

# Health & Wellness Resources

## Sharing Session Discussion Notes

- ❑ **Discuss** each of the questions below and **write** any resources that you would like to share in the box below the questions. Also, write any key takeaways from your discussions.
- ❑ **Report** what you discussed to the whole group.

*Click the link to go to the notes page for your group*



[Group 1](#)



[Group 2](#)



[Group 3](#)



[Group 4](#)

Group 1 members' names: \_\_\_\_\_

You are going to discuss the questions below and take note. You will share out with the whole group after small group discussion.

1. Which healthcare or wellness resources from Montgomery College have you taken advantage of or shared with students?

- COVID vaccination and testing
- MC Support Services (Disabilities) + supporting agencies that work with the students
- Equity and Inclusion activities (students and faculty) - yoga, walking, dance
- Security (Germantown, at sites) - check-ins, safety support
- Health screening
- Nutrition classes (students with young children) - email comes out as "Wellness Update"

2. Which healthcare or wellness resources from Montgomery County or area nonprofits/organizations that are available to students and teachers have you used or recommended to students?

Montgomery Works  
Montgomery Connects  
Projecto Salud  
Gilchrist (Legal, medical...so much)  
Crisis Center  
Agencies that support disabled students (for the deaf, the blind)  
Montgomery County Libraries  
HOC CAP  
Public assistance programs (cash assistance, food, those with children)  
MCPS (food distribution, the Backpack Program); Food Bank

Group 2 members' names: \_\_Rita, Rita, Alfredo, Adrienne, Eileen\_\_\_\_\_

You are going to discuss the questions below and take note. You will share out with the whole group after small group discussion.

1. Which healthcare or wellness resources from Montgomery College have you taken advantage of or shared with students?

County Resources--Health Department  
Germantown, SS, Rockville

Recreation Department cards--now or soon, free

Gilchrist has lists of resources for us

MC--confusing because sometimes resources are available only for credit classes. Also, we have three campuses.

We can use the sports facilities

Mental Health--

Wellness advertisements on TVs if you need help. Shaw Center (We think)

County wide: crisis center

Mobile Market!!

There are other food resources on campus--snacks, lockers...

County food resources listed in Gilchrist

This Spring Conference!

More familiar with the county resources than the resources at the college. And there are some resources that are only available for credit students so instructors have to make sure that our students can access a service before sharing them.

2. Which healthcare or wellness resources from Montgomery County or area nonprofits/organizations that are available to students and teachers have you used or recommended to students?

Rita has a resource book –Early Childhood Program, from the county.  
Rita will send it to Raquel to add to our list

Telehealth

Important to have health care services in different languages or language line

I shared a big list that I compiled with my students...

Talked about insurance brokers

Would like more resources for students who need services for drugs and alcohol abuse and more information about where to send our adults who are facing abuse because of it

Group 3 members' names: VN, FM, GP, BR

You are going to discuss the questions below and take note. You will share out with the whole group after small group discussion.

1. Which healthcare or wellness resources from Montgomery College have you taken advantage of or shared with students?

- \*Swimming pool on a tour with students so they know when they can use the pool.
- \*Schedule of yoga classes
- \*Shaw Center (food, hygiene items, classes on personal safety)
- \*Benefits of getting a student ID to use campus resources.
- \*Students can use the gym. Have taken students there to get a schedule.

2. Which healthcare or wellness resources from Montgomery County or area nonprofits/organizations that are available to students and teachers have you used or recommended to students?

- \*MC Rec Centers are free.
- \*Mobile Med through Montgomery County
- \*Holy Cross Community Center
- \*COVID vaccines
- \*DECO department for emergency care treatment waiver in Maryland (can only be used for an emergency for patients with no health insurance)
- \*Montgomery County Crisis Center
- \*Gilchrist Center
- \*Kaiser Permanente open enrollment for the uninsured.
- \*Food Pantry
- \*Area churches give out free food
- \*Catholic Charities volunteer dentists
- \*A Wider Circle (interview clothes)
- \*Gilchrist Center pro bono legal services, furniture
- \*Manna (food)
- \*Children & Family Center (Free lawyer for domestic abuse and therapy)
- <http://www.wlcmd.org/how-we-help/family-law/> (provides free legal representation for victims of domestic abuse.)

Group 4 members' names: \_\_\_\_\_ SL, FK, RF \_\_\_\_\_

You are going to discuss the questions below and take note. You will share out with the whole group after small group discussion.

1. Which healthcare or wellness resources from Montgomery College have you taken advantage of or shared with students?

I shared with students how to get their ID cards so that they can use the gym

Talked to students how access counseling service at the college

Have accessed counseling through the college directly through staff counseling

There was a question about what type of services are available through the EAP or if they are available through the EAP for AELG instructors

Have recommended the Mobile Market students that the Shaw Center does and anytime they have health screenings, and blood drives

2. Which healthcare or wellness resources from Montgomery County or area nonprofits/organizations that are available to students and teachers have you used or recommended to students?

Gilchrist Immigrant Center - Crisis line

UMD Nutrition Programs - free nutrition work for students (good for ESL Intermediate II & up)

Catholic Charities - affordable housing, food and nutrition among other things

Subscribe to County newsletter and share when the county is having safety trainings like bike safety and e-scooter training