

NCBI COVID-19 Update

April 2020

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As we face these unprecedented changes in our world caused by the COVID-19 pandemic, we must remember to see these changes through a Social Justice lens. Taking care of each other is an important part of taking care of ourselves. Here are some resources to help us do exactly that.

Social Justice and COVID-19



The more we know about the social justice implications of the COVID-19 crisis, the better positioned we can be as allies!

"Reducing Stigma"

By the [Center for Disease Control and Prevention](#)

"The new coronavirus affects us all. But some groups may suffer more."

By the [Association of American Medical Colleges](#)

"Coronavirus (COVID-19) Information"

By the [NAACP](#)

Includes a form to report discrimination and civil rights violations, policies to contribute to equity, and other resources related to the pandemic.

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Anti-Asian Racism



Articles about Anti-Asian racism spurred by this pandemic can be found at the [New York Times](#) and at [The Conversation](#).

Here are some "Psychologically informed and practical steps to disarm racism" by [Dr. Talee Vang](#).

Incidents of racism against Asian Americans and Pacific Islanders can be reported with the [Asian Pacific Policy & Planning Council](#).

Emotional Well-Being



Here is some information about "Emotional Wellbeing During the COVID-19 Outbreak" by the [Suicide Prevention Lifeline](#).

Here is one of the resources available for on-line therapy: [Better Help](#).

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NCBI at CSUMB Virtual Events



NCBI's Campus Affiliate at CSUMB is hosting diversity leadership support meetings in the wake of COVID-19 for the rest of the semester. These virtual Zoom brown bag meetings take place on Fridays from 11:30 to 1 pm until May 8, 2020. Here is the topic schedule:

Fri April 17: [Stop Chinese & Asian COVID-19 Racism](#): The Zoom meeting can be found [here](#).

Fri April 24: COVID-19, Racism & People of Color: This will be another panel discussion. The Zoom meeting can be found [here](#).

Fri May 1: (hopefully) NCBI Webinar facilitated by founder & CEO, Cheri Brown and Affinity Groups Director, Joyce Shabazz: "Healing and Staying Connected in Challenging Times". The Zoom meeting can be found [here](#).

Fri May 8: Resource Sharing / Discussion on Welcoming Back Campus Community in Fall 2020. The Zoom meeting can be found [here](#).

Local COVID-19 Resources

You can find a list of resources in **Monterey County** for COVID-19-related needs [here](#).

A [statewide initiative](#) has been developed to help older California residents receive information and services such as grocery and medication deliveries. There is a hotline number as well: 833-544-2374

Local Meals on Wheels information can be found [here for Salinas](#) and [here for the Monterey Peninsula](#).