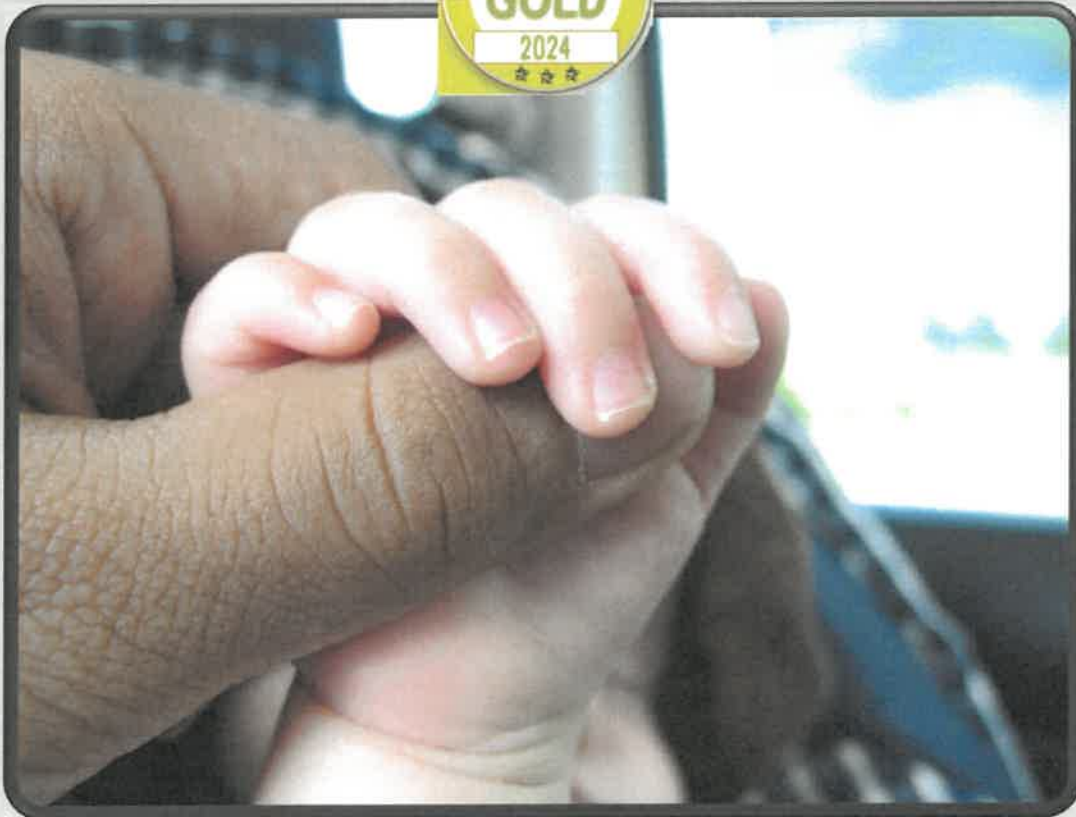


MOUNTAINHEART
Community Services, Inc.
"Together We Can"



MountainHeart Community Services Inc.
Resource Manual

Mission Statement:

Working together with individuals, families, and communities to provide resources for a better life

ABOUT US

WHO IS MOUNTAINHEART?

MountainHeart Community Services, Inc. is a private, nonprofit 501(c)(3) Community Action Agency that was incorporated in 1965 in accordance with the Economic Opportunity Act of 1964.

MountainHeart Community Services, Inc. embraces our role as a leader in providing pathways of opportunities for all to hold the power for their own success in achieving an enriched quality of life.

WHAT CAN MOUNTAINHEART DO FOR ME?

MountainHeart Community Services, Inc. has a variety of programs available to qualifying individuals and families throughout West Virginia.

MOUNTAINHEART'S MISSION

Working together with individuals, families, and communities to provide resources for a better life.

THE PROMISE OF COMMUNITY ACTION

Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.



CHILD CARE RESOURCE & REFERRAL REGION VI



WHAT IS CHILD CARE RESOURCE & REFERRAL?

The Child Care Resource & Referral program is designed to provide assistance to new and existing child care providers by:

- entering subsidy billing for child care providers into the WV PATH system for payment
- providing professional development and technical assistance to providers through group training, on-site technical assistance and the operation of the Traveling Resource and Information Library System (TRAILS)
- providing individualized behavior management/support to providers and families for specific children experiencing behavioral challenges that interfere with their ability to participate in child care
- providing an annual grant (as funding allows) for family and facility child care providers to help meet health and safety requirements and improve the quality of care
- providing expertise to promote continuous quality improvement
- providing assistance in enrolling in and advancing through the WV Tiered Reimbursement System
- providing assistance in maintaining a higher quality child care setting and higher rating
- providing assistance in navigating the WV CARES system and required paperwork for those wishing to become child care providers
- providing child care resource and referral services



MARGARET YOUNCE

Program Director



WHAT ARE THE REQUIREMENTS TO BECOME A CHILD CARE PROVIDER?

Potential child care providers must:

- be 18 years of age or older
- be fingerprinted and have no serious criminal history
- have a physical exam
- meet the regulations set forth by the WV DoHS
- complete the required amount of training set forth by the WV DoHS
- must be able to read and write and understand the rules, agreements, payment forms and paperwork involved in the program Process:
- WV CARES
 - Fingerprinting of all adults in the household who are 18 years of age or older
 - Background check
- WV STARS registration
 - Must have a WV STARS number in order to track training hours
- Complete the pre-service training
 - Self-paced training consisting of ten modules
- Attend provider orientation to:
 - Begin the registration process
 - Complete required forms
 - Learn about educational opportunities and other valuable resources
- Complete the payment form process training
 - Once approved by the WV DoHS, you must contact the local MountainHeart office to complete the payment form process training

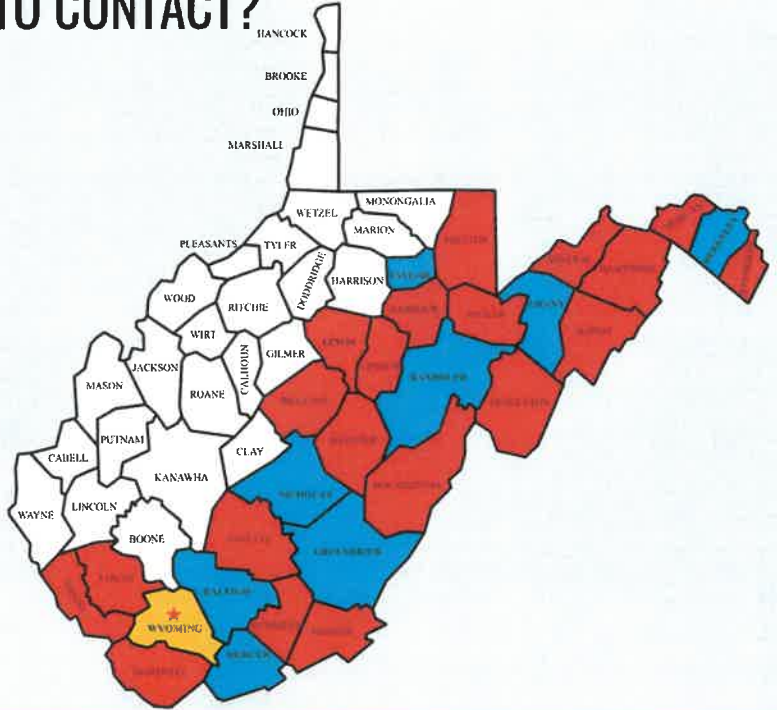


HOW CAN A CHILD/FAMILY GET HELP?

Contact your local MountainHeart office for details on the qualifications for assistance with Child Care and details on how to apply. If you are a resident in a county that isn't served by MountainHeart, please visit <https://dhhr.wv.gov/bcf/ece/Documents/R%26R%20Map%20April%202023.pdf> for a list of Resource & Referral agencies and the counties they serve.

WHO TO CONTACT?

Region 6 serves the following Southern counties: Braxton, Fayette, Greenbrier, McDowell, Mercer, Monroe, Nicholas, Pocahontas, Raleigh, Summers, Webster & Wyoming counties.



BECKLEY OFFICE

MountainHeart Community Services, Inc.
Serving Raleigh & Fayette Counties

228 Ragland Road
P.O. Box 966
Beckley, WV 25801

CONTACT

Need additional assistance?
Please contact us:

Phone: 304-253-7654
Fax: 304-253-7690
Toll Free: 1-888-799-9217

HOURS

We are open Monday to Friday, from 8:30 am to 4:30 pm.

BECKLEY-KANAWHA STREET OFFICE

MountainHeart Community Services, Inc.
– Professional Development Team

Serving Braxton, Fayette, Greenbrier, McDowell, Mercer, Monroe, Nicholas, Pocahontas, Raleigh, Summers, Webster & Wyoming counties.

300 North Kanawha Street
Suite 100
Beckley, WV 25801

CONTACT

Need additional assistance?
Please contact us:

Phone: 681-238-6448
Fax: 681-238-6451
Toll Free: 1-888-799-9217

HOURS

We are open Monday to Friday, from 8:30 am to 4:30 pm.

LEWISBURG OFFICE

MountainHeart Community Services, Inc.

Serving Greenbrier, Pocahontas,
Summers & Monroe Counties

248 Red Oaks Shopping Center
Ronceverte, WV 24970

CONTACT

Need additional assistance?
Please contact us:

Phone: 304-647-3800

Fax: 304-647-3004

Toll Free: 1-855-843-0720

HOURS

We are open Monday to Friday, from
8:30 am to 4:30 pm.

MATHENY OFFICE

MountainHeart Community Services, Inc.

Serving Wyoming and McDowell Counties

33 MountainHeart Lane
Matheny, WV 24860

CONTACT

Need additional assistance?
Please contact us:

Phone: 304-682-8271

Fax: 304-682-8274

Toll Free: 1-800-834-7082

HOURS

We are open Monday to Friday, from
8:30 am to 4:30 pm.

PRINCETON OFFICE

MountainHeart Community Services, Inc.

Serving Mercer County

1411 N. Walker Street
Princeton, WV 24740

CONTACT

Need additional assistance?
Please contact us:

Phone: 304-425-3669

Fax: 304-425-2301

Toll Free: 1-800-738-8531

HOURS

We are open Monday to Friday, from
8:30 am to 4:30 pm.

SUMMERSVILLE OFFICE

MountainHeart Community Services, Inc.

Serving Nicholas, Braxton & Webster
Counties

1020 Broad Street
Summersville, WV 26651

CONTACT

Need additional assistance?
Please contact us:

Phone: 304-872-9200


Fax: 304-872-9205

Toll Free: 1-866-598-4452

HOURS

We are open Monday to Friday, from
8:30 am to 4:30 pm.

BEHAVIORAL CONSULTANTS FOR REGION VI

 **BEHAVIORAL CONSULTATION SERVICES ARE AVAILABLE TO ALL REGISTERED CHILD CARE PROVIDERS. EACH OF WEST VIRGINIA'S RESOURCE AND REFERRAL AGENCIES EMPLOYS A BEHAVIORAL CONSULTANT TO SERVE THE CHILD CARE CENTERS, FACILITIES, AND HOME PROVIDERS IN THEIR REGION.**

The Behavioral Consultant is a person with experience in behavior guidance and child development.

- The consultant is someone you can talk to if you are not sure about a child's behavior, if you find yourself frustrated by a situation, or if you just have a question.
- All services are confidential and free of charge.
- Assistance is offered in many forms, including: phone conversations, written information, site visits, and face to face discussion – whatever you are most comfortable with.

The consultant's main goal is to support you – the provider.

 **THE BEHAVIORAL CONSULTANT CAN HELP WITH MANY OF YOUR CONCERNS:**

- Helping children who have challenging behaviors.
- Helping children who have developmental concerns.
- Helping children who have special needs.
- Using developmentally appropriate practices.
- Offering positive guidance.
- Managing routines, schedules, and environment to support positive behavior.



MAXANN HAMRICK

BEHAVIORAL CONSULTANT



KAYLYN JENNINGS

BEHAVIORAL CONSULTANT

SERVICE AREA

Region 6 serves the following Southern counties: Braxton, Fayette, Greenbrier, McDowell, Mercer, Monroe, Nicholas, Pocahontas, Raleigh, Summersville, Webster & Wyoming counties.

TRAVELING RESOURCE AND INFORMATION LIBRARY SYSTEM

WHO MAKES THIS PROGRAM POSSIBLE?

The TRAILS van is a service of MountainHeart Community Services, Inc., brought to you through MountainHeart Child Care Resource and Referral, and funded by the Department of Health and Human Resources.

WHAT IS IT?

The TRAILS is a mobile resource outreach program which uses a medium sized van equipped with resources of interest to early childhood providers. The major purpose of this outreach program is to allow child care resource and referral agencies to utilize a system of mobile resources, to provide one to one assistance, and distribute resources that will improve the quality and availability of childcare services.

WHAT RESOURCES ARE AVAILABLE?

Resources include educational and developmentally appropriate toys for children ranging in ages from birth to thirteen years, children's books, videos, computer software, music teaching curriculum and idea books, assistive technology, art supplies, and large equipment such as highchairs and cribs.

WHERE ARE THE VANS FOUND?

A TRAILS van will come directly to your individual home or center and you will be allowed to check out materials.



WHEN CAN I EXPECT A VAN VISIT?

As soon as you are a WV licensed, registered, or certified provider within MountainHeart South's twelve county area you can call for an appointment. After your initial visit you will be placed on the van's schedule and can expect to see the van every four to six weeks.

HOW CAN I SCHEDULE AN APPOINTMENT?

If you are a registered, certified, or licensed daycare provider with the Department of Health and Human Resources, Bureau for Children and Families and would like more information about TRAILS, please call at the number listed below for your county.

Providers in Raleigh, Mercer, Wyoming, or McDowell counties, call 681-238-6448.

Providers in Braxton, Fayette, Greenbrier, Monroe, Nicholas, Pocahontas, Summers or Webster counties, call 304-647-3800.

CONSULTING SERVICES

BUSINESS DEVELOPMENT



WHO ARE WE?

MountainHeart Consulting is a West Virginia consulting group with over 70 years of combined experience. We specialize in non-profit and small business growth and management. Our program offers a diverse range of services including Business Development, Human Resources, Marketing, Public Relations, and Information Technology.



WHAT DO WE DO?

- Organizational Analysis
- Financial Resource Development (Including Grant Writing)
- Strategic and Business Planning & Development
- Board and Staff Training and Facilitation
- Process and Systems Evaluation
- Community Needs Assessment



VIOLET BURDETTE

Development Director



WHO IS VIOLET BURDETTE

Violet Burdette leads the consulting group. She is a management consultant who specializes in helping organizations use their limited resources wisely. Having worked in a variety of administrative and management positions for over thirty years, Violet knows personally how difficult it can be to meet the financial, regulatory, and operational needs of an organization. Ms. Burdette has an extensive history in the management field including holding administrative positions, teaching on a graduate level, consulting, directing, volunteer work, strategic planning, presenting workshops and serving on many boards. She holds a Bachelor's Degree in Social Work with a current WV Social Work License and a Master's Degree in Management. Violet is a Nationally Certified Community Action Professional, completed the Continuing Education Certificate in Non-Profit Management from West Virginia University, obtained a Grant Writing Certification through the Grantsmanship Center, became a Certified Home Health/Hospice Executive, completed the WVU Gerontology Center Certification and has attended many certification and training programs.

Violet offers business skills training and expertise that are sure to help your organization achieve new heights.

Traditional hours are Monday – Friday 8:30 am- 4:30pm, but we are available by email or mobile phone as needed.

PHONE

Phone: 304-425-3669
Toll Free: 1-800-738-8531

EMAIL

vburdette@mthtwv.org

EARLY HEAD START



WHAT IS EARLY HEAD START?

The Early Head Start program is a federally funded comprehensive child development program providing services to families with infants and toddlers up to the age of three and pregnant mothers. Services are provided both in a classroom setting and in the home.



WHO IS ELIGIBLE?

Priority is given to families whose income falls within the poverty guidelines and children with disabilities or special needs.



HOW CAN A FAMILY ENROLL?

Classrooms are located throughout Wyoming county and we also offer a home based option. Call our central office at 304-682-8271 for more information.



SUSAN STAFFORD

Program Director

HEAD START



WHAT IS HEAD START?

The Head Start program is a federally funded pre-school program for children ages three to five (prior to entering kindergarten). Head Start provides comprehensive child development services including health, mental health, nutrition and social services as well as school readiness.



WHO IS ELIGIBLE?

Priority is given to families that fall within the poverty guidelines, but all four-year-old children and three-year old children with disabilities will be enrolled through a partnership with the local school system. Three-year old children without disabilities will also be enrolled when enrollment slots are available. Income verification, a birth certificate and shot record are needed to complete the enrollment process.



HOW CAN A FAMILY ENROLL?

Classrooms are located throughout the county and some in Wyoming County Schools through a collaborative partnership. Call our central office at 304-682-8271 for more information.

EMERGENCY CRISIS INTERVENTION



WHAT IS EMERGENCY CRISIS INTERVENTION PROGRAM (ECIP)?

Emergency Crisis Intervention Program is designed to provide heat for no-heat emergency households during the winter. ECIP is intended to address non-operable or severely malfunctioning and unsafe heating systems.



GERALD BROWN

Weatherization Director



WHO IS ELIGIBLE?

Families that fall into the Federal Poverty Guidelines, Poverty, Elderly, Disabled, Children and those with High Energy Burdens.



HOW CAN A FAMILY ENROLL?

Wyoming County families can call the Matheny Administrative Office at 304-682-8271 to request an application be mailed out or families can come into the Matheny Administrative Office at 33 MountainHeart Lane Matheny WV 24860 to pick up an application in person.

EMERGENCY REPAIR OR REPLACEMENT



WHAT IS EMERGENCY REPAIR OR REPLACEMENT (ERRP)?

Emergency Repair or Replacement is funded by The Department of Human Services (DoHS) Low-Income Home Energy Assistance Program designed to assist Low Income Families with either the repair or replacement of heating or cooling system that are not working properly.



WHO IS ELIGIBLE?

Families that fall into the Federal Poverty Guidelines, Poverty, Elderly, Disabled, Children and those with High Energy Burdens.



HOW CAN A FAMILY ENROLL?

All counties in WV can apply online at the link below. Wyoming and Fayette County families can call the Matheny Administrative Office at 304-682-8271 to request an application be mailed out or families can come into the Matheny Administrative Office at 33 MountainHeart Lane Matheny WV 24860 to pick up an application in person.

FREE TAX SERVICE



WHAT IS FREE TAX SERVICE?

The Earned Income Tax Credit (EITC) is a refundable federal income tax credit that provides millions of dollars in assistance to working individuals and families in West Virginia. MountainHeart Community Services, Inc. oversees two of the seven regional coalitions. The EITC is for working families and individuals with low and moderate incomes. It can help reduce tax burdens, boost income and help people move to financial independence.

We coordinate and offer VITA (Volunteer Income Tax Assistance) services, as well as provide financial education and information on EITC (Earned Income Tax Credit). Outreach activities include the dissemination of educational and promotional materials, a media campaign and tax assistance.



WHO IS ELIGIBLE?

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people with low to moderate incomes, persons with disabilities and limited English-speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.



HOW CAN I GET MY TAXES COMPLETED FOR FREE?

For more information about our services or if you are interested in becoming a Coalition member or VITA volunteer, please contact the appropriate Coalition Manager for your county.



EASTERN PANHANDLE EITC COALITION

For Berkeley, Grant, Hampshire, Hardy, Jefferson, Mineral, Morgan and Pendleton counties, contact us at 304-262-1584.

KATHERINA HAGEDORN

COALITION SERVICES MANAGER

SOUTHERN WV EITC COALITION

For Fayette, Greenbrier, McDowell, Mercer, Monroe, Nicholas, Pocahontas, Raleigh, Summers, and Wyoming counties, contact us at 304-682-8271.



PJ ESTEP

COALITION SERVICES MANAGER

HOME IMPROVEMENT/CONSTRUCTION



LET'S BUILD IT

HOME IMPROVEMENT

The Home Improvement Program is a fee for service program that specializes in home repair projects, new construction, additions, kitchen remodels and outdoor spaces. We take pride in tailoring each project to our client's needs.

WHAT CAN WE DO?

We can provide:

- Roofing
- Porches
- Ramps
- Painting
- Drywall Repair
- Plumbing
- And more

HOW MUCH DOES THIS SERVICE COST?

Although the Home Improvement Program is NOT A FREE Service, we provide very reasonable prices. Give MountainHeart Community Services, Inc. a call for a free estimate. Call us at 304-682-8271 or contact us online.



MEDICAID WAIVER



WHAT IS AGED AND DISABLED WAIVER CASE MANAGEMENT PROGRAM?

The Aged and Disabled Medicaid Waiver (ADW) Program is a long-term care option that provides in-home care and community help. These services are an alternative to institutionalization. Case Managers are professionals who assess and identify your needs, help you plan for your care, and advocate for and connect you with services and community resources. These services are coordinated with the personal attendant or resource consultant agencies.



VIOLET BURDETTE

Development Director



WHAT COUNTIES ARE SERVED BY MOUNTAINHEART?

This program serves Braxton, Fayette, Greenbrier, Logan, McDowell, Mercer, Mingo, Monroe, Nicholas, Raleigh, Summers, and Wyoming Counties in West Virginia.



HOW CAN I FIND OUT MORE INFORMATION?

You can contact us by calling 304-294-5610 ext. 115.

PARENTS AS TEACHERS



WHAT IS PARENTS AS TEACHERS?

Parents as Teachers is a home visiting program that serve families from prenatal through kindergarten to assist parents to obtain age-appropriate health and development information. The program offers support to families by enabling parents to play a more active role in their child's language, intellectual, social, and motor skills development. Parents as Teachers approach is to strengthen families through an evidence-based curriculum.



SUSAN STAFFORD

Program Director



WHO IS ELIGIBLE?

To qualify for the Parents as Teachers program the applicant must be currently pregnant or have a child that is up to 5 years old. The Parents as Teachers services do not have income guidelines, but prioritize teen mothers, at risk families, and children with developmental delays.



HOW TO APPLY?

Call our central office at 304-682-8271 for more information.

PERSONAL RESPONSIBILITY EDUCATION PROGRAM



WHAT IS PREP?

PREP (Personal Responsibility Education Program) is an 8-module curriculum that provides adolescents with the knowledge, confidence and skills necessary to reduce their risk of sexually transmitted infections (STIs), HIV and pregnancy. It is based on cognitive-behavioral theories to empower adolescents. The classes are permitted to be conducted in person or virtual. The PREP program offers stipends to students after they complete the class.



WHO IS ELIGIBLE?

To be eligible to participate in the PREP class, the applicants must be 13-21 years old. To receive the stipend they must attend a minimum of 75% of the class.



HOW CAN A FAMILY ENROLL?

Call our central office at 304-682-8271 for more information.

WEATHERIZATION



WHAT IS WEATHERIZATION?

Weatherization is a federally funded program designed to assist low income families in Energy Conservation Repairs to reduce heating and cooling utilities and some Health and Safety. Air Sealing, Insulation, and Heat/Cool Tune Ups are just a few ways to help cut costs.



WHO IS ELIGIBLE?

Families that fall into the Federal Poverty Guidelines, Poverty, Elderly, Disabled, Children and those with High Energy Burdens.



HOW CAN A FAMILY ENROLL?

Wyoming and Fayette County families can call the Matheny Administrative Office at 304-682-8271 to request an application be mailed out or families can come into the Matheny Administrative Office at 33 MountainHeart Lane Matheny WV 24860 to pick up an application in person.



GERALD BROWN

Weatherization Director

DOLLAR ENERGY



WHAT IS DOLLAR ENERGY?

Dollar Energy Fund is a 501(c)(3) organization whose mission is to improve the quality of life for households experiencing hardships by providing utility assistance and other services that lead to self-sufficiency. For more than 39 years, we've served the limited-income community by providing \$240 million dollars in utility assistance grants to more than 794,000 limited-income families and individuals.



WHO IS ELIGIBLE?

Eligibility is largely based on an applicant's total household income and the amount varies by utility. In addition to meeting income guidelines, households may have needed to make a sincere effort of payment on their utility bill in the last three months and have a balance on their account. Households must first apply for available federal and state assistance if they are income eligible. Specific requirements, account balances and sincere payment amounts vary by utility company and guidelines are subject to change. Some utility companies require a customer's service to be off or in threat of termination to receive assistance.



HOW TO ENROLL?

Wyoming County residents can call the Matheny Administrative Office at 304-682-8271 to request additional information.

WV BIRTH TO THREE



WHAT IS WV BIRTH TO THREE?

West Virginia Birth to Three is a system of services and supports for children ages birth to three who have a delay in their development or may be at risk for a delay. The early intervention services are offered at no cost to families and provided in the child's daily natural environment (home or community setting).



WHO IS ELIGIBLE?

Any child in West Virginia between the ages of birth through 35 months may be eligible if the child:

- Is not reaching age-appropriate milestones in one or more areas of development,
- Is at risk for development delay, or
- Is diagnosed with a condition that may result in a development delay.



RACHEL HAMNER

Program Director

WV Birth To Three RAU 5 & 6



HOW CAN A CHILD/FAMILY GET HELP?

Anyone (a parent, doctor, caregiver, teacher, or friend) can make a referral. If the child is determined eligible, an Individualized Family Service Plan (IFSP) is written based on the individual needs of the child and family within 45 days of the referral.



WHO TO CONTACT?

FOR BARBOUR, LEWIS, PRESTON, RANDOLPH, TAYLOR, TUCKER, UPSHUR:

MountainHeart Community Services, Inc.
1200 Harrison Avenue, Suite 220 Elkins, WV 26241
Phone: (304) 637-2844
Fax (304) 637-2845
Toll-Free: 1-800-449-7790

FOR BRAXTON, GREENBRIER, MONROE, NICHOLAS, POGAHONTAS, SUMMERS, WEBSTER:

MountainHeart Community Services, Inc.
P.O. Box 1610
Phone: (304) 647-3810
Fax (304) 647-5521
Toll-Free: 1-866-229-0461



MELISSA SADDLER

Program Director

WV Birth To Three RAU 7

FOR FAYETTE, MERCER, MCDOWELL, RALEIGH, WYOMING:

MountainHeart Community Services, Inc.
1411 North Walker Street
Princeton, WV 24740
Phone: (304) 425-2926
Fax (304) 425-7367
Toll-Free: 1-866-207-6198

WV Birth to Three

West Virginia's Early Intervention System under Part C of the
Individuals with Disabilities Education Act (IDEA)

(304) 558-5388 or Toll-free (in WV) 1-800-642-9704 | www.wvdhhr.org/birth23



WV Birth to Three services are administered by the
West Virginia Department of Health, Bureau for Public Health,
Office of Maternal, Child and Family Health in cooperation
with the West Virginia Governor's Early Intervention Interagency
Coordinating Council (WVEIICC).



Eligibility

- A child must be less than 36 months of age.
- There are **no** financial eligibility requirements.

Eligibility is based only on a child meeting one or more of the following criteria:

1. Diagnosed by a multi-disciplinary team as having a significant delay in one or more of the following areas of development in accordance with the State's definition:
 - Cognitive development
 - Physical development including vision and hearing
 - Communication development
 - Social and emotional development
 - Adaptive development
2. Diagnosed physical or mental condition that has a high probability of resulting in developmental delay. Examples of such conditions include, but are not limited to:
 - Down syndrome and other chromosomal abnormalities associated with delay;
 - Congenital syndromes or genetic disorders associated with developmental delays; and/or
 - Inborn errors of metabolism.
3. Experiencing multiple biological and/or environmental risk factors in accordance with the State's definition.

Referrals

Parents, physicians, service providers, or others who think a child may need early intervention services should refer the child to the Regional Administrative Unit (RAU) for the county where the child lives (see listing on next page). By federal law, primary referral sources are required to make a referral within seven days of suspecting that a child may be in need of early intervention services. Effective July 1, 2012, in accordance with federal regulations, children who are referred to WV Birth to Three less than 45 days before their third birthday will not be evaluated for eligibility. Parents will be provided information about other possible resources that could benefit their children and, with parent consent, WV Birth to Three will assist with referring these children to the county school district to determine whether the child is eligible for services.

Children age three years or older with suspected developmental delays should be referred to their local county school district for possible services.

Assessment/Plan

Children who are suspected of having or being at significant risk of developmental delay may receive a multidisciplinary evaluation to determine eligibility for WV Birth to Three services under Part C IDEA. The assessment also helps to identify the needs of the child and family. With participation of the family, an Individualized Family Service Plan (IFSP) is developed based upon the strength and abilities of the child and shaped by the concerns and priorities of the family. Services and supports listed on the plan are targeted to help the family promote the child's development through participation in daily routines and learning opportunities.

According to federal law, Part C services identified on a child/family's IFSP are delivered in natural environments. Families determine the environment in which the child would be if he/she was not in need of early intervention services. Services may also support the family's participation in community activities and everyday routines.

A variety of specialists may be called upon to help the family decide what strategies and services are needed to address their unique outcomes. These specialists may include:

- Audiologists
- Counselors, social workers
- Child development specialists
- Nurses
- Occupational therapists
- Physical therapists
- Registered dietitians
- Speech language pathologists
- Vision specialists

WV Birth to Three provides these services through enrolled professionals who meet the highest standard in their respective discipline. Transportation may be a Part C service in the rare instances when a family may have to travel to obtain a WV Birth to Three service.

Cost of Services

Part C services listed on a child/family's IFSP are provided at no cost to the family. WV Birth to Three may bill public insurance with no cost to the family.

These services are funded in part by the Individuals with Disabilities Education Act (IDEA), Part C, through the U.S. Department of Education and the West Virginia Department of Health (the state's lead agency responsible for implementation), Bureau for Public Health, Office of Maternal, Child and Family Health, in cooperation with the West Virginia Early Intervention Interagency Coordinating Council.

Additional Questions

For more information, you may call the Office of Maternal, Child and Family Health, WV Birth to Three at 304-558-5388, or toll-free at 1-800-642-9704.

WV Birth to Three Local Points of Entry

Region 1 – Regional Administrative Unit

Catholic Charities West Virginia
2000 Main Street, Suite 222, Wheeling, WV 26003
Phone: (304) 214-5775; Toll-free: 1-800-619-5697
Fax: (304) 214-5792

Serves: Brooke, Hancock, Marion, Marshall, Monongalia, Ohio, Tyler, Wetzel

Region 2 – Regional Administrative Unit

The Arc of Mid Ohio Valley
1917 Dudley Avenue, Parkersburg, WV 26101
Phone: (304) 485-2000; Toll-free: 1-866-401-8919
Fax: (304) 865-2072

Serves: Calhoun, Doddridge, Gilmer, Harrison, Pleasants, Ritchie, Wirt, Wood

Region 3 – Regional Administrative Unit

River Valley Child Development Services
1 Players Club Drive, Suite 160, Charleston, WV 25311
Phone: (304) 414-4460; Toll-free: 1-844-885-0618
Fax: (304) 414-4461

Serves: Clay, Jackson, Kanawha, Roane

Region 4 – Regional Administrative Unit

River Valley Child Development Services
432 2nd Street, Huntington, WV 25701
Phone: (304) 523-5444; Toll-free: 1-866-WV8TT5 (1-866-982-8855)
Fax: (304) 523-5556

Serves: Boone, Cabell, Lincoln, Logan, Mason, Mingo, Putnam, Wayne

Region 5 – Regional Administrative Unit

MountainHeart Community Services
1200 Harrison Avenue, Suite 220, Elkins, WV 26241
Phone: (304) 637-2844; Toll-free: 1-800-449-7790
Fax: (304) 637-2845

Serves: Barbour, Lewis, Preston, Randolph, Taylor, Tucker, Upshur

Region 6 – Regional Administrative Unit

MountainHeart Community Services
248 Red Oak Shopping Center, Ronceverte, WV 24970
Phone: (304) 647-3810; Toll-free: 1-866-229-0461
Fax: (304) 647-5521

Serves: Braxton, Greenbrier, Monroe, Nicholas, Pocahontas, Summers, Webster

Region 7 – Regional Administrative Unit

MountainHeart Community Services
1411 North Walker Street, Princeton, WV 24740
Phone: (304) 425-2926; Toll-free: 1-866-207-6198
Fax: (304) 425-7367

Serves: Fayette, Mercer, McDowell, Raleigh, Wyoming

Region 8 – Regional Administrative Unit

EPIC – Eastern Panhandle Instructional Cooperative
109 South College Street, Martinsburg, WV 25401
Phone: (304) 267-3595; Toll-free: 1-800-367-3728
Fax: (304) 267-3599

Serves: Berkeley, Grant, Hampshire, Hardy, Jefferson, Mineral, Morgan, Pendleton



Welcome

Help Me Grow is a **FREE referral service** that connects families with critical developmental resources for their children birth through five years. The goal of Help Me Grow is to **successfully identify children at-risk and link them to the help they need.**

Help Me Grow offers parents and medical providers:

- **Referral line** - Get expert advice and a referral to community resources to help support early childhood development; and
- **Ages and Stages Screening Questionnaire - 3 (ASQ-3)TM** - A developmental screening tool that's endorsed by West Virginia Chapter of the American Academy of Pediatrics and available upon request.

Help Me Grow is part of a national program that connects families to resources right here in West Virginia. The program is funded by the Office of Maternal, Child and Family Health, West Virginia Home Visitation Program.



Who needs developmental screenings?

To ensure healthy behavior and development, all children from birth through age five should have regular screenings.

Call if you are:

- Wondering about your child's development, behavior or learning;
- Needing support to access services; or
- Helping a family member or friend find information about developmental services.



What is proper development?

Think your child may be missing important milestones? We'll help you identify the warning signs of developmental delay.



The Ages and Stages Questionnaire

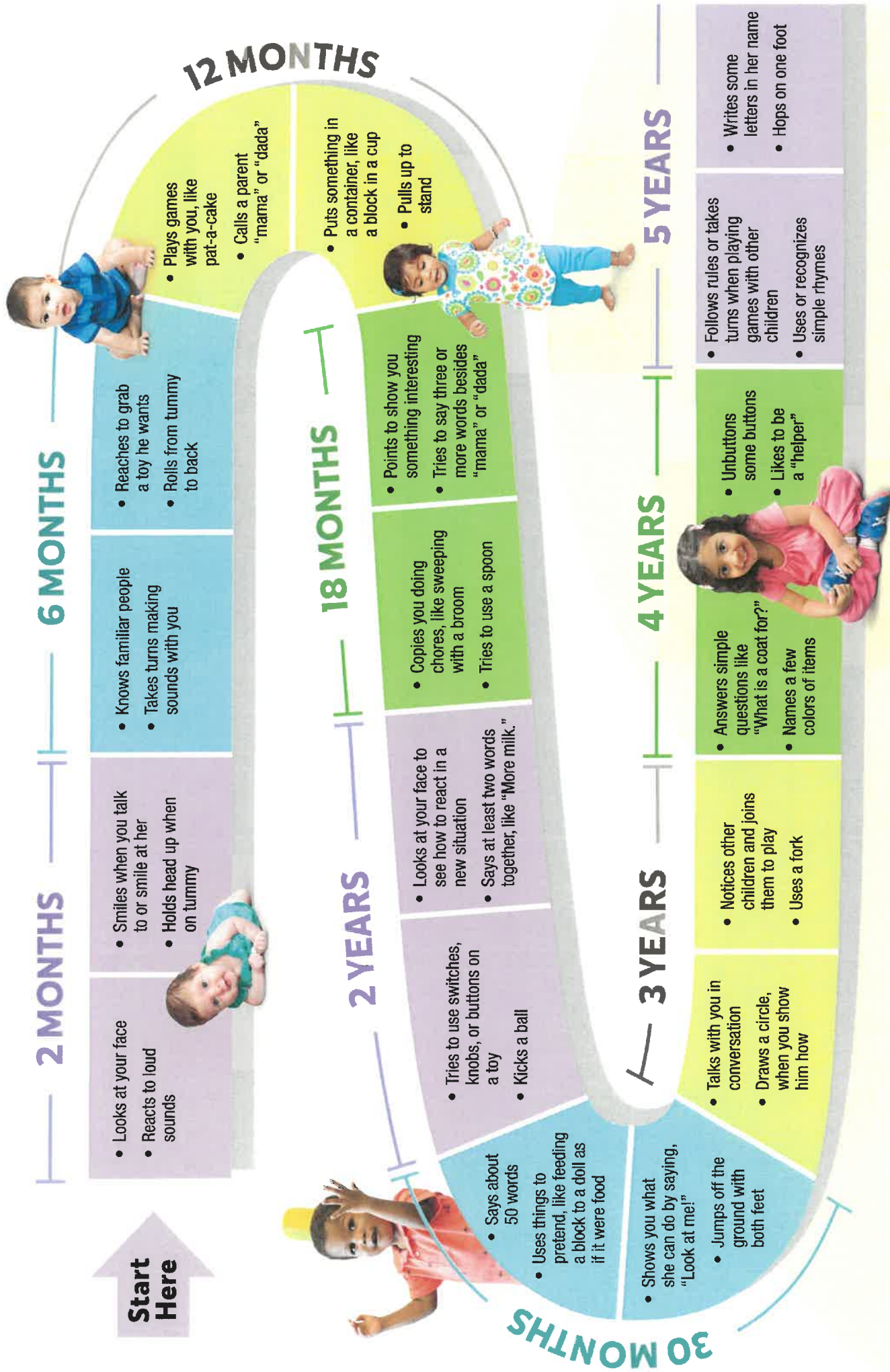
Our screening questionnaire is endorsed by the West Virginia Chapter of American Academy of Pediatrics and helps parents understand proper childhood development.

The Help Me Grow Team will:

- Evaluate your child's developmental progress with a developmental screening, the Ages and Stages Questionnaire-3 (ASQ-3)TM, endorsed by the West Virginia Chapter of American Academy of Pediatrics;
- Help you decide which referrals are right for your family;
- Connect you with services that are appropriate and available; and
- Follow-up to find out if you were connected to services.

Your Child's Early Development is a Journey

These are just a few of many important milestones to look for. For complete checklists for your child's age visit www.cdc.gov/Milestones or download CDC's free *Milestone Tracker* app.



Concerned about Development?

How to Get Help for Your Child



Talking to the doctor is the first step toward getting help for your child if you are concerned about his or her development (how your child plays, learns, speaks, acts, or moves). **Don't wait.** Acting early can make a real difference!

1 Make an appointment with your child's doctor

- When you schedule the appointment, tell the doctor's staff you have concerns about your child's development that you would like to discuss with the doctor.

2 Complete a milestone checklist

- Before the appointment, complete a milestone checklist by downloading CDC's free [Milestone Tracker mobile app](#) from the App Store or Google Play or printing a paper checklist from www.cdc.gov/Milestones.
- Write down your questions and concerns; take these with you to the doctor's appointment.

3 During the doctor's appointment

- **Show the completed milestone checklist to the doctor**
 - > If your child **is** missing milestones, point them out, and share any other concerns that you have.
 - > If your child **is not** missing milestones but you still have concerns, tell the doctor about them.
- **Ask the doctor for developmental screening for your child**
 - > Developmental screening is recommended whenever there is a concern. It gives the doctor more information to figure out how best to help your child.
 - > For more information about developmental screening, go to www.cdc.gov/DevScreening.
- **Ask the doctor if your child needs further developmental evaluation**
 - > If your child does, ask for a referral and call right away. If you have difficulty getting an appointment, let the doctor know.

4 Make sure you understand what the doctor tells you, and what to do next

- Before you leave the appointment, check the notes you have written and make sure all of your questions have been answered.
- If you do not understand something, ask the doctor to explain it again or in a different way.
- When you get home, review your notes and follow the steps the doctor has given you. Remember, you can always contact the doctor's office if you have any questions.

You Know Your Child Best

If your child's doctor has told you to "wait and see," but you feel uneasy about that advice:

Talk with others (doctor, teacher, another provider) to get a second opinion

AND

Call for a free evaluation to find out if your child can get free or low-cost services that can help.

- **If your child is under age 3:** Call your state's early intervention program. Find the phone number at www.cdc.gov/FindEI.

- **If your child is age 3 or older:** Call the local public elementary school.

You do not need a doctor's referral to have your child evaluated for services.

Find more information, including what to say when you make these important calls, visit www.cdc.gov/Concerned.

Don't wait.
Acting early can make a real difference!



www.cdc.gov/ActEarly

1-800-CDC-INFO (1-800-232-4636)

Learn the Signs. Act Early.



Download CDC's free **Milestone Tracker app**



CDC's "Learn the Signs. Act Early." Program

Milestones matter! CDC's "Learn the Signs. Act Early." program encourages parents and providers to learn the signs of healthy development, monitor every child's early development, and take action when there is a concern.

The program offers free checklists and other tools to make developmental monitoring practical and easy.



Identifying developmental delays and disabilities is important.

- 1 in 6 children aged 3–17 years have developmental disabilities—conditions that affect how children play, learn, speak, act, or move.
- Many children with a developmental disability are not identified until after starting school.
- Early intervention (before school age) can have a significant impact on a child's ability to learn new skills as well as reduce the need for costly interventions over time.

The American Academy of Pediatrics recommends both developmental monitoring (also called surveillance) and developmental screening for all children.

The tools provided by "Learn the Signs. Act Early." encourage ongoing, parent-engaged, developmental monitoring and they support developmental screening.

"Learn the Signs. Act Early." improves early identification of children with developmental delays and disabilities by promoting parent-engaged developmental monitoring and facilitating early action on concerns.

It does this through the following:

- **A health education** campaign that promotes
 - Awareness of developmental milestones;
 - The importance of tracking milestones and acting early on concerns; and
 - The availability of free checklists, children's books, a mobile app, and other resources.
- **Act Early Ambassadors** who collaborate with early childhood programs in their states or territories to advance developmental monitoring and support developmental screening
- **Research and evaluation** to
 - Improve "Learn the Signs. Act Early." materials;
 - Develop strategies to implement materials in practice; and
 - Increase understanding of factors that influence developmental monitoring and referral for intervention.

"Our practice uses the Learn the Signs. Act Early. milestone checklists and they have significantly improved our ability to conduct developmental surveillance with our patients. Our parents and providers love these resources!"
—Pediatrician, FL

"Learn the Signs. Act Early."

"Learn the Signs. Act Early." materials are

- For parents, early care and education providers, healthcare providers, WIC staff, and others who work with young children;
- Helpful for discussions between parents and professionals about a child's development or developmental concerns;
- Intended to aid in the identification of children with developmental delays and disabilities;
- Free, based on research, and customizable with local contact information; and
- Available in English and Spanish to print or order online at www.cdc.gov/ActEarly/Materials.

"Learn the Signs. Act Early. fits perfectly with the work we do every day with families. The materials give our families a simple, concise overview of key milestones they can watch for in their children. And our staff is glad to have this additional support in talking with families about child development in a consistent, effective way."
—WIC Manager, MO

CDC's Milestone Tracker App



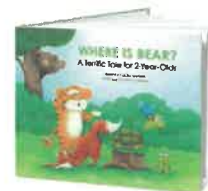
"I love the content and having all the information together in one place. This app would have helped me recognize the signs of my daughter's autism earlier."
- Parent, GA

To learn more about
"Learn the Signs. Act Early." visit
www.cdc.gov/ActEarly
or write to ActEarly@cdc.gov.



Free Materials for Families and Providers

- **Developmental milestone checklists** (for ages 2 months to 5 years), booklet, brochure, and growth chart
- **Milestone Tracker mobile app** (iOS and Android) with interactive, illustrated checklists, tips for supporting development, sharable summary and more
- **Children's books** that teach parents about milestones
- **Milestones in Action** (*temporarily not available*): a collection of free photos and videos of developmental milestones
- **Watch Me! Celebrating Milestones and Sharing Concerns**: a free 1-hour online training for early care and education providers to learn how to monitor each child's development
- **How to Help Your Child and How to Talk with the Doctor**: tip sheets to support parents when there is a developmental concern
- **Promotional materials** for any program or provider serving young children and their families



National Center on Birth Defects and Developmental Disabilities
For more information please contact the Centers for Disease Control and Prevention 1600 Clifton Road NE, Atlanta, GA 30333
Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348
Email: cdcinfo@cdc.gov Web: www.cdc.gov

Your child needs vaccines as they grow!

2024 Recommended Immunizations for Birth Through 6 Years Old

Want to learn more?
Scan this QR code to find out which
vaccines your child might need. Or visit
www.cdc.gov/vaccines/tool/child.html



VACCINE OR PREVENTIVE ANTIBODY	BIRTH	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	7 MONTHS	8 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	19 MONTHS	20-23 MONTHS	2-3 YEARS	4-6 YEARS	
RSV antibody	Depends on mother's RSV vaccine status														
Hepatitis B	Dose 1	Depends on child's health status													
Rotavirus	Depends on child's health status														
DTaP	Dose 1	Dose 2	Dose 3	Depends on child's health status											
Hib	Dose 1	Dose 2	Dose 3	Dose 4	Depends on child's health status										
Pneumococcal	Dose 1	Dose 2	Dose 3	Dose 4	Depends on child's health status										
Polio	Dose 1	Dose 2	Dose 3	Dose 4	Depends on child's health status										
COVID-19	At least 1 dose of updated (2023-2024 Formula) COVID-19 vaccine														
Influenza/Flu	Every year. Two doses for some children														
MMR	Depends on child's health status														
Chickenpox	Depends on child's health status														
Hepatitis A	2 doses separated by 6 months														

KEY

- ALL children should be immunized at this age.
- SOME children should get this dose of vaccine or preventive antibody at this age

Talk to your child's health care provider for more guidance if:

1. Your child has any medical condition that puts them at higher risk for infection.
2. Your child is traveling outside the United States.
3. Your child misses a vaccine recommended for their age.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

FOR MORE INFORMATION
Call toll-free: 1-800-CDC-INFO (1-800-232-4636)
Or visit: www.cdc.gov/vaccines/parents



AMERICAN ACADEMY OF FAMILY PHYSICIANS

American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®

What diseases do these vaccines protect against?

BIRTH–6 YEARS OLD

VACCINE-PREVENTABLE DISEASE	DISEASE COMPLICATIONS
<p>RSV (Respiratory syncytial virus) Contagious viral infection of the nose, throat, and sometimes lungs; spread through air and direct contact</p>	<p>Infection of the lungs (pneumonia) and small airways of the lungs; especially dangerous for infants and young children</p>
<p>Hepatitis B Contagious viral infection of the liver; spread through contact with infected body fluids such as blood or semen</p>	<p>Chronic liver infection, liver failure, liver cancer, death.</p>
<p>Rotavirus Contagious viral infection of the gut; spread through the mouth from hands and food contaminated with stool</p>	<p>Severe diarrhea, dehydration, death</p>
<p>Diphtheria* Contagious bacterial infection of the nose, throat, and sometimes lungs; spread through air and direct contact</p>	<p>Swelling of the heart muscle, heart failure, coma, paralysis, death</p>
<p>Pertussis (Whooping Cough)* Contagious bacterial infection of the lungs and airway; spread through air and direct contact</p>	<p>Infection of the lungs (pneumonia), death; especially dangerous for babies</p>
<p>Tetanus (Lockjaw)* Bacterial infection of brain and nerves caused by spores found in soil and dust everywhere; spores enter the body through wounds or broken skin</p>	<p>Seizures, broken bones, difficulty breathing, death</p>
<p>Hib (Haemophilus influenzae type b) Contagious bacterial infection of the lungs, brain and spinal cord, or bloodstream; spread through air and direct contact</p>	<p>Depends on the part of the body infected, but can include brain damage, hearing loss, loss of arm or leg, death</p>
<p>Pneumococcal Bacterial infections of ears, sinuses, lungs, or bloodstream; spread through direct contact with respiratory droplets like saliva or mucus</p>	<p>Depends on the part of the body infected, but can include infection of the lungs (pneumonia), blood poisoning, infection of the lining of the brain and spinal cord, death</p>
<p>Polio Contagious viral infection of nerves and brain; spread through the mouth from stool on contaminated hands, food or liquid, and by air and direct contact</p>	<p>Paralysis, death</p>
<p>COVID-19 Contagious viral infection of the nose, throat, or lungs; may feel like a cold or flu. Spread through air and direct contact</p>	<p>Infection of the lungs (pneumonia); blood clots; liver, heart or kidney damage; long COVID; death</p>
<p>Influenza (Flu) Contagious viral infection of the nose, throat, and sometimes lungs; spread through air and direct contact</p>	<p>Infection of the lungs (pneumonia), sinus and ear infections, worsening of underlying heart or lung conditions, death</p>
<p>Measles (Rubeola)† Contagious viral infection that causes high fever, cough, red eyes, runny nose, and rash; spread through air and direct contact</p>	<p>Brain swelling, infection of the lungs (pneumonia), death</p>
<p>Mumps† Contagious viral infection that causes fever, tiredness, swollen cheeks, and tender swollen jaw; spread through air and direct contact</p>	<p>Brain swelling, painful and swollen testicles or ovaries, deafness, death</p>
<p>Rubella (German Measles)† Contagious viral infection that causes low-grade fever, sore throat, and rash; spread through air and direct contact</p>	<p>Very dangerous in pregnant people; can cause miscarriage or stillbirth, premature delivery, severe birth defects</p>
<p>Chickenpox (Varicella) Contagious viral infection that causes fever, headache, and an itchy, blistering rash; spread through air and direct contact</p>	<p>Infected sores, brain swelling, infection of the lungs (pneumonia), death</p>
<p>Hepatitis A Contagious viral infection of the liver; spread by contaminated food or drink or close contact with an infected person</p>	<p>Liver failure, death</p>

*DTaP protects against tetanus, diphtheria, and pertussis †MMR protects against measles, mumps, and rubella

Older children and teens need vaccines too!

2024 Recommended Immunizations for Children 7–18 Years Old



Want to learn more?
Scan this QR code to find out which vaccines your child might need. Or visit www.cdc.gov/vaccines/tool/teen.html



¹ One dose of Tdap is recommended during each pregnancy

KEY

- ALL children in age group should get the vaccine
- ALL children in age group can get the vaccine

- SOME children in age group should get the vaccine
- Parents/caregivers should talk to their health care provider to decide if this vaccine is right for their child

Talk to your child's health care provider for more guidance if:

- Your child has any medical condition that puts them at higher risk for infection or is pregnant.
- Your child is traveling outside the United States.
- Your child misses any vaccine recommended for their age or for babies and young children.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN

FOR MORE INFORMATION
Call toll-free: 1-800-CDC-INFO (1-800-232-4636)
Or Visit: www.cdc.gov/vaccines/parents

What diseases do these vaccines protect against?

7-18 YEARS OLD

VACCINE-PREVENTABLE DISEASE	DISEASE COMPLICATIONS	NUMBER OF VACCINE DOSES
<p>HPV (Human papillomavirus) Contagious viral infection spread by close skin-to-skin touching, including during sex</p> <p>Tetanus (Lockjaw)* Infection caused by bacterial spores found in soil and dust everywhere; spores enter the body through wounds or broken skin</p> <p>Diphtheria* Contagious bacterial infection of the nose, throat, and sometimes lungs; spread through air and direct contact</p> <p>Pertussis (Whooping Cough)* Contagious bacterial infection of the lungs and airway; spread through air and direct contact</p> <p>Meningococcal** Contagious bacterial infection of the lining of the brain and spinal cord or the bloodstream; spread through air and direct contact</p> <p>Influenza (Flu) Contagious viral infection of the nose, throat, and sometimes lungs; spread through air and direct contact</p> <p>COVID-19 Contagious viral infection of the nose, throat, or lungs; may feel like a cold or flu. Spread through air and direct contact</p> <p>RSV (Respiratory syncytial virus) Contagious viral infection of the nose, throat, and sometimes lungs spread through air and direct contact</p> <p>Mpox Contagious viral infection spread through close, often skin-to-skin contact, including sex; causes a painful rash, fever, headache, tiredness, cough, runny nose, sore throat, swollen lymph nodes</p> <p>Dengue Viral infection spread by bite from infected mosquito; causes fever, headache, pain behind the eyes, rash, joint pain, body ache, nausea, loss of appetite, feeling tired, abdominal pain</p>	<p>Genital warts and many types of cancers later in life, including cancers of the cervix, vagina, penis, anus, and throat</p> <p>Seizures, broken bones, difficulty breathing, death</p> <p>Swelling of the heart muscle, heart failure, coma, paralysis, death</p> <p>Infection of the lungs (pneumonia), death; especially dangerous for babies</p> <p>Loss of arm or leg, deafness, seizures, death</p> <p>Infection of the lungs (pneumonia), sinus and ear infections, worsening of underlying heart or lung conditions, death</p> <p>Infection of the lungs (pneumonia); blood clots; liver, heart or kidney damage; long COVID, death</p> <p>Infection of the lungs (pneumonia) and small airways of the lungs; especially dangerous for infants and young children</p> <p>Infected sores, brain swelling, infection of the lungs (pneumonia), eye infection, blindness, death</p> <p>Severe bleeding, seizures, shock, damage to the liver, heart, and lungs, death</p>	<p>2 or 3 doses</p> <p>1 dose at age 11-12 years Additional doses if missed childhood doses 1 dose for dirty wounds</p> <p>1 dose at age 11-12 years Additional doses if missed childhood doses</p> <p>1 dose at age 11-12 years Additional doses if missed childhood doses 1 dose every pregnancy</p> <p>2 doses. Additional doses may be needed depending on medical condition or vaccine used.</p> <p>1 dose each year 2 doses in some children aged 6months through 8 years</p> <p>1 or more doses of updated 2023-2024 COVID-19 vaccine depending on health status. For more information: www.cdc.gov/covidschedule</p> <p>1 dose at 32 through 36 weeks of pregnancy during September through January in most of the continental United States</p> <p>2 doses</p> <p>3 doses</p>

*Tdap protects against tetanus, diphtheria, and pertussis

**Healthy adolescents: Meningococcal ACWY vaccine (2 doses), Meningococcal B vaccine (2 doses if needed).

The Letters in **PURPLE** Stand for

PURPLE

PEAK OF CRYING

Your baby may cry more each week, the most in month 2, then less in months 3-5

UNEXPECTED

Crying can come and go and you don't know why

RESISTS SOOTHING

Your baby may not stop crying no matter what you try

PAIN-LIKE FACE

A crying baby may look like they are in pain, even when they are not

LONG LASTING

Crying can last as much as 5 hours a day, or more

EVENING

Your baby may cry more in the late afternoon and evening

The word *Period* means that the crying has a beginning and an end.

What is it?

The *Period of PURPLE Crying* is a new way to help parents understand during this time during their baby's life, which is a part of typical development. It is often confusing and concerning because parents are often told the baby "has colic." When a baby is given medication to treat symptoms of colic it reinforces the idea that there is something wrong with the baby, while in fact it is a normal phase of development. The acronym as you see above is a memorable way to describe what is occurring within the life of the parents and babies. The PURPLE period of crying can begin as early as two weeks old and can continue until 4 months of age and peaks between 4-6 weeks of age. Many times, most crying occurs in the late afternoon and evening hours.

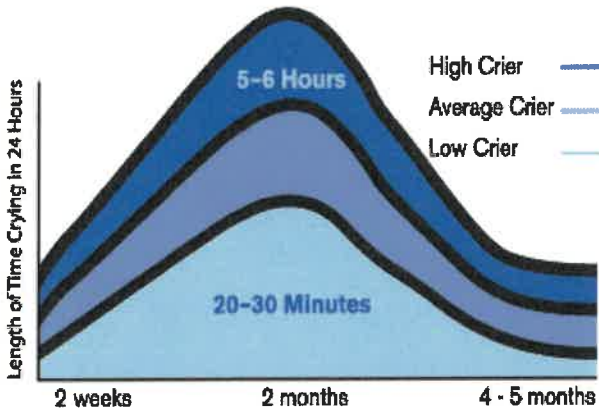
During this period of development, it may seem that the baby resists being soothed, even though some soothing methods may help. Sometimes the baby can cry for hours and still be healthy and normal. This can be discouraging for parents because sometimes the baby at the same times every day and nothing that the parents do can calm the baby. Some parents believe that the baby is in pain and think they are in pain, but they are not.

"Is the baby not getting enough sleep?"

Until recently baby crying, and sleep problems have been lumped together, but they are separate issues with different causes. Sleeping problems usually involve babies waking up throughout the night does not occur until after 3 months of age.

Most babies go from short sleep and waking periods throughout the first 12 weeks of life. By 3-4 months of age two thirds of babies are 'sleeping through the night,' while one third continue to wake

Curves of Early Infant Crying 2 Weeks to 4 - 5 Months



and cry out or otherwise get parents' attention. The babies who continue to wake throughout the night and disturb parents are known as night-time 'signalers.' These 'signalers,' are often healthy and within normal ranges of development except for waking up and calling out in the night.

Soothing

Listening to a baby cry can be difficult. As a caregiver you feel responsible for all the children in your care and want to relate to their emotions. When a baby cries, we can get

sucked into their distress, this is called emotional contagion and this is how humans relate to one another, especially in infancy. It can become difficult to stay focused on caring for the baby well when you can feel the baby's despair. Your mind may be speeding through all the questions that come to mind with a baby who cannot be soothed: Are you hungry? Are you hurt? What's wrong? Why are you crying? Why won't you stop crying?

The best thing that can be done is to stay calm. It may sound simple, but it can be hard to do when you are tired, frazzled, and worried about the baby. Keeping your emotions in check and staying calm is important for not only your sake but also for the baby. It is more difficult to calm a baby when you are upset.

Protecting

Many times, we just want to "fix," a problem. That does not work with babies, there is not much that can be done to change that. It is not your job to "fix," the baby. Understanding the baby's normal developmental stages is the first real step to make progress. The increased crying is normal and can be stressful for others. You must remember that the increased crying is not triggered by you. **PURPLE crying** is most likely to occur in late afternoons and evenings. It is important to remember that all babies cry, some more than others.

Helping families understand that this period of development is normal may help the baby, but it can also cause the parents to doubt themselves. By reassuring the parents the baby is just going through a period of development that is normal can go a long way in helping to protect the baby. Many people are not aware of their emotions before they reach a boiling point, because we can put the low-grade emotions into the background and are often missed altogether but the intensity can keep building which can be dangerous for a baby, such as Shaken Baby Syndrome.

The number one reason a child is shaken is because a parent or caregiver becomes so frustrated with a baby's crying, they lose control and just shake them. The Period of **PURPLE Crying** can be one of the most frustrating times in your child's development, many parents and caregivers do not know anything about it and is the time when most infants are shaken and abused. Shaken Baby Syndrome is caused by

violent and forceful shaking of a baby. It is something that anyone would recognize as dangerous and life threatening.

Having a safe spot for the baby is crucial. This allows the ability to take a break. Caring for a young baby does make taking a break difficult. Taking a break can be a hard thing for a childcare provider, but it is important that helps yourself and the baby feel comfortable. Taking a few steps away and having the baby out of reach can give you an opportunity to take long, deep breaths until you feel calm enough to pick the baby back up.

References

National Center on Shaken Baby Syndrome,. (2019, April). *The Period of Purple Crying*. Retrieved from The Period of Purple Crying: <http://www.purplecrying.info/>

Find Hope, Strength and Resilience by contacting:

ACEs Coalition of WV
WVACES.org

ACEs Assessment
acestoohigh.com/got-your-ace-score

Resiliency Assessment
resiliencetrumpsaces.org

Addiction and Mental Health Hotline
1-844-HELP4WV (1-844-435-7498)

National Suicide Prevention Lifeline
1-800-273-8255
suicidepreventionlifeline.org

Find the Help You Need
CALL 211
WV211.org

Child Abuse Hotline
1-800-352-6513

Help & Hope WV
helpandhopewv.org

Access to Services in My Area
go.wv.gov/helpmewv

Prevent Suicide WV
preventsuicidewv.org

Knowing About ACEs Helps



One Woman's Reaction to Learning about ACEs

"I understand why my mother raised us the way she did. I understand that I can break this cycle for my children. I understand that I'm not a victim. I'm a survivor."

The Deepest Well p 178
Author: Nadine Burke Harris, MD

ACEs Coalition of West Virginia
One Creative Place
Charleston, WV 25311
304-205-5685
info@wvaces.org
www.wvaces.org

If you would like to learn more about the ACEs Coalition of West Virginia, please visit our website
www.wvaces.org

Follow us on Facebook at:
<https://www.facebook.com/wvacescoalition/>



ACEs Aware.
Why You Should Care.

Adverse Childhood Experiences



ADVERSE CHILDHOOD EXPERIENCES
COALITION OF WEST VIRGINIA

www.wvaces.org

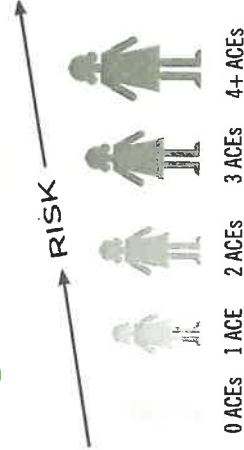
UNDERSTANDING Childhood Matters

Childhood experiences can have a major impact on one's lifelong health and opportunity. For thousands of children in West Virginia, Adverse Childhood Experiences (ACEs) make growing up a challenge at best and a chaotic nightmare at worst. Knowing that healthy childhood experiences lead to positive behaviors, unhealthy childhood experiences can lead to health and social problems as an adult. Problems like alcoholism, drug abuse, heart disease, smoking, depression, domestic violence, suicide and more.

ACEs are defined as surviving any of the following categories of abuse, neglect, or loss prior to age 18:

- Physical abuse
- Sexual abuse
- Emotional abuse
- Physical neglect
- Emotional neglect
- Mental illness
- Domestic violence
- Divorce/Absent parent
- Incarcerated relative
- Substance abuse

As the number of ACEs increases, so does the risk for negative health outcomes



A score of 4 or more can make someone:

- 2 times as likely to be a smoker
- 12 times as likely to attempt suicide
- 7 times as likely to be an alcoholic
- 10 times as likely to use injected street drugs

OVERCOMING The Science of Hope

Experiences in life do not have to define you! Hope, care and love are stronger than ACEs. With appropriate support, children and adults with high ACEs scores can thrive.

Research shows that just one positive adult can dramatically improve the outlook for a child suffering from ACEs.

Connections Matter

Whether you're a parent, teacher, neighbor, coach, community volunteer, or friend of the family, connecting with children means employing different approaches aimed at reducing stress, building positive relationships and strengthening life skills.

Build Healthy Relationships: Encourage children to interact with caring adults – putting the children's needs and best interests ahead of your own.

Inspire: Lift children up with your words and actions by constantly encouraging them to recognize and reach their full potential.

Grow Optimism: Reinforce positive brain growth by teaching children how to practice self-talk. Positive thinking trains the brain to be more optimistic about the future.

Nurture Spirituality: Create a positive environment of unconditional love.

PREVENTING Strong Families

Strengthening Families is a research-informed approach to increase family strengths, enhance child development, and reduce the likelihood of child abuse and neglect. It is based on engaging families, programs, and communities in building five key **Protective Factors**.

1. Parental Resilience
2. Social Connections
3. Knowledge of Parenting and Child Development
4. Concrete Support in Times of Need
5. Social and Emotional Competence

Visit our website to learn more about understanding, overcoming and preventing ACEs at www.wvaces.org.



SIGNS OF CHILD ABUSE

Below are indicators of child abuse that can include—but are not limited to—these signs. Some signs that a child is experiencing violence or abuse are more obvious than others. Trust your instincts. Suspected abuse is enough of a reason to contact the authorities. You do not need proof.

1 Unexplained injuries.

Visible signs of physical abuse may include unexplained burns or bruises in the shape of objects. You may also hear unconvincing explanations of a child's injuries.

2 Changes in behavior.

Abuse can lead to many changes in a child's behavior. Abused children often appear scared, anxious, depressed, withdrawn or more aggressive.

3 Returning to earlier behaviors.

Abused children may display behaviors shown at earlier ages, such as thumb-sucking, bed-wetting, fear of the dark or strangers. For some children, even loss of acquired language or memory problems may be an issue.

4 Fear of going home.

Abused children may express apprehension or anxiety about leaving school or about going places with the person who is abusing them.

5 Changes in eating.

The stress, fear and anxiety caused by abuse can lead to changes in a child's eating behaviors, which may result in weight gain or weight loss.

6 Changes in sleeping.

Abused children may have frequent nightmares or have difficulty falling asleep, and as a result may appear tired or fatigued.

7 Changes in school performance and attendance.

Abused children may have difficulty concentrating in school or have excessive absences, sometimes due to adults trying to hide the children's injuries from authorities.

8 Lack of personal care or hygiene.

Abused and neglected children may appear uncared for. They may present as consistently dirty and have severe body odor, or they may lack sufficient clothing for the weather.

9 Risk-taking behaviors.

Young people who are being abused may engage in high-risk activities such as using drugs or alcohol or carrying a weapon.

10 Inappropriate sexual behaviors.

Children who have been sexually abused may exhibit overly sexualized behavior or use explicit sexual language.

If you suspect a child is in immediate danger, **call 911**.

If you suspect a child is being abused or neglected, call the WV hotline:
1-800-352-6513.

Visit wvcn.org for a list of resources.



wvcn

Empowering children. Restoring hope. Ending abuse.

IF A CHILD DISCLOSES:

DO

- Remain calm.
- Believe the child.
- Allow the child to talk.
- Show interest and concern.
- Reassure and support the child.
- Take action. It could save a child's life.
- Report within 24 hours, as mandated by WV law.

DON'T

- Panic or overreact.
- Press the child to talk.
- Promise anything you can't control.
- Confront the offender.
- Blame or minimize the child's feelings.
- Overwhelm the child with questions.

Remember, you are obligated by law to report suspected child abuse.

REASONS TO BELIEVE CHILDREN WHEN THEY DISCLOSE ABUSE

- 1 It happens more often than we think.**
Studies show that 1 in 10 children will be sexually abused before age 18.¹ Every year in West Virginia, more than 4,000 children are assessed at a Child Advocacy Center because of allegations of abuse.²
- 2 Kids have good reason to stay quiet.**
More than 90 percent of the time, children are abused by someone they know,³ often someone who is supposed to protect them—a person in a position of trust or authority. In almost every case, the only witnesses to this crime are the perpetrator and the victim. Perpetrators often tell the child to keep the abuse a secret or that no one will believe them; the child may even feel the abuse was their fault. For these and many other reasons, children rarely report abuse immediately. Most victims never tell anyone until several years after the abuse, if they ever disclose at all.
- 3 False reports are very uncommon.**
Only 2–5% of reports of child sexual abuse are fabricated. Most reports of abuse that turn out to be false are made by adults, not children.⁴
- 4 Your response matters.**
Adult survivors of abuse often say being listened to and believed was an important part of their healing.

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Empowering children. Restoring hope. Ending abuse.

A close-up photograph of a baby's face, showing the eyes, nose, and mouth. The baby has light skin and dark eyes, looking slightly to the right of the camera with a neutral expression.

Enjoy

YOUR BABY

Caring for a baby can be very enjoyable, but it can also be frustrating. If your healthy baby cries a lot, it doesn't mean there is anything wrong with the baby or with you.

National Center on
Shaken Baby Syndrome

www.dontshake.org

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NEVER SHAKE A BABY!

Shaken baby syndrome

Shaken impact syndrome; Whiplash - shaken infant; Child abuse - shaken baby

Shaken baby syndrome is a severe form of child abuse caused by violently shaking an infant or child. Shaken baby syndrome is a severe form of head injury caused by the baby's brain rebounding inside of the baby's skull when shaken. In this injury there is bruising of the brain, swelling, pressure, and bleeding (intracerebral hemorrhage). This can easily lead to permanent, severe brain damage or death. If a child has this injury there are usually no outward physical signs of trauma, but there may be a change in the child's behavior such as irritability, lethargy, pale or bluish skin, vomiting, and convulsions.

Considerations

Shaken baby syndrome can occur from as little as 5 seconds of shaking. Shaken baby injuries most often occur in children younger than 2 years old, but may be seen in children up to 5 years old.

When an infant or toddler is shaken, the brain bounces back and forth against the skull. This can cause bruising of the brain (cerebral contusion), swelling, pressure, and bleeding in the brain. The large veins along the outside of the brain may tear, leading to further bleeding, swelling, and increased pressure. This can easily cause permanent brain damage or death.

Shaking an infant or small child may cause other injuries, such as damage to the neck, spine, and eyes.

Causes

Shaking most often takes place when the infant is crying inconsolably, and the frustrated caregiver loses control. Many times the caregiver did not intend to harm the baby. Still, it is a form of [child abuse](#).

Injuries are most likely to happen when the baby is shaken and then the baby's head hits something. Even hitting a soft object, such as a mattress or pillow, may be enough to injure newborns and small infants. Children's brains are softer, their neck muscles and ligaments are weak, and their heads are large and heavy in proportion to their bodies. The result is a type of [whiplash](#), similar to what occurs in some auto accidents.

Shaken baby syndrome does not result from gentle bouncing, playful swinging or tossing the child in the air, or jogging with the child. It also is very unlikely to occur from accidents such as falling off chairs or down stairs, or accidentally being dropped from a caregiver's arms. Short falls may cause other types of head injuries, although these are often minor.

Symptoms

The symptoms can vary, ranging from mild to severe. They may include:

- Convulsions ([seizures](#))
- Decreased alertness
- Extreme [irritability](#) or other changes in behavior
- [Lethargy](#), [sleepiness](#), not smiling
- Loss of consciousness
- Loss of vision
- No breathing
- Pale or bluish skin
- Poor feeding, lack of appetite
- Vomiting

There may not be any physical signs of injury, such as bruising, bleeding, or swelling. In some cases, the condition can be difficult to diagnose and may not be found during an office visit. However, rib fractures are common and can be seen on x-rays.

An eye doctor may find bleeding behind the baby's eye or [retinal detachment](#). There are, however, other causes of bleeding behind the eye and they should be ruled out before diagnosing shaken baby syndrome. Other factors must be considered.

First Aid

Call 911 or your local emergency number. Immediate emergency treatment is necessary.

If the child stops breathing before emergency help arrives, begin [CPR](#).

If the child is vomiting:

- And you do not think there is a spinal injury, turn the child's head to one side to prevent the baby from choking and breathing in vomit to the lungs ([aspiration](#)).
- And you do think there is a spinal injury, carefully roll the child's whole body to one side at the same time (as if rolling a log) while protecting the neck to prevent choking and aspiration.

Do Not

- Do not pick up or shake the child to wake him or her up.
- Do not attempt to give the child anything by mouth.

When to Contact a Medical Professional

Call your health care provider if a child has any of the above signs or symptoms, regardless of how mild or severe they are. Also call if you think a child has shaken baby syndrome.

If you think a child is in immediate danger because of neglect, you should call 911 or the local emergency number. If you suspect that a child is being abused, report it right away. Most states have a child abuse hotline. You may also use the Childhelp National Child Abuse Hotline at 1-800-4-A-Child (1-800-422-4453).

Prevention

These steps can help decrease the risk for shaken baby syndrome:

- Never shake a baby or child in play or in anger. Even gentle shaking can become violent shaking when you are angry.
- Do not hold your baby during an argument.
- If you find yourself becoming annoyed or angry with your baby, put the baby in their crib and leave the room. Try to calm down. Call someone for support.
- Call a friend or relative to come and stay with the child if you feel out of control.
- Contact a local crisis hotline or child abuse hotline for help and guidance.
- Seek the help of a counselor and attend parenting classes.
- Do not ignore the signs if you suspect child abuse in your home or in the home of someone you know.

Reference: <https://www.mountsinai.org/health-library/injury/shaken-baby-syndrome#:~:text=Shaken%20baby%20syndrome%20is%20a%20severe%20form%20of%20head%20injury,severe%20brain%20damage%20or%20death.>

MOST (99%) West Virginia Parents agree that the safety of their baby is most important when thinking about where their baby sleeps.

Say YES to Safe Sleep

YES

MOST WV babies always sleep in a smoke-free room.

YES

MOST WV Parents agree baby always sleeps alone on her back and in her crib room.

YES

Dress your baby in light sleep clothing and keep the room at a comfortable temperature

YES

MOST WV Parents agree toys, loose blankets, bumper pads and pillows should be REMOVED.

YES

Mattress is firm & fits close to the sides

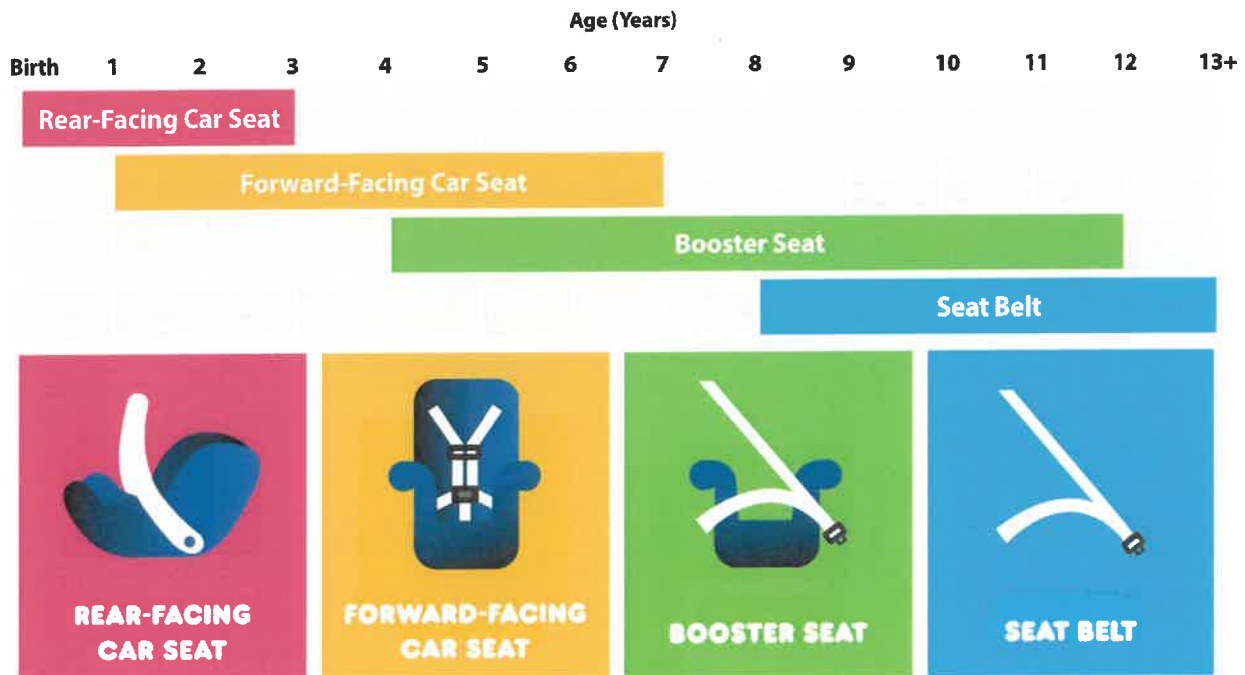
Remember!

One baby dies every 10 days in West Virginia as a result of unsafe sleeping.

Babies who sleep in an adult bed are 40 times more likely to die than if in their own crib from accidental suffocation.

Car Seat Recommendations for Children

There are many car seat choices on the market. Use the information below to help you choose the type of car seat that best meets your child's needs.



- Select a car seat based on your child's age and size, choose a seat that fits in your vehicle, and use it every time.
- Always refer to your specific car seat manufacturer's instructions (check height and weight limits) and read the vehicle owner's manual on how to install the car seat using the seat belt or lower anchors and a tether, if available.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.
- Keep your child in the back seat at least through age 12.

Rear-Facing Car Seat



Birth – 12 Months

Your child under age 1 should always ride in a rear-facing car seat. There are different types of rear-facing car seats:

- Infant-only seats can only be used rear-facing.
- Convertible and All-in-One car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.



1 – 3 Years

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness and tether.

Forward-Facing Car Seat



1 - 3 Years

Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness and tether.



4 - 7 Years

Keep your child in a forward-facing car seat with a harness and tether until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

Booster Seat



4 - 7 Years

Keep your child in a forward-facing car seat with a harness and tether until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

8 - 12 Years



Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.

Seat Belt

8 - 12 Years



Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.

NHTSA.gov/TheRightSeat



U.S. Department of Transportation
National Highway Traffic Safety Administration



Never leave your child alone in a car.



Your car heats up faster than you think. Help reduce the number of deaths from heatstroke by remembering to ACT.

- A:** Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute.
- C:** Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination.
- T:** Take action. If you see a child alone in a car, call 911.

**SAFE
K:DS**
WORLDWIDE™

safekids.org

Supporting children through holidays and celebrations

West Virginia Infant/Toddler Mental Health Association | www.nurturingwvbabies.org



PREPARING CHILDREN FOR HOLIDAYS AND CELEBRATIONS

The crowds, the scheduled events, family and community gatherings! Whew! Celebrating holidays can be exciting, and overwhelming, especially for children who are often off of their regular routine, and around larger groups of people. Be accepting, patient, and kind during these times—not only to children—but to yourself. Let go of preconceived ideas and focus on creating memories, not having the “perfect” holiday.



READING CUES

Children can tell you a lot about how they are feeling, if we are willing to read their cues. It's important to remember, especially during the holidays, that children aren't “mini-adults”. Cues that children are feeling overwhelmed include: crying, fidgeting, whining, rubbing eyes, or feeling irritable. It's ok for children to have downtime, take a nap, or leave the event early. Encourage them to participate, but don't force them.

A WORD ABOUT RELATIVES

Try to prepare children before meeting with relatives they may be unfamiliar with. Don't force children to give hugs and kisses to relatives they don't know. While children won't be able to sit for long periods of time and listen to family stories, they do like to participate as part of the group. By bringing books or small toys, the child can share and play.

TIPS AND TRICKS

- Bring a snack for the child, especially if you will be gone for a while.
- Try to stick to routines as much as possible, but allow for fun opportunities that may come up.
- Social stories can help in preparing children for family gatherings or holiday celebrations. [Here are some examples.](#)

Understanding Bullying



How can we prevent bullying?

The ultimate goal is to stop bullying before it starts. Research on preventing and addressing bullying is still developing. School-based bullying prevention programs are widely implemented, but infrequently evaluated. Based on a review of the limited research on school-based bullying prevention, the following program elements are promising:⁷

- Improving supervision of students
- Using school rules and behavior management techniques in the classroom and throughout the school to detect and address bullying by providing consequences for bullying
- Having a whole school anti-bullying policy, and enforcing that policy consistently
- Promoting cooperation among different professionals and between school staff and parents



How does CDC approach bullying prevention?

CDC uses a four-step approach to address public health problems like bullying.

Step 1: Define and monitor the problem

Before we can prevent bullying, we need to know how big the problem is, where it is, and who it affects. CDC learns about a problem by gathering and studying data. These data are critical because they help us know where prevention is most needed.

Step 2: Identify risk and protective factors

It is not enough to know that bullying is affecting a certain group of people in a certain area. We also need to know why. CDC conducts and supports research to answer this question. We can then develop programs to reduce or get rid of risk factors and increase protective factors.

Step 3: Develop and test prevention strategies

Using information gathered in research, CDC develops and tests strategies to prevent bullying.

Step 4: Ensure widespread adoption

In this final step, CDC shares the best prevention strategies. CDC may also provide funding or technical help so communities can adopt these strategies.



Where can I learn more?

Centers for Disease Control and Prevention
www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/index.html

VetoViolence
vetoviolence.cdc.gov

Federal Partners in Bullying Prevention
www.stopbullying.gov

Surgeon General's Report on Youth Violence
www.surgeongeneral.gov/library/youthviolence/youvioreport.htm



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POOL SAFETY TIPS

WWW.POOLSAFETY.GOV

1. Never leave a child unattended in or near water.

Always watch children when they're in or near water, and never leave them unattended. Designate an official Water Watcher, an adult tasked with supervising children in the water. That should be their only task- they shouldn't be reading, texting or playing games on their phone. Have a phone close by at all times in case you need to call for help, and if a child is missing, check the pool first. Even if a lifeguard is present, parents and caregivers should still take the responsibility of being a designated Water Watcher. When any lifeguard chair is empty, the remaining lifeguards may not be able to see the entire pool and when lifeguards are seated in low chairs, their view can be blocked by patrons in the pool.

2. Teach children how to swim.

Swimming is not only fun, it's a lifesaving skill. Enroll children in swimming lessons; there are many free or reduced-cost options available from your local YMCA, USA Swimming chapter or Parks and Recreation Department.

3. Teach children to stay away from drains.

Do not play or swim near drains or suction outlets, especially in spas and shallow pools, and never enter a pool or spa that has a loose, broken or missing drain cover. Children's hair, limbs, jewelry or bathing suits can get stuck in a drain or suction opening. When using a spa, be sure to locate the emergency vacuum shutoff before getting in the water.

4. Ensure all pools and spas- both in your backyard and any public pool you may visit- have compliant drain covers.

Virginia Graeme Baker, after whom the *Pool and Spa Safety Act* is named, died from drowning due to a suction entrapment from a faulty drain cover. All public pools and spas must have drain grates or covers that meet safety standards to avoid incidents like the one that took Graeme's life. Powerful suction from a pool or spa drain can even trap an adult.

5. Install proper barriers, covers and alarms on and around your pool and spa.

Proper fences, barriers, alarms and covers can be lifesaving devices. A fence of at least four feet in height should surround the pool or spa on all sides and should not be climbable for children. The water should only be accessible through a self-closing, self-latching gate. Teach children to never try to climb over the gate or fence. Install a door alarm from the house to the pool area, and keep pool and spa covers in working order.

6. Know how to perform CPR on children and adults.

Often, bystanders are the first to aid a drowning victim, so learning CPR can help save a life. And once you're CPR certified, make sure to keep your certification current. CPR classes are available through many hospitals, community centers, or by contacting the American Red Cross

7. Visit: <https://www.poolsafely.gov/parents/safety-tips/> to take the Pool Safely Pledge.

This online call to action is a reminder to stay safer around the water.



Brain Building Basics™

We've made the science of early learning simple! Remember these 5 easy ways to help build your child's brain anytime.

Look

Children use their eyes to learn. See what catches your child's attention and talk about it. Or connect eye-to-eye, then smile, chat, hug, or make funny faces!



Follow

Young children learn best when you follow their lead. Tune into your child's words, sounds, movements, and ideas! Then respond with your own words and actions.



BA BA BA

Chat

Children's brains light up when you talk, sing, or make sounds back and forth with them. Chat about your day, food, and what's around you, or string sounds together for a fun conversation!



Take Turns

Children learn from taking turns when you play, talk, or explore. After they go, take your turn. Then repeat: they go, you go, they go, you go!



Stretch

Children's brains grow strong when you help them stretch their learning further. Keep a moment going: ask your child a question that starts with what, when, where, how, or why!



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Hello, Brain Builder!

A baby is born ready to learn with billions of neurons waiting to be connected. Even before they can talk, they are looking, listening, and relating to you. Being a brain-builder now gets them ready for school, friends, and life.



Turn everyday moments into Brain Building Moments™.

Brain Building 101

Nurture Future Potential

Positive, supportive experiences with adults help your child's brain grow strong and flexible. It's ideal to brain-build from birth, but it's never too late to start.

Communicating is Key

Back-and-forth moments with you build your child's brain. You're shaping a growing mind and helping their learning, health, and behavior both now and in the future.

You Are a Brain Builder

We know you are busy. That's why we created the Vroom Brain Building Basics™— Look, Follow, Chat, Take Turns, and Stretch. These tools help you build your child's life skills like focus, self-control, problem-solving, and taking on challenges.

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Find My WV Pre-K

WV Universal Pre-K

Since the induction of West Virginia Universal Pre-K in 2002, West Virginia has been a national pioneer in developing and maintaining a statewide pre-k program for all four-year-olds and three-year-olds with special needs. Conception of pre-k in the state began as early as 1983 with legislation that provided local school boards the ability to offer preschool. Following this initial legislation, localized efforts were made to support pre-k during the 1980's and 1990's. State lawmakers solidified the state's commitment to pre-k with the passage of an early childhood education programs bill at the conclusion of the 2002 legislative session. From that point forward, W.Va. Code §18-5-44 has mandated that the West Virginia Board of Education, in collaboration with the Secretary of the West Virginia Department of Health and Human Resources, ensure that every eligible child have access to high quality pre-k by the 2012-2013 school year. County boards of education were, at that time, required to develop pre-k programs with existing community programs, including Head Start and licensed child care centers. With state law and research illustrating a positive growth for young children and return on investment, West Virginia continues to strengthen its efforts in early childhood education. In light of research that continues to show how high quality early education experiences, teacher continuity, and other social and health services can support children's optimal development and well-being, West Virginia maintains its commitment to high-quality early childhood education. Today, WV Universal Pre-K is available in all 55 counties.

Find My WV Pre-K is an application that includes program information for each WV Universal Pre-K classroom by city and county. To find a WV Universal Pre-K Program near you, visit [Find My WV Pre-K](https://webtop.k.12.wv.us/0/apps/find-my-pre-k/). Visit: <https://webtop.k.12.wv.us/0/apps/find-my-pre-k/>

Parents & Caregivers



Inspire a Love of Reading



A love of books and reading offers the foundation for literacy skills that set children up for future success. Parents reading to their children from birth improves a child's future reading ability.

Dolly Parton believes that if you can read, you can do anything, dream anything, and be anything. Through her Imagination Library program, she wants to ensure all children have books at home, regardless of the environment in which they live.

"The single most significant factor influencing a child's early educational success is an introduction to books and being read to at home prior to beginning school."

National Commission on Reading

As a parent or caregiver, reading with your child is the most important activity that you can do to help set them up for future success.

Through the Imagination Library, Dolly wants children to be excited about books and to feel the magic that books create. Moreover, she could insure that every child would have books, regardless of their family's income. For over 20 years, tens of millions of Imagination Library books have been sent to children around the world.

Register your child to receive a book a month from the Imagination Library.



Dolly Parton's Imagination Library puts books into the hands and hearts of children across the world.

We partner with local communities to provide one free, specially-selected, age-appropriate, high-quality book each month to children from birth to age five. These books are personalized with your child's name and mailed directly to your home to create a gifting experience that makes books exciting and shows the child someone is thinking of them.

Visit the ImaginationLibrary.com website to access proven and trusted resources for parents and caregivers including tips for reading to children and family engagement activities.

Federal Student Aid





About WVU Extension

WVU Extension serves all 55 counties where we build prosperity, enhance educational opportunities, improve health and wellbeing, and create purpose for our fellow West Virginians. Programs include agriculture and natural resources; youth programming, including 4-H, STEM and Energy Express; community engagement and service-learning opportunities (on- and off-campus); and family and community development programs that focus on health, safety, tourism and economic development.

Improving lives and livelihoods  *for all West Virginians*

4-H and Youth Development

- WVU Extension **funds and delivers** West Virginia's state 4-H program.
- 4-H program reaches more than **42,600** youths annually via in-school programming, camping, clubs, STEAM, special interest groups and other activities.
- Our Energy Express summer reading and feeding program reached 1,608 West Virginia children in rural and low-income communities in 2022, and, of those who were assessed, **97% improved or maintained** their reading comprehension skills.
- WVU Extension faculty provide a **career readiness** program for 8th graders in seven counties.
- WVU Extension delivers safety education and outreach for shooting sports, **ATV training** and other outdoor adventure programs around the state.

Jackson's Mill

- WVU Jackson's Mill is home of the **nation's first state 4-H camp**, which was held more than 100 years ago.
- The Mill plays hosts to thousands of events and activities each year, including **4-H camps, livestock competition/sales, ATV safety training, Boys State, family reunions, weddings, art festivals, field trips, vaccination clinics** and more.
- Visitors can participate in a variety of programs for **youths and adults, including** historic, outdoor, and Science, Technology, Engineering, Art and Math (STEAM) **education**.
- Substantial **infrastructure investments** worth millions of dollars have been made to the Mill in recent years, including upgrades to all cottages, completion of a state-of-the-art STEAM center, additional outdoor recreation investments, yurt camping, water/sewer system and more.



Agriculture and Natural Resources

U.S. Senators Shelley Moore Capito and Joe Manchin recently announced more than **\$4.7 million** in USDA funding to WVU and WVU Extension for a livestock systems management project, which will provide **financial and technical assistance** to Appalachian farmers and agricultural producers to **support adopting climate-smart practices**, as well as strengthen marketing initiatives for grass-fed beef products.

WVU Extension Master Gardeners provide nearly **35,000 hours** of volunteer service, an **\$800,000** value, each year to West Virginia communities.

Our Integrated Pest Management team provided more than 1,000 West Virginians with **science-based recommendations** to control plant diseases, weeds and unwanted insects.

In 2022, 4-H and FFA livestock projects likely contributed more than **\$4.5 million** to assist youths in pursuing **post-secondary education**.

Center for Community Engagement

The WVU Center for Community Engagement, part of WVU Extension, partnered with The Ohio State University to pack and deliver more than **130,000 meals** to West Virginia families facing food insecurity.

The CCE provides opportunities to advance knowledge of **civic engagement** in higher education.

The CCE assesses community need and supports the community partners in integrating **volunteer needs** into **academic learning** experiences.

Family & Community Development

Fire Service Extension trains more than **2,000 professional and volunteer firefighters** each year, as well as provides a week-long camp for junior firefighters.

Safety & Health Extension provides workforce training for West Virginians, including serving as one of the **top OSHA Training Institute Education Centers in the nation**.

Family & Community Development faculty provide **Dining with Diabetes** courses to help individuals address this chronic disease.

Tourism specialists and county agents work with community members to **grow rural tourism** opportunities in the state through programs such as Monongahela Forest Towns, Elk River Trail and **free courses** in sustainable rural tourism.

Family Nutrition Program

The Family Nutrition Program is comprised of numerous nutrition, food and physical activity projects designed to **help limited resource families**, youths and adults improve their health.

The Grow This! garden challenge helps people grow food, share tips and ideas, and support gardening in our state. Last year, more than **25,000 free seeds** were distributed around the state.

Programs like Kids' Market @ the Store and Rethink Your Drink help West Virginia children make **healthier food choices**.

For more information, visit extension.wvu.edu or contact Dr. Jorge H. Atilas, WVU Dean of Extension & Engagement

Information in this impact statement is based on fiscal year 2021-2022 data.

GABRIEL PROJECT

of West Virginia, Inc.



Helping babies have a healthy, safe start in life...



What We Do:

The Gabriel Project of West Virginia benefits families without adequate financial resources to meet the tangible needs of a new baby. We provide baby necessities, such as new cribs, new car seats, diapers, formula, clothing, hygiene products and other items at no or low cost to our clients.

The Gabriel Project also recognizes that the needs of our clients go beyond tangible items. We support families in despair with understanding, compassionate listening and, if requested, prayer. We share child rearing experiences, offer information materials and answer general questions about baby care to improve parenting skills. And we make referrals to other sources of assistance that are beyond our mission.

We serve single parents, wed and unwed couples, homeless families, victims of domestic violence, families without jobs and those with meager income jobs, and families in unexpected economic hardships struggling to care for their young child. Although most of our clients are mothers, we also assist kinship caregivers with custody of a young child and who need our services.

Assistance provided by the Gabriel Project enhances the abilities of families to parent and nurture their children and to improve their quality of life. Gabriel Project assistance is primarily provided by volunteers called "Gabriel Angels", working from community client services sites in churches and other facilities.

The Gabriel Project is not a crisis pregnancy program. We do not offer pregnancy testing, pregnancy termination, adoption services, counseling or medical care. We also do not offer housing, utility assistance or direct financial payments to clients.

Need Help with Baby Items?

Metro Valley Chapter 304-414-4666
501 Elizabeth Street, Charleston, WV 25311
gabrielprojectwv@gmail.com

Counties Served: Boone, Cabell, Clay, Jackson, Kanawha, Lincoln, Logan, Mason, Putnam, and Roane

Northern Programs Chapter 304-639-5039
1409 Chapline Street, Wheeling, WV 26003
npgabrielproject@gmail.com

Counties Served: Brooke, Doddridge, Hancock, Marion, Marshall, Ohio, Pleasants, Ritchie, Tyler, Wetzell and Wood

Fayette County Gabriel Project 304-574-0446
Fayetteville Presbyterian Church
401 W. Maple Avenue, Fayetteville, WV 25840
Serving Fayette, Northern Raleigh County, and Southern Nicholas County

She's one smart mom

She's got **text4baby**



Text **BABY** to **511411**

Get **FREE** messages on your cell phone to help you through your pregnancy and your baby's first year.



text4baby™

text4baby.org

You are never alone.

National Domestic Violence Hotline
advocates are here for you 24/7/365.

- **Call: 1.800.799.SAFE (7233)**
- **TTY: 1.800.787.3224**
- **Text: "START" to 88788**
- **Chat: thehotline.org**

The logo for the National Domestic Violence Hotline, featuring the text "NATIONAL DOMESTIC VIOLENCE HOTLINE" in white, bold, uppercase letters, enclosed within a thin white rectangular border.

**NATIONAL
DOMESTIC
VIOLENCE
HOTLINE**

FDA Office of Women's Health

Free Health Information for Women

www.fda.gov/womenshealthpubs



If you want to know more about topics such as...

- Caregiving
- Birth control
- Diabetes
- Women in clinical studies
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- Mammograms
- Medications and pregnancy
- Menopause
- Osteoporosis
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- Food safety
- HIV

Please visit:

www.fda.gov/womenshealthpubs



**U.S. FOOD & DRUG
ADMINISTRATION**

Women and Anxiety



FDA U.S. FOOD & DRUG
ADMINISTRATION

What is anxiety?

Anxiety is a feeling of worry, nervousness, or fear about an event or situation. It is a normal reaction to stress. Anxiety can help you stay alert for a challenging situation at work, study harder for an exam, or remain focused on an important speech. In general, it helps you cope. When it becomes hard to control and affects your day-to-day life, it can be disabling.

What is an anxiety disorder?

Anxiety disorders happen when excessive anxiety interferes with your everyday activities such as going to work or school or spending time with friends or family. Anxiety disorders are serious mental illnesses.

Anxiety disorders are the most common mental disorders in the United States. They affect up to 40 million American adults each year. Women are more than twice as likely as men to develop an anxiety disorder in their lifetime. Anxiety disorders are highly treatable, yet less than 37% of those suffering are treated.

What are the major types of anxiety disorders?

There are several major types of anxiety disorders. They all have their own traits and impact people in distinct ways.

- **Generalized anxiety disorder (GAD)** causes excessive worry about regular aspects of life, like family or income. It can happen daily and make it hard to get through the day or sleep at night. GAD and major depression often occur together.
- **Panic disorder** involves frequent and sudden panic attacks, which are unexpected feelings of terror that happen without warning. Panic attacks can occur when there is no direct danger.
- **Phobias** are a strong fear of something of little to no threat. This can include traveling by air or being around a large group of people.

What are the symptoms of anxiety disorders?

Anxiety disorders come with a mix of symptoms. They can vary by person and the type of anxiety disorder you have. Symptoms can also impact how you live and spend time with others.

There are many symptoms of anxiety. The symptoms below are shared across several types of anxiety disorders:

- Anxious thoughts or beliefs
- Feelings of fear and dread
- Physical symptoms like a fast heartbeat or nausea
- Changes in behavior like avoiding previous normal activities

What causes anxiety disorders?

Several factors can increase the risk of developing an anxiety disorder. They can vary from one woman to another. A few common risk factors include:

- Traumatic events in childhood or adulthood
- Hormonal changes during one's menstrual cycle
- A family history of anxiety or other mental disorders

What are common treatment options?

For some people, treatment can help ease anxiety symptoms. There are several types of treatments for anxiety available to help you manage your symptoms every day, such as:

- **Counseling (psychotherapy or talk therapy)**
This form of treatment includes talking with a trained mental health professional. Together, you can work through managing your anxiety.
- **Medicine**
Medicine does not cure anxiety disorders but can help relieve symptoms. Health care providers can prescribe medicines for anxiety. The most common classes of medicines used to combat anxiety disorders are antidepressants, anti-anxiety medicines (such as benzodiazepines), and beta-blockers.

Talk with your health care provider to find out what treatment is right for you. You should also talk with your provider about the risks, benefits, and side effects before you start or stop a medical treatment.

FDA Office of Women's Health
www.fda.gov/womens

Women and Anxiety

How does my physical health affect my mental health?

People who are not physically healthy may have trouble staying mentally healthy. People living with chronic (long-term) health problems such as diabetes or heart disease are often more likely to have higher levels of stress and anxiety. Having a chronic disease does not always mean you will have a mental health condition like an anxiety disorder, but if you are struggling with both, know that you are not alone. Support groups and health care professionals can help. Healthy eating and other healthy habits, like exercise, yoga, or meditation can help improve physical health and reduce anxiety.

What should you do if you think you have an anxiety disorder?

Set up a visit to see a health care provider.

At this visit, your primary care doctor will conduct an initial mental health screening. From there, they can refer you to a mental health specialist.

Get involved in your care. Be open about your symptoms and listen to your options. Give your input on the options you feel could be a good fit for you.

Turn to people you trust for support. As you navigate life with an anxiety disorder, it helps to have people in your life that you trust. Find friends and support groups that you know will listen to your concerns and help you through tough times.

Call or text the Suicide and Crisis Lifeline at 988 if you have immediate concerns about your mental health.

The Lifeline provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones in the United States. **Call 911** if you or someone you know is in immediate danger or go to the nearest emergency room.

What do you need to know about anxiety disorders and pregnancy?

If you are thinking about becoming pregnant, are pregnant, or are breastfeeding, you should talk with your health care provider about any medicines you may take for anxiety. Some medicines can affect your unborn baby, but untreated mental health conditions can also affect an unborn baby. Some medicines may also pass to your baby through breast milk. Talk with your provider about what treatments are safe for you and your baby.

During pregnancy or as a new mother, you may feel overwhelmed at times. Mental health support and resources are available through the National Maternal Mental Health Hotline. It is free, confidential, and available 24/7. Call or text 1-833-TLC-MAMA (1-833-852-6262).

Talk with your health care provider about all medical treatment options. Discuss their risks and benefits. Your provider can answer all your questions Together, you can decide which treatment is right for you.

This fact sheet was developed by the FDA Office of Women's Health. This information is for educational purposes, not all inclusive, and should not be used in place of talking with your health care provider.

To learn more about women and anxiety, go to:

www.fda.gov/womens



May 2023

WISE:

We are a not-for-profit agency which works to receive donations of professional attire and along with other developmental tools, support women as they reach economic independence through interviewing for a job and continues to grow and strive through relationships with other successful women.



WISE Women's Resource Center

We strive to empower women to reach economic independence through a network of professional attire and tools that would develop women to reach their goals in life and work to be successful.

Email: info@wisewomenscenter.org

Phone: 304-324-5809

Empowerment **W**omen **I**n **S**earch

Our Mission

At **WISE**, we strive to empower women to reach economic independence through a network of professional attire and tools that would enable women to reach their goals in life and work to be successful.

Visit our Charity Shop or the WISE Women's Resource Center

511 Commerce Street

Bluefield WV 24701

Phone 304-324-5809

Face@WISEWomenBluefield

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline
Call or text 988
Chat at 988lifeline.org

Crisis Text Line
Text "HELLO" to 741741



NIH National Institute of Mental Health

nimh.nih.gov/suicideprevention

5 Action Steps for Helping Someone in Emotional Pain



ASK

"Are you thinking about killing yourself?"



KEEP THEM SAFE

Reduce access to lethal items or places.



BE THERE

Listen carefully and acknowledge their feelings.



HELP THEM CONNECT

Call or text the 988 Suicide & Crisis Lifeline number (988).



STAY CONNECTED

Follow up and stay in touch after a crisis.

PREVENTING TEEN SUICIDE: TIPS FOR PEERS

Suicide rarely happens without warning. As a peer, you may be in the best position to recognize when a friend might need help and help them get it. You may see signs in person, hear about them secondhand, or see them online in social media. Never ignore these signs.

RISK FACTORS

- Hopelessness
- Nonsuicidal self-injury (e.g., cutting)
- Mental illness and substance abuse
- History of suicidal thinking and behavior
- Prior suicide among peers or family
- Interpersonal conflict, family stress/dysfunction
- Presence of a firearm in the home

WARNING SIGNS

- Suicidal threats in the form of direct (e.g., "I want to die") and indirect (e.g., "The world would be better without me") statements
- Suicide notes, plans, online postings
- Preoccupation with death
- Giving away prized possessions
- Changes in behavior, sleeping, eating, thoughts, or feelings
- Increased risk taking
- Heavy drinking or drug use

If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1-800-273-TALK, or the Crisis Text Line (text "HOME" to 741741).



Everyone's life matters.
Help is available.



People do care.
Treatment works.



Don't keep silent.
Tell a trusted adult.

WHAT TO DO

- Recognize the warning signs in yourself, your friends, and on social media.
- Get help. You can't do it alone.
- Tell an adult. Talk to your parent, friend's parent, school psychologist, or any trusted adult.
- Make no deals. Never keep a friend's suicidal plans or thoughts secret.
- Avoid drugs and alcohol.
- Consider downloading helping apps like Virtual Hope Box, MY3, or A Friends Asks.
- Ask if your school has a crisis team.

REMINDERS FOR FRIENDS

- Connect. Listen, be accepting, don't judge.
- Confirm. Ask if your friend has thoughts of dying or suicide.
- Protect. Take any threats seriously. **Do not agree to keep a secret!**
- Stay. Do not leave a person alone if you are concerned about them being at imminent risk.
- Act. Call for help immediately.



NATIONAL ASSOCIATION OF
School Psychologists

For additional guidance, visit
www.nasponline.org/safety-and-crisis.

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WHAT IS HUMAN TRAFFICKING?

HUMAN TRAFFICKING IS...

Exploiting a person through force, fraud, or coercion

Anyone under the age of 18 involved in a commercial sex act

Sex trafficking, forced labor, and domestic servitude

A highly profitable crime

Exploitation based and does not require movement across borders or any type of transportation

THERE ARE DIFFERENT TYPES OF HUMAN TRAFFICKING

SEX TRAFFICKING

Victims are manipulated or forced against their will to engage in sex acts for money.



FORCED LABOR

Victims are made to work for little or no pay. Very often, they are forced to manufacture or grow products that we use and consume every day.



DOMESTIC SERVITUDE

Victims are hidden in plain sight, forced to work in homes across the United States as nannies, maids, or domestic help.



VICTIMS OF HUMAN TRAFFICKING MIGHT BE AFRAID TO COME FORWARD, OR WE MAY NOT RECOGNIZE THE SIGNS, EVEN IF IT IS HAPPENING RIGHT IN FRONT OF US.

HUMAN TRAFFICKING IS HAPPENING IN THE UNITED STATES



SUBURBS



RURAL TOWNS



CITIES

IT CAN HAPPEN TO ANYONE

NO MATTER AGE, RACE, GENDER IDENTITY, SEX, ETHNICITY, NATIONALITY, IMMIGRATION STATUS, AND SOCIOECONOMIC CLASS



RECOGNIZE AND REPORT HUMAN TRAFFICKING

- To report suspected trafficking to federal law enforcement, call 1-866-347-2423 or submit a tip online at www.ice.gov/tips.
- Get help from the National Human Trafficking Hotline by calling 1-888-373-7888 or text HELP or INFO to 233733 (BEFREE).
- Call 911 or local law enforcement if someone is in immediate danger.

WHAT YOU CAN DO

- Visit the Blue Campaign website to learn more about the indicators of human trafficking: DHS.gov/BlueCampaign.
- Use Blue Campaign materials to raise awareness of human trafficking in your community.
- Follow @DHSBlueCampaign on Facebook, Instagram, and Twitter.



What is an FRN?

The West Virginia Family Resource Networks are organizations that respond to the needs and opportunities of the community. Partnering with community members and public and private organizations, the WVFRN members develop innovative projects and provide needed resources for their local areas.

Braxton County Contact: Amanda Criner Phone: 304-364-6021 Email: bccl@hotmail.com	Fayette County Contact: Diane Callison Phone: 304-574-4338 Email: Fayettefrn@gmail.com
Greenbrier County Contact: Lisa Snedegar Phone: 304-646-3622 Email: greenbrierfrn@yahoo.com	McDowell County Contact: Ginger Day Phone: 304-436-5255 Email: facesfrn@yahoo.com
Mercer County Contact: Greg Puckett Phone: 304-913-4956 Email: drugfree@strongcommunities.org	Monroe County Contact: Michelle Groves McFall Phone: 304-772-5960 Email: monroefrn@frontier.com
Nicholas County Contact: Robin Brown Phone: 304-872-4707 Email: nicholasfrn@frontier.com	Pocahontas County Contact: Laura Young Phone: 304-799-6847 Email: pocahontasfrn@hotmail.com
Raleigh County Contact: Deborah Williams Phone: 304-255-3764 Email: raleighfrn@frontier.com	Summers County Contact: Doris Selko Phone: 304-466-2226 Email: doris.starcher.selko@reachfrc.org
Webster County Contact: Todd R. Farlow Phone: 304-847-2943 Email: websterfrn@yahoo.com	Wyoming County Contact: Tina Acord Phone: 304-202-0357 Email: tinaacord@aol.com

To learn more about the FRN in your community, please visit: www.wvfrn.org



A proud partner of the **AmericanJobCenter** network

Workforce Innovation and Opportunity Act (WIOA) Program Individual Training Account and On-the-Job Training Information Sheet

Individual Training Accounts (ITAs), WIOA Scholarships and On-the-Job Training (OJT) contracts are available through an application process for individuals who may qualify.

What can the Workforce Innovation and Opportunity Act (WIOA) program offer?

- Up to \$5,000 for tuition, books, fees, uniforms, etc.
 - Up to 24 months of training depending on choice of training program
 - Possible mileage reimbursement paid directly to participant
- or
- OJT contract; earn as you learn

How do I qualify for WIOA?

- You must meet eligibility guidelines which are dependent on household income and work status

Who can I contact if I have questions regarding the WIOA program?

- Contact the WIOA Career Planner at the WORKFORCE West Virginia Career Center nearest you.

Sarah Hawkins – Greenbrier County WorkForce WV Career Center

Serves: Greenbrier, Monroe, Pocahontas, Summers, Nicholas, Webster

Phone: 304-647-1300 **Email:** shawkins@r1workforcewv.org

Rebecca Copley – Mercer County WorkForce WV Career Center

Serves: McDowell, Mercer

Phone: 304-487-6726 **Email:** rcopley@r1workforcewv.org

Jennifer McKinney- Raleigh County Workforce WV Career Center

Serves: Fayette, Raleigh, Wyoming

Phone: 304-253-3611 **Email:** jmckinney@r1workforcewv.org



On-the-Job Training

What is On-the-Job (OJT) Training? A hands-on training program that provides reimbursements to employers to help compensate for the costs associated with skills upgrade training of new employees.

Who can businesses hire? Applicants who are pre-qualified by our office and referred to you or applicants you send to us for eligibility screening. Applicants must have a documented skill gap for the position being filled.

How do people qualify? Interested individuals must meet eligibility guidelines which are dependent on household income and work status and have a high school diploma or equivalency diploma. Workforce Innovation and Opportunity Act (WIOA) eligibility must be determined prior to negotiation of a contract.

How does the contract process work? Interested employers submit a training outline and negotiate a contract with the Region 1 Workforce Development Board. Training hours are negotiable as appropriate to the occupation and taking into account the content of the training and the prior work experience of the participant. Minimum wage requirements are \$9.00 per hour. The wage reimbursement rate will be based on the business size as directed by the sliding scale requirements as follows:

- 1-99 employees – up to 75% reimbursement
- 100+ employees – up to 50% reimbursement

For more information, please contact:

Amanda Dawson
Business Services Manager
304-253-3611
adawson@r1workforcewv.org

Donnie Pomeroy
Business Services Coordinator
304-253-3611
gpomeroy@r1workforcewv.org



What is Transitional Jobs (TJ)? Transitional Jobs is a time-limited work-based experience program to aid those with barriers to employment in getting back into the workforce, improving employability skills, gaining references and building a work history for their resume.

What makes an employer eligible for TJ?

- Must be in compliance with state and federal tax requirements
- Must provide a safe, structured work environment with supervision
- Must enter into an agreement with the RIWDB, monitor progress of participant and provide adequate training
- Must complete and approve time and attendance records and monthly evaluations
- Must allow weekly visits and calls with a RIWDB staff member to ensure satisfactory progress

What makes a participant eligible for TJ?

- Must be unemployed
- Must have barriers to employment, such as: impacted by drug/opioid use (in recovery), ex-offender, low-income, disabled, English language deficient
- Must be chronically unemployed or have an inconsistent work history, such as: never held a full-time job for more than 13 consecutive weeks, been fired from a job within the last 12 months, has been unemployed for 13 consecutive weeks has been unemployed for 15 of the last 26 weeks
- Must meet WIOA eligibility requirements

What are the program specifics?

- Participant can work at a TJ worksite for 26 weeks, 32 hours per week
- Participant is paid the entry level wage for the specific position at the specific worksite
- Participant is provided weekly employability skills training
- Wages and workers compensation are covered by the RIWDB
- Limited supportive services are available
- Staff will work to help eliminate barriers and find unsubsidized employment

For more information, please contact:

Amanda Dawson
Business Services Manager
304-253-3611
adawson@rlworkforcewv.org

Elwanda Jenkins
Career Services Coordinator
304-253-3611
ejenkins@rlworkforcewv.org

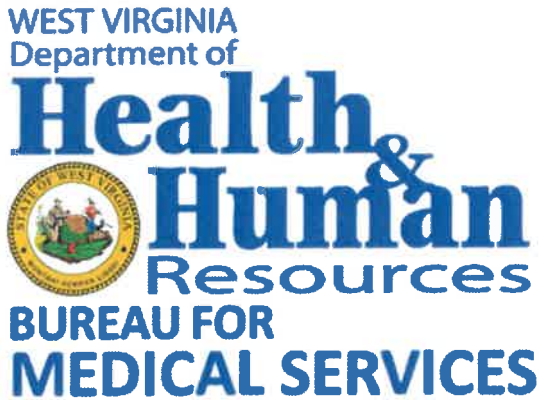


www.rlwb.org
Phone (304) 253-3611 • Toll free (866) 253-3611 •
Fax (304) 253-0176

*An equal opportunity affirmative action employer and agency.
Auxiliary aids and services are available upon request to individuals with disabilities.
TTY/WT Relay 7-1-1*

Revised 6.27.23

Home and Community-Based Services



What is a Medicaid Waiver?

A Medicaid waiver does not have the same rules that normally apply to the Medicaid program. The Medicaid waiver program allows states to expand coverage, reduce costs, and improve care for people who would otherwise be in an institution, hospital, or nursing home. As a result, Medicaid members can make the choice to remain home with family, and caregivers can receive help with care services.

For Medicaid members living at home, like seniors, people with disabilities, and children with serious emotional disorders who require assistance, there are four waiver programs available.

Intellectual and/or Developmental Disabilities Waiver

The Intellectual/Developmental Disabilities Waiver (IDDW) program is for children and adults with disabilities. The program provides services that help to teach, train, support, guide and assist members reach the highest level of independence possible in their lives.

The IDDW program, formerly MR/DD Waiver program, provides these services in homes and areas where the member lives, works, and shops instead of in Intermediate Care Facilities for Individuals with Intellectual Disabilities (ICF/IID).



Traumatic Brain Injury Waiver

The Traumatic Brain Injury Waiver (TBIW) program provides support at home for members three years and older with a traumatic brain injury. It waives some of the rules to allow people who live in West Virginia to receive support to live at home. Home and Community-Based Waiver Services are for people who meet the medical and financial requirements for the program. The program promotes choice, independence, respect, dignity and involvement with the community.



Aged and Disabled Waiver

The Aged and Disabled Waiver (ADW) program is a long-term care option that provides in-home care and community help. It allows a person to remain at or return home instead of receiving nursing home care. Services in the program promote choice, self-reliance, respect and community care.



Children with Serious Emotional Disorders Waiver

The CSEDW program provides additional Medicaid support to children from ages three to 21 with serious mental, behavioral, or emotional health needs. The program helps keep children with their families at home or in the community instead of going to a care facility or a group home. While they are at home or in the community, they receive services to improve their condition.

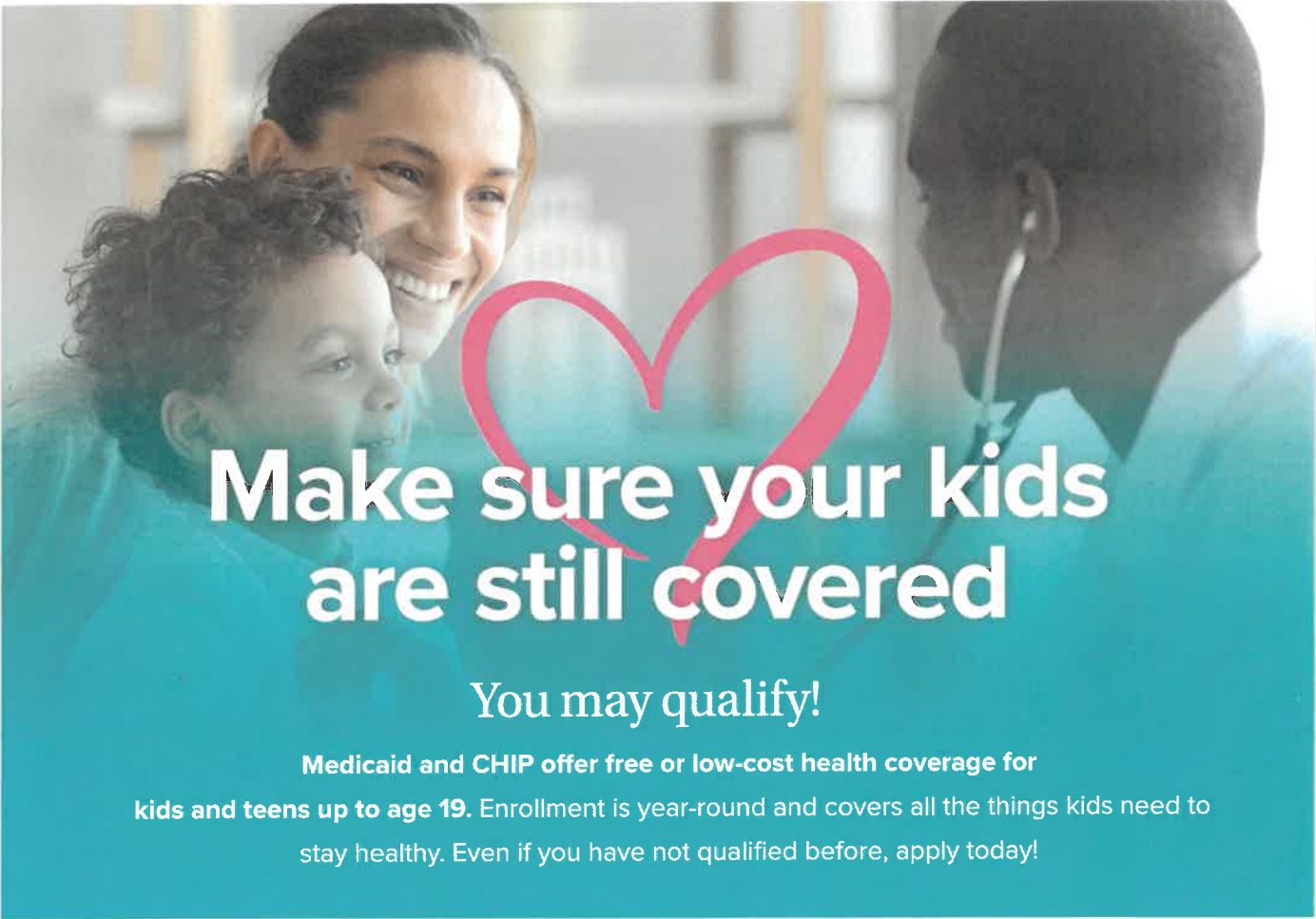


CSEDW is a West Virginia Medicaid Home and Community Based Services (HCBS) waiver program that allows children with serious emotional disorders receive additional services based on the National Wraparound Initiative model. This model uses the strengths of families and each person to start growing and changing. This model also helps the child and their family get the skills they need to deal with challenges and helps keep the child stable at home.

The model also focuses on the child's needs and their family. A child who has challenging behaviors is the center of the process. They are involved in the plan to help develop the skills that are required to get stable and improve their ability to deal with the situation. The goal is to give the child the ability to reach their personal goals.

For more information or to apply for a waiver program visit:

<https://dhhr.wv.gov/bms/Programs/WaiverPrograms>



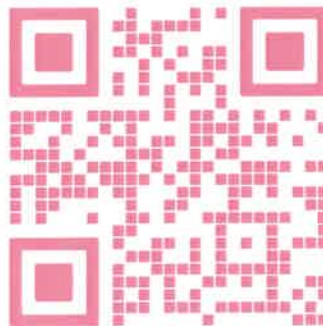
Make sure your kids are still covered

You may qualify!

Medicaid and CHIP offer free or low-cost health coverage for kids and teens up to age 19. Enrollment is year-round and covers all the things kids need to stay healthy. Even if you have not qualified before, apply today!



CHECK TODAY!



CONNECTINGKIDSTOCOVERAGE.COM

 **Follow us on Facebook | #InsureKidsWV**

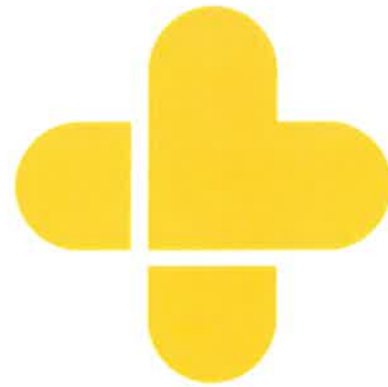


CONNECTING KIDS TO COVERAGE WV



Get your
FREE

GoodRx Prescription
Savings Card!



GoodRx

1. Compare prices

Drug prices vary by pharmacy. Use GoodRx to find current prices and discounts.



2. Get free coupons

GoodRx coupons can help you pay less than the cash price for your prescription.

3. Show to your pharmacist

It's easy. Just bring your free coupon to the pharmacy when picking up your prescription.

Get discounts for every member of your family, including pets!

No expiration. No fees or obligations. No credit card required. Use immediately. GoodRx is not insurance. Savings based on pharmacy retail price.

www.goodrx.com/discount-card



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GRP 497001
PCN SC1

UP TO 80% OFF YOUR PERSCRIPTIONS

This card is not insurance.

Customer Support: 1-844-234-3057

It's free and easy to save on your prescriptions. Here's how.

SingleCare works directly with pharmacies to negotiate up to 80% off prescription prices. We pass these savings onto our members, free of charge.

We get it.

Prescriptions aren't much fun. Doctors. Insurance companies. Crazy prices. And that's on top of whatever drove you to the pharmacy in the first place.

At SingleCare, we believe that feeling better shouldn't be painful. Our super-smart system and close relationships with the big pharmacies mean we can set lower prices on tens of thousands of drugs.

So with or without insurance, showing your SingleCare card to your local pharmacist means you can save big time on the stuff that really matters. Join the millions saving billions with the Rx savings card more people rely on to feel better.

For more information and to print your card visit www.singlecare.com

1. Start with a search

Look up prescriptions to find the lowest prices in your area. Click on a prescription to customize the dosage and quantity.

2. Get a free coupon card

Download, text, or email yourself a free SingleCare coupon card. It can be used at participating pharmacy locations, and it's completely free.

3. Save on your scripts

Show the coupon card to your pharmacist. They'll input the magic numbers from the card and your savings will be automatically applied.

How to Access West Virginia Medicaid Non-Emergency Medical Transportation



Members with Medicaid may be eligible for transportation services.
Use the options below to schedule Non-Emergency Medicaid Transportation.

Reservations Line - Call toll-free: (844) 549-8353. Reservations are taken Monday through Friday between the hours of 7:00 am and 6:00 pm. Routine reservations require a **5-business day** notice.

Modivcare Trip Manager Mobile App - Schedule transportation, obtain trip reference numbers, see which transportation company is assigned to your trip, and message us directly from your smart phone or tablet. Download the free app from Google Play Store or iTunes.

Member Services Website - Schedule trips online at <https://member.modivcare.com>

Alternative Transportation Options

Public Transit - Members who live near a bus line can request bus tickets/passes for themselves and one escort if medically necessary. Call the reservation line at **(844) 549-8353** for details.

Mileage Reimbursement - Family, friends, and members may be eligible to receive mileage reimbursement when providing transportation to covered services. Call **(844) 889 1942** for further details.

Questions or Concerns

Our Ride Assistance Line is available 24/7/365 to discuss your questions or concerns. Call **(844) 889-1939**.

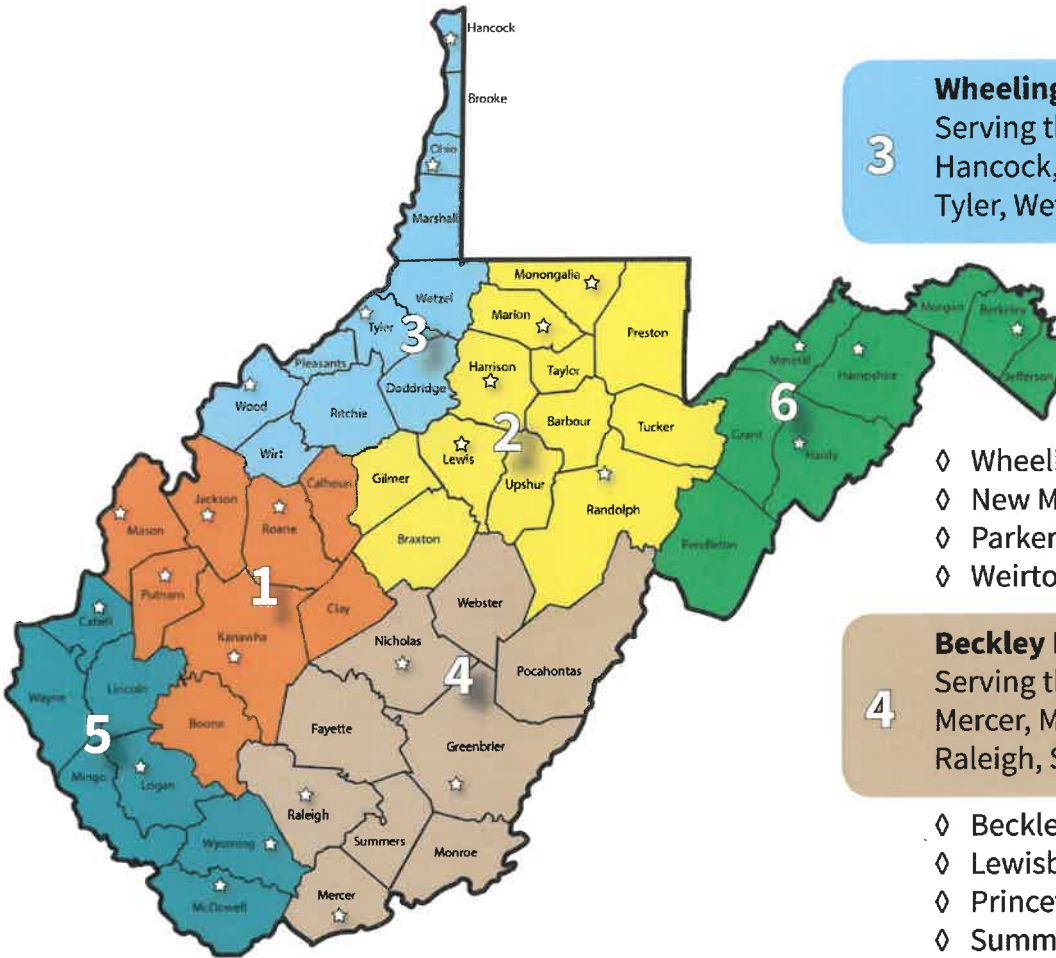
Cancel Transportation Service

Call our 24-hour Ride Assistance Line at **(844) 889-1939** to cancel an existing reservation. 24 hours' notice is preferred.



West Virginia Division of Rehabilitation Services

1-800-642-8207 • DRSQuestions@wv.gov • wvdrs.org



Wheeling District

3

Serving the counties of Brooke, Doddridge, Hancock, Marshall, Ohio, Pleasants, Ritchie, Tyler, Wetzel, Wirt and Wood

- ◇ Wheeling Office • 304-238-1092
- ◇ New Martinsville Office • 304-455-4688
- ◇ Parkersburg Office • 304-420-4580
- ◇ Weirton Office • 304-723-5311

Beckley District

4

Serving the counties of Fayette, Greenbrier, Mercer, Monroe, Nicholas, Pocahontas, Raleigh, Summers and Webster

- ◇ Beckley Office • 304-256-6900
- ◇ Lewisburg Office • 304-647-7515
- ◇ Princeton Office • 304-425-1256
- ◇ Summersville Office • 304-872-0813

Charleston District

1

Serving the counties of Boone, Calhoun, Clay, Jackson, Kanawha, Mason, Putnam and Roane

- ◇ Charleston Office • 304-356-2371
- ◇ Point Pleasant Office • 304-675-0867
- ◇ Ripley Office • 304-373-0313
- ◇ Spencer Office • 304-927-0954
- ◇ Teays Valley Office • 304-760-7082

Clarksburg District

2

Serving the counties of Barbour, Braxton, Gilmer, Harrison, Lewis, Marion, Monongalia, Preston, Randolph, Taylor, Tucker and Upshur

- ◇ Clarksburg Office • 304-625-6044
- ◇ Elkins Office • 304-637-0205
- ◇ Fairmont Office • 304-367-2714
- ◇ Morgantown Office • 304-285-3155
- ◇ Weston Branch • 304-269-0547

Huntington District

5

Serving the counties of Cabell, Lincoln, Logan, Mingo, McDowell, Wayne and Wyoming

- ◇ Huntington Office • 304-528-5585
- ◇ Logan Office • 304-792-7060
- ◇ Mullens Office • 304-294-5653
- ◇ Welch Office • 304-436-3175

Martinsburg District

6

Serving the counties of Berkeley, Grant, Hampshire, Hardy, Jefferson, Mineral, Morgan and Pendleton

- ◇ Martinsburg Office • 304-267-0005
- ◇ Keyser Office • 304-788-2313
- ◇ Moorefield Office • 304-538-2701
- ◇ Romney Office • 304-822-4806



BreakThru Unique Advantage:

BreakThru is a medical withdrawal management service located within Plateau Medical Center. Clients who have problems with drugs or alcohol are medically stabilized and managed on a medical/surgical unit, just like any other patient recovering from surgery or other medical conditions, preserving dignity and confidentiality.

Using a multidisciplinary team approach, withdrawal symptoms and medical comorbidities are medically managed throughout the withdrawal period, ensuring safe and effective medical outcomes.

We offer an innovative medical collaboration between the hospital and community referral partners so that we can establish a personalized aftercare discharge plan. Clients are then followed for one year to determine recovery outcomes.

BreakThru is devoted to focusing on integrity and quality to create a healthier and better life for those impacted by substance use and/or abuse.

BreakThru Goals:

- Provide a safe withdrawal
- Reduce immediate withdrawal symptoms
- Prevent complications
- Provide withdrawal management that preserves the patient's dignity
- Establish the immediate aftercare discharge plan
- Measure patient outcomes

BreakThru Path to Recovery:

- Safe, comfortable, private and confidential hospital stay on a medical/surgical unit, just like any other patient recovering from surgery or other medical conditions.
- Provide the safest environment for withdrawal from alcohol and/or drugs.
- Medications administered based on each patient's substance of choice and medical history to promote comfort, prevent complications and alleviate pain using evidence-based treatment.
- Exceptional 24-hour care administered by highly skilled doctors and nurses with a lower nurse-to-patient ratio than other treatment facilities.
- An immediate aftercare discharge plan for each patient is established in the continuum of care for successful remission or recovery.
- BreakThru staff will follow up with all patients at one, three, six- and twelve-month intervals to determine level of remission, sobriety and engagement in treatment to measure patient outcomes.

Covered by most major insurance carriers, Medicaid and Medicare. Other financing options are available.

Call us for a complimentary screening.

304.860.8183

West Virginia Transportation Services

Jobs & Hope

Service Provider: LogistiCare- Circulation **Service Area:** All 55 WV counties **Population:** Jobs & Hope participants **Contact:** 1-833-784-1385 or jobsandhope.wv.gov

Offers on-demand rides around the clock for participants of Jobs & Hope until they have secured personal transportation.

State Opioid Response Transportation

Service Provider: WV Public Transit Authority (WVPTA) **Service Area:** All 55 WV counties **Population:** Individuals with an opioid use disorder (OUD) **Contact:** 1-888-696-6195 or <https://wvtransit.com>

WVPTA offers free transportation for both urgent and non-urgent needs for individuals with OUD seeking treatment and recovery care services, including Medication Assisted Treatment (MAT), within 24-72 hours of request for transportation. After-hours transportation and services outside of traditional public routes are offered.

Routes to Recovery

Service Provider: CORE/RPWW **Service Area:** Cabell County **Population:** Individuals with a substance use disorder (SUD) **Contact:** Heath Collins (304)962-7918) or hcollins@recoverypointwv.org

Offers free transportation to treatment and recovery care services for individuals with a SUD. Ride types include: Treatment and Recovery, Medical and Dental Appointment, Resource agencies, drug-court, and employment related appointments.

Non-Emergency Medical Transportation (NEMT)

Service Provider: LogistiCare **Service Area:** All 55 WV counties **Population:** Medicaid Members **Contact:** 1-844-549-8353 or www.logisticarewv.net

NEMT is available to Medicaid members for transportation to WV Medicaid covered services. For urgent trips reach out to Help4WV at 1-844-435-7498.

WEST VIRGINIA
Department of

**Health & Human
Resources**

BUREAU FOR
BEHAVIORAL HEALTH

Transportation to Substance Use Disorder Services

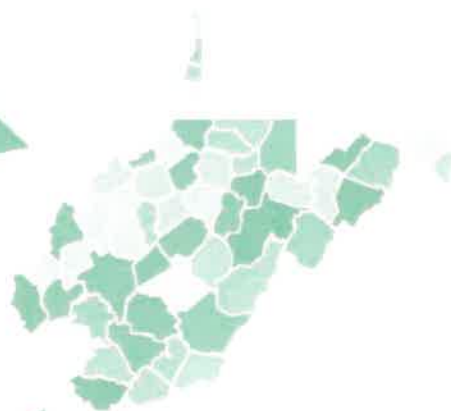


State Opioid Response (SOR) Grant

The West Virginia Public Transit Association WVPTA proudly works with SOR to provide transportation to individuals with a substance use disorder (SUD) to and from treatment or recovery services.

Statewide Coverage

Free transportation services are provided by WVPTA for individuals with SUD needing help getting to and from appointments. WVPTA services cover in all 55 counties, including after hours and deviated routes.



Call:

1-888-

696-6195

Let Us Take You There

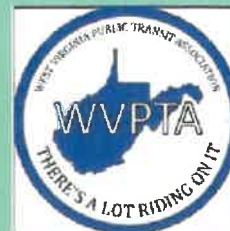
The call center can arrange transportation in 24-72 hours. Where public transit goes, West Virginia grows.

www.wvtransit.org

WVPTA, Attn: SOR

PO Box 1188 Charleston, WV 25324

Email: wvptasor@gmail.com



LOVED ONE HAS AN ADDICTION?
ADDICTION IMPACTS THE WHOLE FAMILY.
CONNECT WITH OTHERS WHO FACE THIS
EVERYDAY.
FIND STRENGTH AND HOPE

Families Strong

*Free Online Support Group for Families and Friends
Groups are forming now!*



For more information or to register:

<https://mosaic.mrooms.net/mod/page/view.php?id=62>



Contact: Dawn Brown
443-525-1976 or
dbrown@groupmosaic.com



Project funded by SAMHSA SOR through the West Virginia Bureau for Behavioral Health



Families Strong

Supporting family members of individuals with substance use disorders

Online Groups Forming NOW for West Virginia residents!

For more information or to register: [Click here for more information](#)

What is Families Strong?

Families Strong is a support group developed to support families impacted by substance use disorder. The program focuses on helping family members develop self-care, build social supports, and learn effective motivational strategies for interacting with a loved one who is struggling with a substance use disorder. Families Strong was adapted from an evidence-based, mental health professional-led model to be more accessible and sustainable by using a peer-led support group approach.



Main Goals

- Minimize the negative effects of an individual's substance use disorder on family members and friends.
- Provide support for family members and friends of individuals with substance use disorders.
- Change the methods the family member uses to communicate with the person with a substance use disorder.

- Assist the person with a substance use disorder in getting treatment.

Why Is It Important?

Families Strong provides support for family members of those struggling with substance use disorder.

This support is provided through focused discussions and activities about:

- Self care
- Positive self-talk
- Self-empowerment
- Increased social support
- Alumni connections

Families Strong also helps family members to have a clear understanding of substance use disorder and substance use treatment options by:

- Discussing substance use disorder as a chronic illness
- Discussing prior treatment attempts
- Discussing supporting your loved one in treatment
- Preparing for changes in the family
- Working with refusal to enter treatment

How Does It Work?



9-week closed group



Meets weekly up to 2 hours



Follows **weekly** curriculum



WEST VIRGINIA
**Foster Care
Ombudsman**



**Who can contact
the Foster Care
Ombudsman?**

Anyone with a complaint, concern, or issue relating to the foster care system.



The Foster Care Ombudsman resolves concerns and complaints about the child welfare system, and makes recommendations to improve it.

**What types of complaints
are investigated?**

- Action or inaction of agencies,
- Unfair or unjust treatment,
- Alleged violations of the Foster Child Bill of Rights, and
- Alleged violations of the Foster and Kinship Parent Bill of Rights.

Need Help?

(304) 558-1117



FosterCareOmbudsman@wv.gov

GRANDFACTS

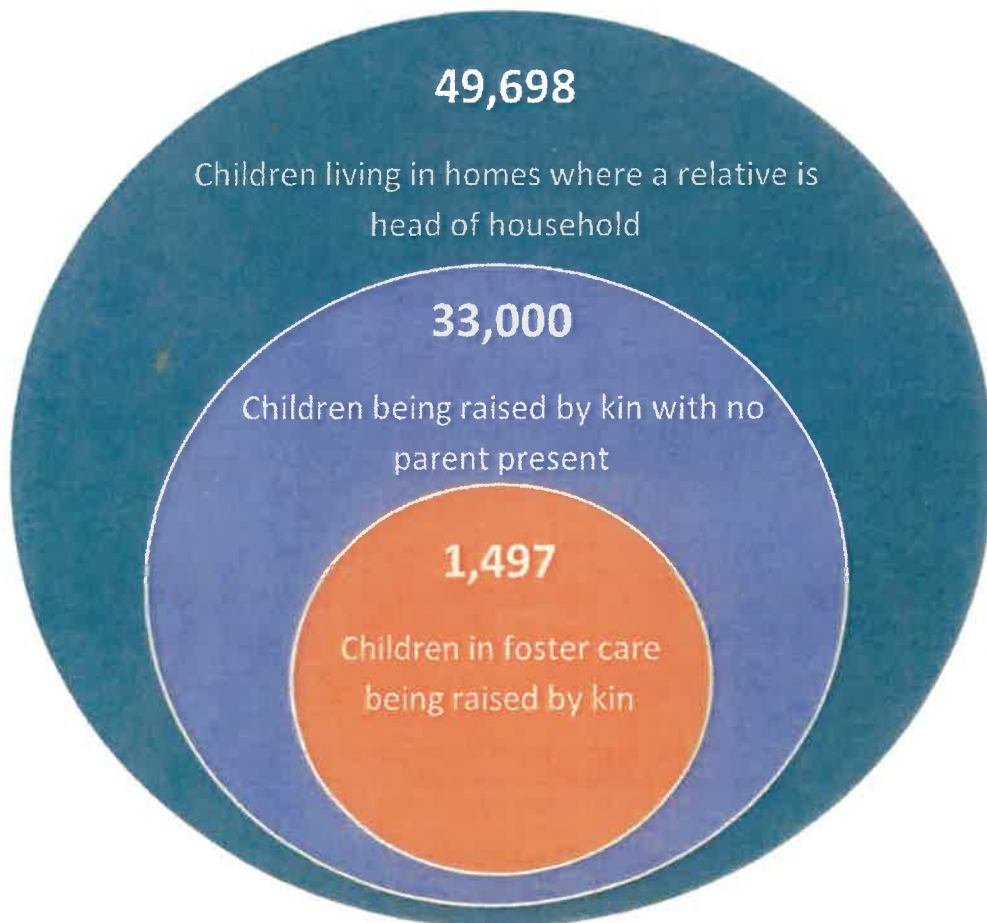
STATE FACT SHEETS FOR GRANDFAMILIES



The GrandFacts state fact sheets for grandfamilies include state-specific data and programs as well as information about public benefits, educational assistance, legal relationship options and state laws. Visit www.grandfamilies.org to find this and all GrandFacts state fact sheets.

West Virginia

Grandfamilies Data



22,053

Grandparents responsible for their grandchildren in West Virginia

For every **1** child raised by kin in foster care, there are **21** being raised by kin outside of foster care



Am I  a
CAREGIVER? 

Providing care for someone in your life can happen over time or overnight. Don't walk this journey alone.

[Click here to discover the information & resources available to support you on your caregiving journey.](#)

To learn more, visit: www.br-wv.org

West Virginia Bureau of Senior Services

LIGHTHOUSE Program

What is the LIGHTHOUSE Program?

The LIGHTHOUSE Program began in 2007 to meet a growing need for in-home senior services through out West Virginia. By receiving a variety of supportive assistance through the program, seniors are able to remain in their communities and continue to live in the comfort of their own homes.

Who is eligible for the LIGHTHOUSE Program?

There are three criteria:

- ◆ 60+ years of age and a resident of West Virginia
- ◆ Medically eligible based on a functional evaluation by the senior aging program's RN
- ◆ Financially eligible, determined by a sliding fee schedule

How many hours of service can be provided and who provides them?

An individual can receive up to sixty hours of LIGHTHOUSE services per month, based on need and availability of caregivers. Senior aging programs in each county employ caregivers who provide in-home assistance through the program.

Is there a fee for LIGHTHOUSE services?

Yes. The fee for services depends upon the individual income of the recipient or, in the case of a married couple, the combined income of the service recipient and spouse.

To learn more about the LIGHTHOUSE Program, please contact your county senior program, or call the West Virginia Bureau of Senior Services toll-free at 1-877-987-3646.



What services are provided?

The LIGHTHOUSE Program provides support in four areas:

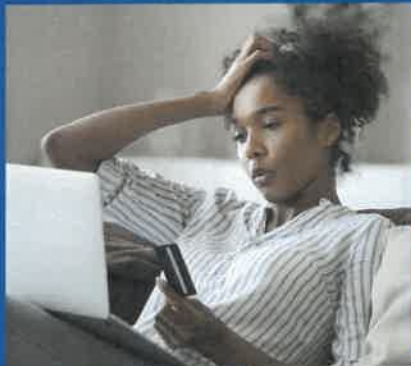
- ◆ Personal Care– Grooming, bathing, dressing, and toileting
- ◆ Mobility– Transferring in/out of bed and walking
- ◆ Nutrition– Meal preparation, eating, and grocery/pharmacy shopping
- ◆ Environment– Light house cleaning (based on RN assessment), making/changing bed, and laundry

The West Virginia Bureau of Senior Services is the cabinet-level state government agency that acts as the lead advocate for programs serving older West Virginians. The

Bureau oversees services operating through more than 140 dedicated and experienced local organizations. Services provided include meals and transportation, in-home care, Alzheimer's respite, wellness, long-term care advocacy, senior employment, and Medicare counseling.

www.wvseniorservices.gov

West Virginia Homeowners RESCUE



Real Help for West Virginians is Here!

Eligibility:

The Homeowners Rescue Program is for West Virginia homeowners who have experienced a financial hardship related to COVID-19. Applicants do not need to have a mortgage to receive assistance. Homeowners applying for the Homeowners Rescue Program must meet all four of the following:

1. The applicant must currently own and occupy the property as the primary residence located in West Virginia
2. Household income cannot exceed 150% Area Median Income (AMI) for the county of residence
3. The applicant must describe and attest to a financial hardship experienced after January 21, 2020
4. The applicant must be delinquent at least 60 days on their mortgage loans or past due at least one installment on other covered housing expenses

Eligible Expenses:

- Up to \$20,000 for past due mortgage payments
- Up to \$1,000 for certain down payment loans
- Up to \$5,000 for past due real property taxes, hazard insurance premiums, flood or wind insurance premiums, ground rents, condominium fees, cooperative maintenance fees, planned unit development fees, homeowners association fees or common charges that threaten sustained ownership of the property
- Up to \$2,500 to cover past due utilities including electric, gas, home energy, water, and sewer
- A one-time \$300 internet stipend to help pay internet service bills

Please see the website for full details on eligibility and covered expenses:

wvhomerescue.com



Opening Doors for Residents of North Central WV through Home Lending, Advising and Education Services

The HomeOwnership Center (HOC) is a private, non-profit, equal-housing lender, housing counselor, and education provider dedicated to enhancing financial fitness and home ownership opportunities for residents of North Central West Virginia. HOC proudly offers services to a wide variety of individuals from any income level and from all walks of life. Our highly trained and dedicated staff members are ready to provide you with customized home lending services, financial counseling, and debt advice to help you reach your financial or home buying goals.

We are not just your traditional lending facility and are not limited to what others may be able to offer you and your family. We have dedicated services specifically designed for:

- first time home buyers
- home buyers who were previously turned down by another lending institution
- repeat home buyers
- home buyers looking for better loan options

We encourage all residents within our service area to call to set up an appointment with our staff. There is never any obligation or pressure. We are happy to share our knowledge in an effort to enrich the lives of those living in our communities.

Dedicated to Helping Individuals and Families achieve Financial Stability

We focus on helping families in the eight counties surrounding our Elkins office. This includes Barbour, Lewis, Pendleton, Pocahontas, Randolph, Tucker, Upshur, and Webster. If you live in one of these counties and need financial, budget, credit, or debt counseling or are in the market for a home loan, the HomeOwnership Center should be your first call.

We strive to help individuals and their families reach financial stability through our educational programs.

We also strive to help as many people and families as possible realize their dream of affording their own home, whether it is for the first time or the tenth time.

Our services are designed to help a wide variety of individuals. Don't miss out on what we can do for you. Give us a call today.

If you are outside of our traditional service area and are interested in our services, please reach out to us! We may be able to help!

HomeOwnership Center, Inc.

2276 Randolph Ave,
Elkins, WV 26241

Phone: 304-636-9115

www.hocwv.org





Are you experiencing HOMELESSNESS?

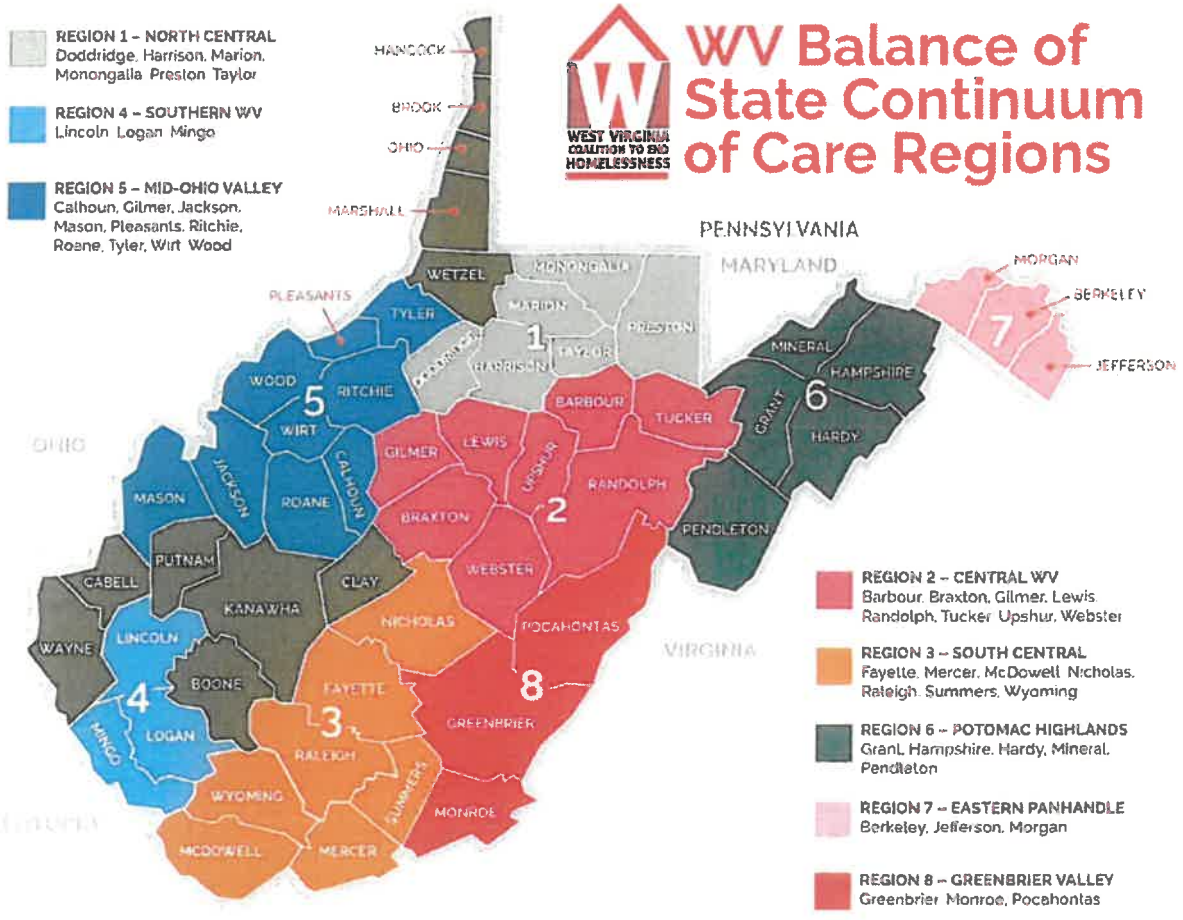
Do you need assistance with connecting to

HOUSING RESOURCES?



Persons currently experiencing homelessness in any of the 44 counties served by the WV Coalition to End Homelessness can be connected to emergency shelter and permanent housing resources.

Coordinated Entry Intake Line (833) 722-2014



Coordinated Entry Email: ces@wvceh.org
Website: www.wvceh.org | Facebook: www.facebook.com/wvceh



Good News Mountaineer Garage is a non-profit organization that began in 1999 when a group got together to plan a project to help their fellow West Virginians get on the road to independence.

Now, Good News Mountaineer Garage puts people on the road with the help of many individuals and organizations. We accept donations of vehicles that are repairable, for a reasonable amount of money. These donated vehicles are then distributed to families with low income needing transportation to work. We also have a program dedicated to helping individuals through the process of applying for a loan, learning about credit and purchasing a vehicle.

OUR PROGRAMS

WEST VIRGINIA
Department of
Health & Human Resources
WV Works

WV WORKS

Good News Mountaineer Garage receives funding from the West Virginia Department of Health and Human Resources to provide vehicles to families who need transportation to get to work and job training so they can get off public assistance.

Jobs & Hope
West Virginia

JOBS & HOPE PROGRAM

Jobs & Hope West Virginia is the state's comprehensive response to the substance use disorder crisis. Established by Governor Jim Justice and the West Virginia Legislature, this program offers support through a statewide collaboration of agencies in West Virginia in recovery the opportunity to obtain career training and to ultimately secure meaningful employment.

KEYS
to Success
A Good News Mountaineer Garage Program

KEYS TO SUCCESS

Keys to Success program is designed to assist individuals in purchasing a vehicle to make it to and from work. Good News Mountaineer Garage staff support applicants through the process of applying for a loan, learning about credit and purchasing a vehicle.

For more information or to apply visit

www.goodnewsmountaineergarage.org or call 866-GIVECAR (866.448.3227)

**SAVE.
INVEST.
KEEP YOUR BENEFITS.**

TAKE CONTROL OF
YOUR FINANCIAL
FUTURE THROUGH
STABLE ACCOUNT

WVABLE is helping West Virginians to achieve greater independence and financial security through the power of STABLE Account.

Accountholders can save and invest without losing benefits such as Medicaid or SSI.

GET STARTED!

Go to wvable.com and follow the steps below:



1 CREATE AN ACCOUNT

Visit www.wvable.com



2 FUND YOUR ACCOUNT

Open an account with
as little as \$25



3 SAVE. INVEST. SPEND.

Balances and distributions do not
affect benefits like Medicaid and SSI

(Subject to some limitations)

Open a **STABLE** account at **WVABLE.COM**

For more information, visit
WVABLE.COM or call **1-800-439-1653**



ELIGIBILITY

Individuals who developed a disability before the age of 26 may be eligible to open an account.

Take our **Eligibility Quiz** at **wvable.com** to see if you or someone you know qualifies.

SAVING AND INVESTING

DIVERSE CHOICES

You can put your money in up to five different savings and investment options, including four mutual fund based options and a FDIC-insured savings option.

TAX-FREE EARNINGS

Investment earnings are tax-free when used to pay for qualified expenses.

EASY ONLINE ACCESS

Monitor your investments, make contributions, and request withdrawals all online.

QUALIFIED EXPENSES

Use the money in your STABLE account to pay for disability-related expenses.



Basic Living Expenses



Housing



Transportation



Assistive Technology



Employment Training



Education



Health & Wellness



Financial Management



Legal Fees

WVABLE is offered by the West Virginia State Treasurer's Office through a partnership with STABLE Account, a national ABLÉ plan administered by the Ohio Treasurer's Office. STABLE accounts are not guaranteed or insured by any state, any state agency or subdivision thereof, or their authorized agents or affiliates. You could lose money by investing in a STABLE account. Before you open an account, you should carefully read and understand the STABLE Account Plan Disclosure Statement and Participation Agreement.



CommunityWorks

in WEST VIRGINIA

Home Ownership Center

NMLS#252624



CREDIT

Repair

CONSUMER LOAN

If you're struggling with paying off debt, we're here to help you take control and rebuild your credit.

Here's how our credit repair services can benefit you:

- Customized Credit Improvement Strategies
- Payment of Approved Types of Debt up to \$5,000
- Decrease Debt-to-Income Ratio

CONTACT US



(304) 965-2241



www.communityworkswv.org
joycebrown@communityworkswv.org



WV FREE TAX SERVICE



CENTRAL WV EITC COALITION

Cassandra Curtis, *United Way of Central West Virginia*
304-340-3622 • ccurtis@unitedwaycwv.org

EASTERN PANHANDLE EITC COALITION

Kate Didden, *MountainHeart Community Services*
304-262-1584 • kdidden@mhthtwv.org

MID-OHIO VALLEY EITC COALITION

Shayla McGuire, *Community Resources*
304-485-5525 x118 • smcguire@cricap.org

NORTH CENTRAL WV EITC COALITION

Suree Sarceno, *North Central WV Community Action Association*
304-265-3200 • ssarceno@ncwvcaa.org

NORTHERN PANHANDLE EITC COALITION

Jim Boniey, *CHANGE, Inc.*
304-797-7733 • jimboniey@changeinc.org

SOUTHERN WV EITC COALITION

PJ Estep, *MountainHeart Community Services*
304-682-8271 • pestep@mhthtwv.org

SOUTHWEST WV EITC COALITION

Natosha Henderson, *United Way of the River Cities*
304-523-8929 • natosha.henderson@unitedwayrivercities.org



**American
Red Cross**

**Be Prepared. It's as easy as 1, 2, 3!
Get a Kit. Make a Plan. Be Informed.**

Get a Kit. Make a Plan. Be Informed.

Get a kit.

At a minimum, have the basic supplies listed below. Keep supplies in an easy to carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

- Water—one gallon per person, per day (3day supply for evacuation, 2week supply for home)
- Food—nonperishable, easy-to-prepare items (3day supply for evacuation, 2week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7day supply) and medical items
- Multipurpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener

Additional supplies to keep at home or in your kit based on the types of disasters common to your area:

- Whistle
- N95 or surgical masks
- Matches
- Rain gear

- Towels
- Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags

Make a plan.

- Meet with your family or household members.
- Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- If a family member is in the military, plan how you would respond if they were deployed.

Plan what to do in case you are separated during an emergency

- Choose two places to meet:
 - Right outside your home in case of a sudden emergency, such as a fire
 - Outside your neighborhood, in case you cannot return home or are asked to evacuate
- Choose an out of area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should have emergency contact information in writing or programmed into their cell phones.

Plan what to do if you have to evacuate

- Decide where you would go and what route you would take to get there. You may choose to go to a hotel/motel, stay with friends or relatives in a safe location or go to an evacuation shelter if necessary.
- Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable.
- Plan ahead for your pets. Keep a phone list of pet-friendly hotels/motels and animal shelters that are along your evacuation routes.

Be Informed

Learn what disasters or emergencies may occur in your area. These events can range from those affecting only you and your family, like a home fire or medical emergency, to those affecting your entire community, like an earthquake or flood.

- Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels.
- Know the difference between different weather alerts such as watches and warnings and what actions to take in each.

- Know what actions to take to protect yourself during disasters that may occur in areas where you travel or have moved recently. For example, if you travel to a place where earthquakes are common and you are not familiar with them, make sure you know what to do to protect yourself should one occur.
- When a major disaster occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED). This training is useful in many emergency situations.
- Share what you have learned with your family, household and neighbors and encourage them to be informed.

Emergency Contact Cards for All Household Members

Get your cards online at <http://www.redcross.org/prepare/ECCard.pdf>.

- Print one card for each family member.
- Write the contact information for each household member, such as work, school and cell phone numbers.
- Fold the card so it fits in your pocket, wallet or purse.
- Carry the card with you so it is available in the event of a disaster or other emergency

For more information, visit: <http://emergency.cdc.gov/preparedness/>

Helping Parents Prepare for Disaster

Tip Sheet

Anyone who is a parent knows how hard it can be to raise a child. Add a stressful situation, like a natural disaster or other emergencies, and a difficult job gets even harder. When disasters happen, it is important to remember the health and well-being of your children. If you can be prepared for potential disaster situations, your children are likely to handle it better, too.

What Can I Do To Prepare?

- **Make a plan with your family or the people you live with.**
 - Discuss what type of disaster is likely to happen to you. Contact your local Red Cross, emergency management office or health department. Ask for advice, suggestions or information related to your situation.
 - Decide how to stay in touch with your family or housemates if there is a disaster. Set up two meeting places: right outside your home and another location in case you are forced to leave your neighborhood. Make sure your children can reach both places safely and that they know how to get there. If possible, have an out-of-town family contact. Make sure your children know this address and telephone number. Also make sure your contact knows your emergency plans.



www.cdc.gov



Helping Parents Prepare for Disaster

- **Put together a disaster supply kit.**

Items should include:

- Three gallons of water per person
- A three-day supply of food
- Flashlight and batteries
- First-Aid kit
- Battery-operated radio
- Complete change of clothing for each person
- Spare set of keys and identification cards
- Cash and copies of credit cards
- Matches in a waterproof container
- Pet supplies (food, medication)

If you have a baby, small child, or a senior living with you, consider any special needs they may have, including diapers, bottles and formula for your baby, favorite toys and belongings for your child, and prescription medications, extra eyeglasses or hearing aids for your senior or other family members who may need them.

- **Learn about existing preparedness plans in your town.**

If you have school-aged children, also be informed of their school emergency preparedness plans.

- **Plan several evacuation routes.**



- **If possible, invest in the appropriate type of insurance coverage: flood, fire, earthquake, hurricane, or wind.**

- **Plan how to take care of your pets.**

- **Practice your plan before a disaster .**

To Learn More:

www.bt.cdc.gov/preparedness/

www.aap.org/family/frk/FOurstepsFRK.pdf

www.fema.gov/plan/prepare/commplan.shtm

www.redcross.org

For more information, please contact:

Centers for Disease Control and Prevention
National Center for Injury Prevention and Control
Division of Violence Prevention

1-800-CDC-INFO • www.cdc.gov • cdcinfo@cdc.gov

Helping Parents Cope with Disaster

Tip Sheet

Anyone who is a parent knows how hard it can be to raise a child. Add a stressful situation, like a natural disaster or other emergencies, and a difficult job gets even harder. When disasters happen, it is important to remember the health and well-being of yourself and your children. If you are prepared for potential disasters, you can be more confident in your ability to keep your family safe, and your children are likely to handle the disaster better as well.

It is difficult to predict how children will react when disasters occur. Some children may not seem to be upset while others may have an emotional reaction or a change in behavior. Changes in emotions and behaviors can occur immediately or after a short delay.

Potential Reactions to Disasters:

Common Emotions:

- Shock and surprise
- Anxiety and tension
- Confusion
- Fear or worry
- Grief
- Anger
- Guilt and shame
- Helplessness
- Isolation
- Despair and sadness
- Numbness
- Fear of being alone

Behavioral Changes:

- Crying
- Eating patterns
- Sleeping patterns
- Anger or short temper
- Fatigue
- Hyperactivity
- Restlessness
- Difficulty concentrating



When talking to your child, be sure to present a realistic picture that is both honest and manageable. Be aware that after a disaster, children may fear that:

- They will be separated from family, and they will be left alone.
- The event will happen again.
- Someone will be injured or killed.



www.cdc.gov



Helping Parents Cope with Disaster

How Can I Help My Children Cope?

Regardless of your child's age, remember to:

- Model coping through calm reactions, even though you may be stressed. If you feel unable to control your emotions, seek out help and support from family or professionals.
- Keep routines as consistent as possible.
- Answer questions openly and honestly and at a level they can understand.
- Allow your children to talk about the event from their point-of-view. Let them know you will listen to their concerns and questions. Help them label and cope with their feelings. Let them know it is okay if they feel angry or sad.
- Reassure your children that you love and will care for them.
- Provide a peaceful household (and school experience).

Ages birth to 5:

- Children should have limited exposure to media and adult conversations about crisis and disaster.
- They should spend ample time with loving, reassuring adults.
- Parents should provide plenty of physical contact (for example, hugs and cuddles).
- Offer reassurance, especially at bedtime.
- Provide opportunities to be physically active.

Ages 6 to 12:

- Spend ample time with loving, reassuring adults.
- Provide verbal and physical reassurance that you are with them and will care for them.
- Limit repeated exposure to adult discussions and the news media. Watch with them and talk with them about what they are seeing and hearing, how they feel about it, and what it means for them and the family.
- Provide opportunities to talk and play, be creative and physically active.
- Provide reassurance, especially at bedtime.

Ages 13 to 18:

- Let them know your whereabouts and make sure you know where they will be.
- Provide time to talk and interact with peers.
- Allow opportunities to contribute in the family or assist others in responding to the crisis or community needs if they are interested.
- Give encouragement and support in taking care of themselves: eating well, sleeping sufficiently, exercising regularly.
- If you are staying in a shelter or in other unfamiliar surroundings, talk to your teen about staying safe.
- Talk with your teen about their feelings and discuss ways to help them cope.

For more information, please contact:

Centers for Disease Control and Prevention
National Center for Injury Prevention and Control
Division of Violence Prevention

1-800-CDC-INFO • www.cdc.gov • cdcinfo@cdc.gov

Food Safety at Home

Why should you care about food safety?

Each year millions of people get sick from food illnesses. Food illness can cause you to feel like you have the flu. Food illness can also cause serious health problems, even death.

Think you have a food illness?

Call your doctor and get medical care right away.

- Save the food package, can, or carton.
- Call USDA at 1-888-674-6854 for meat, poultry, or eggs.
- Call FDA at 1-866-300-4374 for all other foods.
- Call your local health department if you think you got sick from food you ate in a restaurant or other food seller.

Who is at risk?

Anyone can get sick from eating spoiled food. Some people are more likely to get sick from food illnesses.

- Pregnant women
- Older Adults
- People with certain health conditions like cancer, HIV/AIDS, diabetes, and kidney disease

Some foods are more risky for these people. Talk to your doctor or other health provider about which foods are safe for you to eat.

This fact sheet was developed by the FDA Office of Women's Health.

To get other women's health resources, go to

www.fda.gov/womens



Food Safety at Home



U.S. FOOD & DRUG
ADMINISTRATION

1. Clean

Always wash your food, hands, counters, and cooking tools.

- Wash hands in warm soapy water for at least 20 seconds. Do this before and after touching food.
- Wash your cutting boards, dishes, forks, spoons, knives, and counter tops with hot soapy water. Do this after working with each food item.
- Rinse fruits and veggies.
- **Do not** wash meat, poultry, fish, or eggs. If water splashes from the sink in the process of washing, it can spread bacteria.
- Clean the lids on canned goods before opening.



2. Separate (Keep Apart)

Keep raw foods to themselves. Germs can spread from one food to another.

- Keep raw meat, poultry, seafood, and eggs away from other foods. Do this in your shopping cart, bags, and fridge.
- Do not reuse marinades used on raw foods unless you bring them to a boil first.
- Use a special cutting board or plate for raw foods only.



3. Cook

Foods need to get hot and stay hot. Heat kills germs.

- Cook to safe temperatures:
 - Beef, Pork, Lamb 145 °F
 - Fish 145 °F
 - Ground Beef, Pork, Lamb 160 °F
 - Turkey, Chicken, Duck 165 °F
- Use a food thermometer to make sure that food is done. You can't always tell by looking.



4. Chill

Put food in the fridge right away.

- 2-Hour Rule: Put foods in the fridge or freezer within 2 hours after cooking or buying from the store. Do this within 1 hour if it is 90 degrees or hotter outside.
- Never thaw food by simply taking it out of the fridge. Thaw food:
 - In the fridge
 - Under cold water
 - In the microwave
- Marinate foods in the fridge.



West Virginia 
2-1-1[®]
Get Connected. Get Answers.



United Way's **NEW**
BASIC NEEDS initiative:

WV 2-1-1 is an information and referral hotline where callers dial 2-1-1 and get connected to a specialist who will assist in navigating local resources such as housing and food needs, health and child care questions, employment, and more.



United Way of the
Greenbrier Valley

Isolate and take precautions if you have or suspect you have COVID-19

ISOLATION



Stay home and away from others

Wear a high-quality mask if you must be around others

Start counting days

Day 0 is the day your symptoms started

If you never had symptoms, day 0 is the day you took a COVID-19 test



Watch for emergency warning signs, like trouble breathing

Seek help if they develop

AFTER ISOLATION

Until at least day 11, avoid being around people who are more likely to get very sick

Wear a high-quality mask when around others indoors



Removing your mask

After ending isolation, wear your mask through day 10

OR

Take 2 antigen tests, 48 hours apart

If both tests are negative, you may remove your mask sooner than day 10



ENDING ISOLATION

Isolate to day 6 or later, if you

- never had symptoms or symptoms are improving, and



- are fever-free for 24 hours without the use of fever-reducing medication

Continue to isolate if your fever persists or other symptoms have not improved

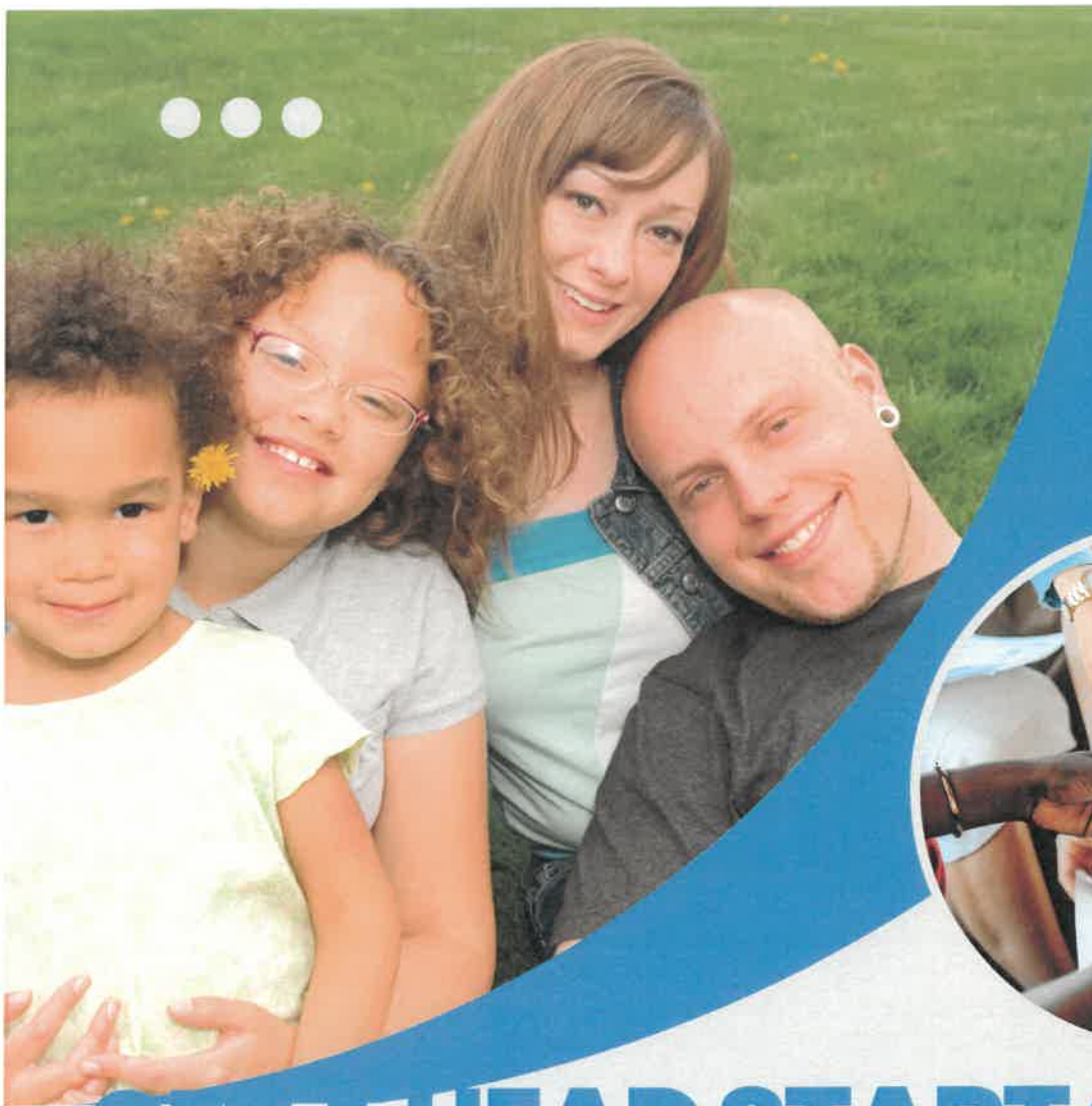
Isolate through day 10, if you experienced moderate illness, like shortness of breath or difficulty breathing

Isolate through day 10 and talk with a healthcare provider before you end isolation, if you



- were hospitalized, or
- have a weakened immune system





GET A HEAD START ON THE APPLICATION PROCESS

Scan The QR Code



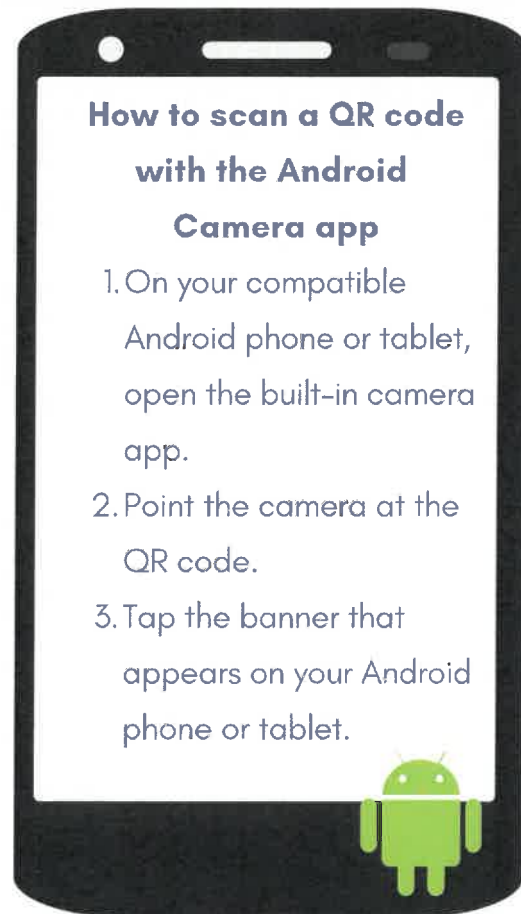
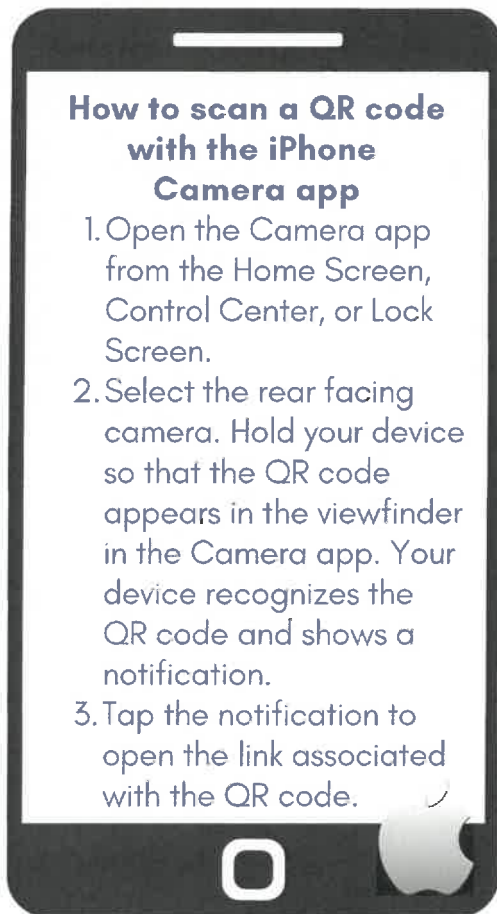
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**CUSTOMER
SATISFACTION
SURVEY**



**SCAN ME! TO LET
US KNOW HOW
WE ARE DOING**



WWW.MHTWV.ORG

CPR List – October 2024

Regional

American Red Cross – 1-800-733-2767

Jan Care Ambulance

Paul Seaman – Director of Operations

304-673-5773

pseamann@jancare.com

New River Technical Colleges

304-929-5450

Check the website in your area college

Heather Tharp – Career Development Coordinator

Braxton, Fayette, Nicholas, and Webster

304-872-5580

Will travel for class

Braxton County

Braxton Adult Learning Center

304-765-5415

George.cook@wvesc.org

Braxton County Memorial Hospital

304-364-5156

Allegheny Surveys

Birch River WV

Danny O'Brien / need a class of 5

304-649-8606

Fayette

American Red Cross

208 Main Street East

Oak Hill WV

304-469-4636

Greenbrier

Greenbrier County Ambulance

237 3rd Street

Lewisburg WV

304-645-2252

Open Doors

1108 Washington Street East

Lewisburg WV

304-645-2130-ext 304 / Liz Pitzer

McDowell

Welch Community Hospital

454 McDowell Street

Welch WV

304-436-8817

First Wednesday every month@ 8 am

Mercer

Princeton Community Hospital

Kimberly.barnett@pchonline.org

304-487-7074

Karen Preservati Center

304-716-0129

Monroe

Monroe County Health Department

Tracie Bland LPN

304-772-3064 ext. 152

Last Tuesday of the month / or call for more information.

Nicholas

Cynthia McClung

CMJD@hotmail.com

FB: Every Heartbeat

304-640-4144

Summersville Regional Medical Center

400 Fairview Heights Summersville WV

Educational Dept

304-872-2891

Misty Ellison BLS Instructor

Bright Horizon in Craigsville (every month 3rd Thursday @ 10 am)

Will also do other classes

304-651-0162

Pocahontas

Pocahontas Memorial Hospital

Kaitlyn Sharp

304799-7400 ext. 1052

Raleigh

Beckley Fire Department

304-256-1780

Captain Gene Ferguson

681-208-1467

Will travel for training

YMCA

304-252-0715

Once a Month

Summers

Summer County EMS

Nicholas Crewey

304-466-0312

Webster

Webster-Addison Public Library

331 S Main

Webster Spring WV

304-847-2550

Free every month

Wyoming

Wyoming County Fire Department – Mike Johnson

12 Parks Street

Pineville WV

304-732-6588

STAT Ambulance

84 Main Avenue

Pineville WV

304-732-9116

Braxton County

Animal Services	Location	Phone
Braxton County Animal Shelter	Sutton	304-765-2200
Central WV Animal Hospital	Gassaway	304-803-3046
WV Spay Neuter Assistance Program	Sutton	304-765-2835
Child Care		
MountainHeart Community Services, Inc.	Summersville	304-872-9200
Robbins Nest Day Care Center	Gassaway	304-765-2989
Wee Care Day Care	Gassaway	304-364-7077
Wee Care Day Care 2	Gassaway	304-364-7007
Children's Services		
Braxton County WIC Office	Gassaway	304-364-8778
Central WV Center for Pregnancy Care	Gassaway	304-473-1122
Family Support Center	Gassaway	
National Youth Advocate Program	Sutton	681-758-4750
Parents As Teachers	Clay	
Right From the Start	Rainelle	304-438-5810
West Virginia Birth to Three	Lewisburg	304-647-3810
WVU Extension Services	Sutton	304-765-2809
Disability		
Aging and Disability Resource Center	Princeton	304-425-2040
Appalachian Center for Independent Living	Charleston	800-642-3003
Precision Services	Gassaway	304-364-3500
Salvation Army		
Specialized Transportation	Sutton	304-765-4090
West Virginia Division of Rehabilitation Services	Weston	304-269-0547
WorkForce West Virginia	Summersville	304-872-0841
Disaster Relief		
American Red Cross	Beckley	866-246-8286
Salvation Army	Buckhannon	304-265-3565
Domestic Violence		
Centers Against Violence	Sutton	304-765-2848
Education		
Braxton Adult Learning Center	Sutton	304-765-5415
Braxton County Board of Education	Sutton	304-765-7101
Braxton County Head Start	Sutton	304-765-5566
Family Support Center	Gassaway	
Mountaineer Challenge Academy	Kingwood	304-329-2118
Pierpont Community and Technical College	Flatwoods	304-368-7235

Financial		
Catholic Charities	Charleston	304-380-0162
WVU Extension Services	Sutton	304-765-2809
Food and Clothing		
Braxton Community Coalition	Gassaway	304-644-2828
Braxton County WIC Office	Gassaway	304-364-8778
Catholic Charities	Charleston	304-380-0162
Central WV Center for Pregnancy Care	Gassaway	304-364-8843
Christ's Cantina Food Distribution Center	Sutton	304-689-6193
Encore Thrift Store	Gassaway	
Gassaway Baptist Church	Gassaway	304-364-8843
Groves Creek Food Pantry	Duck	
Little Birch Baptist Food Pantry	Little Birch	304-765-0127
Mountain CAP of WV, Inc.	Sutton	304-765-7738
Mountaineer Food Bank	Gassaway	304-364-8778
My Father's Mission Food Pantry	Sutton	304-765-7651
Rosedale Senior Citizen Center	Rosedale	304-364-8682
Salvation Army	Buckhannon	304-265-3565
St. Thomas Catholic Church	Gassaway	304-364-5895
Sutton Baptist Church	Sutton	304-765-5442
Sutton Methodist Church	Sutton	304-765-5590
United Christian Food Pantry	Sutton	304-765-3107
West Virginia Department of Human Services	Sutton	304-765-7344
WVU Extension Services	Sutton	304-765-2809
Foster and Adoption		
Children's Home Society of West Virginia	Summersville	304-872-8190
Foster Grandparent Program		304-699-3706
National Youth Advocate Program	Sutton	681-758-4750
Necco	Beckley	304-461-8423
Health and Medical		
Advantage Homecare	Clay	304-587-9992
Braxton Community Health Center	Gassaway	304-364-1093
Braxton County Health Department	Sutton	304-765-2851
Braxton County Memorial Hospital	Gassaway	304-364-5156
Braxton County Memorial Hospital Home Health	Gassaway	304-364-1063
Braxton Health Associates	Gassaway	304-364-8941
Community Care of Flatwoods	Sutton	304-364-8941
Community Care of WV	Sutton	304-765-0351
Hospice Care Corporation	Burnsville	304-853-2279
Mountain State Home Health	Mt. Nebo	800-843-4117
National Youth Advocate Program	Sutton	681-758-4750
Sutton Lions Club	Sutton	304-765-7695
United Summit Center	Sutton	304-765-2801
West Virginia Department of Human Services	Sutton	304-765-7344

Housing and Weatherization		
Catholic Charities	Charleston	304-380-0162
Central West Virginia Outreach Center	Gassaway	304-364-4672
Mountain CAP of WV, Inc.	Sutton	304-765-7738
- Apartments		
Braxton Manor Apartments	Gassaway	844-478-6472
Braxton Manor II Apartments	Gassaway	304-364-2669
Clarks Town Hill Apartments	Sutton	304-765-9249
Deer Forest Apartments	Sutton	304-364-9104
Elk Village Apartments	Sutton	304-765-2433
Flint Apartments	Sutton	304-765-7283
Sutton School Apartments	Sutton	304-402-2110
Job Services		
Precision Services	Gassaway	304-364-3500
West Virginia Division of Rehabilitation Services	Weston	304-269-0547
WorkForce West Virginia	Summersville	304-872-0068
Legal		
Legal Aid of West Virginia	Charleston	800-642-8279
Libraries		
Burnsville Public Library	Burnsville	304-853-2338
Gassaway Public Library	Gassaway	304-364-8292
Sutton Public Library	Sutton	304-765-7224
Recreation		
Bee Run Recreation Area	Sutton	304-765-2120
Burnsville Lake	Burnsville	304-853-2882
Burnsville Wildlife Management Area	Burnsville	304-924-6211
Elk River Wildlife Management Area	Sutton	304-924-6211
Falls Mill	Ireland	304-853-2371
Flatwoods Monster Chairs	Flatwoods	304-765-6533
Flatwoods Monster Museum	Sutton	304-765-6533
Holly Gray Park	Sutton	304-765-7603
Sutton Dam	Sutton	304-765-2816
Sutton Lake	Sutton	304-765-2120
West Virginia Bigfoot Museum	Sutton	717-228-7524
Senior Services		
Aging and Disability Resource Center	Princeton	304-425-2040
Appalachian Area Agency on Aging	Princeton	304-425-1147
Braxton County Senior Center	Sutton	304-765-4090
Substance Abuse		
Braxton County Fellowship Home	Sutton	304-765-2616

Transportation		
Braxton County Fellowship Home	Sutton	304-765-2616
Gassaway Cabs	Flatwoods	304-364-5272
Specialized Transportation	Sutton	304-765-4090
Veterans		
Braxton County Community Based Outpatient	Sutton	304-765-3480
West Virginia Department of Veterans Assistance	Summersville	304-872-0829

FAYETTE COUNTY

Animal Services	Location	Phone
Fayette County Animal Control Center	Fayetteville	304-574-3682
Fayetteville Wildlife Removal	Fayetteville	888-585-7502
Fayette Veterinary Hospital	Fayetteville	304-574-4838
New River Humane Society	Fayetteville	681-220-1067
Oak Hill Animal Hospital	Oak Hill	304-465-8267
Wags N Whispers Pet Grooming	Oak Hill	304-860-6103
Child Care		
A Place to Grow	Oak Hill	304-469-6687
Fayette County Starting Points	Smithers	304-442-0043
MountainHeart Community Services, Inc.	Beckley	304-253-7654
Children's Services		
Energy Express	Fayetteville	304-574-4253
Family Support Center	Smithers	304-442-0042
Fayette County 4-H	Fayetteville	304-574-4253
Fayette County Community Corrections Program	Oak Hill	304-469-2004
Gabriel Project	Fayetteville	304-574-0446
Just For Kids, Inc	Beckley	304-255-4834
Maternal Infant Health Outreach Worker	Fayetteville	304-469-2415
Right From the Start	Rainelle	304-438-5810
West Virginia Birth to Three	Princeton	304-425-3669
WVU Extension Services	Fayetteville	304-574-4253
Disability		
Fayette Nursing and Rehabilitation	Fayetteville	304-574-0770
KVC In-home Therapy	Beckley	304-929-4130
Mountain State Centers for Independent Living	Huntington	304-525-3324
RCCAA – Permanent Supportive Housing Program	Beckley	304-860-1921
Disaster Relief		
American Red Cross	Beckley	844-216-8286
Salvation Army	Beckley	304-253-9541
Domestic Violence		
Domestic Violence Support Group	Fayetteville	304-574-0500
Women's Resource Center	Glen White	304-255-2559
Education		
Family Support Center	Smithers	304-442-0042
Fayette County Literacy Council	Fayetteville	304-465-5072
Fayette County Preschool Early Intervention	Oak Hill	304-465-5613 ext.165
Fayette County Schools	Fayetteville	304-574-1176
Fayette County SPOKES	Oak Hill	304-465-8250

Fayette Institute of Technology	Oak Hill	304-469-2911
Southern Appalachian Labor School	Kincaid	304-779-2280
Financial		
EnAct Community Action	Montgomery	304-442-2018
West Virginia Department of Human Services	Oak Hill	304-465-9613
Fayetteville United Methodist Church	Fayetteville	304-574-0187
Oak Hill United Methodist Church	Oak Hill	304-469-4126
St. Peter and Paul Catholic Church	Oak Hill	304-465-5445
The Salvation Army	Beckley	304-253-9541
Food and Clothing		
Ansted Ministry Center	Ansted	304-574-3599
Anstead of Ministerial Association	Ansted	304-658-4075
Believers Under Grace	Oak Hill	304-465-0306
Catholic Charities	Princeton	304-425-4306
Dream Center	Beckley	304-252-3402
EnAct Community Action	Montgomery	304-442-2018
Falls View Presbyterian Church	Charlton Heights	304-779-2870
West Virginia Department of Human Services	Oak Hill	304-465-9613
Fayette County Emergency Food Assistance	Fayetteville	304-574-3733
Fayette County Family Resource Network	Fayetteville	304-574-4338
Fayette County Starting Points	Alloy	304-779-3109
Fayetteville Baptist Church	Fayetteville	304-574-1074
Fayetteville United Methodist Church	Fayetteville	304-574-0187
First Brethren Church of Oak Hill	Oak Hill	304-469-6153
Good News Outreach Mission	Meadow Bridge	304-484-6106
Good Samaritan Center	Oak Hill	304-465-8911
Hand N Hand Mission	Oak Hill	304-465-0306
Lewis Christian Community Center	Oak Hill	304-469-3313
Meadow Bridge United Methodist Church	Meadow Bridge	304-484-7601
Montgomery Presbyterian Church	Montgomery	304-442-8591
Oak Hill Better Living Center	Oak Hill	304-465-6425
Oak Hill United Methodist Church	Oak Hill	304-469-3313
One Voice	Beckley	681-238-5724
Page Baptist Church	Kincaid	304-465-8641
Putnam County Aging Program	Oak Hill	304-465-8484
Spirit and Truth Ministries	Oak Hill	304-465-8911
St. Peter and Paul Catholic Church	Oak Hill	304-465-5445
The Center of Hope	Oak Hill	304-222-0629
The Salvation Army	Beckley	304-253-9541
United Community Services	Montgomery	304-442-2018
United Way of Southern West Virginia	Beckley	304-253-2111
Warm Hands and Warm Hearts	Oak Hill	304-222-0629
West Virginia Department of Human Services	Oak Hill	304-465-9613
West Virginia WIC	Oak Hill	304-465-5314

Foster and Adoption		
Burlington United Methodist Family Services, Inc.	Beckley	304-252-8508
Children's Home Society of West Virginia	Daniels	304-255-0408
Davis Stuart	Lewisburg	304-647-5577
Foster Grandparent Program		304-340-3636
KVC	Beckley	304-929-4130
NECCO	Beckley	304-250-0408
Pressley Ridge	Crab Orchard	304-252-1106
Health and Medical		
Access Health	Lochgelly	304-469-3334
Active Southern WV	Beckley	304-254-8488
Amedisys	Fayetteville	304-574-1141
Anstead Center	Anstead	304-658-5271
Division of Rehabilitation	Beckley	304-256-6900
Family Options Providers, Inc	Beckley	304-254-9610
West Virginia Department of Human Services	Oak Hill	304-465-9613
Fayette County Health Department	Fayetteville	304-574-1617
Fayette County School Health Services	Fayetteville	304-574-0239
Fayette Nursing and Rehabilitation	Fayetteville	304-574-0770
FMRS Healthcare Systems, Inc.	Fayetteville	304-574-2100
Genesis Health Care	Ansted	304-658-5271
Ghassan Dagher	Montgomery	304-469-6711
Hidden Valley Nursing and Rehabilitation	Oak Hill	304-465-1903
Hopewell	Cross Lanes	304-755-9411
Meadow Bridge Clinic	Meadow Bridge	304-484-7755
MedExpress Urgent Care	Fayetteville	304-658-9397
Midland Trail Health Center	Hico	304-969-8080
New River Health Center	Scarbro	304-465-2905
New River Health Center	Fayetteville	304-574-3960
Panhandle Support Services	Oak Hill	304-465-3302
Plateau Medical Center	Oak Hill	304-469-8600
Plateau Medical Group	Fayetteville	304-574-0120
Southern Eye Care Associates	Oak Hill	304-469-6711
West Virginia Department of Human Services	Oak Hill	304-465-9613
West Virginia Home Health Services	Oak Hill	304-465-8211
Housing and Weatherization		
Catholic Charities	Princeton	304-425-4306
EnAct Community Action	Montgomery	304-442-2018
MountainHeart Community Services, Inc.	Oceana	304-682-8271
Mt. Hope Housing Authority	Mt. Hope	304-877-6541
Oak Hill United Methodist Church	Oak Hill	304-469-4126
RCCAA – Permanent Supportive Housing Program	Beckley	304-860-1921
River Valley Community Outreach	Fayetteville	530-329-8361
Southern Appalachian Labor School	Kincaid	304-779-2280
United Way	Beckley	304-253-2111

- Apartments		
Amos E. Landrum Apartments	Smithers	304-442-4470
Birch Tree and Maple Court Apartments	Oak Hill	304-250-4294
Crossroad Apartments	Mt. Hope	681-238-5807
Fayette Hills Apartments	Fayetteville	304-574-0904
Fayette Hill Unity Apartments	Oak Hill	304-465-8240
Fayette Manor Apartments	Oak Hill	304-469-6673
Gertrude Apartments	Smithers	844-224-2778
Hope Landing Apartments	Mt. Hope	304-877-5112
Hunter Ridge Apartments	Mt. Hope	304-472-1500
Hunter Ridge 2 Apartments	Mt. Hope	304-765-7738
Maple Court Apartments	Oak Hill	844-230-8174
Oakmont Greene I	Mt. Hope	304-877-6678
Oakmont Greene II	Mt. Hope	866-719-2763
Pine Knoll Apartments	Oak Hill	304-469-4684
Plateau Oaks Apartments	Oak Hill	304-465-8900
Rivermont Presbyterian Homes	Montgomery	304-442-4767
Rosedale Townhomes	Oak Hill	304-573-5443
Twin Oaks Plaza	Oak Hill	304-469-9938
Upper Falls Landing Apartments	Montgomery	304-343-3535
Wylodene Apartments	Smithers	304-442-4470
Job Services		
EnAct	Montgomery	304-442-2018
One Voice	Beckley	681-238-5724
WorkForce West Virginia	Beckley	304-256-6796
Legal		
Legal Aid of West Virginia	Beckley	800-319-4187
Women's Resource Center	Beckley	304-255-2559
Libraries		
Anstead Public Library	Anstead	304-658-5472
Fayette County Public Library	Oak Hill	304-465-0121
Fayetteville Public Library	Fayetteville	304-574-0070
Montgomery Public Library	Montgomery	304-442-5665
Oak Hill Public Library	Oak Hill	304-469-9890
Recreation		
ACE Adventure Resort	Oak Hill	844-895-4176
Bluestone National Scenic River	Glen Jean	304-465-0508
Cathedral Falls	Gauley Bridge	304-635-2505
Endless Wall Trail	Lansing	
Fayette County Park	Fayetteville	304-574-1111
Fayetteville Town Park	Fayetteville	304-574-3561
Gauley River National Recreation Area	Glen Jean	304-465-0508
Hawks Nest State Park	Anstead	304-658-5212

Kanawha Falls	Kanawha Falls	
Long Point Trail	Fayetteville	304-465-0508
New River Gorge National River	Thurmond	304-465-0508
Oak Hill City Park	Oak Hill	
Senior Services		
Central WV Aging Services	Oak Hill	304-465-0885
Fayette County Senior Program	Oak Hill	304-465-8484
Hospice of Southern West Virginia	Beckley	304-250-6040
Montgomery General Elderly Care	Montgomery	304-442-2469
Putnam County Aging Program	Oak Hill	304-465-8484
Sheltering Arms, Inc.	Fayetteville	855-333-6002
Willow Bay Assisted Living	Oak Hill	304-465-5400
Substance Abuse		
Brian's Safehouse	Mt. Hope	304-763-7655
Fayette County Community Corrections Program	Oak Hill	304-469-2004
Fayette County Health Department	Fayetteville	304-574-1617
Fayette Prevention Coalition	Fayetteville	304-619-2126
FMRS Healthcare Systems, Inc.	Fayetteville	304-574-2100
New River Health Center	Scarbro	304-465-2905
One Voice	Beckley	304-732-7701
Seneca Health Services	Summersville	304-872-2659
Southern Coalfields Tobacco Prevention Network	Princeton	304-913-4956
Sparrow's Nest	Mt. Hope	304-763-7655
Transportation		
City Cab	Oak Hill	304-469-2100
City Cab	Montgomery	304-442-2231
Medical Runners, Inc	Fayetteville	304-256-0003
Mountain State Centers for Independent Living	Beckley	304-255-0122
Mountain Transit Authority	Summersville	304-872-5872
MTS Medical Transportation	Beckley	304-252-3433
Veterans		
Beckley VA Medical Center	Beckley	304-252-8220
State of West Virginia Department of Veterans Assistance	Beckley	304-265-6955

GREENBRIER COUNTY

Animal Services	Location	Phone
Alderson Veterinary Hospital	Alderson	304-445-2856
Amy's Mobile Vet Services	Frankford	304-497-2780
Blue Moon Pet Boutique	Lewisburg	304-647-0021
Fairlea Animal Hospital	Lewisburg	304-645-3550
Greenbrier County Animal Shelter	Lewisburg	304-645-9080
Greenbrier County Humane Society	Lewisburg	304-645-4775
Greenbrier Veterinary Hospital	Lewisburg	304-645-1476
Greenbrier Veterinary Hospital	Rainelle	304-438-8511
Ironsides Animal Health	Lewisburg	304-645-7800
Lewisburg Veterinary Hospital	Lewisburg	304-645-1434
Lewisburg Wildlife Removal Experts	Lewisburg	888-585-7502
Seneca Trail Animal Hospital	Lewisburg	304-645-1700
Child Care		
Burr Rabbit Child Development Center	White Sulphur Springs	304-536-4260
Joyful Noise, Inc	Lewisburg	304-647-2727
Kingdom Kids Child Development Center	Lewisburg	304-793-2327
Lewisburg Child Care	Lewisburg	304-645-3793
Lil' Britches Day Care Center	Lewisburg	304-793-5437
Lil' Rascals Day Care Center	Lewisburg	304-645-5590
Little Learners Educational Day Care	Ronceverte	304-649-3750
MountainHeart Community Services, Inc.	Lewisburg	304-647-3800
Northern Greenbrier Latchkey Kids	Frankford	304-497-3392
Children's Services		
Central West Virginia WIC	Lewisburg	304-647-7430
Creative Works	Ronceverte	304-645-1163
Family Support Center	Rupert	304-920-0601
Greenbrier County Youth Camp	Lewisburg	304-497-2164
Greenbrier Valley Children's Youth Home	Rupert	304-645-1302
Maternal Infant Health Outreach Worker	Fayetteville	304-469-2415
Parents As Teachers	Rainelle	304-651-1898
Parents Morning Out Program	Lewisburg	304-645-2727
Right From the Start	Rainelle	304-438-5810
West Virginia Birth to Three	Lewisburg	304-647-3810
WVU Extension Services	Lewisburg	304-647-7408
Youth and Child Advocacy Center	Lewisburg	304-645-4668
Disability		
Appalachian Center for Independent Living	Charleston	800-642-3003
Open Doors Inc.	Lewisburg	304-645-2130
Shepherd's Center of Greenbrier Valley	Lewisburg	304-645-4196
State of West Virginia Rehabilitation	Lewisburg	304-647-7515

Disaster Relief		
American Red Cross Greenbrier Valley Chapter	Lewisburg	304-645-1070
Greater Greenbrier Long-Term Recovery Committee	Lewisburg	304-645-6800
Greenbrier County Homeland Security and Emergency Management	Maxwelton	304-645-5444
Domestic Violence		
Family Refuge Center	Lewisburg	304-645-6334
Education		
Carnegie Hall, Inc.	Lewisburg	304-645-7917
Family Support Center	Rupert	304-920-0601
Greenbrier Adult Education	Lewisburg	304-647-6458
Greenbrier Adult Education	Rupert	304-392-6209
Greenbrier Community School	Lewisburg	304-793-2420
Greenbrier County Head Start Prekindergarten	Lewisburg	304-392-6999
Greenbrier County Schools	Lewisburg	304-647-6470
Greenbrier Family Support Center	Rupert	304-920-0601
Greenbrier Valley Theatre	Lewisburg	304-645-3838
High Rocks Educational Corporation	Hillsboro	304-653-4891
Lewisburg Adult Education	Lewisburg	304-647-6564
Lewisburg United Methodist Church Preschool	Lewisburg	304-645-2727
Literacy Through Libraries	Ronceverte	304-647-7400
Mountaineer Challenge Academy	Kingwood	304-791-4301
Rupert Adult Education Center	Rupert	304-392-6209
WorkForce West Virginia	Ronceverte	304-647-7410
Financial		
North Central West Virginia Community Action	Lewisburg	304-647-5106
Food and Clothing		
Alderson Ministerial Association	Alderson	304-445-5231
Americana Thrift Store	Lewisburg	304-645-2676
Central West Virginia WIC	Lewisburg	304-647-7430
First Baptist Church	Rainelle	304-438-6311 or 304-438-6293
Goodwill Industries	Ronceverte	304-645-6500
Greenbrier Better Living Center	Ronceverte	304-647-3003
Greenbrier Community Services Williamsburg Pantry	Lewisburg	304-392-5537 or 304-445-7515
Hope Haven, Inc.	Quinwood	304-438-6060
Northern Greenbrier Food Pantry	Renick	304-647-3161 or 304-497-3515
Old Stone Presbyterian Church	Lewisburg	304-645-7842 or 304-645-2676
Quinwood Food Pantry	Quinwood	304-438-8124
Rainelle Food Pantry	Rainelle	304-438-5571

Ronceverte Baptist Church	Ronceverte	304-647-5482
Ronceverte Food Pantry	Ronceverte	304-647-5482
Rupert Food Pantry	Rupert	304-392-5486
Second Look Thrift Store	Lewisburg	304-992-3180
United Way of Greenbrier Valley	Ronceverte	304-647-3783
Wellsprings of Greenbrier, Inc.	Rupert	304-392-2095
West Virginia Department of Human Services	Lewisburg	304-647-7476
Western Greenbrier Ministerial Association	Rupert	304-392-5486
White Sulphur Springs Food Pantry	White Sulphur Springs	304-536-1291
White Sulphur Springs Pentecostal Church	White Sulphur Springs	304-661-1906 or 304-647-8804
Williamsburg Food Pantry	Williamsburg	304-645-6715
WVU Extension Services	Lewisburg	304-647-7408
Foster and Adoption		
CASA of the Eleventh Judicial Circuit WV, Inc.	Lewisburg	304-645-5437
Children's Home Society of West Virginia	Fairlea	304-647-3430
Foster Grandparent Program		304-340-3636
Health and Medical		
Alderson Medical Center	Alderson	304-445-3140
Babylove GVB	Lewisburg	304-667-4362
Drug Free Mother/Baby Program	Ronceverte	304-647-1166
Encouraging Words Counseling	Lewisburg	304-645-5355
Greenbrier County Health Department	Fairlea	304-645-1787
Greenbrier Valley Medical Center	Ronceverte	304-647-4411
Home Care Plus	Lewisburg	304-645-1706
Kanawha Hospice of Lewisburg	Lewisburg	304-647-2700
Lewisburg Health Center	Lewisburg	304-647-4747
Maxwelton Dental Center	Maxwelton	681-318-3610
Pyramid Counseling	Lewisburg	304-645-5558
Rainelle Medical Center	Rainelle	304-438-6188
Robert C. Byrd Clinic	Lewisburg	304-645-3220
Seneca Health Services	Lewisburg	888-736-3229
Susan Vlajk	Lewisburg	304-647-5826
West Virginia Department of Human Services	Lewisburg	304-647-7476
White Sulphur Lions Club	White Sulphur Springs	304-497-2241
Williamsburg Health Clinic	Williamsburg	304-645-7872
WVSOM Center for Rural and Community Health	Lewisburg	304-793-6571
Housing and Weatherization		
Almost Heaven Habitat for Humanity	Lewisburg	304-647-3342
Almost Heaven Habitat for Humanity ReStore	Lewisburg	304-647-1359
Housing Authority of the County of Greenbrier	Lewisburg	304-645-4966
North Central West Virginia Community Action	Lewisburg	304-647-5106
United Way of Greenbrier Valley	Ronceverte	304-647-3783
- Apartments		

Alderson Manor	Alderson	304-445-7473
Bethlehem Farm	Alderson	304-445-7143
Brook Village Apartments	Lewisburg	304-647-3330
Fort Springs Apartments	Lewisburg	304-645-5884
La Verne Apartments	White Sulphur Springs	304-536-2992
Lewis Terrace	Lewisburg	304-645-3311
Lewisburg Manor	Lewisburg	304-645-1308
Morgan Manor Apartments	Lewisburg	304-645-2680
Oakwood Apartments	White Sulphur Springs	304-536-1340
Perrine Properties	Lewisburg	304-645-2020
Ridgeview Estates	Ronceverte	304-647-3883
Riverview Apartments	Ronceverte	304-645-7119
Ronceverte Village Apartments	Ronceverte	304-645-1671
Sunset Bridge Apartments	Meadow Bridge	304-484-7409
Spruce Cove	Lewisburg	304-645-5699
Tabor Tower	Lewisburg	304-645-1002
Veronica Apartments	White Sulphur Springs	304-536-9232
Wilshire Landing	Lewisburg	304-645-4111
Woodland Acres	Lewisburg	304-741-0914
Job Services		
Gateway Industries, Inc.	Ronceverte	304-645-3165
Goodwill Industries	Ronceverte	304-645-6500
Greenbrier Valley Job Services	Ronceverte	304-647-7415
MountainHeart Community Services, Inc.	Lewisburg	304-647-3800
West Virginia Division of Rehabilitation Services	Lewisburg	304-647-7515
WorkForce West Virginia	Ronceverte	304-647-7410
Legal		
Greenbrier County Day Report Center	Ronceverte	304-647-1389
Greenbrier County Public Defender Office	Lewisburg	304-645-5588
Legal Aid West Virginia	Lewisburg	866-401-9391
Libraries		
Alderson Public Library	Alderson	304-445-7221
Greenbrier County Public Library	Lewisburg	304-647-7568
Rainelle Public Library	Rainelle	304-438-3008
Ronceverte Library	Ronceverte	304-647-7400
Rupert Public Library	Rupert	304-392-6158
White Sulphur Springs Library	White Sulphur Springs	304-536-1171
Recreation		
Big Bend Recreation Area	Alvon	304-536-1440
Blue Meadow Llamas	White Sulphur Springs	304-520-8414
Brad Paisley Community Park	White Sulphur Springs	304-667-8505
Caring Acres Farm	Lewisburg	941-735-2119
Escape Room at the Barracks	Lewisburg	304-645-3398

Falcon Academy at the Greenbrier	White Sulphur Springs	304-536-9245
Free Spirit Adventures	Caldwell	304-536-0333
Greenbrier Bowling & Recreation Center	Lewisburg	304-645-3111
Greenbrier River Campground, Cabins, and River Trips	Alderson	304-445-2203
Greenbrier State Forest Disc Golf	Caldwell	304-536-1944
Greenbrier State Forest	Caldwell	304-536-1944
Greenbrier Valley Aquatic Center	Lewisburg	681-484-7037
Greenbrier Valley Economic Development Corporation	Maxwelton	304-497-4300
Lost World Caverns	Lewisburg	304-645-6677
Monogahela National Forest	White Sulphur Springs	304-536-2144
Mountain Top Farm	Renick	304-497-2081
Mountain Water Adventures	White Sulphur Springs	304-956-2502
Rainelle Public Swimming Pool	Rainelle	304-661-3950
Riverwise Park	Caldwell	
Ronceverte Island Park	Ronceverte	
Sunset Berry Farm & Produce	Alderson	304-646-3784
White Oak Blueberry Farm	Renick	304-497-3577
White Sulphur Springs Fish Hatchery	White Sulphur Springs	304-536-1361
Senior Services		
Alderson Senior Center	Alderson	304-445-7237
Autumn Way	Rupert	304-392-5566
Greenbrier County Committee on Aging	Ronceverte	304-645-1978
Greenbrier County Committee on Aging	Rupert	304-392-5138
Greenbrier Health Care Center	Lewisburg	304-645-3076
Seasons Place	Lewisburg	304-508-2468
Shepherd's Center of the Greenbrier Valley	Lewisburg	304-645-4196
Stonerise	Ronceverte	304-645-7270
Stonerise	Rainelle	304-438-6127
Substance Abuse		
Celebrate Recovery	Lewisburg	304-645-6999
Crosswinds Center	Maxwelton	888-736-3229
God's Way Home, Inc.	Rainelle	304-646-6655
Seneca Health Services	Lewisburg	888-736-3229
Transportation		
Mountain Transit Authority	Summersville	304-872-5872
Veterans		
American Legion	Lewisburg	304-497-3212
West Virginia Department of Veterans Assistance	Ronceverte	304-647-7500

MCDOWELL COUNTY

Animal Services	Location	Phone
McDowell County Humane Society	Welch	304-436-2185
Child Care		
MountainHeart Community Services, Inc.	Oceana	304-682-8271
Wee Care Child Care	Welch	304-436-4386
Children's Services		
Big Creek People in Action	War	304-875-3418
Coalfields Community Action Partnership	Keystone	304-862-2837
Council of Southern Mountains	Welch	304-436-6800
Family Support Center	Caretta	
Forever Families Community Center	Northfork	304-862-4951
Parents As Teachers	Welch	304-436-8300
Paul Miller Home	Northfork	304-862-4237
Police Explorers Program	Princeton	304-913-4656
Right From the Start	Bluefield	304-323-8315
Save The Children	Bradshaw	304-967-7700
Save the Children	Laeger	304-938-2227
Stop the Hurt Child Advocacy Center		304-436-1600
The Mac Center	Welch	304-436-8300
West Virginia Birth to Three	Princeton	304-428-2926
WVU Extension Services	Welch	304-436-9006
Disability		
Council of Southern Mountains	Welch	304-436-6800
Marden Rehabilitation Associates	Welch	681-201-2009
McDowell Continuous Care	Gary	304-448-2121
McDowell County Project Lifesaver	Welch	304-436-8523
Mountain State Centers for Independent Living	Huntington	304-525-3324
Disaster Relief		
American Red Cross	Bluefield	304-327-5017
Council of Southern Mountains	Welch	304-436-6800
Domestic Violence		
Stop Abusive Family Environments	Welch	304-436-8117
Education		
Big Creek People in Action	War	304-875-3418
Catholic Charities of WV	Eckman	304-425-8117
Coalfields Community Action Partnership	Keystone	304-862-2837
Family Support Center	Caretta	
Head Start/Universal PreK		304-656-7076
McDowell County Adult Education Center	Welch	304-436-6580

McDowell County Board of Education	Welch	304-436-8441
McDowell County Learning Center	Welch	304-436-4796
School for Life	Gary	304-448-2309
SPOKES	Welch	304-436-4996
West Virginia University Extension Service	Welch	304-436-9006
WorkForce West Virginia	Welch	304-436-2700
Financial Services		
Council of Southern Mountains	Welch	304-436-6800
Highland Education Project	Welch	304-436-2641
Social Security Administration	Welch	800-772-1213
The Salvation Army	Bluefield	304-327-7411
West Virginia University Extension Service	Welch	304-436-9006
Food and Clothing		
A Work of Heart Thrift Store	Welch	
Big Creek People in Action	War	304-875-3418
Catholic Charities	Princeton	304-425-4306
Coalfields Community Action Partnership	Keystone	304-862-2837
Council of Southern Mountains	Welch	304-436-6800
Five Loaves & Two Fishes Food Bank	Roderfield	304-585-7295
God's Grace	Elbert	304-938-6072
Hands of Hope	Welch	304-436-4001
Highland Education Project	Welch	304-436-2641
Life and Light	Welch	304-436-2096
Little Sparrow Ministries	Laeger	304-938-2738
West Virginia Department of Human Services	Welch	304-436-8302
Mission Ministries	Welch	304-436-4092
Noah's Ark Baby Pantry	Raysel	
The Refuge in Christ	Raysel	304-967-5440
The Salvation Army	Bluefield	304-327-7411
United Way		304-253-2111
West Virginia University Extension Service	Welch	304-436-9006
West Virginia WIC Program	Welch	304-436-6122
Foster and Adoption		
Children's Home Society of West Virginia	Princeton	304-431-2424
Forever Families Community Center	Northfork	304-862-4951
Foster Grandparent Program		304-436-6800
Health and Medical		
Big Creek Medical Center	War	304-875-2290
Coalfields Community Action Partnership	Keystone	304-862-2837
Compassus	Welch	304-436-2300
Dr. Lanney's Eyecare	Welch	304-436-9435
Family Healthcare Associates	Welch	340-436-6650
Kids Care Clinic	Welch	304-436-8400

Marden Rehabilitation Associates	Welch	681-201-2009
McDowell Continuous Care	Gary	304-448-2121
West Virginia Department of Human Services	Welch	304-436-8302
McDowell County Health Department	Wilco	304-448-2174
Southern Highlands Community Mental Health Center	Welch	304-436-2106
Tug River Health Association	Bradshaw	304-967-7682
Tug River Health Association	Gary	304-448-2101
Tug River Health Association	Northfork	304-862-2588
Welch Community Hospital	Welch	304-436-8461
Welch Family Care	Welch	304-436-8066
Housing and Weatherization		
A Work of Heart	Welch	
Big Creek People in Action	War	304-875-3418
Council of Southern Mountains	Welch	304-436-6800
Hands of Hope	Welch	304-436-4001
Highland Education Project	Welch	304-436-2641
McDowell County Redevelopment Authority	Welch	304-436-8582
Mustard Seeds and Mountains, Inc.	Northfork	304-862-4643
PRICE Community Services, Inc.	Logan	304-752-6868
Safe House and Economic Development	Welch	304-436-6367
- Apartments		
Elkhorn Towers	Welch	304-436-6890
Starland Heights	Kimball	304-585-7980
Job Services		
WorkForce West Virginia	Welch	304-436-2700
Legal		
Legal Aid of West Virginia	Princeton	800-319-4202
Libraries		
Bradshaw Public Library	Bradshaw	304-967-5140
Laeger Public Library	Laeger	304-938-3825
McDowell County Public Library	Welch	304-436-3070
Northfork Public Library	Northfork	304-862-4541
War Public Library	War	304-875-4622
Recreation		
Twin Branch Recreation Area	Davy	304-656-7594
Senior Services		
Commission on Aging	Welch	304-436-6588
Council on Aging	Welch	304-436-3011
Council of Southern Mountains	Welch	304-436-6800
McDowell Continuous Care	Gary	304-448-2121

Social Security Administration	Welch	800-772-1213
Welch Community Hospital	Welch	304-436-8461
Substance Abuse		
McDowell County FACES	Welch	304-436-5255
Patrick's Place Men's Home	War	304-887-9181
Redemption House Sober Living	War	304-887-9181
Southern Highlands Community Mental Health Center	Welch	304-436-2106
Tug River Health Association	Gary	304-448-2101
Turning Point	Caretta	304-875-4202
Transportation		
Bluefield Area Transit	Bluefield	304-327-8418
Coalfields Community Action Partnership	Keystone	304-862-2837
Veterans		
State of West Virginia Department of Veterans Assistance	Princeton	304-425-5194
West Virginia Division of Veterans Affairs	Welch	304-436-3804

MERCER COUNTY

Animal Services	Location	Phone
All Creatures Veterinary Clinic	Princeton	304-425-9944
Animal Care Center	Princeton	304-425-7387
Green Valley Animal Hospital	Bluefield	304-325-8081
Happy Tails Veterinary Clinic, Inc.	Princeton	304-913-4962
Mercer County Animal Shelter	Princeton	304-425-2838
Pampered Pet One	Princeton	304-425-0600
Pet Zone of West Virginia	Princeton	304-487-5800
Second Chance for Cats	Bluefield	304-320-9747
Southern WV Animal League	Princeton	
Wags-N-Wiggles Grooming	Bluefield	304-308-4956
Child Care		
Concord University Child Care	Athens	304-384-5386
Creation Station	Bluefield	304-325-3366
Family Support Center	Princeton	681-282-5169
Imagination Station Day Care	Princeton	304-325-3300
Kidz at Hart Quality Child Care	Princeton	304-487-1222
Kreative Kidz Child Care Center	Princeton	304-425-4747
Lifeline Child Care Center	Princeton	304-425-6522
Mother Goose Child Care Co-op	Princeton	304-487-0507
MountainHeart Community Services, Inc.	Princeton	304-425-3669
Princeton Health and Fitness Center	Princeton	304-487-7876
The Learning Tree House	Princeton	304-487-1594
The Kid Connection, Inc.	Princeton	304-425-8676
Wee Tots Nursery, Inc.	Bluefield	304-327-7426
Children's Services		
Child Protect of Mercer County, Inc.	Princeton	304-425-2710
Mary's Cradle Maternal & Infant Resource		304-327-7757
Parents As Teachers	Hinton	304-466-2226
Police Explorers Program	Princeton	304-913-4656
Right From the Start	Bluefield	304-323-8315
The Wade Center	Bluefield	304-323-3777
West Virginia Birth to Three	Princeton	304-425-2926
WVU Extension Services	Princeton	304-425-3079
Disability		
Aging and Disability Resource Center	Princeton	304-425-2040
Mercer County Opportunity Industries, Inc.	Princeton	304-425-3810
Mountain State Centers for Independent Living	Huntington	304-525-3324
Thompson Group Home	Princeton	304-487-9042
West Virginia Division of Rehabilitation	Princeton	304-425-1256
Disaster Relief		

American Red Cross	Bluefield	304-257-5017
Domestic Violence		
Stop Abusive Family Environments	Welch	304-324-7820
Education		
Early Head Start/CASE WV	Bluefield	304-324-0450
Family Support Center	Princeton	681-282-5169
Mercer County Academy of Adult Learning	Bluefield	304-323-2841
Mercer County Academy of Adult Learning	Princeton	304-425-7953
Mercer County Head Start	Princeton	304-487-5631
Mercer County Public Schools	Princeton	304-487-1551
Mercer County Technical Education Center	Princeton	304-425-6705
WVU Extension Services	Princeton	304-425-3079
Financial		
Catholic Charities	Princeton	304-425-4306
United Way of Southern West Virginia	Beckley	304-253-2111
Food and Clothing		
Bland Street United Methodist Church	Bluefield	304-325-9184
Bluefield Union Mission	Bluefield	304-327-8167
Catholic Charities	Princeton	304-425-4306
Christ Episcopal Church	Bluefield	304-327-6861
Community Action of South Eastern West Virginia	Bluefield	304-325-3511
First Presbyterian Church	Bluefield	304-327-9727
Heaven Sent Ministries	Princeton	304-425-7120
Kee Street United Methodist	Princeton	304-425-2441
Lashmeet Church of God	Lashmeet	304-467-8488
Mercer County Tailgate Market	Princeton	304-425-3079
Operation Compassion	Princeton	304-425-6505
Princeton Church of God	Princeton	304-425-6505
Sacred Heart Catholic Church	Bluefield	304-327-5623
Tender Mercies Ministries	Princeton	304-425-2557
The Salvation Army	Bluefield	304-327-7411
The Salvation Army	Princeton	304-425-2971
Trinity United Methodist Church	Bluefield	304-327-7448
United Way of Southern West Virginia	Beckley	304-253-2111
West Virginia Department of Human Services	Princeton	304-425-8738
WVU Extension Office	Princeton	304-425-3079
West Virginia WIC Program	Bluefield	304-325-3922
Foster and Adoption		
Children's Home Society of West Virginia	Princeton	304-431-2424
Foster Grandparent Program		304-436-6800
KVC West Virginia	Princeton	304-929-4130

Health		
Abel Crisis Pregnancy Center	Bluefield	304-325-8694
Allay Home Care, Inc.	Princeton	304-487-9711
Amedisys Home Health Care	Bluefield	304-325-0066
Amedisys Hospice	Bluefield	304-327-0600
Appalachian Teen Challenge	Princeton	304-384-9074
Beckley Health Right, Inc.	Bluefield	304-232-2431
Behavioral Health Pavilion of the Two Virginias	Bluefield	304-325-4673
Bluefield Regional Medical Center	Bluefield	304-327-1100
Bluestone Health Center	Bluestone	304-431-5499
Dental Lifeline Network		304-919-1579
Encompass Health Rehabilitation Hospital of Princeton	Princeton	304-487-8000
KVC Behavioral Healthcare	Princeton	304-425-3636
MBR Cancer Center and Education	Bluefield	304-324-2841
MedExpress	Princeton	304-425-7615
Mercer County Health Department	Bluefield	304-324-8367
New Horizons Psychological Associates	Princeton	304-425-3327
PCH Home Health	Bluefield	304-323-3069
Princeton Community Hospital	Princeton	304-487-7000
Princeton Hospice	Princeton	304-394-0140
Seneca Health Services, Inc.	Summersville	888-736-3229
Southern Highlands CMHC	Princeton	304-425-9541
TLC Dental Care	Bluefield	304-327-5506
West Virginia Department of Human Services	Princeton	304-425-8738
Housing and Weatherization		
Bluefield Housing Authority	Bluefield	304-235-9653
Catholic Charities	Princeton	304-425-4306
Community Action of South Eastern West Virginia	Bluefield	304-325-3511
Trinity United Methodist Church	Bluefield	304-327-7448
Job Services		
Mercer County Opportunity Industries, Inc.	Princeton	304-425-3810
WISE Women's Resource Center	Bluefield	304-324-5809
WorkForce West Virginia	Princeton	304-425-7953
Legal		
Legal Aid of West Virginia	Princeton	800-319-4202
Libraries		
Craft Memorial Library	Bluefield	304-325-3943
Princeton Public Library	Princeton	304-487-5045
Recreation		
Bluefield Recreation Department	Bluefield	304-327-2448
Glenwood Recreation Park	Bluefield	304-425-1681

Greater Bluefield Community Center	Bluefield	304-325-5707
Princeton Recreation Department	Princeton	304-487-5040
Senior Services		
Aging and Disability Resource Center	Princeton	304-425-2040
Amedisys Home Health Care	Bluefield	304-325-0066
Commission on Aging	Bluefield	304-425-7111
Central West Virginia Aging Services	Oak Hill	304-465-0885
Community Action of South Eastern West Virginia	Bluefield	304-325-3511
Glenwood Park Retirement Village	Princeton	304-425-8128
Maples Nursing Home	Princeton	304-327-2485
Mercer Nursing and Rehabilitation Center	Princeton	304-325-5448
Princeton Health Care Center	Princeton	304-487-3458
ResCare Home Care	Princeton	304-487-9042
Right At Home	Princeton	304-425-1212
The Havens at Princeton	Princeton	304-431-3544
Substance Abuse		
Appalachian Teen Challenge	Princeton	304-384-9074
Celebrate Recovery	Bluefield	304-327-5633
Celebrate Recovery	Princeton	304-887-0423
Community Connections	Princeton	304-913-4956
Mercer County Fellowship Home	Bluefield	304-327-9876
Recovery Point Four Seasons	Bluefield	304-523-4673
Seneca Health Services, Inc.	Summersville	888-736-3229
Southern Highlands Community Mental Health Center	Princeton	304-425-9541
Southern Highlands Community Mental Health Center	Princeton	304-425-9489
Transportation		
Bluefield Transit System	Bluefield	304-327-8418
Veterans		
Princeton Veteran Center	Princeton	304-425-8098
State of West Virginia Department of Veterans Assistance	Princeton	304-425-5194

MONROE COUNTY

Animal Services	Location	Phone
Monroe County Animal League	Union	304-772-4445
Tri-County Veterinary Services	Peterstown	304-765-5365
Union Wildlife Removal Experts	Union	888-585-7502
Valley Vet Clinic	Sinks Grove	304-772-3572
Child Care		
Kids Learning Center	Peterstown	304-753-4291
Leslie's Day Care	Peterstown	304-994-1146
Monroe Early Child Association	Union	304-772-5240
MountainHeart Community Services, Inc.	Lewisburg	304-647-3800
Children's Services		
Child and Youth Advocacy Center	Lewisburg	304-645-4668
Family Support Center	Union	
Parents As Teachers	Union	304-772-3284
Right From the Start	Bluefield	304-323-8315
West Virginia Birth to Three	Lewisburg	304-647-3800
WVU Extension Services	Union	304-772-3003
Disability		
Division of Rehabilitation	Lewisburg	304-647-7515
Mountain State Centers for Independent Living	Huntington	304-525-3324
Open Doors, Inc.	Lewisburg	304-645-2130
Disaster Relief		
American Red Cross		304-645-1070
Domestic Violence		
Child and Youth Advocacy Center	Lewisburg	304-645-4668
Family Refuge Center	Union	304-772-5005
Education		
Early Head Start/Monroe County BOE	Union	304-772-3284
Family Refuge Center	Union	304-772-5005
Family Support Center	Union	
Monroe County Adult Learning Center	Union	304-772-4067
Food and Clothing		
Alderson Presbyterian Church	Alderson	304-445-5231
Alderson Thrift Shop	Alderson	304-445-2444
Catholic Charities	Princeton	304-425-4306
Coalition for Children and Families	Union	304-772-5960
Lifeline Pentecostal Church	Peterstown	
Lindside Methodist Church	Lindside	

West Virginia Department of Human Services	Union	304-772-3013
Peterstown United Methodist Church	Peterstown	
Union Methodist Church	Union	304-722-5273
United Way of Greenbrier Valley	Lewisburg	304-647-3783
WVU Extension Services	Union	304-772-3003
West Virginia WIC Program	Lindside	304-753-5582
Foster and Adoption		
Children's Home Society of West Virginia	Lewisburg	304-647-3430
Foster Grandparent Program		304-436-6800
Health and Medical		
FMRS Health Systems, Inc.	Union	304-772-5452
West Virginia Department of Human Services	Union	304-772-3013
Monroe Health Center	Union	304-772-3064
Housing and Weatherization		
CASE WV	Union	304-772-3381
Catholic Charities	Princeton	304-425-4306
Community Action of South Eastern West Virginia	Bluefield	304-325-3511
Family Refuge Center	Union	304-772-5005
Southeastern Appalachian Rural Alliance	Lewisburg	304-645-4980
Job Services		
WorkForce West Virginia	Ronceverte	800-252-5627
Legal		
Legal Aid of West Virginia	Lewisburg	866-401-9391
Libraries		
Monroe County Library	Union	304-772-3038
Peterstown Public Library	Peterstown	304-772-3038
Recreation		
Hanging Rock Raptor Observatory	Waiteville	
Moncove Lake State Park	Gap Mills	304-772-3450
Senior Services		
CASE WV	Union	304-772-3381
Monroe County Council on Aging	Lindside	304-753-4384
Senior Center	Union	304-772-3475
Substance Abuse		
FMRS Health Systems, Inc.	Union	304-772-5452
Transportation		

Veterans		
State of WV Department of Veterans Assistance	Ronceverte	304-647-7500

NICHOLAS COUNTY

Animal Services	Location	Phone
Nicholas County Animal Hospital	Summersville	304-872-5030
Nicholas County Animal Shelter	Summersville	304-872-7877
Child Care		
Friends R Fun	Summersville	304-872-2157
MountainHeart Community Services, Inc.	Summersville	304-872-3200
Toddler Town	Summersville	304-355-0204
Tots to Teens	Richwood	304-846-4479
Children's Services		
Family Support Center	Richwood	
Maternal Infant Health Outreach Worker	Scarbro	
Nicholas County Parents As Teachers	Richwood	304-846-4479
Right From the Start	Summersville	304-872-1162
West Virginia Birth to Three	Lewisburg	304-647-3800
WVU Extension Services	Summersville	304-872-7898
Disaster Relief		
American Red Cross	Beckley	304-255-1508
Domestic Violence		
Women's Resource Center	Summersville	304-872-7875
Education		
Family Learning Center	Summersville	304-872-7060
Family Support Center	Richwood	
High Rocks Educational Corporation	Hillsboro	304-653-4891
New Life Christian Academy	Summersville	304-872-1148
Nicholas Community Action Partnership	Summersville	304-872-1162
Nicholas County Board of Education	Summersville	304-872-3611
Nicholas County Career and Technical Center	Craigsville	304-742-5416
Nicholas County Head Start	Summersville	304-872-1162
Summersville Seventh Day Adventist School	Summersville	304-872-0588
The Family Center of Richwood	Richwood	304-846-2773
WVU Extension Services	Summersville	304-872-7898
WorkForce Career Center	Summersville	304-872-0068
Financial		
West Virginia Department of Human Services	Summersville	304-872-0806
Nicholas Community Action Partnership	Summersville	304-872-1162
Nicholas County Family Resource Network	Summersville	304-872-4707
Food and Clothing		
Catholic Charities	Princeton	304-425-4306

Goodwill	Summersville	304-872-0052
Last Shepherd Thrift Store	Summersville	304-222-0961
LOVE, Inc.	Summersville	304-872-5197
New Beginnings Worship Center	Summersville	304-872-4469
Nicholas Community Action Partnership	Summersville	304-872-1162
West Virginia Department of Human Services	Summersville	304-872-0803
Nicholas County Empowerment Corp	Richwood	304-846-4343
Nicholas County Family Resource Network	Summersville	304-872-4707
Open Hands Ministry	Nettie	304-872-4505
St. Luke's United Methodist Church	Craigsville	304-742-3463
Summersville Methodist Church	Summersville	304-872-3221
Summersville Presbyterian Church	Summersville	304-872-2371
The Family Center of Richwood	Richwood	304-846-2773
WVU Extension Services	Summersville	304-872-7898
West Virginia WIC Program	Summersville	304-872-0826
Foster and Adoption		
Children's Home Society of West Virginia	Summersville	
Foster Grandparent Program		304-699-3706
Health and Medical		
Camden Family Dentistry	Richwood	304-742-3004
Camden Family Health	Craigsville	304-742-5999
Camden Family Health	Richwood	304-846-2608
Camden Family Health	Summersville	304-872-1663
Cardinal Pediatrics	Summersville	304-599-8000
Central West Virginia Community Health Center	Summersville	304-872-1663
West Virginia Department of Human Services	Summersville	304-872-0806
MedExpress Urgent Care	Summersville	304-872-3709
Nicholas County Health Department	Summersville	304-872-5329
Seneca Health Services	Summersville	888-736-3229
Summersville Pediatrics	Summersville	304-872-7063
Summersville Regional Medical Center	Summersville	304-872-3891
Housing and Weatherization		
Catholic Charities	Princeton	304-425-4306
Nicholas Community Action Partnership	Summersville	304-872-1162
- Apartments		
Carolyn Apartments	Craigsville	304-880-5739
Community Square Apartments	Summersville	304-872-3700
County Haven Apartments	Richwood	304-673-4074
Dylan Heights Apartments	Summersville	304-872-5990
Edgewood Village Apartments	Richwood	304-846-2250
Jones Apartments	Summersville	304-872-2405
Joseph Crossing Apartments	Summersville	304-872-9670
Kenneth Ritchie Apartments	Craigsville	304-880-5739
Nicholas Manor Apartments	Summersville	304-872-6236

Rosemary Apartments	Summersville	304-880-5739
Samantha Apartments	Craigsville	662-287-5044
Summers Village Apartments	Summersville	304-872-6065
Summersville Manor Apartments	Summersville	304-872-6417
Summersville Place	Summersville	304-872-6481
Job Services		
WorkForce West Virginia	Summersville	304-872-0821
Legal		
Legal Aid of West Virginia	Beckley	800-319-4187
Libraries		
Craigsville Public Library	Craigsville	304-742-3532
Richwood Public Library	Richwood	304-846-6099
Summersville Public Library	Summersville	304-872-0844
Recreation		
Carnifex Ferry Battlefield State Park	Summersville	304-872-0825
Roadside Park	Summersville	304-872-3412
Summersville Dam	Summersville	304-872-3412

Summersville Lake	Summersville	304-872-3412
Summersville Lake Retreat & Lighthouse	Mt. Nebo	304-872-5975
Veterans Memorial Park	Summersville	304-872-3552
Senior Services		
Central West Virginia Aging Services	Oak Hill	304-465-0885
Nicholas Community Action Partnership	Summersville	304-872-1162
Nicholas County Senior Center	Summersville	304-872-8147
The Family Center of Richwood	Richwood	304-846-2773
Substance Abuse		
Celebrate Recovery	Summersville	304-872-1361
Celebrate Recovery	Craigsville	304-742-3346
COPE Center	Richwood	304-846-9718
New Hope Residential Services	Summersville	304-872-9531
Recovery Ridge	Summersville	888-736-3229
Seneca Health Services	Summersville	888-736-3229
Transportation		
Mountain Transit Authority	Summersville	304-872-5872
Veterans		
State of West Virginia Department of Veterans Assistance	Summersville	304-872-0829

POCAHONTAS COUNTY

Animal Services	Location	Phone
Humane Society of Pocahontas County	Hillsboro	304-653-4722
Pocahontas County Animal Shelter	Marlinton	304-799-4209
Child Care		
Linwood Community Daycare	Linwood	304-572-6580
School Days Child Care	Buckeye	304-799-5431
MountainHeart Community Services, Inc.	Lewisburg	304-647-3800
Children's Services		
Child and Youth Advocacy Center	Lewisburg	304-645-4668
Family Support Center	Marlinton	304-799-6847
Kinetic Connections	Marlinton	304-799-4343
Pocahontas County Family Resource Network	Marlinton	304-799-6847
Right From the Start	Rainelle	304-438-5810
West Virginia Birth to Three	Lewisburg	304-647-3800
WVU Extension Services	Marlinton	304-799-4852
Disability		
LiveAbility Northern WV Independence Network		
Open Doors, Inc.	Summersville	304-872-6560
West Virginia Division of Rehabilitation Services	Lewisburg	304-647-7515
Disaster Relief		
American Red Cross	Charleston	304-340-3650
The Salvation Army	Marlinton	304-799-4082
Domestic Violence		
Pocahontas County Family Refuge Center	Marlinton	304-799-4400
Education		
Family Support Center	Marlinton	304-799-6847
High Rocks Educational Corporation	Hillsboro	304-653-4891
Mountaineer Challenge Academy	Kingwood	304-392-2118
Pocahontas County Board of Education	Marlinton	304-799-4505
Pocahontas County Head Start	Marlinton	304-363-2170
Pocahontas Adult Learning Center	Marlinton	681-875-0044
Snowshoe Career Center	Marlinton	304-799-2509
West Virginia University Extension Services	Marlinton	304-799-4852
Financial		
Appalachian Regional Ministry	Marlinton	304-799-4099
Burlington United Methodist Services	Hillsboro	304-653-4174
Catholic Charities	Princeton	304-425-4306
Mountain CAP	Buckhannon	304-472-1500

North Central Community Action	Marlinton	304-799-4082
The Salvation Army	Marlinton	304-799-4082
West Virginia University Extension Services	Marlinton	304-799-4852
Food and Clothing		
Appalachian Regional Ministry	Marlinton	304-799-4099
Catholic Charities	Princeton	304-425-4306
Family Resource Network of Pocahontas County	Marlinton	304-799-6657
Harvest House Food Pantry	Marlinton	304-799-6847
Little Levels Clothing Center	Hillsboro	
Meals on Wheels	Marlinton	304-799-6337
North Central Community Action	Marlinton	304-799-4082
Pocahontas Cooperative Parish	Marlinton	304-799-4271
Pocahontas County Family Resource Network	Marlinton	304-799-6847
The Salvation Army	Marlinton	304-799-4082
United Way of Greenbrier Valley	Lewisburg	304-647-3783
West Virginia Department of Human Services	Marlinton	304-799-6032
West Virginia University Extension Services	Marlinton	304-799-4852
West Virginia WIC Program	Marlinton	304-799-6550
Foster and Adoption		
CASA of the Eleventh Judicial Circuit WV, Inc.	Lewisburg	304-645-5437
Children's Home Society of West Virginia	Charleston	304-346-0795
Foster Grandparent Program		304-257-1221
Health and Medical		
Central West Virginia Center for Pregnancy Care	Buckhannon	304-473-1122
Community Dental Care of Green Bank	Green Bank	304-456-5433
Community Care of Green Bank	Green Bank	304-456-5115
Community Care of Marlinton	Marlinton	304-799-4404
Durbin Lions Club	Green Bank	304-456-4907
Family Health Care	Marlinton	304-799-0011
Hillsboro Medical Center	Hillsboro	304-742-2025
Home Plus	Elkins	304-637-3630
Lifeguard Medical Supply	Buckeye	304-684-2346
Mountain Hospice	Marlinton	304-799-2673
Pocahontas County Emergency Medical	Green Bank	304-456-3298
Pocahontas County Health Department	Marlinton	304-799-4154
Pocahontas Memorial Hospital	Buckeye	304-799-7400
Seneca Health Services	Marlinton	888-736-3229
West Virginia Department of Human Services	Marlinton	304-799-6032
West Virginia Home Care	Buckhannon	304-473-6800
Housing and Weatherization		
Catholic Charities	Princeton	304-425-4306
Family Refuge Center	Lewisburg	304-799-4400
Greenbrier Housing Authority	Lewisburg	304-645-4966

North Central WV Community Action	Marlinton	304-799-4082
Southeastern Appalachian Rural Alliance	Lewisburg	304-645-4980
The Salvation Army	Marlinton	304-799-4082
Job Services		
WorkForce West Virginia	Summersville	800-252-5627
Legal		
Legal Aid of West Virginia	Lewisburg	866-401-9391
Public Libraries		
Durbin Community Library	Durbin	304-456-3142
Green Bank Public Library	Green Bank	304-456-4507
Hillsboro Public Library	Hillsboro	304-653-4936
Linwood Community Library	Snowshoe	304-572-2665
McClintic Public Library	Marlinton	304-799-6000
Recreation		
Cheat Mountain Ridge Natural Trail	Slatyfork	304-572-1000
Droop Mountain Battlefield State Park	Hillsboro	304-653-4254
Falls of Hills Creek	Hillsboro	304-799-4334
Greenbrier River Trail	Marlinton	304-799-4087
Honeycomb Rocks Trail	Marlinton	304-799-4334
Mountain Music Trail	Marlinton	304-653-4254
Seneca State Forest	Marlinton	304-799-6213
Shavers Lake Trail	Slatyfork	
Watoga State Park	Hillsboro	304-799-4087
Senior Services		
Central West Virginia Aging Services	Buckhannon	304-472-0395
North Central Community Action	Marlinton	304-799-4082
Pocahontas County Senior Citizens	Marlinton	304-799-6337
Substance Abuse		
Seneca Health Services	Marlinton	888-736-3229
Transportation		
Family Refuge Center	Lewisburg	304-799-4400
Mountain State, Inc.	Elkins	304-637-6610
Mountain Transit Authority	Summersville	304-872-5872
Pocahontas County Senior Citizens	Marlinton	304-799-6337
Youth Health Service	Elkins	304-636-9450
Veterans		
Greenbrier County CBOC	Maxwelton	304-497-3900
State of West Virginia Department of Veterans Assistance	Ronceverte	304-647-7500

RALEIGH COUNTY

Animal Services	Location	Phone
Crab Orchard Small Animal Clinic	Crab Orchard	304-252-0110
Raleigh County Animal Control	Beckley	304-255-9349
Raleigh County Animal Hospital	Beckley	304-253-4787
Raleigh County Humane Society	Beckley	304-253-8921
Child Care		
A Place for Kids	Beckley	304-929-3436
Bullfrogs and Butterflies	Beckley	304-253-8749
Busy Bees	Beckley	304-255-2900
Dreamland	Beckley	681-207-7006
MountainHeart Community Services, Inc.	Beckley	304-253-7654
Rising Stars 1	Beckley	304-763-7419
Rising Stars 2	Beckley	681-238-5806
Rising Stars 3	Sophia	304-683-2000
Rising Stars 4	Beckley	681-207-5000
Sophia Daycare	Sophia	304-683-3227
Stepping Stones Academy	Beaver	304-255-1107
Kids of Harmony	Beaver	304-207-0543
YMCA Happy Kids	Beckley	304-252-0715
YMCA Afterschool Cranberry Prosperity	Cranberry Elementary	304-252-0715
YMCA Afterschool Crescent	Crescent Elementary	304-252-0715
YMCA Afterschool Hollywood	Hollywood Elementary	304-252-0715
YMCA Afterschool Ridgeview	Ridgeview Elementary	304-252-0715
YMCA Afterschool Shady Spring	Shady Spring Elementary	304-252-0715
YMCA Happy Kids	Beckley	304-252-0715
Children's Services		
Catholic Charities	Princeton	304-425-4306
Family Support Center	Beckley	681-539-0370
Just for Kids, Inc.	Beckley	304-255-4834
Maternal Mental Health Outreach Worker	Scarbro	304-469-2905
Mountain State Centers for Independent Living	Beckley	304-255-0122
National Youth Advocacy Program	Beckley	304-763-7046
Parents As Teachers	Scarbro	304-469-2905
Right From the Start	Bluefield	304-323-8315
West Virginia Birth to Three	Princeton	304-425-2926
WVU Extension Services	Beckley	304-255-9321
Disability		
Coordinating Council for independent Living	Beaver	304-254-8520
Lillian James Learning Center	Crab Orchard	304-255-1397
Mountain State Centers for Independent Living	Beckley	304-255-0122
West Virginia Division of Rehabilitation	Beckley	304-256-6900

Disaster Relief		
American Red Cross	Beckley	304-255-1508
Salvation Army	Beckley	304-253-9541
Domestic Violence		
Women’s Resource Center	Beckley	304-255-2559
Education		
Academy of Careers & Technology	Beckley	304-256-3964
Early Head Start	Beckley	304-252-6396
Family Support Center	Beckley	681-539-0370
Lillian James Learning Center	Crab Orchard	304-255-1397
Mountain State Centers for Independent Living	Beckley	304-255-0122
Pressley Ridge	Beckley	304-252-1106
Raleigh County Adult Learning Center	Beckley	304-256-3964
Raleigh County Board of Education	Beckley	304-256-4500
Raleigh County Community Action – Head Start	Beckley	304-252-6396
WVU Extension Services	Beckley	304-255-9321
Financial		
Catholic Charities	Princeton	304-425-4306
Consumer Credit Counseling	Beckley	304-255-2499
Dream Center	Beckley	304-252-3402
Social Security Office	Beckley	866-964-2042
United Way of West Virginia	Beckley	304-253-2111
WVU Extension Services	Beckley	304-255-9321
Food and Clothing		
Birthright of Beckley	Beckley	304-253-7656
Bread of Life	Sundial	304-712-2903
Calvary Assembly	Beckley	304-252-0717
Catholic Charities	Princeton	304-425-4306
Dream Center	Beckley	304-252-3402
Family Worship Center	Beckley	304-252-3402
Food for Body and Soul	Beckley	304-222-3726
Goodwill Industries	Beckley	304-256-0802
Helping Hands Resource Center	Beckley	304-253-3467
North Beckley Church of Christ	Beckley	304-253-0446
Raleigh County Commission on Aging	Beckley	304-255-1397
Salvation Army	Beckley	304-253-9541
The Carpenter’s Corner	Beckley	304-929-2649
The Lunchbox Food Pantry	Beaver	304-860-0314
West Virginia Department of Human Services	Beckley	304-256-6930
West Virginia University Extension	Beckley	304-255-9321
West Virginia WIC	Beckley	304-255-9034
Foster and Adoption		

Burlington Family Services	Beckley	304-252-8509
Children's Home Society of West Virginia	Daniels	304-255-0408
Foster Grandparent Program		304-436-6800
Pressley Ridge	Beckley	304-252-1106
Health and Medical		
ARH Primary Care	Beckley	304-254-2820
Beckley ARH Hospital	Beckley	304-255-3000
Beckley Health Right	Beckley	304-253-3577
Beckley Hospital	Beckley	304-256-1200
Beckley Surgery Center	Beckley	304-255-2724
Beckley VA Medical Center	Beckley	304-255-2121
Birthright of Beckley	Beckley	304-253-7656
Blueridge Clinic	Beckley	304-238-3115
Bowers Hospice House	Beckley	304-250-6040
Burlington Family Services	Beckley	304-252-8509
Compass Counseling	Beckley	304-254-8709
Family Options Providers	Beckley	304-254-9610
FMRS Health Service, Inc.	Beckley	304-256-7100
Hospice of Southern West Virginia	Beckley	304-255-6404
Jackie Withrow Hospital	Beckley	304-207-4828
Pressley Ridge	Beckley	304-252-1106
Quota Club	Beckley	304-255-7596
Raleigh Advanced Surgery	Beckley	304-461-3877
Raleigh Cardiac Center	Beckley	304-461-3909
Raleigh County Health Department	Beckley	304-252-8531
Raleigh General Hospital	Beckley	304-256-4100
Raleigh General Hospital	Daniels	304-252-3668
Raleigh Heart and Health Clinic	Beckley	304-253-6227
Surgical Care of Southern WV	Beckley	304-256-0771
VA Hospital	Beckley	304-255-2121
West Virginia Department of Human Services	Beckley	304-256-6930
Housing and Weatherization		
AWAY	Beckley	304-255-4066
Beckley Housing Authority	Beckley	304-256-1772
Birthright of Beckley	Beckley	304-253-7656
Case Weatherization	Bluefield	304-683-9178
Catholic Charities	Princeton	304-425-4306
Children's Home Society of West Virginia	Daniels	304-255-0408
Community Action of South Eastern West Virginia	Bluefield	304-325-3511
Emergency Housing Center	Beckley	304-255-9124
Fuller Center for Housing	Beckley	304-253-2045
Mountain State Centers for Independent Living	Beckley	304-255-0122
Pine Haven Homeless Services	Beckley	304-255-9138
Pressley Ridge	Beckley	304-252-1106
Raleigh County Community Action Association	Beckley	304-252-6396

Raleigh County Housing Authority	Beckley	304-255-5164
USDA Rural Development	Beckley	681-220-5766
- Apartments		
Appletree Apartments	Sophia	304-683-9454
Ashley Manor Apartments	Sophia	304-683-3373
Beckley West Apartments	Beckley	304-253-7020
Cranberry Woods	Mount Hope	681-254-5993
Greenbrier Estates	Beckley	304-252-6264
Knolls Apartments	Daniels	304-252-1211
Manor House Apartments	Beckley	304-255-0194
Pikeview Manor Apartments	Beckley	681-539-5233
Roberts Village Apartments	Beaver	304-253-8999
Timberline Apartments	Mabscott	304-253-6010
Will Brian Apartments	Beckley	304-255-2652
Job Services		
Lillian James Learning Center	Crab Orchard	304-255-1397
Mountain State Centers for Independent Living	Beckley	304-255-0122
Salvation Army	Beckley	304-253-9541
WorkForce West Virginia	Beckley	304-256-6792
Legal		
Legal Aid of West Virginia	Beckley	304-255-0561
Libraries		
Mt Hope Public Library	Mount Hope	304-877-3260
Oak Hill Public Library	Oak Hill	304-469-9890
Raleigh County Public Library	Beckley	304-255-0511
Shady Spring District Branch	Shady Spring	304-763-2681
Sophia Branch Library	Sophia	304-683-5990
Whitesville Public Library	Whitesville	304-854-0196
Recreation		
Beckley Parks and Recreation	Beckley	304-256-1747
Fitzpatrick Park	Beckley	304-934-5323
Freedom Park	Beckley	304-256-1748
Gauley River National Recreation Area	Glen Jean	304-465-0508
Lake Stephens	Beckley	304-934-5323
Little Beaver State Park	Beaver	304-763-2494
New River Gorge National Park	Shady Spring	
New River Park	Beckley	304-256-1748
Oak Hill City Park	Oak Hill	
Raleigh County Parks	Beckley	304-934-5323
White Oak Trail	Oak Hill	
Senior Services		
Central West Virginia Aging	Oak Hill	304-465-0885

Raleigh County Commission on Aging	Beckley	304-255-1397
Raleigh County Senior Center	Beckley	304-255-1397
The Villages at Greystone	Beaver	304-256-7579
Substance Abuse		
Appalachian Regional Health Care	Beckley	304-255-3000
Beckley Comprehensive Treatment Center	Beaver	304-370-4768
Beckley Treatment Center	Beaver	304-254-9262
Brian's Safehouse	Mount Hope	304-763-7655
Burlington Family Services	Beckley	304-252-8509
FMRS Health Service, Inc.	Beckley	304-256-7100
Glen White Substance Abuse Services	Glen White	763-208-4102
Inpatient Drug Detox and Rehab	Beckley	844-469-0954
Lifeline Addiction Specialists	Beckley	681-207-7105
One Voice	Beckley	681-238-5724
Pyramid Counseling	Beckley	304-256-0200
Sound Mind Women's Sober Living	Mullens	304-673-2366
Southern West Virginia Fellowship Home	Beckley	304-253-1441
Spero Health	Beckley	304-503-7310
Storm haven Transitional Home	Beckley	304-894-8207
TDC Substance Abuse Treatment	Beckley	866-513-1374
The Inpatient Drug Detox Center	Beckley	844-419-4769
Transportation		
New River Transit Authority	Beckley	304-894-8917
Raleigh County Community Action Association	Beckley	304-252-6396
Veterans		
Beckley VA Medical Center	Beckley	304-255-2121
Beckley Vet Center	Beckley	304-252-8220
State of WV Department of Veterans Assistance	Beckley	304-256-6955

SUMMERS COUNTY

Animal Services	Location	Phone
Brookfield Veterinary Clinic	Talcott	304-466-3020
New River Animal Services	Nimitz	304-466-0251
Child Care		
MountainHeart Community Services, Inc.	Lewisburg	304-647-3800
Starting Points Center	Hinton	304-466-2226
Children's Services		
Family Support Center	Hinton	304-466-2226
Parents As Teachers	Hinton	304-466-2226
Police Explorers Program	Princeton	304-913-4656
REACHH Family Resource Network	Hinton	304-466-2226
Right From the Start	Bluefield	304-323-8315
Summers County Child Advocacy Center	Hinton	304-466-2226
West Virginia Birth to Three	Lewisburg	304-647-3800
WVU Extension Services	Hinton	304-466-7113
Disability		
Mountain State Centers for Independent Living	Huntington	304-525-3324
West Virginia Aging and Disability Resource Center	Princeton	304-425-2040
West Virginia Division of Rehabilitation Services	Beckley	304-256-6900
Disaster Relief		
American Red Cross	Beckley	304-255-1508
Salvation Army	Beckley	304-253-9541
Domestic Violence		
Women's Resource Center	Hinton	304-466-2226
Education		
CASE of WV – Head Start	Hinton	304-466-5010
Early Head Start	Bluefield	304-325-3511
Family Support Center	Hinton	304-466-2226
REACHH Family Resource Network	Hinton	304-466-2226
SPOKES	Hinton	304-466-0540
Summers County Adult Education	Hinton	304-466-6026
Summers County Board of Education	Hinton	304-466-6000
Summers County LAMP	Hinton	304-466-4490
WVU Extension Services	Hinton	304-466-7113
Financial		
REACHH Family Resource Center	Hinton	304-466-2226
West Virginia University Extension	Hinton	304-466-7113

Food and Clothing		
CASE WV	Union	304-772-3381
Catholic Charities	Princeton	304-425-4306
Community Action of Southeastern WV	Bluefield	304-324-0450
First Presbyterian Church	Hinton	304-466-0181
Loaves and Fish	Hinton	304-466-2110
Operation Compassion	Princeton	304-456-6505
REACHH Family Resource Network	Hinton	304-466-2226
West Virginia Department of Human Services	Hinton	304-466-2807
WVU Extension Services	Hinton	304-466-7113
West Virginia WIC	Hinton	304-466-5900
Foster and Adoption		
Burlington Family Services	Beckley	304-252-8509
Children's Home Society of West Virginia	Daniels	304-255-0408
Foster Grandparent Program		304-436-6800
Pressley Ridge	Beckley	304-252-1106
Health and Medical		
FMRS Health Systems	Hinton	304-466-3899
Hospice of Southern WV	Beckley	304-255-6404
Summers ARH Clinic	Hinton	304-466-2905
Summers County Family Resource Center	Hinton	304-466-2226
Summers County Health Department	Hinton	304-466-3388
West Virginia Department of Human Services	Hinton	304-466-2807
Housing and Weatherization		
Appalachian South Folklife Center	Pipestem	304-466-0626
Bethlehem Farms	Alderson	304-445-7143
CASE WV	Union	304-772-3380
Catholic Charities	Princeton	304-425-4306
Community Action of South Eastern West Virginia	Bluefield	304-325-3511
Pine Haven Homeless Shelter	Beckley	304-255-9138
Raleigh County Housing Authority	Beckley	304-255-5164
- Apartments		
Greenbrier Terrace Apartments	Talcott	304-466-6433
Job Services		
West Virginia WorkForce	Hinton	304-466-6833
Legal		
Legal Aid of West Virginia	Lewisburg	866-401-9391
Libraries		
Summers County Public Library	Hinton	304-466-4490
Recreation		

Bass Lake Park	Hinton	304-466-6416
Bluestone State Park	Hinton	
Brooks Falls Roadside Park	Hinton	304-465-0508
Hinton Railroad Museum	Hinton	304-466-6100
John Henry Memorial Park	Talcott	304-466-7113
Pipestem Resort State Park	Pipestem	304-466-1800
Sandstone Falls	Hinton	304-465-0508
Senior Services		
Central West Virginia Aging Services	Oak Hill	304-465-0885
Summers County Council on Aging	Hinton	304-466-4019
Substance Abuse		
FMRS Health Systems	Hinton	304-466-3899
Transportation		
Mountain Transit Authority	Summersville	304-872-5872
Veterans		
Raleigh County Community Action	Beckley	304-860-1921
State of West Virginia Department of Veterans Affairs	Princeton	304-425-5194

WEBSTER COUNTY

Child Care	Location	Phone
MountainHeart Community Services, Inc.	Summersville	304-872-9200
Webster County Starting Points	Cowen	304-266-5000
Children's Services		
Family Support Center	Cowen	304-226-5000
Parents As Teachers	Richwood	304-846-4479
Right From the Start	Rainelle	304-438-5810
West Virginia Birth to Three	Lewisburg	304-647-3800
WVU Extension Services	Webster Springs	304-847-2727
Disability		
Appalachian Center for Independent Living	Charleston	800-642-3003
Department of Rehabilitation Services	Summersville	304-872-0813
Open Doors, Inc.	Summersville	304-872-6560
Disaster Relief		
American Red Cross	Beckley	304-255-1508
Domestic Violence		
Centers Against Violence	Webster Springs	304-847-2211
Education		
Adult Basic Education	Upper Glade	304-226-5772
Family Support Center	Cowen	304-226-5000
Spokes	Webster Springs	304-847-5812
Webster County Adult Learning Center	Webster Springs	304-847-2550
Webster County Head Start	Cowen	304-363-2170
Webster County Schools	Webster Springs	304-847-5638
WVU Extension Services	Webster Springs	304-847-2727
Financial		
Catholic Charities	Webster Springs	304-847-7416
Food and Clothing		
Bolair Mission	Bolair	304-847-7409
Catholic Charities	Webster Springs	304-847-7416
Cowen Food	Cowen	304-226-3857
West Virginia Department of Human Services	Webster Springs	304-847-2861
Mountain Market Mission	Webster Springs	304-847-7409
West Virginia University Extension	Webster Springs	304-847-2727
West Virginia WIC	Webster Springs	304-847-2601
Foster and Adoption		
Children's Home Society of West Virginia	Summersville	304-900-3620

Foster Grandparent Program		304-699-3706
Housing and Weatherization		
Catholic Charities	Webster Springs	304-847-7416
Mountain CAP of West Virginia	Buckhannon	304-472-1500
-Apartments		
Cherry Falls Apartments	Webster Springs	800-850-7738
Circle Brooke Manor Apartments	Cowen	304-226-5162
Elk River Apartments	Webster Springs	800-850-7738
Elk River Terrace Apartments	Webster Springs	304-847-7778
Glade Manor Apartments	Cowen	304-226-3152
Hollister Townhouse	Cowen	
Oakland Hotel Apartments	Webster Springs	304-689-0089
Railroad Avenue Apartments	Cowen	304-226-3152
Vicki Lynn Apartments	Cowen	304-880-5739
Job Services		
WorkForce West Virginia	Summersville	800-252-5627
Legal		
Legal Aid of West Virginia	Charleston	800-642-8279
Libraries		
Cowen Public Library	Cowen	304-226-5332
Webster Addison Public Library	Webster Springs	304-847-5764
Recreation		
Big Ditch Lake	Cowen	
Holly River State Park	Hacker Valley	304-493-6353
Senior Services		
Central West Virginia Aging Services	Sutton	304-765-3668
Substance Abuse		
Seneca Health Services	Webster Springs	304-847-5422
Veterans		
West Virginia Department of Veterans Assistance	Summersville	304-872-0829

WYOMING COUNTY

Animal Services	Location	Phone
Wyoming Small Animal Clinic	Pineville	304-732-6951
Child Care		
MountainHeart Community Services, Inc.	Oceana	304-682-8271
Pineville Child Development Center	Pineville	304-732-7612
Tinker Tots Childcare	Oceana	304-923-4978
Tiny Hearts Daycare, LLC	Oceana	681-334-3747
Children's Services		
Family Support Center	Pineville	304-923-9933
Just For Kids	Beckley	304-255-4834
Parents As Teachers	Oceana	304-682-8271
Power House West Youth Center	Oceana	304-682-3083
Right From the Start	Bluefield	304-323-8315
The Way Youth Center	Mullins	304-294-9212
West Virginia Birth to Three	Princeton	304-425-2926
WVU Extension Services	Pineville	304-732-0041
Wyoming County Family Resource Center	Rock View	304-923-9933
Disability		
Division of Rehabilitation Services	Mullens	304-294-5653
Integrated Resources	Mullens	304-294-5610
Mountain State Centers for Independent Living	Huntington	304-525-3324
Wyoming Nursing and Rehab Center	New Richmond	304-294-7584
Disaster Relief		
American Red Cross	Beckley	304-255-1508
Salvation Army	Beckley	304-253-9541
Domestic Violence		
Stop Abusive Family Environments	Welch	304-732-8176
Women's Resource Center	Beckley	304-255-2559
Education		
Family Support Center	Pineville	304-923-9933
MountainHeart Community Services, Inc. – Head Start	Oceana	304-682-8271
Mullens Opportunity Center	Mullens	304-294-6188
One Voice	Oceana	304-732-7701
Wyoming Career and Technical Center	Pineville	304-732-8050
Wyoming County Adult Learning Center	Pineville	304-732-8050
Wyoming County Board of Education	Pineville	304-732-6262
Financial		

One Voice	Oceana	304-732-7701
WVU Extension Services	Pineville	304-732-0041
Food and Clothing		
Catholic Charities	Princeton	304-425-4306
God's Grace Ministry	Pineville	
Itman Food Bank	Pineville	304-732-6800
Matheny United Methodist Church	Matheny	304-682-8480
Oceana Better Living Center	Oceana	304-682-4466
Oceana Church of God	Oceana	304-682-4651
Rock View Pentecostal Church	Pineville	304-732-7225
Samaritan's Heart Food Pantry	Oceana	304-682-4651
St. Vincent DePaul Society Southern WV	Pineville	304-732-6800
West Virginia Department of Human Services	Pineville	304-732-6900
West Virginia WIC	Oceana	304-682-0475
WVU Extension Services	Pineville	304-732-0041
Wyoming County Clothing Center	Pineville	304-732-7427
Wyoming County Family Resource Center	Rock View	304-923-9933
Foster and Adoption		
Children's Home Society of West Virginia	Princeton	304-431-2424
Foster Grandparent Program		304-436-6800
KVC	Charleston	304-347-9818
Health and Medical		
Family Health Care Associates	Gilbert	304-664-5699
Family Health Care Associates	Man	304-583-0020
Family Health Care Associates	Mullens	304-294-4880
Family Health Care Associates	Oceana	304-682-8238
Family Health Care Associates	Pineville	304-732-6735
Kissel Family Optometry	Oceana	304-682-6144
Kissel Family Optometry	Pineville	304-732-6322
Lantern Mental Health	Pineville	304-732-0070
Marden Rehabilitation and Physical Therapy	Oceana	304-682-7100
Manuel Barit, MD	Mullens	304-294-6800
Mountaineer Family Medicine	Oceana	304-682-3137
Mountaineer Wellness Treatment Center	Oceana	304-682-3109
Oceana Dental Care	Oceana	304-682-6104
Oceana Medical Center	Oceana	304-682-6246
Prince Dental	Oceana	304-682-8287
Quota Program – Hearing	Beckley	304-255-7596
Southern Highlands Community Mental Health	Mullens	304-294-5353
Tug River Health Center	Pineville	304-732-7069
West Virginia Department of Human Services	Pineville	304-732-6900
Wyoming County Health Department	Pineville	304-732-7941
Housing and Weatherization		

Appalachian Service Project	Brenton	304-732-7621
Catholic Charities	Princeton	304-425-4306
Housing Authority of Mingo County	Delbarton	304-475-4663
MountainHeart Community Services, Inc.	Oceana	304-682-8271
Stop Abusive Family Environments	Welch	304-732-8176
-Apartments		
Guyandotte Hills Apartments	Mullens	304-294-0728
Oceana Apartments	Oceana	304-682-4039
Piney Gardens Apartments	Pineville	304-732-9191
Post Glen Apartments	Oceana	304-682-5703
Job Services		
Integrated Resources	Mullens	304-294-5610
WorkForce WV	Princeton	800-252-5627
Legal		
Legal Aid of West Virginia	Princeton	800-319-4202
Libraries		
Hanover Public Library	Hanover	304-938-5880
Mullens Public Library	Mullens	304-294-6687
Oceana Public Library	Oceana	304-682-6784
Pineville Public Library	Pineville	304-732-6228
Recreation		
Mullens Park	Mullens	304-294-7132
Oceana Park	Oceana	304-682-6231
Pineville Park	Pineville	304-732-6255
Senior Services		
Central West Virginia Aging Services	Oak Hill	304-465-0885
Wyoming County Council of Aging	Mullens	304-294-8800
Substance Abuse		
One Voice	Oceana	304-732-7701
Southern Highlands Community Mental Health Center	Mullens	304-294-5353
Welch Community Hospital	Welch	304-436-8461
Veterans		
State of West Virginia Department of Veterans Assistance	Princeton	304-425-5194

WV AID AND ASSISTANCE PROGRAMS

Children's Services	Phone	Website
Alliance For Children	304-342-8477	www.ourwvchildren.org
Boy Scouts	304-340-3663	www.buckskin.org
Burlington United Methodist Family Services, Inc.	304-289-6010	www.bumfs.org
Camp Mariposa	304-913-4956	www.campmariposawv.org
Child Abuse and Neglect Hotline	800-352-6513	www.dhhr.wv.gov
Center for Missing and Exploited Children	800-843-5678	www.missingkids.com
Children's Crisis & Referral Line	304-356-5840	www.help4wv.com
Davis Stewart	304-647-5577	www.davisstewart.org
Girl Scouts of Black Diamond Council	304-345-7723	www.bdgsc.org
Help Me Grow	800-642-8522	www.helpmegrow.org
Save The Children Action Network	618-494-8468	www.savethechildren.org
WV Child Abuse and Neglect Hotline	800-352-6513	www.teamwv.org
WV SADD Program	304-913-4956	www.wvsadd.org
West Virginia Parent Training and Information Project	800-281-1436	www.wvpti.org
West Virginia Youth Advocate Program	304-485-0791	www.nyap.org
West Virginia's Promise-The Alliance for Youth	304-661-1460	www.fivepromises.wv.gov
Disability		
Autism Speaks and Autism Response Team	888-288-4762	www.autismspeaks.org
Children With Special Health Care Needs	866-445-8491	www.wvdhhr.org/cshcn/
Disability Rights of WV	800-950-5250	www.drofww.org
Easterseals West Virginia	304-242-1390	www.easterseals.com/wv
Fair Shake Network	800-497-4746	www.fairshake.org
Learning Disabilities Association of America	412-341-1515	www.ldamerica.org
Live Ability	844-212-3464	www.liveabilitywv.org
Make A Wish Foundation	800-664-9474	www.wish.org
National Runaway Safeline	800-786-2929	www.1800runaway.org
Northern West Virginia Center for Independent Living	304-636-0143	
Ski*Hi Preschool Program	304-822-4843	www.wvsdb2.state.k12.wv.us/
WV Autism Training Center	304-696-2332	www.marshall.edu
WVU Center of Excellence in Disabilities	304-293-2914	www.cedwvu.org
Disaster Relief		
American Red Cross	844-216-8286	www.redcross.org
Disaster Distress Hotline	800-958-5990	www.samhsa.gov
Domestic Violence		

Centers Against Violence	800-339-1185	www.centersagainstviolence.org
DomesticShelters.org		www.domesticshelters.org
Hope, Inc.	304-367-1100	www.hopeincwv.org
West Virginia Coalition Against Domestic Violence	800-799-7233	www.wvcadv.org
Education		
Charleston Job Corps	800-733-5627	www.charleston.jobcorps.gov
College for West Virginia	800-468-6927	www.cfwv.com
KISRA	304-768-8924	www.kisra.org
Mountaineer Challenge Academy	304-329-2118	www.wvchallenge.org
New Connections Education Program	304-340-3690	www.daymark.org
Safe Schools Helpline	866-723-3982	www.schoolhelpline.com
Ski*Hi Preschool Program	304-822-4843	www.wvsdb2.state.k12.wv.us/
WV Adult Ed	800-642-2670	www.wvadulted.com
-Colleges and Universities		
Alderson Broaddus University	304-457-1200	www.ab.edu
Appalachian Bible College	304-877-6428	www.abc.edu
Bethany College	304-829-7000	www.bethanywv.edu
Bluefield State College	304-327-4000	www.bluefieldstate.edu
Blue Ridge Community & Technical College	304-260-4380	www.blueridgectc.edu
BridgeValley Community & Technical College	304-205-6600	www.bridgevalley.edu
Concord University	304-344-6679	www.concord.edu
Davis and Elkins College	304-637-1900	www.dewv.edu
Eastern West Virginia Community and Technical College	304-434-8000	www.easternwv.edu
Fairmont State University	1-800-641-5678	www.fairmontstate.edu
Glennville State College	304-412-7361	www.glennville.edu
Huntington Junior College	304-697-7550	www.hjc.edu
Kanawha Valley Community & Technical College	304-205-6700	www.tgkvf.org
Marshall University	304-696-3170	www.marshall.edu
Mountain State College	304-485-5487	www.msc.edu
Mountwest Community & Technical College	304-710-3140	www.wctc.edu
New River Community & Technical College - Beaver	304-929-5450	www.newriver.edu
New River Community & Technical College - Charleston	304-558-0265	www.newriver.edu
New River Community & Technical College - Summersville	866-349-3739	www.newriver.edu
Ohio Valley University	304-865-6000	www.ovu.edu
Pierpont Community College	304-367-4907	www.pierpont.edu
Potomac State College	304-788-6820	www.potomac.edu
Salem University	1-844-462-9128	www.salemu.edu

Shepherd University	304-875-5000	www.shepherd.edu
Southern West Virginia Community & Technical College	304-896-7098	www.southernwv.edu
Strayer University	304-760-1700	www.achieve.strayer.edu
University of Charleston	1-800-995-4682	www.ucwv.edu
Valley College	304-451-3172	www.valley.edu
West Liberty University	304-336-5000	www.westliberty.edu
West Virginia Northern Community College	304-723-2210	www.wvncc.edu
West Virginia Junior College – Bridgeport	304-842-4007	www.wvjc.edu
West Virginia Junior College - Charleston	304-345-2820	www.wvjc.edu
West Virginia School of Osteopathic Medicine	304-645-6270	www.wvsom.edu
West Virginia State University	304-766-3000	www.wvstateu.edu
West Virginia University	304-243-0111	www.wvu.edu
West Virginia University - Parkersburg	304-424-8000	www.wvup.edu
West Virginia Wesleyan College	304-473-8000	www.wvwc.edu
Wheeling Jesuit University	304-243-2000	www.wheeling.edu
Financial		
Emergency Assistance Program	304-205-6357	
KISRA	304-768-8924	www.kisra.org
Need Help Paying Bills in WV		www.needhelppayingbills.com
West Virginia Utility Assistance Program	888-282-6816	www.dollarenergyfund.org
Food and Clothing		
Gabriel Project	304-574-0446	www.gabrielwv.org
Foster and Adoption		
Burlington United Methodist Family Services, Inc.	304-289-6010	www.bumfs.org
KVC West Virginia	304-347-9818	www.westvirginia.kvc.org
Mission WV	304-562-0723	www.missionwv.org
Modify Program	866-720-3605	www.modify.cedwvu.org
Presley Ridge	304-252-1106	www.pressleyridge.org
Safe Haven Campaign		www.savehavenwv.com
WV Adoption/Foster Parents	304-558-0628	www.dhhr.wv.gov/bcf/providers
West Virginia Foster and Adoptive Care Training	304-384-5189	www.wvfact.com
WV Foster, Adoptive and Kinship Care Network	304-807-9535	www.wvfosterparents.org
Health and Medical		
988 Suicide & Crisis Lifeline	988	www.988lifeline.org
Adolescent Pregnancy Prevention	800-642-8522	www.dhhr.wv.gov
American Cancer Society	800-227-2345	www.cancer.org
American Heart Association	800-242-8721	www.heart.org

American Lung Association	800-586-4872	www.lung.org
Brain Injury Association of America	800-444-6443	www.biausa.org
Burlington United Methodist Family Services, Inc.	304-289-6010	www.bumfs.org
Children's Health Insurance Program	877-982-2447	www.chip.wv.gov
Crossroads Pregnancy Care Center	304-344-4511	www.crossroadspcc.com
Diabetes Education Accreditation Program	800-338-3633	
Diabetes Education Empowerment Program	800-642-8686	
Diabetes Self-Management Program		jlevine@osteو.wvsom.edu
Dining With Diabetes	304-372-8199	
Division of Primary Care	304-352-6035	
Drug Discount Card Info	888-602-2978	www.drugdiscountcardinfo.com
East Ridge Health Systems	855-807-1258	www.eastridgehealthsystems.org
Education Recognition Program-Diabetes	888-232-0832	
EyeCare America	877-887-6327	www.aao.org/eyecare-america
FMRS Health Systems	304-256-7100	www.fmrs.org
James Tiger Morton Catastrophic Illness Commission	304-558-6073	www.wvdhhr.org
Kids First Hearing Services	800-642-9704	www.dhhr.wv.gov
KVC West Virginia	304-347-9818	www.westvirginia.kvc.org
Life Choices	304-622-1953	www.lifechoiceprc.org
March of Dimes	304-720-2229	www.marchofdimes.org
National Cancer Institute	800-422-6237	www.cancer.gov
National Diabetes Prevention Program	304-293-0189	
National Suicide Prevention Lifeline	800-273-8255	www.suicidepreventionlifeline.org
New Eyes	973-376-4903	www.new-eyes.org
Poison Control Center	800-222-1222	www.aapcc.org
Pre-Employment Project	800-642-8522	www.dhhr.wv.gov
River Park Hospital	800-621-COPE	www.riverparkhospital.net
SAMHSA's National Helpline	800-662-4357	www.samhsa.gov
Shriner's Hospital	800-237-5055	www.shrinershospitalforchildren.org
Starkey Hearing Foundation	800-328-8602	www.starkeyhearingfoundation.org
Valley Health	304-525-3334	www.valleyhealth.org
West Virginia Breast and Cervical Cancer Screening Program	800-642-8522	www.dhhr.wv.gov
West Virginia Breast Health Initiative	304-556-4808	www.wvbhi.org
West Virginia Family Planning Program	304-558-5388	www.dhhr.wv.gov
West Virginia Lions-Eye Glasses		www.wvlions.org
West Virginia Poison Center	800-222-1222	www.wvpoisoncontrol.org
West Virginia Rx Card	877-388-9879	www.westvirginiarxcard.com
Women's Choice Pregnancy Center	304-346-9779	www.choicesmakeyou.com
Women's Health Center of WV	304-344-9834	www.womenshealthwv.org
WV Free	304-342-9188	www.wvfree.org
WVU Medicine Children's Hospital	304-598-1111	www.childrens.wvumedicine.org

Housing and Weatherization		
Greenbrier Valley Children’s Home	304-645-1302	www.childhswv.org
Home Ownership Program	800-933-8511	www.wvhdf.com
Movin’ Up Program	800-933-8511	www.wvhdf.com
Patchwork	304-340-3578	www.daymark.org
Roark-Sullivan Lifeway Center	304-414-0109	www.roarksullivan.com
Turning Point	681-265-1112	www.daymark.org
U.S. Department of Housing and Urban Development	800-225-5342	www.hud.gov
West Virginia Coalition to End Homelessness	304-843-9522	www.wvceh.org
West Virginia Home Owners Rescue	844-542-0035	www.wvhdf.com
West Virginia Housing Development Fund	304-391-8600	www.wvhdf.com
YWCA	304-340-3562	www.ywcacharleston.org
Job Services		
KISRA	304-768-8924	www.kisra.org
Legal		
American Civil Liberties Union	304-345-9246	www.acluwwv.org
Mountain State Justice	800-319-7132	www.mountainstatejustice.org
Office of the WV Attorney General	800-368-8808	www.ago.wv.gov
Vital Registration Office	877-448-3953	
Recreation		
West Virginia Recreation and Parks Association		www.wvrpa.com
West Virginia State Parks	833-WV-PARKS	www.wvstateparks.com
Senior Services		
AARP	866-227-7458	www.aarp.org
Alzheimer’s Association	800-272-3900	www.alz.org
Elder Care Locator	800-677-1116	www.eldercare.acl.gov
Social Security Administration	800-772-1213	www.ssa.gov
West Virginia Bureau of Senior Services	877-987-3646	www.wvseniorservices.gov
West Virginia Senior Legal Aid	800-229-5068	www.seniorlegalaids.net
Substance Abuse		
Act on Addiction	877-631-0460	www.actonaddiction.org
Adult & Teen Challenge	304-384-9074	www.adultandteenchallengecares.com
Al-Anon Family Groups	888-490-1970	www.al-anon.org
Alcoholics Anonymous	800-333-5051	www.aa.org
Amity Center	304-485-1725	www.westbrookhealth.org
Burlington United Methodist Family Services, Inc.	304-289-6010	www.bumfs.org
Chestnut Ridge Center	855-988-2273	www.childrens.wvumedicine.org
Comprehensive Treatment Centers	844-797-1079	www.ctcprograms.com

Drug Rehab	855-520-2898	www.drugrehab.com
East Ridge Health Systems	855-807-1258	www.eastridgehealthsystems.org
FindTreatment.gov	800-662-4357	www.findtreatment.gov
FMRS Health Systems	304-256-7100	www.fmrs.org
Gamblers Anonymous	800-426-2537	www.gamblersanonymous.org
Harmony Ridge Recovery Center	855-942-3922	www.harmonyridgerecovery.com
Help 4 WV	844-435-7498	www.help4wv.com
Inpatient Drug Detox Center	844-262-8137	www.inpatientdrugdetoxcenter.com
Kanawha Valley Fellowship Home	304-342-8051	www.kvfh.org
KISRA	304-768-8924	www.kisra.org
KVC West Virginia	304-347-9818	www.westvirginia.kvc.org
Jobs & Hope	800-642-8522	www.jobsandhope.wv.gov
Mothers Against Drunk Driving	800-438-6233	www.madd.org
Mountaineer Recovery Center	304-901-2070	www.mountaineerrecovery.com
Narcotics Anonymous	800-766-4442	www.na.org
Prestera Center	304-525-7851	www.prestera.org
Rehab Now	888-674-0062	www.rehabnow.org
Safe Haven Campaign		www.savehavenwv.com
Southern WV Fellowship Home	304-253-1441	www.swvfh.org
United Summit Center	304-789-3143	
WV Tobacco Cessation Quitline	800-784-8669	
Transportation		
Good News Mountaineer Garage	866-448-3227	www.goodnewsmountaineergarage.org
Veterans		
Disabled Veterans National Foundation	202-737-0522	www.dvnf.org
Emergency Communication Services	877-272-7337	www.redcross.org
Financial Assistance	877-272-7337	www.redcross.org
Military One Source	800-342-9647	www.militaryonesouce.mil
National Call Center for Homeless Veterans	877-424-3838	www.va.gov
U.S. Department of Veterans Affairs	800-698-2411	www.va.gov
Veterans Criss Hotline	800-273-8255	www.veteranscrissline.net