Applying Trauma Informed Principles to Food Security and Basic Needs
AGENDA

- Welcome
- Using Zoom Webinar
- Introduction of Speakers
- Overview of Basic Needs in Higher Education
- Presentation: Trauma Informed Principles and Food Security
- Facilitated Panel: Implementation of Trauma Informed Principles within Basic Needs work
- Facilitated Panel: Connecting Basic Needs and Student Equity
USING ZOOM WEBINAR

**Questions:** To submit questions, click on the Q & A icon of the control panel. The Q & A panel will appear allowing you to ask questions to the host and panelists.

**Audio:** Adjust your audio settings from the control panel. You can listen from your computer speakers or call in using your phone.

**Webinar Materials:** Slides, the recording of the webinar and any additional materials will be emailed out to all registrants following the presentation as well as posted on the [www.jbay.org](http://www.jbay.org) in the Resources section.
JOHN BURTON ADVOCATES FOR YOUTH

John Burton Advocates for Youth (JBAY) improves the quality of life for youth in California who have been in foster care or homeless by advocating for better laws, training communities to strengthen local practices and conducting research to inform policy solutions.
TODAY’S PANELISTS

- Linda Ramos, Ed.D, Program Manager
  John Burton Advocates for Youth
- Adrienne Markworth, Executive Director
  Leah’s Pantry
- Rigo Estrada, Basic Needs Manager
  Mount San Antonio College
- Koji Uesugi, Dean of Student Services
  Mount San Antonio College
- Marciano Perez, VP Student Services
  San Diego City College
- Sylvia Ramirez, Program Manager
  San Diego City College
Overview of Basic Needs in Higher Education
Housing and Food Insecurity Among College Students

39% of students indicated struggling with food insecurity in 2019
Temple University

30% of students reported using an off campus pantry on a monthly basis
Swipe Out Hunger, 2020

52% of community college students and
43% of students attending 4-year institutions reported housing insecurity
Hope Center, 2021
Housing and Food Insecurity Among College Students

38% of students had their campus jobs cancelled as a result of the pandemic.
*The Chronicle of Higher Education, 02/2021*

Student caregivers faced heightened risks including greater financial hardship, food insecurity, and generalized anxiety.
*Soria, et al., 2020*
Prioritizing Basic Needs

AB 132: Basic Needs Centers

- $30 million annually for CA Community College system to support Basic Needs Centers
- $15 million in ongoing funding for CSUs
- $15 million in ongoing funding for UCs
Trauma Informed Model for Food Security

Adrienne Markworth, Leah's Pantry
1. Introductions and Welcome
2. Trauma and Food Security
3. Mt. San Antonio College Basic Needs
4. San Diego City College Basic Needs
5. Discussion: Food Security as a Gateway to Student Equity
WE ENVISION nourished communities and a healthy, equitable food system.

OUR MISSION is to improve the health, wellness, and resilience of communities through trauma-informed nutrition security.
Building, supporting, and certifying a network of client-centered, health-focused food distributions.
Colleges Affiliated with The Nutrition Pantry Program

- Berkeley City College
- Cal Poly Pomona
- CSU Chico
- CSU East Bay
- Cuyamaca College
- Cypress College
- Evergreen Valley College
- Fresno State
- Fullerton College
- Gavilan College
- Grossmont College
- MiraCosta College
- Mount San Antonio College
- Palomar College
- Pasadena City College
- Sacramento City College
- San Jose State University
- Santa Clara University
- San Diego City College
- Southwestern College
- UCSD
- UCI Fresh Basic Needs Hub
- UCLA
Grounded in Meaning: PACES & Nourishment
Meaning of Food in Life
Food connects me with my culture and community.
Nourishing my body and mind matters.
Food feeds my soul.
A meal can be a work of art.
I care about the impact of my food choices on the world.

Me & Food

Health
Sacred
Moral
Social
Aesthetic
The Meaning of Food in Food Programs
Positive Experiences  (+)    Adverse Experiences  (-)
Our Experiences with Food

- Caregiving
- Showing love
- Repair
- Distraction
- Reward
- Consolation
What’s wrong with you?
What happened to you?
Events are not trauma, but events can be traumatic if protection is not in place
The long shadow of trauma
Regulation - being in balance

What is trauma?
How is your ability to be well, build meaningful relationships, and live the life you want to live impacted by what has happened to you?
How is your ability to manage your food resources, navigate the food environment, and effectively nourish yourself and others impacted by what has happened to you?
Types of Adverse Experiences
Control/Manipulation
Punishment
Restrictive Diets
Fat Shaming
Family Meals

Within Domestic Life
How might these “unhealthy” behaviors be reframed with an awareness of trauma and toxic stress?

- hoarding
- food addiction
- poor “will power”
- eating disorders
- weight gain
- high salt, fat, sugar intake
- aggression

Seeking protection and safety
- Predictability and security
- Asserting autonomy
- Dysregulated hunger and satiety signals
- Altered neurochemical and metabolic pathways
- Decreased self-regulation
Food Insecurity
Feast/Famine
Stigma
Fat Shaming
Cultural Oppression

Within Community and Society
Food Environment Feeds the Stress Response
Biology of Trauma and Toxic Stress

Nervous System
- cognitive impairment,
- self-regulation, memory
- and attention, anxiety,
- depression

Cardiovascular System
- high blood pressure,
- heart disease, stroke

Immune System
- autoimmune disease,
- asthma,
- recurrent infections

Endocrine System
- Obesity, metabolic
- disorder
"Why does my child struggle with fruits and veggies?"

 juicy  squishy  sweet  sour

The same every time.

here's the problem with fruit: it's inconsistent. Some apples are delicious, some taste bad. Sometimes blueberries are great, sometimes they are disgusting. You know what's the same every time? doritos
Despite “Good” Intentions...
Barriers to Healthy Eating and Disease Prevention

➢ Emotional regulation
➢ Decisions
➢ Safety and Control
➢ Access, Information, and Resources

Trauma Complicates Our Quest for Health
Trauma-Informed Nutrition Security?
Building Resilience and Healing
Building Resilience and Healing
Where do we go from here?
What do we do to...

➢ reduce stigma, shame, confusion, and tension?
➢ promote confidence, dignity, and joy?
➢ inspire healing and a healthy relationship to each other and food?
➢ foster other protective and healing practices?
Rules & restrictions: order, equality, fairness

“Donation dumping;” poor quality resources: nothing should go to waste, conservation of natural resources

Efficient use of time/resources vs. Time spent listening

Accountability to funders vs. Accountability to communities

Client health vs. Client choices

Charity vs. Structural Improvements

Equality and equity
<table>
<thead>
<tr>
<th>Working towards...</th>
<th>We hope to see...</th>
<th>Create space for...</th>
<th>Foundation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nourishing Self</strong></td>
<td><strong>Nourishing Others</strong></td>
<td><strong>Physical &amp; Mental Health</strong></td>
<td><strong>Safety &amp; Transparency</strong></td>
</tr>
<tr>
<td>Self sufficiency through nutrition and culinary literacy.</td>
<td>Providing desirable food that allows clients to nourish themselves, their family and community.</td>
<td>Good nutrition for a healthy body and mind.</td>
<td>Physical and emotional safety; transparency on all levels, consistent and reliable experience.</td>
</tr>
<tr>
<td><strong>Nourishing Communities</strong></td>
<td><strong>Identity &amp; Cultural Connection</strong></td>
<td><strong>Positive Experiences</strong></td>
<td></td>
</tr>
<tr>
<td>Protective factors, healing practices, resilience</td>
<td>Consideration of cultural and individual factors that affect client health and relationship to food.</td>
<td>Interactions and environment are dignified and welcoming.</td>
<td></td>
</tr>
<tr>
<td><strong>Connected Community Partners</strong></td>
<td><strong>Autonomy &amp; Empowerment</strong></td>
<td></td>
<td></td>
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<tr>
<td>Coordination and partnership between organizations providing services</td>
<td>Opportunity for choice, input, and leadership by clients, volunteers, staff.</td>
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</table>

**Justice & Equity**
Challenging the social and economic systems contributing to poverty and food insecurity.
Realize...
The impact of adversity and positive experiences

Recognize...
The signs of trauma and resilience

Resilience...
Prevention and healing happens with support and care

Respond...
with trauma-informed practices, policies and procedures

Resist...
re-traumatizing, be prepared to repair

The 5 R’s of a Trauma-Informed Approach

Adapted from SAMHSA
Community College: Basic Needs Centers
Basic Needs Center: Data Centered

- Percentage of students that are full-time enrolled who completed the BNA: 45%
- Percentage of students who reached out who had not completed FAFSA: 10%
- Percentage reporting health insurance assistance as a need: 14%
- Percentage reporting technology assistance needs: 22%
- Percentage of students reporting food insecurity as defined as rated 6 or less out of 10 of their confidence they would have consistent access to food this semester: 54%
- Percentage of students reporting housing insecurity as defined as rated 6 or less out of 10 of their confidence they would have secure housing this semester: 75%
- Number of students who have become WHC Clients: 60
San Diego City College Basic Needs Center

One Form for:
• Technology
• Mental Health Referral
• Food Pantry
• HAD (Hunger Action Day)
• CalFRESH
ADDRESSING FOOD INSECURITY

San Diego City College
Hunger Action Day - Food Distribution
Household Attendance by Date

<table>
<thead>
<tr>
<th></th>
<th>2020 Q4</th>
<th>2020 Q1</th>
<th>2020 Q2</th>
<th>2020 Q3</th>
<th>2021 Q4</th>
<th>Grand Total</th>
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<tr>
<td></td>
<td>Dec</td>
<td>Jan</td>
<td>Feb</td>
<td>Mar</td>
<td>Apr</td>
<td>May</td>
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<tr>
<td># Registered</td>
<td>468</td>
<td>397</td>
<td>440</td>
<td>406</td>
<td>313</td>
<td>360</td>
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<tr>
<td># Attended</td>
<td>291</td>
<td>259</td>
<td>270</td>
<td>246</td>
<td>211</td>
<td>264</td>
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<td>Attendance %</td>
<td>62%</td>
<td>65%</td>
<td>61%</td>
<td>61%</td>
<td>67%</td>
<td>73%</td>
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Households Attendance by Type & Food Bank

Feeding SD

SD Food Bank

No. of Households & People Fed

<p>| | | |</p>
<table>
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<tbody>
<tr>
<td>Households Fed</td>
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<td></td>
</tr>
<tr>
<td>People Fed</td>
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<td></td>
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<td></td>
<td>3,026</td>
<td>11,571</td>
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Food Bank

All

Month, Day, Year of Da., All

Type
- Classified Professional
- Community Member
- Faculty
- Other
- Student

Check-in
- # Registered
- # Attended
## Addressing Food Insecurity

**San Diego City College**  
**Hunger Action Day - Food Distribution**

<table>
<thead>
<tr>
<th>Year of Date</th>
<th>Month of Date</th>
<th>Classified Professional</th>
<th>Community Member</th>
<th>Faculty</th>
<th>Other</th>
<th>Student</th>
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<td>Fed</td>
<td>People Fed</td>
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<tr>
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<td>Jan</td>
<td>23</td>
<td>109</td>
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<td>48</td>
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<td>86</td>
<td>1</td>
<td>48</td>
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<td>Grand Total</td>
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<td>520</td>
<td>1,714</td>
<td>70</td>
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Environment Matters

➢ Empowerment and Dignity
➢ Nutritional Education

Mt. San Antonio College - Mountie Fresh Food Pantry
"I'm nourished. I'm seen. I'm heard. I matter."

- Cultural & Dietary Accommodations
- Inventory & Environmental Stewardship

Mt. San Antonio College - Mountie Fresh Food Pantry
Mt. San Antonio College: Community Connections
Dialogue
Basic Needs Resources Center - 9G

Case Management Services

- Holistic approach with professional Social Workers in case management capacity.
- Follow up and follow through approach

Staff Training on Trauma-informed principles
Expanding the Conversation: Basic Needs and Equity
I. How has work surrounding Student Equity and Basic Needs been integrated on your campus?

II. How does data support the work across these areas?

III. How have Trauma Informed Principles been incorporated across campus to promote equity and access?
Student Equity Requires a Campus Commitment

- Financial Aid Emergency Grant Distribution
- Technology and Equipment Loan Efforts
- CORA Equity and Education Certificate Program
- Diversity, Equity, Inclusion, Social Justice, and Anti-Racism for Professional Development (DEISA)
- Culture of Inclusion: Non-Credit Student Engagement

Mt. SAC: Basic Needs & Equity Campus-Wide
Ensure access to HEERF Emergency Funds

$33,428,000 disbursed through fall 2021

- GET MONEY OUT THE DOOR FAST! Batch Disbursement
- BUILDING AWARENESS OF THE PROGRAM!
- EQUITABLE ELIGIBILITY CRITERIA! Student Self-referral Process
"The hotspot worked very well and was very helpful at keeping a good connection. Due to COVID times there were 3 of us in the household attending zoom classes and my at home wifi was not strong enough. I would constantly lose connection. So I am thankful that the college has a technology loan program."
Center for Organizational Responsibility & Advancement & Mt. SAC’s Title V Grant Collaborative

- **Certificate in Unconscious Bias**: denotes role that race and gender socialization
- **Certificate in Racial Microaggressions**: defines concept of racial microaggressions and explores impact
Integration of Diversity and Equity into:

- Performance Evaluation
- Recruitment, Screening, and Hiring
- College Committees’ Goals

Mt. SAC: Diversity, Equity, Inclusion, Social Justice, and Anti-Racism for Professional Development (DEISA)
Approximately 30,000 students attending Mt. San Antonio College are Non-Credit Students
Working Towards Equity
Expanding Equity and Access

➢ Integrating Services
  - Embedded Academic Counselor
  - Working with Financial Aid to increase FAFSA completion and assist with SAP process
  - Basic Needs Statement on faculty syllabi
AB 2416: Requires colleges to consider homelessness as an extenuating circumstance when evaluating appeals for the loss of financial aid.

SAP Appeal: Students Experiencing Low GPA or Pace of Progression
- Recognizing MEDICAL, FAMILY, or WORK emergency
- Includes basic needs as contributing factor
- Students do not need to provide medical records or other documents
Dialogue
What Comes Next?
CONTINUING THE CONVERSATION

- How do we “hold space” and “meet students where they are” throughout our interactions?
- What can we do differently to prioritize basic needs in an appointment or student interaction?
- What is our data saying around basic needs (ex. homelessness, housing insecurity, food insecurity, transportation) across our general population and our disproportionately impacted groups?
- What types of trainings are available for faculty and staff to ensure that they are aware of basic needs resources within our campus/community?
- How can we continue to apply a trauma informed lens in reviewing campus policies and practices?
ADDITIONAL RESOURCES:

- Leah’s Pantry: Trauma Informed Professional Development
  https://www.leahspantry.org/

- John Burton Advocates for Youth
  Equity Made Real: Promising Strategies for Addressing College Students’ Basic Needs

SAP Policy Recommendations
HEAD, HEART, HAND REFLECTIONS

What is one idea or concept you want to take away from this webinar?

What is one thing you are feeling after hearing the presenters?

What is something you are prepared to do now?
THANK YOU

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JBAY.ORG