Thank you to our 20-21 Team!

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Office Hours

WEDNESDAYS 10:00AM-11:00AM
• Check the HSU Virtual Quad or our website for our Zoom Link
OR BY APPOINTMENT
• Email us directly to make an appointment studentlegallounge@humboldt.edu

More Information

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Defining Disability

• A disability is a condition of the body or mind that makes it more difficult for the person to do certain activities or participate in society.
• According to the World Health Organization, a disability has three elements:
  ○ impairment
  ○ activity limitation
  ○ participation restrictions.

Impact of Disabilities

• People with the same disability may be affected in different ways and other factors also play a role in the experiences of someone with a disability.
• Certain types of disabilities are more stigmatized than others due to the stereotypes associated with them (psychiatric disabilities being stigmatized the most).

Disability Stigma Definitions

• Ableism
  ○ Discrimination in favor of able-bodied people
  ○ Attitudes in society that devalue and limit the potential of persons with disabilities

• Stigma
  ○ A perceived mark of difference that sets a person apart from others

Stigma Effects

• Stigma = stereotyping → prejudice → discrimination
• People with disabilities (PWDs) have been stigmatized throughout history.
• Some stereotypes of PWDs portray them as being: pitiable and pathetic, sinister or evil, tragic but brave, laughable, aggressive, burdens/outcasts, non-sexual and incapable of fully participating in everyday life.
Over a billion people, about 15% of the world’s population, have a disability or will at some point in their life.

At least 1 in 10 students at HSU has a disability.

MENTAL HEALTH RESOURCES

REACHING OUT IS THE MOST IMPORTANT STEP.

HSU PUBLIC SAFETY
  - (707) 826-5555
CAPS, INCLUDING AFTER-HOURS PHONE SUPPORT
  - (707) 826-3236
HUMBOLDT COUNTY MENTAL HEALTH
  - (707) 268-2900
24-HOUR COUNTY CRISIS LINE
  - (707) 445-7715
HUMBOLDT FAMILY SERVICE CENTER (HFSC)
  - (707) 443-7358

PTSD PROGRAMS:
  - EVOLVE TEEN DUAL DIAGNOSIS TREATMENT
    - (866) 754-3984
  - DUAL DIAGNOSIS TREATMENT AT EVOLVE AGOURA HILLS
    - (844) 319-5338

DISABILITY:

Rights

Created by the Student Legal Lounge at Humboldt State University

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Funded by Associated Students
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Hello, from the Student Legal Lounge!

The Student Legal Lounge is a student-led and Associated Students funded legal resource at Humboldt State University. We serve students searching for an attorney, in understanding the full scope of their legal rights, and if those rights have been violated.

We are not attorneys or legal advisors.

As a resource center, our goal is to assist students navigating the legal world around them.

Within this brochure you will find all the information you need to defend your right as a person with disabilities.
**Disability Rights**

Section 504 of the 1973 Rehabilitation Act
- It prohibits discrimination against people with disabilities in programs that receive federal financial assistance.
- It was the first disability civil rights law to be enacted in the United States.

1990 Americans with Disabilities Act (ADA)
- It prohibits discrimination on the basis of disability by:
  - employers
  - public accommodations
  - state and local governments
  - public and private transportation
  - telecommunication

Discrimination results from not adhering to either Federal or State disability laws.

Disability Rights Education & Defense Fund
- It provides legal information regarding rights and protections for people with disabilities.

**Effects of Disability Stigma**
- Social Avoidance of People With Disabilities (PWDs)
- Stereotyping of disabilities
- Discrimination in job hiring, housing, or other opportunities
- Condescension because PWDs are seen as helpless
- Blaming for their disability or receiving disability benefits
- Internalization of negative false beliefs
- Hate Crimes and Violence targeting PWDs

**PWDS ARE MORE LIKELY TO BE VICTIMS OF PHYSICAL OR SEXUAL VIOLENCE THAN PEOPLE WITHOUT DISABILITIES.**

**Changing the Narrative**
- **Person First Language**: Referring to the person first and disability second.
- **Identity First Language**: Some people see their disability as an essential part of who they are and prefer to be identified with their disability first.
- **Choosing language that emphasizes what people can do** instead of what they can’t do is empowering. Instead of saying a person who is wheelchair-bound, say a person who uses a wheelchair.
- Empower each other by **pointing out our capabilities and ability to overcome personal challenges.**

**On Campus**
- **Student Disability Resource Center (SDRC)**
  - Provides support services for the educational experience
  - Register by:
    - **Step 1**: Obtain Disability Documentation
    - **Step 2**: Submit Documentation to SDRC
    - **Step 3**: Schedule Intake Appointment with SDRC
- **Disability Assess Map of HSU Student Health and Wellbeing Services (SHWS)**

**Off-Campus**
- **Deaf and Disabled Telecommunications Program (DDTP)**
- **Department of Rehabilitation (DOR)**
- **Disabled Person Parking Placards & Plates (DMV)**
- **Social Security Administration (SSA)**
- **Tri County Independent Living (TCIL)**
- **Disability Disaster Access & Resources (DDARC)**
- **Northwest Committee for Employment of People With Disabilities (NCEPD)**
- **PG&E Programs**
- **Open Door Community Health Centers**
- **Humboldt Family Service Center (HFSC)**
- **Disability Rights Education & Defense Fund**
  - It provides legal information regarding rights and protections for people with disabilities.