

Culturally-Informed Support

In the School of Medicine, as at OHSU, diversity equity, inclusion and anti-racism are mission imperative. We strive to create a culture that honors and fosters diversity and equity as fundamental to the pursuit of excellence in education, research, clinical practice and community service and the elimination of health disparities.

Our vision is that every member of our school puts aside fears; commits to personal growth; lifts up the voices, ideas and leadership of people with lived experience; is accountable, fair and transparent, and models the innovation and positive impact that is possible when we embrace and advance diversity, equity, inclusion and anti-racism.

OHSU Resources

[OHSU Well-Being](#)

[Employee Assistance Program](#)

[Resident and Faculty Wellness Program](#)

[Student Health and Wellness](#)

[Keeping you safe at OHSU](#)

[Employee Resource Groups](#)

[Student Interest Groups](#)

[Office of Civil Rights Investigations and Compliance](#)

[Integrity Hotline](#)

[Compassion Fatigue Pocket Card](#)

[OHSU Intercultural Psychiatric Clinic Portland](#) provides culturally informed mental health services. (503) 494-8219

[OHSU Avel Gordly Center for Healing](#) provides culturally care for the African and African American community

[Spark EAP Crisis Counseling Line](#) connect with a coach to assist in healthy habits

* Students log into SAKAI for additional resources by UME

Reflection, prayer and meditation space at OHSU:

- Meditation room located in Doernbecher Children's Hospital 10th floor, room 10301
- Interfaith Sanctuary located on OHSU 9th floor, room 9C05, across from the surgery waiting room
- Meditation Room located in the SW corner of the Graduate Learning Resource Center, room 4A020, on floor 4/5 of the atrium

Mental Health Resources for Individuals Impacted by the Turmoil in the Middle East

[The Mental Health Coalition](#) has information on finding inclusive therapists and mental health care professionals, a variety of media to help with the destigmatization of mental health within the community, and other relevant information.

[Naseeha](#) is a mental health hotline for both Muslims and non-Muslims who are seeking immediate, anonymous, and confidential support.

[Blue Dove Foundation](#) is a Jewish-founded organization that works to address the mental health concerns of Jewish people and beyond.

[National Students For Justice In Palestine](#) seeks to educate others on Palestinian history and liberation efforts.

[Hillel](#) is an inclusive Jewish organization that is focused primarily on college students providing a community and mental health resources.

[Disaster Distress Helpline](#) is for all college students who are impacted by the unrest in the Middle East, the Substance Abuse and Mental Health Services Administration (SAMHSA) has a Disaster Distress Helpline that operates 24/7 for all residents in the U.S. and its territories.

Portland Metro Resources

[Arab American Cultural Center of Oregon](#) (AACCO) is a nonprofit cultural center that preserves and promotes the heritage of Oregon's diverse Arab-American community.

[Islamic Center of Portland](#) provides religious, educational and social services to the Arab community in Portland. The organization works to strengthen the relationship between Muslim

and non-Muslim people through the trifecta of effective interfaith partnership, tolerance and respect.

[Muslim Educational Trust](#) fosters positive interactions between Muslims and non-Muslims. Honest communication with the media and public officials has been an important part of the process, positively impacting not only the people of Portland, but those who live outside the city, too.

[Mittleman Jewish Community Center](#) is an inclusive hub for a diverse community, fostering wellness and providing social and educational experiences grounded in Jewish values and culture.

[Portland Travel Guide Jewish Community](#) Resources and information

[Jewish Federation of Greater Portland](#) Community Resources

Local and National Resources

[Racial Equity Support Line](#) is led and staffed by people with lived experience of racism, offers counseling services and a crisis line

[Center for Racial Justice in Education](#) offers resources for educators and families

[Crisis Text Line](#) offers free 24/7 support via text, chat or WhatsApp through trained live counselors

[National Suicide Prevention](#) is a national crisis network, offers 24/7 services

[Oregon Consular Corps](#) is an organization of career and honorary consular officials representing foreign nations and jurisdictions in Oregon and the Pacific Northwest. OCC members represent approximately 40 nations

Reading Resources

[Promoting Compassion and Acceptance in Crisis: Key Messages by the National Association of School Psychologists](#)

[Conflict Resolution Skills](#)

[Conflict Resolution Worksheet](#)

[A list of organizations offering relief to those in need and working toward peace](#)

[Travel Advisories U.S. Department of State – Bureau of Consular Affairs](#)

OHSU School of Medicine Statement of Understanding

We value the unique contributions and perspectives of all SOM students, staff, faculty, residents, fellows, patients, students, volunteers and local and global communities. Diversity maximizes the school's potential for innovation, quality patient care, educational excellence and service.

We acknowledge, reflect and confront the inequities of the past, reveal the inequalities of the present, and act for change aiming towards a more equitable environment.

We expect all the School of Medicine's departments, centers, institutes and programs to take action to make our institution a place where all feel welcomed regardless of national origin, race, ethnicity, gender, sexual orientation, ability and more.

We condemn the ongoing racism, discrimination and violent acts towards historically underserved individuals and groups who experience racism, tokenism and disrespect. We embrace diversity and seek to take action to create an environment of inclusion and equal access and opportunity to all.

We expect that SOM members treat all with respect, empathy, and seek to understand and appreciate others as the foundation of healthy work and learning environments.

We encourage all individuals to learn about our own forms of bias and search to understand how racism and its far-reaching repercussions affect all aspects of society, including healthcare and research.

We promote the belief that every SOM community member is a good role model that empowers others and sets a high standard of being fair, transparent, and consistently serves as an active bystander mitigating microaggressions and other forms of bias and oppression.