

September 2018

Volunteer News

Sheppard Pratt Health System's Capitol Region



PART OF THE SHEPPARD PRATT HEALTH SYSTEM:



New look, same great volunteers!

Welcome to the first edition of the brand-new Sheppard Pratt Health System's Capitol Region Volunteer News! We're so excited to have you as part of our incredible, dedicated team. [Sheppard Pratt Health System](#) is the nation's largest private, non-profit provider of mental health, substance use, special education, developmental disability, and social services, and Family Services, Inc., Mosaic Community Services, and Way Station are all a part of the organization.

As part of the Sheppard Pratt volunteer network, you are a member of a hardworking team of more than 700 volunteers throughout the state of Maryland. Your commitment to Sheppard Pratt makes a positive impact on thousands of people every single year – and we know that we wouldn't be able to do life-changing work without your incredible support.

So, without further ado, here is what you and your peers have been up to over the past month. And, let us know if you can help with any of the volunteer opportunities posted here. As always, thank you!

Last minute request for interpretation help

A CARF International survey team will be visiting Family Services this week, interviewing clients who receive FSI services.

We're looking for 1-2 volunteers to help with **Spanish/English interpretation on Wednesday, September 19** for 2 time slots:

- **10-11am**
- **3:30-4:30pm**
- **620 East Diamond Avenue, Suite M in Gaithersburg**

Volunteers should be 21+. If you can help, please contact mary.murphy@fs-inc.org ASAP. Thank you!

Can you volunteer each week?

[Montgomery Station](#), our day center for adults living with chronic mental illness, is looking for **volunteers to help with**

Summer celebrations run smoothly with volunteer help

Many thanks to the volunteers who were on hand to help at a variety of special summer celebrations in August!

Student volunteers lent some much-needed extra hands at [Watch Me Grow Child Development Center's](#) 4-year old picnic at Black Hills Regional Park.



Another team of students helped with set up and clean up for the [Sheppard Pratt Health System's](#) Summer Fest at the East Diamond Avenue Family Services' campus so that FSI staff could relax and enjoy the event in their honor.

weekly group sessions. The time commitment starts at an hour a week, but you're welcome to help more often.

This is a wonderful opportunity to share your interests and expertise in a small group setting. Group meeting topics might include poetry writing, crafting of all kinds, a book club, yoga, current events, puzzles/games, and more!

- **Mondays-Fridays**
- **Groups meet at 10-11am, 11-12pm and 1-2pm**
- **630 East Diamond Avenue in Gaithersburg**
- **Volunteers should be 21+**

Each month Family Services receives up to 9,000 diapers from the [Greater DC Diaper Bank](#) to distribute to our families.

Have fun helping us unload and sort all these diapers!

- **The first Tuesday of every month**
- **1:30-3:00pm**
- **620 East Diamond Avenue, Suite M in Gaithersburg**

It's back to school time which means **we need more volunteer tutors** to work for an hour each week with students of varying ages.

- **Mondays-Thursdays from 4-7pm**
- **Adults and students 15+ to work with elementary, middle or high school students in a variety of subjects**
- **Regional Youth Services**
- **620 East Diamond Avenue, Suite H in Gaithersburg**

Be a tutor,
change a life.

- **Wednesdays from 3:00-4:30pm**
- **Adults and students 16+ to work with 2nd-5th graders in a variety of subjects**
- **Linkages to Learning at Rosemont Elementary School**
- **16400 Alden Avenue in Gaithersburg**

Be a tutor,
change a life.

- **Wednesdays and Fridays between 4-6pm**
- **Volunteers 21+ to work with high school students in AP Government and US History**
- **The Landing**
- **640 East Diamond Avenue, Suite B in Gaithersburg**

The [Family Discovery Center](#) is looking for **volunteers to help each week in the child development center.** Volunteers work with staff to engage children, ages infant to 4 years, in age-appropriate games and activities.

- **Mondays-Thursdays**
- **Shifts include 9:30am-12:30pm and 1:00-4:00pm**
- **Adults 18+**
- **1010 Grandin Avenue in Rockville**

Do you love to organize? We're looking for **administrative support** at our day centers for adults living with chronic mental



Members of Highlight Church had planned to host a second Back to School Bash at the [Betty Ann Krahnke Center](#) in August. For a variety of reasons, the bash did not happen, but a terrific group of volunteers dropped off backpacks filled with supplies and gifts for BAKC moms.



Four volunteers, including two individuals from FINRA, offered their support at the [Early Head Start](#) family transition ceremony at Bohrer Park in Gaithersburg.



illness. Tasks may include filing, scanning documents, making copies, refreshing bulletin boards and more.

- **Volunteers are asked to help for a 3-hour time slot at least once a week**
- **Mondays-Fridays, anytime between 9:00am-5:00pm**
- **Independence Program: 7401 Forbes Road in Lanham**
- **Montgomery Station: 630 East Diamond Avenue in Gaithersburg**
- **Volunteers 17+ are welcome to apply**

Mock interview day a success

Montgomery Station's Supported Employment Program (SEP) hosted a mock interview day for clients in August. With the help of four volunteers with interviewing expertise, SEP staff were able to offer one-on-one practice and share valuable feedback to clients who are working to build their job search skills.



Finally, a lively group of volunteers helped with cooking and serving our last celebration lunch of the summer at Montgomery Station. The menu included sweet and spicy chicken, Waldorf salad, sesame broccoli, quinoa, and cucumber/tomato salad. The clients loved the lunch which was topped off with chocolate pudding and whipped cream. Many thanks to our volunteer crew including many from Wells Fargo!



Monthly new volunteer orientations

Learn more about Family Services and the Sheppard Pratt Health System, our volunteer policies and current volunteer opportunities at our monthly new volunteer orientations. Upcoming one-hour sessions include:

- **Monday, September 24 at 12noon**
- **Thursday, October 11 at 6pm**

Contact mary.murphy@fs-inc.org to RSVP. Online applications are available on [our website](#). Orientations are held at 620 East Diamond Avenue, Suite M in Gaithersburg.

To learn more about volunteering for any of the opportunities listed above,
contact Mary Murphy, Volunteer and Marketing Specialist, at mary.murphy@fs-inc.org or call 301-840-3183.