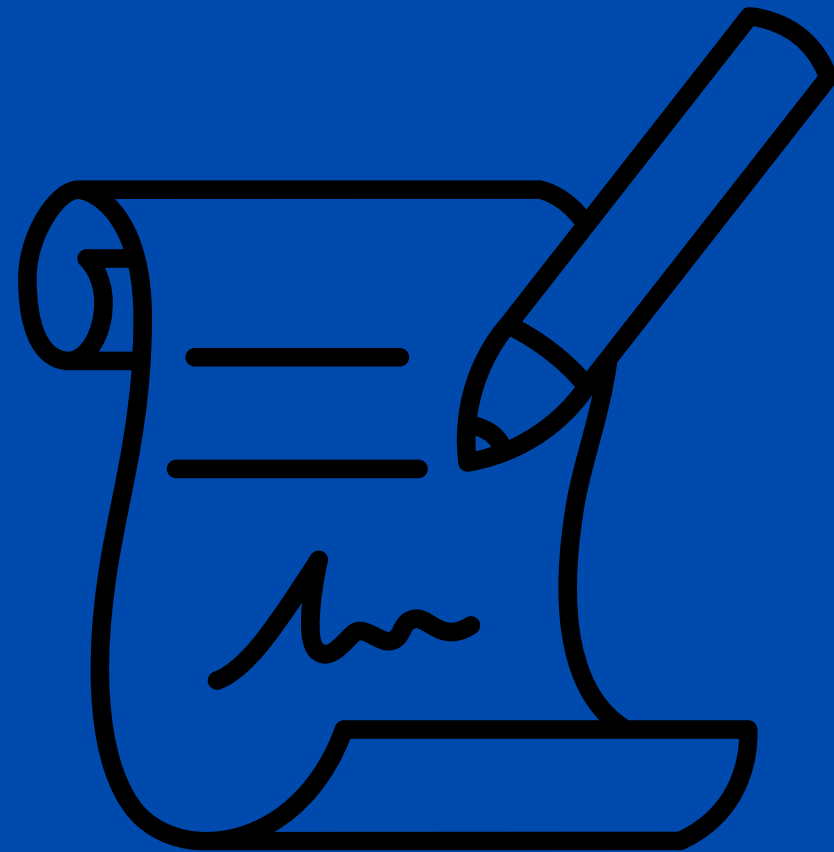




**The Dr. Pamela T. Luster
Resource Center**

Basic Needs as a Fundamental Right



Since 2015, San Diego Mesa College has dedicated resources (financial, personnel, and space) to addressing basic needs insecurity of our students. As a campus we are committed to creating conditions that matter.

The belief being that our students will be more successful in their courses if they are not worrying about how to get textbooks, when they might be able to eat, where they might be able to get food, how they will fill their gas tank, get a bus pass, take a shower, or sleep safely at night.

The Office of Student Success and Equity has led the way with intentionally addressing the fundamental right of students to have their basic needs met through a variety of programmatic planning, specifically with the creation of direct student support, a food pantry, a professional clothing closet and community partnerships.

We are proud to have established The Stand Basic Needs Resource Center

Direct Student Support

Food

**Food
Distributions,
CalFresh,
grocery cards,
SD Food Bank**

Transportation

**We provide
gas cards, bus
passes, or
Uber cards if
needed.**

Mental Health

**We give
mental health
referrals to on
campus
counseling**

Childcare

**We give
referrals to
the CDC if
applicable.**

Housing Support

**Assist
students
finding
resources for
housing**

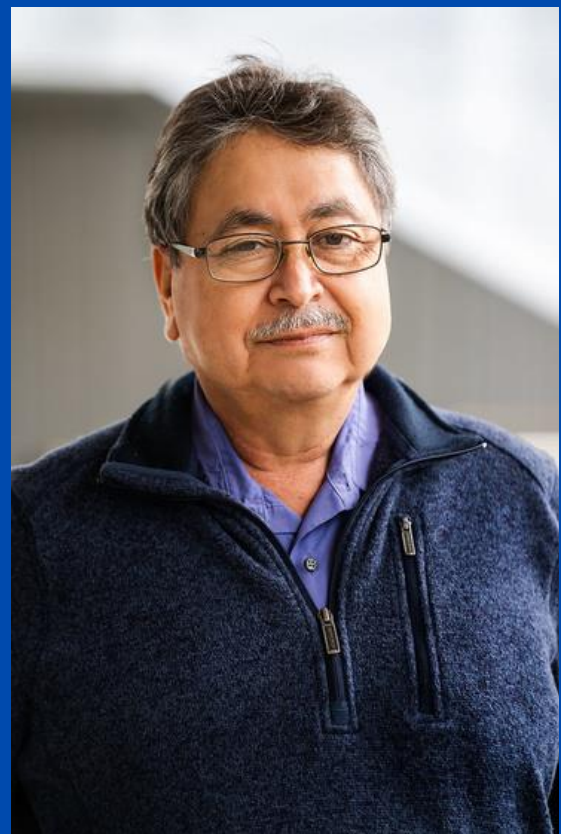
Technology

**Students get
book support,
school
supplies,
regalia**

Physical Health/Toiletries

**We give
physical
health
referrals**

The Stand Team



EMERGENCY Food Pantry & Professional Clothing Closet

Located in K106

- **Students are awarded 100 points per semester which is roughly 16 points per week.**
- **Food pantry items range from granola bars, nuts, frozen meals, beverages, soups and much more.**
- **Student can get up to 8 articles of clothing per semester**

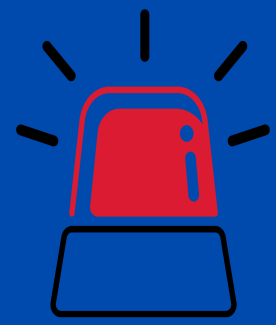




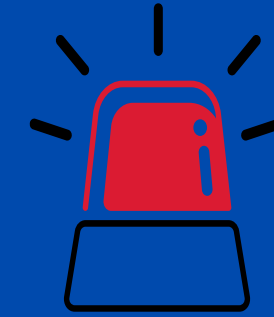
Food Distributions

1st Monday of the month 1pm - 2pm
3rd Thursday of the month 11am - 1pm
Located in the Quad/ MC Breezeway





Emergency Aid



- Students can potentially be awarded up to \$500, depending on their case.
- Emergency Aid includes medical emergencies, unexpected car repair, unexpected change in housing, expenses due to death in the family.
- Student must provide adequate documentation of unforeseen circumstance.
- Min GPA 2.0



Basic Needs Application

- Apply with link online through The Stand page on Mesa's website.
- Student creates account with our case management system, TBH.
- Allow 1-2 business days to be assigned to a case manager.
- Student schedules their appointment through the portal.
- Online and virtual appointments available fall 2024.





WORKSHOPS

FALL 2024



SCHOLARSHIPS WORKSHOP

Scholarships are free money to use for tuition, fees, books, school supplies. Our workshop will help you discover internal and external scholarship opportunities, strategies for scholarship applications, resources for scholarship search, digital citizenship, supportive tools and services.



CONSCIOUS SPENDING CLINIC

Join us at The Stand this fall for our Conscience Spending Clinic series. These clinics are designed to provide Mesa College Students with space and support to casually talk about a variety of money topics such as zero based budgets, reducing debt and more.



HEART CIRCLES

At The Stand, we believe mental health is a basic need. Join us Monthly for our restorative circles and expressive art sessions. Our HeART Circle sessions are designed to support your mental health needs and build a supportive community on campus.



PARENT CAFE

Join CalWORKS, CARE and The Stand for our Parent Café workshops and events. These events and workshops are a place for student parents to come together for support, share information and resources for success at Mesa College.



TIME MANAGEMENT IS SELF CARE

Learn valuable skills and strategies for managing all of your life responsibilities while also making time for yourself and the things you love. Join The Stand and the Dreamer Resource Center for our workshop Time Management is Self Care!

STOP BY THE STAND (K106) THIS FALL FOR WORKSHOP DATES AND DETAILS

Cal Fresh



- CalFresh is a state program that awards students up to \$193 a month for groceries.
- Students EBT cards can be used at supermarkets, convenience stores and farmer's markets.
- If you need help we have a San Diego County Health and Human Services Specialist on campus every WEDNESDAY 9-4 K106
 - Monica Gonzalez
 - 858-585-2553
 - MonicaBibianaP.Gonzalez@sdcounty.ca.gov



About

Participants receive support in career counseling, academic monitoring, tutoring; and help to reduce financial barriers. Participants will improve skills for their career field with guided pathways to employment and receive extended benefits for student success.

Services

- Transportation assistance
- Textbooks and course supplies
- Testing and fees*
- And much more!

Eligibility

- Campus of Record Mesa College
- Receiving Cal-Fresh benefits
- Not receiving Cal-WORKS
- Enrollment in a Career Technical Education (CTE) program

Contact

If you are interested in participating in the Fresh Success program please contact us to discuss your eligibility and onboarding!

Ericka Banda

Counselor/Coordinator

Email: ebanda@sdccd.edu

Phone: (619) 388-5726



**subject to approval*

Fresh Success

**“Helping low-income Californians succeed
in the workforce.”**

- **The Stand has partnered with the foundation of California Community Colleges to implement Fresh Success Program starting Fall 2023**
- **Program benefits include improved skills for students who are unemployed or low-wage workers, extends benefits to students regardless of their enrollment status, provides employment pathway for low income students.**
- **The Stand has partnered with ECMC to provide support to students dealing with unforeseen financial emergencies.**
- **Must be enrolled in classes and have higher than a 2.0 cumulative GPA.**

Housing Support



- Figuring out a budget needed for rent and utilities.
- Finding a specific location to move to.
- What websites to look at for apartments. What to look for in apartments/ what amenities you might need.
- Where to look and find roommates. What questions to ask them before moving in together.
- Give students referrals to shelters, transitional housing, and safe parking locations.

Housing Partnerships



**Youth
Assistance
Coalition**

**Urban
Street
Angels**

**The LGBT
Center**

**YMCA TAY
Youth**

**South Bay
Community
Services**

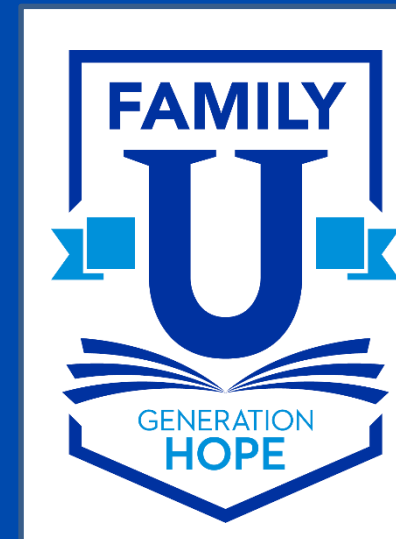
**College
Pads**

Roomchazers

**Off Campus
Housing**

Student Parents

- Family U Seal (spring 2024)
- Family Resource Center -1st floor of LRC
- 2x Lactation Pods
- CalWORKS and CARE
- Parent Café and Parent Healing Circle
- Child Development Center
- Student Parent Scholarships
- More to come!



Student Parents

- **Title IX**
 - **Illegal to discriminate on the basis of sex or gender.**
 - **Lactation/Nursing rights**
 - **Parenting Students**
- **Campus Policies**
 - **Minor Children who are not enrolled are not permitted in any classroom at any time**
 - **Minor Children who are not enrolled are not to be left unattended at any time on campus.**

50 YEARS OF TITLE IX - A LAW FOR ALL

Title IX is widely celebrated as the landmark 1972 legislation that advanced and protects the inclusion of women & girls in sports.

But did you know Title IX also applies to...

SEXUAL HARASSMENT/ASSAULT VICTIMS

Title IX empowers individuals to report gender-based violence, harassment, and discrimination and guarantees due process.



PREGNANT & PARENTING STUDENTS

Title IX requires schools to provide the same services to pregnant students that it provides to those with temporary medical conditions.

LGBTQ+ COMMUNITY MEMBERS

Under Title IX, LGBTQ+ students must have equal access to all aspects of a school's programs and activities.



EMPLOYEES

Employees of federally funded educational institutions are also protected from gender-based discrimination under Title IX.

Learn more at
sdccd.edu/students/titleix/



SAN DIEGO COMMUNITY COLLEGE DISTRICT
CITY COLLEGE • MESA COLLEGE • MIRAMAR COLLEGE • COLLEGE OF CONTINUING EDUCATION

How Can I Help?

- Be informed of and promote campus departments and events.
- Be aware of campus policy and address needed changes.
- Consider donating to The Stand, we take food and clothing.
- Participate in events, such as volunteering at our food distributions.
- Refer students to The Stand (K106/K105) and/or refer students to complete a Basic Needs application online.
- Email: mesathestand@sdccd.edu
- Front Desk: (619)-388-5726
- Follow us on Twitter, Instagram, and Tik Tok: @SDMesaTheStand

Questions

