

# Meeting Basic Needs & Supporting Student Wellness

## Presenters:

Lia Lara, Basic Needs Coordinator, Student Activities and Advocacy

Sadika Sulaiman Hara, Director, Student Activities & Advocacy

Kristopher Budi, Senior Director of Economic Justice, Community Action Marin

Mo de Nieva-Marsh, Director, Community School Partnerships, Community Action Marin

Sheyla Diaz Arreaga, Transitional Aged Youth Case Manager, Community Action Marin

Meghan Kehoe, Children-Youth-and Community Prevention Division Director, Center for Domestic Peace

Ada Lai, Community Partnership Coordinator, CalFresh



**IN YOUR  
CORNER**



# Defining Basic Needs

- For students to complete an education successfully is heavily relied on the students access to **housing, food, mental health** and **financial wellness**. The goal is to create and connect resources for those students who struggle fulfilling their basic needs so that it does not impact their ability to successfully complete their education.

# Workshop Objectives

- Learn about support services on campus and in the community which enable students to meet basic needs and respond to personal/financial challenges.
- Understand how students can benefit from financial coaching, housing support, food resources, technology resources, and personal/wellness support and advising.
- Share strategies to connect students to services that can support their personal and academic success.

# Overview of College of Marin Support Services

- Economic Justice, Safety Net Services, Children & Family Services, Resources & Referrals: Mo de Nieva-Marsh, Brian Johnson, Sheyla Diaz Arreaga
- CalFresh/SF-Marine Food Bank: Ada Lai
- Mental Health Support/COM CARE/Syllabus/Technology Access: Sadika Sulaiman Hara
- IVC Organic Farm and Garden/Food Access/Housing: Lia Lara
- Center for Domestic Peace: Meghan Kehoe

# The Link Between Housing Instability, Food Insecurity, Health, and Mental Health

- Co-occurrence with food insecurity and depression, suicidal ideation, and substance use challenges among young adults (Pryor et.al., 2016).
- Increasing concern of adverse mental health outcomes among individuals who experience food insecurity (Jones, 2019).
- Students facing housing insecurity may have lower GPAs, poorer health, and higher rates of depression and anxiety than those who do not face these issues (Real College Survey, 2021).
- Possible preventative intervention to improve mental health outcomes among young adult college students is addressing food insecurity (Oh et al., 2022).
- Mental health issues are already present or could likely be ahead for many Americans during the ongoing economic challenges surrounding the COVID-19 pandemic (Burgard, 2022).



# Implications for Students in Academic Spaces

## Academic Environment

- Less energy
- Inability to concentrate
- Irritability
- Disengagement
- Increased sense of anxiety, depression and feelings of overwhelm
- Feelings of isolation and hopelessness
- Manifestation of physical health challenges due to increased life stressors

## Impact

- Missing class, assignment deadlines, late arrival or leaving early
- Decrease in response to instructor communications
- Not having required textbooks or course materials/supplies
- Lower GPA
- Withdrawal from courses, drop out, or skipping semesters



# Supporting the Well-Being of Students

- Integrate opportunities for discussion and learning around student well-being and basic needs supports.
- Work in consultation with Psychological Services and Student Accessibility Services. These services support the well-being of students through therapy, consultation, access services, and reasonable accommodations.
- Embed language in your syllabus around supporting the well-being and accessibility needs of students (i.e., Basic Needs Syllabus; Accessibility Statement)
- Invite us to your class! Have support services flyers readily available at the entrance of your classroom if in person
- Attend COM mental health programs. Encourage student participation (provide extra credit?)
- Build community with us! Reach out:  
[dmusante@marin.edu](mailto:dmusante@marin.edu), [arosassanchez@marin.edu](mailto:arosassanchez@marin.edu)

## CONTACT US:

Psychological Services - call 415-485-9350

Student Accessibility Services - call 415-485-9406 or email [sas@marin.edu](mailto:sas@marin.edu)





## **Equity in Mental Health Campus Initiative**

COM has joined the Equity in Mental Health on Campus (EMHC) initiative, a national collaboration between The Steve Fund and higher education institutions to prioritize and invest in the mental health and emotional well-being of students of color.

Resources from the Steve Fund:

[The Steve Fund](#)

[“Breaking the Silence”](#)

[Knowledge Center](#)







# Community Action Marin's (CAM) Student Supports



## Economic Justice



## Economic Justice

- **Financial Well-Being** Financial education workshops and one-on-one coaching helps students manage their finances so they can rise beyond subsistence-living and thrive.
- **Career Coaching** Students will receive hands-on support in assessing their skills and interests, crafting resumes, practicing interviews, conducting job searches, and developing soft skills to prepare for the workforce.
- **Housing Information** Learn about subsidized housing and home sharing programs and explore local housing options.
- **Tax Assistance** Free tax preparation services by trained volunteers to enable Marin residents to claim tax benefits for which they're eligible.
- **Benefits Enrollment** CalFresh and Medi-Cal application assistance and assistance with PG&E, wood and propane energy needs.
- **Community Supports** Emergency Food Boxes in partnership with San Francisco-Marin Food Bank and limited one-time financial support



# Housing Justice



## Housing Justice

- **Housing Assistance** Help with rental and eviction assistance, housing information, housing navigation, security deposits, and mortgage payments.
- **Homeless Outreach** Vital support and assistance to unhoused people throughout Marin through our Community Alternative Response & Engagement (CARE) Team.
- **Transitional Aged Youth** Transitional Aged Youth. Help with housing stability and additional resources for 18-25-year-olds who are unhoused or precariously housed.



# Food & Climate Justice



## Food & Climate Justice

- › **Production Farm and Harvest** 730+ pounds of vegetables and fruits are used in meals delivered to children, seniors, and other community members.
- › **Central Kitchen** 2,000 square foot 24/7 commercial kitchen available for short & long-term rentals for local food entrepreneurs.
- › **Children & Families** 11,000 healthy meals and snacks for infants and toddlers, preschoolers, and school-aged children each month.
- › **Seniors** Enrollment and resource support in addition to 1,200 healthy meals for senior congregate meals each month and prepared meal contractor for Vivalon's Healthy Aging Cafe.



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## Children & Family Services



## >>> Children and Family Services



- > Free and affordable, high-quality, early education/childcare
  - > Early Childhood Education
  - > Family Child Care Network
  - > Home Visiting Program



- > Program eligibility is for Marin County families with children 0-5 years of age and expectant women who meet one of the following:
  - > Meet income guidelines
  - > Receive public assistance
  - > Child is in foster care or experiencing homelessness

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Connect & Learn More

COMMUNITY ACTION MARIN

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## ➤➤➤ Connect & Learn More

- **Online**    [camarin.org/getservices](https://camarin.org/getservices)
- **Call**        (415) 526-7500
- **Email**        [clientintake@camarin.org](mailto:clientintake@camarin.org)

### REMEMBER!

Sign up for our e-newsletter at [camarin.org](https://camarin.org)  
to stay in touch with our latest opportunities  
including jobs, services, and more.

# Accessing Community Action Marin Services

Whatever your situation, it's easy to get started with Community Action Marin.



Complete our simple form at:  
**[camarin.org/getservices](https://camarin.org/getservices)**  
to let us know who you are and what services you are most interested in.

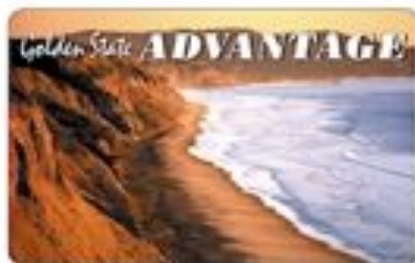


For questions, partner referrals, or to obtain additional services students may call **(415) 526-7500** or email us at:  
**[clientintake@camarin.org](mailto:clientintake@camarin.org)**



For financial coaching email:  
**[studentcoaching@camarin.org](mailto:studentcoaching@camarin.org)**

# CalFresh Program Basics



Formerly known as  
Food Stamps

Changed name to  
CalFresh in 2011  
from SNAP

Provides Nutrition  
Assistance to low  
income households

Monthly benefits  
deposited on  
debit-card like EBT  
system

Can be used at  
grocery stores,  
markets, farmer  
markets, market  
match, online

No nutrition  
restrictions on  
what can be  
purchased

Can even buy  
seeds to grow  
own food.

Cannot  
purchase non-  
food items

No Pet food,  
vitamins,  
alcohol

Prepared food  
restrictions\*

# Who is eligible?

## Individuals that are eligible

- U.S. Citizens
- Permanent Residents
- Refugees / Asylees
- Immigrants receiving immigration relief through VAWA
- U or T Visa holders
  - Pending application is OK

## Individuals that are ineligible

- Undocumented individuals
- Some students (exemption needed)
- “Fleeing felons”
- Immigrants with temporary visas



# CF 6177 Student Exemption Form

## CALFRESH STUDENT EXEMPTION SCREENING FORM

Student Name: \_\_\_\_\_

School Name: \_\_\_\_\_

College students who meet both the regular eligibility criteria (like income), and at least one of the criteria below, may be eligible for CalFresh.

***Check all that apply to the student listed above:***

- Enrolled less than half-time (Only count credit-bearing courses. Non-credit courses do not count toward half-time enrollment)
- Taking non-credit courses
- Age 17 or younger
- Age 50 or older
- Approved for work study (even if a work study job assignment has not yet begun or is not available) and anticipates working during the school term and has not refused a work assignment
- Received a TANF-funded Cal Grant A or B in the last 12 months
- Working an average of 20 hours per week or a total of 80 hours per month
- Disabled or physically or mentally unable to work
- Does not expect to be enrolled next term
- Responsible for the care of a dependent in the household under the age of 6 or a child under the age of 12 without adequate childcare

## Reading the Income Guidelines Chart

**Gross income** = earned and unearned income for the previous 30 days, before deductions

**Net Income** = Remaining income after specific deductions, NOT net pay on paystub.

**Monthly benefit** amount is a range, \$23-max amount. Based on eligible individuals.

MCE: A household of 1-2 people that meets the gross income test but not the net can still get the minimum allotment.

## Income Guidelines, FFY 24-25

Household Size	Gross Monthly Income	Net Monthly Income	Monthly Benefits awarded
1	\$2,510	\$1,255	\$292
2	\$3,408	\$1,704	\$536
3	\$4,304	\$2,152	\$768
4	\$5,200	\$2,600	\$975
5	\$6,098	\$3,049	\$1,158

- *Income limits valid through September 30, 2025*



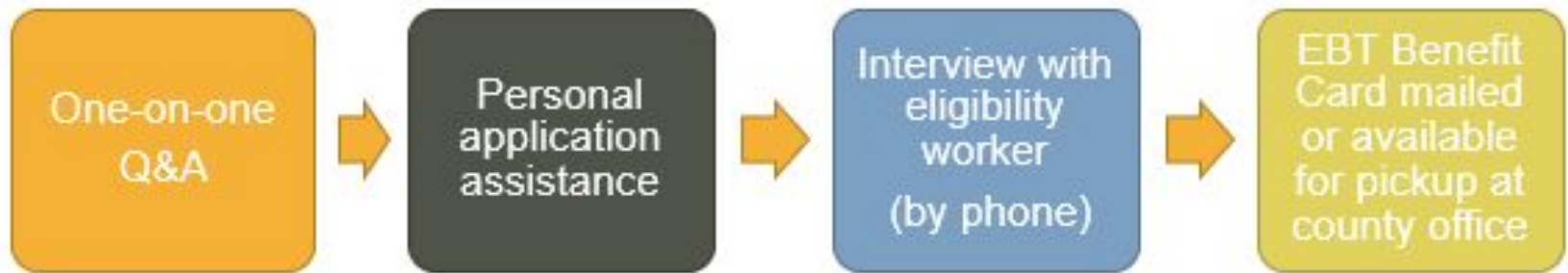
# Documents

Remember:  
The county **must**  
accept best  
verification client  
can provide.



- **I.D. card (any kind is ok)**
  - Birth Certificate → children
  - LPR card → Lawful Permanent Residents
  - U.S. passport → naturalized U.S. citizens
- **Social Security card** → number is ok if no card in possession
- **Proof of income from the last 30 days**
  - Paystubs from employment
  - A letter from employer
  - Self-declaration letter for cash income, etc
- **Proof of expenses**
  - Rent/ mortgage
  - Childcare bill
  - Court order child support
  - Medical bills if elderly (60+) or disabled

# Application Process



**Food Bank's CalFresh Hotline:**

**San Francisco and Marin Residents:**

**(415) 824-3663**



## COVID-19 and Domestic Violence

- Reports of domestic violence have gone up during the quarantine, some agencies suggest as much as a 20% increase worldwide.
- Increased stress and financial problems can lead to increased tension and fighting in the home, even in relationships where such issues did not exist previously. This can cross the line to abuse.
- Victims are trapped at home with their abusers and feel they have less options to get support or less ability to make excuses to get away or take a break from the abuse.
- COVID stress does not excuse abusive behaviors or give abusers a right to physically or verbally harm their partners or children.

**CENTER FOR DOMESTIC  
PEACE®**

Working Together to End Domestic Violence



Working Together to End Domestic Violence

## Marin and Domestic Violence

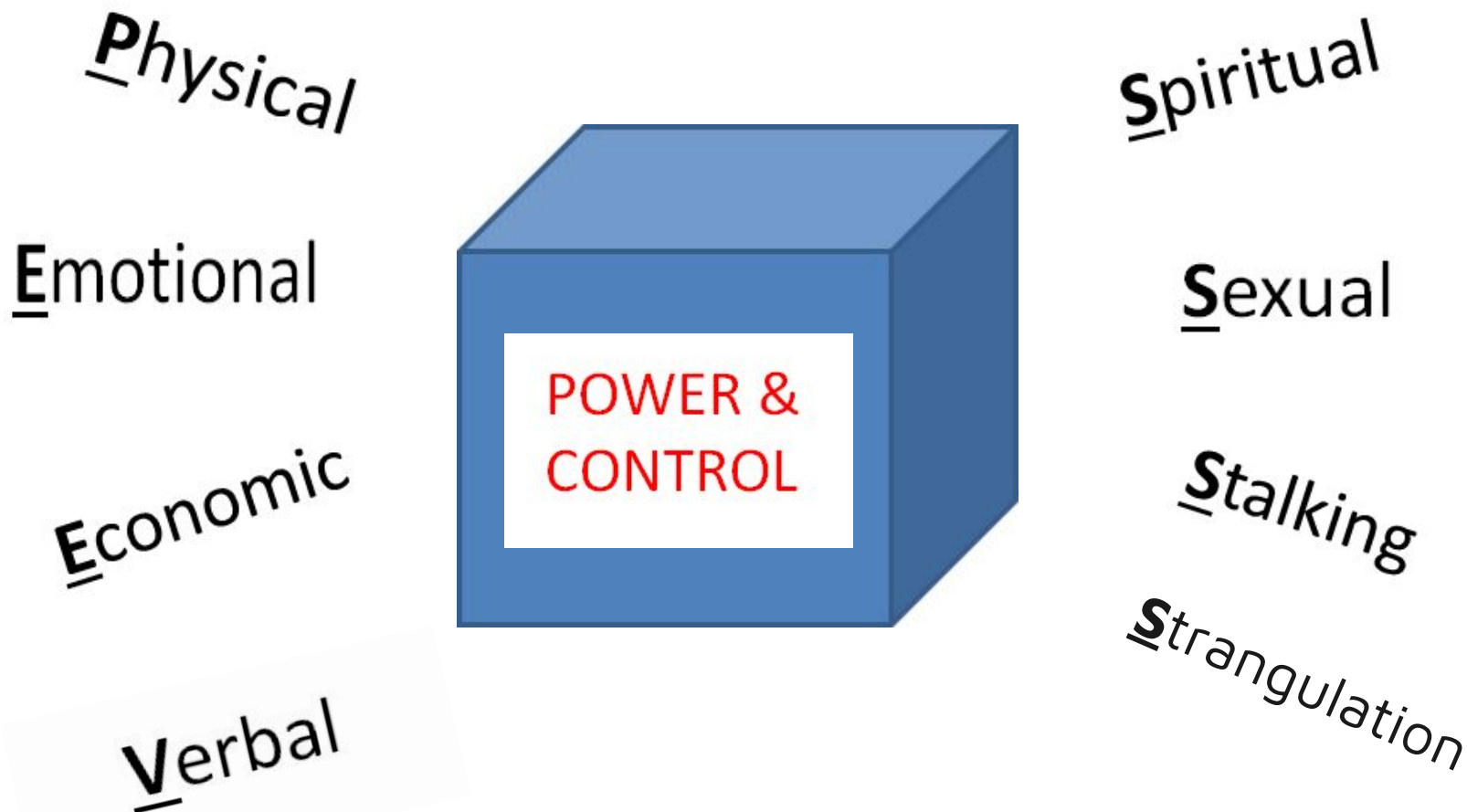
Domestic Violence is the #1 violent crime in Marin County

43% of dating college women and 28% of college men report experiencing abusive dating behaviors.

Nearly 1 in 3 college women say they have been in an abusive dating relationship.

More than half (57%) of college students who report experiencing dating violence said it occurred in college.

# Types of Abuse: PEEVSSSS



## Digital Abuse

- One in three (36%) dating college students has given a dating partner their computer, email, or social network passwords and these students are more likely to experience digital dating abuse.
- Stalking / tracking victim through texts and social media
- Harassing victim using texts, phone calls, and through social media posts
- Threatening to expose or embarrass victim on social media as a way to control the victim
- Humiliating victim with embarrassing photos and abusive comments when they “step out of line” or try to break up with the abuser
- Forcing victim to give passwords, going through phone and social media accounts on a regular basis
- Using GPS tracking in phone to stalk victim
- Installing spyware on phone

Where were you last night?

Why didn't you call me?

I was up all night waiting.

Don't do that again, ever!!!

It's like he stalks me with his texts

## Reasons to contact C4DP

### **Services for victims:**

- 24/7 Hotline
  - English/Spanish
  - Safety Planning
  - Crisis Counseling
- Legal Services Advocacy Program (LSAP) – legal support
- Marin Youth Services
- Support Groups
- Emergency Shelter
- Transitional Housing
- In This Together child witness therapy program

### **For abusers:**

- Men's 24/7 hotline
- Mankind
- Womankind

### **Prevention:**

- Marin Against Youth Abuse (MAYA) high school program and college internships
- Domestic violence prevention/education workshops
- Screening at HYP Clinic
- Drop-in counseling at COM



@centerfordomesticpeace  
@marinagainstyouthabuse



Sign Up



# WE NEED YOU!

We're looking for motivated students to become healthy relationship advocates, dating abuse, and domestic violence prevention leaders.

**SIGN UP!**

for more information visit  
<https://centerfordomesticpeace.org/>



Working Together to End Domestic Violence

## Contact Information

**Meghan Kehoe**

*Division Manager*

415-526-2535

[mkehoe@c4dp.org](mailto:mkehoe@c4dp.org)

**24/7 HOTLINE: 415-924-6616**

English/Spanish

# COM Provides Technology!

## Where can a student borrow technology?

Students can borrow a laptop or hotspot through the COM Library lending program.

Lending Form:

<http://library.marin.edu/blog/borrowing-technology-devices>

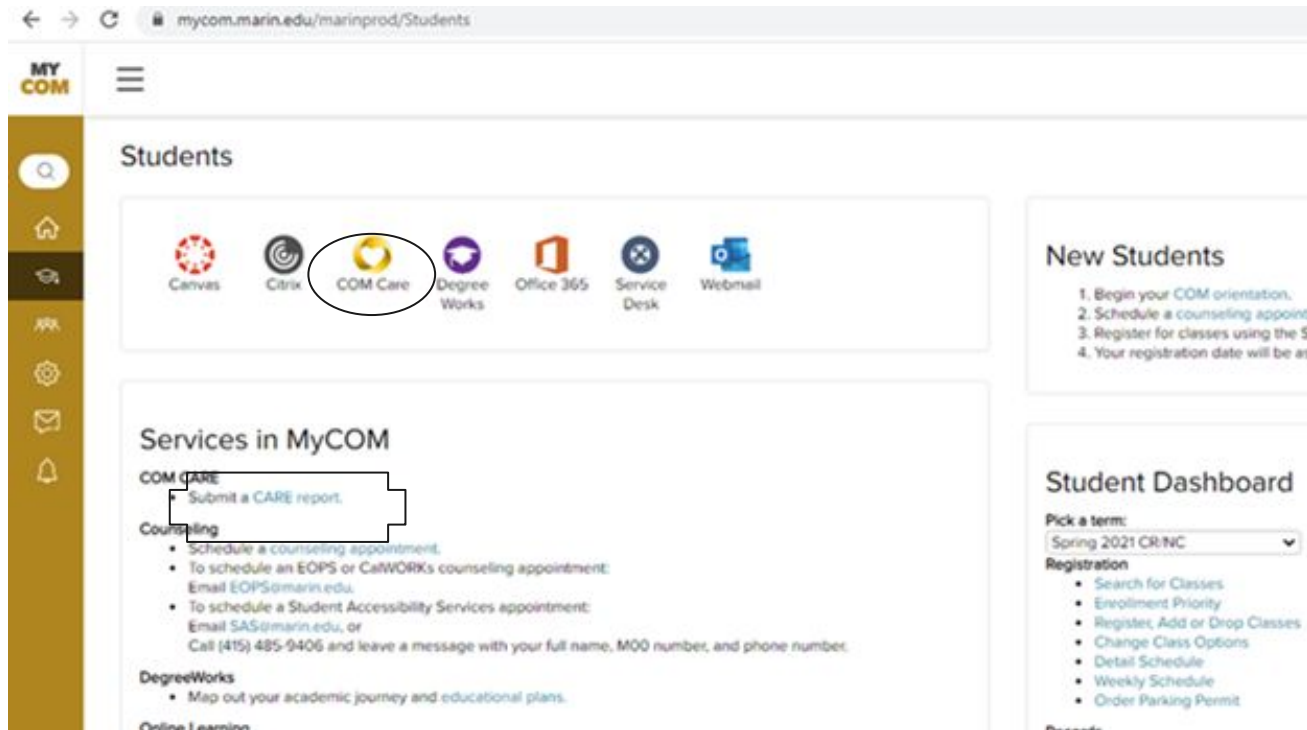
Questions?

Call (415) 485-9656 or email [LibraryCirc@marin.edu](mailto:LibraryCirc@marin.edu)



# COM Care and Basic Needs

- Where to start?



How can COM Care help with basic needs?

- Personal/academic concerns
- Food access/housing access/community resources
- Mental health support services

***NEW Basic Needs Coordinator!***  
*Office of Student Activities and Advocacy*

**Lia Lara**

**llaradomingue5002@marinedu**

# Syllabus

## ***Basic Needs Statement:***

*Any student who has difficulty affording groceries, regularly accessing sufficient food to eat, has technology needs, wellness and mental health needs, is experiencing unsafe circumstances, and believes this may affect their performance in the course is encouraged to reach out to me. You may also submit a COM Care Report through the MyCOM portal for additional resources/services from the COM CARE Team.*

## ***COM Care Statement:***

*College of Marin has a Care Team to support students and intervene with issues of concern that arise in the classroom. If there is a concern, you may be contacted by the Care Team member. The Care Team is made up of Student Services staff and faculty. To submit a COM Care report, sign into your MyCOM Portal.*

# Food Access

# New location for Kentfields food pantry! Basic Needs Hub, SS 254 - “The Hub”



# COM's Food Pantries

Students must provide M00# to grab one hot meal and three snacks; soup bowls (veg options), juices, fruit bar, nut bars, chips, etc.

Extras from the food distribution will be offered at KTD campus at "The Hub," fruit, pastries, and protein items.

## **KTD**

Basic Needs Hub, SS 254 (AKA  
The Hub)

Monday through Friday, 9:30am to  
3:30pm

## **IVC**

BD 27, RM 120

Hours determined by staff  
availability through the  
Student Activities and  
Advocacy office.

*visit: [ss.marin.edu/food](https://ss.marin.edu/food)*



# Food Distribution

Wednesdays, starting January 29th, AC 255 overhang

10:30 to 1:00pm (until supplies last)

## Students:

Provide M00#

Bring a reusable bag

Attend at the stated hours

Follow the operation mandatory instructions:

Stay in line - no cutting

One time use - don't go twice

Follow quantity signs - don't take more

## Community Members:

Provide first and last name legibly

Bring reusable bag

Attend at the stated hours

## Grocery Items to expect:

Fruit, vegetables, packaged goods, and protein items (meats, eggs, etc)

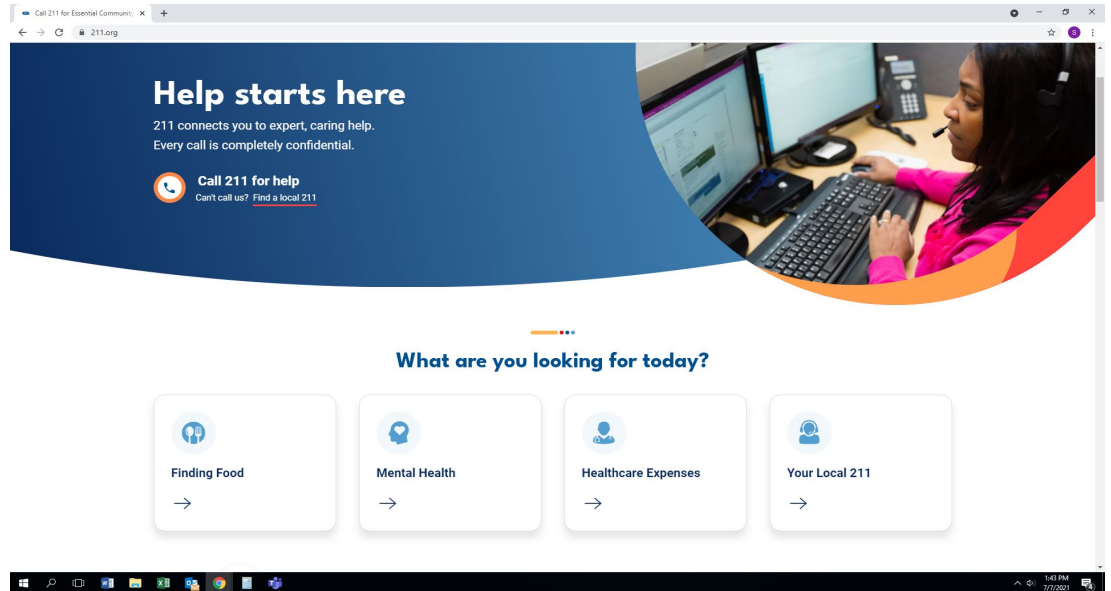
# Food Locator

## SF.Marin Food Locator

Please note that food locations are subject to change so we encourage you to check here for the most up to date information.

## 211.org

Call 211 from your phone for the nearest food and shelter availability in your area.



# Food Access: When To Refer A Student

## Signs to look out for:

- Students struggling with housing
- Time demanding major
- paycheck to paycheck with children

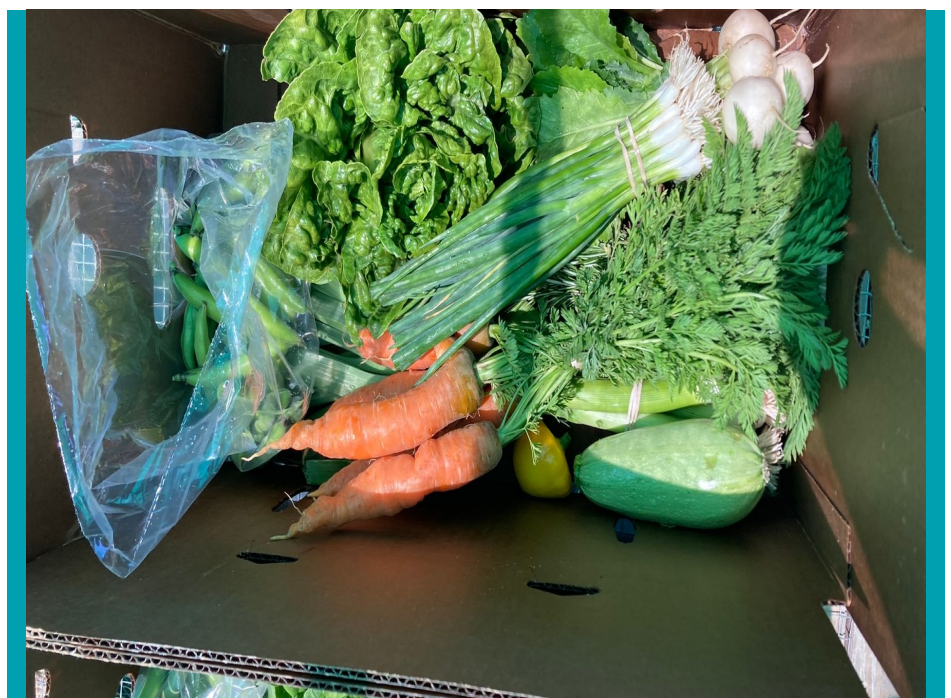
**Submit a COM Care report stating the concerns and crisis for further intervention.**

We will meet with the student to evaluate the crisis/situation.

Assess options, including a possible food voucher.

We will take in consideration of academic standing for resources.

Resources are a short term solution while student navigates a long term plan.



# Housing Support

# Homeless and Housing Insecurity Pilot Program (HHIP)

## Housing Partners

- Community Action Marin
- Case manager support
  - Section 8
  - Government assistance
  - CARE team
  - Transition Age Youth (TAY) team
  - Shelter support
    - Family
    - Single
  - Job search preparation / support
  - Budget Planning

## Homeless Prevention Resources

- Short term emergency shelter
- Eviction support
- At risk assistance

### Followed by

- Confirm academic plan
- Good academic standing
- County support plan
- Check in appointments

Student responsibility to maintain from the plan and follow up.

Accepting referrals through COM Care

# Eligibility

## Homeless

Unsheltered, living in a vehicle, living in a place not meant for human habitation

## At Risk

Losing their living situation with no safe alternative.

- Enrolled students only - must show satisfactory progress and stay committed to their plan.

Not Eligible: apartment search, no emergency.

# What are the steps?

- Submit COM Care
- Student sets appointment with Lia
- Begin housing intake form
- Connect with CAM's outreach team- Enter CAM's system
- Enter in temporary housing (emergency shelter, motel)
- Motel voucher wait time of 24 business hours, 3-4 days
  - ONLY for extenuating circumstances.

IMPORTANT NOTE: College of Marin's first time launching this kind of housing program. We are learning and developing as we go. **This will not be instant, county support wait time is between 4-6 weeks.**





# Resources

The following articles and pages provide resources and ideas to help you succeed:

- [Food Insecurity and Mental Health Status: A Global Analysis of 149 Countries](#)
- [The Impact of Food Insecurity on Women's Mental Health](#)
- [Meeting Basic Needs to Support Students' Mental Health and Success](#)
- [California Community Colleges Basic Needs Survey Report](#)
- [Struggling to Survive-Striving to Succeed: Food and Housing Insecurities in the Community College](#)
- [California Community Colleges #RealCollege Survey](#)

How to connect with key partners:

- [Community Action Marin](#)
- [Center for Domestic Peace](#)
- [SF/Marin Food Bank](#) and/or [CalFresh](#)

Questions?

Thank you!

[llaradomingue5002@marin.edu](mailto:llaradomingue5002@marin.edu)

Office line: 628-234-7401