

FEBRUARY 2021



MDC

Newsletter

"The secret of change is to focus all of your energy not on fighting the old, but on building the new"

-Dan Millman

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CSUCI

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STUDY SKILLS
WORKSHOP SERIES  LEVEL UP

VIRTUAL STUDY HALL

EVERY WEDNESDAY
3 PM - 4 PM
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 TODAY @ [GO.CSUCI.EDU/LEVELUP](https://go.csuci.edu/levelup)



USE YOUR VOICE AND MAKE AN IMPACT...
JOIN LOBBY CORPS! 



The Deadline to Apply is Before 11:59PM on:
SUNDAY, FEBRUARY 7TH

VIRTUAL SCHOOL Survival Skills

WEEKLY DROP-IN • LEARN SKILLS • GET SUPPORT



FRIDAY, FEBRUARY 5
at 11:00 AM
JOIN VIA ZOOM & LEARN

Technology Tools for Reading & Writing

Learn tools and methods to keep you on track and on time with assignments.

YOUR HOSTS:
DASH COUNSELORS



Join via Zoom
www.csuci.edu/dash/students/vss



DISABILITY ACCOMMODATIONS & SUPPORT SERVICES
CHANNEL ISLANDS



Self-Care & Mindfulness

GAME NIGHT



TUESDAY, FEB. 9
3:00 PM - 4:30 PM



SPB INVITES YOU TO JOIN US FOR OUR
WELCOME BACK

Winter Wonderland

4PM - 6PM
FRIDAY, FEB. 5

REGISTER BY JAN. 29th TO RECEIVE A FREE GIVEAWAY!

JOIN US FOR WINTER THEMED FUN:
BINGO GAMES • BUDDY MIXER • WIN PRIZES!



Nominate Today!!! Women's Recognition Awards



go.csuci.edu/WRLA

For more information, and event registration please visit the Islands event page!
<https://theisland.csuci.edu/virtual-events>

MDC

Updates

Monthly Letter from Dr. Hiram Ramirez

Greetings Dolphins!

Welcome back! We are excited to have you back on campus and supporting your academic pursuits this semester. Note that we have some new study skills workshops, specifically developed based on your 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.

We are also starting a weekly TikTok video to promote our events, and look forward to bringing you even more digital content through our various social media platforms. We hope to build a strong virtual community semester, as we all do our best to succeed with everything we got going on. As always, if you need anything please let us know and have a great start to the semester!

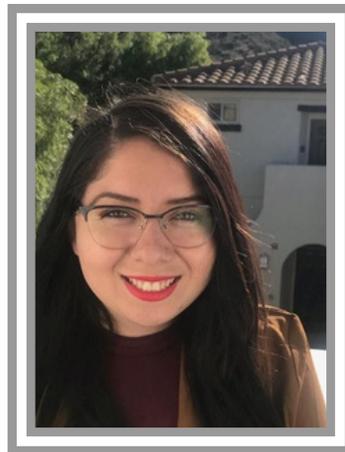
In Solidarity,
Hiram Ramirez

Multicultural Dream Center Staff



Hiram Ramirez, Ph.D.

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



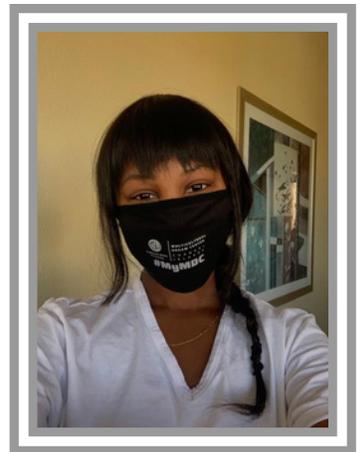
Elizabeth Salgado

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



Anthony De La O

He / Him / His
Student Assistant
Graduating 2022



Taylor Duncan

She / Her / Hers
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.



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.



[@CSUCI_MDC](#)



[@MDC_CSUCI](#)



[@CSUChannellIslands
Multicultural](#)



[@CSUCI_MDC](#)

February Calendar

Cultural Film Series: Lovecraft Country

Episode #1
Friday, Feb. 5
Noon to 1:30 p.m.
Zoom

Episode #2
Friday, Feb. 12
Noon to 1:30 p.m.
Zoom

Episode #7
Friday, Feb. 19
Noon to 1:30 p.m.
Zoom



Join the MDC for a viewing and discussion of the hit show Lovecraft Country. The series is about a young Black man who travels across the segregated 1950s United States in search of his missing father, learning of dark secrets plaguing a town on which famous horror writer H. P. Lovecraft supposedly based the location of many of his fictional tales. Participants will receive a special mystery box including the Lovecraft Country book.
RSVP @ go.csuci.edu/MDCEvent

Diversity & Inclusion Student Council Meeting

Friday, Jan. 29 3 - 4 p.m. Zoom	Friday, Feb. 5 3 - 4 p.m. Zoom	Friday, Feb. 19 3 - 4 p.m. Zoom
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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 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 virtual community, you will build a community and actively make a difference.
Email Kem French (kem.french@csuci.edu) to join today!

Cultural Book Clubs

Join your peers on a bi-weekly basis to read a book and explore the cultural themes in them together. We provide free copies of the book if you sign up and participate. Check out the books in the link below and sign up by Friday, Feb. 5 to join!
go.csuci.edu/MDCBookClub

Adulting 101: Minimizing Distractions



Monday, Feb. 8 Noon to 1 p.m. Zoom	Tuesday, Feb. 9 4 - 5 p.m. Zoom
--	---------------------------------------

There are 168 hours in every week. How are you spending yours? Come learn how to manage your time to help you achieve your academic, personal, and professional tasks.
RSVP @ go.csuci.edu/Adulting21

Trauma Informed Practices in Schools (TIPS) Training



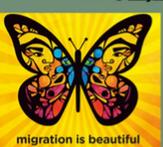
Thursday, Feb. 11
9 - 11 a.m.
Zoom

Learn skills on how to become "trauma informed" which means recognizing that people often have many different types of trauma.
RSVP @ go.csuci.edu/MDCEvent

Immigration Legal Services Informational

Thursday, Feb. 4th
1 to 2 p.m.
Zoom

Parents & Students join CARECEN, our immigration legal team, to learn about our free legal services.
RSVP @ tinyurl.com/PSILS



Undocu Student Retreat

Friday, Feb. 12
4-6 p.m.
Zoom

Join the Mariposa's Achieving & Resisting (MAR) Program, a program for undocumented students, in the MDC to learn about resources, build community, and enhance your leadership skills.
Register @ tinyurl.com/UndocuRetreat

Friday, February 12

LUNAR NEW YEAR 2021

[Click here for more information!](#)

PATH Community Meeting

Friday, Feb. 12 4 - 5 p.m. Zoom	Friday, Feb. 26 4 - 5 p.m. Zoom
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Engaging in this space will allow students to build community and learn about specific resources available to PATH students. Email Leticia Cazares (leticia.cazares@csuci.edu) to join today!

PATH Speaker Series: Grit

Tuesday, Feb. 16
4 - 5 p.m.
Zoom

Join the PATH Program to learn about the social workers in our community who are making a difference in the lives of college students. Their grit to advocate and build connections for these students has paid off in the community.
RSVP @ go.csuci.edu/MDCEvent

Black History Month Social

Wednesday, Feb. 17 Noon to 1 p.m. IG Live	Thursday, Feb. 18 Noon to 1 p.m. IG Live
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Join the MDC Team on Instagram Live for virtual celebration of Black History Month. This event features community building, information on upcoming events, and celebrating the contributions of Black Leaders. This event is open to everyone. Participants will receive a special mystery box.

PATH Retreat

Friday, Feb. 19
3 - 5 p.m.
Zoom



Learn about the benefits of participating in the PATH program and how you can stay actively engaged. The program is for students who are foster youth, adopted, in guardianship or kinship care, and/or have experienced homelessness. We connect you to both on-campus and off-campus resources to support your success at CI. Register today by emailing Leticia Cazares (leticia.cazares@csuci.edu).

Immigration Nation

Wednesday, Feb. 24
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 film.
RSVP @ go.csuci.edu/MDCEvent

Rainbow Retreat

Friday, Feb. 26
10 a.m. - 4 p.m.
Zoom




This virtual retreat opportunity is for students to explore and celebrate their sexual/gender identities, intersectionality, and building community. This event is open to all students. Participants will receive a retreat experience box to help connect all of us in this virtual space. Spots for this experience are on a first-come, first-serve basis. Please make sure to get your application submitted by Wednesday, Feb. 17
Register TODAY at go.csuci.edu/Rainbow.

And Still We Rise: Activism & Community Organizing

Friday, Feb. 26
4 - 5:30 p.m.
Zoom

This event will be a panel of local activists who will share their strategies and experiences in navigating activism within our community.
RSVP @ tinyurl.com/ASWR-ACO21

Study Skills Workshop Series

Multiple Sessions

The series includes workshops on time management, study tips, strengthening your writing, and much more. Check out the link below to see all the sessions and sign up today!
go.csuci.edu/LevelUp

BLACK HISTORY MONTH



Resource Guide - Click Here!

[Click here to sign up to join the MDC ListServ for our monthly event calendars.](#)



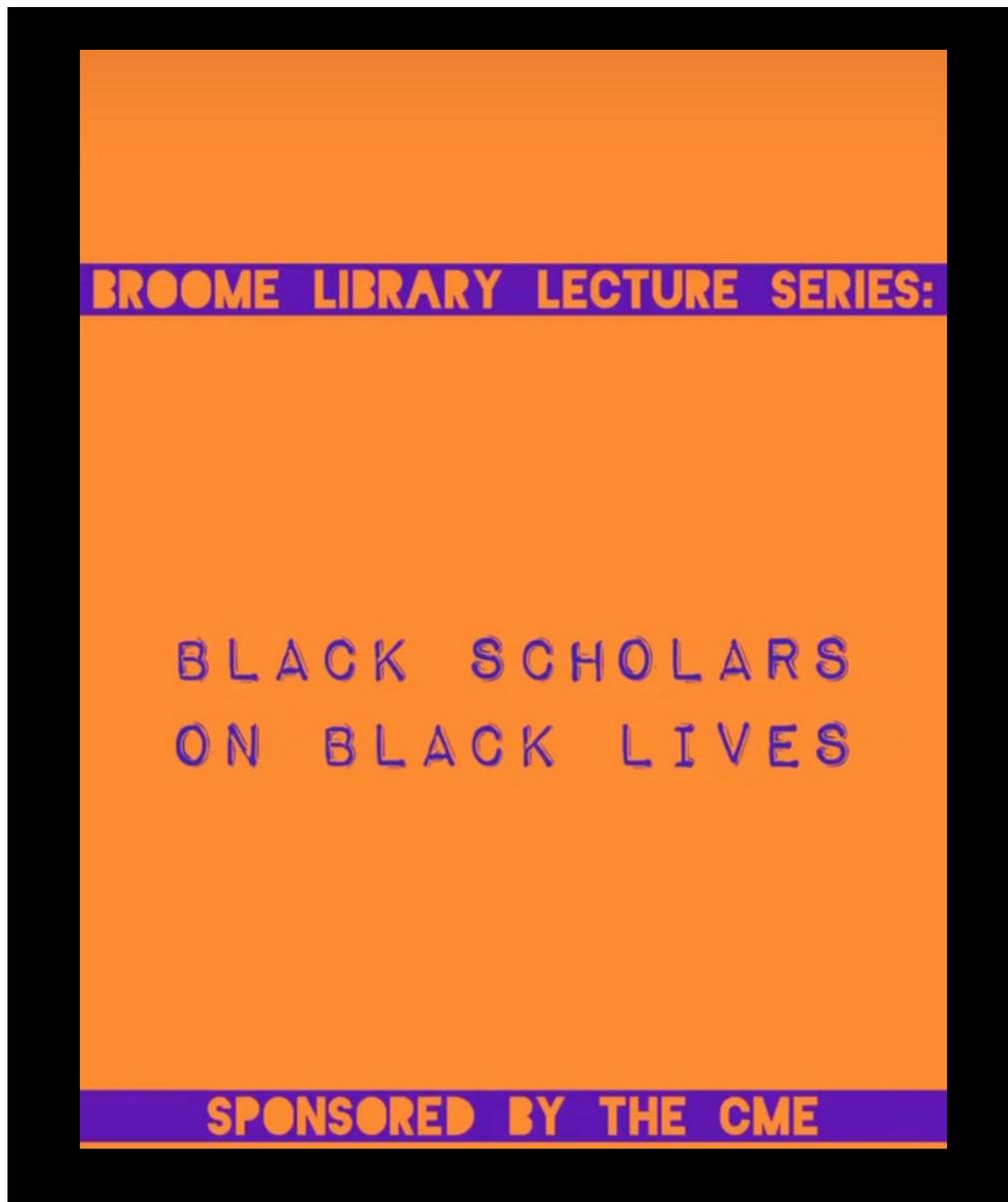
Fun Fact: February is Black History Month

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

Check Out This Amazing Lecture Series



Visit link to see more information and register for each session!
<https://library.csuci.edu/about/news/black-scholars-lecture-series.htm>

DR. DONNA NICOL, CSUDH

**BLACK WOMAN ON BOARD:
CLAUDIA HAMPTON, THE
CSU SYSTEM AND THE FIGHT
TO SAVE AFFIRMATIVE
ACTION**

CSUCI ETHNIC STUDIES SPEAKERS SERIES

FEBRUARY 18, 2021 / 3-4:30 PM

ZOOM WEBINAR REGISTRATION:

[HTTPS://FORMS.GLE/P2UH9GQVJ8NPNDRY6](https://forms.gle/P2UH9GQVJ8NPNDRY6)



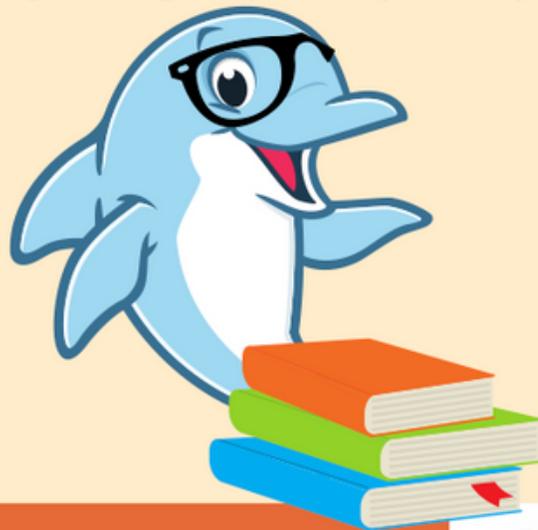
Spring 2021 Cultural Book Clubs

Spring 2021

CULTURAL BOOK CLUBS

Join your peers on a bi-weekly basis to read a book and explore the cultural themes in them together.

We provide free copies of the book if you sign up and participate.



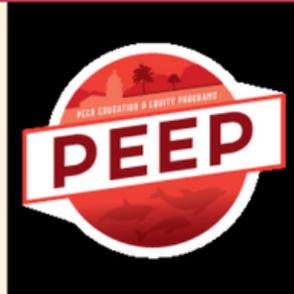
Sign-up by Friday, Feb. 5
go.csuci.edu/MDCBookClub



**MULTICULTURAL
DREAM CENTER**

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

Employment Oppourtiny



LOOKING FOR PEER MENTORS/ TUTORS

VISIT OUR WEBSIRE [HTTP://PEEP.CIKEYS.COM/PEEP-EMPLOYMENT-APPLICATION/](http://PEEP.CIKEYS.COM/PEEP-EMPLOYMENT-APPLICATION/) OR EMAIL US AT PEEP@CSUCI.EDU

**APPLICATIONS ARE DUE WEDNESDAY
FEBRUARY 3RD**

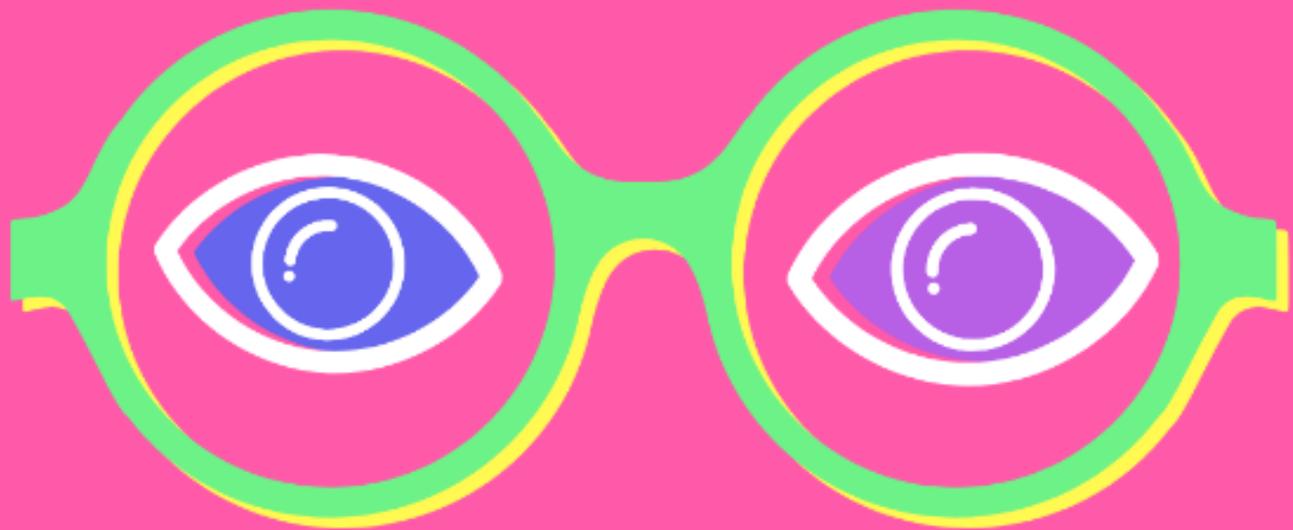
We are looking for:

University Culture Outreach and Engagement Peer Mentors (2)- which go out into the regional community and to local schools to talk about why going to college is important and how to get there. These mentors provide university exploration workshops, peer advising, and encourage students and families about the college preparation process.

Adelante Peer Mentors/Tutors (2) - These individuals will work for CI, however, will be Tutors for the First Year Experience Program at Oxnard College.

Employment Oppourtiny

WE'RE ON THE LOOKOUT
**FOR A NEW
ADDITION**
TO OUR AWESOME TEAM



APPLY ONLINE!

We're looking for an Interim Program Coordinator
visit: <https://indeedhi.re/3nKSf17>

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/>

WELLNESS

Resources



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.

COVID-19

Updates

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



Channel Islands
CALIFORNIA STATE UNIVERSITY

COVID-19

For information on CSUCI's Spring 2021 Semester, please visit
<https://www.csuci.edu/news/campus-updates/spring-2021/index.htm>

For Campus Updates in regards to COVID-19, please go to
<https://www.csuci.edu/news/campus-updates/covid19.htm>

IS *Updates*

Intercultural Services Staff



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Caeli Koizumi

She / Her / Hers
Graduate Intern
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Andrea Murillo

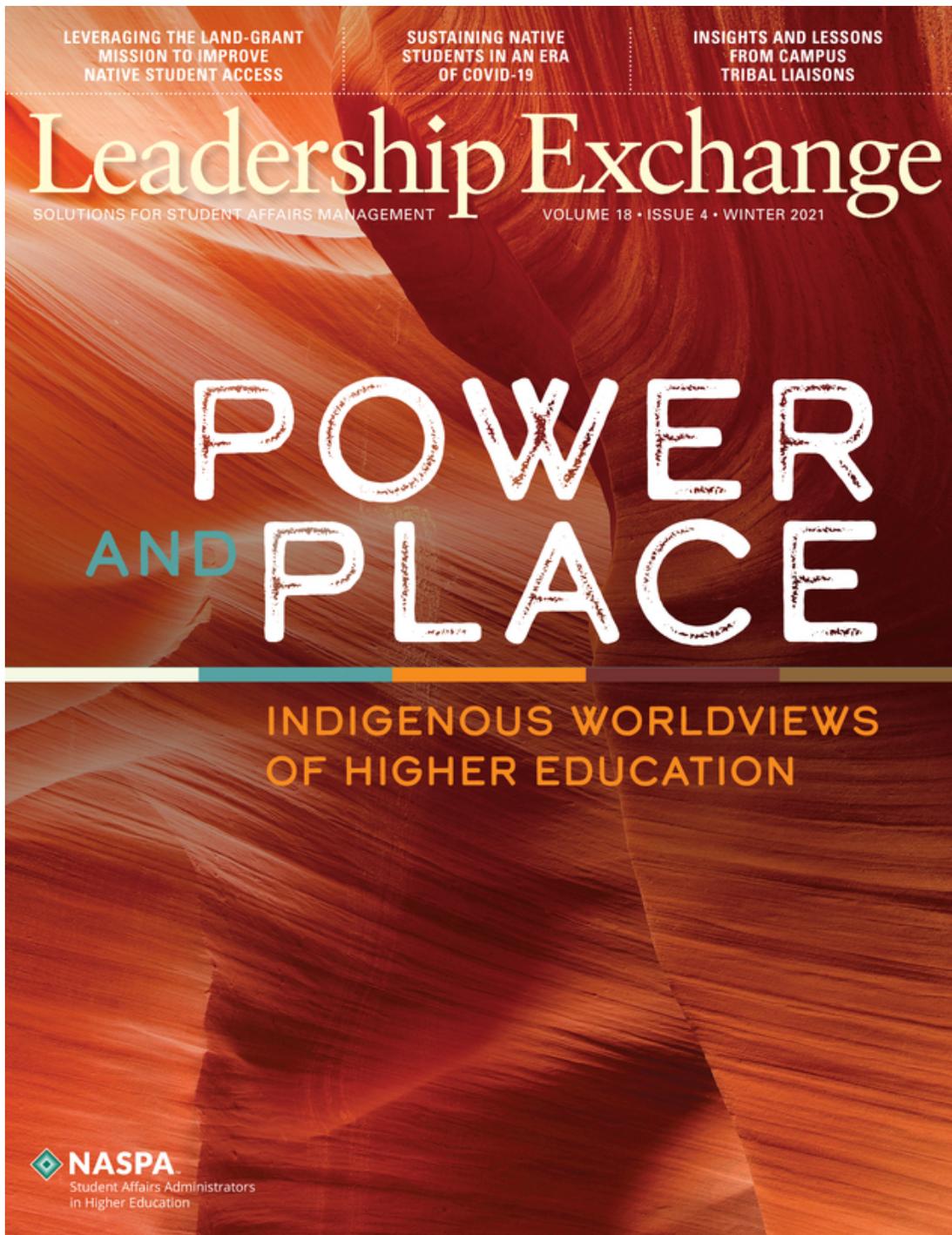
She / Her / Hers
Student Assistant
Graduating Spring 2022



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

Mixteco/Indigena Community Organizing Project (MICOP) Announces the Appointment of Monica E. Fairwell as new President of the Board



Mixteco/Indigena Community Organizing Project (MICOP), a nonprofit funded in 2001 with the mission to support, organize and empower the indigenous migrant community in California's Central Coast, today announced the appointment of Monica E. Fairwell as the new board president of it's Board of Directors. Ms. Fairwell, who joined the organization's board in 2019, succeeds Dr. Jake Donaldson, who has served as the President of the Board since 2015.

"I am grateful to MICOP's community, staff, and board for trusting me to serve as MICOP's board president for the past 5 years," said Dr. Donaldson. "MICOP's work continues to inspire me, and I look forward to supporting this community through the final year of my board term and beyond."

Monica Fairwell is an attorney who represents injured workers against insurance companies. Monica is proud to serve as an advocate for workers. She enjoys her volunteer work with several organizations throughout Ventura County. Monica attended UC Santa Barbara for her undergraduate degree in Political Science. She then attended Pepperdine University School of Law. While in law school, Monica studied abroad in Buenos Aires, Argentina. Monica also enjoys playing soccer and spending time with her two daughters.



RESOURCE GUIDE
FOR AFRICAN
AMERICAN
STUDENTS

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

PATH

Updates

Promoting Achievement Through Hope

Promoting Achievement Through Hope Staff



Leticia H. Cazares, M.S.

She/Her/Hers
Coordinator of PATH
(805) 437-3528
leticia.cazares@csuci.edu

Hello PATH Students,

I would like to welcome you all back to the Spring semester. I wish you are all doing well and staying healthy. I would like to encourage you to connect with me during your semester check-in as my schedule is now available at:
<https://go.oncehub.com/LeticiaCazares>

It is important that you also try to engage in the programming efforts that we are providing through the MDC and PATH. You are welcome to refer to our monthly schedule which is uploaded to the main page at: <https://www.csuci.edu/mdc/>

Looking forward to engaging in invigorating conversations to discuss your goals and how I can best support you this semester.

Best,
Leticia



Chloe Kimble

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



Ramona Ornelas

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



Isaiah Ball

He/Him/His
Student Assistant
Major in Organizational
Communication

PATH SPOTLIGHT



Chloe Kimble Grad Intern

Chloe Kimble is a Graduate student at Cal Lutheran who recently began an internship for the PATH program at CSUCI. She is also a part of the Counseling and College Student Personnel Program. Chloe received her Bachelor's degree in Global Studies from UC Santa Barbara after transferring from Moorpark Community College. During her undergrad, she had the opportunity to study abroad in Yokohama, Japan. During her time there, she was able to experience living in a new culture and learning new things about herself and her perspective on life. When she returned from Japan, she reflected on her and her friend's experiences and realized how desperately students needed support during these years. After a few years of working in hospitality, her experience with training younger employees furthered her motivation to pursue a career in counseling.

Chloe believes that when entering new environments, everyone faces different challenges with adapting. Students who are struggling need support in order to face these adversities. Chloe was driven by the passion to be the support for students. She wants students to be able to grow in new environments but still be able to tap into support to help balance things out. Through this, she became familiar with the PATH Program and its mission to provide support for students facing difficult situations and environments.

Promoting Achievement Through Hope



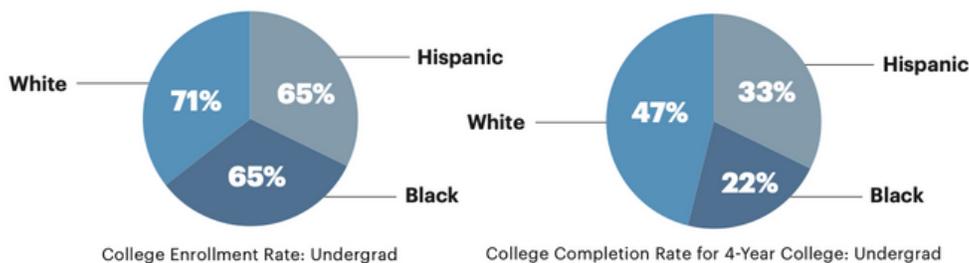
The Sallie Mae Fund's Bridging the Dream Scholarship Program

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 Oppourtunites 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>



TRAUMA INFORMED PRACTICES FOR SCHOOLS (TIPS) TRAINING



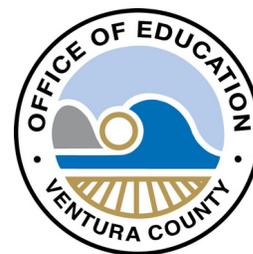
Thursday, February 11, 2021
9:00-11:00am

Register at:
<https://vcoe.k12oms.org/1627-190063>

If you have any questions
please contact:
leticia.cazares@csuci.edu

Hosted by the
Ventura County Office of Education

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 Resource Programs at (805) 437-3331 or accommodations@csuci.edu as soon as possible, but no later than 7 business days prior to the event.



To RSVP for this event, please go to :
<https://vcoe.k12oms.org/1627-190063>

USI *Updates*

Monthly Letter by Natalie Johnson

Hello all!

I hope you are settling in well to the beginning of the academic year. Starting of this semester we have some great workshops, events, speakers, and resources. Please make sure to take advantage of them. For current updates and information on our resources and events outside of the newsletter, please visit our IG at [csuci_mdc](#). This month we will be celebrating Black History.

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
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Maisey Werre

She/Her/Hers
Graduate Intern
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Harmony Blackwell

She/Her/Hers
Student Assistant
Art History Major
Social Business Minor

Event List

04 Immigration Legal Services
Know Your Rights

12-1pm

04 Immigration Legal Services
Parents & Students

1-2pm

08 Adulthood 101: Minimizing
Distractions

12-1pm

09 Adulthood 101: Minimizing
Distractions

4-5pm

11 Immigration Legal Services
Workshop

12-1pm

12 MAR Retreat

4-6pm

17 WOCMP social

11-12pm

22 WOCMP Book Club

11-12pm

24 WOCMP Mentor Training

11-12pm

26 ASWR: Activism and Community
Organizing

4-5:30pm

General

WOC

WOCMP

MAR

Underrepresented Student Initiatives

Events Overview



Immigration Legal Services: Know Your Rights

February 4th
12-1pm via Zoom
RSVP: tinyurl.com/KYR14

Join CARECEN, our immigration legal team, to learn about your rights as someone who is Undocumented. Learn how to navigate situations involving ICE and how to respond to deportation threats.



Immigration Legal Services: Parents & Students

February 4th
1-2pm via Zoom
RSVP: tinyurl.com/PSILS

Parents & Students join CARECEN, our immigration legal team, to learn about our free legal services. Parents and students will be able to become informed and ask questions to our legal services team.



Adulting 101: Minimize Distractions

February 8th
12-1p via Zoom
RSVP: go.csuci.edu/Adulting21

Learn how to minimize distractions when it comes to virtual learning so you can maximize your study time! This workshop is organized in collaboration with Disabilities Accommodations & Support Services.



Adulting 101: Minimize Distractions

February 9th
4-5pm via Zoom
RSVP: go.csuci.edu/Adulting21

Learn how to minimize distractions when it comes to virtual learning so you can maximize your study time! This workshop is organized in collaboration with Disabilities Accommodations & Support Services.

Underrepresented Student Initiatives

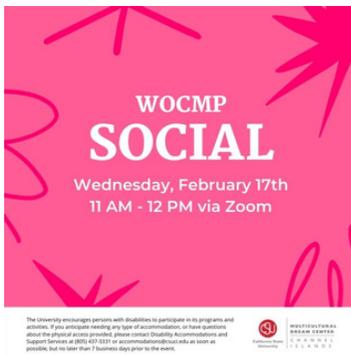
Events Overview



MAR Retreat

February 12th
4-6pm via Zoom
<https://tinyurl.com/UndocRetreat>

All undocumented students are welcome! Come join us for a virtual retreat to build community, receive policy updates, and have fun!



WOCMP Social

February 17th
11-12pm
RSVP: [Link](#)

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



WOCMP Book Club

February 22nd
4-5pm via Zoom
RSVP: Google Classroom

This is a closed book club for members of the Women of Color Mentoring Program in which we will be discussing feminism and various social movements.

Events Overview



WOCMP Mentor Training

February 24th

11-12pm via Zoom

RSVP: Google Classroom

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



ASWR: Activism and Community Organizing

February 26th

4-5:30pm via Zoom

RSVP: tinyurl.com/ASWR-ACO21

A series of panel events where individuals from intersecting backgrounds come together to share their personal narratives and experiences.

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."

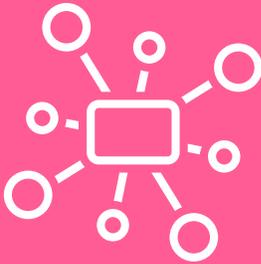
<https://www.ethelsclub.com/>



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.



MAR

Resources

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/

The UC Collaborative to Promote Immigrant and Student Equity
presents

A panel discussion of our new report

Advancing Equity for Undocumented Students and Students from Mixed-Status Families at the University of California

Authors will be in conversation with UC undocumented service providers to discuss key findings and practices to advance equity for all students affected by unjust immigration policies.

FEBRUARY 16, 12-1PM PST



ADVANCING EQUITY

for Undocumented Students and Students from
Mixed-Status Families at the University of California

