



Message from Our Staff

Dear TRIO Students,

First, let me say welcome to the official start of our summer program!

For those of you who may not know me, my name is Alyssa Nelson (but please, call me Lyss!) and I am an ETS advisor at Downey and Modesto High. At the beginning of the pandemic, it was my pleasure to help our department create this weekly newsletter and provide you all with updates as we figured out how to move forward. We, like so many of you, were unaware of how long we were going to be under stay-at-home orders and wanted to create a consistent platform for resources, updates and encouragement.

As we begin shifting into yet another new stage of this pandemic, we took a look at our newsletter and decided to shift from publishing weekly to publishing monthly. We believe that this will allow us to continue highlighting the awesome things our students are accomplishing as well as relevant updates to our communities. Personally, the shift to a monthly schedule will also allow me to take more time to work on our yearbook for our summer program.

We will continue to update our Instagram page (@mjc_trioworks) every week so make sure that you are following us there!

A note about this issue of The Achiever:

This past week has been emotionally exhausting when, once again, confronted with the systemic racism that continues to plague our society. As a woman of color who serves in minority communities I struggled internally with how to frame this week's content. This is not an easy issue to discuss under any circumstances and I did not want to misrepresent our department or our institution. I also did not want to come across as simply glossing over what has now become a global outcry for change. A cry that cannot continue to be ignored.

That is why, for this issue of The Achiever, we chose to identify and highlight resources that we hope will encourage our students to continue having the difficult conversations with each other and in their communities. Our students are activists and developing leaders; some have already participated in protests or donated to campaigns. We want to equip them with the

necessary knowledge and tools to more safely navigate through these times of social unrest.

The resources identified in this newsletter are by no means an exhaustive list. Just as we continue to update our community resources page, we will also update our social justice resource page as more become known to us. Please do not hesitate to contact me at nelsona@yosemite.edu with additional resources you feel should be included.

As always, know that our staff continue to be available to you if you need to talk to someone. We continue to stand with our students as we confront our society's shortcomings.

Please understand that this is just a single step. But as we continue to make these steps together, we can keep moving forward towards a more equitable future.

Thank you for your continued support of our newsletter. I will see you all in July!

In Solidarity,

Alyssa Nelson



Social Justice Resources

Below we have gathered resources to help our students address and cope with the current issues of social injustices being brought to attention globally. Most of these resources were sourced from the National Alliance on Mental Health (NAMI).

Mental Health and Self Care

Mental Health Conditions

[Learn](#) about the different mental health conditions that can and are being triggered as a result of coronavirus, the economy and repeated racist incidents and deaths.

Read this article on [traumatic stress](#).

Read this article that describes [Racial Battle Fatigue](#) [Video] [Race, Ethnicity and Toxic Stress](#)

Self Care Resources

[Black Emotional and Mental Health Collective \(BEAM\)](#)

[Black Mental Health Alliance](#)

[Black Mental Wellness](#)

[POC Online Classroom](#)

[The Steve Fund](#)

[Ourselves Black](#)

Books to Read

White Fragility: Why It's So Hard for White People to Talk About Racism by Robin DiAngelo, PhD
How To Be An Antiracist by Dr. Ibram X. Kendi
Heavy: An American Memoir by Kiese Laymon
Eloquent Rage: A Black Feminist Discovers Her Superpower by Dr. Brittney Cooper
I Know Why the Caged Bird Sings by Maya Angelou
Just Mercy by Bryan Stevenson
Me and White Supremacy by Layla F. Saad
So You Want to Talk About Race by Ijeoma Oluo
The Fire Next Time by James Baldwin
The New Jim Crow: Mass Incarceration in the Age of Color-blindness by Michelle Alexander
The Next American Revolution: Sustainable Activism for the Twenty-First Century by Grace Lee Boggs
The Warmth of Other Suns by Isabel Wilkerson
When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America by Ira Katznelson

Educational Resources on Racism and Inequality

Understanding the Context of Racism & Current Events

[Let's Get to the Root of Racial Injustice](#)

[Racism and the Reactions to George Floyd and Others](#)

[“Who Gets to Be Afraid in America?”](#)

[“White Privilege: Unpacking the Invisible Knapsack”](#)

Ways to Take Action as an Ally or Champion For People of Color

[How to Be an Ally if You are a Person with Privilege](#)

[How Not to be an Ally](#)

[Building Allies Anti-Racism Resources](#)

[Additional List of Anti-Racism Resources](#)

“Race and racism is a reality that so many of us grow up learning to just deal with. But if we ever hope to move past it, it can't just be on people of colour to deal with it. It's up to all of us – Black, white, everyone – no matter how well-meaning we think we might be, to do the honest, uncomfortable work of rooting it out. It starts with self-examination and listening to those whose lives are different from our own. It ends with justice, compassion, and empathy that manifests in our lives and on our streets.”
– Michelle Obama in a statement following the death of George Floyd



Resources Available

We understand that these are difficult times to be in and below we have gathered resources for you to take advantage of should you or your family need to. We will continue to update this list as more resources become known to us.

Our Office



Upward Bound Staff

Jorge Camarena - camarenaj@yosemite.edu

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Administrative Staff

April Sanchez - sanchezm@yosemite.edu

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Educational Resources

Internet Access

[Available Low Cost Programs](#)

Academic and Tutoring Resources

[Setting Up Zoom](#)

[Stanislaus County Library](#)

[MCS Distance Learning](#)

[Khan Academy](#)

Test Preparation

[College Board](#)

[ACT](#)

College Admissions

[University of California](#)

[California State University](#)

[Modesto Junior College](#)



Community Resources



Meal Pick Up for Students

[Ceres Unified School District](#)

[Modesto City Schools District](#)

([click here](#) for Spanish)

[Patterson Unified School District](#)

[Riverbank Unified School District](#)

Directory for Local Food Pantries

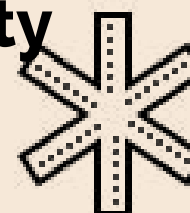
[Stanislaus County 211](#)

Community Agencies

[Love Our Neighbors](#)

[United Way of Stanislaus County](#)

Health and Public Safety Information



[Center for Disease Control and Prevention](#)

[California Department of Public Health](#)

[Stanislaus County Public Health Services](#)

Central Valley Suicide Prevention Hotline

888.506.5991 (24-hour line)

Suicide Prevention & Crisis Services

800.273.8255 (24-hour line)

Crisis Text Line: text "COURAGE" To: 741741

Free 24/7 and Confidential

[Stanislaus County Behavioral Health and Recovery Services Crisis Line](#)

209.558.4600; 888.376.6246 (24-hour line)