

Post-Election Resource Packet

(by demographic issue, CA Youth Specific)

Hi friends,

This is a living document heavily borrowed from [this one](#) compiled and moderated by Kara Hurvitz, an attorney and advocate based out of Boston. It has received contributions from attorneys, other professionals, and lay people all over the country.

I know reading through this might feel overwhelming. I know you have so many questions and I know that I don't have all of the answers. Please remember, though, that you are not alone in this. I will work with you to find the answers. I'll help you review all options. I will gladly accompany you to any doctor's, legal aid, counseling, etc. appointment or meeting. Anytime and to the very best of my ability.

Warmly,
Nicole

CONTENTS:

For Trans* Folks.....	2
For LGBTQ Folks.....	4
For Muslim/Arab Folks.....	4
For Immigrants.....	5
For folks looking for Reproductive Resources.....	6
Civil Rights Issues/Protections.....	8
For Folks with Disabilities.....	8
Mental Health.....	10
Strategies for Action and Allyship.....	10

For trans* folks

1. Changing Documents

- a. Make the deeply personal, and absolutely important decision about **how you want to proceed** in this conservative climate. There is no shame in transitioning, but there is also no shame in deciding to put off transitioning until it's safer to do so.
- b. If you decide to continue with transition, begin the process to [change gender markers](#) on passports, birth certificates, and other forms of legal identification--though [state](#) processes may not see changes immediately if at all, [federal](#) processes likely will:

- i. [Here](#) is a wonderful, California-specific guide which includes the process for changing your birth certificate (state specific) and state ID
 1. Be aware that having a debt or criminal record may complicate the process. Some courts require background checks or judgement searches. If you encounter this, don't panic. [Seek legal aid](#).
- ii. [Passport process](#)
 1. Note that **current policy** permitting the change of gender markers on passports was facilitated by the Obama administration's Department of State, and we are likely to see changes to the policy after January 20.
 2. Note also that **an active passport is a necessity for relocating (temporarily or otherwise) to anywhere else in the world**, including Canada, so it is a very good idea to have one current and matching your other forms of identification! [This image](#) provides a great breakdown of why passports are especially useful for trans* folks. You can [begin the application process here](#). It is [possible, though expensive](#), to get a passport in just a few weeks. In emergency circumstances it is also [possible to get a two-year limited validity passport](#), though this will be valid for less time and in fewer circumstances than a general passport.
 3. Several organizations have begun to **gather funds to help people cover the cost** of expedited passport changes. Here in California, **Kendra Albert is organizing a similar effort. THEY WILL FIND YOU A DONOR** - email kendra.serra@riseup.net and check [their twitter](#) for details.
 4. Finally, [Trans Relief is setting up a more national effort](#).
- iii. [Social Security Gender update process](#)
 1. This is roughly the same as the passport process, but does not have the same associated costs

2. General process:
 - a. Find a doctor in your area who is willing to write and sign an official letter
 - i. You can find an incredible list of resources in the Bay Area below under 2. Healthcare!
 - ii. I will happily accompany any student to any appointment.
 - b. Take the letter to your local social security administration office, along with proof of citizenship and proof of identity
 - c. In twenty-four hours, your gender marker should be changed on your card.
2. Healthcare
 - a. Insurance
 - i. If you are on a federal employee health plan or a publicly provided plan such as Medi-Cal, **expedite what healthcare you can and explore backup insurance options.**
 - ii. As a young person, you are currently eligible for [confidential selective services](#). This means that **even if you are on your parent's health plan, you can access reproductive and mental health services for FREE.**
 - iii. [Medi-Cal](#) pays for pregnancy-related health care—including prenatal care, delivery, post-partum care and abortion—if your income is very low. You can apply for this program even if you are a minor or an undocumented immigrant. Medi-Cal services are confidential.
 - iv. [FamilyPACT](#) is a state program that pays for many sexual and reproductive health services like pregnancy tests, birth control, STI testing and treatment, and counseling. The services are confidential, and you can get them regardless of your age or immigration status.
 - b. If you are living with HIV/AIDS make sure to speak with a local clinic/your doctor/insurance provider to identify reliable sources from which to continue receiving your medications at a reasonable cost/for free. If you do not know your status, get tested at a local clinic or with your doctor. More info [here](#)
 - c. **Clinics in the Bay Area** where you can get free/low cost STD Testing, Reproductive Health Care, Trans Specific Care, Mental Health Services etc.
 - i. [TransThrive](#) (Tenderloin)
 - ii. [Berkeley Free Clinic](#) (Berkeley)
 - iii. [Dimensions Clinic](#) (Castro/Mission)
 - iv. [Mission Neighborhood Health Center](#)
3. Mental Health
 - a. **If you are having suicidal thoughts**, please contact one of the many support systems available, such as..
 - i. [The Trevor Project](#) (1-866-488-7386)
 - ii. [San Francisco Suicide Prevention](#) 415-781-0500
 - iii. National Suicide Prevention Lifeline 1-(800)-273-TALK or 1-(800)-273-8255
 - iv. [Crisis Support Services of Alameda County](#) 1-800-309-2131

4. Familiarize yourself with the names and numbers of **national and local legal protection groups**, which will be working to provide advice, materials, and support over the coming months:
 - a. National organizations:
 - i. [Transgender Legal Services Network](#)
 - ii. [Trans Road Map \(legal section\)](#)
 - iii. [National Center for Transgender Equality](#)
 - b. [State organizations:](#)
5. Other Resources:
 - a. [Transgender Law Center](#)
 - i. Located in Oakland
 - ii. Provides many resources, including a legal information hotline
 - b. [Refuge Restrooms](#), a web app that compiles information about gender neutral restrooms in public places
 - c. [A FREE, drop-in LEGAL CLINIC for TRANS FOLKS -- OAKLAND -- DECEMBER 10](#)

For LGBTQ folks

1. Make the deeply personal, and absolutely important decision about **how you want to proceed** in this climate. There is no shame in deciding to be open about your identity, but there is also no shame in deciding to be quiet about your identity until it's safer to be vocal about it.
2. Familiarize yourself with the names and numbers of **legal protection groups**, which will be working to provide advice, materials, and support over the coming months:
 - a. National groups:
 - i. [Black and Pink](#)
 - ii. [Lambda Legal](#)
 - iii. National Center for Lesbian Rights
 - b. Local organizations
 - i. LYRIC
 - ii. The SF Center
 - iii. Oakland QTY Treehouse
 - iv. API Wellness
3. **If you are having suicidal thoughts**, please contact one of the many support systems available, such as...
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 - b. [San Francisco Suicide Prevention](#) 415-781-0500
 - c. National Suicide Prevention Lifeline 1-(800)-273-TALK or 1-(800)-273-8255
 - d. [Crisis Support Services of Alameda County](#) 1-800-309-2131
4. If you are living with **HIV/AIDS**, make sure to speak with a local clinic/your doctor/insurance provider to identify reliable sources from which to continue receiving your medications at a reasonable cost/for free. If you do not know your status, get tested at a local clinic or with your doctor. More info [here](#).

For Muslim/Arab folks

1. [Know Your Rights](#)
 - a. The above link provides resources for when you are at school, dealing with law enforcement and/or immigration officials, at demonstrations and in juvenile detention
2. Local Resources
 - a. The [Muslim Community Association of the Bay](#) has youth groups, events, a medical clinic and a legal clinic. They also provide counseling.
 - b. [The Arab Resource & Organizing Center](#) (SF) is an organization working build community power in the Bay Area by offering leadership development, political education, and campaigns.
 - c. [The Arab Cultural and Community Center](#) works to serve Arab and Non-Arab Bay Area community members through cultural programs, outreach, and social services.

For Immigrants

1. First thing- if you are undocumented and between 14-35, you can take the [Dreamer Intake Survey](#) to get a free, individual summary of your potential immigration remedies
2. Generally, an application that you file is evaluated under law at time of filing, so **if you need a visa extension, spouse visa, anything but DACA, do it now.**
3. That said, **review [this article](#) explaining realistic timeframes for immigration risks**
4. **[Know your rights](#)** regarding immigration proceedings
5. **DACA**
 - a. **Be aware of risks inherent in filing under DACA.**
 - i. [This newsletter](#) put out by local Bay Area Group, Educators for Fair Consideration, recommends that new DACA applications **should not be submitted** but **renewal applications should.**
6. **You may be able to apply for Special Immigrant Juvenile Status.** [This site](#) has the details and lists additional resources for finding legal help.
7. Familiarize yourself with the names and numbers of **national and local legal protection groups**, which will be working to provide advice, materials, and support over the coming months:
 - a. National resources:
 - i. [The National Immigration Law Center](#)
 - ii. [The Political Asylum Immigration Representation \(PAIR\) Project](#)
 - iii. [Immigration Law Help](#)
 - iv. [United We Dream](#)
 - v. [Immigrant Legal Resource Center](#)
 - b. Local resources
 - i. [Bay Area Legal Resources Map](#)

- ii. [Causa Justa::Just Cause](#)
 - iii. [Pangea Legal Services](#)
8. Be wary of “**notarios**” or other non-lawyer “immigration service” for immigration advice.
 - a. In Latin American legal systems, a “notario” often has a great deal of training and can be licensed to practice some areas of law.
 - b. In the United States, a public notary does NOT have legal training and is NOT allowed to practice law, including giving any advice about immigration law or helping people prepare immigration applications.
 - c. Notarios are often well-meaning, but they can severely damage someone’s chances for successful status change.
 - d. That said, there are forms of non-attorney who are permitted to represent people in some forms of immigration hearing; you can look up whether people are accredited for this [at this link!](#)
9. If you’re undocumented or at risk of losing your status, don’t panic. Make a plan.
 - a. Here are resources for bond funds, just in case
 - b. Keep all your documents in a safe place, and give copies to a trusted relative.
10. Other Readings/Resources
 - a. [San Francisco Promises to Keep IDs of Undocumented Immigrants Private](#)
 - b. [5 Sanctuary Cities that Will Keep Protecting Undocumented Immigrants Despite Trump’s Victory \(SF!\)](#)
 - c. [What Immigrant Communities Can Do to Prepare for Trump](#)
 - d. [California Lawmakers Look to Fight Trump’s Immigration Plans](#)
 - e. [Open Letter to the Members of the Peralta College \(Oakland Community colleges\) family](#)

For folks looking for reproductive resources

1. There is a chance that it is about to become **much more difficult to access birth control**. Consider **setting up an IUD**--once inserted, these are effective for years and reduce reliance on medical birth control. You can read about the basic types of IUD and their pros and cons [here](#), but here is the short version:
 - a. The ParaGard (copper IUD) is approved for 10 years and lasts up to 12, and is hormone free.
 - i. Pros: This option is free from the general mood consequences that hormonal birth control can cause.
 - ii. Cons: This option can cause heavier periods, especially in the first few months.
 - b. The Mirena (progestin) IUD lasts 5 years and lasts up to 7 and treats heavy/painful periods.
 - i. Pros: A common side effect of Mirena is lack of periods, this may be something to consider as prices for menstruation products could increase. Mirena and other amenorrhea-inducing forms of birth control are also used to manage other health issues relating to menstruation.

- ii. Cons: A common side effect of Mirena is lack of periods, which some people find disquieting or uncomfortable
 - c. The Liletta is a generic alternative to the Mirena
 - d. The Skyla lasts 3 years and is specifically intended for uterus owners who haven't had kids.
 - e. The Kyleena lasts for five years and does not impede menstruation
 - f. Insertion can be painful, but lasts about ten minutes.
2. Familiarize yourself with the names and numbers of **local legal protection groups**, which will be working to provide advice, materials, and support over the coming months:
 - a. [The Center for Reproductive Rights](#)
 - b. [NARAL pro-choice America](#)
 - c. [The Rape Abuse and Incest National Network](#)
3. Health Services:
 - a. Again- **I will happily accompany you to any healthcare appointment.**
 - b. [Planned Parenthood](#) is amazing. They provide SO MANY free/low cost services at their numerous locations and also:
 - i. This [resource guide for teens](#)
 - ii. This [guide for parents](#)
 - iii. They also have [an anonymous online chat](#) option
 - c. Insurance
 - i. If you are on a federal employee health plan or a publicly provided plan such as Medi-Cal, **expedite what healthcare you can and explore backup insurance options.**
 - ii. As a young person, you are currently eligible for **confidential selective services**. This means that **even if you are on your parent's health plan, you can access reproductive and mental health services for FREE.**
 1. [Medi-Cal](#) pays for pregnancy-related health care—including prenatal care, delivery, post-partum care and abortion—if your income is very low. You can apply for this program even if you are a minor or an undocumented immigrant. Medi-Cal services are confidential.
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 - e. **Clinics in the Bay Area** where you can get free/low cost STD Testing, Reproductive Health Care, Trans Specific Care, Mental Health Services etc.
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 - ii. [Berkeley Free Clinic](#) (Berkeley)
 - iii. [Dimensions Clinic](#) (Castro/Mission)
 - iv. [Mission Neighborhood Health Center](#) (Mission)
 - v. [San Francisco Free Clinic](#) (Sea Cliff)

Civil rights issues/protectations

1. Familiarize yourself with the names and numbers of **national and local legal protection groups**, which will be working to provide advice, materials, and support over the coming months:
 - a. [The ACLU](#)-national group and local affiliates
 - b. [National Association for the Advancement of Colored People](#)
 - c. [The Southern Poverty Law Center](#)
 - d. [The National Lawyers' Guild](#)
 - e. [The Council on American-Islamic Relations](#)
 - f. [The Anti-Defamation League](#)
 - g. [Native American Rights Fund](#)
 - h. [Asian American Legal Defense Fund](#)
 - i. [Mexican American Legal Defense and Education](#)
2. Download apps that **assist with personal safety** while traveling:
 - a. The [Companion app](#) for Droid and iPhone helps you keep in touch with friends when they're going back home late at night
 - b. The ACLU has issued [Mobile Justice apps](#) for recording interactions with law enforcement
 - c. [Raheem](#) is a Facebook Chat bot who tracks interactions with law enforcement. The bot is currently in Beta, but is on track to full availability soon.
3. Familiarize yourself with **state and federal agencies for enforcing civil rights, constitutional rights, worker's rights, and .**
 - a. Federal resources:
 - i. [The US Dept. of Justice - Civil Rights Division](#) - complaints of discrimination in public accommodation
 - ii. [The US Dept. of Labor - Wage and Hour Division](#) - wage and hour law complaints
 - iii. [Equal Employment Opportunity Commission](#) - employment complaints for federally-protected classes
 - iv. [Occupational Safety and Health Administration](#) - workplace safety complaints
 - v. [US Dept. of Education](#) - education discrimination complaints
 - vi. [US Dept. of Housing and Urban Development](#) - housing discrimination complaints
 - vii. [US Office of Special Counsel](#) - whistleblower protection complaints
 - viii. [Federal ADA and Disability Resources](#) - includes breakdown of agencies that deal with accommodation, discrimination, and accessibility for those who qualify under the ADA as people with disabilities
 - b. State resources:
 - i. [California - Attorney General's Office, Civil Rights Enforcement Section](#)
 - ii. [LawHelpCA](#) can help you access a comprehensive directory of services

For folks with disabilities

1. Familiarize yourself with the names and numbers of **national and local legal protection groups**, which will be working to provide advice, materials, and support over the coming months:

2. Your **local healthcare navigator agency** (which can be found by entering your ZIP code into [this link](#))
 - a. Our healthcare navigator agency is [Covered California](#)
3. Your **local Disability Protection and Advocacy entity** (which can be found by going to [this link](#) and looking for the map in the upper right corner of the page labeled “Find Help In Your State”)
 - a. Our P&A agency is [Disability Rights California](#)
4. **Your local Independent Living Center** (peer-run disability rights organization).
 - a. Most ILCs do not have lawyers on staff, but they can help with benefits issues (including healthcare, SSI, SNAP, EAEDC, etc.) and connect you to other resources.
 - b. To find your local ILC, go to [this link](#)
5. Try to get **educational supports such as Individualized Education Programs (IEPs) and 504 Plans** put in place before January, when official DOE policy is likely to change. The [Federation for Children with Special Needs](#) can provide, or connect you with, IEP advocacy and assistance if you need it.
 - a. For more information on current disability-related education policy, go [here](#)
 - b. Compilation of education/continuous learning resources can be found online [here](#)
 - i. **Note:** Some of this archive is specific to North Carolina, but there are many national resources and legal references listed as well
 - c. Resources for the Accessibility Community can be found [here](#)
6. **Note:** Some of this archive is specific to North Carolina, but there are many national resources and legal references listed as well
7. Other local resources:
 - a. [Ability Now Bay Area](#)
8. If you haven't already - find an online support group
 - a. Most support groups have an online element/discussion board
 - b. Many support groups are based on particular disease, disorder, or illness or a disability type
 - c. More and more of these groups are integrating with social networking sites like Facebook, often forming Closed (Private) Groups to maintain privacy
 - d. Support groups enable people with disabilities to commiserate, share insight, and most importantly -- share tips, tricks, and resources -- everything from legal advice, to doctor lists, to non-medical advice that facilitates accessibility and beyond
 - e. Online Support Groups:
 - i. [Invisible Disabilities Association](#)
 - ii. **NORD** - [Find Patient Organization](#) (not just rare disorders)

Mental Health

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 - d. [Crisis Support Services of Alameda County](#) 1-800-309-2131

Strategies for Action and Allyship

"It is our duty to fight for our freedom. It is our duty to win. We must love and support one another. We have nothing to lose but our chains"- Assata Shakur

1. On some level, the outcome of the election has the potential to negatively impact all of us, but we know that those of us who hold more privilege in our identities will be more insulated than others. We all have the opportunity to step up and fight back; our survival depends on our willingness to do this not only on our own behalf, but on the behalf of our communities. Here are some things you can do:
 - Call Your Representatives
 - You can use [this call sheet](#) to find a weekly call to action and to get the contact information for your House & Senate representatives. There are call scripts and a tip and strategy guide!
 - Don't be a Bystander
 - There has been a huge surge, already, in instances of bias and hate against marginalized folks- not just in other parts of the country, but here in the Bay Area as well.
 - If you see something like this happening, and it is safe for you to do so, intervene! Here are some helpful resources:
 - [Anti-Muslim Hate Crimes Will Likely Increase. Here's How Not To Be A Bystander](#)
 - [Stomp Out Bullying Guide to Being an Upstander](#)
 - [Be an Upstander Video](#)
 - If you witness an incident of bias and you do not believe it is safe for you to intervene, consider calling [a community ambassador](#).
 - Give Time
 - [Hands On Bay Area](#) is a great place to find volunteer opportunities
 - Here are a list of upcoming events, trainings and volunteer opportunities:
 - [East Bay Solidarity With The Movement for Black Lives \(Oakland\)](#)
 - [Post Election Resource Fair- Together We Can!](#)
 - [Solidarity With Vision 4 Black Lives Study Session + Potluck](#)

- [Resist Fascism and Reclaim MLK- 120 Hours of Direct Action](#)
- Fundraise or Donate
 - Kendra Serra is raising funds to support legal and medical fees incurred by trans* folks- more info on [their twitter](#)
 - [Other great places to consider fundraising for](#)
 - **consider setting up a small, recurring donation rather than making a lump sum donation right now. Organizations are getting lots of cash pouring in at the moment but, unfortunately, the momentum is likely to die down. We need to stay in this for the long haul!