The Watkins Mill Cluster Project has received numerous referrals this year for families in need. Many families in our community are struggling with issues related to their mental health, finances, housing and physical health and our team is here to help. Please view page 7 to see if you are eligible to receive services from our program.

In this Edition

Mental Health Services
We have included information on some mental health resources in the community as we have seen an unprecedented rise in the need for behavioral health services this school year. Go to page 4 for information.

Food & Clothing Resources
There are many resources available in the community that can help families address food and clothing needs. Go to page 3 for information on where to obtain clothing and food in the community.

Housing Resources
There is help available if you are struggling to pay for housing related costs. Go to page 5 for information.
Tips for a Successful School Year

Going back to school full time was overwhelming for many students this year after having been home for so long. In our spring edition, we shared some tips on helping kids get prepared to return to school. If you or your children are still struggling after these last few months, here are some additional tips to help everyone get into a routine.

1) Create a visual schedule – Help your children be better prepared for the day by writing down what they should be doing each school day. This should include morning and bedtime routines.

2) Try to get homework completed right after school or earlier in the evening if possible.

3) Acknowledge feelings and celebrate successes – It is important to acknowledge our children’s feelings about being back in school and challenges they may be facing. It is also just as important to celebrate their successes.

4) Get enough sleep – This is important for both parents AND children. Making sure you and your children are getting enough sleep on a regular basis is essential to helping everyone stick to their new schedule.

5) Ask for help – If you or your child are still struggling, consider reaching out to the school counselor for help and other suggestions.

ADDITIONAL RESOURCE

Visit The US Department of Education website [here](#) for more tips for parents on returning to school.
Food & Clothing Resources

Here are some resources if you or members of your family need food or clothing.

CLARKSBURG CLOSET AT CEDARBROOK COMMUNITY CHURCH

Email your name and number to info@clarksburgcloset.org to request clothing. The Clarksburg Closet is located at 23810 Stringtown Road.

INTERFAITH WORKS CLOTHING CENTER (IWCC)

IWCC provides gently used clothing to individuals and families in need by appointment only (click on link above to schedule online).

*Referral from caseworker or proof of SNAP/MA benefit required

MONTGOMERY COUNTY 311

Call the Food Access Call Center at 311 for help with food or visit here

MANNA FOOD

Call 301.424.1130 by 3 PM and speak to a referral specialist who can help you identify where you can pick up food. Manna has waived all income requirements due to the pandemic. Click here for more information.

GAITHERSBURG HELP

Call 301.216.2510 to determine if you are eligible to pick up a food package. Currently guests can pick up food 9 times in a 6-month period. Visit here for more information.

*can also help with prescriptions

ST. MARTIN OF TOURS PANTRY PROGRAM

Call 301.990.3203 for more information about St. Martin’s food pantry program. Food distribution starts at 7 AM every Monday. Visit here for more information.

BLACK ROCK CENTER

The Upcounty Hub at BlackRock distributes food and essentials to families including drive-thru distributions. Call 240.912.1077 for their schedule. Households struggling with COVID, the elderly, the disabled or those without transportation may qualify for home delivery.
If you need immediate support or are in a crisis

This has been a challenging time for all of us and many have struggled with their mental health as a result. Here are some resources to help you and your loved ones access mental health treatment and support in the community.

For evaluations and referrals

Montgomery County Crisis Center
The Montgomery County Crisis Center is open 24/7 and employs therapists who can conduct mental health evaluations and offer immediate support for Montgomery County residents experiencing a mental health crisis. Visit here or call 240.777.4000 to be connected to a staff member.

National Suicide Prevention Hotline
The National Suicide Prevention Hotline is a national network of local crises centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress. Call 1-800-273-TALK (8255) and get connected to someone 24/7.

The Montgomery County Hotline
The Montgomery County Hotline, run through Everymind, is designed for individuals who are in distress and need support. You can call, chat or text someone by calling 301.738.2255 or visiting here: https://www.every-mind.org/chat/

Access to Behavioral Health Services
Access to Behavioral Health Services offers free mental health and substance abuse screenings and referrals for low-income adults residing in Montgomery County. Call 240.777.1770 for more information.

SASCA (Screening & Assessment Services for Children & Adolescents)
SASCA offers free mental health and substance abuse screenings for Montgomery County youth. Call 240.777.1430 to schedule a screening.

Medical Assistance mental health treatment providers
Families First Counseling & Psychiatry
240.304.3327 ext. 2

Sheppard Pratt Behavioral Health Partners
301.663.8263 ext. 7

Advanced Behavioral Health
301.345.1022 ext. 2

Thrive Behavioral Health
410.780.5203 ext. 1 & 4

Uninsured treatment providers
Child & Adolescent Behavioral Health Services
240.777.1450

Everymind
301.424.0656 x 518

Sheppard Pratt
443.845.4505

Montgomery Cares Clinics
Visit here for list of participating clinics

Private insurance mental health treatment providers:
Contact your insurance provider directly for list of clinicians who accept your insurance

www.psychologytoday.com
Use the search engine on this website to filter by location, insurance type and populations served
Montgomery County Rental Assistance Program (RAP)

The Montgomery County Rental Assistance Program assists qualifying renters with a shallow monthly subsidy ranging from $100 to $400 per month. To be eligible, households must meet the following criteria:

- You must be a renter in Montgomery County and rents cannot exceed program limits
- Your monthly gross income cannot exceed program limits
- Your household assets must be less than $10,000
- Must be currently homeless (living in a car, on the street or in a shelter) or at imminent threat of homelessness (eviction notice or family lacks the resources or support networks needed to obtain other permanent housing); AND
- Individual or household member must have a disability OR at least be 55 years old

If your household meets the above-described criteria check with your Watkins Mill Cluster Project Care Coordinator to determine eligibility. If you are not a Watkins Mill Cluster Project client, call Montgomery County Housing Stabilization Services at 240.777.4550 for more information about RAP.

Please note that the COVID Rent Relief Program will stop accepting applications on 12/31/21. All applications submitted before the deadline will be reviewed and processed but no additional applications will be received after that time.
COVID-19 Related Information

Vaccines Available for Children Ages 5-11
Children ages 5 through 11 are now eligible to receive the COVID-19 vaccination. You can check with your child’s health care provider, local pharmacy or schedule an appointment through a county run clinic by visiting [COVID-19 Vaccine - Montgomery County, MD](https://montgomerycountymd.gov)

Some parents are hesitant about vaccinating their children. If you have questions or concerns regarding the COVID-19 vaccine for children, discuss your concerns with your child’s pediatrician. You can also read more about the benefits of vaccinating children at the Centers for Disease & Control (CDC) website [COVID-19 Vaccination for Children 5-11 Years Old | CDC](https://www.cdc.gov/covid19/vaccines/patient/5-11-years-old.html)

The vaccine is safe and effective at protecting children and adults against COVID-19.

Montgomery County Indoor Mask Mandate
All Montgomery County residents are required to wear face masks indoors as the County reached a substantial transmission rate for seven consecutive days. The indoor mask mandate was reinstated on November 20, 2021. Visit the following website for more information:
[Montgomery County Maryland](https://montgomerycountymd.gov)

Booster Shots Available for All
Effective November 18, 2021, anyone over the age of 18 who had previously been vaccinated against COVID-19 is eligible to receive a booster shot.

Studies show that protection against the Delta variant decreases over time. Receiving a booster shot will provide increased protection against the disease.

Schedule your booster at a county run clinic by visiting the following website:
[COVID-19 Vaccine - Montgomery County, MD](https://montgomerycountymd.gov)

Or you can find additional locations by visiting:
[Vaccine | Coronavirus - Maryland Department of Health](https://coronavirus.maryland.gov)

If you need assistance scheduling a booster or 1st vaccine appointment, you can contact 240.777.2982

Taxicab companies in Montgomery County are offering free rides to vaccine appointments for older residents and those with disabilities. Call Connect a Ride at 301.738.3251 to schedule
The Watkins Mill Cluster Project is a joint effort between Montgomery County Public Schools and Montgomery County government agencies focused on maintaining and increasing family stability. If a student attends Watkins Mill High School or one of its feeder schools, a parent can request a referral to the program via their child’s school counselor. If referred, a family will be assigned to a care coordinator who can assist with accessing resources in the community.

To learn more about the program please visit [here](#) or see our contact information listed below

**Email:**
wmcp@montgomerycountymd.gov

**Phone:** 240.777.1416

VISIT [HERE](#) TO SEE THE SUMMER EDITION OF OUR NEWSLETTER