# Resources

International High School at Largo

**Support Team** 

### **Food**

- Breakfast and lunch offered.
- Meals can be picked up at the closest school in your community.
- **♦** Food is free for ALL students until Dec 31
- ♦ What will you need?
  - Students picking up food do not need to show identification
- When can you pick up meals?
  - Mondays & Wednesdays 10:00AM 1:00 PM at school locations.
  - Monday meals for Monday and Tuesday
  - Wednesday meals for Wednesday, Thursday and Friday
  - > For Locations, visit <u>here</u>.

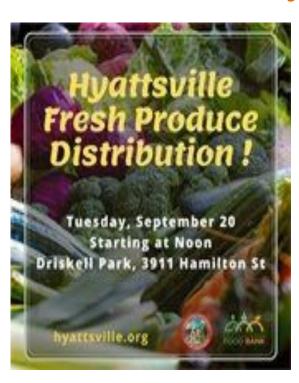
#### Supplemental Nutrition Assistance Program (SNAP)

- Social Program
- Monthly food stipend
- Some Non-citizens qualify
- Increased balances due to COVID-19

#### Food Pantries

- > Free food for those in need
- Minimal requirements during pandemic
- To locate a pantry go to: <a href="https://www.capitalareafoodbank.org/find-d-food-assistance/">https://www.capitalareafoodbank.org/find-d-food-assistance/</a>
- MD Meal Sites: www.mdsummermeals.org

### **Monthly Food Distribution**



#### **Fresh Produce Distribution**

The City of Hyattsville and Capital Area Food Bank are partnering for a monthly series of **FREE** fresh produce distributions starting Tuesday, September 20, at noon, at Driskell Park. Produce boxes will be distributed to walk-ups only.; Drivers will need to park their vehicles to pick up the boxes. No registration or City residency is required. These distributions will take place on the **third Tuesday of each month**. Questions? Email community@hyattsville.org or call (301) 985-5000.

## **Diapers**

# Laurel Advocacy & Referral Services, Inc. (LARS)

311 Laurel Ave, Laurel, MD 20707

- All services are currently provided by appointment only. Call 301-776-0442 to make an appt. (M 9AM-2PM & 5-7:30PM, W&F 9AM-2PM).
- First time visitors must complete an intake form in advance or at first visit and bring required documents. Intake and documents checklist can be found here.
- Must reside or stay in Laurel zip codes 20707, 20708,
   20723, or 20724
- Families in need of diapers should bring proof of child's date of birth (DOB)

#### City of Hyattsville

Magruder Park: 3911 Hamilton Street, Hyattsville, MD 20781

Distribution takes place on Mondays 9
 AM – 1 PM and Wednesdays 2 PM – 5
 PM by appointment.

#### Lean On Us Unity House of Faith

1051 Owens Rd Oxon Hill MD

- People can call or send emails or just come to the pickup days.
- 301-281-2711, leanonusuunityccc@gmail.com
- Hours of Operation: Tuesday 4-6, Friday
   2-5 every first Sat of the month 8-12

## **Diapers**

#### **SHABACH Ministries Inc.**

403 Brightseat Rd. Landover, Md. 20785

- All service by appointment only by calling 240-532-7003.
- Hours of Operation: 10:00am-2:30pm
- Diapers and Food Pantry are available by appointment only Monday through Friday.
- Must provide child's proof of birth at pick up.
- First time visitors must complete an intake form in advance and bring the required documents at appointment time.
- Outreach service is provided twice a month in the Community, must provide zip code, number in household and diapers size.

# Comunidades Unidas contra la Pobreza, Inc. (UCAP)

1400 Doewood Lane, Capitol Heights, MD 20743

- Las familias que necesitan alimentos y pañales deben llamar al 301-322-5700 ext 101 para programar una cita (disponible de lunes a viernes de 9:30 a. m. a 2:30 p. m.)
- Las familias que necesitan pañales deben traer prueba de la fecha de nacimiento del niño (DOB)
- Solo residentes del condado de Prince George

### Health

#### MedStar Health- EVisits

- > Free online medical visits
- Licensed professionals who can prescribe medication
  - Patient is responsible for cost
- > Referrals can be made

List of Clinics--click the link to view.

If you are experiencing a medical emergency, please call 911.

- Catholic Charities -Insured/Uninsured
  Susan Denison Mona Dental Center Temple
  Hills
  - Emergency Line: 202.271.8215

#### Clinics Insured/Uninsured

- Central and South County
  - Greater Baden Medical Clinics-Capitol Heights, MD and Brandywine, MD 301-888-2233
- North County
  - Mary's Center Adelphi, MD
     1-844-796-2797
- Hospitals with Financial Assistance
   Charity Funds- Ask for application during admissions
  - Holy Cross Hospital (Silver Spring MD)
  - University of MD Bowie Health Center (Bowie MD)

# CVID-19 (coronavirus)

If you have questions or concerns related to the coronavirus please follow these guidelines:

#### **CALL 911 FOR EMERGENCIES ONLY**



Call our hotline for concerns or





If you have concerns about your risk of exposure to coronavirus and you have symptoms, including:







Fever

Coughing

**Shortness of Breath** 

call a health care provider to be evaluated or call our hotline for assistance.



Do not show up to your health care provider without calling first to discuss symptoms.













### C\*VID-19 (Coronavirus) Angela D. Alsobrooks County Executive New Testing Site



The FedExField COVID-19 Screening Site is closed as of Wednesday. April 29th.



#### Beginning Monday, May 4th

COVID-19 testing operations will fully move to the Prince George's County Health Department's Cheverly Clinic.

#### **Hours of Operation:**

Monday-Friday ~ 10:00 AM - 3:00 PM



Testing is available by Appointment only. You must call our hotline to be seen at this site.

#### **Reminders:**



If you are sick, DO NOT WAIT to get medical care, especially if it is difficult to breathe.



If you are tested for COVID-19, DO NOT WAIT for your results to get medical care if your symptoms worsen.



COVID-19 testing at our testing facility is available regardless of insurance coverage.



COVID-19 testing at our testing facility is free for residents. regardless of insurance coverage.

For more information about COVID-19, please visit: health.mypgc.us/coronavirus

If you are experiencing symptoms of COVID-19 (cough, shortness of breath, fever) and need COVID-19 testing, please call our hotline:



### **Covid-19 Vaccine**



# **Safety Resources**

- How to Safely Wear and Take Off a Cloth Face Covering (PDF)
- How to Wear a Fabric Mask Safely (Video)
- Recommendations for Visiting Parks and Recreation Facilities
- Guidelines for How to Protect Yourself and Others (PDF)
- How to Make Cloth Face Coverings
- Symptoms of Coronavirus (COVID-19) (PDF)

http://www.mncppc.org/

### Health (cont)

#### Maryland Health Connection

- Non-citizens can qualify for health insurance with certain legal statuses
- For more information: www.marylandhealthconnection. gov





# NEED HEALTH INSURANCE? COVID-19 Special Enrollment is Open Now! Get Covered.

#### PHONE ASSISTANCE IS AVAILABLE!

Here is how you can get help:



BY PHONE - MONDAY - FRIDAY:

**PGC HEALTH CONNECT CALL CENTER 301-927-4500 or 240-719-2167** 9:00am – 3:00pm

CASA Multi-Lingual Health Hotline Spanish/English - 301-270-8432 French/English - 240-270-1318 9:00am - 4:00pm

Maryland Health Connection 1-855-642-8572 (Toll Free); Relay users dial 711 8:00am – 6:00pm



ON LINE:

www.marylandhealthconnection.gov





Download our free mobile app,
Enroll MHC! Upload documents
right from your phone or tablet!





PGC Health Connect is a program of the Prince George's County Department of Social Services.

### **Health (Dental)**

Located near the New Carrollton Metro Station.

Dental Students provide the following:

- Review of overall health to determine patient needs
- Oral Cancer Screening
- Evaluation of teeth and gums
- X-rays
- "Cleanings"
- Gum therapy
- Fluoride treatment
- Sealants (coating to prevent tooth decay)
- Examination and referral by a licensed dentist



Your Life. Powered By Learning

Comprehensive Dental Hygiene Therapy, X-rays, Exam and Fluoride Treatment Adults \$40 Children \$20 Veterans \$20 (with proper ID)

Please call 301-459-3650 ext. 4150 4351 Garden City Drive Landover, Maryland 20785

www.fortis.edu

- All treatment is conducted by students with evaluation and observation by dental hygiene faculty
- Each fee for service covers some or all of the items listed above until treatment is completed - within 60 days.
- Appointments are 3-4 hours each and could be multiple visits due to student course requirements and patient-specific needs.

### **Health (Dental)**

Howard University Children's Dental Clinic	202-806-0307
University of Maryland Children's Dental Clinic	410-706-0307
Children's Hospital, Washington, D.C.	202-476-2160
Community Clinic at Franklin Park (Greenbelt)	240-624-2278
Kool Smiles, District Heights, MD	240-455-5425
Kool Smiles, Takoma Park, MD	301-830-5135
Adventure Dental, Hyattsville, MD	301-773-4746

#### **ORAL SURGERY**

Howard University, Oral Surgery Clinic	202-806-0330
Washington Hospital Center, Oral Surgery Clinic	202-877-6737

#### **DENTAL RESOURCES FOR ADULTS**

DENTAL RESOURCES FOR ADULTS	
Howard University Adult Clinic	202-806-0007
University of Maryland Clinic	410-706-7101
Greater Baden Dental Clinic	301-888-2233

## Prince George's County Health Department

Dental Health Program 3003 Hospital Drive, Suite 1048 Cheverly, MD 20785 (301) 583-5900 [ofrece servicios a adultos y niños]

### **Emotional Health**

- SALI Sexual Assault Legal Assistance 301-565-2277 or 1-877-496-SALI
- Domestic Violence Legal Help House of Ruth 1-888-880-7884/ 24hr hotline 410-889-7884
- PG Teen Runaway Shelters/Help;
  Promise Place Hotline: 202-547-7777
- PG County Mobile Crisis (Free 24hr)-301-429-2185
- Maryland Family Resources
  - (Virtual Counseling by appt)
  - ➤ Bilingual contact: Ursula Cerro 301-333-2980

#### Help Lines

- National Suicide Prevention Hotline- 1-800-273-8255
- Abuse/Domestic Violence Victim Hotline- 301-618-3154;
- Maryland Youth Crisis Hotline-1-800-422-0009
- Child Abuse Hotline (24 hr)-301-909-2450

Take care of yourself! Don't forget to do something that improves your mood or makes you happy.

### **Emotional Health**

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<u>Hyattsville Mental Health & Wellbeing Community Resources</u> List

Wellbeing Recommended Book Suggestions List for Children You can also find various free or low-cost resources like food

and housing assistance using this link.

988: New Lifeline for Mental Health Crises and Suicide <u>Prevention:</u> The **988** Lifeline improves access to crisis services

for those experiencing a mental health or suicide-related crisis, or those helping a loved one through crisis. Individuals who

call 988 (available nationwide in multiple languages) or text 988 (English only) will be connected to a national network of over 200 local, independent, and state-funded crisis centers

equipped with counselors trained to help people in emotional

distress or experiencing a suicidal crisis. <u>Children's Mental Health Matters! Family Resource Kit:</u> The city has a limited number of Family Resource Kits available

(English and Spanish) for parents and guardians.

Maryland (MHAMD) A free kit can be picked up at the City Municipal Building (4310 Gallatin Street, 3rd Floor). Kits can also be viewed on the

The free kit, provided by the Mental Health Association of

MHAMD website or requested by calling MHAMD at 443-901-1550. www.mhamd.org

 $\triangleright$ 

Mental Health in Later Life: A Guidebook for Older Marylanders the People Who Care for Them: This free guide from the Mental Health Association of Maryland (MHAMD)

of the guide are available at the City Municipal Building (4310 Gallatin Street, 3rd Floor), can be viewed at the website www.mdaging.org, or requested by calling MHAMD at 443-901-1550

empowers readers with behavioral health information that

connecting with professional and community support. Copies

can encourage positive action, combat stigma, and foster

Take care of yourself! Don't forget to do something that

Source: https://www.hyattsville.org/1003/Mental-Health-247

improves your mood or makes you happy.

### **Employment**

#### Protections under Governor Hogan's Protective Orders

- Companies will not disrupt services for clients whose income has been impacted by the COVID-19 pandemic. Para más información...
  - Pepco, click <u>here</u>.
  - WSSC, click <u>here</u>.
  - Washington Gas, click <u>here</u>
- Governor's Executive order on evictions- courts will not process any evictions
- Employ PG Hot Job Listing <a href="https://www.employpg.org/hot-jobs/">https://www.employpg.org/hot-jobs/</a>
- Employ PG Employee Relief Fund
  - If you've lost your job due to COVID and would like some financial assistance.
  - ➤ Apply <u>here</u>.

#### Restaurant Employee Relief Funds

- Children of Restaurant Employees-- <a href="https://coregives.org/">https://coregives.org/</a>
- Restaurant Employee Relief Fund-https://rerf.us/

#### CASA Day Work Program

- CASA Hire Workers Program
  - Day work opportunities
  - Do not have to speak English.
  - To be referred to this program, request support from IHS at Largo Support Team <a href="https://example.com/here">here</a>.

#### Maryland Workforce Exchange

Maryland job search engine, click here.

### **Employment (cont)**

**Employ PG COVID-19 Hourly Employee Relief Fund** 

**APPLY TODAY!** 

#### How to Apply:

- Visit <u>www.employpgedge.com</u> and register with Employ Prince George's
- 2. Select "Apply for Prince George's County COVID-19 Hourly Employee Relief Fund
- 3. Complete the required application questionnaire
- Upload the required documentation to confirm your layoff is due to the pandemic
- 5. Confirm and monitor your email updates



## **Utility Resources**

#### Maryland Low Income Household Water Assistance Program

#### What is LIHWAP?

The Low Income Household Water Assistance Program (LIHWAP) is available statewide and provides Maryland households with financial relief toward water and/or wastewater bills. Eligible households may receive up to \$2,000. LIHWAP funding is limited and applications will be accepted on a first come, first served basis.

Maryland Low Income
Household Water Assistance
Program (LIHWAP) Application

Click here for more information!

Funding is limited and applications will be accepted on a first come, first served basis. In order for an applicant to receive LIHWAP assistance, the water/wastewater supplier has to agree to accept payment from the Department of Human Services on behalf of the customer.





## Financial Help

Get Help in DC • Maryland • Northern Virginia

Get help for yourself and your family. The Salvation Army's Emergency Assistance (EMAST) Program helps individuals and families in crisis.

Emergency financial and food assistance is available at Corps Community Centers located throughout the Greater Washington DC region.

A team of social service coordinators, located in DC, Maryland, and Northern Virginia, offer case management and solutions to help families in need stabilize their situation. This helps to keep a roof over their heads and the utilities on.



https://salvationarmynca.org/gethelp/

# Housing



Are you having trouble paying rent?
Has your Landlord threatened to evict you?
Does your family need food, clothing,
or other assistance?

### FILL OUT OUR QUESTIONNAIRE AT THIS LINK TO SCHEDULE A SESSION:

#### https://bit.ly/housinghelpsignup

Wednesdays 12:00PM to 2:00PM on 3/2, 3/9, 3/16, 3/23, 3/30, & 4/6

Zoom Link to the session: https://bit.ly/housinglawhelp

#### **Any Questions?**

Email: housinglawhelp@umaryland.edu

Or call 410-706-5459

### Free home foreclosure prevention clinic

The Pro Bono Resource Center of Maryland (PBRCM) offers FREE legal services to assist with home foreclosure and eviction prevention. Legal assistance and referrals for immigrants are also offered. For more information, visit www.probonomd.org. Homeowners at risk of eviction can complete an online intake form at PBRCM's website or call (443) 342-4262 to complete an intake over the phone.

PBRCM is offering a free home foreclosure prevention clinic this **Thursday**, **October 6**, from 10AM to 1PM at the City Building, **4310 Gallatin Street.** For more information or to register, call 443-342-4262. Walk-ins are accepted, but pre-registration is highly encouraged. Homeowners should bring proof of income (e.g., pay stubs, W2 forms), mortgage paperwork, lender statements, and any default or foreclosure notices.

# Housing (Emergency Rental Assistance)

Governor Hogan's moratorium (prohibition) on evictions ends on 08/15.

Prince George's County Department of Housing & Community Development is offering emergency rental assistance. Please do not wait to apply.

Access the website by clicking here for more information  $\rightarrow$ 



# Housing

### Prince George's Emergency Rental Assistance Program

#### Prince George's Emergency Rental Assistance Program Relaunch





The Prince George's County Department of Housing and Community Development (DHCD) is now offering emergency rental assistance to landlords on behalf of tenants experiencing financial difficulties due to the COVID-19 pandemic through the relaunch of its Emergency Rental Assistance Program (ERAP).\*

### The ERAP Relaunch Opens Thursday, March 4, 2021 Applications accepted and reviewed on a rolling basis.

#### Who can apply?

Landlords, holding a valid County rental license, with occupied rental units.

#### What can ERAP cover?

Landlords may apply for each tenant's delinquent rental payments beginning on or after April 1, 2020 for up to 12 months of back rent. The monthly amount of assistance is based on the actual rent value less all late fees, interest, and other costs associated with the tenant's default.

Rent assistance will be paid directly to the landlord/ management company on behalf of the tenant through ACH direct deposit.

Visit the DHCD website for detailed information about the Emergency Rental Assistance Program and to check for:

- Required Landlord Documentation Needed for Submission with Application
- · FAQ's

#### Tenant Eligibility Requirements

- Have a valid lease agreement in their name.
- Income eligible families whose annual income does not exceed 80% of the Area Median Income (AMI), as determined by HUD, and adjusted for household size (check DHCD website for AMI eligibility).
- · Able to show income loss due to COVID-19.

Tenants will not need to provide a Social Security number or birth certificate to apply.

#### What If My Landlord Refuses to Apply?

Tenants unable to pay their rent due to a loss of income because of COVID-19, may apply for rental assistance for up to 6 months in arrears and utility assistance, if their landlord will not apply for rental assistance funding on their behalf.

Rent assistance will be paid directly to the landlord/management company on behalf of the tenant through ACH direct deposit.

Utility assistance will be paid directly to the utility company on behalf of the tenant.

Visit the DHCD website for detailed information about the Emergency Rental Assistance Program and to check for:

- Required tenant documentation needed for submission with the application
- Where tenants can receive assistance with completing and submitting an application
- FAQ's

#### Learn More & Apply: hcd.mypgc.us



"This project is being supported, in whole or in part, by federal award number ERA0202 awarded to Prince George's County, MD Government by the U.S. Department of the Treasury.

# Housing

- PG County Eviction Prevention Program 301-909-6362
- Catholic Charities in Forestville 301-568-9529
- Community Ministries, Seat Pleasant 301-499-2319
- Laurel Advocacy and Referral in Laurel 301-776-0442
- Community Support Systems (Brandywine, MD) 301-372-1491

- Salvation Army (Hyattsville, MD) 301-277-6103
- Bethel House (Brandywine, MD) 301-372-1700
- U-CAP (United Communities Against Poverty, Capitol Heights, MD) 301-322-5700
   Housing Initiative
- Housing Initiative Partnership Mortgage (Hyattsville, MD) 301-699-3835
- Maryland Hope (Mortgage) 877-462-7555

# **Pepco Customer Assistance Programs**

- Pepco is working with their customers who are financially impacted by COVID-19 to avoid service disruption
- Get connected to customer assistance programs as soon as possible
- To make special payment arrangements and discuss additional options call (202) 833-7500 or visit <a href="https://www.pepco.com/help">www.pepco.com/help</a>.



# **WSSC (Water Service Company)**



### **Internet (PGCPS Resources)**

### Hotspot

 Students should complete the technology form on the distance learning website to receive a hotspot from PGCPS.

#### PGCPS Wifi

- Certain PGCPS schools have drive up Wifi for PGCPS students and employees.
- For a complete list of schools with drive-up wifi, click <u>here</u>.

### **Internet (Community Resources)**

#### Emergency Broadband Benefit Program

- A discount of up to \$50 per month towards broadband service for eligible households
- A one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.
- Benefit is limited to one monthly service discount and one device discount per household.
- Click here for more information.

#### Comcast Internet Essentials

- Comcast is offering an 'Internet Essentials' package free for low-income customers for 60 days. Please click <u>here</u>
- Comcast is offering low-cost laptops/computers for \$149.99 to Internet Essentials customers. For more information, please click <u>here</u>
- PGCPS is covering the cost of the <u>Comcast</u>
   <u>Internet Essentials</u> program for students who receive free and reduced meals(FARM)

#### AT&T

 Access from AT&T is being offered to support low-income families in obtaining internet access. You can get internet for as low as \$10/month.
 Families who have a student who receives Free and Reduced meals qualify. For more information click here.

#### Xfinity Hotspot

 If you don't qualify for the 'Internet Essentials" program, Comcast is offering free access to Xfinity Wifi for everyone through their hotspot locations. To find a map of hotspot locations click here.

# Legal

- Pro Bono Resource Center
  - Virtual legal advice
  - Phone: (443) 703-3054

### **Additional Legal Resources**

- Click <u>HERE</u> for a list of trusted pro bono legal service providers by state
- <u>Directory of Immigration Lawyers</u>

# Do you live in Maryland and have a case before the immigration court?

We offer free, confidential, and remote consultations to help you with your immigration case.

Sign up for a free consultation.

https://www.probonomd.org/help-for-immigrants

443-703-3054









#### probonomd.org

This project is supported by a grant from the Maryland Judiciary's Department of Juvenile and Family Services.

We are not affiliated with nor do we ever share your confidential information with any immigration agency.

### **Important Links**

- International High School at Largo (IHSLA)
  - https://www.pgcps.org/ihslargo/
  - https://sites.google.com/pgcps.org/ihslaleatherbacks/home?authuser=2

#### **Social Media**

- Twitter @ihslapg <a href="https://twitter.com/ihslapg">https://twitter.com/ihslapg</a>
- Instagram <a href="https://www.instagram.com/ihslapg/">https://www.instagram.com/ihslapg/</a>

#### PGCPS

- https://www.pgcps.org/
- https://www.facebook.com/pgcps
- Updated Information about the Coronavirus (COVID-19)
  - o https://salud.nih.gov/
  - o <a href="https://www.jhu.edu/">https://www.jhu.edu/</a>

### Who can I contact for more information?

#### **Lynn Bustamante**

**Community School Coordinator** 

**Seek Support from your Support Team** 

Phone: (240) 610-4046 (text or call)

Email: <u>barbara.bustamante@maryland.gov</u>

**Brenda Pichet** 

**Outreach Caseworker** 

Email: brenda.pichet@pgcps.org



# **Preguntas**

