

THE OFFICE OF ACCESSIBILITY

LETTER FROM THE DIRECTOR

JESSICA DEFAGO, M.A.

The staff in the Office of Accessibility extends a warm welcome to our students as we transition into longer days filled with sun and warmer weather! We are so glad you are here and a part of the Office of Accessibility family. The University of Akron has so much to offer. Our beautiful campus will start turning green and flowers will start to bloom. We hope the transition of season brings growth, not only to campuses our physical landscape, but to you, our students. We encourage you to take moments to yourself. Whether it be a peaceful walk, reading a book for enjoyment, or practicing self-care. As important as it is to immerse yourself in your studies, it is equally important, to engage in practices of self-care.

We encourage you to take advantage of all the resources UA has to offer, take time to meet new people and explore all that our campus has to offer. If you would like to learn more about campus resources please reach out the Office of Accessibility for suggestions.

The team in the Office of Accessibility looks forward to continuing to be a part of your academic journey!

Sincerely,

The Office of Accessibility Team



MENTAL HEALTH FIRST AID FOR HIGHER EDUCATION

This **free** training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

Mental Health First Aid for Higher Education teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training – which focuses on the unique experiences and needs of college students – gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

This event takes place on **April 1, 2022 from 9 am - 4:30 pm**. Register for this event here: <https://calendar.uakron.edu/event/18333-mental-health-first-aid> or contact **John Ellis** (jellis@uakron.edu).



EMPLOYMENT OPPORTUNITIES ON HANDSHAKE

Are you seeking internship, co-op, or job opportunities? Check out The University of Akron's networking and job board: [Handshake](#).

For assistance with applying including a resume review, cover letter review, mock interview and more, students can contact Career Services at 330.972.7747 or career@uakron.edu.

TUTORING OPPORTUNITIES

Tutoring opportunities are available through the Office of Academic and Retention Support (OARS) for General Education classes as well as Math, Science, Engineering, and Medical geared courses. Please call (330) 972-7760 or email STEM@uakron.edu. You can also ask your Disability Specialist for a current tutoring schedule or for more information.



WOMEN'S EMPOWERMENT LUNCHEON

The University will host a Women's Empowerment Luncheon on **March 15 from 11:30am-1:00pm** in the Jean Hower Taber Student Union. Organized by the Division of Student Affairs, ZipAssist, and Department of Student Life, this program will bring together a cross-section of colleagues and students to cultivate conversations and amplify voices.

A three-course meal will be provided to each attendee.

If interested in attending, we invite you to RSVP for the program here by **March 9**.

Should you have any questions about this message or the event, please contact Ali Doehring at **aer15@uakron.edu** or Brittany Ferguson-Mike at **bpf9@uakron.edu**

COLLEGE2CAREERS

What is Ohio College2Careers?

OOD is the state agency that helps individuals with disabilities obtain, and retain employment and provide career development services. OOD serves individuals with physical, intellectual, sensory, and mental health disabilities. This new partnership is between Opportunities for Ohioans with Disabilities, Ohio's state college and university system, including The University of Akron, and Ohio businesses. This new partnership includes a C2C counselor located at 15 universities statewide.

What a C2C Counselor can provide to eligible UA students:

- Provide additional supports for UA students with disabilities who are eligible for OOD services.
- Career exploration & career counseling
- Assistance navigating Ohio Means Jobs resources
- Assistive technology
- Internships & employment resources
- Connection to an expansive employer partner network

Contact UA's C2C counselor, Mara Byers, at:
Email: Mara.Byers@ood.ohio.gov
Phone: 330-972-2163



ADAPTIVE SPORTS OHIO

Adaptive Sports Ohio offers community-based and interscholastic sports for individuals with physical disabilities. At Adaptive Sports Ohio, we remove barriers to ensure that individuals with physical disabilities have a chance to play, and utilize sport to elevate ability and empower futures.

Their community-based sports are open to all ages with program locations throughout Ohio. Multiple sport opportunities are offered including wheelchair basketball, track and field, tennis, cycling, power soccer and more. Reach out to get started today and learn what is available in a community near you.

info@adaptivesportsohio.org

330-601-1400

STAFF CONTACT INFORMATION

Need to get in touch with your Disability Specialist or an OA staff member? Please see their contact information below!
Not sure who your Disability Specialist is? Check in STARS for your Primary Advisor, or give us a call at 330-972-7928.

Jessica DeFago Director
jld4@uakron.edu

Leigh Sveda Adaptive Technology & Service Coordinator
lab10@uakron.edu

Tess Miller Disability Specialist
tmiller1@uakron.edu

Natalie Martin Office Manager & Testing Coordinator
nab87@uakron.edu

Heather Rose Disability Specialist
hrose@uakron.edu

Rachael Kosar Captioning & Service Coordinator
rkk11@uakron.edu

Office Information Front Desk: 330-972-7928
Office Email: access@uakron.edu

SUGGESTION BOX

What would you like see in future issues of the Office of Accessibility Newsletter? Send your ideas to rkk11@uakron.edu.



OFFICE INFO

Office of Accessibility
Simmons Hall 105
The University of Akron
Akron, Ohio 44325-6213

Hours:
Fall/Spring: M-F 8AM-5PM
Summer: M-F 8AM-4:30PM

Phone: 330-972-7928
E-mail: access@uakron.edu

AFTER HOURS PHONE SUPPORT FOR STUDENTS

Students who desire emergency counseling support in the evening and on weekends may now call the **Counseling and Testing Center at 330-972-7082** to speak with an on-call counselor.

Call 330-972-7082 and choose option 2 for immediate assistance.

CRISIS AND SUICIDE HOTLINE

National Suicide Prevention Lifeline:
call 1-800-273-8255 (TALK)

Crisis Text Line: text "HOME" to 741741

Portage Path Crisis Hotline: call 330-762-6110

Walk-ins available at:
10 Penfield Avenue
Akron, Ohio 44310

<https://www.portagepath.org/our-services/emergency-services/>