



“Providing Essentials, Empowering Students”



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Our Goals

1. *Ensure* access to basic needs (food, housing, and mental health services) on and off college campuses for all young adults as it contributes to academic success.
2. *Advocate* for comprehensive policies that support the well-being of college students while centering young voices and actions.
3. *Collaborate* and contribute with other allies to create a society and world where *the right to thrive* is the norm.



Basic Needs

Basic needs refer to the essential resources and services that individuals require to live a healthy and secure life.

Key Issue Areas:

- Housing
- Mental Health
- Food Insecurity



Key *Survey Findings

Of our participant pool, the majority were Black or African American CUNY students who are between the ages of 20-22.

- ★ 40.4% have experienced food insecurity
- ★ 29.8% facing housing insecurity
- ★ 83% struggling with their mental health

**Survey completed by a total of 47 participants, a sample of college students in NY State.*





Housing Insecurity



Housing Insecurity: “A number of challenges, such as having trouble paying rent, overcrowding, moving frequently, or spending the bulk of household income on housing”

Its Effects on Students: In 2019, research done by the Research Coalition for Shelter identified that **55% of CUNY students** are facing housing insecurity which has proven to affect studies, increase depression, and affect the physical health of students.

“I wasn’t able to focus on school because I was at risk of being homeless so I had to unenroll.”

Action!

- ★ Increase affordable housing options on- and off-college campuses
 - Liaisons
 - Partnering with developers to provide affordable off-campus housing
- ★ Improve emergency resource actions
 - Establishing funds specifically for emergency housing situations
 - Offering short-term house options
 - Work with homeless shelters
- ★ Creating unified online resources for students to easily navigate housing options
- ★ Conduct research on campuses
- ★ New York State Assembly Bill 2023 A4029 - Establishing Homeless Student Liaisons on College Campuses





Mental Health Services



Effect: In the U.S., a third of adults, specifically young adults (18-24), have reported living with a mental health illness.

Cause: Mental Health Services are a vital component in academia for students. However, the range of service hasn't proven suitable to suffice the growing & diverse profile of students today, let alone young adults at large.

- The number of students reporting symptoms of depression, anxiety and loneliness are rising daily.
- **86% of CUNY students with symptoms of depression, anxiety disorders, or serious psychological distress** have not visited a campus mental health center in the last 12 months.

Survey Findings

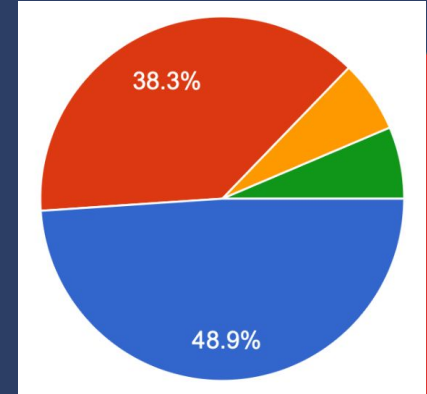
63.8% of participants have **experienced stigma** related to mental health.

Q: What are some things you believe would improve the mental health counseling at your school?

A: *“Offering more counselors, shorter wait-times, and more diverse representation would greatly improve counseling services”.*

Usage of Counseling Center:

48.9% - Not at all
38.3% - A few times
6.4% - Often
6.4% - Very Frequently



On a scale of 1-5, majority of participants ranked the accessibility of their counseling center a **3**.

Action!



Student Requests

1. Expand counseling services, peer-support programs, and external partnerships.
2. Increase the number of counselors and diversify the services offered.

Action Items

- ★ State funded recognition for *Healthy Minds* campuses.
- ★ **NY Bill-A04142**: Balances the ratio of mental health counselors to students, 1:1000.
- ★ **Student Tele-Counseling Network (STCN)**
- ★ **Comprehensive Mental Health Care**: treatment, prevention, social/psychological services, whole-self approach, comprehensive psychiatric care.



“Mental health problems can be a barrier to academic success” thereby... Mental Health is Preventive Health

Action Items:

★ H.R. 5407

- Enhancing Mental Health and Suicide Prevention through Campus Planning Act.

★ New Deal 4 CUNY

- Bring the ratios of mental health counselors and academic advisors to students in line with national standards.
- Professional standards for academic advising is a vital component to student retention and success.

- **ASAP/ACE**

280:1 decide not to go through with a suicide attempt for every person that dies by suicide.



Food Insecurity



Food insecurity: “household-level economic and social condition of limited or uncertain access to adequate food.”

The effects on students: Students are more likely to have a lower GPA, higher levels of stress, an increase of anxiety or depression, and increase of health concerns in addition to higher costs of education.

“Around 23% of college students were food insecure in 2020.”

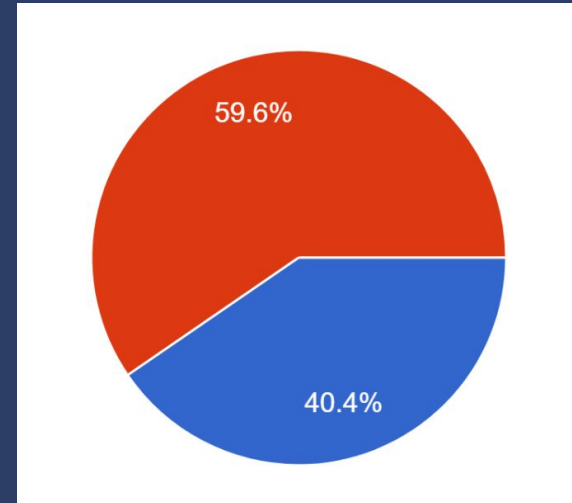
“...there are instances where students have to decide between food or saving money for other necessities”

Survey Findings



27.7% of student responses say they are using food assistant program SNAP

- Students want food distribution programs
- Overall upgrading of meal options and hours of operation



40% of students have experienced food insecurity

Action!



Student Requests

Action Items

1. Promotion of food banks
 2. Extended dining hall hours of operation
 3. More nutritious foods available
 4. Discounted meals
 5. Education on SNAP eligibility
- ★ **Pass the Hunger-Free Campus Act (S2913A/A2645)**
 - Keep dining halls open for longer periods of time
 - ★ **Recontract with Single Stop**
 - ★ **Increase grants and scholarships to cover meal plans**

DECEMBER
4TH

CAMPUS

MINDFULNESS AND MEDITATION



REDUCE STRESS, IMPROVE FOCUS, OR SIMPLY
FIND A CALM MOMENT IN YOUR DAY!
WITH THE OPPORTUNITY TO MEET WITH A
COUNSELOR ON CAMPUS TO DISCUSS ANY
PERSONAL CHALLENGES, PROVIDE SUPPORT, AND
EXPLORE STRATEGIES FOR EMOTIONAL WELL-
BEING

DECEMBER
2ND

CAMPUS



HOUSING RESOURCE FAIR

INFORMATION BOOTHS
AFFORDABLE HOUSING
FINANCIAL EDUCATION

WORKSHOPS AND
PRESENTATIONS
NAVIGATING HOUSING
PROGRAMS
LEGAL AID

COMMUNITY SUPPORT

ON-SITE SERVICES

LOCAL
ORGANIZATIONS
SOCIAL SERVICES

HOUSING COUNSELING
JOB ASSISTANCE

JOIN US ROUN TABLE DISCUSSION

EXPLORE THE
CHALLENGES AND
SOLUTIONS
SURROUNDING FOOD
INSECURITY IN OUR
COMMUNITY. HEAR FROM
EXPERTS IN THE FIELD,
AND LEARN HOW TO
APPLY FOR SNAP OR
LEARN ABOUT
COMMUNITY BASED
EFFORTS

REPRESENTATIVES FROM
LOCAL FOOD BANKS AND
SNAP NAVIGATORS

DECEMBER 10TH
CAMPUS



Questions & Comments

Thank you

Resources

- ★ [Housing Instability - Healthy People 2030 | odphp.health.gov](https://odphp.health.gov/healthy-people-2030/housing-instability)
- ★ [Homeless Liaisons - SUNY System](#)
- ★ [Residence Life – The City University of New York](#)
- ★ [Communities and Colleges Partnering to Address the Affordable Housing Shortage - National League of Cities](#)
- ★ [Resources for College Students Facing Housing Insecurity](#)
- ★ [Food Accessibility, Insecurity and Health Outcomes](#)
- ★ <https://www.healthycuny.org/mental-health>
- ★ <https://younginvincibles.org/wp-content/uploads/2024/01/Mental-Health-Agenda-2024-5.pdf>
- ★ <https://www.suny.edu/features/telecounseling/>
- ★ <https://www.activeminds.org/about-mental-health/statistics/>
- ★ <https://www.suny.edu/media/suny/content-assets/documents/news/Mental-Health-10M-factsheet.pdf>
- ★ <https://cunyrisingalliance.org/nd4c-concept-paper>
- ★ [Five factors causing food insecurity among college students](#)
- ★ [Swipe Out Hunger - Ending College Food Insecurity - Swipe Out Hunger](#)