**RESOURCES FOR STUDENTS WHO NEED DIRECT SERVICES**

## FINANCIAL RESOURCES


EOP Resources // Have unusual educationally-related expenses? Students of the Educational Opportunity Program have access to grants and other services. eop.sa.ucsb.edu/services/grant

Financial Crisis Response Team // The FCRT assists students facing financial difficulty by connecting students to loans, grants, or housing resources. Contact financialcrisis@sa.ucsb.edu

AS Community Financial Fund // Get financially fit with these Financial Literacy Workshops offered! Schedule available at cff.as.ucsb.edu

Veterans Resources // Top-notch customer service available to all veterans, service members, and their families during every step of their UCSB journey. sa.ucsb.edu/veterans

## HEALTH & WELLNESS RESOURCES

Counseling and Psychological Services (CAPS) // CAPS can help students cope with psychological stress. Counseling can be particularly useful when academic difficulty is related to personal distress. For appointments, call (805) 893-4411 or visit Building 599. More info: caps.ca.ucsb.edu/services/overview

UCSB Nutrition Counseling // Students can attend nutrition counseling to receive diet counseling for long-term health, develop a positive body image, and other services. Free for students covered by Gaucbo Health Insurance or Gaucbo Access Plan. Appointments can be scheduled at: (805) 893-3371 or by visiting studenthealthoc.sa.ucsb.edu

## HOUSING RESOURCES

Community Housing Office (CHO) // CHO assists with housing placement, relocation, documentation, roommate dispute mediation and other critical issues. Visit: housing.ucsb.edu/cho

SB Student Housing Cooperative // Provides low rent co-op housing for student, staff, and faculty at UCSB. www.sbccoop.org

Isla Vista Tenants Union (IVTU) // IVTU is a student-run service that provides guidance and advocacy for tenants’ rights. ivtenantsunion.com

## FOOD ACCESS RESOURCES

CalFresh // CalFresh benefits as a free financial aid tool to eat healthy. Qualify for up to $192 per month for groceries. food.ucsb.edu/resources/financial/calfresh

Peer Advisors // Students can drop-in to talk with a peer advisor and learn about campus resources related to basic needs, such as food, housing, and financial resources. food.ucsb.edu/resources/food-nutrition/peeradvisors

AS Food Bank // The A.S. Food Bank provides registered undergraduate and graduate students with fresh food, produce, and toiletries. They also operate mobile food distributions in the west campus neighborhood. foodbank.as.ucsb.edu

Food, Nutrition, and Basic Skills // Learn to cook, eat well, and stay on budget through these free, hands-on workshops and food demonstrations. food.ucsb.edu

Greenhouse and Garden Project // GHGP provides a safe, educational space for students, faculty, and staff to grow their own food. ghgpucsb@gmail.com

Bus Routes // SB MTD Lines 11, 24x, 15x, and 28 run to Camino Real Marketplace where students can visit 5 local markets. Line 11 towards downtown also goes to Old Town Goleta where students can visit Santa Cruz Market or the Oriental Market. www.sbmtd.gov

Dining Commons // Reach out to Residential Dining's Dietitian to address dietary concerns or special needs. Dining can also provide tips on how to make healthy choices in the dining commons. dkemp@housing.ucsb.edu

Grocery/Meal Vouchers // Students who are in need of a prepared meal may receive meal vouchers. If staff need more to disperse, contact financialcrisis@sa.ucsb.edu

Swipe Out Hunger // Students can apply to receive mealtickets to the Dining Commons through the Swipe Out Hunger Program. Learn more and apply at: foodbank.as.ucsb.edu/meal-tickets-swipes-for-us

## QUESTIONS?

Please Contact: Melissa Fontaine
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At UCSB, 48% of our undergraduate students and 31% of our graduate students face food insecurity, meaning that they do not have reliable access to a sufficient quantity of affordable, nutritious food. This can impair a student’s physical & mental health, and academic performance. Students who are food insecure are also more likely to have a lower GPA. Listed below are numerous ways food insecurity may manifest in students. Staff, faculty, and TAs are often the first to encounter a student who is in distress. If a student does not receive positive encouragement and support on their first request for support, they often will not make a second effort to request. UCSB operates on a “no wrong door” procedure where staff and faculty are equipped to welcome students and refer them to the most appropriate resources for their needs.

### Indicative Student Behaviors
- Social withdrawal
- Change in hygiene or appearance
- Decline in academic performance
- Falling asleep in class
- Mention they need money for food, rent, or other expenses

### Staff & Faculty Reactions to Student Behaviors
- Feeling alarmed or concerned for the student’s wellbeing
- Feeling concerned or uncomfortable about the student’s comments or behavior
- Feeling concerned about the student’s ability to exceed in school

### How to Respond to a Student in Need

**DO**
- Speak with the student privately
- Let the student know that you think they should get assistance from other sources in addition to yourself
- Describe the behaviors that concern you to the student
- Show concern
- Assure them that many students seek help over the course of their college career
- Assist the student in choosing the best resource
- Try to help the student in knowing what to expect if they follow through with the referral
- Be frank with the student about the limits of your time, ability, expertise, and/or objectivity
- Keep in mind that the needs of each community member are different when it comes to accessing healthy, affordable, sustainable, and culturally appropriate foods.

**DON’T**
- Assume the role of therapist/counselor
- Remain in a situation that feels unsafe
- Critique the student
- Ignore a feeling that something is not right
- Assume someone else has intervened with or helped the student