

Matt Arch is what he would call a "Mama's Man."

"It has been strong women throughout my life that have taught me patience, leadership and the ability to love the heck out of someone," Arch said. "Throughout my formative years, my mother always challenged me to be the best person I can be." Specifically, she always pushed him to not 'worry' about what others think, paving the way for his later involvement in issues of equality, inclusion and breaking down stereotypes. "As an adolescent, that is hard, especially when dealing with sexual identity issues," he said. "She is the same person, that when I was 21, grabbed and hugged me upon my coming out."

It is the importance that mothers shed on the lives of their children—the unconditional love and compassion—that drives Arch to help advocate for equity and diversity through his involvement in organizations that include the Center for Victims, Sister's Place, Society for Contemporary Craft, American Heart Association, Women & Girls Foundation and so many others.

MJ Tocci nominated Arch, who serves as the program manager for UPMC's Center for Inclusion, for this recognition from the Women and Girls Foundation.

"Matt focuses on building strategic partnerships with local non-profits to increase their outreach and volunteer efforts," Tocci said. "Gender equity in the workplace is an issue that challenges both companies and the communities they serve. Matt works to foster and coach young professionals about gender awareness and equality." He also facilitates discussions throughout the community, in his role at UPMC, on topics such as gender, generations, stereotypes gender identity and inclusion, Tocci noted. "Matt is a visible and educated resource in the Pittsburgh community," she said.

Arch said women's health is extremely important to him as he has personally watched his female peers and family members maintain a career, while also caring for loved ones. Through his work in the health care field and at UPMC Center for Inclusion, he continues to be inspired by the leadership, strength and love his mother has provided in his life.

"I do not know what I would do without all the women I place close to my heart," Arch said. "It is these simple reminders that tell women to slow down, even though society pressures them to do differently, slow down and take care of you. This is one of many examples of work we are doing at UPMC, for women and the community at large – encouraging them to start taking care of their own health needs in a proactive manner."

"With such respect for the women and men in his life, personally and professionally, Matthew is a role model and compassionate resource to his networks, and our whole community." Tocci said.

MATT ARCH

