

APRIL 2021



MDC

Newsletter

"Fight for the things that you care about, but do it in a way that will lead others to join you".

-Ruth Bader Ginsburg

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CSUCI
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50 Mile Cycling Challenge

1 MONTH | 50 MILES | SIGN-UP ON IMLEAGUES.COM & DOWNLOAD STRAVA



April 1 - April 30, 2021

Register on IMLeagues.com

MADDEN 21
ESPORTS LEAGUE



VIRTUAL SCHOOL Survival Skills

WEEKLY DROP-IN • LEARN SKILLS • GET SUPPORT

FRIDAY, APRIL 2, 2021
at 11:00 AM

JOIN VIA ZOOM & LEARN

Spring 2021 Career Fair Prep

Join Career Center counselor to find out how to make the most of the 2021 fair.

YOUR HOSTS: DASS COUNSELORS

Join via Zoom
WWW.CSUCI.EDU/DASS/STUDENTS/YES

Ramon Bonnie

DISABILITY ACCOMMODATIONS & SUPPORT SERVICES
CALIFORNIA STATE UNIVERSITY CHANNEL ISLANDS



TENEMENT MUSEUM VIRTUAL TOUR
APRIL 6, 2021 @ 2:30 P.M.

RSVP: [TINYURL.COM/CSUCITENEMENT21](https://tinyurl.com/csucitenement21)

THE UNIVERSITY ENCOURAGES PERSONS WITH DISABILITIES TO PARTICIPATE IN ITS PROGRAMS AND ACTIVITIES. IF YOU ANTICIPATE NEEDING ANY TYPE OF ACCOMMODATION OR HAVE QUESTIONS ABOUT THE PROGRAM, ACCESS PROVIDED. PLEASE CONTACT DISABILITY ACCOMMODATIONS AND SUPPORT SERVICES AT (805) 477-3313 OR [ACCOMMODATIONS@CSUCI.EDU](mailto:accommodations@csuci.edu) AS SOON AS POSSIBLE, BUT NO LATER THAN 7 BUSINESS DAYS PRIOR TO THE EVENT.



Broome Library Monthly Recognition Series
Autism Awareness Month Lecture

A Typical Divergent:
Navigating Life in an Exclusionary World

Wednesday, April 7th
at 6pm PST via Zoom

Mx. Charis Hill
(they/them)



STUDENT UNION CRAFT STUDIO PRESENTS:

MAKE YOUR OWN MACRAME

WEDNESDAY, APRIL 7 • 1PM - 2PM

FIRST 20 STUDENTS TO REGISTER BEFORE MARCH 31st ELIGIBLE FOR A FREE CRAFT KIT!

STUDENT UNION LIVE CRAFT STUDIO

STUDENT UNION PERKS PROGRAM!

Events Overview

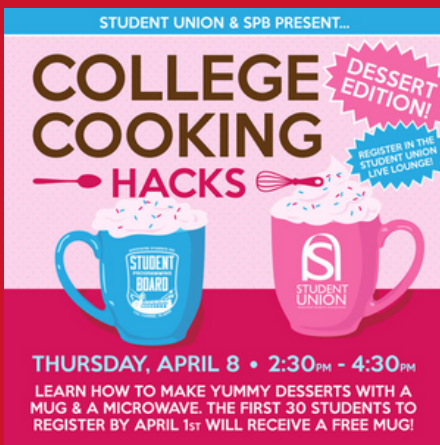


CAREER DEVELOPMENT & ALUMNI ENGAGEMENT

go.csuci.edu/fairinfo

THURSDAY, APR. 8 • 10 a.m.-3 p.m.
SAVE THE DATE

THE VIRTUAL CAREER INTERNSHIP FAIR



STUDENT UNION & SPB PRESENT...

COLLEGE COOKING HACKS

DESSERT EDITION!

REGISTER IN THE STUDENT UNION LIVE LOUNGE!

THURSDAY, APRIL 8 • 2:30 PM - 4:30 PM

LEARN HOW TO MAKE YUMMY DESSERTS WITH A MUG & A MICROWAVE. THE FIRST 30 STUDENTS TO REGISTER BY APRIL 1ST WILL RECEIVE A FREE MUG!



Diversity & Inclusion Student Council

Friday, 3:00 - 4:00 p.m.

Are you interested in a leadership opportunity focusing on Inclusion and Diversity? The Diversity and Inclusion Student Council's mission is to empower students to build an inclusive campus environment that is safe and welcoming for all. Through this online group, you will build a community and actively make a difference.

RSVP at go.csuci.edu/mcsevent or contact Kim French at kim.french@csuci.edu



TRY-athlon

RUN HIKE BIKE

"Try" it solo or with a team

Monday, April 12 - Friday, May 6, 2021



BROOME LIBRARY LECTURE SERIES:

BLACK SCHOLARS ON BLACK LIVES

SPONSORED BY THE CME

Supplemented with funds from the Instructionally Related Activities Committee

California State University Channel Islands

Center for Multicultural Engagement

CHANNEL ISLANDS



Student Activism 101

Join us for a workshop to help students understand how to become an activist for change in their communities and society

Wesley Criollo
Wednesday March 3:00-4:30pm

Cindy Wieser
Wednesday April 3:00-4:30pm

<https://csuci.zoom.us/j/89013850090>

For more information contact: jennifer.kim@csuci.edu

Sponsored by Chicana/o Studies, Center for Multicultural Engagement, Our Stories Matter

California State University Channel Islands

INSTRUCTIONALLY RELATED ACTIVITIES CHANNEL ISLANDS

2021-2022 CSU TRUSTEES' AWARD FOR OUTSTANDING ACHIEVEMENT

The California State University (CSU) Trustees' Award for Outstanding Achievement Scholarship is available now for the 2021-2022 academic year. This year's deadline to submit your application and all required documents is Monday, April 26, 2021.

The awards recognize students who have overcome adversity, demonstrated financial need, have attributes of merit including superior academic performance, significant personal achievements and exemplary community service.

Special named scholarships will be awarded by the selection committee based on criteria such as studying in the STEM (Science, Technology, Engineering and Math) or education fields, veterans, and exemplary community service.

Scholarship amount for the 2021-2022 academic year is \$6,000.

Applicants must:

- Demonstrate superior academic performance with a minimum cumulative GPA of 3.00 on a 4.00 scale and be in good academic standing.
- File a 2021-2022 Free Application for Federal Student Aid (FAFSA), or a 2021-2022 California Dream Act Application (CADAA) to determine financial need.
- Be currently enrolled as a full-time equivalent undergraduate or graduate student in any major field at CSUCI and remain a CSUCI full-time equivalent student during the 2021-2022 academic year.

Send an email to scholarships@csuci.edu to request a copy of the scholarship application package.

Application Deadline: Monday, April 26, 2021 by 11:59 p.m.

APRIL 2021 SEXUAL ASSAULT AWARENESS MONTH

To RSVP and get links to attend any of these events:
Visit: https://csuci.qualtrics.com/jfe/form/SV_afxFnV36j0FI0rc
OR email your Campus Advocate at campus.advocate@csuci.edu
Follow [csuci.advocate](#) on Instagram for updates and all news related to SAAM!

4/6 #SAAM DAY OF ACTION

Wear the color teal and post it to social media with the hashtag #SAAMDayOfAction to show your support for survivors of sexual violence.

4/7 #START BY BELIEVING DAY

Start by Believing.
Join in this global message of support for survivors.
Make a personal pledge on Instagram!
<https://bit.ly/3fEKUvf> and #StartbyBelieving

4/9 NETFLIX TELEPARTY: AUDRIE & DAISY (4PM-6PM)

Come watch the documentary *Audrie & Daisy* with your CSUCI Campus Advocate. An optional discussion will follow the film.

4/13 CAREER PATHS PANEL AND Q&A (6PM-7:30PM)

Learn about Career Paths in Sexual Violence Advocacy, Response, & Prevention. Hear from amazing professionals working in the field.
Register at bit.ly/2PBIFWs

4/15 GUEST SPEAKER: CRISTINA LOUGHREY (11AM-12PM)

Join the conversation with guest speaker, Cristina Loughrey, a survivor of sexual assault, as she shares her story of resiliency and healing from trauma. A short Q&A will follow the event.

4/16 VIRTUAL SCREENING: THE HUNTING GROUND (4PM-6PM)

Sign up for the virtual Zoom screening of the documentary *The Hunting Ground* with your CSUCI Campus Advocate. An optional discussion will follow the film.

4/19 CLOTHESLINE PROJECT 2021

Our Clothesline Project is a visual display of T-shirts with affirmative messages from survivors and allies that honor survivors' strengths while also shedding light on the impact of sexual violence on our communities. In partnership with Coalition for Family Harmony, our Mobile Clothesline Project will be available at 3 different locations for people to visit the messages on display.
To find the nearest location, check for posts from your Campus Advocate on Instagram!

4/20 VIRTUAL PRESENTATION: THE STORY OF VANESSA GULLIÉN (12PM-1PM)

Come hear about the story of Vanessa Gullién and learn about how Black Indigenous People of Color (BIPOC) are disproportionately affected by sexual assault in the military.

4/22 VIRTUAL PRESENTATION: RAPE CULTURE & UPSTANDER INTERVENTION (11AM-12PM)

Learn about Rape Culture and join in a discussion surrounding upstander intervention.

4/28 #NATIONAL DENIM DAY

Wear jeans and join part of a global movement that brings awareness to victim blaming and sexual assault. Show your solidarity by posting a picture of yourself to Instagram wearing denim in support of survivors. Use #NationalDenimDay
Learn more at: <https://www.denimdayinfo.org/>

4/29 TAKE BACK THE NIGHT (8PM-9PM)

Join thousands for a Global Virtual Take Back The Night event that features survivor stories, poetry, authors, activists, and special guests!
Register here: <https://www.eventbrite.com/e/take-back-the-night-global-virtual-event-april-2021-tickets-121735832151>

4/30 VIRTUAL SCREENING: THE INVISIBLE WAR (4PM-6PM)

SAAM will end with the last virtual screening of the documentary *The Invisible War*.
An optional discussion will follow the film.

To RSVP and get links to attend any of these events:
Visit: https://csuci.qualtrics.com/jfe/form/SV_afxFnV36j0FI0rc



Contact Campus.Advocate@csuci.edu for questions and links to sign up!



Keep up with the latest SAAM news by following [csuci.advocate](#)



Channel Islands
CALIFORNIA STATE UNIVERSITY



MDC
Updates

Monthly Letter from Dr. Hiram Ramirez

Greetings Dolphins!

We hope the semester has been going well! As you continue to persist in your classes, join fun virtual experiences and build community with your peers - we encourage you to join our events! We also have many study skills workshops, specifically developed through student feedback from our MDC Engagement Survey late fall. We hope the sessions are helpful as you continue to navigate your classes virtually. Also note that we invite you share feedback and thoughts about your programming along the way, just let us know how we can best support you this semester.

As you start your week, don't forget to check our our weekly TikTok videos promoting the weeks events on our IG and Facebook accounts. We also have some fun TikToks in the works to keep you engaged this semester.

I also encourage you all to make sure to avail yourselves in self-care during these difficult times. It is easy to forget to do so, but I know first hand how important self-care can be for your holistic wellness. With that, be on the look out for our Destress Week mid-March to get some tips/tricks to participate in holistic wellness. We will also be hosting some competitions for folks to win Self-Care Boxes to help you be healthy and mindful this semester.

Lastly, I wanted to personally share my sadness and anger at the continued violence against Asian American & Pacific Islander (AAPI) communities, especially of late. These acts of violence and hate can be found throughout the history of the United States, and we must continually work towards eliminating this hate/violence in our society. With that said, I am glad to share that the MDC has come out with a AAPI Solidarity Statement (listed below). And we will be recommitting ourselves as a Center, to exploring ways we can improve our AAPI programming/opportunities on campus so we can raise awareness and education about AAPI issues on campus. If you have ideas or recommendations, please feel free to email me directly (hiram.ramirez@csuci.edu).

As always, if you need anything please let us know and have a great start to the semester!

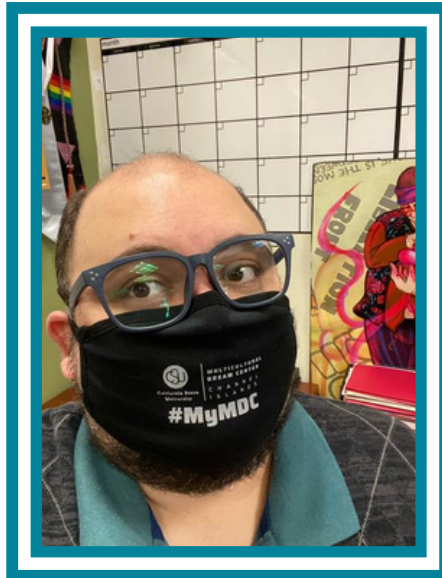
In Solidarity,
Hiram Ramirez

Multicultural Dream Center Staff



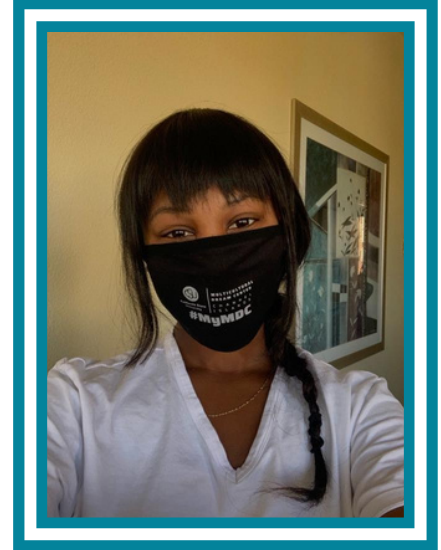
Elizabeth Salgado

She / Her / Hers
Graduate Intern
elizabeth.salgado749@csuci.edu



Hiram Ramirez, Ph.D.

He / Him / His
Director of Inclusive Student
Services & the Multicultural
Dream Center
hiram.ramirez@csuci.edu



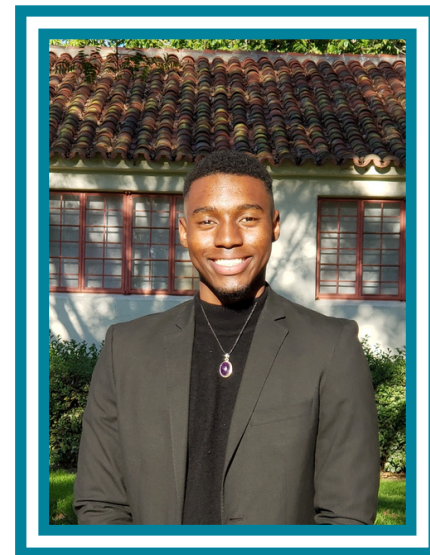
Taylor Duncan

She / Her / Hers
Student Assistant
Graduating 2021



Anthony De La O

He / Him / His
Student Assistant
Graduating 2022



Isaiah Ball

He/Him/His
Student Assistant
Graduating 2021

MDC Hours of Operation

MDC Virtual Hours: 8 AM - 5 PM

MDC Live Chat Hours: 10 AM - 2 PM

Due to the online transition, the Multicultural Dream Center has added live chat hours for students who would like to communicate directly with a program coordinator.

To access this live chat, visit <https://www.csuci.edu/mdc/> and click the "Get Help" button on the bottom of the screen.



[@CSUCI_MDC](#)



[@MDC_CSUCI](#)



[@CSUChannellIslands
Multicultural](#)



[@CSUCI_MDC](#)

MDC Social Media

If you want more to see more updates than the monthly newsletter, follow us on Instagram, Twitter, Tik Tok, or Facebook for announcements about events and resources from the MDC and other organizations.

MULTICULTURAL DREAM CENTER

AAPI Solidarity Statement



The Multicultural Dream Center (MDC) is in solidarity with its Asian American and Pacific Islander (AAPI) students, faculty, staff and community members. The recent acts of violence against AAPI communities is unacceptable. We renounce all acts of violence, harassment and hate speech directed at AAPI communities. We also acknowledge this violence represents a continued history of xenophobia, actions of hate and racism in the United States. We must come together to combat racism in all forms and lean into each other during these difficult times. With this in mind we have our Racial Healing & Educational Guide and Resource Guide for AAPI Students on our LinkTree under our bio.

#WeStandTogether
#FightingAgainstHate

April Calendar

Virtual Study Hall
Every Wednesday
3 - 4 p.m.
Zoom

Join fellow Dolphins to study and prepare for class. A librarian will be in all session to help answer questions, share library resources and more.
RSVP @ go.csuci.edu/LevelUp



Study Skills Workshops
RSVP today @ go.csuci.edu/LevelUp

Building Virtual Study Groups Thursday, April 1 11:30 a.m. - 12 p.m. Zoom	Study Strategies 101 Friday, April 2 1 p.m. - 2 p.m. Zoom
Leveraging Library Resources Tuesday, April 6 4 - 5 p.m. Zoom	Strengthen Your Writing Monday, April 12 4 - 5 p.m. Zoom
Planning for Success Friday, April 30 12 - 1:30 p.m. & 3:30 pm - 5 pm Zoom	

Adulting 101: Financial Wellness
Monday, April 5 Noon - 1 p.m. Zoom
Tuesday, April 6 4 - 5 p.m. Zoom

Do you know what it means to be financially well? Be a part of this interactive workshop where you'll learn about various money management techniques and how poor budgeting skills can negatively affect your overall wellness.
In collaboration with Wellness Promotion & Education
RSVP @ go.csuci.edu/Adulting21

Asian American & Pacific Islander Heritage Month Social

Wednesday, April 7 Noon to 1 p.m. IG Live	Thursday, April 8 Noon to 1 p.m. IG Live
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Join the MDC Team on Instagram Live for a virtual celebration of Asian American & Pacific Islander Heritage Month. This event features community building, information on upcoming events, and celebrating the contributions of Women. This event is open to everyone. Student participants will receive a special mystery box.

Diversity & Inclusion Student Council Meeting

Friday, April 9 3 - 4 p.m. Zoom	Friday, April 30 3 - 4 p.m. Zoom
---------------------------------------	--

This group is open to all students who are interested in opportunities to create and foster a more inclusive campus in partnership with the Multicultural Dream Center. The Diversity & Inclusion Student Council's mission is to empower students to build an inclusive campus environment that is safe and welcoming for all. Through this virtual community, you will build a community and actively make a difference.
Email Kem French (kem.french@csuci.edu) to join today!

Undocu Workshop: Entrepreneurship
Monday, April 12th
4 - 5 p.m.
Zoom

Partnering with Immigrants Rising we bring you a workshop to support Undocumented students with navigating starting a business.
RSVP @ tinyurl.com/UndocEntrepreneurship

Immigration Legal Services Workshop
Special Immigration Juvenile Status: What you need to know
Tuesday, April 13th
12 - 1 p.m.
Via Zoom
RSVP @ tinyurl.com/43drswz5

Virtual Bridge the Gap
Wednesday, April 14 - Friday, April 16
All Day
Canvas Community

Bridge the Gap is a campus-wide diversity initiative inspired by The Museum of Tolerance. This interactive, educational initiative uses photographs, props, videos, and recordings to educate and engage the campus community in dialogue around topics that have historically and currently affect members of our society.
To get access to the Canvas Community, go to go.csuci.edu/VBTG

Mental Health & Immigration
Thursday, April 15
10 a.m. - 12p.m.
Via Zoom

Presentation with guest speaker Dr. Trevino, on the intersections of immigration and mental health.
RSVP @ tinyurl.com/y5nckav7

Kim's Convenience
Wednesday, April 21
3 - 4:30 p.m.
Zoom & IG Live

Join the MDC team for a viewing party and then an IG Live event right afterwards to discuss our reactions and thoughts about the series. Kim's Convenience can be found on Netflix, if you want to watch it before the IG Live event.
RSVP @ go.csuci.edu/MDCEvent

Undocumented Student Ally Training (Silver)
Thursday, April 22
12 - 2 p.m.
Zoom

Join the MDC to get information about ways to support undocumented students, specifically around their experiences both on campus and nationally. This training is for faculty, staff and student employees to help support the cultivation of a more inclusive campus community.
RSVP @ go.csuci.edu/UndocAlly

MAR Virtual Community
Friday, April 23
11 a.m. - 12 p.m.
Zoom

This is an opportunity for Mariposa's Resisting & Achieving (MAR) or undocumented students to get support and build community.
RSVP @ tinyurl.com/MARVC21

Undocumented Student Ally Training (Gold)
Monday, April 26th
3 - 5 p.m.
Zoom

Join the MDC to get information about ways to support undocumented students, specifically around holistic wellness, academic support and mentorship. This training is for faculty, staff and student employees to help support the cultivation of a more inclusive campus community.
RSVP @ go.csuci.edu/UndocAlly

And Still We Rise: Centering AAPI Voices
Friday, April 30
3:30 - 5 p.m.
Zoom

This event will be a panel of AAPI individuals, where we will center AAPI voices and lived experiences. With the recent anti-Asian violence taking place across the United States, this will be a powerful counterspace to educate and empower our community to challenge racism together.
RSVP @ tinyurl.com/ASWRAAPI

Asian American & Pacific Islander Resource Guide - Click Here!
[Click here to sign up to join the MDC ListServ for our monthly event calendars.](#)

Fun Fact: April is AAPI Heritage Month
The University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation, or have questions about the physical access provided, please contact Disability Accommodations & Support Services at accommodations@csuci.edu or call 805-437-3331 as soon as possible, but no later than seven (7) business days prior to the event.

MULTICULTURAL DREAM CENTER CHANNEL ISLANDS

go.csuci.edu/MDCJobs



Job Opportunity

Join Our Team!

We got some openings for student assistant positions in the MDC. Check them out and apply, on our LinkTree in the bio or visit go.csuci.edu/MDCJobs. Apply by Wednesday, April 14 (midnight).

Informational Sessions to Learn More

Monday, March 29th from 9-9:30 am

Tuesday, March 30th from 2-2:30 pm

Wednesday, April 7th from 3-3:30 pm

Thursday, April 8th from 10-10:30 am

Visit go.csuci.edu/MDCJobs to sign up for an informational session today.

Broome Library Resources

Broom Library and WMC

Library FAQ

<https://csuci.libanswers.com/>

Remote Services

<https://library.csuci.edu/about/remote-services.htm>

Writing and Multiliteracy Center (WMC)

<https://www.csuci.edu/wmc/>

Other Support Services

Learning Resource Center (LRC)

<https://www.csuci.edu/learningresourcecenter/>

Information Technology Services (ITS)

<https://www.csuci.edu/its/>

Requesting Search Help

Chat (synchronous)

<https://library.csuci.edu/services/ask-librarian.htm#libchat>

Email (asynchronous)

reference.librarian@csuci.edu

Zoom (synchronous) (M-F, 8 a.m. - 5 p.m. by appointment)

<https://csuci.libcal.com/appointments/reference>

California Wellness Internship!



About California Wellness

The California Wellness Foundation is a private, independent foundation established in 1992 with a mission to protect and improve the health and wellness of the people of California. As one of the largest health-focused foundations in California, with more than \$1 billion in assets (as of January 2021), Cal Wellness is a nationally recognized leader for its strategic core operating support for grantees; public policy grantmaking; and a focus on violence as a public health issue. It is Cal Wellness's desire to promote equity and level the playing field so that everyone has access to good-paying jobs, healthy and safe neighborhoods, and quality health care services.

Virtual Stoling Ceremony

PATH Senior Ceremony
Tuesday, May 4

Lavender Stoling Ceremony
Wednesday, May 5

Undocumented Student Stoling Ceremony
Thursday, May 6

go.csuci.edu/MDCGrad



csuci_mdc

Deadline: Tuesday, April 27



CSU Channel Islands
Multicultural Dream Center



California State
University

MULTICULTURAL
DREAM CENTER

C H A N N E L
I S L A N D S

Happy National Gardening Month!

Highlight: Zen Gardens

Zen gardens have been a fixture of Japanese aesthetics since the Muromachi Period (1336–1573).

Japanese art historians have suggested that the Zen garden is an attempt to cast the monochrome ink painting into a three-dimensional form.

It was not until the twelfth century that Zen Buddhism made its first appearance in Japan and rock-based temple gardens became more simplified. This followed naturally as the primary meaning of the garden turned from providing a representation of paradise to cultivating meditation through the distillation of sensory information.

Only in the last seventy or so years have Zen gardens become not only iconic representations of Japanese culture but also visible anchors of religious value for a globalized, materialistic humanity cast adrift in a spirit-deprived world.

Activities

Visit Your Local Garden

Have a picnic, a nice walk, or just stop and smell the roses.

Plant Something & Get Some Sunlight

Take in some vitamin D while getting back to your roots and add a little bit of life to your garden.

Decorate Your Garden

No plants, no problem. Add some decorations to your garden.

History

1543

National Garden week becomes national garden month by the National Gardening Association.

1987

National Garden week is initiated when Ronald Reagan signs a proclamation for the first annual celebration.

This information is from Cultivating Enlightenment: The Manifold Meaning of Japanese Zen Gardens by Eric Cunningham and sourced from the Association for Asian American Studies.

To read the full article click the link below

[Cultivating Enlightenment: The Manifold Meaning of Japanese Zen Gardens](#)

Plant Love from our student assistants!



Stimulus Access Tips



ECONOMIC STIMULUS PAYMENTS

How You Can Support Youth Experiencing Homelessness To Access These Funds

Cash going directly to youth experiencing homelessness has been shown to significantly help these youth stabilize and exit homelessness. Economic Stimulus Payments are one way to get cash directly to young people who need it the most. We know that young people and those helping them access these funds have encountered multiple barriers. This tip sheet is the best advice we have received.

Help young people file their own 2020 taxes as soon as possible and have the tax return linked to a bank account. There will not be a non-filers portal for 2020, so tax filing is the only way for youth to be sure the IRS has their information. If this is done successfully, then the youth may still have an opportunity to access stimulus checks from 2020, as well as be in a better position to receive any 2021 stimulus payments that may be disbursed. The [Internal Revenue Service \(IRS\)](#) has partnered with [several organizations](#) to help people prepare and file their federal individual income tax returns for free.

Some details for youth who were incorrectly claimed on their parent/guardian's taxes as a dependent: The IRS has stated that if the youth is eligible for the stimulus payment and has not received it, the youth should file a 2020 tax return and claim the [Recovery Rebate Credit](#). If a young person does this, it is recommended that they attach to the return a written explanation clearly indicating that they were incorrectly claimed as a dependent on a parent's tax return, and that they should have received the stimulus check on their own behalf. It will be helpful if the explanation is detailed and includes the years in question (e.g. parent's /guardian's 2018 and/or 2019 tax return) as well as the names of the taxpayers (parents/guardians) that claimed the youth to facilitate the verification process. Please note that the verification will have to be done manually and most likely will take several months. To expedite consideration, youth should file electronically and attach a pdf statement or memo within the software. Paper filing is processed more slowly than electronic filing.

The IRS uses a five-part test to determine whether a parent can claim a child as a dependent. The latest information from the IRS on dependency can be found on pages 25-35 of IRS [Publication 17](#). This will help you and the youth determine if they were previously incorrectly claimed - a common issue encountered by youth and young adults experiencing homelessness.

<https://schoolhouseconnection.org/>

<https://nn4youth.org/>

Ray Diversity Fellowship

Organization Purpose

The lack of racial diversity within conservation and clean energy fields is a persistent problem that is becoming increasingly recognized. Recognizing that diversity is a value important to the conservation and clean energy sectors and that we have not always made the progress we strive to make, we seek to work together to help rectify this shortcoming by striving for greater diversity, equity, and inclusion in conservation and clean energy. Not only is it intrinsically incumbent upon our sector to change practices that contribute to the lack of people of color, but addressing this problem will also make our work more relevant, accessible, and successful. To this end, the Roger Arliner Young (RAY) Diversity Fellowship focuses on increasing opportunities for people of color to learn about, engage with, and enter the conservation and clean energy NGO sectors. The Fellowship is designed to support and attract recent college graduates of color with exceptional promise and demonstrated accomplishment who seek to be leaders in the nonprofit and philanthropic sectors.

Fellowship Opportunity

Positions offered for the 2021-2023 Fellowship cycle are being shared below updated on a rolling basis between February through the end of March, 2021. This year we're expecting a range of positions, at this time around seven more positions in addition to the ones already posted, from environmental education, fieldwork, and policy research to scientific analysis and communications in the clean energy, fisheries, and marine fields. Please continue to check this page and our social media (Facebook, Instagram, Twitter) for position announcements.

Positions: <https://rayfellowship.org/fellowship-positions>

Applications: <https://rayfellowship.org/apply>

Deadline: End of March





Mental Health Resources for Black, Indigenous and People of Color (BIPOC)

This guide has articles, which showcase exercises on relaxation, local resources, and online support groups

[Click here to access this resource.](#)



Undocu-Immigrant Mental Health Resource Guide

This guide has resources that center around mental health grounding and self-care tool kits, for Undocu-Immigrant

[Click here to access this resource.](#)



Mental Health Resources for People of Color

This guide has articles, that focus the mental health needs of (BIPOC)

[Click here to access this resource.](#)



Destress Week Resources

Check out this guide for resources and ways to de-stress!

[Click here to access this resource.](#)



Asian American Pacific Islander Resource Guide

This guide has a variety of resource which are centered around the AAPI community

[Click here to access this resource.](#)



African American Resources Guide

This guide has a variety of resource centered around resources that support the African American community

[Click here to access this resource.](#)



Resource Guide for Women

This guide has a myriad of resources for Women

[Click here to access this resource.](#)



LGBTQ Resource Guide

Check out this guide for resources and ways to de-stress!

[Click here to access this resource.](#)

COVID-19

Updates



5 Tips for Healthy Social Media Use during COVID-19

Brought to you by: [LiveHealth Online](#)

1. Set limits.

It can be easy and tempting to scroll on your phone for several hours. Try planning a set amount of social media time so you remember to fit in other activities. You could schedule an alarm on your phone or ask someone to help remind you when it's time to stop. Additionally, most mobile phones have screen time tracking apps. Remember that the limits you set for yourself will likely be different from those of your family members and friends, and that's okay! Allow yourself time to experiment and see what works best for you.

2. Curate the content.

Notice which accounts you follow and how they make you feel, both physically and emotionally. Do certain posts make you feel stressed, constrict your breathing or cause your mood to drop? It may be a good idea to stop following these accounts. At the same time, try to consider which accounts and posts help you feel relaxed, grounded, and more present.

3. Eliminate the clutter.

One of the biggest drawbacks of social media can be a large amount of content you consume at any given moment. All the different messages, photos, and videos can begin to feel overwhelming. While it can be tempting to follow all sorts of celebrities, stores, social causes, companies, and more, see if you can set a limit for the number of accounts you follow. This way you will be able to absorb and appreciate the content, rather than perhaps mindlessly scrolling through it.

4. Maintain perspective.

While filters and different editing tools can be fun to use, they can also be misleading. If you catch yourself doubting your own self-worth as you scroll through social media, try to pause, take a deep breath and remind yourself that social media does not always reflect reality.

5. Find additional online support.

Looking for more tips about how to use social media in a healthy way and/or how to address your own stress or anxiety? You can schedule a visit with a therapist on [LiveHealth Online](#)! Plus, if you're new to online therapy, read [this](#) blog from Dr. Lindsay Henderson, Director of Psychological Services with LiveHealth Online, to learn more about online therapy and how it helps people improve their mental health and cope with change.

Ventura County COVID-19 Testing Information



COVID-19 TESTING

Available for those that live or work in Ventura County.
Tests are provided at no cost.

DRIVE-UP TESTING SITES

Registration required for testing at Moorpark College, Oxnard College, Santa Paula and Freedom Park locations. Register at www.vccovid.com.

Moorpark College

7075 Campus Rd., Moorpark 93021
7 days a week **10am - 7pm**

Freedom Park, Camarillo

515 Eubanks St., Camarillo 93010
7 days a week **10am - 7pm**

Oxnard College

4000 S. Rose Ave., Oxnard 93033
7 days a week **10am - 7pm**

Harding Park, Santa Paula

1400 Harvard Blvd., Santa Paula 93060
6 days a week **10am - 7pm** (Closed Fridays)

Ventura County Fairgrounds (Walk-up site*)

Enter on Shoreline Dr, Ventura 93001
6 days a week **9am - 6pm** (Closed Wednesdays)
**The location is behind the Derby Club in San Miguel Hall*

Fillmore Family Medical Group

828 W. Ventura St., Fillmore 93015
Wednesday **9am - 4pm**

OPTUMSERVE STATE LOCATION

COVID-19 testing for all community members. Please schedule an appointment by calling or registering online.

Online: www.lhi.care/covidtesting • **Phone:** 1-888-634-1123

Thousand Oaks Library - Newbury Park Branch

2331 Borchard Road, Newbury Park 91320 • 7 days a week **10am - 7pm**

Oxnard Performing Arts Center

800 Hobson Way, Oxnard 93030 • Monday-Friday **8am - 8pm**

URGENT CARE LOCATIONS

Appointments Required. Please call **805-652-7660**.

OXNARD

Las Islas Family Medical Group South
325 West Channel Islands Blvd., Oxnard 93033

Magnolia Family Medical Center

2240 E. Gonzales Rd., Oxnard 93036

VENTURA

Academic Family Medicine Center
300 Hillmont Ave., Bldg. 340, Ventura 93003

West Ventura Medical Clinic

133 W. Santa Clara St., Ventura 93001

EAST COUNTY

Conejo Valley Family Medical Group
125 W. Thousand Oaks Blvd., Suite 200
Thousand Oaks 91360

Sierra Vista Family Medical Clinic

1227 East Los Angeles Ave., Simi Valley 93065

Mobile COVID-19 Testing is offered throughout the County each week.

View the pop up site schedule at www.venturacountyrecovers.org.



@CountyOfVentura



@countyofventura



@CountyVentura



@countyofventura



For information on CSUCI's plan for the Spring and Fall 2021 Semesters, please visit <https://www.csuci.edu/news/campus-updates/spring-2021/index.htm>

For information on Covid-19 campus cases, COVID-19 reporting, and all other CI updates, please visit <https://www.csuci.edu/news/campus-updates/covid19.htm>

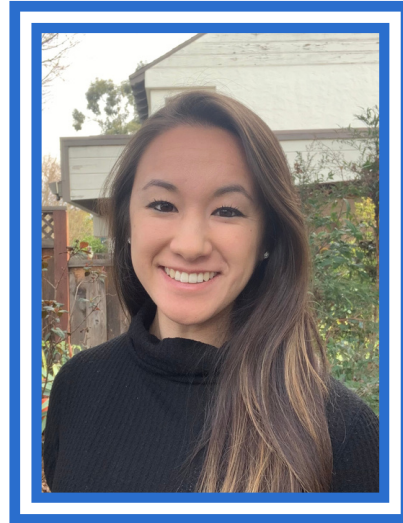


Intercultural Services Staff



Kem A. French, M.S.W

He / Him / His
Assistant Director of
Inclusive Student Services
kem.french@csuci.edu



Caeli Koizumi

She / Her / Hers
Graduate Intern
caeli.koizumi@csuci.edu



Andrea Murillo

She / Her / Hers
Student Assistant
Graduating Spring 2022



Ramona Ornelas

She / Her / Hers
Student Assistant
Major in History
Minor in Chicana Studies
Graduating Spring 2023



Yessica Arreguin

She / Her / Hers
Student Assistant
Major in Psychology
Graduating Spring 2022

The Winter 2021 Issue of Leadership Exchange



Click [here](#) to view the newsletter

Latest Resources



Rainbow Umbrella

Looking for info on your body, relationships, sex, & more? Planned Parenthood is here to help - & they're coming to Rainbow Umbrella! Have the education & information you need to make your own health choices. Earn a certificate of completion. Fridays from 5:30 - 7:30pm. Email for more information: rainbowumbrella@diversitycollective.org



Diversity Collective Book Club: Untamed by Glennon Dyle

Join the Pride Nook on Wednesdays 6 - 7 PM PST starting February 3rd. Register for Diversity Collective's Virtual Book Club at: diversitycollectivevc.org



RESOURCE GUIDE FOR AAPI STUDENTS



PATH
Updates

Promoting Achievement Through Hope Staff



Hiram Ramirez, Ph.D.

He/Him/His
Director of Inclusive Student
Services & the MDC
(805) 437-2704
hiram.ramirez@csuci.edu

Greetings PATH Students,

As you know, Leticia Cazares has left CSUCI but we are still here for you! If you ever need any support or need to connect with someone, please feel free to reach out to me until we are able to fill our Coordinator of PATH Program position.

**Sincerely,
Hiram Ramirez**

Promoting Achievement Through Hope



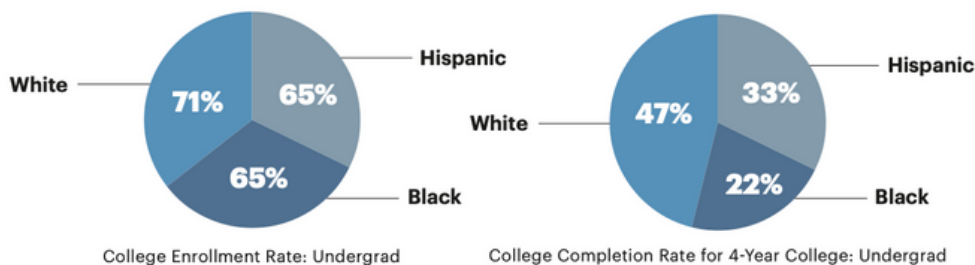
The Sallie Mae Fund's Bridging the Dream Scholarship Program

Helping students **access** and **complete** higher education



In partnership with the Thurgood Marshall College Fund, The Sallie Mae Fund's Bridging the Dream Scholarship Program helps increase access and completion of higher education among students of color and those from underserved communities.

Minority students and those from marginalized communities face long standing inequities when it comes to accessing and completing college.



The Sallie Mae Fund's Bridging the Dream Scholarship Program will award

885
Scholarships

3
Years

\$3M
Total



75 \$10,000 scholarships to **high school seniors** to access higher education



780 scholarships of up to \$2,500 to help students **complete** post-secondary education



30 \$10,000 scholarships to help **graduate students** access and complete their degrees

Who is eligible?

The Bridging the Dream Scholarships are available to minority students and those from marginalized or underserved communities, including Black, Hispanic, Pacific Islander, Indigenous, LGBTQ+, low-income, first generation, and students from rural communities, among others. Applicants must be U.S. citizens or legal permanent residents and Pell Grant-eligible.

How to apply: salliemae.com/about/scholarship-opportunities or tmcfc.org/students-alumni/scholarships

For official scholarship rules, visit salliemae.com/about/scholarship-opportunities. No purchase necessary. Void where prohibited. Ends March 8.

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For more information or to apply to this scholarship: Please visit:
<https://www.salliemae.com/about/scholarship-opportunities/>

Hispanic Association of Colleges and Universities: Scholarships and Internships Opportunities for 2021

Interfaith Youth Core Scholarship

The Hispanic Association of Colleges and Universities is partnering with Interfaith Youth Core to award 10 scholarships in the amount of \$500. Students at HACU-member institutions can apply for the scholarship to be awarded for the 2021-2022 academic year

Oracle Scholarship

The Hispanic Association of Colleges and Universities is partnering with the Oracle Corporation to offer two scholarships of \$2,150 each.

Online applications will be accepted until May 28, 2020, 5:00 p.m. CST. The HACU and Interfaith Youth Core Scholarship and HACU and Oracle Scholarship are part of the 2020-21 HACU Scholarship Program.

For more information on eligibility requirements and how to apply, visit <https://www.hacu.net/hacu/Scholarships.asp>



Promoting Achievement Through Hope

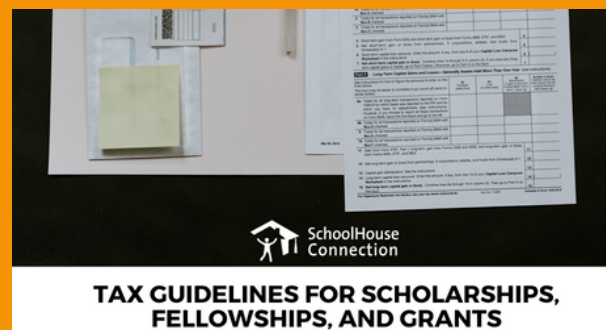


SchoolHouse Connection is a national non-profit organization working to overcome homelessness through education. We provide strategic advocacy and practical assistance in partnership with early childhood programs, schools, institutions of higher education, service providers, families, and youth.

The State of SHC's 2021 State Policy Advocacy on Youth Homelessness



Tax Guidelines for Scholarships, Fellowships, and Grants



Focus on Early Learning: The Washington State Student Partnership

Webinars: Engaging & Re-engaging Students, Advocacy Training Series

What Does Successful Advocacy Look Like? Learning from Peers

Tuesday, March 2nd 2021 12:30PM PST / 3:30PM ET

Register [here](#)

Shining a Light: Using Media (and Social Media) to Boost Legislative Advocacy

Tuesday, March 9th 2021 12:30PM PST / 3:30PM ET

Register [here](#)

How to Engage Parents and Youth with Lived Experience in Advocacy

Tuesday, March 16th 2021 12:30 PM PST / 3:30PM ET

Register [here](#)

For more information: please visit <https://schoolhouseconnection.org/>

Promoting Achievement Through Hope

JOIN US FOR OUR

*So. Cal Higher
Education
Foster Youth
Consortium
Meeting*



APRIL 6, 2021 | 1:00 PM - 3:00 PM | ZOOM

Registration required, zoom details will be sent to those who register.



[https://uci.zoom.us/meeting/register/tJwsf--
gqD8jGtEYw605pi3FLbgkU3t6a6aS](https://uci.zoom.us/meeting/register/tJwsf--gqD8jGtEYw605pi3FLbgkU3t6a6aS)

37 Click the image above or the link below for registration

<https://uci.zoom.us/meeting/register/tJwsf--gqD8jGtEYw605pi3FLbgkU3t6a6aS>



USI
Updates

Monthly Letter by Natalie Johnson

Hello all!

Happy Asian American Pacific Islander (AAPI) Heritage Month! Make sure to check out the list of our events this month celebrating and acknowledging tis community. For current updates and information on our resources and events outside of the newsletter, please visit our IG at [csuci_mdc](https://www.instagram.com/csuci_mdc).

If you would like to chat or have questions either email me at natalie.johnson@csuci.edu or set up a meeting with me at this link: go.oncehub.com/NatalieJohnson.

Sincerely,
Natalie Johnson

Underrepresented Student Initiatives Staff



Natalie Johnson, M.Ed.

She/Her/Hers
Coordinator of USI
natalie.johnson@csuci.edu



Maisey Werre

She/Her/Hers
Graduate Intern
maisey.werre@csuci.edu



Chloe Kimble

She/Her/Hers
Graduate Intern
chloe.kimble@csuci.edu



Harmony Blackwell

She/Her/Hers
Student Assistant
harmony.blackwell@csuci.edu

Underrepresented Student Initiatives

Event List

Adulting 101: Financial Wellness

April 5th
12:00-1:00 PM

Adulting 101: Financial Wellness

April 6th
4:00-5:00 PM

MAR Workshop: Enteprenuership

April 12
4:00-5:00 PM

WOCMP Social

April 14th
12:00-1:00 PM

Mental Helath and Immigration

April 15th
10:00-12:00 PM

WOCMP Mentor Training

April 21st
11:00-12:00 PM

Silver Ally Training

April 22nd
2:00-2:00 PM

MAR Virtual Community

April 23rd
11:00-12:00 PM

Gold Ally Training

April 26th
3:00-5:00 PM

WOC Speaker

April 29th
5:00-6:00 PM

ASWR: Centering AAPI Vocies

April 30th
3:30-5:00 PM

General

WOC

WOCMP

MAR

Events Overview



Adulting 101: Financial Wellness

Monday, April 5th

12-1 pm via Zoom

RSVP: <http://go.csuci.edu/Adulting21>

Be a part of this workshop where you'll learn about various money management techniques and how poor budgeting skills can negatively affect your overall wellness.



Adulting 101: Financial Wellness

Tuesday, April 6th

4 - 5 pm via Zoom

RSVP: <http://go.csuci.edu/Adulting21>

Be a part of this workshop where you'll learn about various money management techniques and how poor budgeting skills can negatively affect your overall wellness.



MAR Workshop: Entrepreneurship

Monday, April 12th

4- 5 pm via Zoom

RSVP: <https://tinyurl.com/UndocEntrepreneurship>

Join us for a workshop hosted by Immigrants Rising focused on Entrepreneurship for Undocumented Students. Faculty, staff, and students are all encouraged to join us for this workshop to become better informed on resources and tools that can be accessed to help support students in their entrepreneurship journeys.



WOCMP Social

Wednesday, April 14th

11-12 pm via Zoom

RSVP: Google Classroom

This is a closed social for members of the Women of Color Mentoring Program.

Events Overview



Mental Health and Immigration

Thursday, April 15th

10-12 pm

RSVP: tinyurl.com/ysnckav7

Guest speaker Salvador D. Treviño, Ph.D. from Antioch University Santa Barbara, will discuss his research and share practical ways to better interact with our students of immigrant backgrounds. Treviño's research focuses on the impact of immigration on individuals and entire communities across generations.



WOCMP Mentor Training

Wednesday, April 21st

12 - 1 pm via Zoom

RSVP: Google Classroom

This is a closed training for peer mentors of the Women of Color Mentoring Program.



Silver Ally Training

Thursday, April 22nd

12-2 pm via Zoom

RSVP: go.csuci.edu/UndocAlly

The MDC organizes three levels of Undocumented Student Ally Trainings for CSUCI faculty, staff and student employees to learn how to serve as allies to undocumented students.



MAR Virtual Community

Friday, April, 23rd

11-12 pm via Zoom

RSVP: tinyurl.com/MARVC21

This is an opportunity for MAR students to get support. With transitioning into virtual learning and virtual support, we wanted to reach out to you to get your feedback and opinions on how you want to be engaged and build community virtually!

Events Overview



Gold Ally Traing

Monday, April 26th

3 - 5 pm via Zoom

RSVP: go.csuci.edu/UndocAlly

Join the MDC to get information about ways to support undocumented students, specifically around holistic wellness, academic support and mentorship. This training is for faculty, staff and student employees to help support the cultivation of a more inclusive campus community.



WOC Speaker

Thursday, April 29th

3 - 5 pm via Zoom

RSVP:

Join us in holding space for a WOC in the continuation of our WOC Speaker Series. Speaker(s) discuss various topics including, but not limited to, race, identity, leadership development, and more!



ASWR: Centering AAPI Vocies

Friday, April 30th

3:30- 5 pm via Zoom

RSVP: tinyurl.com/ASWRAAPI

This event will be a panel of AAPI individuals, where we will center AAPI voices and lived experiences. With the recent anti-Asian violence taking place across the United States, this will be a powerful counterspace to educate and empower our community to challenge racism together

WOC

Resources



WOCMP: Women of Color Mentoring Program

On behalf of the mentees and peer mentors of the 2020-2021 WOCMP, the MDC would like to use this page of the newsletter to recognize the Faculty/Staff Mentors of WOCMP for their generous, voluntary contributions to our campus's women of color. Thank you for all that you do!

THANK
YOU

2020-2021 WOCMP Faculty/Staff Mentors



Helen Alatorre
Executive Director
Associated Students, Inc.



Kristen Linton
Assistant Professor
Health Science



Raquel Baker
Assistant Professor
English Program



Rosean Moreno
Transfer Success & HIP Pathways Lead
Student Academic Success and Equity
Initiatives (SASEI)



Bethany Banuelos
Operations Coordinator
Student Union



Monica Ocampo
University Culture Pathways Manager,
Student Academic Success and Equity
Initiatives (SASEI)



Karina Chavarria
Assistant Professor
Sociology



Monica Rivas
Associate Director,
Academic Advising



Czarina Gutierrez
Advisor,
Academic Advising



Elizabeth Sowers
Associate Professor
Sociology



Jill Huang
Psychologist
Counseling and Psychological
Services (CAPS)

Latest Resources



Woman of Color Network

Since 1997, WOCN have supported thousands of advocates and activists within the violence against women movement. The network includes 300 Mentees, 100 Mentors, 10 Projects that provide vital info to women of color advocates and activists, and 1 Purpose to eliminate violence against ALL women and their communities

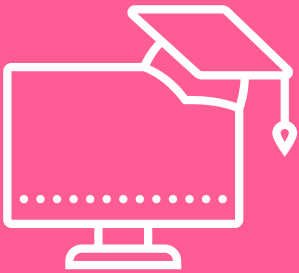
<https://wocninc.org/>



Therapists of Color

Therapists who are dedicated to eradicating negative stigma around therapy and opening doors for people of color to get the support they need to cope with life's challenges. Read through multiple therapist profiles and determine your best match.

<https://www.innopsych.com/findatherapist>



WoCinSTEM Virtual Coworking Group

The goal of this virtual coworking space is to build a sense of accountability through community while we work from home. Many of us miss the ability to “work alone together”, be it in study groups, physical co-working spaces, or at a coffee shop, and that’s the vibe this space brings to women of color in STEM fields.

Sessions are centered around two 45–60 minute work sessions, where we work on a self-determined task, with as few distractions as possible.

<https://www.meetup.com/WoCinSTEM-Virtual-Coworking-Sessions/>



Afro Flow Yoga

Infuses dance movements of the African Diaspora with a meditative yoga sequence and live healing music. “By connecting to our roots, we inspire unity, love, harmony and interconnection to all beings and the earth while striving for social justice and equity.”

<https://www.afroflowyoga.com/>

Previous Resources



The Safe Place App

"The Safe Place" Is a Minority Mental Health App geared towards the Black Community. African Americans are 20% more likely to experience serious mental health problems than the rest of the general population. However, many black people still do not wish to seek professional help for their mental illnesses.

<https://apps.apple.com/us/app/the-safe-place/id1349460763>



BlackLine 24/7 Hotline

BlackLine provides a space for peer support and counseling, reporting of mistreatment, and affirming the lived experiences to folks who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens.

<https://www.callblackline.com/>



Therapy for Black Girls

Therapy for Black Girls, founded by Joy Harden Bradford, PhD, compiled a useful directory of therapists who actually *get it*. (The organization also produces a podcast, publishes a weekly newsletter, and hosts free support groups on Thursday nights.)

<https://therapyforblackgirls.com/>



Ethel's Club

A community designed for intention, healing, and creation. "At Ethel's Club, we see our members as unique individuals that deserve care, celebration, and healing. We believe that when we're given the tools to thrive as individuals, we create new worlds when we come together as a community. We're dedicated to providing those tools to encourage healing, inspiration, and communal care."

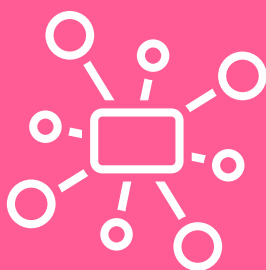
<https://www.ethelsclub.com/>



Scholarships for Women of Color

Minority women have many scholarships and grants available to them for continuing their education. Some are widely publicized, while others tend to fly under the radar. Many of the grants and scholarships available to minority women are need-based, and some are based in merit. Some awards are based on a mixture of need-based and merit-based criteria. Other programs focus on areas of study and some depend on the applicant's geographical area.

<https://www.scholarshipsforwomen.net/minorities/>



Latinx Therapists Action Network

"We are a network of Latinx mental health practitioners that are committed to honoring and affirming the human dignity of Latinx immigrant communities marginalized by violence, criminalization, detention, and deportation. The current political assaults on the migrant community can devastate the spirits, livelihoods, and wellbeing of these communities, leaving deep emotional, physical, spiritual, and political wounds. We form this network as an affirmation of our humanity, our worthiness, our power, and all our people's beauty."

<https://www.latinxtherapistsactionnetwork.org/home>



Brown Girl Self Care

Brown Girl Self Care is a blog, podcast, and collection of courses aimed at providing guidance for self care practices for brown women.

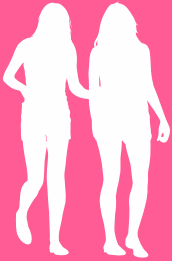
<https://www.browngirlselfcare.com/>



Latino Rebels

Latino Rebels believe in authentic, unfiltered and independent voices. With over 500 contributors, their stories range from reported articles to opinion pieces.

<https://www.latinorebels.com/about/>



Resilient Sisterhood Project

The Resilient Sisterhood Project's mission is to educate and empower women of African descent regarding common but rarely discussed diseases of the reproductive system that disproportionately affect them. We approach these diseases and associated issues through a cultural and social justice lens, because we believe that poor knowledge of reproductive health is primarily related to health, racial, and socioeconomic disparities.

<https://www.rsphealth.org/>



The Asian Pacific Institute on Gender-Based Violence

This is a national resource center on domestic violence, sexual violence, trafficking, and other forms of gender-based violence in Asian and Pacific Islander communities. It analyzes critical issues affecting Asian and Pacific Islander survivors; provides training, technical assistance, and policy analysis; and maintains a clearinghouse of information on gender violence, and culturally-specific models of intervention.

<https://www.api-gbv.org/>



National Organization of Sisters of Color Ending Sexual Assault (SCESA)

The National Organization of Sisters of Color Ending Sexual Assault (SCESA) is a Women of Color led non-profit committed to ensuring that systems-wide policies and social change initiatives related to sexual assault are informed by critical input and direction of Women of Color.

<https://sisterslead.org/>



The Colored Girl Online Community

"The Colored Girl is a global community of women of color, whom we serve through immersive experiences and curated content. We gather inspiring, passionate, ambitious and open-minded women, to spark conversations around topics that range from wellness, women's issues, to personal & professional development. We cover all topics that affect women of color."

<https://www.thecoloredgirl.com/about>



**PEOPLE OF
COLOR**
Resources

From the article "55 Mental Health Resources for People of Color"

People of Color

Inclusive Therapists

Link: <https://www.inclusivetherapists.com/>

Database for people to connect with therapists focused on the needs of marginalized populations including people of color, the LGBTQ community and people with disabilities.

LGBTQ Psychotherapists of Color

Link: <https://www.lgbtqpsychotherapistsofcolor.com/>

Directory of therapists based in Northern California; also lists those providing online services.

National Queer & Trans Therapists of Color Network

Link: <https://www.nqttn.com/>

Organization with directory of therapists nationwide.

Fireflies Unite With Kea Podcast

Link: <https://www.firefliesunite.com/podcast>

Stories of people thriving with mental illness within communities of color.

Wellness in Color Podcast

Link: <https://namimn.org/category/podcast-episodes/wellness-in-color/>

Series from National Alliance on Mental Illness Minnesota with the mission to reshape the cultural language about mental illness through stories.

Black People and African Americans

Black Emotional and Mental Health Collective

Link: <https://www.beam.community/>

Organization with information on mental health training, toolkits and a directory of licensed Black therapists External link who can provide online services.

Black Mental Health Alliance

Link: <https://blackmentalhealth.com/>

Organization that connects individuals with therapists and provides professional training.

Ethel's Club

Link: <https://www.ethelsclub.com/>

Social and wellness community where paying members can access group workouts, guided meditations, wellness salons and art workshops as part of the healing process.

Psychology Today Directory of AA Therapists

Link: <https://www.psychologytoday.com/us/therapists/african-american>

Detailed therapist listings for states and major cities.

Sistah Afya Community Mental Wellness

Link: <https://www.sistaafya.com/>

Social impact business that provides mental health education, therapy, community support and resources to help young adult Black women.

Therapy for Black Girls

Link: <https://therapyforblackgirls.com/>

Website associated with a podcast by same name that offers a therapist locator, group chats and blog articles to encourage the wellness of Black women and girls.

African Americans, Anxiety and Depression Association of America

Link: <https://adaa.org/african-americans>

Information on choosing providers and accompanying ADAA articles on topics such as how to overcome unique obstacles and the link between racism and stress and anxiety for Black Americans.

Substance Abuse & Mental Health Services Administration

Link: www.samhsa.gov/behavioral-health-equity/black-african-american

Information page from agency that runs the National Suicide Prevention Lifeline (800-273-8255) for confidential support for those in distress and National Helpline (800-662-4357) for treatment referral and support.

Mental Health America

Link: mhanational.org/issues/black-african-american-communities-and-mental-health

Fact sheet about prevalence of, attitudes about, and treatment for mental health issues with information specific to bipolar disorder and clinical depression.

Black Mental Matters Podcast

Link: <http://blackmentalmatters.com/episodes/>

Weekly conversations that address mental health disparities in the Black community to break the stigma.

Black Therapist Podcast

Link: <https://www.blacktherapistpodcast.com/>

Discussions about unique issues when dealing with mental health care and mental health diagnosis.

Brother, You're on My Mind Toolkit

Link: www.nimhd.nih.gov/programs/edu-training/byomm/toolkit.html

Website with educational material, checklists and tips on partnerships, outreach and event planning aimed at African American men.

Minding My Black Business Podcast

Link: mindingmyblackbusiness.com/podcast/

Series dedicated to the mental health of Black entrepreneurs.

The Safe Place

Link: afropunk.com/2018/03/jasmin-pierre-built-minority-mental-health-app-black-community-safe-place/

Mental health app for the Black community on Android External link and iPhone.

Sharing Hope

Link: <https://www.nami.org/Get-Involved/What-Can-I-Do/Become-a-Leader-in-the-Mental-Health-Movement/Sharing-Hope-Speaking-with-African-Americans-about>

Presentation about stigma, possibilities of recovery, types of support services and signs of bipolar disorder, schizophrenia and depression.

Therapy for Black Girls Podcast

Link: <https://therapyforblackgirls.com/podcast/>

Weekly chat about mental health, personal development and more for Black women and girls.

Asian Americans and Pacific Islanders

Asian American Psychological Association

Link: <https://aapaonline.org/>

Organization for professionals that has fact sheets on brain injury, trauma and violence exposure, intimate partner violence, student-adjustment challenges, bullying and suicide.

Asian Counseling and Referral Service

Link: <https://acrs.org/>

organization based in the state of Washington that provides Asian American and Pacific Islander communities with mental health services and support.

Asians Do Therapy

Link: <https://asiansdotherapy.com/>

Website working to reduce stigma about and improve access to therapy with guidance on finding a therapist.

Asian Mental Health Collective

Link: <https://www.asianmhc.org/>

Group raising awareness about the importance of mental health care among Asian Diasporic communities with an Asian Pacific Islander Desi American Therapist Directory External link of providers nationwide.

Asian Pacific Counseling & Treatment Centers

Link: <https://www.apctc.org/>

Agency based in Los Angeles County, California, that offers mental health counseling online as well as workshops and group activities for the Asian Pacific communities in its service area.

Cambodian Association of America

Link: <http://www.cambodianusa.com/>

Organization that provides information and programs related to mental health topics such as stressors and their risk factors, meditation, yoga exercises and anger management.

National Asian American Pacific Islander Mental Health Association

Link: <http://naapimha.org/>

Organization with trainings, self-care tips and articles related to the mental health of Asian Americans, Native Hawaiians and Pacific Islanders.

Asian-Americans, ADAA

Link: <https://adaa.org/asian-americans>

Information on choosing a provider and accompanying ADAA articles on why Asian Americans and Pacific Islanders don't go to therapy and the group's mental health needs.

Substance Abuse & Mental Health Services Administration

Link: <https://www.samhsa.gov/behavioral-health-equity/aanhpi>

Information page from agency that runs the National Suicide Prevention Lifeline (800-273-8255) for confidential support for those in distress and National Helpline (800-662-4357) for treatment referral and support

Mental Health America

Link: mhanational.org/issues/asian-americanpacific-islander-communities-and-mental-health

Fact sheet about prevalence, attitudes, treatment and potential issues with mental health care access or insurance.

Asians Do Therapy Podcast

Link: <https://asiansdotherapy.buzzsprout.com/>

Fact sheet about prevalence, attitudes, treatment and potential issues with mental health care access or insurance.

Korean American Perspectives Podcast

Link: <https://councilka.org/podcast-series/>

Council of Korean Americans series featuring episodes on experiencing burnout and trauma, navigating mental health, practicing self-compassion and more.

MannMukti

Link: <https://www.mannmukti.org/>

Platform with stories, a MannMukti Community Facebook group External link and podcast series focusing on South Asians living with mental health issues.

Latinx Americans

Latinx Therapy

Link: <https://latinxtherapy.com/>

Directory of mental health therapists and other helpful information for the Latinx community.

Therapy for Latinx

Link: <https://www.therapyforlatinx.com/home>

Directory of verified therapists, psychiatrists, community clinics, emergency mental health, life coaches and support groups for the Latinx community.

National Alliance for Hispanic Health

Link: <https://www.healthyamericas.org/>

Organization with information on various topics that offers a helpline (866-783-2645) for assistance navigating the health system.

The Campaign to Change Direction

Link: <https://www.changedirection.org/hispanicpsa/>

Initiative with crisis counseling text line (text 741741).

Ayuda En Espanol, Suicide Prevention Lifeline

Link: <https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

Information on a Spanish language crisis line (888-628-9454) and other relevant topics.

Substance Abuse & Mental Health Services Administration

Link: www.samhsa.gov/behavioral-health-equity/hispanic-latino

Information page from agency that runs the National Suicide Prevention Lifeline (800-273-8255) for confidential support for those in distress and National Helpline (800-662-4357) for treatment referral and support.

Mental Health America

Link: mhanational.org/issues/latinohispanic-communities-and-mental-health

Mental health fact sheet about prevalence, attitudes, treatment and screening tools in English and Spanish.

National Alliance on Mental Illness

Link: nami.org/Support-Education/Diverse-Communities/Latino-Mental-Health

Information on issues to consider such as privacy, language, natural medicine, faith and spirituality and cultural competency of a provider.

Anxiety and Depression Association of America

Link: <https://adaa.org/hispanic-latinos>

Guidance on choosing a provider and accompanying ADAA articles on why members of the Latino community don't go to therapy and what their mental health needs as well as information on ADAA's

Latinx Therapy Podcast

Link: <https://latinxtherapy.com/podcast/>

Episodes about self-help techniques, how to support others and cultural competency among providers.

Mental Health Guide for Latinos & Their Families

Link: <https://www.youtube.com/watch?v=7QgVi7suKvs>

22-minute video about different kinds of mental illnesses, treatments and how to find care.

Native Americans and Alaska Natives

Behavioral Health, Indian Health Service

Link: www.ihs.gov/communityhealth/behavioralhealth/

Agency information hub with sections on various behavioral health issues, mental health issues and suicide.

Center for Native American Youth

Link: <https://www.cnay.org/>

Organization with tools including videos, peer-to-peer engagement activities and a resource exchange.

National Indian Health Board

Link: <https://www.nihb.org/index.php>

Tribal governments' organization with toolkits and information on federal agencies and private foundations providing services.

Native Americans for Community Action

Link: <http://www.nacainc.org/>

Organization in Arizona providing behavioral health services.

Native American Health Center

Link: <http://www.nativehealth.org/>

California Bay-Area organization providing behavioral health services.

Tribal Affairs, SAMHSA

Link: <https://www.samhsa.gov/tribal-affairs>

Information on services the government agency provides to Native American communities accompanied by details on the Suicide Prevention Lifeline (800-273-8255) and SAMHSA's National Helpline (800-662-4357).

All My Relations Podcast

Link: <https://www.allmyrelationspodcast.com/>

Series focused on relationships Native people have with land, ancestors and each other with episodes on topics such as Indigenous feminism, family wellness and mascots.

Mental Health America

Link: mhanational.org/issues/native-american-communities-and-mental-health

Fact sheet about prevalence of, attitudes toward, and treatment for mental health issues among Native Americans.

Native Americans, Suicide Prevention Lifeline

Link: suicidepreventionlifeline.org/help-yourself/native-americans/

Information about self-care and how to help someone in crisis, with reminders about SAMHSA's lifeline (800-273-8255).

American Psychological Association Articles

Link: <https://www.apa.org/pi/oema/resources/american-indian>

Page with articles related to psychology among Native Americans, information on policy, and educational tools.



Mariposa Achieving & Resisting

M.A.R. is a program for undocumented students at CI to ensure academic success. The program is focused on meeting students individually to support their academic, personal, and post-graduation goals as well as providing fun and purposeful community-building opportunities.

To learn more, visit
<https://tinyurl.com/yyztv5n5>

To apply, visit
<https://tinyurl.com/y68vtqf>



For more information, contact Natalie Johnson at natalie.johnson@csuci.edu.



**MULTICULTURAL
DREAM CENTER**
CHANNEL
ISLANDS

Latest Resources



Immigrants Rising Tangible Support Doc

We have put together this list of resources to help undocumented individuals and allies navigate the crisis. We will continue to update the list as the situation develops:

<https://tinyurl.com/t3vclo6>



Immigrants Rising Wellness Gatherings

Immigrants Rising's virtual Wellness Gatherings for undocumented young people hosted by mental health advocate Liliana Campos help undocumented young people stay grounded and connected to one another.

Visit immigrantsrising.org/wellnessgatherings for more information.

Sundays and Wednesdays
via Zoom from 05:00 to 06:00 PM



Immigrants Rising Mental Health Connector

Immigrants Rising's Mental Health Connector provides undocumented young people with psychological support, allowing you to access your strengths and resiliency in order to achieve your personal goals and healing. Therapists receive ongoing training to better understand the unique experiences of undocumented young people.

All undocumented young people who reside in California and are comfortable conversing in English are eligible for our service. Visit immigrantsrising.org/mental-health-connector/ to learn more.

Immigrants Rising Resources (Continued)



Immigrants Rising Scholarship List

Immigrants Rising continually updates a list of scholarships that do not require proof of U.S. citizenship or legal permanent residency, are offered to various levels of education, and are open to various programs of study.

[https://immigrantsrising.org/resources?
_sft_keyword=scholarships](https://immigrantsrising.org/resources?_sft_keyword=scholarships)

Other Resources



United We Dream Healthcare Access

Healthcare access for Undocumented Folks

In the middle of this pandemic, there is a lot of misinformation and fear being spread in regards to seeking medical assistance. If you feel sick, with symptoms of fever and dry cough, do not be afraid to seek medical assistance and call a doctor first.

<https://tinyurl.com/rsbxq5t>



Sallie Mae Scholarships

Scholarship Search for Undocumented Resources

When creating a profile to utilize the scholarship search tool on Sallie Mae's website, you can specify that you're interested in scholarships that do not specify a particular citizenship status.

www.salliemae.com/college-planning/college-scholarships/