

MAY 2021

MDC

Newsletter

*"The biggest adventure you can ever take is to live the life of your dreams."
— Oprah Winfrey*

TABLE *of Contents*

03

California State University Channel Islands

05

Multicultural Dream Center

12

Self- Care & Wellness

13

Cultural Resource Guides

14

COVID-19

18

Intercultural Services

20

LGBTQ+ Resources

21

Promoting Achievement Through Hope

30

Underrepresented Student Initiatives

34

Women of Color

42

People of Color Resource Guide

54

Mariposa Achieving & Resisting (Undocu Students)



CSUCI
Updates

Events Overview

Bootcamp with Nick

Mondays
11:00 - 11:45 a.m.

&
Wednesdays
12:00 - 12:45 p.m.

Register on CISync
Link in bio



MINDFULNESS MONDAYS



Join us on Instagram LIVE
@CI_Wellness

Join one of our Wellness Peer Educators every Monday from 12:30pm - 12:45pm to take some time to support your mental health and be mindful!



Vinyasa Flow with Bryna

Mondays
2:30 - 3:30 p.m.

&
Thursdays
2:30 - 3:30 p.m.

Register on CISync



FINANCIAL WELLNESS WORKSHOP

12:00pm - 1:00pm
The first and third Tuesday of every month

[HTTPS://TINYURL.COM/N7XSXM5R](https://tinyurl.com/n7xsxm5r)

REGISTER TODAY

STUDENT UNION CRAFT STUDIO PRESENTS:

SUMMER TIE-DYE

WEDNESDAY, MAY 5 • 1PM - 2PM

FIRST 20 STUDENTS TO REGISTER BEFORE APRIL 28TH ARE ELIGIBLE FOR A FREE CRAFT KIT!

STUDENT UNION LIVE CRAFT STUDIO • STUDENT UNION PERKS PROGRAM!

SPB PRESENTS

COLLEGE COOKING HACKS: AGUAS FRESCAS

Wednesday, May 5 • 3:30PM - 4:30PM

The first 20 students who pre-register by April 28th will receive a FREE Plastic Pitcher and Mesh Strainer!



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 early May to get some tips/tricks to participate in holistic wellness.

Lastly, I wanted to personally share my sadness and anger at the continued violence against Asian American & Pacific Islander (AAPI) communities, the continued police violence/murder of people of color and overall racial tension in the nation. 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 encourage you all to recommit yourselves to an anti-racist approach by educating yourself and advocating for marginalized populations. I encourage you all to take advantage of the various resource guides below and additional resources on our social media.

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

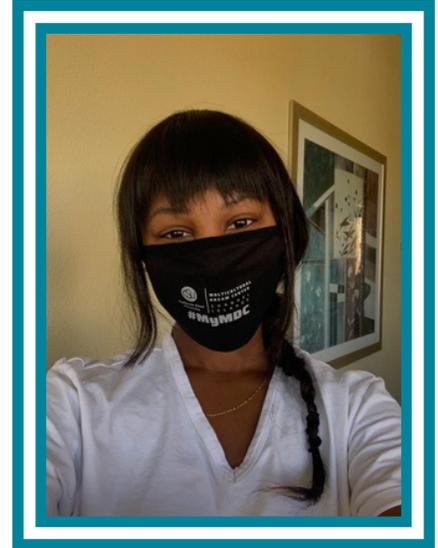
In Solidarity,
Hiram Ramirez

Multicultural Dream Center Staff



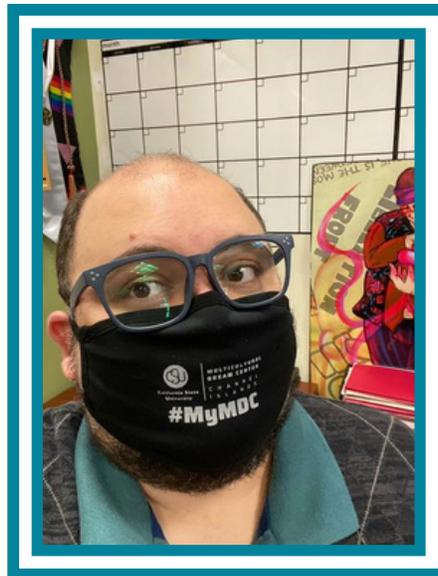
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Taylor Duncan

She / Her / Hers
Student Assistant
Graduating 2021



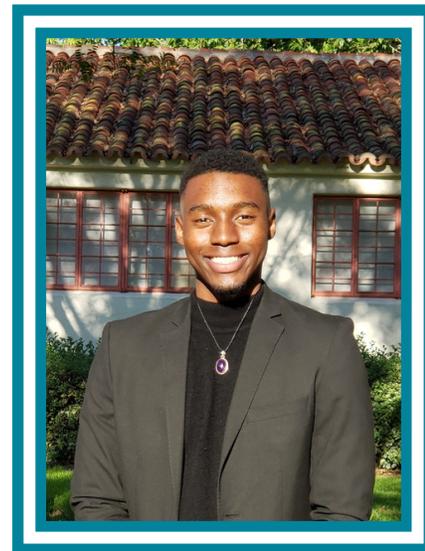
Hiram Ramirez, Ph.D.

He / Him / His
Director of Inclusive Student
Services & the Multicultural
Dream Center
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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](https://www.instagram.com/CSUCI_MDC)



[@MDC_CSUCI](https://www.tiktok.com/@MDC_CSUCI)



[@CSUChannellIslands
Multicultural](https://www.facebook.com/CSUChannellIslandsMulticultural)



[@CSUCI_MDC](https://twitter.com/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

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>

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/>



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.





For information on CSUCI's plan for the
Fall 2021 Semesters, please visit
[https://www.csuci.edu/news/campus-
updates/fall-2021/](https://www.csuci.edu/news/campus-updates/fall-2021/)

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](https://www.csuci.edu/news/campus-updates/covid19.htm)

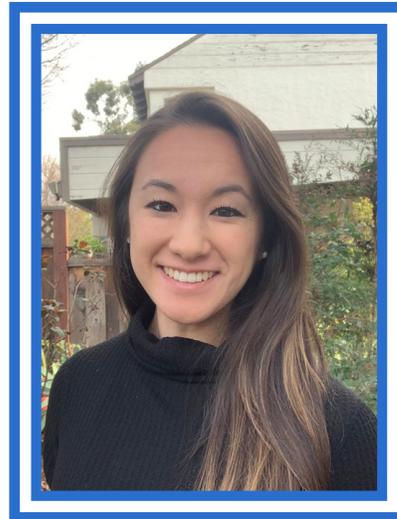


Intercultural Services Staff



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Andrea Murillo

She / Her / Hers
Student Assistant
Graduating Spring 2022



Ramona Ornelas

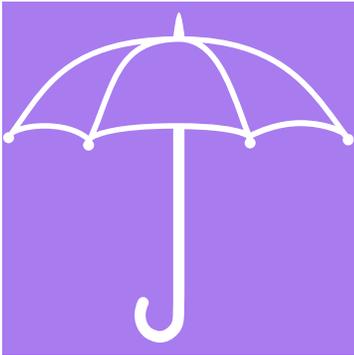
She / Her / Hers
Student Assistant
Major in History
Minor in Chicana Studies
Graduating Spring 2023



Yessica Arreguin

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

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 Staff



Hiram Ramirez, Ph.D.

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

Greetings PATH Students,

We are excited to be celebrating our graduates this month, please join me in congratulating our graduates highlighted below!

**Sincerely,
Hiram Ramirez**

PATH PROGRAM PRESENTS

2021

PATH

Graduates



JASMINE GONZALEZ

Major: Sociology

Personal Quote:

"Your future is only as good as the work you put into it."

- Jasmine Gonzalez



EVANGELINA BOLDEN-WHITESIDE

Major: Early Childhood Studies

Personal Quote:

"Do what you don't want to do now, so you can do what you want later."

- Evangelina Bolden-Whiteside



ANDI GARCIA

Major: Liberal Studies | Minor: Spanish

Personal Quote:

"Tell me and I forget. Teach me and I remember. Involve me and I learn."

- Benjamin Franklin



ISAIAH BALL

Major: Organizational Communication

Personal Quote:

"You may not control all the events that happen to you, but you can decide not to be reduced by them."

- Maya Angelou

Promoting Achievement Through Hope



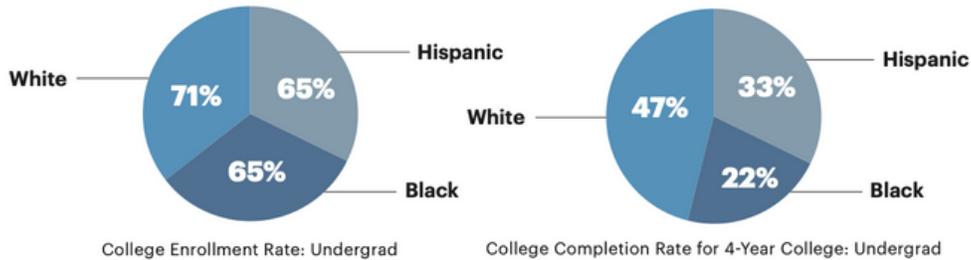
The Sallie Mae Fund's Bridging the Dream Scholarship Program

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](https://www.salliemae.com/about/scholarship-opportunities) or [tmcfc.org/students-alumni/scholarships](https://www.tmcfc.org/students-alumni/scholarships)

For official scholarship rules, visit [salliemae.com/about/scholarship-opportunities](https://www.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>





Monthly Letter by Natalie Johnson

Hello all!

Congrats you've made it to the end of the 20-21 academic year! Good luck on your finals. For those who are graduating please join us for our virtual stoling celebrations. For those continuing on we hope to see you soon! For current updates and information on our resources and events outside of the newsletter, please visit our IG at 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



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Event List

Undocu Student Stoling Ceremony

May 5th
12:00-1:00 PM

WOCMP Closing Ceremony

May 7th
12:00-1:00 PM

WOCMP Mentee Application

Apply by September 10th

WOCMP Mentor Application

Apply by June 5th

USMP Mentee Application

Apply by September 10th

USMP Mentor Application

Apply by June 5th

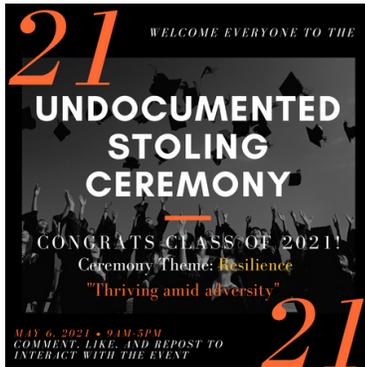
General

WOC

WOCMP

MAR

Events Overview



Undocu Stoling Ceremony

Thursday, May 6th

9 AM - 5 PM via Instagram live (@mdc_csuci)

This event is to celebrate students graduating who identify as Undocumented.



WOCMP Closing Ceremony

Friday, May 7th

12-1 pm via Zoom

RSVP: Google Classroom

This is a closed celebratory ceremony for those who are members of the Women of Color Mentor Program.

WOMEN OF COLOR PEER MENTOR PROGRAM

BECOME A MENTOR FOR WOMEN OF COLOR

GAIN LEADERSHIP
EXPERIENCE AND A
CHANCE TO FURTHER
YOUR SUCCESS AS A
WOMAN OF COLOR



APPLICATION DEADLINE IS
FRIDAY JUNE 5TH BY 5PM

FOR MORE INFO CONTACT NATALIE JOHNSON AT:
NATALIE.JOHNSON@CSUCI.EDU

APPLY HERE



THE WOMEN OF COLOR MENTOR PROGRAM

WHAT IS PEER MENTORING?

THE WOMEN OF COLOR (WOC) MENTORING PROGRAM IS A GREAT OPPORTUNITY FOR CSUCI STUDENTS WHO IDENTIFY AS WOC TO HELP OTHER WOC LIKE THEM SUCCEED IN AN INTENTIONAL AND PURPOSEFUL WAY. CURRENT SUCCESSFUL STUDENTS WHO ARE SEEKING AN EMPOWERING INTERPERSONAL LEADERSHIP EXPERIENCE AND WHO MEET THE PROGRAM CRITERIA ARE ENCOURAGED TO APPLY TO BECOME PEER MENTORS. PEER MENTORS ARE COMMITTED TO SHARING THEIR PERSONAL AND ACADEMIC EXPERIENCES TO ENCOURAGE, GUIDE, CHALLENGE AND SUPPORT NEW STUDENTS IN THEIR ACADEMIC GROWTH, GOAL ACHIEVEMENT, AND OVERALL SUCCESS AS A CSUCI STUDENT. THE PROGRAM MATCHES SUCCESSFUL CONTINUING STUDENTS WITH NEW STUDENTS, CONNECTING THEM AS PARTNERS FOR A YEARLONG EXPERIENCE.

The WOC Mentoring Program Purpose

The WOC Mentoring Program is a great opportunity for our WOC at CSUCI to find community, develop a sense of belonging, and seek academic support resources. The impetus of this initiative stems from the Graduate Initiative 2025 to increase graduation rates for all CSU students while working to eliminate opportunity and achievement gaps. Therefore, the purpose of the WOC Peer Mentoring Program is to promote the improvement of academic success, persistence and successful graduation of student participants.

MENTOR EXPECTATIONS & RESPONSIBILITIES

- COMMITMENT TO BE A MENTOR FOR THE 2019-2020 ACADEMIC YEAR
- HAVE DEMONSTRATED SUCCESS IN COLLEGE AND WISH TO SERVE AS A ROLE MODEL FOR NEW STUDENTS
- MAINTAIN GOOD ACADEMIC/JUDICIAL STANDING, AS WELL AS SUITABLE PROGRESS TOWARD GRADUATION
- MEET WITH MENTEES AT LEAST TWICE A MONTH THROUGHOUT THE FALL AND SPRING SEMESTER
- A PASSION TO HELP INCOMING STUDENTS TO BE SUCCESSFUL AND BUILD COMMUNITY AT CSUCI
- DEDICATE ADEQUATE TIME AND WILLINGNESS TO DEVELOP RELATIONSHIPS
- SUPPORT THE TRANSITION/ACCULTURATION FROM HIGH SCHOOL/COMMUNITY COLLEGE TO CSUCI
- ENGAGE NEW STUDENTS WITH CAMPUS RESOURCES, STAFF, AND FACULTY THAT SUPPORT THEIR SUCCESS
- EMPLOY EFFECTIVE INTERPERSONAL/COMMUNICATION SKILLS
- SEEK PERSONAL GROWTH AND DEVELOPMENT THROUGH THE PEER MENTORING PROCESS
- PARTICIPATE IN ONE SOCIAL AND IMMERSIVE EXPERIENCE PER SEMESTER
- MONTHLY CHECK-IN MEETINGS WITH PROFESSIONAL STAFF MEMBER IN THE MDC
- PARTICIPATE IN PEER TRAINING SESSIONS ON MENTORING/LEADERSHIP DEVELOPMENT

APPLICATION DEADLINE IS FRIDAY JUNE 5TH BY 5PM

[LINK: HTTPS://TINYURL.COM/WOCMENTOR21](https://tinyurl.com/wocmentor21)

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

TSince 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."

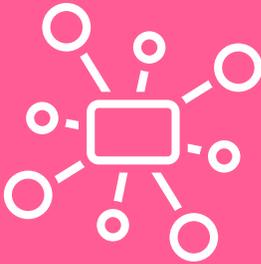
<https://www.ethelsclub.com/>



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

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/

Undocumented Student Mentoring Program

PURPOSE OF PROGRAM

The Undocumented Student Mentoring Program (USMP) is a great opportunity for our Undocumented students at CSUCI to find community, develop a sense of belonging, seek academic support, and other resources. The impetus of this initiative stems from the Graduate Initiative 2025 to increase graduation rates for all CSU students while working to eliminate opportunity and achievement gaps. Therefore, the purpose of the Undocumented Student Mentoring Program (USMP) is to support academic success, persistence, and successful graduation of student participants.



Apply Here:
go.csuci.edu/USMI

BENEFITS OF PROGRAM

**Personal
Growth**

**Community
Building**

**Faculty & Staff
Mentorship**

**Invested in Your
Academic
Success**



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For more info:

Contact Natalie Johnson at
natalie.johnson@csuci.edu



21

WELCOME EVERYONE TO THE

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STOLING
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CONGRATS CLASS OF 2021!

Ceremony Theme: **Resilience**

"Thriving amid adversity"

MAY 6, 2021 • 9AM-5PM

COMMENT, LIKE, AND REPOST TO
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21