

# UBC2M NEWSLETTER

## INDIANAPOLIS SOCIAL JUSTICE SYMPOSIUM

Our own Communications Director, Korie Rice, traveled to Indianapolis, IN, in April to present about UBC2M and stigma on campuses. The Social Justice Symposium was hosted by the Social Justice Education organization from Indiana University Purdue University–Indianapolis. With a room filled with fellow college students and educators, Korie discussed the importance of seeking help and the impact of stigma.

The overall theme of the Symposium was “A Home for Awareness, Advocacy, and Action.” With that, we sought to not only bring up the issues that arise with stigma, but also educate others on how to be advocates in their everyday lives, and ultimately take the actions necessary to exhibit the change for which we are all fighting. Everyone was challenged to be on the lookout for the ways stigmatizing attitudes and behaviors may be impacting themselves or those around them and to speak out when in these situations. Judging by the responses from those who participated, everyone took the message to heart and left with new knowledge that they were ready and excited to put into action.

Thanks so much Korie for leading the charge on such an important event!

## WE ARE SO HAPPY TO WRAP UP ANOTHER SUCCESSFUL, STIGMA-FIGHTING YEAR!

Another school year is in the books and we are excited to look back on another outstanding semester full of creative events and collaboration across campus.

## AN ILLUMINATED MIND ART EXHIBITION

Student ingenuity has led to the creation of many U Bring Change to Mind events and we wanted to continue to harness that creativity as well as individual strengths to make change.

This year, we collaborated with Union Board’s Canvas Magazine in hosting “An Illuminated Mind,” an art exhibition that explores students’ interactions with mental health and mental health issues through their original art and poetry.

This exhibition included over 30 submissions of various forms of art, design and poetry from 26 artists. During this day-long exhibition, we also hosted a reception and creative writing reading. This event provided a chance to celebrate artist expression and the use of art to transform feelings into imagery.



## A CONVERSATION WITH GLENN & WHOOP! LIFE, ACTING, & MENTAL HEALTH

It was our honor to host Glenn Close and Whoopi Goldberg for an event discussing their professional acting lives and their thoughts and feelings about the topic of mental health. Glenn and Whoopi sat down facing an admiring crowd of three hundred students and faculty, eager to have the actresses answer their previously-submitted questions. With George our president as the moderator, Glenn and Whoopi delved into the roles that affected them the most, gave advice to aspiring young publishers and actors, and encouraged the crowd to pursue their dreams.

Whoopi focused on the dark side of social media that oftentimes results in judgment and anxiety amongst young people. She warned, “don’t read the comments, stop posting everything, and start trying to figure out how you feel based on how you feel, not what people are telling you you should feel.” Whoopi and Glenn also mentioned past roles and the need for mental health professional consults for correct portrayal and counseling after playing a certain character. As an example, Whoopi talked about her character Alice Adrose from *For Colored Girls* and the long-lasting impact the character made on her after the movie’s release.

We are so thankful that Glenn and Whoopi were able to join us for this special and motivating event. We hope that as a club we were able to spread our message, inspire action, and create Champions of Change in our fight against the stigma surrounding mental illness.



## UBC2M@IU VISITS MICHIGAN!

UBC2M@IU was fortunate to receive tickets to attend a special concert headlined by rapper/songwriter, Logic, at the University of Michigan. The concert was the capstone to Michigan’s “Who Can Relate?” week, created to spark discussion and inspire action. The event also included talk from NFL wide receiver, Brandon Marshall, and our very own, Glenn Close. They emphasized the importance of reaching out to those who may be struggling and leading the way when it comes to the fight against stigma. Our members attended a reception with the students that hosted the event. They shared some great ideas and practices that we hope to emulate here at IU!



## ESCAPE THE STIGMA

The winner’s of the annual campaign competition created an escape room that promotes help seeking in a positive light. UBC2M directors and members worked for months in preparation—developing an engaging scenario and clues. These clues incorporated and highlighted mental health in pop-culture (like books by John Green or music by the artist Logic) in addition to basic facts on mental illness. We had a full day of back-to-back teams signed up to participate in the escape room. Half of the teams couldn’t be stumped by our challenging riddles, while others realize there’s still lots to learn about mental health.



## FROM THE PRESIDENTS

The 2017/2018 school year brought about a plethora of exciting changes. We may even be so bold as to say that this has been our most successful year. UBC2M hit the ground running with the Block Party and encouraged hundreds of students to start talking about stigma through the 13 Reason Why Panel Discussion and the 2nd Annual Bring in the Booty Scavenger Hunt. As the second semester began, our club worked tirelessly to organize the Escape Room, a smashing success, and further solidified the relevance and importance of mental health through A Conversation with Whoopi and Glenn, and the Logic concert. All of our efforts incited changes in perspective across the IU campus and throughout the community, raising awareness about the detrimental effects of stigma and giving students and faculty alike a platform to discuss their feelings, thoughts, and stories. As our mission is to end the stigma surrounding mental illness through fun and educational events, we believe we have made extraordinary accomplishments! Most importantly, we have established a club filled with dedicated members who are passionate about our mission, excited to speak out, and willing to be the change we so desperately need!

UBC2M experienced change on a personal level, as well. The executive board grew together as leaders, as champions for change, and as life-long friends. However, we are sad to say that our Director of Events, Maggie Benson, and our Director of Communications, Korie Rice, have graduated and will be leaving the IU campus. Maggie and Korie have been the central power force behind our endeavors. Without their passion and dedication, UBC2M would not be what it is today. From the bottom of our hearts, we want to thank both Maggie and Korie for their never-ending drive toward success for our club, all their hard work and the hours they put in despite being full time students with jobs on the side, and for their personal support and love as we all navigate this monumental part of our lives. Korie, thank you for your tireless efforts to collaborate, recruit, and make connections with speakers, like those at the AFSP, that have so wonderfully informed our club members. Maggie, thank you for your limitless creativity and ability to express the abstract goals of our mission as concrete, masterful works of art. We also want to thank our graduate advisor, Markie Pasternak, for her support and belief in our abilities. Thank you, Markie, for always guiding us in the right direction, encouraging us to strive for the highest goal, and driving us to further embody the change for which we are fighting. Finally, we want to thank Hannah Chiarella, our Program Manager, for being our go-to for a wide array of questions, our understanding friend and mentor, and our outstanding graphic designer!

We are looking forward to another successful year as we welcome new, passionate students to our executive board who will carry on our seniors’ legacy. Maggie, Korie, Hannah, and Markie will always be a part of UBC2M and will continue to fight for our cause as they begin a new chapter in their lives. You will all be dearly missed!

**ALL OF OUR BEST WISHES,  
GEORGE AND CHRISTINE**

## WE’LL MISS OUR GRADUATING LEADERS!



**KORIE** Communications Director



**MAGGIE** Events Director



**MARKIE** Graduate Advisor

We are so thankful for the countless hours of work from all of our graduating student leaders. Having been so inspired by their hard work and passion for mental health advocacy, we are sad they are graduating.

## SNAPSHOTS

