

\$\$ Financial Assistance \$\$

February 2021

There are times when students need additional assistance to make ends meet. If you are having difficulty paying bills, buying groceries, or getting school supplies, the following information may help.

- **Scholarships**

- Apply for scholarships at <https://sunybroomerawardspring.com/>

- **SUNY Broome Student Financial Services**

- Wellness Center - provides an ever growing list of resources available in our community to those who deal with food insecurity, homelessness, monetary issues, and more.
<http://www2.sunybroome.edu/financialaid/wellness-center/>
- Financial Aid - (607) 778-5028 or finaid@sunybroome.edu
- Student Account information - (607) 778-5230 or stuaccounts@sunybroome.edu

- **CARES Act**

- The CARES Act was passed by Congress to provide economic relief from COVID-19. One section sent money to schools to use for emergency financial aid grants for students for expenses related to the disruption of campus operations due to coronavirus. For more information about this grant go to:
 - <https://www2.sunybroome.edu/financialaid/caresact/>
 - If you think you are eligible, please email CaresAct@sunybroome.edu.

- **Student Emergency Fund**

- Students can apply for emergency funding to assist with essential, non-tuition related expenses such as technology, housing and food, personal expenses, and medical care.
 - <http://www2.sunybroome.edu/foundation/studentemergencyfund/>

- **2-1-1**

- The 2-1-1 program offers information for individuals that is applicable to where they are at the time. Simply visit the website or text them to find out what resources are available near you. This includes assistance with food, utilities, housing, mental health, clothing, and household goods. Get more information at:
 - Website: <http://211.org>
 - Phone: Dial 2-1-1 or toll free at (800) 901-2180
 - Text your zip code to: 898-211

- **NYC311**

- Provides the public with quick and easy access to all NYC government services and information.

Transportation

- **Rural Health Network**
 - Call for more information (855) 373-4040
 - Safety and Mobility During the COVID pandemic
 - GETTHERE Mobility Management Services - serving Broome, Chenango, Delaware, Otsego and Tioga Counties
 - www.gettherescny.org

- **BC Transit**
 - Students can ride the BC Transit bus for free with their college identification
 - <https://gobroomecounty.com/transit/routes>

Food Insecurity

Many students both on and off campus are struggling with food insecurity. Attending college is difficult enough without having to deal with hunger as well. If you are in need of food, please utilize the resources below.

- **Dining Hall Food Voucher Program**

- For students with an immediate need, food vouchers for the on-campus Dining Hall are available. Food vouchers are available from several sources on campus. Please contact the following offices for more information:

- Housing students:

- Pamela Alvarez alvarezp1@sunybroome.edu

- All other students:

- Dean of Students Office - dos@sunybroome.edu or (607) 778-5681

- Single Parents:

- Danielle Tierno, Senior Staff Assistant coordinating the Family Empowerment Grant - tiernodb@sunybroome.edu

- **CHOW**

- CHOW has outreach programs available including a food pantry and the CHOW Mobile Grocery Store. Get more information on these services at:

- Food Pantry: <https://broomecouncil.net/chow/pantries-soup-kitchens/> (Some soup kitchens still open, not very active)

- **Greater Good Grocery**

- Greater Good Grocery is a grocery store dedicated to providing the community with food accessibility and affordability. Get more more information on this store at:

- <https://www.facebook.com/GreaterGoodGrocery/>

- **Food Bank of the Southern Tier**

- The Food Bank of the Southern Tier has programs available that include a food pantry, mobile food distribution sites, and educational programs. Get more information on these services at:

<https://www.foodbankst.org/find-food/>

- **SNAP Benefits**

- Governor Cuomo announced actions to expand eligibility and ease of access to food assistance for New Yorkers. SNAP benefits expansion to aid low-income college students. You can read more about the action here: <https://www.governor.ny.gov/news/governor-cuomo-announces-actions-expand-eligibility-and-ease-access-food-assistance-new-yorkers>

- Step 1: To check your eligibility, go to www.mybenefits.ny.gov . Additional assistance can be found at www.foodhelpny.org.
- Step 2: Go to your Registrar's Office on campus to receive the SNAP Student Enrollment Verification Form
- Step 3: Submit the SNAP application and the Student Enrollment Form to your local DSS.

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Mental Health

Students often experience social, personal, and family concerns while attending college. It is important to address these issues and reach out for assistance when needed.

- **Potential Waivers**

- Some insurance companies are waiving co-pays for mental health services. Please check with your provider to learn more.

- **On-Campus Counseling Services**

- When such concerns or other barriers to academic success arise, students may turn to one of our professionally trained counselors for help in regaining perspective and purpose. Through individual, confidential meetings, a Counselor can help you explore, understand, and deal with your unique personal issues and help you balance your personal, career, and educational goals. To make an appointment:

- Call +1 (607) 778-5210
- Fill out a counseling request form at <http://www2.sunybroome.edu/counseling/appointment/>

- **NYS Emotional Support Helpline**

- Feeling stressed by the COVID-19 pandemic? You are not alone. Call the hotline 7 days a week, 8am-10pm at 1-844-863-9314.

- **#ReachOutSUNY**

- A public awareness campaign designed to shatter the stigma associated with mental health struggles and asking for help, while educating students about available services.
 - Peer to Peer Assistance hotline: (518) 442-5771 (open 1 p.m. through midnight Monday through Thursday, and operates 24/7 over the weekend, beginning on Fridays at 1 p.m. and closing on Sundays at 11:59 p.m. during the fall and spring semesters.
 - Crisis Text Line: text Got5U to 741-741 (open 24/7)

- **Dean of Students Office**

- The Dean of Students office is available to assist you if you are concerned about another student. Affiliation with the Student of Concern Committee as well as the CARE Team makes the Dean of Students a starting point for outreach to the resources needed. In order to report a Student of Concern, even if that student is you, reach out in the following ways:
 - Call: (607) 778-5681
 - Email: DOS@sunybroome.edu
 - Submit a Student of Concern Report (these reports are submitted immediately to the Student of Concern Committee Chairs) at https://cm.maxient.com/reportingform.php?SUNYBroome&layout_id=5

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● **Public Safety Office**

- The Public Safety Office is also affiliated with the Student of Concern Committee and the CARE Team. If there is any question of safety, please contact:
 - If an emergency, call 911. The dispatcher will be able to connect directly with our Public Safety Office.
 - If a safety concern, but not an emergency, call (607) 778-5083.

● **Study Buddy Sessions with Counseling Services**

- Counseling Services is offering Study Buddy Sessions for the Spring 2021 Semester to help you:
 - Stay on track with academics
 - Work through periods of time when motivation is at a low-point
 - Learn focusing tips and tricks
 - Balance academics with mental wellness
 - Be successful in school and in life
- 30 or 50-minute Sessions are available Wednesdays and Thursdays by Appointment
- 9:30AM- 4:00PM
- Available to all Registered SUNY Broome Students via Zoom
- Contact Counseling Services at:
 - counselingservices@sunybroome.edu or +1 (607)778-5210
 - Mention you are interested in scheduling a Study Buddy Session with Elizabeth

● **Other Organizations**

- There are many organizations available in the area to assist with mental health issues. More information can be found at <https://www2.sunybroome.edu/counseling/personal-counseling/links-and-resources/>. This list includes resources for:
 - Mental Health, including depression, anxiety, and suicide prevention
 - Domestic Violence
 - LGBTQ+
 - Alcohol and Drug

Physical Health

Flu season is approaching, and with it comes the complications of determining symptoms that are similar to COVID. If you are coming on campus, it is important to follow the instructions provided here:

<http://www3.sunybroome.edu/back/>. Please see below for information on accessing health care.

- **Flu Shots**

- Flu shots are especially important this year with the presences of COVID. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID.
- There are many resources available in the community for getting your flu shot. You can also connect with your healthcare provider to schedule a time to get vaccinated. To find a clinic near you, go to <https://vaccinefinder.org/>.

- **COVID Symptoms**

- If you are experiencing symptoms of COVID:
 - Please stay home
 - Contact your health care provider and/or get tested
 - If you have in-person classes, please report your symptoms using the Campus Clear screening app
- Check WBNB.com for information on where the Broome County Rapid Mobile COVID testing site is located.

- **COVID Vaccination**

- The COVID vaccine is now available. Check here for more information and to see if you're eligible:
 - <https://gobroomecounty.com/hd/coronavirus/vaccine>

- **Other Medical Concerns**

- If you become ill or develop a medical concern, Student Health Services is open Monday through Friday. An appointment is needed to gain entrance.
 - Do not walk in, but please call +1 (607) 778-5181
- More information can be found at <http://www2.sunybroome.edu/safety/health-services/>

- **Violence/Sexual Violence Concerns**

- Information regarding affirmative consent, student drinking/drugs amnesty policies
- Information/resources regarding SUNY response to sexual violence
 - <https://www.suny.edu/violence-response/>

Academic Support

Concern as a Student? - Student Assembly is here for you!!

SUNY Broome's Student Assembly is the Shared Governance body that discusses issues pertaining to students on campus. Members of the group discuss issues concerning campus life, review student-related campus policies, and sit alongside faculty and staff on college committees charged with making recommendations to College administration.

- Your current Student Assembly President is Ben Kircher and can be reached at kircherba@acad.sunybroome.edu.

Tutoring Services

You are not alone! In response to courses being delivered online, online tutoring is also available to help you succeed! Tutors guide students in becoming active learners and provide strategies and skills important for course success. All students are welcome to take advantage of this FREE support.

- Request individual tutoring or access drop-in tutoring: <http://www2.sunybroome.edu/lad/tutoring/>
- If you have questions about tutoring, please contact Loreta at panicciam@sunybroome.edu

Academic Coaches

Academic Coaches support retention and success of all students at SUNY Broome.

- *Health Sciences and STEM Divisions:* Lorie Brewer brewerlm@sunybroome.edu
- *Business and Professional Studies and selected Liberal Arts programs:* (Chemical Dependency, Counseling, Communications and Media Arts, Early Childhood, Human Services and Sports Studies): Susan Stracquadanio stracquadaniosm@sunybroome.edu
- *Liberal Arts Division, PTECH Program, BAP Program & Non-matriculated:* Leslie Reid reidlk@sunybroome.edu

Accessibility Resource Office (ARO)

The services provided or coordinated for students with disabilities include testing accommodations, note-takers, alternate format texts, assistive technology support, interpreters, academic coaching, facilities access, and housing related accommodations.

- (607) 778-5150, VP (607) 238-2714 or aro@sunybroome.edu

Learning Assistance Department

- *Writing Center* - The Writing Center serves as a place where students can work to become better writers, as well as to improve specific pieces of written work. We work with students of all levels of preparation and confidence who may be working at any stage of the writing process, from prewriting to revision. (607) 778-5632 <http://www2.sunybroome.edu/writingcenter/>
- *Math Lab* - The Math Lab is a tutorial center for SUNY Broome students taking any mathematics course offered at the college. Students with all ability levels are welcomed by our Learning Specialists, and Professional and Peer Tutors. <http://www2.sunybroome.edu/lad/math-lab/>
- *Reading and Study Strategies* - The Learning Assistance Department offers credit bearing courses to support and guide students in reading and study strategies <http://www2.sunybroome.edu/lad/reading-and-study-strategies/>
- *Supplemental Instruction* - Targets high-risk courses instead of high-risk students and offers assistance on an outreach basis in regularly-scheduled, out-of-class sessions. <http://www2.sunybroome.edu/lad/supplemental-instruction/>

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Library

- *Student Help Desk* - <https://sunybroome.info/library/help>
- *Textbook scanning* - If you find your textbook in QuickSearch (<https://sunybroome.info/library/#tab-4>), log in to request that we scan a chapter for you. If you do not find your textbook in QuickSearch, log into your Interlibrary Loan account, and select "Book Chapter Request". Fill out the request form with the information about your textbook from your course syllabi.

Open Labs/Study Areas

Whether you need a space to participate in your online synchronous class or need computer access for an online asynchronous class, SUNY Broome has you covered.

- For more information on reserving a study space to attend your online synchronous class, please visit Reserve a Study Room <https://sunybroome.info/library/reserve-study-room>.
- For more information on Fall 2020 computer lab availability, please visit Campus Labs <https://www2.sunybroome.edu/its/campus-labs/>.

Circle- In App: This is a way to connect students in classes to each other to form discussion or study groups. Download the application to your phone and follow the directions.

Other Services

Other services are available online and on-campus. This includes laptop loans, assistance with transitioning to online classes and Blackboard support. For more information visit <http://www3.sunybroome.edu/back/remote-online-services/>.

Housing

Off-Campus Housing

- Student Houses and Apartments in Binghamton, NY. Check out the public listings on the Binghamton University Off-Campus Student Housing website hosted by College Pads.

<https://www.rentcollegepads.com/off-campus-housing/inghamton/search>

HelpMe211 Housing

- Search for available shelters and housing in your area by typing in your zip code or city.

<http://www.helpme211.org/find-help/housing>