Supporting Student Wellness & Basic Needs in the CSU

CSU Counselor Conference
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Presenters

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  Coordinator of Volunteer and Community Involvement

• Darice Ingram, CSU East Bay
  Program Coordinator of Pioneers for HOPE

• Joanna Snawder-Manzo, CSU Monterey Bay
  Care Manager
Agenda

- Foundational Framework
- Importance of Meeting Students’ Basic Needs
- Basic Needs Programs and Services in the CSU
  - In-Depth Look
    - Emergency Housing (CSUMB)
    - Financial Resources & Connections to the Community (CSUEB)
    - Food Pantry & Food Programs (CSUN)
Student Wellness & Basic Needs Initiatives

Basic Needs Initiatives
Counseling & Psychological Services
Confidential Victim’s Advocacy Services (Title IX)
Health Promotion Education
Student Health Services
Maslow’s Hierarchy of Needs

- Self-actualization
- Esteem
- Love and belonging
- Safety needs
- Physiological needs
CSU Comprehensive Study of Student Basic Needs

Commissioned by Chancellor White

Three phases

Led by two CSU Faculty Members
Campus Support

Emergency Grants

CalFresh Application Assistance

Emergency Housing
  • 7 Campuses Piloting Rapid Rehousing

Food Pantry or Food Distribution Program

Connections to Community Resources

Faculty & Staff Training
Systemwide Support

tinyurl.com/CalStateBN
In-Depth Look

CSU East Bay: Emergency Housing
CSU Monterey Bay: Financial Resources & Connections to the Community
CSU Northridge: Food Pantry & Food Programs

taxyurl.com/CalStateBN
Emergency Housing at CSU Monterey Bay

About the Campus

2018 CSU Study

• 50.1% of respondents indicated food insecurity; 15.9% indicated housing insecurity

Impact of the COVID-19 Pandemic

Emergency Housing Process & Support for Students
Financial Resources and Connections to the Community at CSU East Bay

#DOWELLBEINGYOU
www.csueastbay.edu/hope
Financial Resources and Connections to the Community at CSU East Bay

- About the Campus
- Basic Needs Campus-Wide Connections
- Wellness Focus
  - Emergency Financial Assistance
  - Housing
  - Food Pantry, Meal Swipes and CalFresh
  - Mental Health
  - Sustainability
Financial Resources and Connections to the Community at CSU East Bay

- Community Partnerships & Referrals
  - City and County Social Services
  - County Food Bank College Pantry Network
  - Foundations & Donors
  - National Support & Partnerships
  - Student Governance (ASI) partnerships
Food Pantry and Food Programs at CSU Northridge

• About the Campus

• 2018 CSU Study
  • 40% of respondents indicated food insecurity;
    10% indicated housing insecurity

• Basic Needs Resources
Food Pantry and Food Programs at CSU Northridge

• Food Pantry
• Pop-Up Pantry
• Food for Thought
Food Pantry and Food Programs at CSU Northridge

• CalFresh Outreach
  • Grant funded: CDSS and USDA
  • Provides food aid (SNAP)
    • Up to $194/month
  • Support

• CalFresh Healthy Living
  • Nutrition education (workshops and demonstrations)
How to Provide Additional Support

- CSU Systemwide Resources: tinyurl.com/CalStateBN
- Destigmatize food and housing insecurity
  - Bring awareness of issues and resources available
  - Shared information broadly
  - Normalize language and support available
- “Hungry to Learn” Video: tinyurl.com/HungryToLearnVideo
- Remember Collective Goal: Access and Opportunity in Education
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Questions?