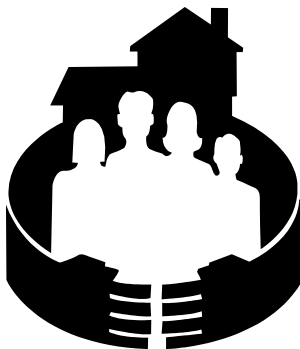


McDowell County Resource Directory 2013



From:

**McDowell County Families, Agencies,
Children Enhancing Services
(F.A.C.E.S.)**

The Consumer Voice of McDowell County

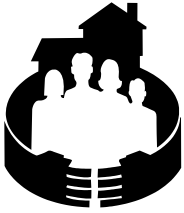
**P.O. Box 426
25 Bank Street
Welch, WV 24801
304-436-5255
304-436-5256 – fax
facesfrn@yahoo.com
website: facesfrn.com**

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*Families, Agencies, Children Enhancing
Services (FACES)
Family Resource Network
The Consumer's Voice of McDowell County*

FACES, the Family Resource Network of McDowell County was created in 1997 by the Governor's Cabinet on Children and Families. It is a neutral table where agencies, organizations, consumers of services, and community individuals can come together to assess the county to identify needs and gaps in services, design a strategic plan for addressing the gaps, mobilizing the community to meet the gaps and evaluating the process to avoid duplication. The Board is designed to be inclusive and everyone has a voice at the table. Meeting the second Thursday of the month information is presented on current events, activities, programs, forums etc to the community at large. The full Board meets each quarter to address administrative issues.

FACES is supported with grants from the WV Department of Health and Human Resources, Susan G. Komen for the Cure, Bureau of Health and Health Facilities, Kanawha-Charleston Health Department, and several other smaller grants.

FACES works with agencies and communities on capacity building, economic development, child abuse prevention, drug prevention, pregnancy prevention, health initiatives, and organizational development.

To become involved in the work of FACES simply come to the meetings, show interest, and give input. If a spot is available, the Board approves anyone wishing to become a Board member. The Board meets every month on the **2nd Thursday at NOON at 25 Bank Street.**

Phone..... 304-436-5255
Fax.....304-436-5256
E-mail..... facesfrn@yahoo.com
Website.....www.facesfrn.com
Address: PO Box 426, 25 Bank St., Welch, WV 24801



Health Opportunities for Positive Education (HOPE) Coalition

The HOPE Coalition is a community Coalition that addresses health, youth, at-risk youth, and anti drug initiatives.

Vision: McDowell County youth will be healthy, productive, responsible, caring, integrated members of the community.

Mission: To build and strengthen the capacity of our partners and to create and maintain safe, healthy, drug-free communities.

Purpose: To bring individuals, organizations, and communities together in an atmosphere of support and respect to solve emerging problems too big for one group alone.

We Value: We collaboration among sectors and do not compete, looking for ways to do tasks with partners. Partners know what to expect from each other as we involve others in training and recruitment.

Under the Coalition partners educate for policy and environmental changes to reduce health risks including cancer, teen pregnancies, obesity, child abuse, domestic violence, and substance abuse.

HOPE meets every 4th Monday at the FACES Office location on Bank Street at 10:30 am.

Phone.....304-436-5255
Email.....hopecoalition@frontier.com
Email 2.....facesfrn@yahoo.com

2-1-1

2-1-1 provides callers with information about and referrals to human services for every day needs and in times of crisis. For example, 2-1-1 can offer access to the following types of services:

- Basic human needs resources: food banks, clothing closets, shelters, rent assistance, utility assistance;
- Physical and mental health resources: health insurance programs, Medicaid and Medicare, crisis intervention, support groups, counseling;
- Support for older Americans and persons with disabilities: adult day care, Meals-on-Wheels, home health care, transportation, homemaker services, respite care.

One call give you access to resources across your community. 2-1-1 is efficient, fast and easy to use. No more wrong numbers; no more wasted time trying to find the right resources, 24 hours a day, 7 days a week, 2-1-1 is always there for you.

HELP ME GROW INITIATIVE

1-800-642-8522

www.dhhr.wv.gov/helpmegrow

Partnering with 2-1-1, this initiative uses a shared resource database. A free referral service that connects you with the resources you need to help your child develop, from birth through age five. Parents, family members and friends can call Help Me Grow to speak with care coordinator who will discuss the child's progress and offer developmental screening. Call Help Me Grow if you:

- Have questions about your child's development, behavior, or learning;
- Need support to access developmental services;
- Want to help a family member or friend find out more information about developmental services.

Funded by the Office of Maternal, Child and Family Health, WV DHHR.



Change The Future WV

Phone.....304-436-5255

Fax.....304-436-5256

Email: gingerday35@yahoo.com

Website: changethefuturewv.gov

FaceBook: facebook.com/changethefuturewv

P.O. Box 426 Welch, WV 24801

Change the Future WV is an initiative funded through the Center for Disease Control (CDC), Community Transformation Grant, and focused on creating healthier communities. Emphasis is placed on improving access to healthy food options, safe environments for physical activity, clean indoor environments, and proper health care.

Useful Local Numbers in McDowell County

Abuse, Domestic Violence.....304-436-8117

Abuse, Child: Child Protective Services.....304-436-8302

Ambulance.....911

Ambulance (Non-Emergency):

Authority Rescue Squad.....304-436-3875

Iaeger Ambulance Service.....304-938-5677

Jan-Care of Guardian Angel:

Welch.....304-436-8401

Gary.....304-448-2108

Iaeger.....304-938-2082

Toll Free.....	1-800-446-6161
McDowell County Emergency.....	304-436-4106
STAT Service.....	304-436-2900
Widener’s Ambulance Service Inc.....	304-862-2506

Emergency

911 Center.....	304-436-4106
Office of Emergency Services.....	304-436-6900
Fax...304-436-4108	

Address: 257 Virginia Ave., Suite 201, Welch, WV 24801

City Police

Non-Emergency

Anawalt.....	304-383-2993
Bradshaw.....	304-967-7370
Davy.....	304-656-7145
Gary.....	304-448-2209
Iaeger.....	304-938-5171
Keystone.....	304-862-2239
Kimball.....	304-585-7913
Northfork.....	304-862-3414
War.....	304-875-2213
Welch.....	304-436-3112

Emergency.....911

County Offices:

County Clerk’s Office.....	304-436-8545
Solid Waste Authority.....	304-436-6608
County Health Department.....	304-448-2174
County Tax Office.....	304-436-8506
County Commission.....	304-436-8548
Public Service District (PSD).....	304-297-2622

Courts:

Circuit Court Clerk.....	304-436-8532
Circuit Court Judge.....	304-436-8512
Family Law Master.....	304-436-6943
Magistrates:	

Mitchell.....	304-436-8592
Cox.....	304-436-8593
VanDyke.....	304-436-8589
Annex.....	304-436-8514
Clerk.....	304-436-8588
Juvenile Drug Court.....	304-320-4639
Alternative Sentencing Program.....	304-436-9008
Probation Officer.....	304-436-8507
Probation Office Juvenile Court	
Assessor's Office.....	304-436-8528
Sheriff's Office.....	304-436-8525
Emergency.....	911
State Police.....	304-436-2101
Emergency.....	911

Adult Education

McDowell County Adult Learning Center in Welch

Adult Learning Center.....	304-436-6580
Literacy Hotline/Adult Education.....	1-800-642-2670
National School Information.....	1-800-638-9675

The goal of McDowell County's Adult Basic Education initiative is to educate and prepare adult students with a second chance opportunity to become employable, job-ready citizens, aware that they can succeed at any endeavor. The McDowell County Adult Learning Center, located adjacent to the McDowell Career and Technology Center in Welch, WV, has been serving the community by offering ABE/GED classes. During this time, hundreds of students have obtained their GED's (General Equivalency Diplomas), graduated college, obtained jobs, or entered the military. The McDowell County Board of Education provides ABE/GED instruction, as well as Computer Literacy Training. We are open to the public daily from 8:00 a.m. until 3:30 p.m. Our program instructor is Mr. Eddie Stress.

Bluefield College

Phone.....	1-800-872-0175
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Fax.....276-326-4288
Website: www.bluefield.edu
Address: 3000 College Drive, Bluefield, WV 24605

Bluefield State University

Phone.....800-344-8892
Fax.....304-325-7747
Website: www.bluefieldstate.edu
Address: 219 Rock Street, Bluefield, VA 24701

Concord University

Phone.....888-384-5249
Fax.....304-384-3218
Website: www.concord.edu
Address: PO Box 1000, Athens, WV 24712

National Business College

Phone.....276-326-3621
Website: www.ncbt.edu
Address: 100 Logan Street, Bluefield, VA 24605

Southern West Virginia Community and Technical College

Phone.....1-866-798-2821
Fax.....304-294-8534
Website: www.southernwv.edu
Address: Rt. 97 Saulsville, WV 25876

Southwest Virginia Community College

Phone.....1-800-822-7822
Website: www.sw.edu
Address: PO Box SVCC, 369 College Road, Richlands, VA 24641

Child Services

A Small World

Phone.....304-436-4386
Fax.....304-436-4926
Address: 750 Riverside Drive, Welch, WV 24801

Licensed by the State of WV and DHHR. Operated on a non-discriminatory basis. Children between 3 months and 12 years. Before and after school program is available. Open Monday through Friday, 6:30 a.m. to 6:00 p.m.

Children's Home Society of West Virginia Princeton Office

Phone.....304-431-2424
Email: jboileau@childhswv.org
Website: <http://www.childhswv.org/index.htm>
Address: 603 Harrison St. P.O. Box 5533, Princeton, WV 24740

Paul Miller Home

Phone.....304-862-4237
Phone.....1-800-832-9213
Fax.....304-862-2645
Email: awadewde@childhswv.org
Address: P.O. Box 880, Northfork, WV 24868

10 bed emergency shelter for children ages 7-19. Also provides Parent Education for divorcing parents.

Forever Families Community Center through Paul Miller Home (Old Dairy Queen Building) Rt. 52, Northfork, WV 24868
Offering activities for children and families in the community.

MountainHeart Child Care Resource & Referral

Phone.....304-682-8271
Toll Free.....1-800-834-7082
Fax.....304-682-8274
Website: www.mountain-heart.org/ccssouth.htm
Address: PO Box 1509, Oceana, WV 24870

The mission of MountainHeart is to meet the diverse needs of parents, children, providers and community through comprehensive, family friendly services. These services are designed to encourage providers, empower families and ensure all community members that quality child care for all of our children is a continued priority. MountainHeart provides a variety of free services to parents, child

care providers, children and the community, which include: Resource and Referral Services, Professional Development and Technical Assistance, Management of the Subsidy Certificate System, Volunteer Income Tax Assistance (VITA). Call for more information on the above services and eligibility guidelines.

TSN/WIC Program

Phone.....304-436-6122....or 304-436-6123

Fax.....304-436-6125

Address: 17 McDowell Street, Welch, WV 24801

(Beside the Welch Post Office)

WIC provides nutritious foods, nutrition education, breastfeeding promotion and support, as well as, referrals to health and other social services to participants. WIC serves pregnant, postpartum and breastfeeding women, and infants and children up to age 5. They must meet income guidelines, a State residency requirement, and be individually determined to be at “nutrition risk” by a health professional. To be eligible on the basis of income, applicants’ income must fall at or below 185 percent of the US Poverty Income Guidelines. A person who participated in certain other programs, such as the Food Stamp Program and Medicaid, automatically meets the income eligibility requirement. Two Major types of nutrition risk are recognized for WIC eligibility: Medically-based risks such as anemia, underweight, overweight, history of pregnancy complication, or poor pregnancy outcomes. Dietary risks, such as failure to meet the dietary guidelines or inappropriate nutrition practices. Nutrition risk is determined by a health professional such as a nutritionist and is based on Federal guideline. This health screening is free to program applicants.

Right From The Start.....304-323-8315

McDowell Site: Council of the Southern Mountains

Phone.....304-436-6800

Fax.....304-436-6803

Email: randalcsm@hotmail.com

Web Site: www.councilofthesouthernmountains.com

Bluefield Site:

Address: 148 McDowell Street, Welch, WV 24801
307 Federal Street, Suite 418, Bluefield, WV 24701
Email: bjohnson@casewv.org

West Virginia Birth to Three Program

Phone.....304-425-2926
Toll Free.....1-866-207-6918
Fax.....304-425-7367

Website: www.wvdhhr.org/birth23

Address: PO Box 5650 WV Building, Princeton WV 24740

Anyone can refer a child birth to 36 months who is experiencing a delay in any area or development, has a diagnosed physical or mental condition which has a high probability of resulting in a developmental delay or at a significant risk of having substantial developmental delays due to biological, environmental, or family risk factors (at no cost to family). Services may include teaming, assessment, and therapy in the following areas: Assistive Technology, Audiologist, Counseling, Health Services, Medical (Diagnostic Only), Nursing, Nutrition, Occupational Therapy, Psychological Services, Service Coordination, Social Work, Special Instruction, Speech and Language Pathology, Vision.

The National Center for Missing & Exploited Children

Phone.....1-800-THE-LOST
TTY line.....1-800-826-7653

Website: www.missingkids.com

Every home and school should establish a program that effectively teaches children about safety and protection measures. As a parent or guardian, you should take an active interest in your children and listen to them. Teach your children they can be assertive in order to protect themselves against abduction and exploitation.

Depression

Family Health Care Related to Depression

Child Help USA.....1-800-422-4453

Domestic Violence/Counseling

Stop Abusive Family Environments, Inc (SAFE)

Phone.....304-436-8117

Fax.....304-436-6528

Website: www.safewv.org

Address: PO Box 669, Welch, WV 24801

Physical Address: Route 7, Former Hemphill School

Emergency Shelter-Temporary shelter, food and clothing.

Transitional Housing-Long-term shelter, food and clothing. These services are for the women and children who are victims of

domestic violence or homelessness. *Case Management*-Assisting residents achieve the goals that they set for themselves. Referrals

to other agencies. This service is for the women and children who are residents of the SAFE Transitional Housing facility. *Infant &*

Child Care Centers-Provides care to children while mother is with staff members, at work, school, doctor, agencies, appointments, etc. This service is for the children who are domestic violence clients or residents of the SAFE Transitional Housing facility.

Transportation-Transportation to court hearings, attorneys, doctors, agencies, work, store, school, social activities, etc. This service is for the women and children who are domestic violence clients or residents of the SAFE Transitional Housing facility.

Learning Center-Educational services w/internet connection. This service is for the women and children who are residents of the SAFE Transitional Housing facility. Center is also open to general public for special trainings. *Court Advocacy*-Attend court hearings

as support to domestic violence victim, *Safety Planning*-Discuss options and dangers of leaving domestic violence situation,

Information and Referrals- Inform victims of different options and make referrals to appropriate agencies. These services are available to victims of domestic violence (male or female).

Trainings & Presentations-Provide information regarding domestic violence and services offered by SAFE.

Stop the Hurt, Inc (Child Advocacy Center)

Phone.....304-436-1600
Fax.....304-436-8101
E-mail: ldotson@stopthehurtwv.org
Address: PO Box 102, Welch, WV 24801
601 Belcher Mountain, Welch, WV

Advocacy for women and children who are victims of abuse. The guidelines for this are you must have a case in the criminal system or ask for assistance. *Counseling Services for domestic violence, child abuse, psychological, mental, trauma-focused, cognitive behavioral therapy.*

Drivers License

Department of Motor Vehicles

Phone.....304-436-4399
Address: 92 McDowell St., Welch WV 24801
Office Hours: 8:30 am - 5:00 pm, Monday thru Friday
Driver's License Testing: 8:30 am - 5:00 pm, Monday thru Friday
To find your local DMV visit www.dmv.org

Drugs & Alcohol

McDowell County Alternative Sentencing Program

Phone.....304-436-9008 or 9009 or 9012
Fax.....304-436-4351
E-Mail: mcaspcc@gmail.com
Address: 109 Wyoming Street, Welch, WV 24801

AA/NA Support Groups, Substance Abuse Counseling, Living Skills Curriculum, Active Parenting Curriculum, Helping Women Recover Curriculum, Drug Education & Awareness Classes. Eligibility for Day Report Center services is mandated through the Circuit Court, Magistrate Court and Family Law Master Offices. We also accept referrals from the Department of Health and Human Resources for specific programs. However, if you are interested in the above agencies, please contact our office and we may be able to provide some of these services to you as well.

McDowell County Juvenile Drug Court

Phone.....304-320-4639

Email: Stephen.slade@courtswv.gov

Address: 109 Wyoming Street, Welch, WV 24801 (County Commission Building 2nd Floor).

This is a diversion program to aid in the rehabilitation of substance abusing youth. It is a court managed, drug treatment program available to youth who have been arrested and/or charged with an offense and determined to have substance abuse issues. The program is available to pre-petition youth. Participants receive intensive treatment, supervision, drug testing and monitoring to achieve successful treatment outcomes.

Services include juveniles 10-17 years old or under 21 and currently under juvenile jurisdiction in Court. Non-violent misdemeanor or felony offenses or drug/alcohol related status offenses. No previous adjudications for sex offenses. Program length is structured as a four-phase program that each participant will complete in approximately 8 months but may vary according to the youth’s success in the program.

Southern Highlands Community Mental Health Center

Phone304-436-2106

HOTLINE.....1-800-615-0122

Address: 151 Rt. 52 N Welch, WV

Substance abuse outpatient counseling, information, referral to treatment center, emergency petition process, DUI Classes, SBIRT (Screening, Brief Intervention and Referral to Treatment), mental health disorder treatment.

Mercer County Fellowship Home

421 Scott St. Bluefield, WV..... 304-327-9876

30 day to 6 month 17 bed all male unit. On site NA and AA meetings.

Princeton Community Hospital

12th Street Princeton, WV 24740.....304-487-7000

Behavioral Medicine.....304-487-7336
Suicide prevention, emergency and referral to treatment center

Legends

12th St. Extension Princeton, WV..... 304-425-9478
Men’s Long Term Residential, 10 beds up to 3 months of
treatment, Priority to clients being released from detox programs.

New Horizons Psychological Association

Princeton, WV.....304-425-3327

Beckley Treatment Center

Beckley, WV.....304-254-9262
Methadone Clinic (outpatient) Cost is \$45 per admission plus
\$12.50 per day. Must have a 1 year history of opiate dependency.
Average length of treatment varies but can be up to 2 years.

Southern West Virginia (Beckley) Fellowship Home

201 Woodlawn Ave. Beckley, WV.....304-253-1441
Halfway house, residential 24 hour non hospital residence for
substance abuse treatment

Veteran’s Affairs Medical Center.....304-255-2121

Substance Abuse Treatment Program

200 Veteran’s Ave Beckley, WV 25801
Outpatient substance abuse and mental health treatment for
Veterans

FMRS Health Systems Raleigh County Office

101 S. Eisenhower Dr. Beckley, WV 25801.....304-256-7146
209 W. Maple Ave. Fayetteville, WV 2584.....304-256-7100
HOTLINE.....304-256-7100
Outpatient substance abuse and mental health treatment,
detoxification, non hospital residential (24 hour); also has
specialized program for women who have children, treatment 6
mo. to 1 year, waiting list with priority to pregnant females and IV

drug users. Males can stay up to 90 days. Let the worker know which service you are wanting.

River Park Hospital

Huntington, WV.....1-800-621-2673
3-5 day detox for alcohol and benzodiazepine only. Private pay and private insurance only-not a Medicaid Provider.

ACT Unit/Valley Health Care.....304-363-2228
Fairmont, WV

Amity Center.....304-485-1781
Parkersburg, WV

Appalachian Teen Challenge.....304-384-3307
Athens, WV

Braxton County Fellowship Home.....304-765-2616
Sutton, WV

Chestnut Ridge Center WVU Healthcare.....304-598-6364
Morgantown, WV

Crossroads.....304-664-3916
Gilbert, WV

FRMS-Mother.....304-256-7146
FRMS-Learn.....304-256-7144
Beckley, WV

Storm Haven Transitional Home.....304-252-2081
Beckley, WV

Methadone/Suboxone Clinics

Beckley Treatment Center.....304-254-9562
Southern Highlands.....304-436-2106
Tug River Health Assn.....304-448-2101

Elderly

Commission on Aging

Phone.....304-436-6588

Fax.....304-436-2006

Email: lisa@mcdowellcoa.org

Website: mcdowellcoa.org

Address: 725 Stewart Street, Welch, WV 24801

Prepare and Deliver Meals, Transport seniors to centers daily, Shopping, Pay bills and pick up medicine, Special programs at each center on Holidays, Trained in-home personal care providers, People can receive 60 hours of service within a month is eligible.

Council on Aging

Phone.....304-436-3011

Fax.....304-436-4385

Address: Welch, WV 24801

Provides in home care to elderly and disabled

West Virginia Bureau of Senior Services

Phone.....304-558-3317

Fax.....304-558-5609

Website: www.wvseniorservices.gov

Address: 3003 Charleston Town Center Mall, Charleston, WV 25301, or 1900 Kanawha Blvd, East, Charleston, WV 25305

The Bureau funds local senior centers in each county. Supportive services provided at the community level allow seniors to maintain that independence and afford them opportunities for socialization including: Home & Community Based Services; Caregiver Support; Well & Vital Seniors; Elder Rights; Ombudsman Program; WV Silver Haired Legislature; Legal Service Support; Governor's Summit on Aging.

Faith Based

Catholic Charities of WV

Phone.....304-862-3320

Fax.....304-862-3334

Address: Box 162, Eckman, WV 24829

Adult Basic Education, GED, Adult Literacy, Career Prep,
Computer Skills, Tutorial and Community Education, Emergency
Services, Information Referral. Please call for eligibility
Guidelines.

Community Crossing

Phone.....304-436-8300

Fax.....304-436-8293

E-mail: info@communitycrossing.org

Website: www.communitycrossing.org

Address: 225 Maple Avenue, Welch, WV 24801

Parents As Teachers

Phone.....304-436-8300 ext. 3

Email: karen@communitycrossing.org

Home Repair-Housing Rehabilitation for low income, elderly, and/or disabled individuals/families. Applications and work done dependent upon work skills of volunteers; proof of income required. *The Crossing 252*-Friday night Youth meetings (6:30-9:00pm) offer spiritual, social, physical activities. This is open to Middle and Senior High School youth. *The Crossing TNG*-monthly Sunday evening community praise/worship service. Any interested individuals and families...includes all ages. *Relationship Education Workshops*-Classes to build, maintain, and improve communication in relationships. Married/cohabitating couples, engaged, dating, single individuals (youth/adults). *Missional Communities*-Community Gatherings between friends and neighbors who share a meal, fellowship, and conversation. Any interested individuals and families...includes all ages. *Crisis Center*-Household goods/supplies for families in emergency situations. Referral by

local social agencies. *Thrift Store*-Affordable clothing and household goods for families/individuals. Open to public Tuesday-Thursdays. *Relatives as Parents Kinship Care Support Group*-Family support Group for primary care-givers for non-biological children and youth. Grandparents and other relatives who provide primary care for grandchildren, nieces, nephews, etc. *Other information:* Lead agency for McDowell County Healthy Families Healthy Children Initiative. *Workshops:* PREP (Prevention and Relationship Enhancement Program)-couples can learn more about loving the most important people in our lives. PICK (Premarital Interpersonal Choices & Knowledge) How to Avoid Marrying a Jerk/Jerkette-Learn how to keep the heart/head in a positive balance in relationships.

Five Loaves & Two Fishes Food Bank

Phone.....304-585-7295
Address: Box 297, Roderfield, WV 24881

Life and Light

Phone.....304-436-2096
Email: lifeandlight@frontier.com

Address: P.O. Box 351, Welch, WV 24801
Life and Light pursues a process of ‘walking with’ the materially poor by participating in their community activities to improve their lives, families, and communities. Life and Light concentrates on working with churches and non-profit organizations to improve their ability to provide services to our community.

Little Sparrow Ministries Inc.

Phone.....304-938-2738
Website: ismwv.org

Address: PO Box 197, Iaeger, WV 24844
Little Sparrow Ministries of Iaeger, WV is a not-for-profit organization whose mission is to feed and clothe the "poorest of the poor" children and families in McDowell County, WV. Currently housed in the former Iaeger Elementary School building, Little Sparrow is remodeling its facilities to be able to offer a food box distribution site, community meeting facilities, clothing

distribution, youth activities, educational opportunities, as well as to help address the physical and spiritual needs of those who patronize it. Little Sparrow Ministries was founded in March of 2012, under the leadership and guidance of Diane Brown, a long term missionary and resident of McDowell County. Diane is most well known for her years of service with Kentucky Coal Mine Missions, ALMS (Appalachian Light Ministries, and Hands Of Hope Ministry, located in Welch, WV. Diane and her Executive Board work tirelessly to handle every aspect of Little Sparrow.

Mission Ministries

Phone.....304-436-4092
E-mail: newsbrew@yahoo.com
Address: 219 Riverside Drive, Welch, WV 24801
Food, clothing, utility bill assistance, medicine, and other emergency aid such as shelter and transportation.

Mustard Seeds and Mountains, Inc.

Phone.....304-862-4643
Fax.....304-862-4643
E-Mail: mustardseed@mustardseeds.org
Website: www.mustardseeds.org
Address: PO Box 686, Northfork, WV 24868
Home Repair (repair to homes to make them warm, safe, dry)
Eligibility Guidelines: Needy, elderly, disabled, in Eastern McDowell County. Must apply by phone when advertised not a guarantee of service.

United Methodist Coalfields Ministry

Phone.....304-297-2450
Email: deeannheptas@gmail.com
HC 31 Box 99, Welch, WV 24801
Food, clothing, and emergency services.

Government & Economic Development

McDowell County Commission

Phone.....304-436-8548

Fax.....304-436-8572

Email: mcdowellcountycommission@rocketmail.com

Web Site: www.mcdowellcountycommission.com

Address: 109 Wyoming Street Suite 111, Welch, WV 24801

McDowell County Economic Development Authority

Phone.....304-436-3833

Fax.....304-436-3837

Email: info@mcdowelleda.com

Website: www.mcdowelleda.com

Address: 92 McDowell Street Suite 100, Welch, WV 24801

The mission of the McDowell EDA is to devise and implement a diverse plan that will encourage, assist and promote industrial, economic, commercial, recreational and educational development both now and for the future of the county.

McDowell County Redevelopment Authority

Phone.....304-436-3421

Fax.....304-436-8013

E-mail: mcrapermits@hotmail.com

Website: www.mcrda.com

Address: 158 McDowell Street, PO Box 1508, Welch, WV 24801

Building Code Enforcement, Building Permits, Building Code Restrictions and Compliance in McDowell County. Residential and Commercial Pre-Inspection Services. Building Code Compliance Inspections. Licensed Contractor Referral Information. Abandoned Building Code Enforcement; Condemnation of Property and Demolition Services. Asbestos and Hazard Material Testing Services. State Certified Floodplain Management and Floodplain Permit Services. All construction, development, fill projects in known floodplain areas of McDowell County require elevation certification and floodplain permit. Development in known flood areas of McDowell County is

restricted. Flood Insurance Information: National Flood Insurance Referral Services. Flood Study Information for obtaining flood insurance can be performed by MCRA. Housing Programs: MCRA through partnership with participating lending agencies in the State of WV offer, loans for housing assistance to all income levels in McDowell County. Loans offered for: New Home Purchase and New Home Construction, Existing Mortgage Refinance, Home Rehab, Septic System Installation, Homebuyer Education, Individual and Group Counseling Services for potential homeowners. Credit and Debt Management Referral Services. Housing assistance, loans and interest rates are based on annual income of individuals and families. Ability to obtain housing assistance is based on income, credit and guidelines required or established by each participating lender in all housing programs. Certain loan programs providing zero to very low interest rates are targeted to the low and very low income population in McDowell and surrounding counties.

Wastewater Treatment Coalition of McDowell County

Phone.....304-436-6556

Email: mcdowellwtc@frontiernet.net

Website: wastewatertreatmentcoalition.com

Address: 92 McDowell Street, Suite 100, Welch, WV 24801

The Wastewater Treatment Coalition of McDowell County was formed in June 2003, has a countywide plan for treating wastewater which in conjunction with the PSD and municipalities will bring affordable wastewater treatment systems to both city and rural residents of McDowell County. The Coalition is currently in the implementation stages of the plan.

Health Services

ARH Home Health Care

Phone.....304-583-6676

Fax.....304-583-7312

Address: PO Box 267, Kistler, WV 25628

Skilled Nursing, HHA Home Health Care, Physical Therapy

Community Hospice of America

Phone.....304-436-2300
Phone.....1-800-626-5277
Fax.....304-436-2306

Address: 66 Elkins Street, Welch, WV 24801

Nursing Services, Medical Social Services, Counseling Services,
Home Health Aide Services, Volunteer Support Service, and
Bereavement Support Service.

McDowell Continuous Care

Phone.....304-448-2121
Fax.....304-448-3355

Address: Box 220, Gary, WV 24836

Long Term Care Facility

McDowell County Health Department

Phone.....304-448-2174
Fax.....304-448-3777

Address: Box 218, Wilcoe, WV 24895

Medical Services

South Central Educational Development, Inc

Phone.....304-325-6105
Fax.....304-325-6106

Address: 601 Bland Street, PO Box 4322 Bluefield, WV 24701

Counseling and Testing for HIV. HIV presentations and
workshops. Emergency Direct services for HIV positive clients.
Minority Health Disparities Screening and education.

Southern Hills Rehabilitation Hospital

Phone.....304-487-8000
Fax.....304-425-7435

Address: 120, 12th Street, Princeton, WV 24740

Hospital

Tug River Clinic/Gary

Phone.....304-448-2101

Fax.....304-448-3217
Address: Box 507, Gary, WV 24836
Medical, Black Lung, and Dental

Tug River Clinic/Northfork

Phone.....304-862-2588
Fax.....304-862-2244
Location: U.S. Route 52 Main Street
Address: PO Box 877, Northfork, WV 24868
Medical and Black Lung

UMWA Health and Retirement Funds

Phone.....304-256-2619
Fax.....304-256-2604
Email: jbishop@umwafunds.org
Mailing Address: P.O. Box 1229, Beckley, WV 25802
NHS – Telephone case management for chronic diseases, patient teaching, GCM- Case management nurses for in-home visits. Not a home health. Call Center- Eligibility questions and Medical billing questions. Provider Relations – Transportation. Eligibility Guidelines: All services require a UMWA Health Card. Other Information: Can assist with collaborative efforts with Diabetes, Cancer, Heart Disease, Physical Activity, Nutrition, Obesity, and partnership with activities to enhance services for McDowell County Citizens.

Welch Community Hospital

Phone.....304-436-8461
Fax.....304-436-6380
Mailing Address: 454 McDowell Street, Welch, WV 24801
Hospital, Long Term Care Facility

West Virginia Breast and Cervical Cancer Screening Program

Phone.....304-324-2841
Fax.....304-324-2859
Email: mbrcancercenter@citlink.net
Mailing Address: 307 Federal Street, WV 24701

The Breast and Cervical Cancer Screening Program offers free or low cost: pap test for women age 25-64; breast exams to women age 25-64; mammograms to women age 50-64. You meet age and income guidelines, you do not have health insurance, or your health insurance does not cover screening services. The Breast and Cervical Cancer Screening Program offers free materials and education programs. After screening if further services are needed we can refer to WV BCCSP Medicaid Program for treatment of breast and cervical cancer.

WV Family Planning Program

Phone.....304-356-4462
Address: 350 Capital Street, Room 427 Charleston, WV 25301
The FPP helps women and men plan and space pregnancies and avoid mistimed, unwanted or unintended pregnancies; reduces the number of abortions; lowers rate of sexually transmitted diseases, including HIV and significantly improves the health of women, men, children and families. WV has over 167 Family Planning Clinics including community and school based. Locations at Tug River Health Association, Mount View, and River View High Schools

Housing

SAFE Housing & Economic Development, Inc (SHED)

Phone.....304-436-6367
Fax.....304-436-6989
E-Mail: kathygentry@yahoo.com
Website: www.shedhousing.org

Address: 69 Wyoming Street, Welch, WV 24801
SHED's Programs offer a wide variety of services to individuals or families in McDowell, Wyoming and Mercer Counties. We serve from very low to moderate income clients through loans and grants. HUD Certified Counseling Agency and Licensed through the WV Division of Banking for loan processing and origination. Services include: *Permanent Housing*-Housing and credit counseling, Purchase Single Family Mortgage loans. The guidelines vary

according to the program. Basic guidelines are income, household size. *Rental-Elderly*, disabled, low income rental facilities in 4 locations. The guidelines are The OAKS-Elderly, low and very low income, Starland-Low, very low income and disabled , Drewry-Disabled and Elderly, Payne- low and very low income. *Home Repair-Septic*, Thermal, roof, windows, electrical, heating, supports and etc. The Guidelines varies according to program-uses both grants and loans. *Rent to Homeownership Program-SHED* owns home and client rents for a period of time and then purchases. The guidelines are clients must work off credit issues and etc. with in two years and then purchases house. Must qualify for all our programs.

Pinehaven Homeless Shelter

Phone:.....304-255-9340
Fax:304-255-9387
Address: 103 Eisenhower Drive, P.O. Box 3086 E. Beckley Station, Beckley, WV 25801
Family and single individuals, 24 hour service. DHHR income guidelines

Jobs

WorkForce West Virginia Career Center

Phone.....304-436-6464
Fax.....304-433-6310
Website: www.region1workforcewestvirginia.org
Address: 110 Park Avenue, Welch, WV 24801

Employer Services: Among the wide range of employer services are: Post job orders, Advertise to identify applicants, Recruitment, screening and referral to job openings, Interview scheduling, WorkKeys profiles and assessments, Occupational and job profiling, Veterans programs, Customized training, On-the-Job training, Labor market information, Connection to: WV Development Office, Economic Development Authorities, Small Business Development Center. Rapid Response is a process that provides you with information and services in time of experiencing a job loss. When a

layoff and/or closure is announced or going to occur, Rapid Response links you to community services that help you secure a new career and/or exploring training and educational opportunities. *Job Seeker Services:* Include, but are not limited to: Listing of career opportunities, Resource Center, Adult Basic Education, Skills upgrading & retraining, Job readiness training, Tuition assistance, WorkKeys credentialing, Job & career counseling, Occupational skill training, On-the-Job training, Information on skill requirements for occupations, Local occupations in demand, earnings, and skill requirements for jobs, Information on the availability of support services, Filing Unemployment claims. *Mobil Workforce Development Center:* The Region 1 Workforce Investment Board has a Mobile Workforce Development Unit for the purpose of meeting the needs of employers and citizens across the 11-county region. We will provide services such as: Training and development, Evaluation and assessment, Counseling, Specialized services in response to down-sizing, closures, and layoffs, other customized training and workforce support services. Out of school youth services.

Legal Issues

Prosecuting Attorney’s Office.....	304-436-8551
WV Legal Services Plan.....	1-800-642-8279
Public Defender Corp.....	304-436-6626
Gloria Stephens.....	304-436-3438
Hassan Law Office.....	304-436-2767
Philip LaCaria.....	304-436-3135
Lacy Wright.....	304-436-6292

Libraries

McDowell Public Library

Phone.....304-436-3070
 Fax.....304-436-8079
 Address: 90 Howard Street, Welch, WV 24801

Bradshaw Public Library

Phone.....304-967-5140
Address: PO Box 498, Bradshaw, WV 24817

Iaeger public Library

Phone.....304-938-3825
Address: 104 West Virginia Ave, PO Box 149, Iaeger, WV 24844

Northfork Public Library

Phone.....304-862-4541
Address: PO Box 229, Northfork, WV 24862

War Public Library

Phone.....304-875-4622
Address: 701 Berwind, Lake Road, War, WV 24892

McDowell County Humane Society

McDowell County Humane Society

Phone.....304-436-2185, 304-436-6220, 304-4364930
E-mail: mail@mcdowellcountyhumanesociety.com
Address: Box 714, US Route 52, Welch, WV 24801

McDowell County Humane Society is a non-profit, no-kill facility. Our #1 goal is to see to the care and well-being of out pets. We feel it is our responsibility to see that our pets find suitable homes. Our staff is dedicated to preventing animal abuse and neglect. Adoption fee is cost of spay/neuter and rabies shot. To adopt a pet that hasn't been altered a contract must be signed stating the pet will be altered within a given time or the pet will be returned to the shelter. Some veterinary clinics offer discount for adopted pets. Donations of money, pet food, litter, rugs, bleach, and blankets are needed.

Medicare

Medicare/Nationwide Mutual Insurance Company

Medicare is a federal health insurance program for people 65 or older and certain disabled people. It is run by the Health Care

Financing Administration of the U.S. Department of Health and Human Services. Social Security Administration offices across the country take applications for Medicare and provide general information about the program. There are 2 Medicare coverage components: Hospital Insurance (Part A)- Hospital and skilled nursing facilities, home health and hospice care; Medical Insurance (Part B)-Doctors' services, outpatient hospital services, durable medical equipment, and a number of other medical services and supplies that are not covered by Part A.

If you would like a Handbook on Medicare, write:
U.S. Department of Health and Human Services
Health Care Financing Administration
6325 Security Boulevard
Baltimore, Maryland 21207-5187

WV Medical Institute, Inc.
3001 Chesterfield Place
Charleston, WV 25304.....1-800-642-8686

Medicare Carriers WV, for billing or coverage
Columbus, Ohio.....1-800-484-0160
State Counseling Offices (WV).....304-558-3317
Social Security (SSI).....1-800-772-1213

Mental Health

Southern Highlands Community Mental Health Center
Phone.....304-436-2106
Fax.....304-436-6362
Address: 151 Rt. 52, N, Welch, WV 24801

Southern Highlands provides Comprehensive Mental Health Services for the treatment of all major Mental Health conditions including Depression, Anxiety, Bipolar Disorder, Schizophrenia, Addiction, Adolescent Disorders, Autism, Mental Retardation, Adjustment Disorders and many others. Southern Highlands offers Psychiatric Services, Psychological Services, Counseling, Substance

Abuse Treatment, Targeted Case management, Complete array of Title XIX MR/DD Waiver Services, SBIRT (Screening, Brief Intervention and Referral to Treatment); Among others. *Guidelines:* Southern Highlands uses a sliding fee scale. Upon intake, an economic assessment will be completed to determine what if anything an individual will be required to pay.

Problem Gamblers Help Network of WV

Problem Gamblers Help-Line

Phone.....1-800-GAMBLER (800-426-2537)

Website: www.1800gambler.net

Address: PO Box 3324, Charleston, WV 25333

The Problem Gamblers Help Network of West Virginia is a program created by the West Virginia Legislature to identify and provide services to problem gamblers and their loved ones.

While anybody can cross the line from occasional, recreational gambler to out-of-control, problem gambler, the following risk factors have been identified. Any one of these risk factors, or a combination of any or all, seems to increase the likelihood of someone developing a gambling problem:

1. A stressful life event, such as death of a loved one, divorce, physical injury, disability, serious illness, relocation, and other trauma.
2. A “Big Win” early on in their gambling experience.
3. A family history of problem gambling, alcoholism or other addictions.
4. Pre-existing mental health problems such as depression, anxiety, alcoholism, chemical dependency and other psychiatric disorders

Recreational Areas

Citizens Conservation Corps of WV

Phone.....304-656-7594

Fax.....304-656-7595

Email: dhorne@wvccc.com

Web Site: www.cccwv.com

Address: Box 159, Davy, WV 24828

Job Training for Youth, Recreational Activities: Twin Branch

Recreation Area. Eligibility Guidelines: Job Training for Youth:

Must be between 18 and 24 years of age, Recreational Activities:

Open to public access.

Elkhorn Inn Bed & Breakfast

Phone.....304-862-2031

Toll Free.....1-800-708-2040

Website: www.elkhorninnwv.com

Address: 30767 Coal Heritage Road, Route 52, Landgraft, WV

(Is located in Landgraft not Eckman)

The newly restored historic, "Coal Heritage Trail" Elkhorn Inn has train-view guest rooms, balcony & patio, is on trout-filled Elkhorn Creek, has great bird-watching, & is near some of the best ATV trails in the eastern US! The Inn provides Bed-&-Breakfast accommodations in 13 air-conditioned guest rooms. Meals, meetings, and special events are offered in our elegant dining room by reservation. The Inn features a Patio Cafe, antique, claw-foot bathtubs, bathrobes, signature toiletries, period 1930 furnishings, art & antiques, a balcony, & a cozy fireplace lounge. A gift shop and museum are available.

Ashland Resort

Phone.....888-862-2322

Local.....304-862-2322

HC 76 Box 681

Northfork, WV 24868

Email: managers@atvresort.com

Website: atvresort.com

Nestled amidst 1,600 acres of private hardwood forest, Ashland Resort is the largest campground in the Hatfield-McCoy Trail System and the only Guest Rated™ “A” camping facility in West Virginia. Ashland Resort offers the perfect friends and family lodging location for ATV & Dirt Bike enthusiasts with a selection

of Lodges, Cottages and Cabins, RV and tent sites plus a Camp Store.

Ashland Resort provides the unique combination of an award winning Campground and an award winning Hatfield-McCoy Trail System. Featuring plush lodges, rustic cottages, and basic camping cabins plus an array of RV and tent camping facilities, Ashland Resort offers convenience and comfort. The campground bathhouse is centrally located to RV and tent sites. All lodging sites feature fire pits, picnic tables, and WiFi. RV sites are available with varying degrees of convenience ranging from basic water, electric and TV cable to long full service pull-through sites. Cabins feature heat and AC plus TV, small refrigerator, microwave, and outdoor grills. Step up to Ashland Cottages for full baths, patios and more. Most include kitchenettes. Lodges include a touch of class with full size kitchen appliances. Facilities are complimented by our hosts and associates who welcome guests as friends and family.

The Indian Ridge Trail passes through the Campground. Leave your trailer at your campsite, gas up at the Camp Store, and concentrate on enjoying the wild and wonderful trails. Choose family friendly green trails or dare to be challenged on black and single track dirt bike trails. Enjoy vistas, wildlife and endless miles of canopied forests throughout our remote, rugged terrain. Split the mud holes or take the high road. Our mountain challenge awaits you.

Schools

McDowell County Board of Education

Phone.....304-436-8441

Fax.....304-436-4008

Website: www.boe.mcdo.k12.wv.us

Address: 30 Central Avenue, Welch, WV 24801

Elementary Education: Standards based reading and math programs, Elementary math and reading coaches, Welch

Elementary-School of Excellence, County Teacher Leadership Team for 21st Century Learning, DIBELS (Dynamic Indicator of Basic Early Literacy Skills) assessment-K-5, three tiered Intervention Program for at risk students. *Title I Programs:* Pre-K programs in collaborative agreement with Mingo CAP (Community Action Partnership) serving McDowell County Head Start, Parent Conferences, Monthly parent meetings-P.R.I.S.M. (Parents Reading In Schools Monthly), Five Title I Distinguished schools, Newsletters available at web site. *Special Education:* Psycho-educational evaluations, Mentally Impaired (all areas), Learning Disabilities, Behavior Disorders, Speech and Language, Pre-School Special Needs, Birth to Three Transitions, Autism, Gifted Education, Occupational Therapy, Physical Therapy, Audiological Services, Vision and Hearing Impaired Services, P.E.R.C. (Parent-Educator Resource Center) at the Career & Technical Center, Special Transportation Services. *Safe & Drug Free Schools Program:* Conflict Resolution, Crisis Prevention and Intervention, Prevention Resource Officers, Red Ribbon Week, Drug Free Alternative Week, Discover Health Connection, Respect & Protect, Life Skills, Positive Behavior Support, Character Education and Responsible Students Program. *School Nurses:* Meet special health care needs of students. Liaison between schools, parents, and physicians. Screen vision and hearing and initiate Student Health, Screen all 6th grade students for scoliosis. Tug River Health School Clinic at Mount View. *Technology Department:* County Technology Integration Specialist, Professional Development for 21st Century Learning, Teacher Leadership Team for 21st Century Learning, System Operators at each school site, Webmasters maintain school webpage, RESA I Technicians, Management of Online Assessments, 21st Century Support System for Students, Staff, and Community. *The Career and Technology Center* offers the following classes: Automotive Technology, Business and Marketing, Building Construction, Machine Tool Technology, Computer Operations, Maintenance and Repair, Electrical Technology, Health Occupations, ProStart, Welding Technology, and Gifted Center. Must be enrolled in High

School for these services. The Career and Technology Center offers the following Adult Program: Licensed Practical Nursing.

Anawalt Elementary.....	304-383-4849
Bradshaw Elementary	304-938-2904
Fall River Elementary	304-656-7665
Iaeger Elementary.....	304-938-2227
Kimball Elementary.....	304-585-7570
Welch Elementary.....	304-436-4545
Southside K-8.....	304-875-2283
Sandy River Middle.....	304-938-2407
Mount View Middle.....	304-436-4657
Mount View High.....	304-436-2939
River View High School.....	304-967-7480
Career and Technology Center.....	304-436-3488

Reconnecting McDowell

Website: reconnectingmcdowell@aft.org

Contact: Debbie Elmore at delmore@aftwv.org

The Reconnecting McDowell Initiative Framework is available on the website and is a working and fluid document that provides a high level overview of each subcommittees’ goals and activities. It is designed to help the cross-sector subcommittees collaboratively carry out their respective activities and goals. The framework will reflect the changing circumstances and needs in McDowell County.

The Youth Connection Program for Wyoming and McDowell County Youth (304-294-8223) serve in School and Out of School Youth between the ages of 14 and 21. The youth contact for these two counties is Mary Ann Cook, Youth Service Placement Specialist. The Youth Connection Program is located in Mullens, WV. The program provides paid and unpaid work experience, on the job training, job shadowing and comprehensive guidance and counseling and supportive services aiding in completion of GED and ABE.

McDowell County Christian Educators Association

Phone.....304-436-8300 Ext 102

E-mail: wingsofdove@citlink.net

Address: 145 Stewart Street, Welch, WV 24801

Service include: Information on Home Schooling.

Twin Branch Pentecostal Christian Academy

Phone.....304-656-7448

Fax.....304-656-7448

Address: PO Box 580, Davy, WV 24828

Christian Academy

Social Services

Big Creek People in Action

Phone.....304-875-3418

Fax.....304-875-3518

Email: bcpia3418@netscape.net

Web Site: www.bigcreekpeopleinaction.org

Mailing Address: H.C. 32 Box 541, Caretta, WV 24892

Learning Center, Education and Literacy, Community Projects, Adult Basic Education, Service Learning Project, Home Repairs, Coal Miner Museum, Mountain Music Festival, Healthy Lifestyles Program, Public Computer Lab, Family Resource Center, Community Baby Showers.

Coalfields Community Action Partnership

Phone.....304-862-2837

Fax.....304-862-2834

Website: coalfieldcap.org

Address: P.O. Box 1406, Williamson, WV 25661

Physical Address: Keystone, WV

Head Start; Early Child Development; Health, Dental, Mental Health Screenings, Nutrition, Social Services, Services to Special Needs Children, Transportation, Free Breakfast, lunch, and snacks are provided to the children every day.

Council of the Southern Mountains

Phone.....304-436-6800

Fax.....304-436-6803

Email: randalcsm@hotmail.com

Web Site: www.councilofthesouthernmountains.com

Address: 148 McDowell Street, Welch, WV 24801

Foster Grandparents: to serve special needs children.

Weatherization: Homes are insulated and prepared to be energy efficient,

Housing: Provide affordable housing for income eligible residents.

Senior Services: Aged and disabled waiver program.

Disability Services: Title XIX Waiver Program for developmentally disabled.

Healthcare: Four RNs and one LSW provide intervention services for pregnant women and infants up to one year of age.

Community Service Program: Food pantry-emergency assistance-income guidelines apply.

Retired and Senior Volunteer Program (RSV): Sponsors neighborhood watch groups.

Family Day Care Food Program: Reimbursement to Family Day Care providers for meals that are provided to day care children with ongoing training to providers.

Right From The Start: serves pregnant women and newborn to age one with case management by RN or licensed Social Worker. WV Medicaid, pregnant, high birth score, needing newborn hearing screening.

Title XIX Waiver Program: Comprehensive intervention services for approved Title XIX waiver recipients. Must be approved for title XIX Waiver Services

Mentoring Children of Prisoners Program: mentors children with one or both parents in the correctional service.

Aged and Disabled Waiver Program; Case management and homemaker services for approved individuals to prevent nursing home placement.

Emergency assistance after regular hours and on holidays may be accessed by calling Randal Johnson, Executive Director at 487-1760 or 887-3069

Department of Health and Human Resources

Phone.....304-436-8302

Fax.....304-436-3248

Address: 840 Virginia Avenue, Welch, WV 24801

WV WORKS Economic Service Programs, CWEP-community work experience program, EIP-employer incentive program, JOIN-Join opportunities for independence program, Food Stamp program, TRIP-Transportation, Emergency Assistance, LIEAP-Energy Assistance, Non-Emergency Medical Transportation for Medicaid and handicapped children, Refugee and Resettlement Programs, Adult Family Care, Homeless Program, Adult Protective Services, Adoption Services, Child Protective Services, Foster Care, Day Care Services, Independent Living Program, Juvenile Justice System, State-Operated Youth Facilities, Eligibility Guidelines: Contact Department of Health and Human Resources for eligibility guidelines.

McDowell County Project Lifesaver

Phone.....304-436-8523

Contact: Deputy Lyle Noe

Address: 90 Wyoming Street, Suite 117, Welch, WV 24801

Project Lifesaver is a search and rescue system using personalized radio transmitters and electronic tracking equipment. This transmitter is worn by individuals with cognitive disabilities, e.g. Alzheimer’s, Autism, Down Syndrome, traumatic brain injury, etc, who tend to wander and become confused. Only trained, certified operators can use the equipment to conduct searches. **There is NO cost to the client.**

Rehabilitation Division

Phone.....304-436-3175

Fax.....304-436-3176

Address: 110 Park Avenue, Welch, WV 24801

Education Program: Transition services assist students to move from school to the world of work and adult life. **Ticket to Work**

Program: is a Social Security Administration program for people

with disabilities who want to work. ***Services for People Who are Blind and Visually Impaired:*** A wide range of services designed to meet the unique needs of individuals with significant and permanent vision loss. ***Field Services:*** Individuals who want to work in an integrated job setting will meet with a rehabilitation counselor who has been specifically trained to provide services to meet their needs. ***Information and Referral Service for the Blind:*** operates a toll-free number (1-800-642-8207) to address questions from persons who are blind and visually impaired, their families, friends, professionals and interested others. ***Life Skills for the Blind:*** provides individualized training in a variety of pre-vocational and vocational areas. ***Independent Living Services for Older Individuals:*** VISIONS (Visually Impaired Seniors In-home, Outreach, and Networking Services) provides comprehensive in-home independent living services to individuals age 55 and older who have significant vision loss. ***Services for Deaf, Hard of Hearing, Late Deafened and Deaf-Blind:*** A wide range of services for persons who are deaf, hard of hearing, late deafened or deaf-blind are available through rehabilitation counselors for the deaf who are experienced sign language users and have extensive knowledge of deaf culture, hearing loss in general, and needs that are specific to the deaf and hard of hearing communities. ***Job Placement Program:*** services and programs strive to assist individuals with disabilities to get, keep and/or advance in a job that starts them on the path to a career. ***Job Seeking Skills:*** DRS provides small group or individualized training in preparing résumés, completing job applications, networking to find jobs, interviewing, and developing other skills necessary in your job search. ***Job Development:*** offers job placement services to match you with the right job.

The Salvation Army

Phone.....304-327-7411
 Fax.....304-327-7891
 Address: 900 Highland Avenue, Bluefield, WV 24701
 Food, Clothing, Utility Assistance (gas, water, sewer, electric),

Prescriptions, Rent, Eligibility Guidelines: Food: Referral from the Department of Health and Human Resources, Clothing: Have to come in and get a voucher to the store, Utility Assistant: Must have a termination notice and Bill in client’s name. Prescriptions: Must have a prescription no narcotics and no habit-forming medication. Rent: Needs an eviction notice. Other Information: *Must have a photo ID on all services.*

School For Life

Phone:3047-448-2309

Website: schoolforlifeinc.com

Address: P.O. Box 7, Gary, WV 24836

School For Life is a mission founded by Jack and Brenda Fultz to serve the needy – changing hopelessness to optimism. The mission is housed in the Old Gary School located in Gary, West Virginia of McDowell County. Their mission is to challenge the Appalachian people at all social and economic levels to be active, creative, contributing members of their communities and to take to task the development of solutions to poverty, promote self-help, dignity, and self-worth and encourage redemptive relationships and the teachings of a new creation believed key in changing ideas, minds, and hearts.

Social Security Administration

Toll Free.....1-800-772-1213

Fax.....304-436-4235

Address: 50 McDowell Street, Welch, WV 24801

Financial assistance to disabled and elderly, Assistance with Medicare applications, Retirement Benefits

Southern Coalfields Tobacco Prevention Network

Phone.....304-913-4956

Fax.....304-913-4964

Email: travis@ctrongcommunities.org

Website: www.strongcommunities.org

Facebook: www.fb.com/socoalfieldstobprevnetwork

Network to combat tobacco usage through education and cessation.

West Virginia Division of Veterans Affairs

Phone.....304-436-3804

Fax.....304-436-3804

Location: 2nd Floor of the McDowell County Public Library

Address: Box 1085, Welch, WV 24801

Disability Compensation, Disability Pensions, Home Loan Guaranty, Burial Benefits, Death Pension, National Cemeteries, Medical Benefits, Education, Vocational Rehabilitation, War Orphans Education, Barboursville Veterans Home, Veterans License Plates

West Virginia University Extension Service

Phone.....304-436-9006

Fax.....304-436-3907

Address: Box 860, Welch, WV 24801

Location: 109 Wyoming Street Suite 204

E-Mail: dana.lester@mail.wvu.edu or becca.bailey@mail.wvu.edu or Donald.reed@mail.wvu.edu

Websites: WVU Extension Service www.wvu.edu/~exten

WV Family Nutrition Program www.ext.wvu.edu/fnp

Services: We bring knowledge to your doorstep so you can use the tools learned in your everyday life. Description of Services- WV Family Nutrition Program offers many nutrition and physical activity programs to help limited-resource families, youth, and adults improve their health. WV Family Nutrition Program targets the risk factors associated with obesity, cardiovascular disease, diabetes, hypertension, and other chronic diseases, 4-H programming, Dining with Diabetes, Prevention and Relationship Enhancement Program (communication education for couples), Within My Reach (communication education for individuals), How to avoid marrying a jerk (communication education for teens and singles), Community Educational Outreach Service (learning service group that reaches out to the community), Relatives as Parents Program, Healthy Families Healthy Children Coalition, and many more programs. *Guidelines*-Issued in furtherance of

Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Director, Cooperative Extension Service, West Virginia University. Programs and activities offered by the West Virginia University Extension Service are available to all persons without regard to race, color, sex, disability, religion, age, veteran status, political beliefs, sexual orientation, national origin, and marital or family status.

Support Agencies

American Red Cross

Phone.....304-327-5017

Fax.....304-325-2260

E-mail: phyllis.sheets@redcross.com

Website: www.redcross.org

Address: P.O. Box 721 Mercer County Mall, Bluefield, WV 24701

Purpose: Provides emergency relief to families during disasters. Offers communication assistance between military personnel and their families. Provides counseling, financial assistance in emergencies and referral service for military personnel, veterans and their families. Provides training to the general public in First Aid, CPR, Water Safety, HIV/AIDS Education. Babysitting training programs are offered for youth ages 11 to 15. Assists with blood drives and bone marrow donor drives. The American Red Cross serves the following areas: Mercer, McDowell, in WV and Bluefield, VA.

Transportation

Bluefield Area Transit System

Phone.....304-327-8418

Fax.....304-325-6783

E-mail: admin@ridethebatbus.com

Website: www.ridethebatbus.com

Address: PO Box 1838, Bluefield, WV 24701

Contact Person: Patrick McKinney

Week day services in Mercer and McDowell Counties with routes into Bluefield, Princeton, Athens, and Welch. Limited weekend service to the Athens area when Concord University is in session. Fees vary on destinations.

General Information

WARNING SIGNS OF DRUG ABUSE MAY INCLUDE:

- ◇ Lasting fatigue
- ◇ Repeated health complaints, red and dull eyes, constant cough
- ◇ Personality change
- ◇ Sudden mood change
- ◇ Irresponsible behavior
- ◇ Low self-esteem
- ◇ Depression
- ◇ General lack of interest
- ◇ Scrapes with the law

24-Hour Crisis Line.....	1-800-579-5844
Alcohol and Drug Help Line.....	1-800-821-4357
Alcohol Help Line.....	1-800-252-6465
Center for Substance Abuse.....	1-800-662-4357
National Institute on Drug Abuse.....	1-800-638-2045
National Cocaine Hotline.....	1-800-COCAINE
National Drug Hotline.....	1-800-821-662-HELP
Emergency and Ambulance.....	911
Welch Community Hospital.....	304-436-8461

Emergency and Hotline Numbers Statewide and National Agencies

Adoption Center	1-800-862-3678
Adult Education (Literacy Hotline)	1-800-642-2670
24-Hour Mental Health Crisis Line	1-800-579-5844

Adult Abuse Hotline	1-304-436-8302
AIDS Information Hotline	1-800-CDC-INFO
Alcohol Help Line	1-800-232-4636
Alcohol and Drug Help Line (Referral)	1-800-252-6465
Alcoholics Anonymous	1-800-821-4357
Alcoholics Anonymous	1-800-333-5051
Alcoholic Beverage Control Administration	1-800-642-8208
Al-Anon Family Headquarters	1-800-356-9996
American Diabetes association	1-800-232-3472
Attorney General (Consumer Protection)	1-800-368-8808
Auto Safety Hotline	1-800-424-9393
Automated Refund & Tele-Tax (IRS)	1-800-829-4477
Birthright (Pregnancy Crisis Org)	1-800-550-4900
Boys Town Hotline	1-800-448-3000
Cancer Information Services	1-800-422-6237
Center for Substance Abuse	1-800-662-4357
Child Abuse and Neglect	1-800-352-6513
Child Support Enforcement	1-800-249-3778
Court of Claims/Crime Victim Fund	1-877-562-6878
Children's Defense Fund	1-800-233-1200
Children's Make-A-Wish Foundation International	1-800-323-9474
Covenant House	1-800-999-9999
Child & Adult Abuse and Neglect Hotline	1-800-352-6513
Down Syndrome Society	1-800-221-4602
Family Planning (WV Dept. of Health)	1-800-642-8522
Federal Communications Commission	1-888-225-5322
Federal for Children with Special Needs	1-800-331-0688
Federal Student Aid Information	1-866-514-8938
Federal Tax Information (Problem Resolution)	1-800-829-1040
Federal Tax Forms	1-800-829-3676
Federal Tax Information & Assistance-TDD	1-800-829-4059
Food Pantry Information & Referral	1-800-540-8659
Herpes Resource Center	1-800-230-6039
Hunting & Fishing Law Violations	1-304-256-6945
Internal Revenue Service	1-800-829-1040
Lawyer Information Services	1-800-642-3617
Legal Aid of WV Services	1-800-642-8279
Library Commission	1-800-642-9021

National AIDS Information Clearinghouse	1-800-458-5231
National Child Abuse Hotline	1-800-422-4453
National Drug & Alcohol Referral Hotline	1-800-821-4357
National Health Information	1-800-336-4797
National Fraud Information Center	1-800-876-7060
Organ Donation	1-800-275-4772
Pesticide Hotline	1-800-858-7378
Poison Control	1-800-642-3625
Pretera Mental Health Center (24-hr crisis line)	1-800-642-3434
Public Service Commission (utility complaints)	1-800-642-8544
Runaway Helpline (nationwide)	1-800-786-2929
Social Security Administration	1-800-772-1213
Spina Bifida Association	1-800-621-3141
STD/HIV/AIDS Prevention	1-800-642-8244
Suicide Counseling Help Line	1-800-273-8255
WV Advocates (for developmentally disabled)	1-800-950-5250
WV Department of Education	1-800-642-8541
WV Department of Highways	1-800-642-9292
WV Department of Motor Vehicles	1-800-642-9066
WV Division of Rehabilitation Services	1-800-642-8207
WV State Legislature	1-800-565-3447
WV Travel Information (State Parks)	1-800-225-5982
Water Pollution Spills Alert and Fish Kill	1-800-642-3074
Worker's Compensation	1-800-628-4265
Women's Health Center of WV	1-800-642-8670

Head Lice

Learn the natural way to get rid of lice and, more importantly, the natural way to prevent a lice infestation from occurring! Almost all of the products out there can cause terrible problems if you leave them on too long, use them too often, or use them on a child too young. If you do end up using any of the commercial lice products, at least read every word of the directions first and follow them exactly. Then use this checklist to help you keep them away.

Lice Treatment Checklist

- Check all members of the family for lice and nits

- Apply olive oil* or Vaseline (dish soap is a good start after Vaseline to get rid of most of the grease. Olive oil will come out with Suave Naturals Coconut Shampoo.***) Leave this on for an hour or longer under a towel or tight-fitting shower cap to prevent drips. Tip- Before washing hair you could nit comb hair since hair is oily but you need to check hair again when is dry. If there are any nits on the eyelashes or eyebrows, you can coat these thoroughly with Vaseline without harm. This should be reapplied for times a day.
- Wash hair with Suave Naturals Coconut Shampoo**
- Rinse the hair and scalp with vinegar. This loosens the glue that holds the nits onto the hair shafts. Rinse with hot water, but not so hot that it burns the child.
- Remove all nits using a nit comb. When you think you are done, use good lighting to check thoroughly once the hair is dry. (The nits are much easier to see on dry hair.) Nits are very small and are kind of shiny at a certain angle. They are on the hair shaft itself, with the newest ones being just off the scalp and older one being as much as an inch away from the scalp. You will have to check the hair by tiny sections, especially around the edges of the hair, at the neck and behind the ears-although on could be anywhere. If you find any nits, you can pull them off with your fingernails or comb them off with the nit comb. Be sure to put each nit or hair into a bowl of vinegar.
- Wash hair with Suave Naturals Coconut Shampoo and Conditioner again and style as usual.

The Following must be done the same day as treatment for an effective fight against head lice!

- All clothing that has been worn and towels that have been used for the last week should be washed in HOT water. If there are items that will shrink in the washer, put them through the dryer on the HOT cycle for 30 minutes before washing.
- All bedding (sheets, blankets, pillows, pillowcases, comforter, mattress cover) needs to be either washed in HOT water, dried dry on the HOT cycle or put in a plastic bag and

left sealed up. (Research says that lice can live for only 24 hours or so away from the human host, but we like to keep the bags sealed for at least two weeks just in case because more eggs could hatch during this time period or new lice could be brought home.

- Bag up stuffed animals, hats, throw pillows, barrettes, ponytail holders, hair ribbons, helmets, necklaces and anything else that might have come in contact with the lice.
- All combs and brushes should be soaked in very HOT vinegar, but you can just throw these away and buy new ones.
- Vacuum mattress, couch, chairs, rugs, floors, car seats and backs, car rugs and upholstered church pews thoroughly. Dispose of the Vacuum bag.
- Continuous use of Suave Naturals Coconut Shampoo and Conditioner will help keep the bugs away.
- Re-treat hair in 10 days and repeat everything else on the checklist.
- Check the hair daily for any missed nits and the smallest ones that have now become large enough to see. If one living nit remains, it could hatch and start the whole process over again, bringing about eight new eggs per day.

*Live oil will smother the lice. **An independent study found that head lice do not like the coconut oil in Suave Naturals Coconut Shampoos and Conditioners. A different report said that coconut oil contains fatty acids that break down the bodies by “dissolving” the lice and killing them.

Suicide

Suicide is any self-inflicted act that ends in death. In the US 12 out of every 100,000 people will die from suicide every year. If a person is depressed he/she is more likely to commit suicide than a content person. Warning signs include: A sudden decrease or increase in eating or sleeping habits; Depression; Withdrawal from friends, family and regular activities; Unexplained or unusual

rebellion or disruptive behavior; Drug and/or alcohol use; Unusual neglect of personal appearance

Keep these thoughts in mind:

Others Do Care-There are always people who are willing to help you work out your problems. Don't be afraid to ask for help.

You Are Not Alone-Nearly everyone thinks about committing suicide at one time or another.

The Crisis Will Pass-This period in life is only temporary

Don't Be Embarrassed-There's no need to feel ashamed about what you've been thinking. **REMEMBER...** Suicide is a **Permanent** alternative to a **Temporary** problem. It does **not** have to happen!!!!

For helpful information such as suicide warning signs, suicide risk questionnaire and what to do if someone you care about is considering suicide visit the web site at www.prevnetsuicidewv.org

24-Hour Crisis Line	1-800-579-5844
Boys Town Hotline	1-800-448-3000
Suicide Counseling Help Line	1-800-468-1359
Suicide Prevention Lifeline	1-800-273-8255

Contacting Your Legislature Representatives

1-304-347-4836 or the toll free 1-800-565-3447 or on line at legis.state.wv.us.

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1600 Pennsylvania Avenue NW
Washington, DC 20500

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1900 Kanawha Boulevard E
Charleston, WV 25305

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