DEAR UNDOCUMENTED STUDENTS,

The Undocumented Students Services at Stan State is committed to student success, which includes providing a campus culture that reflects and values diversity and promotes inclusion. As a campus community we strive to fully support all of our students, including undocumented students, families and those most directly affected by current situation with COVID-19, undocumented immigration status, and Deferred Action for Childhood Arrivals (DACA). The Undocumented Student Services office will be temporarily closed until further notice. However, most services will be available via over the phone, zoom meetings, and/or email. The Undocumented Student Services staff is available Monday through Friday from 8:00 a.m. – 5:00 p.m. During this time of uncertainty, it is important for us to stay. We have gathered resources and important information that might be beneficial as you and your families.
We recognize that this is a very distressing, confusing, and hectic time for our undocumented students and their families. Undocumented immigrants face particular challenges during the COVID-19. Not only do they have to face the uncertainty of the current immigration system. However, there's a new layer of fear in the undocumented immigrant community created by COVID-19 and lack of resources available them. We acknowledge the fear and the uncertainty that these hard times might bring to our undocumented community. We strongly believe that our undocumented community deserve to feel safe and empowered regardless of your immigration status.

"Everyone, regardless of immigration status, is eligible for testing and treatment of communicable diseases, including coronavirus" - California Rural Legal Assistance Foundation (CRLAF)

Undocumented Immigrants Have Rights

Everyone in the U.S. has certain rights guaranteed under the U.S. Constitution, regardless of your immigration status. Understanding what your fundamental rights are and how to use them will help you advocate for yourself and others. The Immigrant Legal Resource Center has created a variety of materials to educate the community and prepare individuals. Learn more


Public charge & health Care

USCIS encourages all those, including undocumented immigrants, with symptoms that resemble Coronavirus 2019 (COVID-19) (fever, cough, shortness of breath) to seek necessary medical treatment or preventive services. Such treatment or preventive services will not negatively affect any immigrants as part of a future Public Charge analysis. The Inadmissibility on Public Charge Grounds final rule is critical to defending and protecting Americans' health and its health care resources. The Public Charge rule does not restrict access to testing, screening, or treatment of communicable diseases, including COVID-19. Read more here

https://www.uscis.gov/greencard/public-charge

SCOTUS DACA DECISION

On November 12, 2019, the Supreme Court of the United States (SCOTUS) heard oral arguments in the case of Deferred Action for Childhood Arrivals (DACA). A decision is expected between now and June of 2020.

Possible decision dates:
APRIL- 21st, 22nd, 28th, 29th
MAY- 4th, 18th, 26th
JUNE- 1st, 8th, 15th, 22nd, 29th

U.S. Citizenship and Immigration Services to Continue Processing Applications for Employment Authorization Extension Requests (DACA) Despite Application Support Center Closures

DACA Renewals

U.S. Citizenship and Immigration Services announced that it will reuse previously submitted biometrics in order to process valid Form I-765, Application for Employment Authorization, extension requests due to the temporary closure of Application Support Centers (ASC) to the public in response to the coronavirus (COVID-19) pandemic. This announcement is consistent with existing USCIS authorities regarding the agency's ability to reuse previously submitted biometrics. Applicants who had an appointment scheduled with an ASC on or after the March 18 closure or has filed an I-765 extension will have their application processed using previously submitted biometrics. This will remain in effect until ASCs are open for appointments to the public.

Unemployment Eligibility for DACA Recipients

DACA recipients may be eligible for California State Unemployment benefits as long as their work authorization is valid. These benefits will not be counted against them based on the new Public Charge regulation. To file a claim visit

https://www.edd.ca.gov/Benefit_Programs_Online.htm

Disability Insurance

Some undocumented immigrants are eligible for Disability Insurance (DI) if they are unable to work due to having or being exposed to COVID-19 (certified by a medical professional). To learn

https://www.edd.ca.gov/about_edd/coronavirus-2019.htm
Coping with COVID-19 as an Undocumented Student/Immigrant

The outbreak of COVID-19 may be stressful for undocumented immigrants. Fear and anxiety about a disease can be overwhelming and cause strong emotions. Coping with stress will make you, your families, and your community stronger. During this time of uncertainty we will like to provide you with a list of suggestions that will help you cope with the current situation. It is important to remember that this hard times will pass and we all need to be more strong together.

Coping Strategies

- Allow some time to read some books of your interest.
- Take advantage of technology and stay close to your loved ones by using social media or platforms like zoom.
- Find new habits such as painting, writing, drawing, and crafting.
- Exercise at home, this will help to keep you healthy and will also help your mind to say busy. The internet has a lot of different routines of professionals that can guide you.
- Create a schedule where you can work on homework or work or complete chores around the house.
- Set some time to unplug from the outside world including your phone.
- Staying informed is great, but it is also important to turn off the news to let your mind take a break since it can be overwhelming to hear what is happening 24/7. Know that there are organizations and resources available for everyone regardless of your status.
- Reach out for help if you or any of your loved ones is in need it is okay to ask. Remember that you are not alone!

Helpful Coping Resources

We have gather a with a list of activities and recommendations available for free or low cost to keep you entertained.

Youtube:

- "Undocumented Tales” web series | Fernando Gutierrez
- Share the UndocuJoy | Define American
- Self Love Art Therapy | Thirsty For Art
- "Yoga: Why More People of Color Need this Healing Space?” | Dr. Arabia Mollette

Ted Talks:

- Hiding in plain sight -- my life as an undocumented American
- Undocumented and Unafraid | Agnes Lee
- Why We Need to Stop Talking About DACA & Start Talking About Immigrants
- At-Risk or At-Hope? How We Label Youth Matters | Amy Donofrio
- The power of vulnerability | Brené Brown
- The Beauty of Friendship | Nada Faris

Netflix Series & or Documentaries

- Self Made
- Gentefied
- On My Block
- Dear White People
- Unorthodox
- The Fosters
- The Witcher
- You
- The House of Flowers
- Money Heist
- Bird Box
- Orange is the New Black
- Hello, Privilege. It’s Me, Chelsea
- He Named Me Malala
- Breaking Free
- When They See Us

Netflix Comedy Specials

- Trevor Noah son of Patricia Netflix
- Ali Wong: Hard Knock Wife
- Ronny Chieng: Asian Comedian Destroys America
- Hasan Minhaj: Homecoming King
- Tiffany Haddish Black Mitzvah
- Ali Wong: Baby Cobra
- Bienvenido al Mundo Franco Escamilla

Netflix Movies

- Miracle in Cell 7
- Roma
- To All The Boys I Loved Before
- 100 Meters
- Como Caído del Cielo
- The Boy in the Striped Pajamas
- The Boy Who Harnessed the Wind
- The Theory of Everything
- Justine
There is no doubt that literature transforms us and the process of reading can be healing. Reading can help you realize emotions, and the result can be that emotions deep inside are then able to be expressed and shared.

**Book Suggestions**

- Children of the Land by Marcelo Hernandez Castillo
- Undocumented by Dan-El Padilla Peralta
- Unaccompanied by Javier Zamora
- Driving Without a License by Janine Joseph
- My Underground American Dream by Julissa Arce
- Dear America Notes of an Undocumented Citizen by Jose Antonio Vargas
- Someone Like Me by Julissa Arce
- Citizen Illegal by Jose Olivarez
- I am not Your Perfect Mexican Daughter by Erika L. Sanchez
- There There by Tommy Orange
- The Undocumented Americans by Karla Cornejo Villavicencio
- The Sun is Also a Star by Nicola Yoon
- Poet/Writer Yosimar Reyes
- Juliet Takes a Breath by Gabby Rivera
- The Book of Unknown Americans by Cristina Henriquez
- This is How You Lose Her by Junot Diaz
- The Education of Margot Sanchez by Lilliam Rivera
- The Poet X by Elizabeth Acevedo

**Workout routines**

- Hip-Hop Fit Workout | POPSUGAR Fitness
- Reebok x Les Mills BODYJAM Workout | Les Mills
- At-Home Boxing Workout | POPSUGAR Fitness
- Family Fun Cardio Workout

**Mindfulness**

- Take deep breaths
- Ask yourself: "What is my intention for today?"
- Visualize
- Start the day with a purpose
- Do one thing at a time
- Throughout the day, check in with yourself
- Listen to your body
- Mindful eating: enjoy every meal
- Maintain a gratitude journal
- Be kind to yourself

**Other Recommendations**

- TikTok Videos: Make your own videos
- Follow us on Instagram/Facebook for Daily check-ins and weekly activities
- Eat regular meals with others in the home
- Check-in with friends and family each day by phone
- Use different forms of communication including phone, text, email, messaging, and videocall
- Try supporting others; reassure a friend who feeling stressed out or worried

"WE MUST ACCEPT FINITE DISAPPOINTMENT, BUT NEVER LOSE INFINITE HOPE."

-MARTIN LUTHER KING JR
Campus Resources

The Undocumented Students Services at Stan State is committed to student success, which includes providing a campus culture that reflects and values diversity and promotes inclusion. As a campus community we strive to fully support all of our students, including undocumented students, families and those most directly affected by current situation with COVID-19, undocumented immigration status, and Deferred Action for Childhood Arrivals (DACA). The Undocumented Student Services office will be temporarily closed until further notice. However, most services will be available via over the phone, zoom meetings, and/or email. The Undocumented Student Services staff is available through Monday-Friday from 8:00 a.m. – 5:00 p.m.

Virtual Undocumented Student Services
- Community Engagement
- Continued free immigration consultations
- Daily Phone/Zoom Walk-ins
- Educational Workshops
- Mental Health Referrals
- Monthly e-newsletter
- Organizing & Advocacy Trainings
- Peer Support Groups
- Scholarship Application Assistance

DACA Renewal Funds
In a continued effort to providing a path to success we are happy to inform you that our immigration legal team has identified limited grant opportunities of $495 available to assist with coverage of DACA renewal application fees. This is available to Stan State students, staff, faculty, and community members. If you or someone you know is eligible to renew their DACA, we strongly encourage scheduling an appointment with our immigration legal team to renew their DACA application. A decision from the Supreme Court can be announced any time between now and June and we want to ensure that all students who are eligible, are able to renew. Please let us know if you have any questions or would like to schedule an appointment by contacting us at dreamers@csustan.edu or call (209) 667-3519.

Campus Cares Student Crisis Assistance
Cares is a program designed to provide assistance to currently enrolled Stanislaus State students who are struggling with a personal crisis or an emergency situation. For some students, the financial impact of a fire, temporary homelessness, an unexpected auto expense, injury or loss of a family member could drastically affect their success. To apply visit https://www.csustan.edu/basic-needs/campus-cares

Food Distribution
The Food Distribution will remain available to provide supplemental food assistance to students during the COVID-19 health crisis. For more information visit https://www.csustan.edu/basic-needs/food-distribution

Student Health Care
The Student Health Center is open for telephone appointments only. For more information visit https://www.csustan.edu/health-center

Essential student services
Essential student services will continue, with many departments providing access online or by phone. These steps have been taken to ensure the health, safety and well-being of students while enabling the University to continue supporting your degree completion during this time. To access full essential student services list visit https://www.csustan.edu/covid-19/student-resources-faqs

"JUST IN CASE YOU'VE FORGOTTEN TODAY..... YOU MATTER, YOU ARE LOVED, YOU ARE WORTHY, YOU ARE MAGICAL."
**Community Resources**

We’ve compiled a list of resources in our community to ensure everyone in our communities are able to access/ and or receive the care and necessities they need.

**Health Care**

**Golden Valley Health Centers**
Services are available to everyone. Golden Valley Health Center accepts Medi-Cal, Medicare, Covered California, and most private insurance plans. If individuals don’t have insurance they offer a sliding fee scale program to those who qualify. For more information visit their website https://www.gvhc.org/

**Livingston Community Health**
Livingston Community Health is a non-profit community-owned health center providing comprehensive primary and preventive health care services to all patients regardless of their ability to pay and/or immigration status. For more information visit their website https://www.visitlch.org/

**Department of Health Care Services**
Starting January 1st, 2020 all income-eligible Californians under the age of 26 will be able to get free full-scope Medi-Cal, regardless of their immigration status. Medi-Cal is California’s version of Medicaid, a health insurance program for low-income people. This expansion means that undocumented young adults will be able to receive the health care that they need to thrive. To learn more visit https://www.dhcs.ca.gov/services/medicare/eligibility/Pages/YoungAdultExp.aspx

**Mental Health**

**Immigrants Rising’s Mental Health Connector**
Immigrants Rising’s Mental Health Connector provides undocumented young people with psychological support, allowing you to access your strengths and resiliency in order to achieve your personal goals and healing. For more information visit https://immigrantsrising.org/mental-health-connector/

**El Concilio**
If you or someone you love is dealing with mental health issues, El Concilio Behavioral Health and Recovery Center helps those who are struggling to overcome psychological problems by offering comprehensive treatment in a compassionate setting to children, adolescents, adults, and seniors. For more information visit https://www.elconcilio.org/services/behavioral-health/

**Center for Human Services**
Center for Human Services provides counseling services, support, and education for adults, children, individuals, couples and families both through our clinics and in the schools. For more information visit https://www.centerforhumanservices.org/what-we-do/mental-health-services/counseling-services/

**Sierra Vista Child & Family Services**
Mental Health services are available to eligible children and adults. These services include assessment, individual and family counseling. For more information visit https://www.sierravistacares.org/family-resource-centers

**United We Dream UndocuHealth**
UndocuHealth Initiative will walk you through and provide toolkits to facilitate and inform your community through these processes. Things like music-ivism, artivism, and breathing practices is what will transform anxieties and insecurities into something positive. For more information visit https://unitedwedream.org/undocuhealth-wellness/
Financial Assistance

Scholly
Scholly is supporting students in need, by providing cash assistance to those in need during this unprecedented crisis. To apply visit http://myscholly.com/relief/

Relief Funds For Undocumented Workers in California
To assist undocumented workers who have lost their jobs or income as a result of the COVID-19 outbreak, Legal Aid at Work has compiled a list of known relief funds for undocumented workers. For list visit https://docs.google.com/document/d/1IsPLuHoYK6ec7GzxawOi7On-NT1Z9IEj/mobilebasic

Love our Neighbors
Love Our Neighbors is building a team to help people, families and businesses who have been affected by COVID-19. If you have suffered hardship due to COVID-19 and you need groceries or household supplies, please fill out their form or call 211 for help. Your information will remain confidential and we will not share it until you are matched up with someone that can assist you. To apply visit https://www.loveourneighbors.org/covid-get-help

Explore Your Entrepreneurship Spirit
Immigrants Rising’s Entrepreneurship Fund provides grants to undocumented entrepreneurs working to create positive social change. The Fund showcases the talents of undocumented young people and amplifies the positive impact of their work. They offer two different types of grants:
Kickstarter Grants: Short-term, non-renewable grants of up to $2,000
Fellowship Grants: One-year grants ranging from $5,000 to $50,000
For more information visit: https://immigrantsrising.org/financial-support/entrepreneurship-fund/

Choosing a Business Structure
One very important step in getting started is determining how to structure your business. You can choose to operate your business as a sole proprietorship, partnership, corporation, or Limited Liability Corporation (LLC), among others.
For more information visit: https://immigrantsrising.org/resource/choosing-a-business-structure-guide/

Income and Career Alternatives for Undocumented Students (Webinar)
Undocumented people without DACA or TPS can pursue professional careers. This webinar is geared toward undocumented students and alumni who either do not have DACA or Temporary Protected Status (TPS) or who hold these statuses but fear they might end.
For Webinar Visit: https://immigrantsrising.org/resource/income-and-career-alternatives-for-undocumented-students-webinar/
Noche de Flor y Canto/Poetry & Open Mic Night

THE UNDOCUMENTED STUDENT SERVICES AND THE DIVERSITY CENTER INVITES YOU TO BUILD COMMUNITY THROUGH SHARED POETRY, MUSIC AND ARTISTIC EXPRESSION. JOIN US FOR AN EVENING DEDICATED TO ENHANCE OUR WELL-BEING, OUR UNDOCU-JOY AND RESILIENCE. FEATURED GUEST POET WILL BE YOSIMAR REYES. INTERESTED IN SHARING A POEM, SONG OR ARTISTIC EXPRESSION? PLEASE SIGN-UP AT DREAMERS@CSUSTAN.EDU OR CALL (209)667-3519.

APRIL 17, 2020
5:30 P.M. - 8:30 P.M.
ZOOM MEETING
REGISTRATION LINK: HTTPS://BIT.LY/34EXL2A

Undocumented Student Services
STANISLAUS STATE