

UC DAVIS

WELCOME TO



Supporting Students

Vignette 1

A freshman student in your nutrition class appears to have visible weight loss over the past 7 weeks, and her clothing now looks baggy and she has dark circles under her eyes. You also notice that she seems distracted in class, and no longer participates. You approach her to show care and concern and she replies “I have been fasting as part of my religion”.

- What is your reaction?
- What issues/concerns do you have?
- How would you respond? What would you say?

Goals for Today

- To understand the varied and intersectional challenges some of your students face
- To help you identify indicators that a student needs help
- To increase your familiarity with resources to assist you in helping your students



AB540 and Undocumented Student Center

<http://undocumented.ucdavis.edu>

Ignacio/Nacho Alarcón (they/them pronouns)

Assistant Director

ialarcon@ucdavis.edu

Resources Available

- Immigration Legal Services
- Emergency Grants & Scholarships
- Academic and Career Advising
- Co-Curricular and Student Engagement Programs
- SAFE SPACE!
- Empowerment/Community



Workshops and Events

- UndocuWelcome
 - » Fall Quarter
- URAW – UndocuResource Awareness Week
 - » Winter Quarter
- UndocuTalks (Bi-weekly) and Mental Health Mondays
- UndocuAlly Programs
 - Educators
- KYR - Know your rights training





Mission

Aggie Compass

**Food
Access**

**Sustainable
Housing**

Goals

**Sydney Smith
Faith Oladimeji
11/06/2019**

Mission

To help mitigate the effects of food and housing insecurity on students, while working to change policy, systems and environment that will affect long term change

Goals

1. Students are aware of the center, staff programs, resources, and services
2. Students are participating in basic needs programming , CalFresh applications and enrollment, crisis resolution and awards
3. Students with the highest need are meeting with basic needs coordinators where their needs are assessed and they are provided equitable support
4. Increase prevention intervention and decrease crisis resolution cases
5. Transition campus culture from crisis/ fear/ shame/ guilt to understanding and engagement

Sustainable Housing

Our basic needs coordinator, Howard Channel, focuses on sustainable housing

- provides housing/ basic needs grants
 - rent subsidy
 - security deposit assistance
 - distributes funds for emergency housing/ gap housing

Food Access

Our basic needs coordinator, Nubia Goodwin, focuses on food

- Pantry network- mobile & satellite locations
- Fruit & Veggie Up! Twice a week
- dining hall meal swipes
- grocery store vouchers
- CalFresh enrollement



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Counseling Services Resources & Responding to Student Needs

Katie Cougevan, Ph.D.
November 2019

UCDAVIS

**STUDENT HEALTH AND
COUNSELING SERVICES**

Common Student Stressors

- Personal
- Cultural
- Relational
- Family
- Academic

Recognizing – Possible Signs of Distress

- Academic Indicators
- Behavioral and Emotional Indicators
- Physical Indicators
- Safety Risk Indicators
- Other Factors

Counseling Services

- Individual and Group Therapy
- Mental Health Advocacy
- Skill-Building Workshops for Students: You Got This (HeM)
- Therapy Assistance Online program
- Call 530.752.0871 to make an appointment & to consult about students of concern.



Counseling Services Satellites

- Academic Satellites
 - Embedded mental health providers providing faculty/staff consultations and counseling appointments for students
 - all four UCD colleges
 - three UCD professional schools (Law, SOM, & SVM)
 - Prioritizing access for students with barriers to central locations
- Community Advising Network (CAN)
 - Prioritizing access for students in Student Affairs
 - Student Life centers

After Hours Mental Health Resources

Consultation

- Mental health staff available 24 hours/7 days week by phone at **530-752-0871** – for students and faculty
- Texting crisis line: Text "**RELATE**" to 741741 for 24/7

Online Counseling through Live Health Online

- Visit: <https://shcs.ucdavis.edu/on-line-visits>
- Enter code: COUNSELINGUCD for free counseling
- Therapy Assistance Online

Group Discussion

Vignettes



Q & A

Normalizing Resource Use

Student FAQs for Syllabus:

<https://ebeler.faculty.ucdavis.edu/resources/faq-student-resources/>

Canvas plug-in:

<https://ebeler.faculty.ucdavis.edu/resources/>

Resource Recap

AB540 and Undocumented Student Center

752-9538 or <https://undocumented.ucdavis.edu>

Aggie Compass

752-9254 or <https://aggiecompass.ucdavis.edu>

Student Disability Center

752-3184 or <https://sdc.ucdavis.edu>

Student Health and Counseling Services

752-0871 or <https://sdc.ucdavis.edu>