

Supporting All Students: Resource Guide

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For all of these resources, coaches can:

- ☐ Affirm students who share vulnerable identities with you!
- ☐ Share the resource with students
- ☐ Help students prepare students to connect with the support service
 - ☐ Help them practice their disclosure script and what they want to share and what they want support with
 - ☐ Help students determine what they might need to bring when they meet with the organization
- ☐ Follow up with students afterwards to see how the meeting went

Program	Program Description	Links to Connect
<i>Students with Disabilities</i>		

	The Transition & College Access team is committed to supporting stakeholders throughout New York City in their understanding and facility with all aspects of transition planning including learner variability, student agency and high leverage transition practices. This includes rigorous expectations, inclusion, and the essential knowledge, skills and behaviors necessary for highschool students with IEPs to be college and career ready.	All Contact Info Borough Specific Sites: • Brooklyn • Manhattan • Bronx • Staten Island
	Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) starts with the presumption that all individuals with disabilities can benefit from vocational rehabilitation services and should have opportunities to work in jobs integrated within their communities. Vocational Rehabilitation Counselors guide individuals through service programs they need to reach their employment goal. Note: Acces-VR can help students with disabilities get money and resources to succeed in college or career pathways!	http://www.acces.nysed.gov/vr
	INCLUDEnyc is the leading provider of training and information for young people with any disability (age 0-26) in New York City, their families, and the professionals who support them. We create access to educational, employment, and independent living opportunities, and advocate with families for meaningful inclusion in the broader community.	https://www.includenyc.org/about/about-includenyc

	CUNY LEADS is a program established to facilitate the successful academic and career outcomes for students with disabilities who are enrolled in CUNY programs.	http://www.cuny.edu/current-students/student-affairs/student-services/disability/cuny-leads/about/
	CUNY is deeply committed to ensuring equal access and opportunity for students with disabilities through innovative support programs, grounded in nationally regarded best practices in postsecondary disability services which support the academic success and personal development of students with disabilities. Towards this end, each CUNY campus features an Office of Disability Services, managed by a director who coordinates the provision of reasonable accommodations and support services for students with disabilities.	https://www.cuny.edu/current-students/student-affairs/student-services/disability/directory-to-services/
Disability or Accessibility Centers on ANY college campus!	All college campuses have an office of disability or accessibility services! Students can find and connect to them	Look on campus website
<i>Students who are Undocumented</i>		

	UnLocal, Inc. is a community-centered non-profit organization that provides direct immigration legal representation and community education to New York City's undocumented immigrant communities. UnLocal recognizes the needs of all immigrants and tailors its programming to identify specific gaps in services that are not sufficiently provided elsewhere. UnLocal accomplishes its mission through its two main programs: the Legal Representation Program and the Community Education Program.	https://www.unlocal.org/
	Cabrini Immigrant Services of NYC, Inc. (CIS-NYC) is a multi-service community and faith-based 501c(3) Board of Immigration Appeals (BIA) accredited agency that provides a broad range of culturally and linguistically appropriate services to immigrants, refugees, asylees, and their families. CIS-NYC, founded in 1999 and located in the historically immigrant Lower East Side of Manhattan, is able to meet the unique needs of diverse immigrant populations through supportive services and concrete assistance which encourage economic independence and social empowerment, foster individual growth and development, and promote self-determination for immigrant families, children and youth.	http://cis-nyc.org/resources-for-students/
CUNY Undocumented Student Support	As the nation's largest urban public university system, CUNY is dedicated to educating and advocating for the immigrant students and families who make up the lifeblood of our city and state. Through this page, we want to help you know your rights and thrive in your educational journey with guidance and resources that can help you stay safe and focused no matter your citizenship status. *Coaches you'll meet the head of CUNY's Immigrant Student Services in training!	https://www.cuny.edu/undocumented-student-support/

	CUNY Citizenship Now provides free consultations and application assistance for: • Naturalization • Certificates of citizenship • Renewal and replacement of immigration documents • Full and partial fee waivers requests • Family-based petitions • Deferred Action for Childhood Arrivals (DACA) • Temporary Protected Status (TPS) • Freedom of Information/Privacy Act Request (FOIA) • Adjustment of status • Consular processing We do not provide legal assistance for any employment-related cases such as visas (immigrant or nonimmigrant, such as H1B, etc.) or employment-related adjustment of status, change of status, or extension of status.	http://www1.cuny.edu/sites/citizenship-now/services/
	VOLS partners with New York City's law firms, companies, and community-based groups to provide free, civil legal services when and where they are needed most. Every day, the VOLS team and network of partners stand by New Yorkers as they face their legal challenges. Through our legal programs, VOLS helps to secure government benefits, to stave off evictions, to resolve immigration issues, to start small businesses, and much more.	https://volsprobono.org/

	The New York State Youth Leadership Council is the first organization in New York led by undocumented youth. Our goal is to give undocumented youth the tools and space to organize and create change in our communities. We build the power of undocumented youth in NYC through our Dream Team Network, a coalition of organizations led by undocumented students and our supporters, based in high schools and colleges. We create spaces and opportunities to tell our stories. We host workshops for self-expression such as creative writing, zine-making, and storytelling. Undocumented youth lead our organization. Our members learn to organize our communities and lead campaigns. We develop our ability to recognize, analyze, and challenge systems of oppression. We support undocumented students with pursuing higher education, and advocate to increase access to higher education. We partner with school and college educators to create safe and equitable learning environments for undocumented students.	https://www.nysylc.org/
	Our programs are designed to support families over years and even decades, first tackling crises – like an impending eviction or debilitating hospital bill – and then supporting community members to get on their feet, perhaps by training for a healthcare career or stabilizing their immigration status, and finally engaging clients and students in organizing to address root causes of our problems. The result is a resilient and tight-knit community that nurtures the self-sufficiency and leadership of each member.	https://maketheroadny.org/

	They provide legal services, leadership development, educational support, community organizing, and health access.	
Also check out some scholarships for undocumented students.		
<i>Students experiencing Housing or Food Insecurity</i>		
	The Door's mission is to empower young people to reach their potential by providing comprehensive youth development services in a diverse and caring environment.	https://door.org/about-door/
CUNY Food Pantries 	CUNY students may visit CUNY campus food pantry during distance learning. See the list of pantries on various campuses in each borough.	https://www.healthycuny.org/cuny-food-pantries
	The FoodHelp NYC Map locates the nearest food pantry or community kitchen	https://nyc-oem.maps.arcgis.com/apps/webappviewer/index.html?id=d781ef8a46cf417dbbfaf28f3b902ac4

	WorkingNYC is New York City’s front door to programs that help you prepare for and find a job. Through this easy-to-use tool, you can find the services that are right for you, figure out if you’re eligible, and learn about the next steps. Generation NYC can also help youth experiencing homelessness.	https://growingupnyc.cityofnewyork.us/generationnyc/ https://growingupnyc.cityofnewyork.us/generationnyc/topics/homelessness/#housing
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Students experiencing challenges with mental health

	• Wellness tips Coach Toolkit - Mental Health Training for college students • NYC Well: over phone or via text, may not get same person every time, no cost • Talkspace: Multiple communication methods, consistent primary, weekly cost that may be covered by insurance • For the Frontlines: Free crisis counseling text line for health care professionals and essential workers. Text “FRONTLINE” to 741741. • Healthy CUNY: Healthy CUNY is an organization that evaluates factors impacting the health and wellbeing of CUNY students conducting studies and surveys and reporting the data. • LGBTQ National Hotline: Anonymous and confidential hotline where callers can feel safe voicing issues and concerns that predominantly impact LGBTQ populations without fear of stigmatization. Call 888-843-4564 open Monday-Friday 4pm-midnight, Saturday noon-5pm or email: help@LGBThotline.org. • The Steve Fund: Helping students of color who are feeling depressed/ stressed /overwhelmed. Text “STEVE” to 741741 to connect with a live crisis counselor 24/7 and email info@stevefund.org with any questions	
Campus Counseling Centers	Most colleges have campus counseling centers.	CUNY SUNY

Meditation

- [The 10 Minute Mind Mindfulness course free](#) to CUNY students, staff, and faculty. Sign up and receive daily guided mindfulness practices to assist in stress management and focus
- [Calm App](#) for meditation and to help with sleep and stress.
- [Destress Monday Deep](#) breathing exercises called square breathing using counting with focusing on breath.
- [Ten Percent Happier App](#) for guided meditations, videos, talks, and sleep content to help you build (or boost) your meditation practice, and stick with it.
- [Headspace](#) Available as an app or online. It provides guided meditations, animations, articles, and videos to help more people access and experience the benefits of meditation

Students who are in foster care

CUNY Foster Care Collaborative

Supporting the success of our students in foster care or with history in foster care is a top priority for CUNY. Currently there are several initiatives that provide supportive pipelines into and through CUNY degree programs. These include:

- [The SEEK/College Discovery Youth Matter program](#)
- [The CUNY/ACS Fostering College Success Initiative](#)
- [The CUNY Start/ASAP Foster Care Initiative](#)
- [Borough of Manhattan Community College \(BMCC\) Comprehensive Assistance and Retention Empowerment Services \(CARES\)](#)
- [The First Star College of Staten Island \(CSI\) Academy](#)

<https://www.cuny.edu/academics/academic-programs/seek-college-discovery/youth-matter/foster-care-collaborative/>

The Foundling	The Fostering College Success Initiative has built upon The Foundling's unique capacity for supporting the educational achievement of older adolescents. The Initiative targets the increasing number of older youth in foster care and provides a wide range of supports – academic, social, financial, and professional – to prepare students to graduate from college with a four-year degree, ensuring a better future. Participants are supported by College Success Coaches who are deeply in touch with and trained to respond to the issues that this unique population faces. The program also includes career counseling and academic support that is provided by a team of tutors who ensure that each student is prepared to pass their classes, develop effective study habits, choose a major, and implement a long-term academic plan.	https://www.nyfoundling.org/what-we-do/our-programs/child-welfare/foster-care/
<i>Students who identify as LGBTQI+</i>		
 HETRICK-MARTIN INSTITUTE EMPOWERMENT, EDUCATION & ADVOCACY FOR LGBTQ YOUTH	Hetrick-Martin Institute All Services Are Free and Year-Round. Positive Youth Development (PYD), harm reduction and trauma-informed care are the theoretical frameworks in which we ground our programming. Our programs and services are all designed to help young people reach their full potential. ACADEMIC ENRICHMENT - High School Equivalency (HSE), College Counseling, Scholarships ARTS & CULTURE - Visual Art, Dance & Movement, Literary Arts, Theatre & Drama, Music	https://hmi.org/

	HEALTH & WELLNESS - HIV/STI Testing, Health Counseling, Referrals to LGBTQ Healthcare, Open Groups Trans Youth Services COUNSELING- Individual, Group, and Family Counseling, Conflict Mediation, Crisis Intervention SERVICES FOR HOMELESS YOUTH - Housing Support & Case Management, Street Outreach, Pantry (clothing, laundry services, shower facilities) JOB READINESS - Individual Employment Counseling, Resume Writing, Skills Training, Internship Placement	
LGBTQI+ Hub	CUNY is committed to providing educational excellence to its students while creating a diverse, inclusive atmosphere for learning. CUNY is wholeheartedly committed to supporting the LGBTQI+ student, staff, and faculty population. This online LGBTQI+ Hub is updated and maintained by the CUNY LGBTQI+ Council.	https://www.cuny.edu/current-students/student-affairs/student-life/office-of-student-inclusion-initiatives-osii/cuny-lgbtqi-hub/