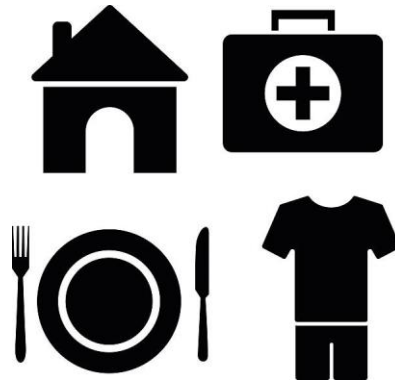


# Student Basic Needs Security at Contra Costa College

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# BACKGROUND

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Basic needs security efforts at the national, statewide, and local level.

- **The HOPE Center for College, Community, and Justice.** (December 2018). [#RealCollege Annotated Bibliography: Basic Needs Insecurity Among College Students.](#)
- Restmeyer, N. (July 2018). [College Ready, Hungry, and Homeless. An Overview of Basic Needs Insecurity in California's Public Higher Education System.](#) **California State Assembly, Speaker's Office of Research and Floor Analysis.**
- **Affordability, Food & Housing Access Taskforce, Community College League of California.** [College Resources.](#) Peralta CCD: [Student Food & Housing Survey.](#)
  - Snider, M. (April 8, 2019). [Disparities in food and housing run high - Thirty percent of Peralta Students homelessness, according to survey.](#) **Laney Tower.**
- **The HOPE Center for College, Community, and Justice.** (March 2019). [California Community Colleges #RealCollege Survey.](#)



# Think back to a time in your life when... OR Imagine what it is like to be....

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- Worried about where your next meal is coming from.
- Concerned about how you will pay for rent/utilities.
- Uncertain of where you were going to live.

# Raise Your Hand If.....

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You've ever had a student in your class whose personal circumstances have impacted their ability to:

- Complete an assignment
- Pass an exam
- Succeed in your course

# What is Basic Needs Insecurity?

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## **Food insecurity: Accessing sufficient, affordable, nutritious foods.**

- Having very limited amounts of food.
- Not having meals.
- Poor quality of food.

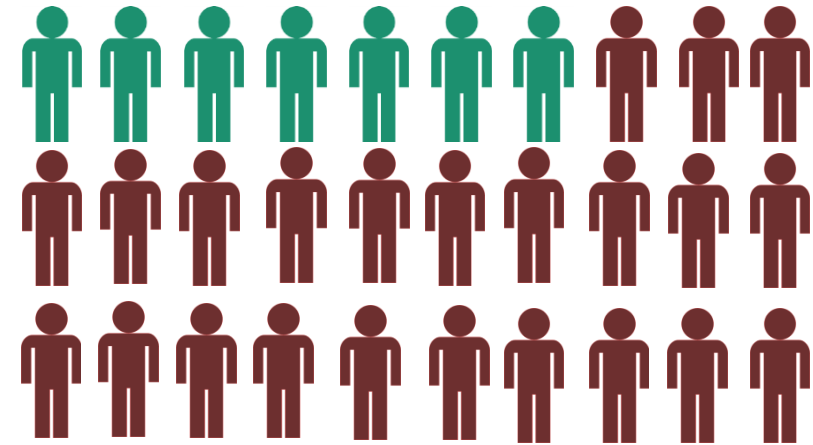
## **Housing Insecurity & Homelessness: Securing regular, safe, affordable housing.**

- Inability to pay for cost of housing (rent/utilities).
- Temporarily living with relative/friend or “couch surfing”.
- Sleeping in a shelter, hotel, or automobile.
- Other spaces not meant for human habitation.

# 2018 #REALCOLLEGE Survey - CCC Results

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Roughly, **3 in 4** CCC student respondents reported experiencing **at least one** of these forms of basic needs insecurity in the past year (77%).



*\* Invitations to complete the questionnaire were sent by email to approximately 6,700 students [**FALL 2018**] and 668 students participated.*

# 2018 #REALCOLLEGE Survey - CCC Results (N=668)

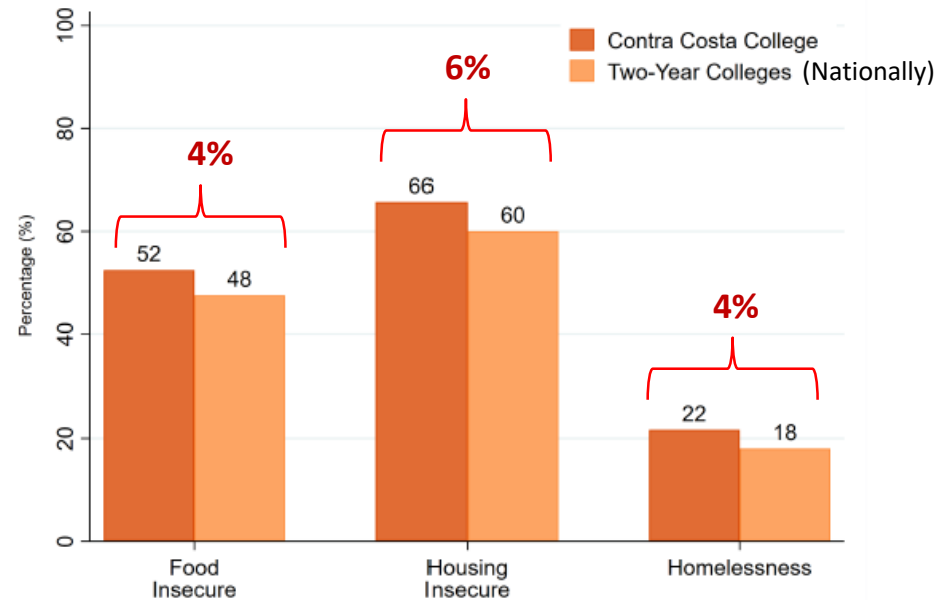
**Half** of student respondents were **food insecure** in the prior 30 days (**52%**).

**Roughly, 2/3** of student respondents were **housing insecure** in the previous year (**66%**).

**Roughly, 1 in 5** Contra Costa College student respondents reported being **homeless** in the past year (**22%**).

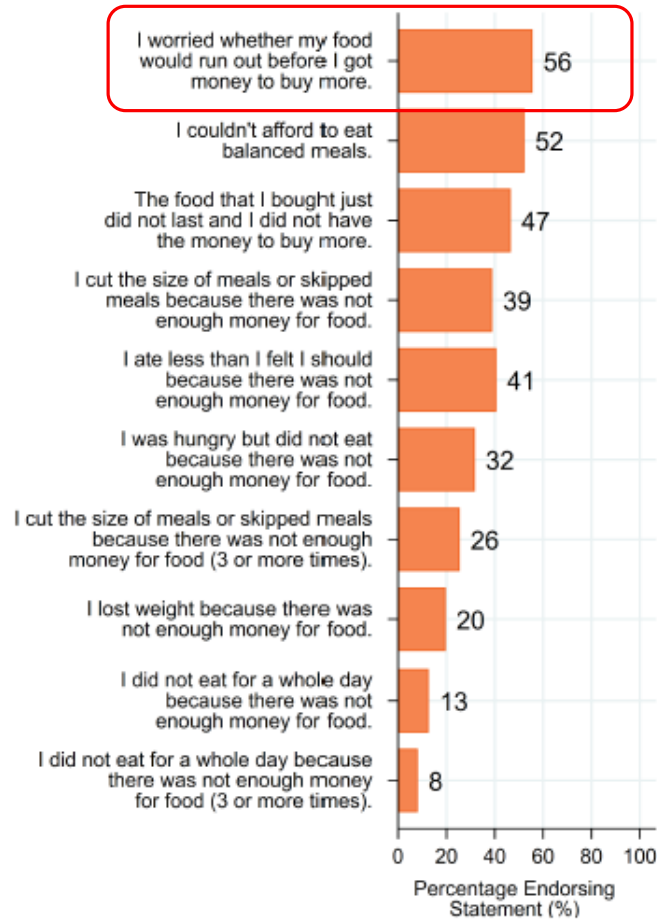
In comparison to the overall rates for students attending a two-year college in 2018, Contra Costa College has a higher rate of food insecurity, a higher rate of housing insecurity, and a higher rate of homelessness (Figure 5).

Figure 5. Comparison of Basic Needs Insecurity



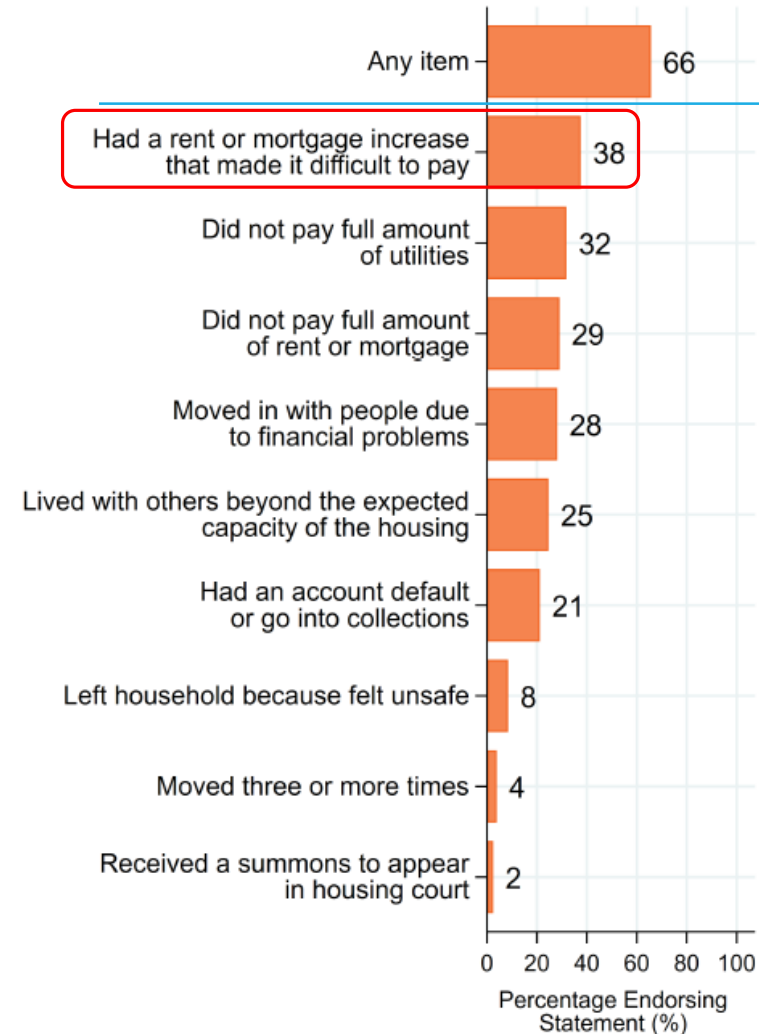
Source: 2018 #RealCollege Survey

**Figure 2. Food Insecurity Among Survey Respondents at Contra Costa College**



Source: 2018 #RealCollege Survey

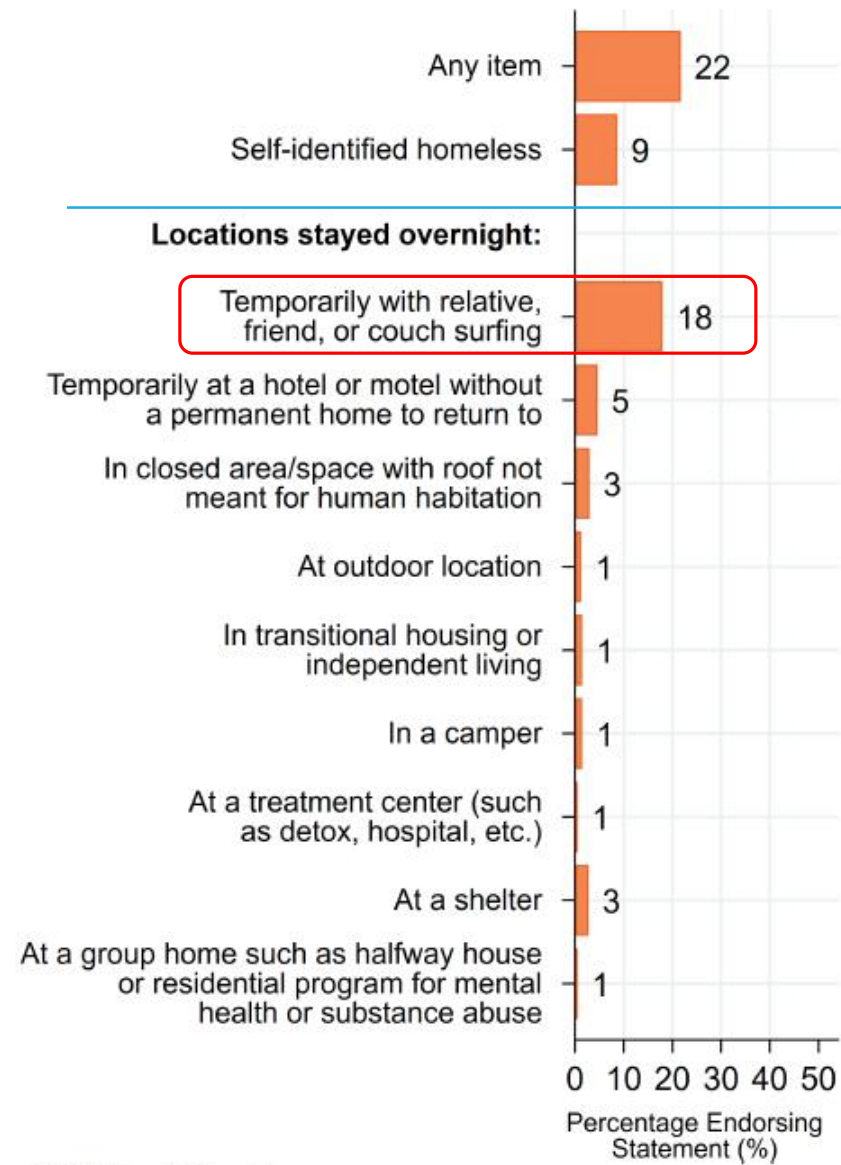
**Figure 3. Housing Insecurity Among Survey Respondents at Contra Costa College**



Source: 2018 #RealCollege Survey



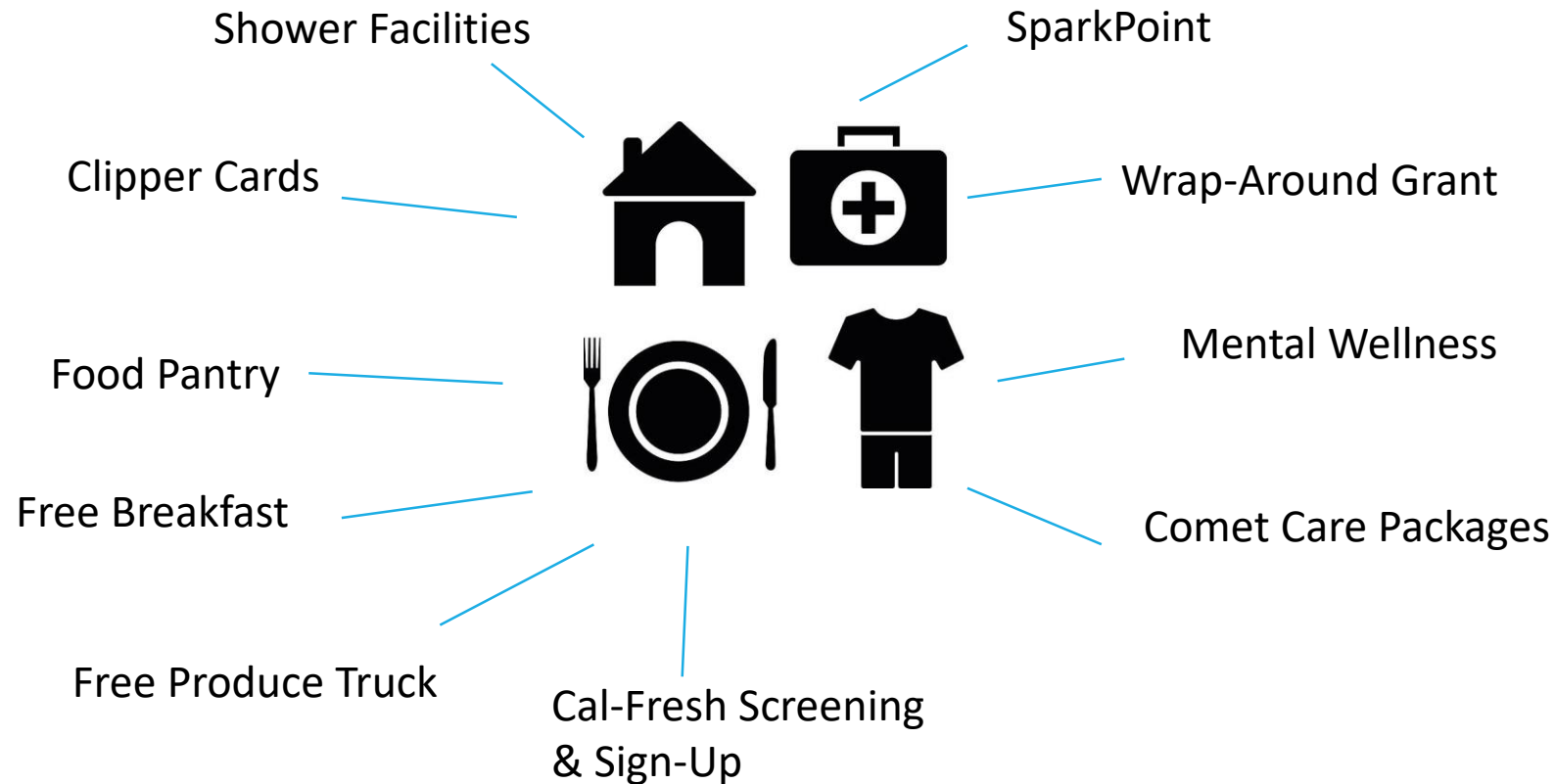
Figure 4. Homelessness Among Survey Respondents at Contra Costa College



Source: 2018 #RealCollege Survey

# Basic Needs Support Programs & Services at Contra Costa College

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# CONNECTING STUDENTS TO EXISTING RESOURCES

Guided Pathways + Retention Office  
(*and many others*) have help consolidate  
all of the campus resources and created  
a “CAMPUS RESOURCE GUIDE”.

<https://www.contracosta.edu>

What are you waiting for? Spring 2020 registration is hap  
Find your registration date or sign up for classes now!



ADMISSIONS + AID	CLASSES	STUDENT SERVICES
<a href="#">Apply Now</a>	<a href="#">Academic Calendars</a>	<a href="#">Campus Resource Guide</a>
<a href="#">Admissions + Records</a>	<a href="#">Academic Departments</a>	<a href="#">Career Services</a>
<a href="#">Financial Aid</a>	<a href="#">Class Schedule + Catalog</a>	<a href="#">Child Care</a>
<a href="#">First Year Experience</a>	<a href="#">Degrees + Certificates</a>	<a href="#">Counseling</a>

## CAMPUS RESOURCE GUIDE

[HOME](#) > [STUDENT SERVICES](#) > [CAMPUS RESOURCE GUIDE](#) >

[STUDENT SERVICES](#) [Campus Resource Guide](#) [Career Services](#) [Counseling](#) [Disability Services](#) [EOPS, CARE + CalWorks](#)  
[Success + Retention Services](#) [Transfer Services](#) [Veterans Services](#)

### Basic Needs

[Food](#) | [Health Care](#) | [Personal Care](#) | [Transportation](#)

### Academic Support

### Wellness

[Mental Wellness](#) | [Physical Wellness](#) | [Financial Wellness](#) | [Veterans Services](#)

### Basic Needs

Many CCC students experience financial hardship, food and housing insecurity, and related challenges. Here are some ways to get help on campus.

### Food

#### Food Pantry

Student + Administration Building, Room 109 | 510.215.4796  
Monday – Thursday, 9:00 a.m. – 5:00 p.m.; Friday, 9:00 a.m. – 3:00 p.m.

All students have access to our food pantry, which offers both canned and packaged food.

[PRINT THE CAMPUS  
RESOURCE GUIDE >](#)

# Additional Guides & Tools

The HOPE Center for College, Community, and Justice has a “RESOURCES” webpage dedicated to practical help and solutions for the staff and faculty: <https://hope4college.com/resources/>



## Beyond the Food Pantry: Spreading the Word – Supporting Students' Basic Needs with a Syllabus Statement June 2019

### Crafting a basic needs security statement is straightforward, involving just three steps:

**Step 1:** Welcome students to seek help and normalize the act of getting help with food and housing. Rather than calling out food insecurity or homelessness by name, simply indicate that if students are having trouble affording enough to eat, or don't have safe and reliable places to sleep, they should seek help.

**Step 2:** Direct students toward help. Identify the best point of contact on your campus by asking the Dean of Students (or Vice President of Student Affairs) which person is appropriate to list and getting permission from that person first. If your college has support information on a website, list that web address along with a person's name. It is not necessary to include a laundry list of every available resource on campus, only to help point the student in the right direction.

**Step 3:** Invite students to connect with you. Students dealing with basic needs insecurity often exhibit symptoms in the classroom. If they tell you this is a challenge, you will be more informed when you see them sleeping in cars or missing deadlines. Simply letting them know you care can improve their odds of success; indeed, most of today's students express a strong desire for professors to know them as people.

# TAKEAWAY

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- SHARE the data
- HIGHLIGHT students' stories
- HUMANIZE the student experience
- DISTIGMATIZE basic needs insecurity
- NORMALIZE basic needs services

# Questions/Comments

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