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 in the Resources section.
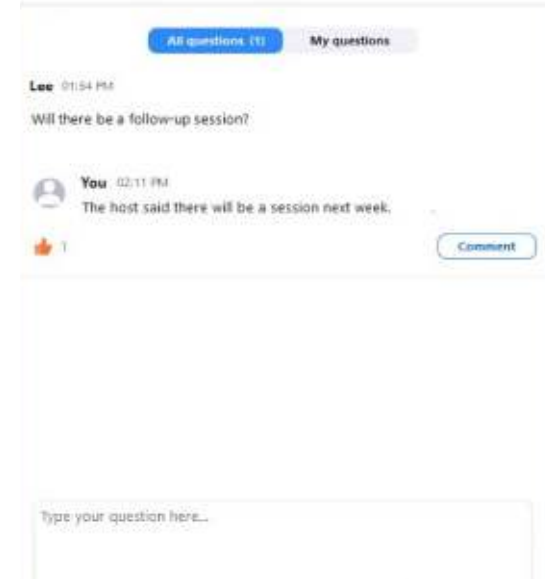
JOHN BURTON ADVOCATES FOR YOUTH

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

Overview of Today

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

Leah's PANTRY
The Leading Voice For
Trauma-Informed
Nutrition Education

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.

nutrition
pantry
program

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

Nourishing my body and mind matters.

Food connects me with my culture and community.

Food feeds my soul.

I care about the impact of my food choices on the world.

A meal can be a work of art.

SOCIAL

HEALTH

SACRED

MORAL

AESTHETIC

Me & Food

Leah's PANTRY

The Meaning of Food in Food Programs

- Caregiving
- Showing love
- Repair
- Distraction
- Reward
- Consolation

Our Experiences with Food

~~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?

A Health-Centered Approach (Salutogenic)

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?

A Salutogenic Approach to Nourishment
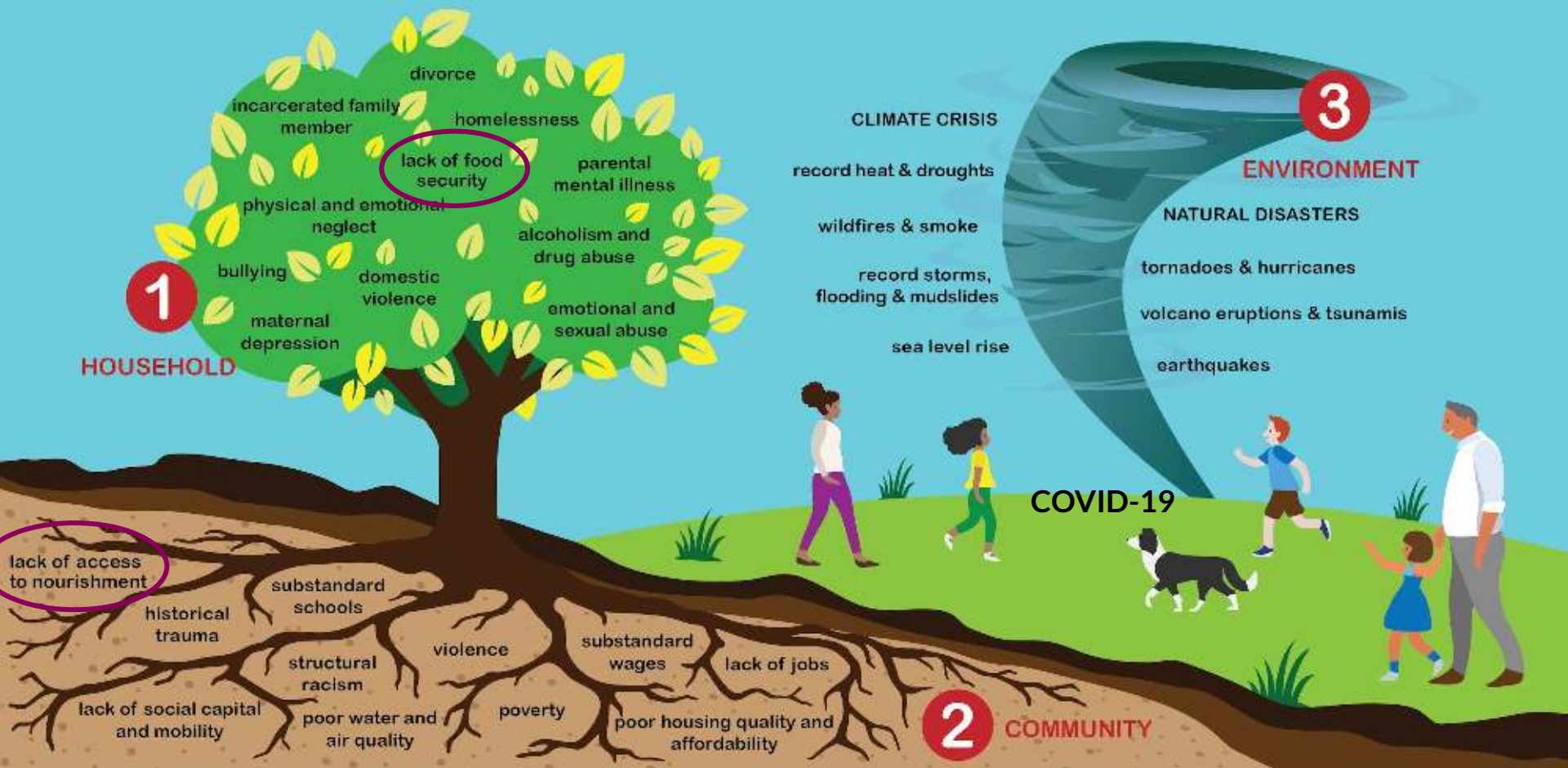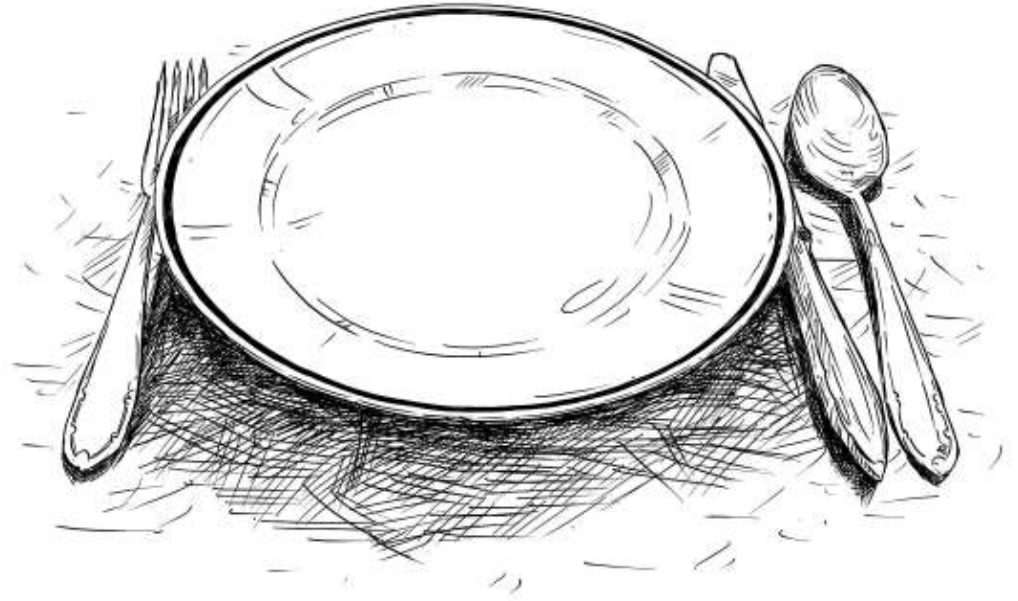
Types of Adverse Experiences

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
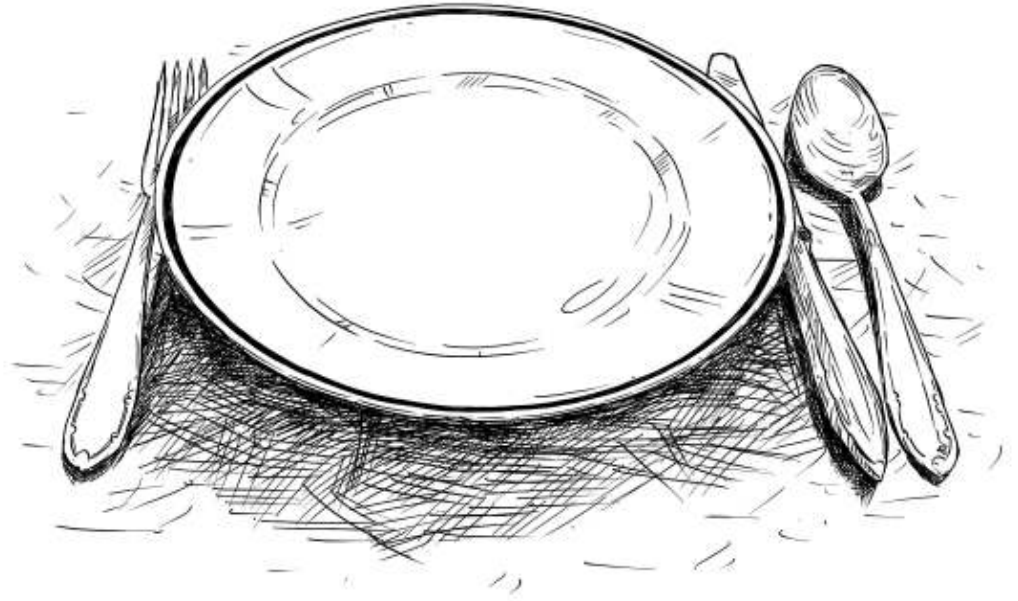- Altered neurochemical and metabolic pathways
- Decreased self-regulation

Reframing

Food Insecurity

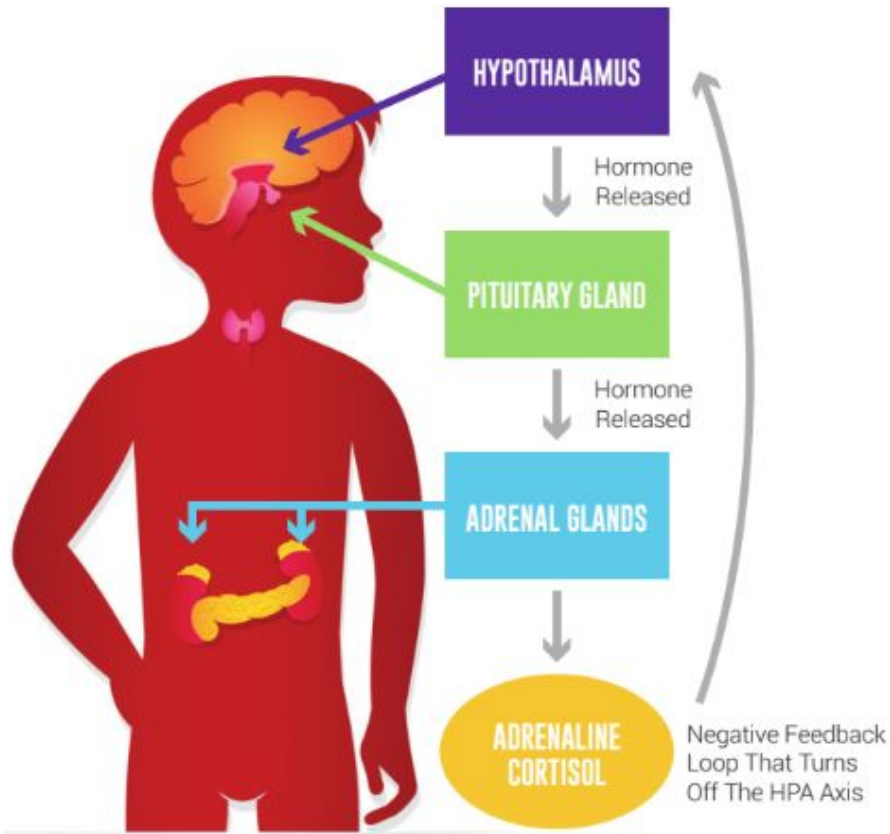Feast/Famine

Stigma

Fat Shaming

Cultural Oppression

Within Community and Society

Food Environment Feeds the Stress Response

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

HYPOTHALAMUS

Hormone Released

PITUITARY GLAND

Hormone Released

ADRENAL GLANDS

ADRENALINE CORTISOL

Negative Feedback Loop That Turns Off The HPA Axis

Biology of Trauma and Toxic Stress

Reframing - Predictability in Food

Despite "Good" Intentions…

➢ Emotional regulation

➢ Decisions

➢ Safety and Control

➢ Access, Information, and Resources

Trauma Complicates Our Quest for Health

stress   adversity   scarcity   trauma

knowledge

nourishment   resilience

resources   interconnectedness

Trauma-Informed Nutrition Security?

Strong Families and Communities

Rich Cultural Traditions

Self-Healing Practices

Positive Experiences (Protection & Healing)

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?

Our Role in a Trauma-Informed System

- ➢ 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

Well-Intentioned Tensions

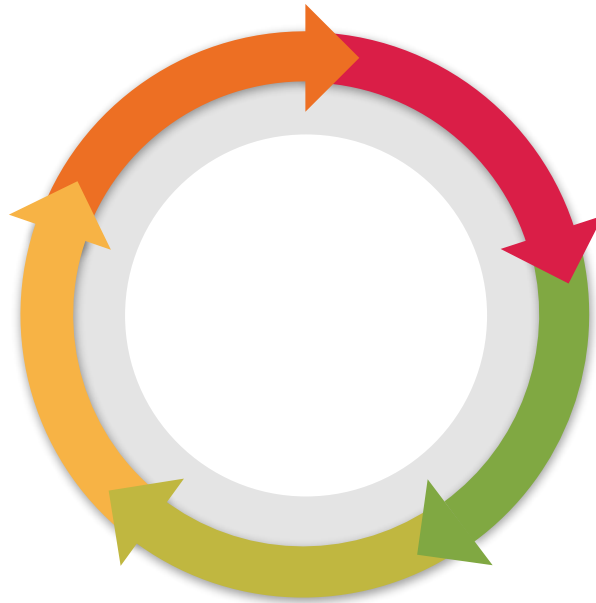| **Working towards...**	**Justice & Equity** *Challenging the social and economic systems contributing to poverty and food insecurity.*				
We hope to see...	**Nourishing Self** *Self sufficiency through nutrition and culinary literacy.*	**Nourishing Others** *Providing desirable food that allows clients to nourish themselves, their family and community.*		**Nourishing Communities** *Protective factors, healing practices, resilience*	
Create space for...	**Physical & Mental Health** *Good nutrition for a healthy body and mind.*	**Positive Experiences** *Interactions and environment are dignified and welcoming.*	**Identity & Cultural Connection** *Consideration of cultural and individual factors that affect client health and relationship to food.*	**Connected Community Partners** *Coordination and partnership between organizations providing services*	**Autonomy & Empowerment** *Opportunity for choice, input, and leadership by clients, volunteers, staff.*
Foundation	**Safety & Transparency** *Physical and emotional safety; transparency on all levels, consistent and reliable experience.*				

Realize...
The impact of adversity and positive experiences

Recognize...
the signs of trauma and resilience

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

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

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

Adapted from SAMHSA

The 5 R's of a Trauma-Informed Approach

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**

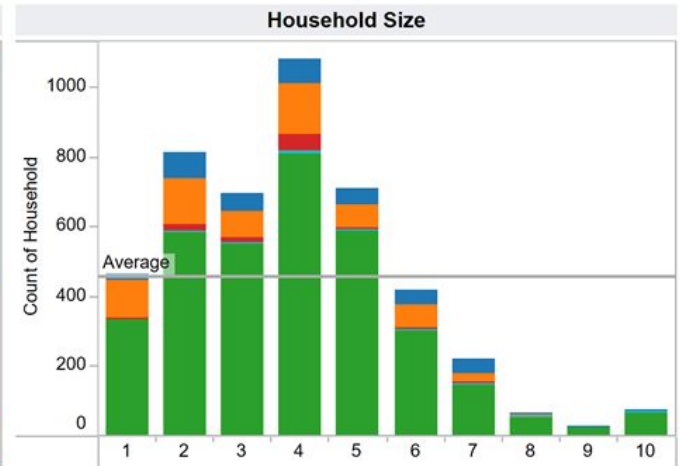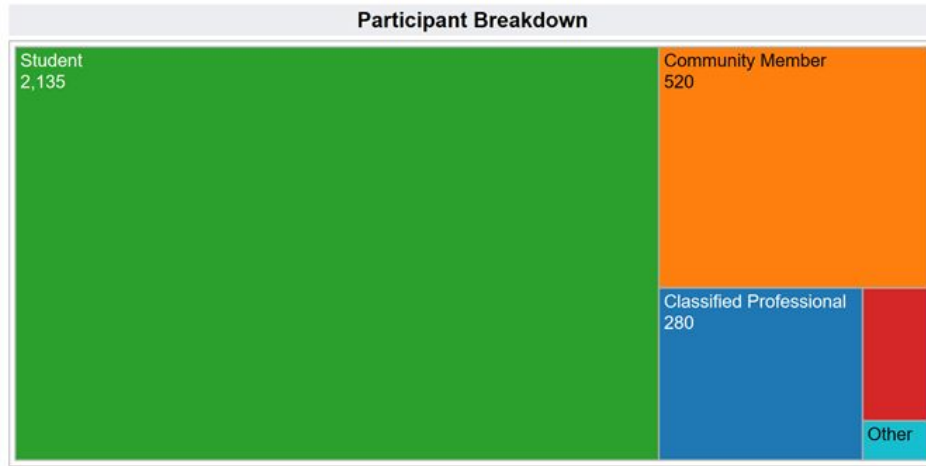# San Diego City College Basic Needs Center

One Form for:

- Technology
- Mental Health Referral
- Food Pantry
- HAD (Hunger Action Day)
- CalFRESH

ADDRESSING FOOD INSECURITY

San Diego City College

Household Attendance by Date

	2020				2021									Grand Total
	Q4	Q1			Q2			Q3			Q4			
	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
# Registered	468	397	440	406	313	360	313	241	281	300	360	319	375	4,573
# Attended	291	259	270	246	211	264	204	168	203	203	257	208	242	3,026
Attendance %	62%	65%	61%	61%	67%	73%	65%	70%	72%	68%	71%	65%	65%	66%

Households Attendance by Type & Food Bank
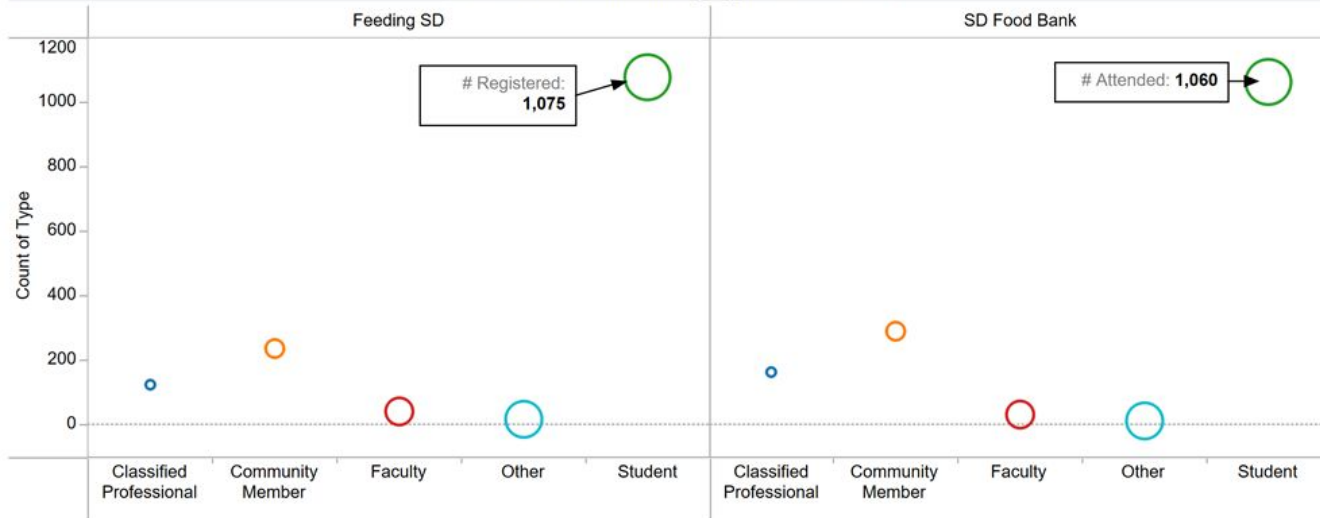

Food Bank
All

Month, Day, Year of Da..
All

Type
- Classified Professio..
- Community Member
- Faculty
- Other
- Student

Check-in
- ○ # Registered
- ◉ # Attended

No. of Households & People Fed	
Households Fed	3,026
People Fed	11,571

Addressing Food Insecurity

San Diego City College
Hunger Action Day - Food Distribution

2/2

		Type									
		Classified Professional		**Community Member**		**Faculty**		**Other**		**Student**		**Grand Total**	
Year of Date	Month of Date	Households Fed	People Fed	Households Fed	People Fed	Households Fed	People Fed	Households Fed	People Fed	Households Fed	People Fed	Households Fed	People Fed
2020	Dec	26	134	47	190	8	30	1	2	209	892	291	1,248
2021	Jan	23	106	48	133	3	12	1	4	184	771	259	1,026
	Feb	23	98	37	111	6	20	3	9	201	804	270	1,042
	Mar	20	95	40	122	5	18	1	4	180	667	246	906
	Apr	20	90	38	116	5	15	3	20	145	544	211	785
	May	20	83	40	139	5	15			199	739	264	976
	Jun	21	79	26	87	3	10	1	7	153	566	204	749
	Jul	20	82	34	107	7	30	1	7	106	401	168	627
	Aug	19	77	41	141	6	24	2	9	135	529	203	780
	Sep	26	104	36	114	9	29	3	15	129	483	203	745
	Oct	23	80	48	152	4	12	1	7	181	677	257	928
	Nov	17	71	37	132	6	21	3	24	145	574	208	822
	Dec	22	86	48	170	3	6	1	7	168	668	242	937
Grand Total		280	1,185	520	1,714	70	242	21	115	2,135	8,315	3,026	11,571

San Diego City College - Hunger Action Days

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

Mt. San Antonio College - The Basic Needs Resources Center

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?

Basic Needs and Equity

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."

Key Numbers

3,834
Students served by the Technology Loan Program

5,989
Devices loaned to students

Note: In the cases where a student checked out a laptop, returned the laptop, and checked out a different laptop during a different period, these students only show up once in this count. The same applies for the MiFi/Hotspot and Ipad counts.

Breakdown of Devices Loaned
Laptops: 2,996
MiFi/Hotspot: 2,750
Ipads: 243

Note: In the cases where a student checked out a laptop, returned the laptop, and checked out a different laptop during a different period, these students only show up once in these counts. The same applies for the MiFi/Hotspot and Ipad counts.

50.1%
Borrowed both a laptop and a MiFi/Hotspot

Note: The 50.1% is made up of 1,946 students.

1,037 students only borrowed a laptop

657 students only borrowed a MiFi/Hotspot

Enrollment
7.9% Noncredit only
83.7% Credit only
7.8% Enrolled in Credit and Noncredit
0.6% No enrollment

Mt. SAC: Technology & Equipment Loan Efforts

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

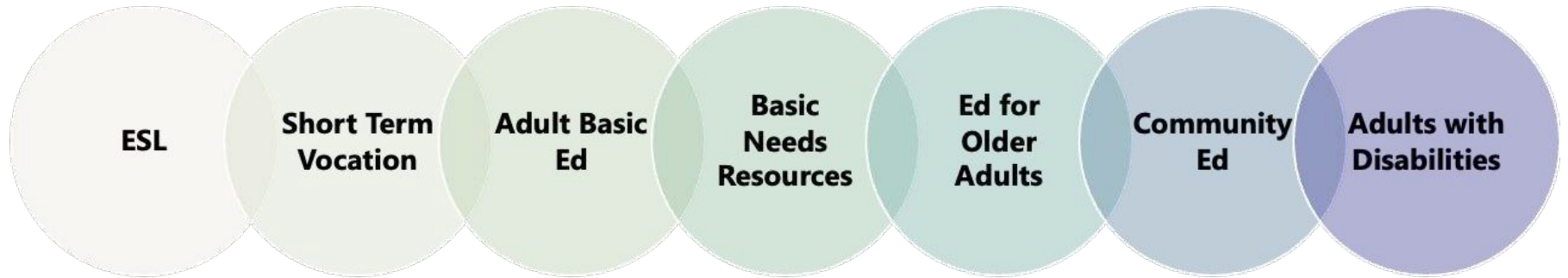Mt. SAC: CORA Equity in Education Certificate Program

Integration of Diversity and Equity into:

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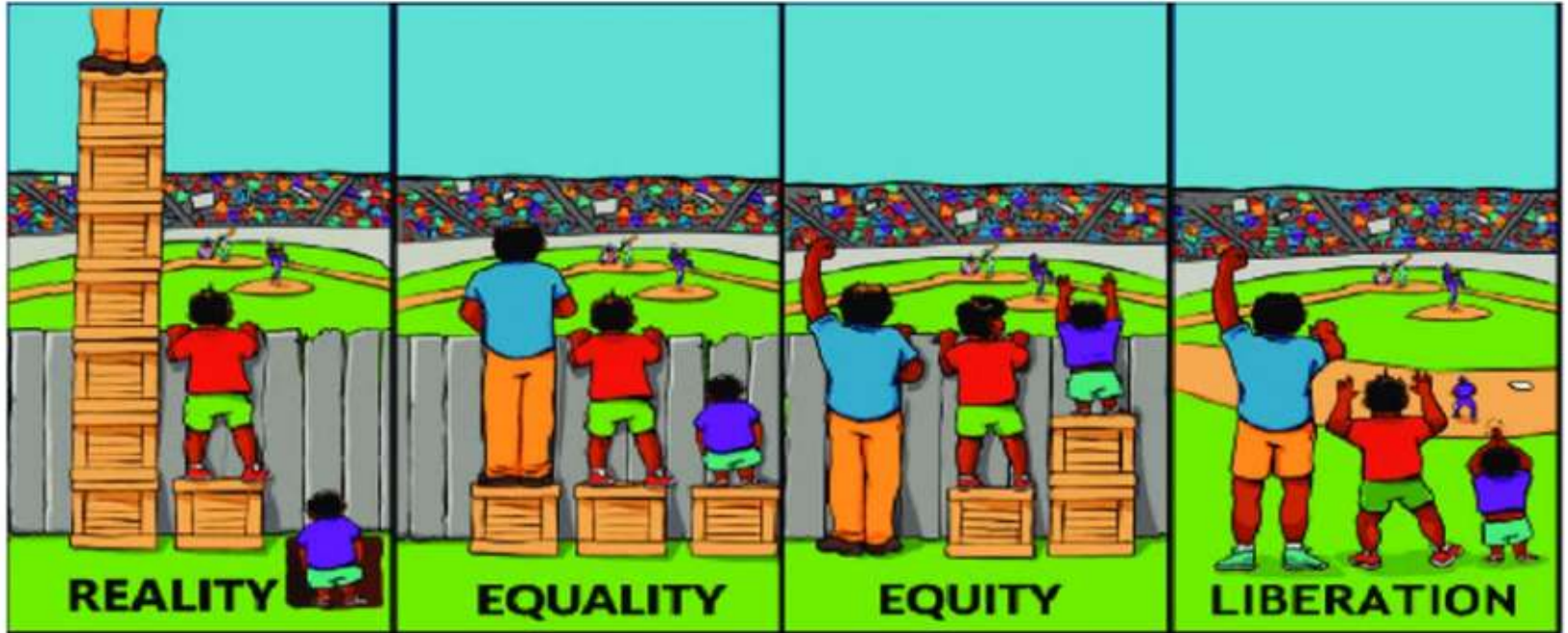- Recruitment, Screening, and Hiring
- College Committees' Goals

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

ESL

Short Term Vocation

Adult Basic Ed

Basic Needs Resources

Ed for Older Adults

Community Ed

Adults with Disabilities

Mt. SAC: Culture of Inclusion

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

San Diego City College: Who Owns Equity Work

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

San Diego City College: SAP Policy Review

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 disproportionally 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?
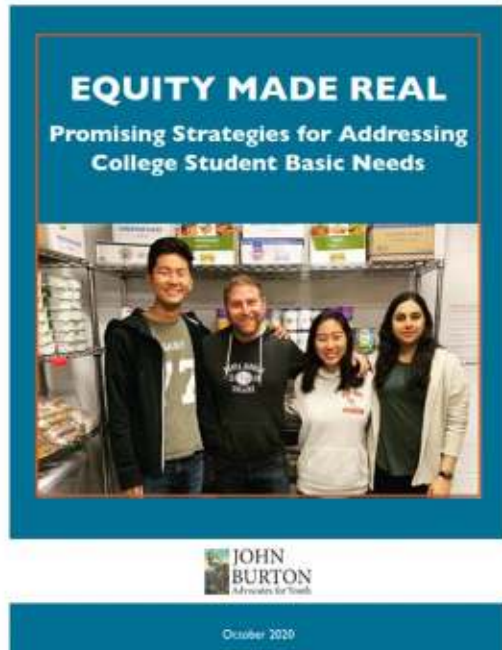
ADDITIONAL RESOURCES:

- 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

linda@jbay.org
JBAY.ORG