

# CARE CENTER FALL PROGRAMMING

## Classroom Visit Sign Up Form

Be sure to watch your email during the 2<sup>nd</sup> week of classes for the CARE Center Classroom Visits sign up form!

If you'd like a CARE Center team member to visit your classroom and share a short description of our services, you can fill out the form and someone will get back to you to schedule a time that works for you.

Please fill out the [Classroom Visit Request Form here](#)

\*If you would like an alternative way of presenting our information to your students, please contact Samantha Schendzielos at [Sschendzielos@nhcc.edu](mailto:Sschendzielos@nhcc.edu) directly for a video of our services.

## Mental Health Awareness Month

### October Events

#### Peace Ritual Series: Interfaith Candlelight Vigil for Mental Illness Recovery and Understanding

Join the CARE Center's Counselor, Samantha Schendzielos and DEI, in the third session of a series of experiential workshops that present ways to engage in emotional processing and seek peace.

This event, known as the National Day of Prayer for Mental Illness Recovery and Understanding Interfaith Candlelight Vigil, is part of a nationwide week devoted to mental illness awareness. The purpose is to help reduce the stigma for people with mental illness.



- **Tuesday, Oct. 4<sup>th</sup>**
- **2-3:30pm in the Black Box Theater (Campus Center)**

#### Fall Resource Fair

Community organizations and campus resources will be on site to provide information and meet with students regarding housing, transportation, childcare, food, health care, and other personal needs.

- **Wednesday, Oct 5<sup>th</sup>**
- **11am-1:00pm, LRC Crossways**

## Mental Health Screenings

Visit our table on campus and fill out a brief self-assessment test (3-4 minutes) to help you understand and make decisions about common mental health disorders like depression, anxiety, alcohol or PTSD. You will also have an opportunity to chat with a Care Team Member to learn about the services we offer that are free and confidential.

- **Thursday, Oct. 6<sup>th</sup> (National Depression Screening Day)**
  - **12pm-1:30pm, in the Campus Center Cafeteria**
  - **With Carley Saravia, Counselor**
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- **Monday, Oct. 10<sup>th</sup> (World Mental Health Day)**
  - **10am-11:30am, at LRC/ES Crossroads hallway outside of CARE Center**
  - **With Johanna Gangl, Mental Health Therapist**

## Peace Ritual Series: Sip and Reflect

Join the CARE Center's Mental Health Therapist, Johanna Gangl and DEI in the second session of a series of experiential workshops that present ways to engage in emotional processing and seek peace. Sip and Reflect will be a sensory experience designed to unplug from digital demands and lean into ourselves and our surroundings. Tea will be served with a guided reflection exercise to follow.

- **Tuesday, Oct. 25<sup>th</sup>**
- **2-3:30pm, NHCC Greenhouse**



## November Events

### Hunger & Homelessness Awareness Week 14-22

This week, the CARE Center's Social Worker, Ellie McDowell, will be highlighting information and resources for our community to learn more about the issues of hunger and homelessness, and help connect community members with support.

- **November 17: Give to the Max Day**
- **November 22: Food Cupboard Drive Event**

### LEAD Series: Self-care Workshop

In collaboration with Student Life, the CARE Center's Mental Health Therapist, Johanna Gangl will lead a session on making an action plan for self-care.

- **Tuesday, Nov. 8<sup>th</sup>**
- **2-3:00pm, in CC 244**
- **Zoom Meeting ID: 987 9521 7213**
- **Passcode: lead**

### Peace Ritual Series: Sound Bath

Join Melissa Beetoe, owner of Becoming (Maple Grove), in the third session of a series of experiential workshops that present ways to engage in emotional processing and seek peace. A Sound Bath is a deeply immersive, full body listening experience that intentionally uses sound to invite gentle yet powerful therapeutic and

restorative processes to nurture your mind and body. This experience is brought to you in collaboration with NHCC's CARE Center and DEI.

- **Tuesday, Nov. 15<sup>th</sup>**
- **2-3:30 pm, Yoga Studio HWC 167**

## December Events

### Cooking with Care — Food Cupboard Holiday Highlight

The CARE Center wants to show you how to elevate items from the Food Cupboard into delicious, affordable meals. Johanna Gangl, Mental Health Therapist, will be our culinary guide and Ellie McDowell, Social Worker, will co-host this cooking demonstration, and you will get to taste the yummy results! You will also get a free copy of the original CARE Center Cookbook to keep.

- **Thursday, Dec. 1<sup>st</sup>**
- **12:30 to 2 pm, in LRC/ES Crossroads outside of the CARE Center**



### Website Update: New CARE Center & Food Cupboard videos—Watch Now!

- [CARE Center video link](#)
- [Food Cupboard video link](#)

## Wellness Circles\*

The NHCC CARE Center is collaborating with The Steve Fund to bring four, FREE, VIRTUAL wellness sessions on mental and emotional health designed for young people of color. Our first session will take place **Thursday, October 20<sup>th</sup>** between **1:30-3pm**.

**BONUS:** Every participant will get gift cards for attendance!

### Contact Information

- Please fill out an [interest form here](#) and receive updates
- If you have any questions, please email Johanna Gangl at [johanna.gangl@nhcc.edu](mailto:johanna.gangl@nhcc.edu)

### Wellness Circles: Here's the thing!

The Steve Fund Wellness Circles is a series of four sessions designed for young people of color who seek a greater understanding about mental and emotional well-being. In this space, young people will discuss common mental health concerns. The timing of the sessions is customized for the audience and all participants will receive gift cards.

### Topics Include:

Depression	Religious Profiling
Anxiety	Microaggressions
Grief	Religious Intolerance
Racial Discrimination	Bullying

*\*Transcribed from the poster on the following page for accessibility*

The  
Steve  
Fund

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### Topics Include

Depression

Anxiety

Grief

Racial Discrimination

Religious Profiling

Microaggressions

Religious Intolerance

Bullying

**Gift cards  
provided to all  
participants!**

**Contact Deidra Dain at [deidra.dain@stevefund.org](mailto:deidra.dain@stevefund.org) for more information**





## Welcome NHCC's New Social Worker, Ellie McDowell!



NHCC's CARE Center is excited to introduce you to the newest member of our team. Ellie McDowell is available to connect students to community and campus resources that help address any of their basic needs, such as food insecurity, housing, transportation, childcare, etc. This is a free and confidential service to all current NHCC students.

## Philosophy of Social Work

As a social worker, I advocate and collaborate with individuals to ensure that their basic needs are being met by connecting them with on campus and external resources.

My goal is to meet students where they are at and to empower them in a variety of ways in reaching their personal goals. As a social worker, I have the unique opportunity to be creative in the ways I support students while treating each individual with dignity and as an expert of their own lives. I also have the opportunity to network and seek out new partnerships with outside organizations to meet needs as they arise.

I seek to approach students from a trauma-informed lens and creating a space that welcomes vulnerabilities and honest conversations. An additional part of my role is supporting students in gaining access to our campus Food Cupboard. This is a campus resource for all students to utilize as a supplement for their food needs.

### Contact Info:

- Find Ellie's contact information on the [NHCC Homepage here](#)
- Set up a time to talk with her by going to the [CARE Center Webpage here](#)

## United Way 211

North Hennepin Community College and Minnesota State have partnered with United Way 211 to establish a statewide basic needs resource hub. The basic needs resource hub provides NHCC students access to basic needs resources and support available on campus and in the community via phone, text, or chat 24 hours a day and 7 days a week.

[United Way 211](#) provides **free and confidential** health and human services information. They are available 24 hours a day, seven days a week to connect you with the resources and information you need. If you're looking for information about services available in your community for you or a loved one, they can help.

Text **MNHELP** to 898-211 (TXT211) or call 211 (toll free at 1-800-543-7709) to speak with one of their highly trained information and referral specialists. Your call is completely confidential, and they have call menus in English, Spanish, and Hmong. Interpreters are also available for any language.

Here is the [link to the Minnesota State Student Basic Needs article](#) about rolling out the 211 resources.





## Enhanced Mental Health & Basic Needs Initiatives Take Flight

NHCC has been a leader in the System for the last five years with our implementation of basic needs and mental health supports, as it aligned with our college goals, the Student Senate asks, and the Equity 2030 System Goals. In 2021, this work gained new attention, with the Minnesota State Legislature [passing legislation](#) that mandated Minnesota State Colleges & Universities have basic needs supports and mental health training, resources, and promotions in place. To see a full summary, read the [LEADMN Summary](#).

### What does this mean, specifically for NHCC?

For basic needs initiatives, we are required to do the following:

- Have employees on site who can address and refer basic to basic needs resources. We have a social worker as our primary individual, with the CARE Team members as additional supports.
- Maintain a [basic needs website](#)
- Make referrals to the new [United Way 211](#) resource hub
- Communicate to SNAP eligible students once per year (we do it each semester in partnership with Financial Aid)
- \$9,500 was provided to NHCC through the legislation to enhance basic needs services, improve food cupboards, or provide emergency/support funds.

For mental health initiatives, we are required to do the following:

- Have [website resources](#) and [screening assessments](#) posted
- Conduct outreach on suicide awareness and prevention yearly
- Provide mental health training, specifically funding was provided for each campus to increase our Mental Health First Aid trainers/facilitators. We will move from having 1 to 5.
- Orientation must include mental health resources and service information
- Promote and enhance our mental health services overall
- NHCC received \$13,300 this year for the requirements implementation and enhancements to our program.

### What's next?

The CARE Team has been working since last spring to gather feedback from stakeholder groups, with an emphasis on student feedback. Throughout this year, you will see these ideas and additional resources come to life through our programming, training and enhanced services offered to students. We are excited to continue supporting our campus community and the holistic needs of our students!

## About 988

**The National Suicide and Crisis Lifeline has a new number: 988**

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:

- Thoughts of suicide
- Mental health or substance use crisis, or
- Any other kind of emotion distress

*Talk with us.*



People can call or text [988](tel:988) or chat [988lifeline.org](https://988lifeline.org) for themselves or if they are worried about a loved one who may need crisis support.



988 serves as a universal entry point so that no matter where you live in the United States, you can reach a trained crisis counselor who can help.

