



# ALLY TRAINING BLUEPRINT



# MEET THE TEAM



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Program Specialist II



**Rigo Estrada, MSW**  
Program Director



# Land Acknowledgment

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We acknowledge that we gather at Evergreen Valley College on the unceded aboriginal homeland of the Tamien Nation, past, present, and future. We honor with gratitude the Tamien People who teach us that our relationship with the land is reciprocal, and we must work in unison to keep the world in balance.



# ALLY TRAINING

EVENT

## Basic Needs Allyship Training

Last Updated 07/12/2023

### Details

Join us in an essential professional development opportunity. This training will provide insight on what students' basic needs are, identify student cues related to basic needs insecurities, as well as explore best practices on how to support, guide, learn with, and from our basic needs insecure student population on campus.

*Reasonable accommodations, including Sign Language Interpreters, can be provided upon request with 10 days advance notice. For Zoom Meetings, participants may request the Host to enable the Live Transcript feature. If you would like to request a live interpreter, please submit an [ASL Interpreter Request Form](#).*

*Note: If this activity was completed during assigned work hours, or pay was received for attending this activity, it cannot be claimed for PGB, PGH, PGI, nor FLEX Credit.*

***This activity is approved for up to 3.0 hours toward Professional Growth Increment (PGI) and Professional Growth Hourly (PGH) credit by Salary and Leaves. Faculty may claim PGI (Full Time Faculty), PGH (Adjunct Faculty), or FLEX credit for this activity. The non-teaching hourly rate shall be paid to adjunct professors completing approved on-campus professional growth workshops up to a limit of six (6) hours per fiscal year.***

Provider	Mt. San Antonio Community College District
Available Language(s)	English (US)
Subject(s)	<a href="#">Diversity/Equity/Cultural Intelligence, Student Services and Support</a>
Training Contact	Rigo Estrada restrada15@mtsac.edu
Mt SAC Credit Type Approved	FLEX, Professional Growth Hourly (PGH- Adjunct Faculty), Professional Growth Increment (PGI – Full-time Faculty)
Mt SAC Credit Type Selected	None
TITLE 5 Category	Staff development, in-service training and instructional improvement

EVENT

Basic Needs Allyship Training

Select a Session

or

Assign

# Branding

- Certified Ally Signature icon
- Certified Ally Pin
- Certified Ally Certificate
- Certified Ally Merch\*





# Land Acknowledgment

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We like to include the land acknowledgement as we commit to providing an inclusive and equitable environment.



# Ally Training Mission

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To equip Staff and Faculty with the proper tools and knowledge to help them serve, advocate for, and support students experiencing basic needs insecurities.

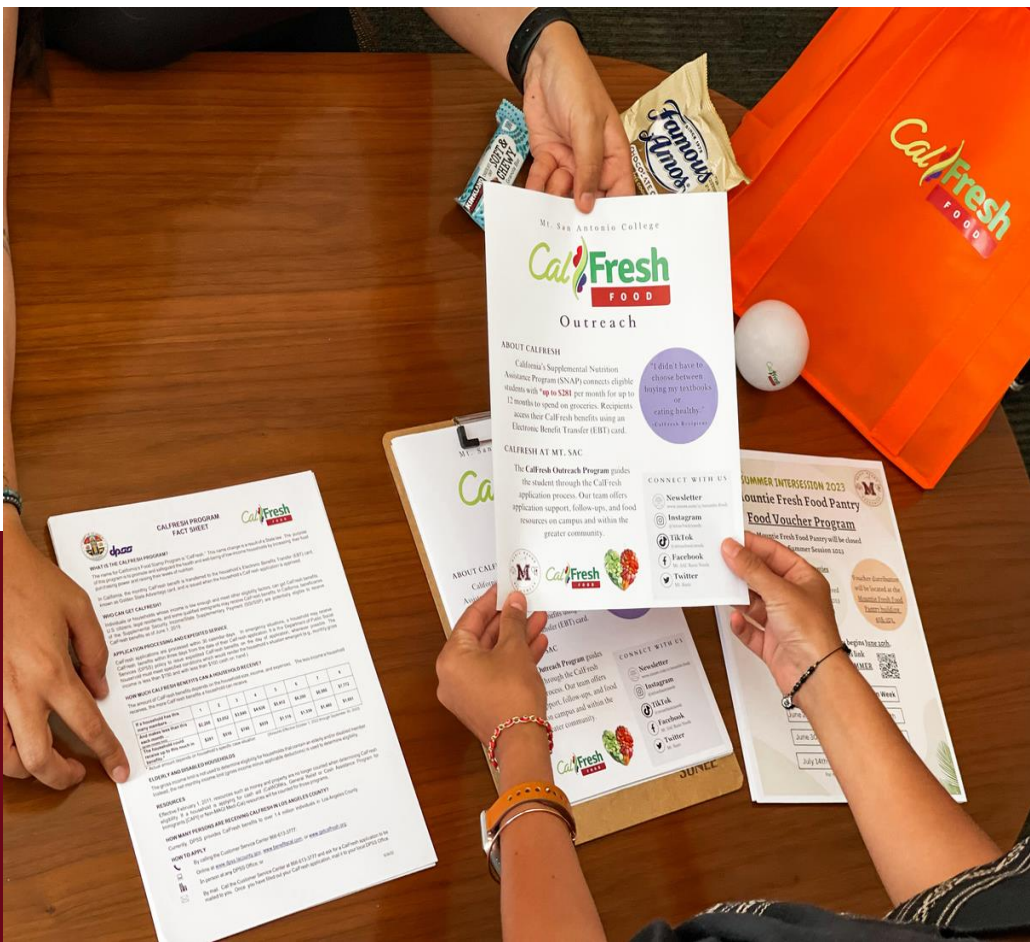


# LEARNING OUTCOMES



- Understand what basic needs are and how basic need insecurity can impact the students we serve.
- Introduce Resilience and Trauma; learn cues of students experiencing trauma/BNI; learn trauma-informed best practices to support and refer students to basic needs support.
- Understand the services and how they are provided at the Basic Needs Resources Center.
- Understand what it means to be a Basic Needs Ally.

# UNDERSTANDING BASIC NEEDS



# TERMINOLOGY



**Basic Needs**



**Homelessness**



**Housing Insecurity**



**Couch Surfing**



**Food Insecurity**



**Hunger**



**Trauma**



**Trauma Informed**



**Resilience**

Review terminology from the basic needs world that can support the participant understand more about basic needs and establish a baseline understanding. For example, teaching the difference between homelessness and housing insecurity.



# Abraham Maslow's **HIERARCHY OF NEEDS**



# IMPACT ON STUDENTS

## WELLNESS



## EDUCATION



## HOUSING



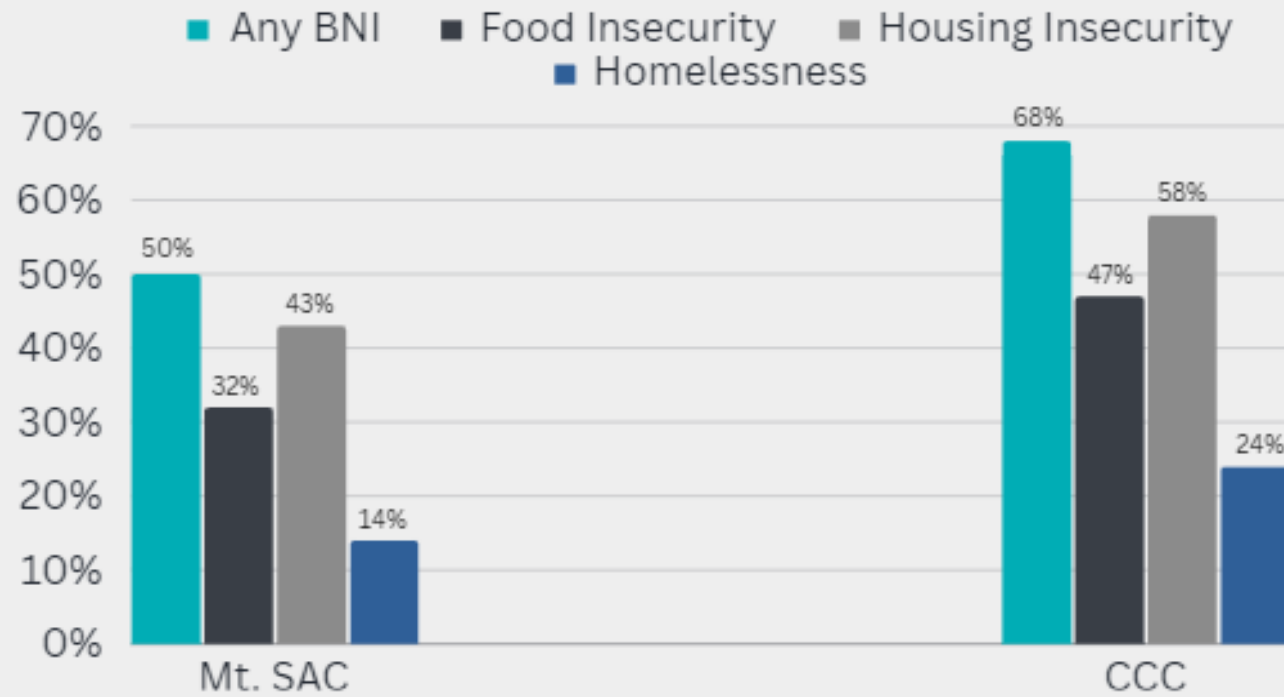


# Basic Needs Data

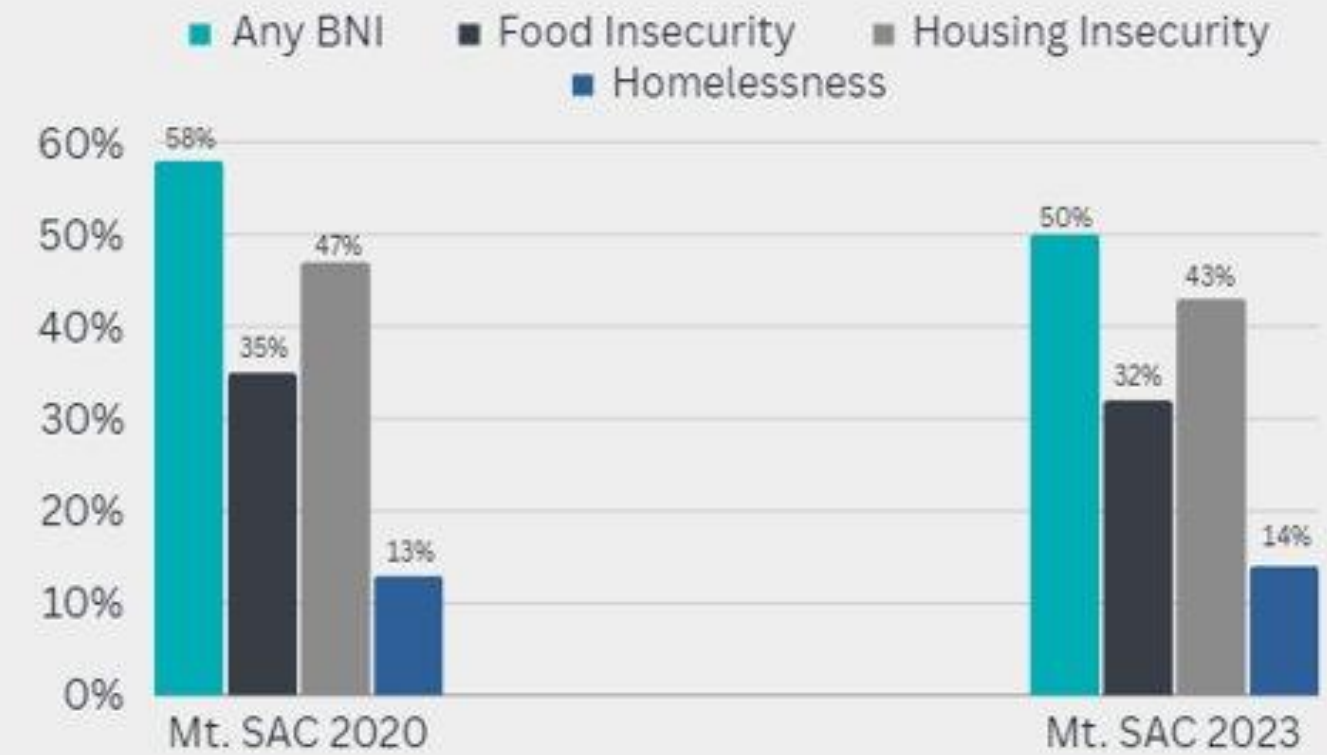
# Comparative Basic Needs Data Example



## MT. SAN ANTONIO COLLEGE VS. CALIFORNIA COMMUNITY COLLEGES



## MT. SAN ANTONIO COLLEGE 2020 VS. 2023



# DISPARITIES IN BASIC NEEDS INSECURITY



Figure 8a. Basic Needs Insecurities among Foster Youth

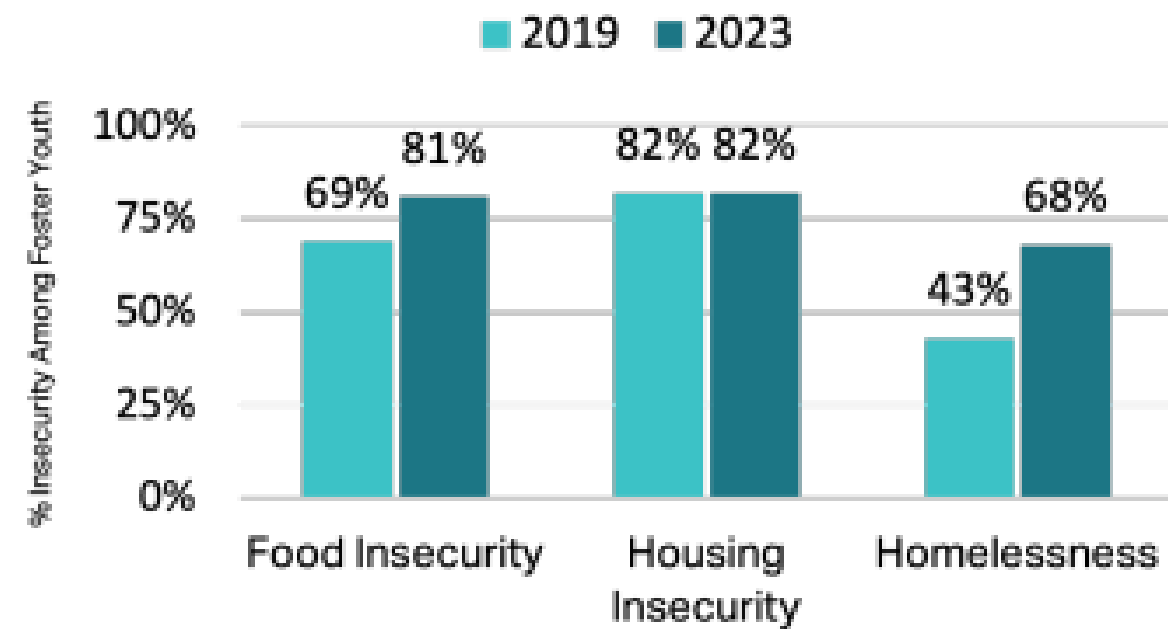
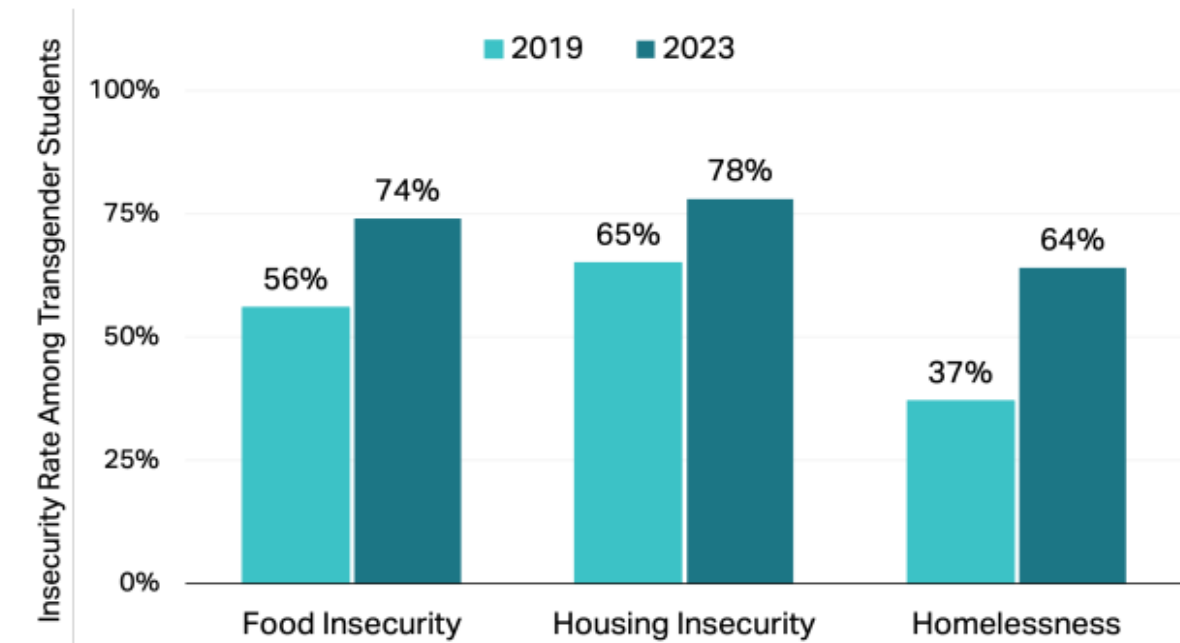
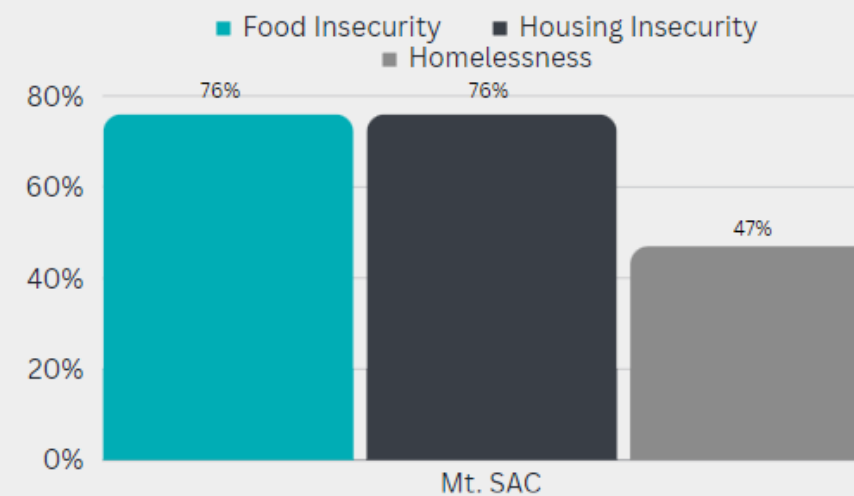


Figure 7. Basic Needs Insecurity Rates among Transgender California Community College Survey Respondents in 2019 and 2023



## MT. SAN ANTONIO COLLEGE FOSTER YOUTH IDENTIFYING STUDENTS





# REFLECTION 1

# Break Time

10-minute





# UNDERSTANDING TRAUMA & RESILIENCE

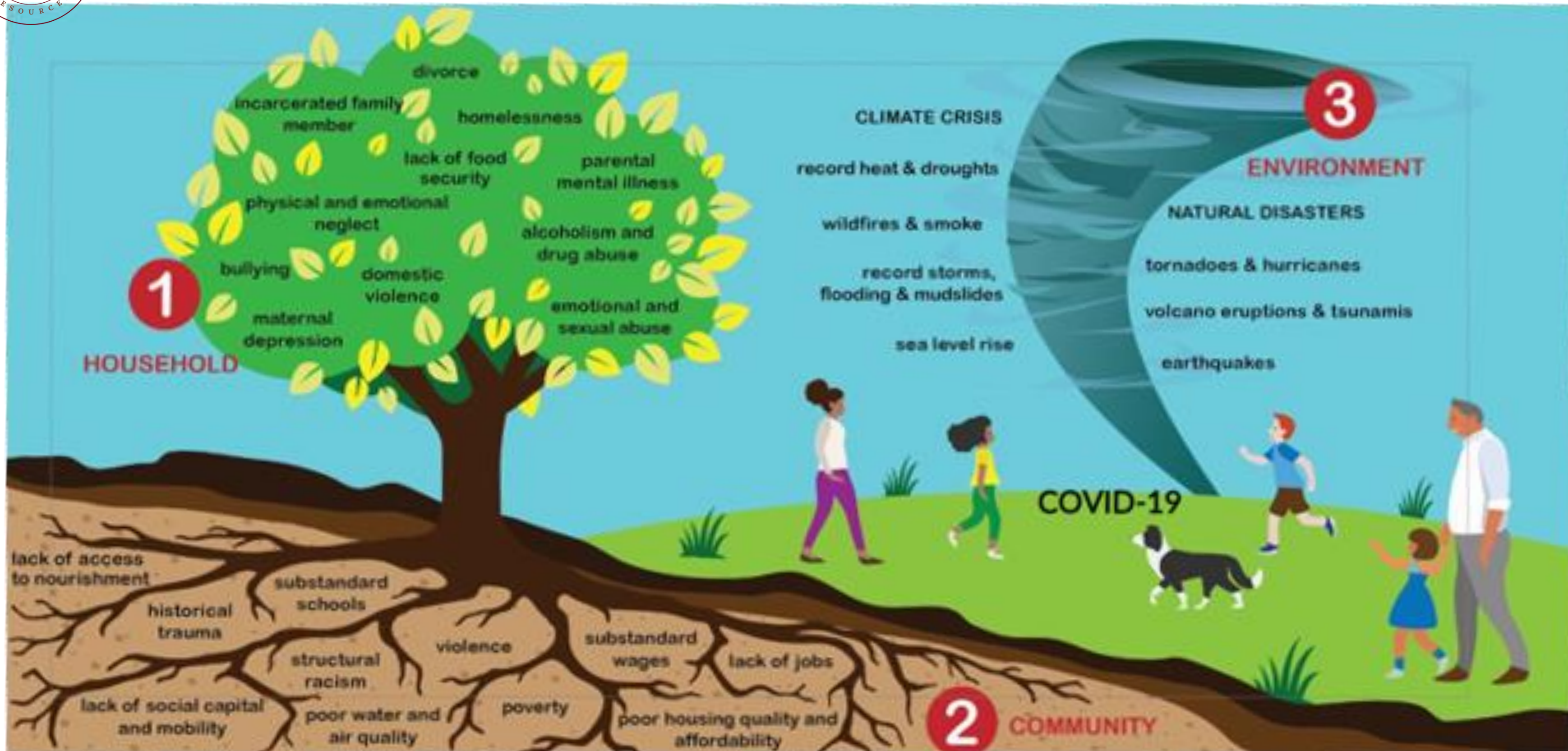
# TRAUMA



- How Trauma Affects the Body
- Types of Trauma
- Adverse Experiences that can cause Trauma

Herman, 1997

Mt. SAC Basic Needs Resources



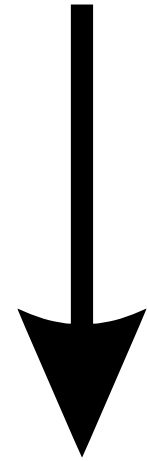


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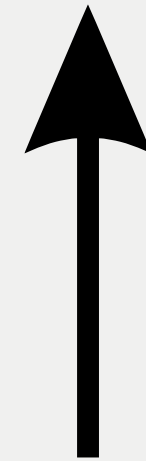
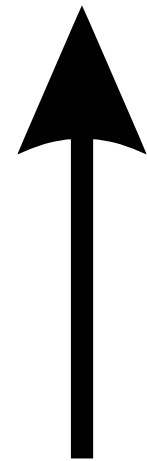
# RESILIENCE



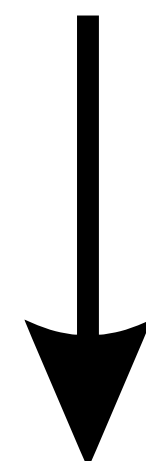
# WINDOW OF TOLERANCE



**Acute or frequent adversity and stress shrink our window of tolerance.**



**Having support and care widens our window of tolerance so we are able to cope with challenges and resist illness and disease**





# REFLECTION 2

# Check-In



# Becoming Aware



- Possible Cues inside and outside the classroom.



# WHAT ARE SOME POSSIBLE CUES?





# CUES CAN INCLUDE

- Always unorganized
- Consistently falls asleep in class
- Excessive tardiness or absence from class or scheduled appointments
- Inconsistent grooming
- Consistent incomplete or missing work
- Lacking basic school supplies
- Constantly anxious or nervous about deadlines, exams, group work, or public speaking.
- Anger, helplessness, or disassociation when stressed.
- Marked change in behavior





# Best Practices



# TRAUMA INFORMED PARADIGM SHIFT



“What is wrong with you?” to “What happened to you?”

# CORE VALUES OF TRAUMA-INFORMED CARE



- Safety
- Trustworthiness
- Choice and control
- Collaboration
- Empowerment

Fallot, R.D., & Harris, M.(2009).Creating Cultures of Trauma-Informed Care (CCTIC): A self-assessment and planning protocol. Washington, DC: Community Connections.



# SYLLABUS STATEMENT

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Please consider including a brief basic needs statement in your syllabus.



# READY MADE STATEMENT

## **Food, Shower, Housing, and Other Basic Needs**

"Food and housing challenges affect many students at Mt. SAC. If you are experiencing this, you are not alone. If these challenges are affecting your success in the course, let's talk and I'll share what I know about campus resources. If you feel more comfortable talking with someone else, many people are here to support you like Basic Needs Resources Program, Counselors, the Mt. SAC Health Center, your coaches or club advisor, and Mt. SAC staff at the many programs and centers on campus. Or if you would like to explore resources on your own, check out the Basic Needs Resources Program, Mountie Fresh Food Pantry, and the Basic Needs CalFresh Outreach webpages."



# CONSIDER ADOPTION ZERO OR LOW-COST MATERIALS





SHARE WHAT  
YOU KNOW!





# CONVERSATION WITH THE STUDENT

Check in with students. Identify learning as the primary goal— and students’ emotional safety as a necessary condition for it.

Never underestimate the impact of sincerely asking a student, “What’s going on?”

Open up various channels of communication (office hours, frequent emailing, suggestion box )



# EMPATHIC LISTENING



- Thank you for sharing this with me...
- I am sorry you are going through this...
- Let me help you get to the right place...
- I will only share this information with...

You **CANNOT** guarantee confidentiality, but you can direct them to confidential resources.



# SCENARIOS ACTIVITIES



# OUT-OF-CLASS

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You work in the financial aid office. Student Sofia has been coming in every day these past two weeks to see if there is an emergency grant she can apply for or if there is any additional funding she can receive. You notice that every time Sofia comes into the office, she stops at the snack rack and grabs a handful snacks. She opens all of them immediately and eats them before walking up to the front desk.



# DURING CLASS

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Michael has been falling asleep in class this week and has not been engaging in class discussions. When asked to work on a group activity in class, he got frustrated and said he did not want to work with anyone. Michael also seemed unprepared and didn't have any class materials with him.



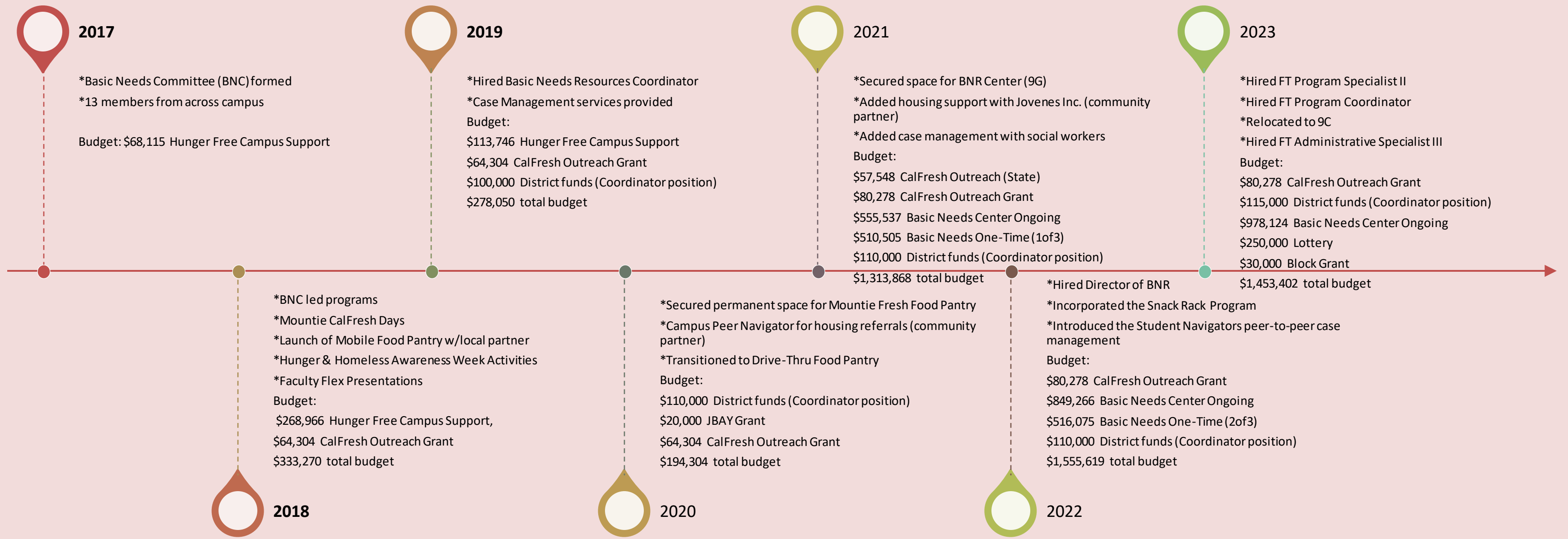
# INVESTMENT IN BASIC NEEDS

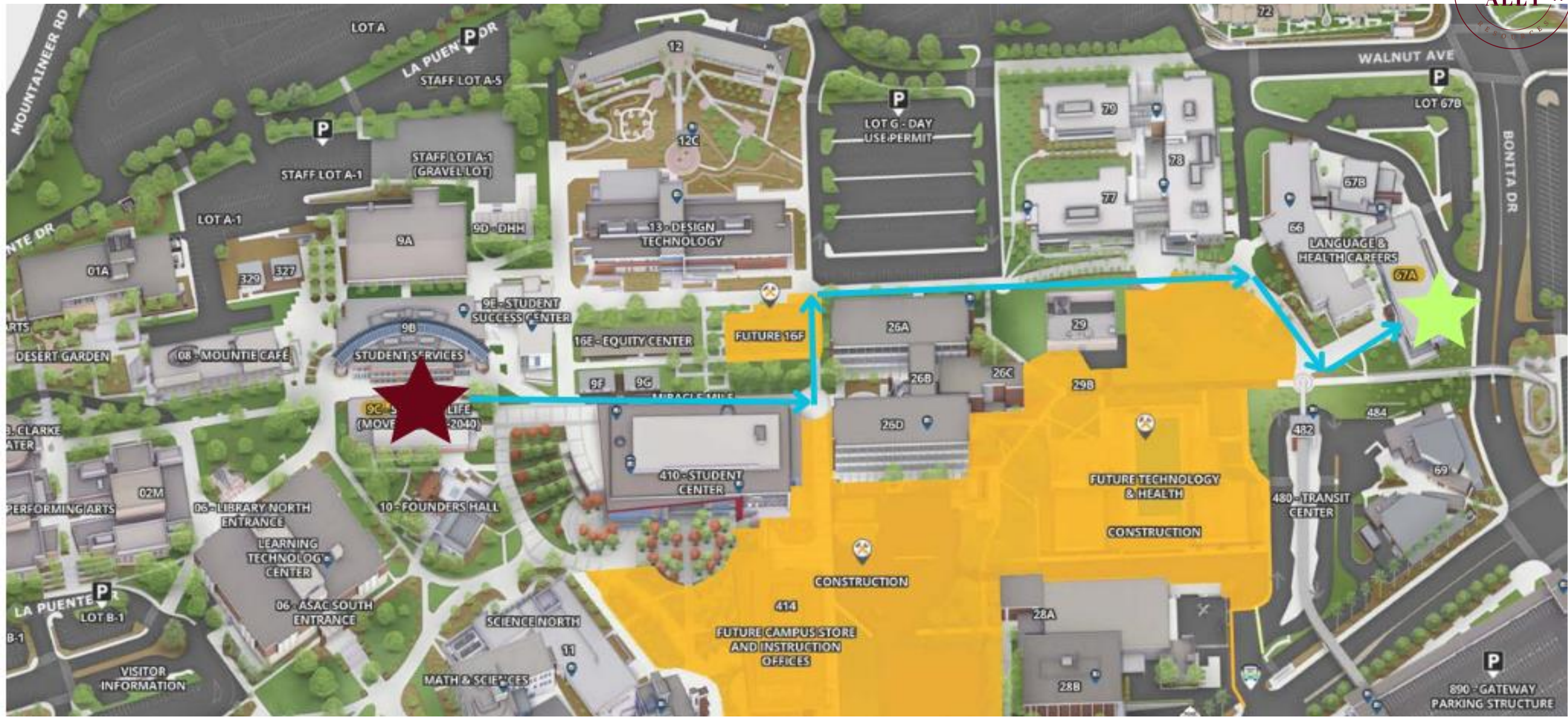


\$40 million annually to support  
California Community College  
Basic Needs Centers

- Hire a Basic Needs Coordinator
- Assist students with enrollment in CalFresh
- Collaborate to ensure students have full access to financial resources and aid
- Coordinate with the local homeless response system to facilitate access to housing support services
- Cultivate partnerships with community-based programs to facilitate access to services
- Develop a local list of all on- and off-campus basic needs services and resources
- Streamline the application and intake process to minimize duplication and eliminate barriers to access
- Develop and implement outreach plan
- Provide easy access to student basic needs

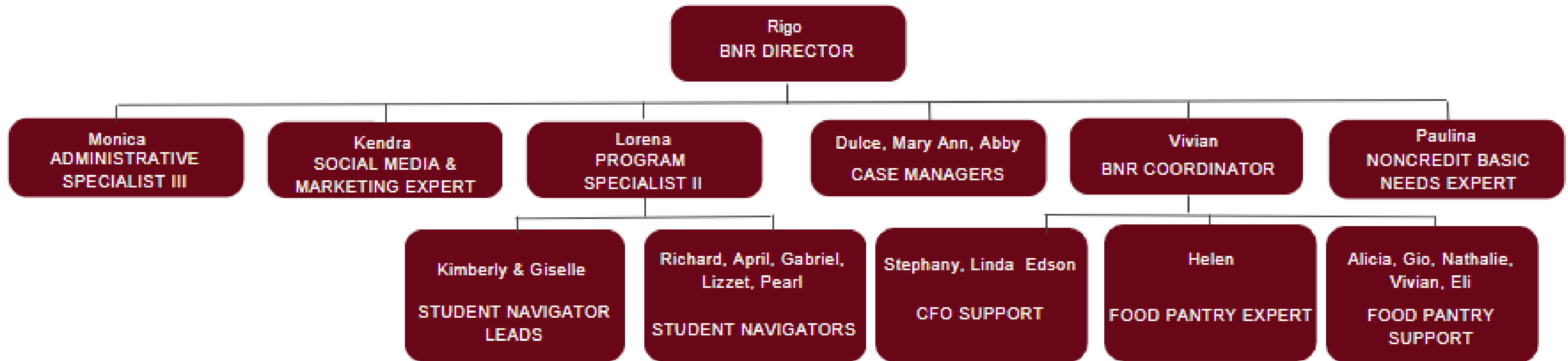
# TIMELINE







# ORGANIZATIONAL CHART





# TEAM STAFF PICTURES

Purpose:



# PROGRAM GOAL



**Food Resources**



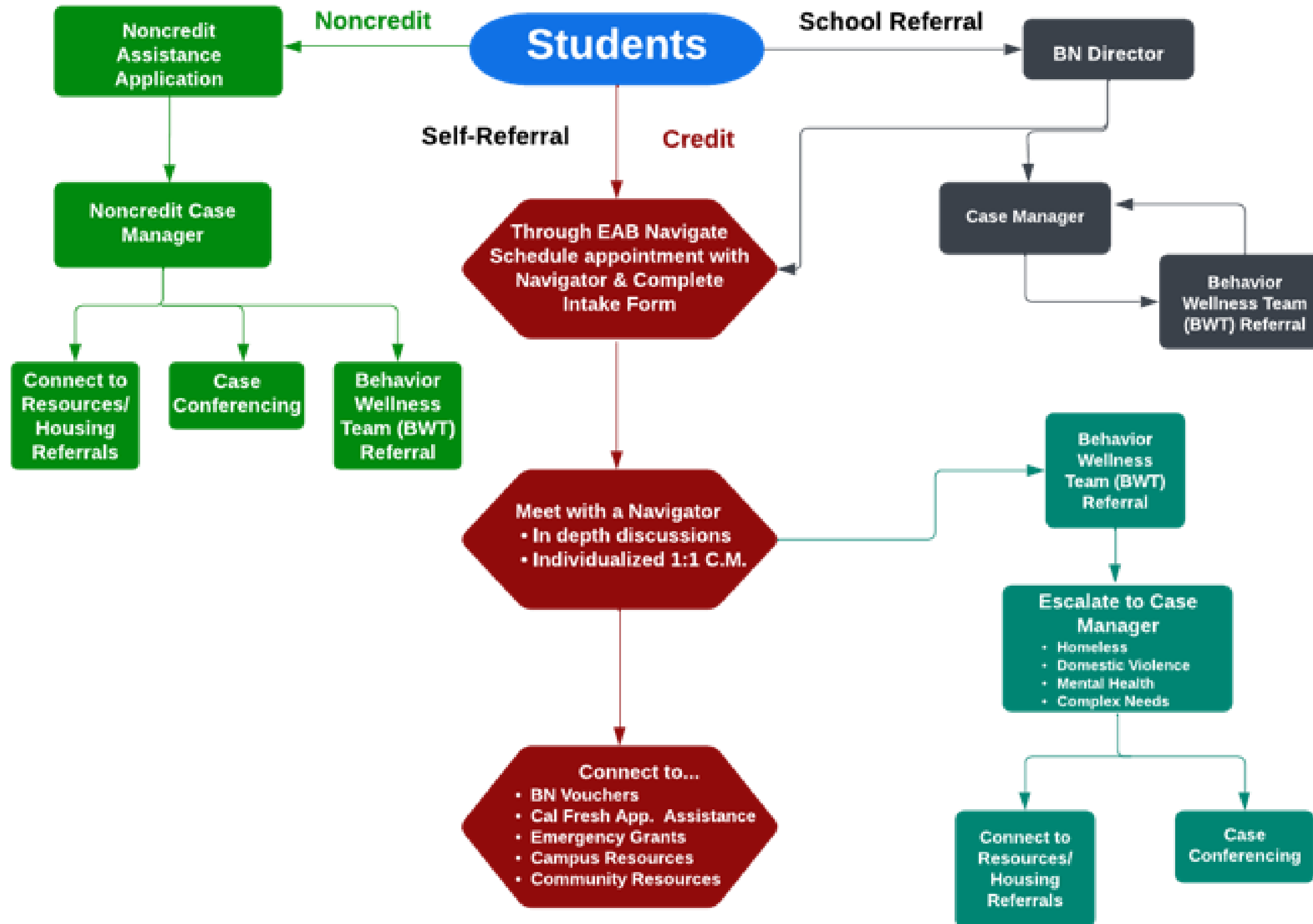
**Case Management**



**Housing Resources/Referrals**



# Mt. SAC Basic Needs Resources Case Management





THANK  
YOU



# CONTACT

**Call**

909-274-6170

**Email Address**

basicneeds@mtsac.edu

**Social Media**

@mtsacbasicneeds

**Address****Website**

[www.mtsac.edu/basic-needs/](http://www.mtsac.edu/basic-needs/)

Basic Needs Resources Center, 9C  
Mountie Fresh Food Pantry 67A-103  
1010 N. Grand Ave  
Walnut, CA. 91789