

California Community Colleges **HEALTH & WELLNESS**



Updates from the California Community Colleges Chancellor's Office

The California Community Colleges Chancellor's Office is monitoring the situation with the outbreak and will continue to update California Community Colleges Chancellor's Office COVID-19 web page.

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Resources for Students



Webinars & Online Forums

Active Minds Webinar: Sleep, Self-Care, and Sharing a Productive, Healthy Indoor Environment Everything Students Need to Know About Mental Health During COVID-19

Intended for: Students

Tuesday, March 24 | 4:00 PM PT

Millions of students have been displaced due to COVID19-related school closures and are curious about practicing self-care, creating a productive, healthy indoor environment, talking to their parents about mental health while quarantined and more. In this special event, Dr. Jennifer Hartstein and Dr. Kristen Lee will share their best tips for all of these questions and more during this free, interactive discussion with up to 500 student participants.

Active Minds Student Chat: Student-Led Mental Health Advocacy in an Era of Physical Distancing

Intended for: Student Mental Health Advocates (including Active Minds Chapter leaders)

Wednesday, March 25 | 4:00 p.m. PT

In an unprecedented moment for higher education, students continue to lead the way with innovative, creative, and impactful ideas to support the mental health needs of their peers. This interactive meeting and discussion, led by Active Minds, will share strategies students have employed to maintain connection, educate and support mental health and wellness, and build community at a time of increased anxiety, isolation, and instability among students. This special event is limited to 100 student participants.

Active Minds Webinar: Communicating in Quarantine Tips to Encourage Mental Wellness in Close Quarters

Intended for: Young Adults, Parents, Remote Workers, Neighbors/Community Members

Thursday, March 26 | 4:00 p.m. PT

All over the country, families, communities, schools, and workplaces are facing feelings of isolation and challenges with communicating with others as a result of students returning home after school closures; individuals balancing multiple responsibilities in a shared space; and colleagues, students, faculty, and administrators continuing their work through online formats. This webinar will share easy, practical ways we can start supporting each other better right now through active listening. Event limited to 500 participants.

Taking Care of Your Emotional Wellness

Coping and Staying Emotionally Well During COVID-19 School Closures

This Active Minds post describes the potential impact campus closures will have on the mental health and wellbeing of students, staff, and faculty, and shares tips for self-care

[Taking Care of Your Mental Health during the COVID-19 \(Coronavirus\) Outbreak](#)

This information from Mount Holyoke College is intended to support students coping with COVID-19, especially students with loved ones in China

[Coronavirus Sanity Guide](#)

These free resources from Ten Percent Happier include meditations, blog posts, podcasts and talks to help build resilience and calm anxieties.

[COVID-19: How to Prepare – Manage Anxiety & Stress](#)

Centers for Disease Control (CDC)

[English](#) | [Spanish](#)

[Stigma and Resilience During COVID-19](#)

CDC

[Helping Children Cope with Emergencies](#)

CDC

[Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#)

SAMHSA

[English](#) | [Spanish](#)

[Coping with Stress During Infectious Disease Outbreaks](#)

SAMHSA

[English](#) | [Spanish](#)

[Protecting Your Mental Health During the Coronavirus Outbreak](#)

American Foundation for Suicide Prevention

[COVID-19 \(CORONAVIRUS\) INFORMATION AND RESOURCES](#)

National Alliance on Mental Illness (NAMI)

**Foster Youth, Former Foster Youth and
Homeless Students**

Resource: Cell Phones, Laptops, Work Study Payments, Free Storage

As the situation surrounding the COVID-19 virus becomes increasingly urgent, efforts are underway to address the needs of foster youth, homeless youth and other vulnerable populations. Several are listed below. **California Youth Connection** is maintaining an updated [list](#).



- **John Burton Advocates for Youth** is working with **iFoster** to distribute laptops to campus programs and organizations working with foster and homeless youth impacted by classes going online. Requests must come from campuses or organizations who will then distribute the laptops to their students. Individual students should contact their campus support program or the organization that assists them.
- iFoster distributes cell phones to foster youth.
- The Department of Education has issued **guidance** clarifying that work study payments may continue in the event of a school closure and other clarifications related to financial aid policies.
- U-Haul is offering 30 days of **free storage** for college students (regardless of foster youth status)
- **Comcast** and **Spectrum** are offering free Wi-Fi to households with students.

Resource: COVID-19 Response for Youth Who Are Homeless or in Foster Care

Many students who have experienced homelessness or foster care do not have a strong support system to which they can turn to in times of crisis. They may not have a caring adult to call for advice or information on how to keep safe and healthy. This lack of familial support can mean they do not have help to prepare in times of a public health crisis, nor manage the additional life stressors the crisis brings. COVID-19 is affecting many people of all ages, but students are especially vulnerable and cannot be overlooked. This three-page guide, co-authored with the Juvenile Law Center and the Hope Center, aims to provide concrete tips and resources in order to support students who are homeless or with experience in foster care during the COVID-19 crisis in order to promote health and educational success.

GET THE GUIDE

Resources for Colleges



Transitions ACR Webinar: Supporting College Students with Mental Health Conditions in the Wake of COVID-19

Wednesday, March 25 | 11:00-12:15 p.m. PT

This webinar describes methods to help support college students with mental health conditions who have been affected by disruptions in school due to COVID-19. This webinar is for providers who currently provide supported education services or who support college students on campus in the Office of Disability/Accessibility, Counseling/CAPS, and other academic support offices. The emphasis of this webinar is to share strategies that can help students develop organizational strategies while working from home. Students will be struggling to figure out a new routine in the wake of COVID-19 and negotiating new ways to manage the demands of their coursework as classes move online. The first 45 minutes of the webinar will cover relevant content, and the final 30 minutes will be allotted for Q&A to allow for brainstorming and resource sharing.

COVID-19 Conversations The Science of Social Distancing: Part 1

Wednesday, March 25 | 12:00-1:30 p.m. PT

The first COVID-19 Conversations webinar will review how COVID-19 is transmitted, historical lessons from past pandemics, the state of the science on social distancing, and the targeted and layered nature of how social distancing practices are enacted. A free webinar series on the latest science and strategies from the NAM and the American Public Health Association

Advising & Counseling Online: Responding Effectively To Academic & Mental Health Issues

Thursday, March 26 | 10:00 - 11:00 m PT

This webinar will cover the essential components of successful online advising, focusing on how those components can be integrated in a way that accentuates the advantages of both face-to-face as well as virtual delivery approaches. A primary focus will be on making the transition from face-to-face to an online model to deliver the most successful experience possible for the student. The webinar will emphasize evidence-based best practices that meet both students, as well as, institutional needs while preserving and

reinforcing the advantages associated with an in-person model. How to address academic and mental health needs in an online environment will be discussed in an integrated manner, with an emphasis on skills and competencies needed to make a seamless transition.

The [American College Health Association](#) has created a guide to help college health staff and campus administrators address COVID-19 on campus.

The [Hope Center](#) has outlined resources for supporting college students during this crisis.

[Supporting Students During COVID-19: The #RealCollege Guide](#)

Colleges and universities across the US and around the world are scrambling to keep their students, faculty, and staff healthy, safe, and educated during the COVID-19 pandemic. The Hope Center for College, Community, and Justice offers this resource to support this work.

[Hope Matters: 10 Strategies to Support Students and Help Them Learn During Coronavirus](#)

This Inside Higher Ed post from Mays Amad of Pima Community College describes concrete ways that college instructors can support their students.

General COVID-19 Resources

- [California Department of Public Health Coronavirus 2019 \(COVID-19\) Updates and Guidance](#)
 - [Daily Situation Reports from the World Health Organization \(WHO\)](#)
 - [How Coronavirus Spreads – US Centers for Disease Control and Prevention \(CDC\)](#)
 - [Prevention and Treatment – CDC](#)
 - [Guarding Against Stigma Related to Coronavirus – CDC](#)
 - [Information for Travelers – CDC](#)
 - [CDC Guide to Handwashing](#)
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[**www.cccstudentmentalhealth.org**](http://www.cccstudentmentalhealth.org)

The California Mental Health Services Authority (CalMHSA) is an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and Early Intervention programs implemented by CalMHSA are funded through the voter-approved Mental

Health Services Act (Prop 63). Prop. 63 provides the funding and framework needed to expand mental health services to previously underserved populations and all of California's diverse communities.

