will host events for ACE Week, check out their [Connect Page](#) for updates.

Culture is Not a Costume



Cultural appropriation is when we do not acknowledge or inappropriately adopt customs, practices, ideas, etc. of one social or ethnic group that are not our own. As we get closer to Halloween, we ask that you remember that culture is not a costume. If you are interested in learning more, Teen Vogue talked to some teens awhile back about how their [culture is a not a costume](#).