



Gaithersburg High School Wellness Center

101 Education Boulevard, Room 1015, Gaithersburg, MD 20877

FACT SHEET

Phone: 301-284-4500

Wellness Center Health Clinic: 301-284-4530

Description

Vision: The Wellness Center and Health Clinic envisions students healthy in body, mind and spirit fully committed to high academic achievement and models of leadership, strength and success.

Mission: The Wellness Center and Health Clinic are committed to helping students in the school community reach their full potential by offering coordinated medical care, quality counseling, positive youth development, and health education experiences in a confidential and culturally sensitive manner

Clients: The Center serves students enrolled in Gaithersburg High School

Staff: The Wellness Center consists of a site manager, youth development specialists, licensed mental health counselors, and parent outreach workers. The Health Clinic includes a nurse, CNA(s), and nurse practitioner(s)/pediatrician.

Services: *Health Services (Health Clinic)*

- Diagnosis and treatment of minor/acute health problems
- Gynecological care (NO contraceptives dispensed)
- Immunizations
- Laboratory testing
- Sports Physical Exams
- STI/HIV screening
- Vision and Hearing Assessments

Mental Health Services (Wellness Center)

- Individual counseling
- Family counseling
- Group counseling

After-School Youth Groups (Wellness Center)

- Encourage healthy development
- Promote leadership, self-esteem, communication skills, goal setting, positive relationships, and substance abuse education.

Case Management Services for Individuals & Families (Wellness Center)

- Academic Support
- Child Care
- Clothing
- Educational /Employment Resources
- Emergency Services
- Eviction/Homeless/Housing Issues
- Food Resources
- Insurance Applications/Issues
- Legal Services

Center Hours:

Typical hours of operation are Monday through Friday, 8:00am-5:00pm. During the school year, the **Health Clinic** hours are 7:30am-2:30pm.

HEALTH CLINIC STAFF	POSITION & ROOM NUMBER		PHONE 301-284-	EMAIL
Rashida Nedrick	School Nurse, Manager of Health Services		x4531	Rashida_Nedrick@mcpsmd.org
Shahgol Zadory	School Health Room Technician		x4530	Shahgol_Zadory@mcpsmd.org
Carey Ostry	Nurse Practitioner		x4688	Carey_Ostry@mcpsmd.org
Dr. Patricia Kapunan	Pediatrician		x4688	Available only on some Wednesdays
Hibst Nitkin	Registered Nurse		x4530	Hibst_M_Nitkin@mcpsmd.org
	School Health Room Tech		x4530	
WELLNESS CENTER YOUTH DEVELOPMENT STAFF	POSITION & ROOM NUMBER	PROGRAMS	PHONE 301-284-	EMAIL
Veronica Stroman Room 1015H	Site Manager of Youth Development		x4690	vstroman@identity-youth.org Veronica_Stroman@mcpsmd.org
Giankarlo Vera (Bi-lingual) Room 1015A	Youth Development Specialist	<i>Be Yourself, El Camino & Achieve</i>	x4682	gvera@identity-youth.org Giankarlo_Vera@mcpsmd.org
Stephan Johnson Room 1015A	Youth Development Specialist	<i>REACH, Real Rap, The Way & Recreation</i>	x4691	Stephan.Johnson@480club.org
Vanessa Simonson Room 1015B	Parent Outreach Worker (part-time)	<i>Parent & Family Meetings</i>	x4686	vsimonson@identity-youth.org Vanessa_A_Simonson@mcpsmd.org
Marcela Urtubey (Bi-lingual) Room 1015B	Parent Outreach Worker (part-time)	<i>Parent & Family Meetings</i>	x4683	murtubey@identity-youth.org Marcela_I_Urtubey@mcpsmd.org
Rhoneka (Lex) Morgan Room 1015B	Youth Development Specialist (part-time Monday-Thursday)	<i>Courageous Queens, The Way & Real Rap</i>	x4694	Rhoneka.Morgan@480club.org
Johan Orjuela (Bi-lingual) Room 1015K	Mental Health Counselor	<i>Supervises Mental Health Interns</i>	x4681	JOrjuela@every-mind.org Johan_Orjuela@mcpsmd.org
Mona Kim WC Conference Room	Mental Health Counselor (part-time on Mondays)		x4687	MKim@every-mind.org Mona_Lee@mcpsmd.org
Efrain Viana (Bi-lingual) Room 1015H	Identity's Recreation Coordinator			eviana@identity-youth.org