



## MSU CAPS STANDS IN SUPPORT OF OUR STUDENTS OF COLOR

Our commitment to diversity means creating a welcoming, safe, inclusive, equitable, and affirming environment for each student. CAPS staff is committed to providing culturally competent and racially responsive mental health services, and we use multicultural and collaborative approaches to provide quality care. Given the historical context and current climate, we have been intentional in compiling CAPS services available for MSU students of color.

The Steve Fund – geared towards students of color who wish to connect with a culturally trained crisis counselor- Text Steve to 741741.

Here are some CAPS resources that might be of interest to students of color at MSU:

### Listening Spaces

**APIDA Listening Space** - Asian, Pacific Islander, and Desi American graduate and undergraduate students. This is a confidential space focused on topics/issues related to APIDA individuals. September 22, 2020 from 1:00 to 2:00 pm, facilitated by Dr. Olivia Scott and Dr. Swapna Hingwe. Contact facilitator indicated for link or questions, Dr. Olivia Scott at [scottol1@msu.edu](mailto:scottol1@msu.edu).

**Latinx Students Listening Space** - Latinx-identifying undergraduate and graduate students. Issues within the Latinx community and Latinx experience will be explored. Scheduled for the following Wednesdays (September 23rd, October 21st, November 18th, and December 2nd 2020) from 3:00 to 4:00 pm, facilitated by Dr. Anel Arias, Dr. Yvonne Connelly, Silvia Leija, LMFT, Victor Leon, LLMSW and Jessica Oyoque-Barron, LMSW. Contact facilitator indicated for link or questions, Jessica Oyoque-Barron, LMSW at [Oyoqueje@msu.edu](mailto:Oyoqueje@msu.edu).

**Mid-East to MidWest** - A Virtual Listening Space for Middle Eastern Students - Exploring the common challenges faced by Middle Eastern MSU students by engaging in a supportive and confidential discussion. Wednesday September 30, 2020 from 1:00 to 2:30 pm, facilitated by Mike Alnarshi, LMSW and Jeff Baker, MA, LLP. Contact facilitator indicated for link or questions, Mike Alnarshi at [alnarshi@msu.edu](mailto:alnarshi@msu.edu).

**Black Women's Listening Space** - A CAPS Virtual Listening Space for Black Women to be heard, breathe, grow and lead (open to undergraduate and graduate MSU students). Every other Monday 3:30 to 4:30 pm, on the following dates: October 5th & 19th; November 2nd & 16th, facilitated by Dr. Talitha Easterly. Contact facilitator for link or questions, Dr. Talitha Easterly at [easterl5@msu.edu](mailto:easterl5@msu.edu).

**Virtual Listening Space for International Students** - This is a listening space for international students, especially for those who are unable to return to Michigan this Fall semester. A space with a goal to listen, to connect, and to support each other. Fridays (10:00 to 11:00 am), October 2 through November 20, 2020; facilitated by Zen Zhong, M.Phil.Ed, LLPC. Contact facilitator for link or questions, Zen Zhong at [zhongz@msu.edu](mailto:zhongz@msu.edu). Registration Link:

[https://msuhipaa.zoom.us/meeting/register/tJMucOispz8pGdVdF4wkJmUmg\\_ozIHtdPxYz](https://msuhipaa.zoom.us/meeting/register/tJMucOispz8pGdVdF4wkJmUmg_ozIHtdPxYz)



## Groups

For more information about our groups or to schedule your pre-group interview, please complete the Qualtrics form and indicate which group you are interested in attending. Groups are open until full for the semester. The link to the form is:

[https://msu.co1.qualtrics.com/jfe/form/SV\\_9GNsDVC3VIH3wnr](https://msu.co1.qualtrics.com/jfe/form/SV_9GNsDVC3VIH3wnr)

**African American Graduate Support Group** - This support group is a safe, non-judgmental space to share and process your individual experiences with navigating graduate school. Start Date: September 8, 2020, Mondays 3:00 to 4:30 pm, facilitated by Dr. Martez Burks.

**African American Women's Group** - This is a therapy group that utilizes a non-traditional group approach which aims to incorporate essential elements of African American culture. Start Date: September 23, 2020, Wednesdays 1:00 to 2:00 pm, facilitated by Dr. Markie Silverman & Dr. Tenille Gaines.

**Doin' Me** - This drop-in support group is for undergraduate males of African descent to create a safe space for authentically sharing their stories and voices in a culturally-affirming way and supporting each other as students on MSU's campus. Start Date: September 24, 2020, Thursdays 3:00 to 4:30 pm, facilitated by Dr. James Bruce & Dr. Jessica Mitchell-Corsino.

**Empower U** - Support and Empowerment Group - Empower U is a virtual space for LGBTQIA+ graduate and undergraduate students of color to support and empower one another. Start Date: September 4, 2020, Fridays 3:00 to 4:00 pm, facilitated by Dr. Olivia Scott.

**International Student Support Group** - Due to instances of xenophobia on campus, we would like to provide a supportive space for international students to connect to, share with, and support each other. Start Date: September 25, 2020, Fridays 2:00 to 3:00 pm, facilitated by Zhen Zhong, M.Phil.Ed, LLPC.

**Latinx Voices** - Latinx identifying students will have the opportunity to share their experiences of being Latinx at MSU and to support each other in the unique challenges they encounter. Start Date: October 5, 2020, Mondays 3:00 to 4:00 pm, facilitated by Dr. Yvonne Connelly & Dr. Anel Arias.

**Racial Stress** - A psychotherapy group for undergraduate students of color to gain insight and power, while providing and receiving support in regards to racial stress. Start Date: September 23, 2020, Wednesdays 3:00 to 4:30 pm, facilitated by Dr. Markie Silverman & Dr. James Bruce.

For more information, questions or comments, feel free to contact us at [caps@msu.edu](mailto:caps@msu.edu) or at 517-355-8270.

*#BlackLivesMatter*

