



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

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

FACES is supported with grants from the WV Department of Health and Human Resources, Department of Human Services Substance Abuse Mental Health Administration, TEAM for WV Children, Marshall University Appalachian Diabetes Control and Translation Project, Southern Coalfields Tobacco Prevention, and several other smaller grants.

FACES works with agencies and communities on capacity building, economic development, child abuse prevention, drug prevention, pregnancy prevention, health initiatives, and organizational development. To become involved in the work of FACES simply come to the meetings, show interest, and give input. If a spot is available, the Board approves anyone wishing to become a Board member.

**Phone..... 304-436-5255**  
**Fax.....304-436-5256**

**E-mail: [facesfrn@yahoo.com](mailto:facesfrn@yahoo.com)**  
**Website: [www.facesfrn.com](http://www.facesfrn.com)**  
**Address: 90 Howard Street, Welch, WV 24801**

*HOPE Coalition*  
**(A Committee of FACES)**

Community Coalition that promotes anti-drug education through Coalition partners educates for policy and environmental changes to reduce substance abuse promotes drug treatments and recovery processes. Assess Community for other problem areas such as health risks and collaborate to produce appropriate solutions. Free services are available to agencies/consumers in all areas of McDowell County. Funding is provided by a grant thru ONDCP (Office of National Drug Control Policy) and SAMHSA (Substance Abuse Mental Health Service Administration). HOPE meets very 4<sup>th</sup> Monday at the Welch Public Library 10:30 am.

**Jr. Special Forces Program**

The Jr. SF Program is a youth initiative of the HOPE Coalition. Students from McDowell County in grades 8-12 are eligible to join. There is a limit of 40 students per year.

The National Guard provides the program content which includes:

- Adventure Training: rock wall climb, obstacle courses, paintball, river rafting, C-130 flight
- Skill Building: map reading, compass and GPS points, fire and personal safety
- Courses: drug resistance skills, responsibility, CPR-First Aid
- Lots of Physical Activity

The parents of participants in the program have stated that their children have developed better listening skills, responsibility, and self-esteem.

To join the Jr. Special Forces Program, please call 304-436-5255 and speak with Christy Lester, LPN, Coordinator.

E-Mail: [mcdowelldreamteam@yahoo.com](mailto:mcdowelldreamteam@yahoo.com)

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**2-1-1**

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

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

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

**Useful Local Numbers in McDowell County**

<u>Agency</u>	<u>Phone</u>
Abuse, Domestic Violence.....	304-436-8117
Abuse, Child: Child Protective Services.....	304-436-8302
Ambulance.....	911
Ambulance (Non-Emergency):	
Authority Rescue Squad.....	304-436-3875
Iaeger Ambulance Service.....	304-938-5677
Jan-Care of Guardian Angel:	
Welch.....	304-436-8401
Gary.....	304-448-2108
Iaeger.....	304-938-2082
Toll Free.....	1-800-446-6161
McDowell County Emergency.....	304-436-4106
STAT Service.....	304-436-2900
Widener’s Ambulance Service Inc.....	304-862-2506
911 Center.....	304-436-4106

City Police	Non-Emergency
Anawalt.....	304-383-2993
Bradshaw.....	304-967-7370
Davy.....	304-656-7145
Gary.....	304-448-2209
Iaeger.....	304-938-5171
Keystone.....	304-862-2239
Kimball.....	304-585-7913
Northfork.....	304-862-3414
War.....	304-875-2216
Welch.....	304-436-3112
Emergency.....	911
County Clerk's Office.....	304-436-8545
Courts:	
Circuit Court Clerk.....	304-436-8532
Circuit Court Judge.....	304-436-8512
Family Law Master.....	304-436-6943
Magistrates:	
Beavers.....	304-436-8589
Cox.....	304-436-8593
West.....	304-436-8591
Annex.....	304-436-8514
Fire.....	911
Probation Officer.....	304-436-8507
Probation Office Juvenile Court	
Assessor's Office.....	304-436-8528
County Clerk's Office.....	304-436-8544
Sheriff's Office.....	304-436-8522
Emergency.....	911
State Police.....	304-436-2101
Emergency.....	911

## Emergency and Hotline Numbers Statewide and National Agencies

Adoption Center	1-800-862-3678
Adult Education (Literacy Hotline)	1-800-642-2670
Abortion Alternatives & Crisis Pregnancy Center	1-800-421-4773
24-Hour Mental Health Crisis Line	1-800-579-5844
Adult Abuse Hotline	1-304-436-8302
AIDS Information Hotline	1-800-342-AIDS
Alcohol Help Line	1-800-252-6465
Alcohol and Drug Help Line	1-800-821-4357
Alcoholics Anonymous	1-800-333-5051
Alcoholic Beverage Control Commission	1-800-642-8208
Al-Anon Family Headquarters	1-800-356-9996
American Diabetes association	1-800-232-3472
Attorney General (Consumer Protection)	1-800-368-8808
Auto Safety Hotline	1-800-424-9393
Automated Refund & Tele-Tax (IRS)	1-800-829-4477
Better Business Bureau	1-800-542-1302
Birthright	1-800-550-4900
Boys Town Hotline	1-800-448-3000
Cancer Information Services	1-800-422-6237
Center for Substance Abuse	1-800-662-4357
Child Abuse and Neglect	1-800-352-6513
Child Support Enforcement	1-800-634-4419
Child Help USA	1-800-282-7777
Court of Claims	1-877-562-6878
Children's Defense Fund	1-800-233-1200
Children's Make-A-Wish Foundation	1-800-323-9474
Consumer Credit Counseling	1-304-485-3141
Covenant House	1-800-999-9999
Domestic Violence Hotline	1-800-352-6513
Down Syndrome Society	1-800-221-4602
Family Crisis Intervention Center	1-304-428-2333
Family Planning (WV Dept. of Health)	1-800-642-8522
Federal Communications Commission	1-888-225-5322
Federal for Children with Special Needs	1-800-331-0688

Federal Student Aid Information	1-800-333-4636
Federal Tax Information (Problem Resolution)	1-800-829-1040
Federal Tax Forms	1-800-829-3676
Federal Tax Information & Assistance-TDD	1-800-829-4059
Food Stamps	1-800-642-8589
Food Pantry Information & Referral	1-800-540-8659
Health Information	1-800-336-4797
Health and Human Resources (DHHR)	1-800-642-8589
Hearing & Speech National Association	1-800-638-8255
Herpes Resource Center	1-800-230-6039
Hill Burton Hotline (free & low cost health care)	1-800-638-0742
Hunting & Fishing Law Violations (NET GAME)	1-800-638-4263
Internal Revenue Service	1-800-829-1040
Job Corps (Charleston)	1-800-733-5687
Lawyer Information Services	1-800-642-3617
Legal Services	1-800-642-8279
Library Commission	1-800-642-9021
Lottery Commission (daily winning numbers)	1-800-982-2274
Medicare Claims	1-800-848-0106
National AIDS Information Clearinghouse	1-800-458-5231
National Child Abuse Hotline	1-800-422-4453
National Cocaine Hotline	1-800-262-2463
National Domestic Violence Hotline	1-800-333-1233
National Drug Hotline	1-800-821-4357
National Foundation for Handicap/Disabled	1-800-343-9155
National Fraud Information Center	1-800-876-7060
National Health Information	1-800-336-4797
Organ Donation	1-800-528-2971
OSHA (Occupational Safety & Health Administration)	1-800-255-6725
Parents Anonymous	1-800-421-0353
Pesticide Hotline	1-800-858-7378
Pinch-the-Pusher	1-800-282-3784
PMS Access	1-800-222-4767
Poison Control	1-800-642-3625
Presteria Mental Health Center (24-hr crisis line)	1-800-642-3434
Public Service Commission (utility complaints)	1-800-642-8544
Runaway Hotline	1-800-231-6946
Runaway Switchboard (nationwide)	1-800-621-4000

Social Security Administration	1-800-772-1213
Spina Bifida Association	1-800-621-3141
STD/AIDS Prevention	1-800-642-8244
Suicide Counseling Help Line	1-800-468-1359
Teachers Retirement Board	1-800-642-8509
Telephone Repair Service Network	1-800-222-6987
VD Hotline	1-800-227-8922
WV Advocates (for developmentally disabled)	1-800-950-5250
WV Department of Banking	1-800-642-9056
WV Department of Education	1-800-642-8541
WV Department of Highways	1-800-642-9292
WV Department of Insurance	1-800-642-9004
WV Department of Motor Vehicles	1-800-642-9066
WV Division of Rehabilitation Services	1-800-642-8207
WV Library Commission	1-800-424-8567
WV State Legislature	1-877-565-3447
WV Travel Information (State Parks)	1-800-225-5982
Water Pollution Spills Alert and Fish Kill	1-800-642-3074
Worker's Compensation	1-800-628-4265
Women's and Children's Hotline	1-800-642-3617
Women's Health Center of WV	1-800-642-8670

## **Adult Education**

### McDowell County Adult Learning Center in Welch

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

Address: 1 Stadium Drive Welch, WV 24801

The goal of McDowell County's Adult Basic Education initiative is to educate and prepare adult students with a second chance opportunity to become employable, job-ready citizens, aware that they can succeed at any endeavor. The McDowell County Adult Learning Center, located adjacent to the McDowell Career and Technology Center in Welch, WV, has been serving the community by offering ABE/GED classes. During this time, hundreds of

students have obtained their GED's (General Equivalency Diplomas), graduated college, obtained jobs, or entered the military. The McDowell County Board of Education provides ABE/GED instruction, as well as Computer Literacy Training. We are open to the public daily from 8:00 a.m. until 3:30 p.m. Our program instructor is Mr. Everett W. Sparks.

**Bluefield College**

Phone.....1-800-872-0175  
 Fax.....304-326-4288  
 Website: [www.bluefield.edu](http://www.bluefield.edu)  
 Address: 3000 College Drive, Bluefield, WV 24701

**Bluefield State College**

Phone.....304-327-4000  
 Fax.....304-325-7747  
 Website: [www.bluefieldstate.edu](http://www.bluefieldstate.edu)  
 Address: 219 Rock Street, Bluefield, WV 24701

**Concord University**

Phone.....304-384-3115  
 Fax.....304-384-3218  
 Website: [www.concord.edu](http://www.concord.edu)  
 Address: PO Box 1000, Athens, WV 24712

**National Business College**

Phone.....276-326-3621  
 Website: [www.ncbt.edu](http://www.ncbt.edu)  
 Address: 100 Logan Street, Bluefield, VA 24605

**Southern West Virginia Community and Technical College**

Phone.....1-866-798-2821  
 Fax.....304-294-8534  
 Website: [www.southernwv.edu](http://www.southernwv.edu)  
 Address: Rt. 97 Saulsville, WV 25876

**Southwest Virginia Community College**

Phone.....1-800-822-7822  
 Website: [www.sw.edu](http://www.sw.edu)  
 Address: PO Box SVCC, 369 College Road, Richlands, VA 24641

**Bed & Breakfasts**

**Elkhorn Inn Bed & Breakfast**

Phone.....304-862-2031  
 Toll Free.....1-800-708-2040  
 Website: [www.elkhorninnwv.com](http://www.elkhorninnwv.com)  
 Address: Route 52, Landgraft, WV

The newly restored historic, "Coal Heritage Trail" Elkhorn Inn has train-view guest rooms, balcony & patio, is on trout-filled Elkhorn Creek, has great bird-watching, & is near some of the best ATV trails in the eastern US! The Inn provides Bed-&-Breakfast accommodations in 14 air-conditioned guest rooms, & meals, meetings, and special events in our elegant dining room. The Inn features a Patio Cafe, antique, claw-foot bathtubs, bathrobes, signature toiletries, period 1930 furnishings, art & antiques, a balcony, & a cozy fireplace lounge. Our new online Gift Shop has vintage American quilts, original jewelry, artwork, & hand-crafted West Virginia coal statuettes, & we have a Museum Room & an art studio available for use by artists staying at the Inn. The Elkhorn Inn has Wi-Fi Internet access, sat TV/VCR, books, movies & games, too! Children welcome- & pets too-but please call. The award-winning Elkhorn Inn has been featured on HGTV, DIYnetwork.com, Speed Channel, "Traveling the Mountain State", Good Morning WV, in the New York Daily News, Preservation Magazine, and others. Member of the Mountain states Association of Bed-and-Breakfasts (MABB), WV CVBs, [www.historicinns.com](http://www.historicinns.com), [www.iloveinns.com](http://www.iloveinns.com), & the InnClub.

**Child Services**

**A Small World**

Phone.....304-436-4386  
 Fax.....304-436-4926

Address: 750 Riverside Drive, Welch, WV 24801  
Licensed by the State of WV and DHHR. Operated on a non-discriminatory basis. Children between 3 months and 12 years. Before and after school program is available. Open Monday through Friday, 6:30 a.m. to 6:00 p.m.

Children's Home Society of West Virginia Princeton Office  
Phone.....304-431-2424  
Email: [jboileau@childhswv.org](mailto:jboileau@childhswv.org)  
Website: <http://www.childhswv.org/index.htm>  
Address: 603 Harrison St. P.O. Box 5533, Princeton, WV 24740

Paul Miller Home  
Phone.....304-862-4237  
Phone.....1-800-832-9213  
Fax.....304-862-2645  
10 bed emergency shelter for children ages 12-18. Also provides Parent Education for divorcing parents.

MountainHeart Child Care Resource & Referral  
Phone.....304-682-8271  
Toll Free.....1-800-834-7082  
Fax.....304-682-8274  
Website: [www.mountain-heart.org/ccssouth.htm](http://www.mountain-heart.org/ccssouth.htm)  
Address: PO Box 1509, Oceana, WV 24870

The mission of MountainHeart is to meet the diverse needs of parents, children, providers and community through comprehensive, family friendly services. These services are designed to encourage providers, empower families and ensure all community members that quality child care for all of our children is a continued priority. MountainHeart provides a variety of free services to parents, child care providers, children and the community, which include: Resource and Referral Services, Professional Development and Technical Assistance, Management of the Subsidy Certificate System, Volunteer Income Tax Assistance (VITA). Call for more information on the above services and eligibility guidelines.

TSN/WIC Program  
Phone.....304-436-6122  
Fax.....304-436-6125

Address: 772 Virginia Ave, Welch, WV 24801  
**Provides Nutritious Food**-Supplies you and baby with formula and nutritious food. **Nutrition Education**-Teaches you how to choose and prepare nutritious and affordable foods. **Referral for Health Care**-Encourages moms to get regular check-ups for her and baby. **Promotes Breast Feeding**-Stresses breastfeeding and teaches classes to all pregnant participants. The above are services that WIC providers. Requirements are pregnant or have recently given birth, low income or no income, child up to age 5 years or have a nutrition problem.

We Care Family Center  
Sponsored by Catholic Community Services  
Phone.....304-862-3346  
Fax.....304-862-3346  
Address: PO Box 162, Eckman, WV 24829  
Licensed for 22 children ages 2-12. Hours are from 6 to 6. Provide before school, day care, after school, summer school, and have an Even Start family literacy program. Work with the Department of Education, Head Start, and the McDowell County Board of Education providing preschool education. Also Work with Mountain Heart Childcare services and the Department of Health and Human Resources for affordable daycare services. For more information please call. Will take special needs children.

## Depression

Depression is far more common than most people realize: two out of ten Americans are clinically depressed and as many as 23% of all women have at least one major depressive episode in their lifetime. Those who suffer from major depression cannot just “snap out of it.” It interferes with sleep, appetite, self-image, and attitude. Below is a list of symptoms of depression. If five or more of these symptoms last for more than two weeks or are interfering with

school or family life so that pain and problems often outweigh pleasure, it's time to get a professional diagnosis.

- Loss of interest or pleasure in ordinary activities
- Withdrawal from loved ones
- Decreased energy, fatigue, being "slowed down"
- Excessive self criticism
- Feeling of guilt, worthlessness, helplessness, or inadequacy
- Difficulty sleeping, insomnia, early morning waking, over sleeping
- Very moody, easily irritated, or overly sensitive manner
- Frequent absences or poor performance in school
- Unusual decrease or increase in appetite and weight
- Difficulty concentrating, remembering, and making decisions
- Chronic aches and pains that don't respond to treatment
- Thoughts of death or suicide, suicide attempts.

#### Family Health Care

#### Psych Services

Welch Community Hospital

#### Health Services

Child Help USA; EMS 1-800-282-7777

Depression Awareness, Recognition and National Health Information 1-800-248-4344

Primary Health Hotline 1-800-333-4444

#### Treatment Program:

National Institute of Mental Health EMS 1-800-282-7777

National Depressive & Manic-Depressive Association 1-800-82-NDMDA

### Domestic Violence/Counseling

#### Stop Abusive Family Environments, Inc (SAFE)

Phone.....304-436-8117

Fax.....304-436-6528

E-mail: [safewalden@yahoo.com](mailto:safewalden@yahoo.com)

Website: [www.safewv.org](http://www.safewv.org)

Address: PO Box 669, Welch, WV 24801

**Physical Address:** Route 7, Former Hemphill School

**Emergency Shelter**-Temporary shelter, food and clothing.

**Transitional Housing**-Long-term shelter, food and clothing.

These services are for the women and children who are victims of domestic violence or homelessness. **Case Management**-Assisting residents achieve the goals that they set for themselves. Referrals to other agencies. This service is for the women and children who are residents of the SAFE Transitional Housing facility. **Infant & Child Care Centers**-Provides care to children while mother is with staff members, at work, school, doctor, agencies, appointments, etc. This service is for the children who are domestic violence clients or residents of the SAFE Transitional Housing facility. **Transportation**-Transportation to court hearings, attorneys, doctors, agencies, work, store, school, social activities, etc. This service is for the women and children who are domestic violence clients or residents of the SAFE Transitional Housing facility. **Learning Center**-Educational services w/internet connection. This service is for the women and children who are residents of the SAFE Transitional Housing facility. Center is also open to general public for special trainings. **Court Advocacy**-Attend court hearings as support to domestic violence victim, **Safety Planning**-Discuss options and dangers of leaving domestic violence situation, **Transportation**-Transport domestic violence victims to court hearings, attorneys and other case related appointments, **Information and Referrals**- Inform victims of different options and make referrals to appropriate agencies. These services are available to victims of domestic violence (male or female). **Trainings & Presentations**-Provide information regarding domestic violence and services offered by SAFE.

#### Stop the Hurt, Inc

Phone.....304-436-8553

Fax.....304-436-8573

E-mail: [cfriderick@citlink.net](mailto:cfriderick@citlink.net)

Address: PO Box 102, Welch, WV 24801

Advocacy for women and children who are victims of abuse. The guidelines for this are you must have a case in the criminal system or ask for assistance.

### Drugs and Alcohol

Warning signs of drug abuse may include:

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

If you or some you know has a problem with alcohol and/or drugs help is available from the following resources:

24-Hour Crisis Line.....	1-800-579-5844
Alcohol and Drug Help Line.....	1-800-821-4357
Alcohol Help Line.....	1-800-252-6465
Center for Substance Abuse.....	1-800-662-4357
National Institute on Drug Abuse.....	1-800-638-2045
National Cocaine Hotline.....	1-800-COCAINE
National Drug Hotline.....	1-800-821-662-HELP
If a friend has overdosed on drugs or is extremely intoxicated... <b>DON'T WAIT!</b> Get the person to a hospital as soon as possible. If you can, note what they have been drinking or have taken, and stay with them at the hospital. If you cannot stay, pin a note to them with their name, address, and type and amount of drug they took, and whether they have consumed alcohol.	
Emergency and Ambulance.....	911
Welch Community Hospital.....	304-436-8461

### Directory for Local Drug Services

#### Southern Highlands Community Mental Health Center

787 Virginia Ave. Welch, WV 24801.....304-436-2106  
 102 Howard St Mullens, WV 24882  
 200 12<sup>th</sup> Street Princeton, WV 24740.....304-425-9541  
 HOTLINE.....1-800-615-0122  
 SERVICES: Substance abuse outpatient counseling, information, referral to treatment center, emergency petition process, DUI Classes, mental health disorder treatment

#### Mercer County Fellowship Home

421 Scott St. Bluefield, WV..... 304-327-9876  
 SERVICES: 30 day to 6 month 17 bed all male units. On site NA and AA meetings.

#### Princeton Community Hospital

12<sup>th</sup> Street Princeton, WV 24740.....304-487-7000  
 Behavioral Medicine.....304-487-7336  
 SERVICES: Suicide prevention, emergency and referral to treatment center

#### Legends

12<sup>th</sup> St. Extension Princeton, WV..... 304-425-7740  
 SERVICES: Men's Long Term Residential, 10 beds up to 3 months of treatment, Priority to clients being released from detox programs.

#### New Horizons (Tammy Smith)

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

#### Beckley Treatment Center

Beckley, WV.....304-254-9262  
 SERVICES: Methadone Clinic (outpatient) Cost is \$45 per admission plus \$12.50 per day. Must have a 1 year history of

opiate dependency. Average length of treatment varies but can be up to 2 years.

**Pinehaven Homeless Shelter**

Beckley, WV.....304-255-9340

**Southern West Virginia (Beckley) Fellowship Home**

201 Woodlawn Ave. Beckley, WV.....304-253-1441

SERVICES: Halfway house, residential 24 hour non hospital residence for substance abuse treatment

**Veteran’s Affairs Medical Center**

**Substance Abuse Treatment Program**

200 Veteran’s Ave Beckley, WV 25801

SERVICES: Outpatient substance abuse and mental health treatment for Veterans

**FMRS Health Systems Raleigh County Office**

101 S. Eisenhower Dr. Beckley, WV 25801.....304-256-7146

209 W. Maple Ave. Fayetteville, WV 2584.....304-256-7100

HOTLINE.....304-256-7100

SERVICES: Outpatient substance abuse and mental health treatment, detoxification, non hospital residential (24 hour); also has specialized program for women who have children, treatment 6 mo. To 1 year, Waiting list with priority to pregnant females and IV drug users. Males can stay up to 90 days. Let the worker know which service you are wanting.

**River Park Hospital**

Huntington, WV.....1-800-621-2673

SERVICES: 3-5 day detox for alcohol and benzodiazepine only.

Private pay and private insurance only-not a Medicaid Provider.

**McDowell County Day Report Center**

Phone.....304-436-4037

Fax.....304-436-8571

E-Mail: [geomwest@msn.com](mailto:geomwest@msn.com)

Address: 109 Wyoming Street, Welch, WV 24801

AA/NA Support Groups, Substance Abuse Counseling, Living Skills Curriculum, Active Parenting Curriculum, Helping Women Recover Curriculum, Drug Education & Awareness Classes.

Eligibility for Day Report Center services is mandated through the Circuit Court, Magistrate Court and Family Law Master Offices.

We also accept referrals form the Department of Health and Human Resources for specific programs. However, if you are interested in the above agencies, please contact our office and we may be able to provide some of these services to you as well.

**Elderly**

**Commission on Aging**

Phone.....304-436-6588

Fax.....304-436-3901

Address: 725 Stewart Street, Welch, WV 24801

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

**Council on Aging**

Phone.....304-436-3011

Fax.....304-436-4385

Address: 69 Wyoming Street, Welch, WV 24801

Provides in home care to elderly and disabled

**West Virginia Bureau of Senior Services**

Phone.....304-558-3317

Fax.....304-558-5609

Website: [www.wvseniorservices.gov](http://www.wvseniorservices.gov)

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

**Social Support:** Supportive services provided at the community level allow seniors to maintain that independence and afford them opportunities for socialization. The Bureau funds local senior centers in each county. **Home & Community Based Services:** Individuals who are frail and at risk of institutionalization may be

eligible for a variety of in-home and community-based services through the Older Americans Act Program, Medicaid Programs, and the Non-Medicaid Program. Age restrictions and financial eligibility vary with each program, as do services. **Caregiver Support:** Offers caregiver support programs for families in all 55 counties. This support can range from assistance with accessing information and services, to formation of support groups to the provision of respite to temporarily relieve caregivers from their responsibilities. **Well & Vital Seniors:** Supports health promotion/disease prevention activities for older West Virginians. A variety of services and programs are available that can assist the older individual in living a well and vital life. **Elder Rights:** The Bureau is deeply involved with helping to preserve the rights of senior citizens in WV. **Ombudsman Program:** The Bureau administers the Long Term Care Ombudsman Program whose goal is to advocate for the rights of residents living in long term care facilities such as nursing homes, assisted living facilities and other types of care homes. Paid and volunteer ombudsmen visit long term care facilities for the purpose of enhancing the quality of life for those people. Ombudsman work toward protecting individual rights and promote the dignity of each senior citizen and disabled person housed in a long term care facility. **WV Silver Haired Legislature:** The West Virginia Silver Haired Legislature is a mock legislature composed of 134 members, all 60 years of age or older. The purpose of the Silver Haired Legislature is to educate older West Virginians about the legislative process and to identify problems and solutions in the form of position papers and resolutions. **Legal Service Support:** WV Senior Legal Aid provides free civil legal services to West Virginians, age sixty and older. Targeting seniors that are economically disadvantaged, socially disadvantaged, disabled or rural, Senior Legal Aid works with private lawyers to provide assistance to older people. **Governor's Summit on Aging:** The West Virginia Governor's Summit on Aging is an annual conference for professionalism in the field of aging. The primary purpose of the conference is to identify best practices dealing with adult abuse, neglect, and exploitation issues.

## Emergency Preparedness Guide

Disaster can strike at any time and force you from your home for days without the things you need. Help may not be able to reach you immediately. You need to be prepared for disasters. This section will give you the information you need for each type of disaster.

### What to Do

#### Emergency Plan:

- ✓ Talk with family members.
- ✓ Draw a floor plan of escape.
- ✓ Chose a place away from neighborhood where members can gather if separated.
- ✓ Identify friends or relatives living out of the area to contact.
- ✓ Post emergency numbers by every phone.
- ✓ Teach children how to use 911.
- ✓ Know how to shut off water, gas, and electricity in your home.
- ✓ Plan how to help elderly or disabled members and neighbors.
- ✓ Check that insurance policies are up to date and available quickly while being safe from water etc.

#### Supply Kit:

- ✓ Water = one gallon per person per day for three days.
- ✓ Store water in tightly sealed, nonbreakable plastic, fiberglass or enamel-lined metal containers.
- ✓ Change water every six months.

#### Food:

- ✓ Pack enough food for three days per person.
- ✓ Include canned and boxed foods requiring less preparation and stay good longer.
- ✓ Remember the manual can opener.
- ✓ Pack food in sealed metal or plastic containers.
- ✓ Replace food every six months.
- ✓ Include foods for infants and special diets.

## Tools and Equipment:

- ✓ Battery-powered radio and flashlights
- ✓ Spare batteries
- ✓ Resalable plastic bags
- ✓ Washcloths and towels
- ✓ Paper cups, plates, and utensils
- ✓ Toothbrushes, toothpaste, shampoo, deodorant and other toiletries
- ✓ Heavy-duty plastic garbage bags
- ✓ Change of clothes, shoes, and socks for each person
- ✓ Blankets or sleeping bag for each person
- ✓ First aid kits with bandages, ointments, diarrhea medicine, antiseptic, aspirin and nonaspirin medication, cleansing agent, cotton balls, manual, gauze pads and roll, gloves, laxative, moist towelettes, needle and safety pins, petroleum jelly, scissors, sunscreen, thermometer, tongue depressors, triangular bandages, and tweezers.

## Personal Items:

- ✓ Personal identification
- ✓ Copies of birth and marriage certificates, inventory of household goods, bank account numbers and other documents.
- ✓ Maps
- ✓ Extra car and house keys.
- ✓ Prescription medications.

## Pets:

- ✓ Pets should not be left behind during a disaster but do not risk your own safety attempting to find them if you must evacuate quickly.
- ✓ Attach ID tags to your pet with your name and address.
- ✓ Remember that most emergency shelters do not allow pets (except service animals).
- ✓ Make a list of pet shelters and hotels that permit animals in the area you would evacuate to.
- ✓ Put together an emergency supply kit for your pet including a first aid kit, food dishes, litter box, leash or carrier, medication, food, veterinary records and water.

## Disaster at Home

**Water:** crucial, fill pitchers, jars, buckets, bottles, bathtubs, in case your water supply is cut off. Drink at least two quarts of water each day to maintain health. If water is running out, use ice cube trays, water heater tank, toilet tanks (but not bowls) however it is not safe use radiator water, waterbeds or swimming pools.

**Food:** ration supplies for everyone except children and pregnant women. Avoid eating from swollen or dented cans or food that looks or smells abnormal. Use pre-prepared formula for babies.

**Power Outage:** practice conserving energy to help avoid blackouts. Always keep cars full or above half. Know how to manually release electric garage doors. Protect computers with surge protectors. Turn off electronic equipment. Avoid opening refrigerator and freezer doors. Food will remain fresh up to four hours. If prior knowledge of power outage, you should freeze water to keep food cold.

Operate generators outside only, not in the basement or garage.

**After a Disaster:** Inspect your home for damages by looking at structural, electrical, gas leaks before re-entering the home. Do not enter a fire-damaged house without prior inspection by authorities. Discard spoiled food. Contact insurance agents. Help children cope with the trauma by answering questions and seeking out professional help if necessary. For more information contact local emergency preparedness systems such as 911 or go on-line to the following for additional preparation details:

1. Federal Emergency Management Agency [www.fema.gov](http://www.fema.gov)
2. US Fire Administration [www.usfa.fema.gov](http://www.usfa.fema.gov)
3. Citizen Corps [www.citizencorps.gov](http://www.citizencorps.gov)
4. US Centers for Disease Control & Prevention [www.cdc.gov](http://www.cdc.gov)
5. US Department of Energy [www.energy.gov](http://www.energy.gov).
6. US Department of Homeland Security [www.ready.gov](http://www.ready.gov)
7. US Environmental Protection Agency [www.epa.com](http://www.epa.com)
8. National Weather Service [www.nws.noaa.gov](http://www.nws.noaa.gov)
9. US nuclear Regulatory Commission [www.nrc.gov](http://www.nrc.gov)
10. American Red Cross [www.redcross.org](http://www.redcross.org)
11. Institute for Business and Home Safety [www.ibhs.org](http://www.ibhs.org)

## Thunderstorms

About 10% of the thunderstorms that occur annually in the United States are classified as severe. On average, the United States gets 100,000 thunderstorms every year. Even those that are not can still be dangerous. Lightning in particular is a threat, though it may seem that a thunderstorm is miles away.

### Before Thunderstorms Strike

- ❖ Cut down dead trees and clear branches from around your house.
- ❖ Secure loose outdoor objects such as patio furniture.
- ❖ Shutter the windows and secure the doors.

### Terms to Know

1. **Severe Thunderstorm Watch:** Severe thunderstorms are likely to occur.
2. **Severe Thunderstorm Warning:** Severe thunderstorms have been spotted, and people in the path of the storm are in danger.

### During a Thunderstorm

- ❖ Get or stay inside if, after seeing lightning, you cannot count to 30 before hearing thunder.
- ❖ Do not shower or bathe. Quick tip: To determine how close a thunderstorm is to you, count the seconds between the lightning flash and the next rumble of thunder. Divide that number by five. The answer is the number of miles away the storm is.
- ❖ Do not use a corded telephone, except in an emergency. Cell phones and cordless phones are OK to use during a storm.
- ❖ Unplug electronics and turn off air conditioners.
- ❖ If outside in a forest, take shelter under a thick growth of small trees.
- ❖ If outside in an open area, move to a low spot such as a ravine or valley-but beware of flash flooding.
- ❖ Never stand under a tall, isolated tree, on a hilltop, in an open field, on the beach or near open water.

- ❖ Stay away from metal equipment and apparatus such as fences, tractors, pipes and bicycles.
- ❖ If swimming or boating, get out of the water immediately and take shelter.

### If you're About to Be Struck

- ❖ Feeling your hair stand on end means lightning is about to strike nearby. Make yourself into a small target.
- ❖ Squat down on the balls of your feet-do no lie flat on the ground.
- ❖ Place your hands over your ears and tuck your head between your knees.

## Floods

Floods occur regularly across the country, causing evacuations, widespread damage and even death. Those living near waterways or other low-lying areas are more at risk, but anyone in a community is susceptible to flooding can be affected. Hazards range from potentially deadly flash flooding to water contamination due to broken gasoline or sewer lines.

### Before a Flood

- ❖ Consider purchasing flood insurance through the National Flood Insurance Program. Regular homeowners' insurance does not cover flood losses.
- ❖ Know how to get to higher ground from your home.
- ❖ Learn your community's flood evacuation routes.
- ❖ Ask local officials how you can protect your home.

### Terms to Know

1. **Flood Watch:** Flooding is possible within 12 to 36 hours.
2. **Flash Flood Watch:** Flash flooding is possible and could occur without warning. Prepare to move to higher ground if you are at risk.
3. **Flood Warning:** Flooding is or soon will be occurring. Evacuate immediately if advised.

4. **Flash Flood Warning:** Flash flooding is occurring. Move to higher ground at once if you are at risk.

### Protecting Your Property

- ✓ If your home is prone to flooding, move your furnace, water heater and electric panel to higher floors.
- ✓ Install “check valves” in sewer traps to prevent water from backing up into your house.
- ✓ Waterproof your basement wall to stop seepage.
- ✓ Build barriers such as floodwalls or levees to keep out floodwater.
- ✓ Store insurance policies, deeds and other records in a safe-deposit box.

### During a Flood

- ❖ Stay tuned to radio or TV for updates.
- ❖ Watch for flash flooding. This can occur without rain clouds or rain in the immediate area.
- ❖ Avoid low-lying areas such as canyons and drainage channels.
- ❖ Never walk through moving water more than 6 inches deep.
- ❖ Do not drive through flooded areas. Cars can be easily swept away in just 2 feet of moving water.
- ❖ If your vehicle stalls in water, exit it and move to higher ground.
- ❖ Evacuate if instructed to by authorities, and return home only when they say it’s safe.

### After a Flood

- ❖ Be careful in areas where floodwaters have receded.
- ❖ Watched for downed electrical lines and weakened roads and bridges.
- ❖ Stay out of flooded buildings.
- ❖ Use caution when entering damaged structures. Their foundations may have weakened.
- ❖ Avoid coming into contact with floodwater-it may be contaminated. Wash your hands if they get wet.
- ❖ Discard any food that has been in contact with floodwater.
- ❖ Beware of landslides.

- ❖ Look for changes in the landscape, such as small slides; leaning trees, poles or fences; widening cracks in the driveway or street; or the ground bulging out at the base of a slope or hill. Be prepared to evacuate if you feel threatened.
- ❖ While driving watch for signs like fallen rocks and mud in the roadway. Embankments along roadsides can slide with little or no notice.
- ❖ Move quickly away from the path of the slide.
- ❖ If you cannot escape, curl into a ball and protect your head.

### Extreme Temperatures

Cold snaps and heat waves can be as challenging and as deadly as any other natural disaster. You can best weather these times through pre-season preparation and the right know-how.

### Winter

#### Preparing for a Winter Storm

- Stock up on food, water, medicines, and heating fuel.
- Secure back-up heat sources, such as kerosene heaters. Never use charcoal, gas or propane heaters indoors.
- Buy bags of rock salt and sand for use on icy walkways.
- Weather-strip windows and doors to help seal out the cold.

#### Winter Weather Terms to Know

1. **Freezing Rain:** Rain that freezes on contact with roads, trees, sidewalks, etc.
2. **Sleet:** Rain that freezes before hitting the ground.
3. **Winter Storm Watch:** A winter storm is possible in the area.
4. **Blizzard Warning:** Winds or gusts 35 mph or greater, along with snow, are expected to last 3 hours or more.
5. **Winter Storm Warning:** A winter storm is occurring or will begin soon.
6. **Frost/Freeze Warning:** Temperatures are expected to drop below freezing.

### **During and after a Winter Storm**

- ❖ Conserve heating fuel by shutting off unused rooms.
- ❖ Wear several layers of clothing and a hat outdoors. Cover your mouth with a scarf to protect your lungs.
- ❖ Don't overexert yourself while shoveling snow.
- ❖ Watch for signs of frostbite: loss of feeling along with paleness in tip of nose, fingers, toes and ear lobes.
- ❖ Beware of hypothermia. Signs include uncontrollable shivering, slurred speech, drowsiness, memory loss and disorientation.
- ❖ Avoid driving at night or alone. Notify others of your schedule and route.

### **If Your Vehicle Is Stranded in a Blizzard**

- ❖ Pull off the road and turn on your hazard lights.
- ❖ Do not start walking unless you can see a building where you can take shelter.
- ❖ If no buildings are in sight, stay in your vehicle, where rescuers are more likely to find you.
- ❖ Wrap yourself in blankets, or use seat covers, floor mats and maps.
- ❖ Run the engine for 10 minutes each hour to keep warm. Open a window slightly for ventilation.
- ❖ Balance use of the heater and lights to conserve the battery.
- ❖ If stuck in a remote location, spell out "HELP" or "SOS" with rocks or branches.

### **Winterize Your Vehicle**

- ❖ Check the wipers, battery, heater, defroster, ignition system, lights, oil and tire pressure.
- ❖ Consider purchasing snow tires or chains.
- ❖ Pack a winter emergency kit with a window scraper, blankets, battery-powered radio, flashlight, water, snack food, tow chain or rope, shovel and flares.

### **Summer**

#### **Summer Weather Terms to Know**

1. **Heat Wave:** Period of extreme heat, usually accompanied by high humidity.
2. **Heat Index:** The relative humidity added to the air temperature-how hot it feels.
3. **Heat Cramps:** Muscle pains due to exertion-the first sign of heat-related problems.
4. **Heat Exhaustion:** A mild form of shock brought on by strenuous activity in the heat.
5. **Heat Stroke:** A life-threatening condition occurring when the body's temperature control system shuts down. Brain damage or death can result if the body is not cooled at once.

#### **During a Heat Wave**

- ❖ Stay indoors in air conditioning as much as possible, and in the shade if you go outside.
- ❖ If your home is not air conditioned, spend at least two hours daily at an air-conditioned mall, library or other public place.
- ❖ Wear sunscreen outside, along with light-colored clothes that cover as much skin as possible.
- ❖ Drink water regularly even if you are not thirsty. Limit alcohol, which speeds dehydration.
- ❖ Never leave children or pets alone in the car.
- ❖ Avoid exertion during the hottest part of the day.
- ❖ Take a cool shower or bath.

#### **Fires**

Every year, more than 350,000 homes in the United States are struck by fire. There are easy steps you can take to reduce the chance that your home will be damaged or anyone injured in a blaze-whether it starts inside or outside your home.

#### **Practice Home Safety**

- ❖ Have smoke detectors and fire extinguishers on every level of your home.
- ❖ Test and clean smoke detectors monthly and replace batteries at least twice a year.

- ❖ Check fire extinguisher pressure gauges monthly.
- ❖ Store matches and lighters out of the sight and reach of children.
- ❖ Don't overload electrical outlets or run cords underneath rugs.
- ❖ Inspect electrical cords for damage and replace or repair them if needed.
- ❖ Keep space heaters at least three feet from furniture and drapes.
- ❖ Clean the lint screen on your clothes dryer before each use.
- ❖ Have your furnace inspected every year. Change filters several times each year.
- ❖ Store flammable materials and chemicals safely away from sources of heat.
- ❖ Clean fireplace, coal stove and wood stove chimneys every year.
- ❖ Thin bushes and trees within 30 feet of your home. Clear a wider area of dead wood and other fire fuels.
- ❖ Store firewood at least 30 feet from your home.

### **Know What to Do in a Fire**

- ❖ Create a family fire escape plan that shows two ways out of every room and a family meeting place outside. Practice it at least twice a year.
- ❖ In a fire, get out fast and stay out. Crawl low under smoke.
- ❖ Telephone to report a fire only from outside of a burning building.
- ❖ If clothes catch fire, stop, drop to the floor or ground, and roll. Cover your face with your hands.

### **If a Wildfire Threatens Your Home**

- ❖ Shut off the gas at the meter.
- ❖ Hook up a garden hose and place lawn sprinklers on the roof.
- ❖ Wet or pull up vegetation within 15 feet of your home.
- ❖ Submerge water-resistant valuables in a pool or pond.
- ❖ Move patio furniture inside.
- ❖ Close windows and doors.

- ❖ Prepare to evacuate immediately, if necessary. Park the car facing your escape route and leave the doors unlocked and the keys in the ignition.
- ❖

### **Faith Based**

#### Big Creek TEAM Center, Inc

Phone.....304-875-4386

Fax.....304-875-4386

Address: PO Box 1000, War, WV 24892

The Big Creek TEAM Center is a Christian community center, which in cooperation with other ministries and agencies, responds to the needs of the community by offering Christian programs which impact values, ethics, choices and activities in a positive way. No services are offered directly by the TEAM Center. Visiting mission teams from outside the area may serve through the center. BCTC assists visiting mission teams in providing services to the community. Those include: Praise & Worship, Construction and Home Repair, School supply distribution, Holiday meal baskets and gifts, (call for complete list of programs offered). Eligibility for services varies with each mission team. Construction/Home Repair and distribution of holiday gifts is available based on financial need.

#### Catholic Community Service

Phone.....304-862-3320

Fax.....304-862-3334

Address: Box 162, Eckman, WV 24829

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

#### First Presbyterian Church

Phone.....304-436-3690

Fax.....304-436-3690

E-mail: [welchpresby@frontiernet.net](mailto:welchpresby@frontiernet.net)

Address: 151 Virginia Ave, PO Box 988, Welch, WV 24801

**Services include:** AA, AL-ANON,NA-Alcohol addiction and family support group, narcotic support group. **H.O.P.E. Outreach-** Summer workshops in music, art drama, photography cultural arts, and crafts. **H.O.P.E. Youth Drama Team-**In coalition with McDowell Mission we offer the youth an opportunity to present musical dramas. **H.O.P.E. Youth Drama Team-**none just commitment to the team. **H.O.P.E. Bus Stop Ministry-**The children's parents must work it out with the Board of Education that this is their bus stop location.

Five Loaves & Two Fishes Food Plant

Phone.....304-436-6644  
Address: Box 297, Roderfield, WV 24881  
Food Bank

McDowell Mission, Inc.

Phone.....304-436-8300  
Fax.....304-436-8293

E-mail: [missionproject@citlink.net](mailto:missionproject@citlink.net)

Website: [www.McDowellMission.org](http://www.McDowellMission.org)

Address: 225 Maple Avenue, Welch, WV 24801

**Home Repair-**Housing Rehabilitation for low income, elderly, and/or disabled individuals/families. Applications and work done dependent upon work skills of volunteers; proof of income required.

**The Crossing 252-**Friday night Youth meetings (6:30-9:00pm) offer spiritual, social, physical activities. This is open to Middle and Senior High School youth.

**The Crossing TNG-**Bimonthly Sunday evening community praise/worship service. Any interested individuals and families...include all ages. **Relationship**

**Education Workshops-**Classes to build, maintain, and improve communication in relationships. Married/cohabitating couples, engaged, dating, single individuals (youth/adults).

**Missional Communities-**Community Gatherings between friends and neighbors who share a meal, fellowship, and conversation. Any interested individuals and families...include all ages.

**Crisis Center-**Household goods/supplies for families in emergency situations. Referral by local social agencies.

**Thrift Store-**Affordable clothing and household goods for families/individuals.

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

Mission Ministries

Phone.....304-436-4092

E-mail: [newsbrew@yahoo.com](mailto:newsbrew@yahoo.com)

Address: 219 Riverside Drive, Welch, WV 24801

Food, clothing, utility bill assistance, medicine, and other emergency aid such as shelter and transportation.

Mustard Seeds and Mountains, Inc.

Phone.....304-862-4643

Fax.....304-862-4643

E-Mail: [mustardseed@mustardseeds.org](mailto:mustardseed@mustardseeds.org)

Website: [www.mustardseeds.org](http://www.mustardseeds.org)

Address: PO Box 686, Northfork, WV 24868

Home Repair (repair to homes to make them warm, safe, dry)

**Eligibility Guidelines:** Needy, elderly, disabled, in Eastern McDowell County. Must apply by phone when advertised not a guarantee of service.

McDowell County Christian Educators Association

Phone.....304-436-5023

E-mail: [wingsofdove@citlink.net](mailto:wingsofdove@citlink.net)

Address: 145 Stewart Street, Welch, WV 24801

**Service include:** Information on Home Schooling.

Twin Branch Pentecostal Christian Academy

Phone.....304-656-7448

Fax.....304-656-7448  
Address: PO Box 580, Davy, WV 24828  
Christian Academy

Nazarene Christian Academy  
Phone.....304-436-3827  
E-mail: [nazarenenazworriors@yahoo.com](mailto:nazarenenazworriors@yahoo.com)  
Address: 1049 Riverside Drive, Welch, WV 24801  
Christian Academy

McDowell Youth on a Mission  
Phone.....304-967-5217  
Address: Box 392, Jolo, WV 24850

**Contact Person:** Sharon Laxton  
A collaboration of Christian youth groups of various denominations from all over the county. Youth groups get together once a month to provide youth a chance to share their talent and ministries. Youth are provide with activities, friendship and a chance to use their talents whether it is puppets, music, drama or working in the community. Each church involved has different things they provide some have van services, drama teams, choirs, and gym for activities. Contact the participating church for guidelines and available services. Also in the summer we offer a one week camp.

### Government Agencies

McDowell County Commission  
Phone.....304-436-8548  
Fax.....304-436-8572  
Email: [mcdcc@citlink.net](mailto:mcdcc@citlink.net)  
Web Site: [www.mcdowellcountycommission.8.k.com](http://www.mcdowellcountycommission.8.k.com)  
Address: 90 Wyoming Street Suite 111, Welch, WV 24801

### Health Services

ARH Home Health Care  
Phone.....304-583-6676  
Fax.....304-583-7312

Address: PO Box 267, Kistler, WV 25628  
Skilled Nursing, HHA Home Health Care, Physical Therapy

Community Hospice of America  
Phone.....304-431-2000  
Phone.....1-800-626-5277  
Fax.....304-431-2002  
Address: PO Box 1033, Stafford Dr., Princeton, WV 24740  
Nursing Services, Medical Social Services, Counseling Services, Home Health Aide Services, Volunteer Support Service, and Bereavement Support Service.

### Head Lice

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

#### Lice Treatment Checklist

- Check all members of the family for lice and nits
- Apply olive oil\* or Vaseline (Dish soap is a good start after Vaseline to get rid of most of the grease. Olive oil will come out with Suave Naturals Coconut Shampoo.\*\*\*) Leave this on for an hour or longer under a towel or tight-fitting shower cap to prevent drips. Tip- Before washing hair you could nit comb hair since hair is oily but you need to check hair again when is dry. If there are any nits on the eyelashes or eyebrows, you can coat these thoroughly with Vaseline without harm. This should be reapplied for times a day.
- Wash hair with Suave Naturals Coconut Shampoo\*\*
- Rinse the hair and scalp with vinegar. This loosens the glue that holds the nits onto the hair shafts. Rinse with hot water, but not so hot that it burns the child.

- Remove all nits using a nit comb. When you think you are done, use good lighting to check thoroughly once the hair is dry. (The nits are much easier to see on dry hair.) Nits are very small and are kind of shiny at a certain angle. They are on the hair shaft itself, with the newest ones being just off the scalp and older one being as much as an inch away from the scalp. You will have to check the hair by tiny sections, especially around the edges of the hair, at the neck and behind the ears-although on could be anywhere. If you find any nits, you can pull them off with your fingernails or comb them off with the nit comb. Be sure to put each nit or hair into a bowl of vinegar.
- Wash hair with Suave Naturals Coconut Shampoo and Conditioner again and style as usual.

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

- All clothing that has been worn and towels that have been used for the last week should be washed in HOT water. If there are items that will shrink in the washer, put them through the dryer on the HOT cycle for 30 minutes before washing.
- All bedding (sheets, blankets, pillows, pillowcases, comforter, mattress cover) needs to be either washed in HOT water, dried dry on the HOT cycle or put in a plastic bag and left sealed up. (Research says that lice can live for only 24 hours or so away from the human host, but we like to keep the bags sealed for at least two weeks just in case because more eggs could hatch during this time period or new lice could be brought home.
- Bag up stuffed animals, hats, throw pillows, barrettes, ponytail holders, hair ribbons, helmets, necklaces and anything else that might have come in contact with the lice.
- All combs and brushes should be soaked in very HOT vinegar, but you can just throw these away and buy new ones.
- Vacuum mattress, couch, chairs, rugs, floors, car seats and backs, car rugs and upholstered church pews thoroughly. Dispose of the Vacuum bag.

- **Continuous use of Suave Naturals Coconut Shampoo and Conditioner will help keep the bugs away.**
- **Re-treat hair in 10 days and repeat everything else on the checklist.**
- **Check the hair daily** for any missed nits and the smallest ones that have now become large enough to see. If one living nit remains, it could hatch and start the whole process over again, bringing about eight new eggs per day.

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

McDowell Continuous Care

Phone.....304-448-2121  
 Fax.....304-448-3355  
 Address: Box 220, Gary, WV 24836  
 Long Term Care Facility

McDowell County Health Department

Phone.....304-448-2174  
 Fax.....304-448-3777  
 Address: Box 218, Wilcoe, WV 24895  
 Medical Services

South Central Educational Development, Inc

Phone.....304-325-6105  
 Fax.....304-325-6106  
 Address: 601 Bland Street, PO Box 4322 Bluefield, WV 24701  
 Counseling and Testing for HIV. HIV presentations and workshops. Emergency Direct services for HIV positive clients. Minority Health Disparities Screening and education.

Southern Hills Rehabilitation Hospital

Phone.....304-487-8000

Fax.....304-425-7435  
Address: 120, 12<sup>th</sup> Street, Princeton, WV 24740  
Hospital

Tug River Clinic/Gary

Phone.....304-448-2101  
Fax.....304-448-3217  
Address: Box 507, Gary, WV 24836  
Medical, Black Lung, and Dental

Tug River Clinic/Northfork

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

UMWFA Health and Retirement Funds

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

Welch Community Hospital

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

West Virginia Breast and Cervical Cancer Screening Program

Phone.....304-324-2841  
Fax.....304-324-2859  
Email: [mbrcancercenter@citlink.net](mailto:mbrcancercenter@citlink.net)  
Mailing Address: 307 Federal Street, WV 24701  
The Breast and Cervical Cancer Screening Program offers free or lost cost: Pap test for women age 25-64, Breast exams to women age 25-64, Mammograms to women age 50-64. Eligibility Guidelines: You meet age and income guidelines, and you do not have health insurance, or your health insurance does not cover screening services. Other Information: The Breast and Cervical Cancer Screening Program offers free materials and education programs. After screening if further services are needed we can refer to WV BCCSP Medicaid Program for treatment of breast and cervical cancer.

**Housing**

SAFE Housing & Economic Development, Inc (SHED)

Phone.....304-585-7419  
Fax.....304-585-7502  
E-Mail: [shedrosel@yahoo.com](mailto:shedrosel@yahoo.com)  
Website: [www.wvshed.org](http://www.wvshed.org)  
Address: PO Box 239, Kimball, WV 24853  
SHED's Programs offer a wide variety of services to individuals or families in McDowell, Wyoming and Mercer Counties. We serve from very low to moderate income clients through loans and grants. HUD Certified Counseling Agency and Licensed through the WV Division of Banking for loan processing and origination. Services include: **Permanent Housing**-Housing and credit counseling, Purchase Single Family Mortgage loans. The guidelines vary according to the program. Basic guidelines are income, household size. **Rental**-Elderly, disabled, low income rental facilities in 4 locations. The guidelines are The OAKS-Elderly, low and very low income, Starland-Low, very low income and disabled , Drewry-Disabled and Elderly, Payne- low and very low income. **Home Repair**-Septic, Thermal, roof, windows, electrical, heating, supports

and etc. The Guidelines varies according to program-uses both grants and loans. **Rent to Homeownership Program**-SHED owns home and client rents for a period of time and then purchases. The guidelines are clients must work off credit issues and etc. with in two years and then purchases house. Must qualify for all our programs.

## Jobs

### WorkForce West Virginia Career Center

Phone.....304-436-6464

Fax.....304-433-4400

Website: [www.region1workforcewestvirginia.org](http://www.region1workforcewestvirginia.org)

Address: 110 Park Avenue, Welch, WV 24801

**Employer Services:** Among the wide range of employer services are: Post job orders, Advertise to identify applicants, Recruitment, screening and referral to job openings, Interview scheduling, WorkKeys profiles and assessments, Occupational and job profiling, Veterans programs, Customized training, On-the-Job training, Labor market information, Connection to: WV Development Office, Economic Development Authorities, Small Business Development Center. Rapid Response is a process that provides you with information and services in time of experiencing a job loss. When a layoff and/or closure is announced or going to occur, Rapid Response links you to community services that help you secure a new career and/or exploring training and educational opportunities.

**Job Seeker Services:** Include, but are not limited to: Listing of career opportunities, Resource Center, Adult Basic Education, Skills upgrading & retraining, Job readiness training, Tuition assistance, WorkKeys credentialing, Job & career counseling, Occupational skill training, On-the-Job training, Information on skill requirements for occupations, Local occupations in demand, earnings, and skill requirements for jobs, Information on the availability of support services, Filing Unemployment claims. **Mobil Workforce Development Center:** The Region 1 Workforce Investment Board has a Mobile Workforce Development Unit for the purpose of meeting the needs of employers and citizens across the 11-county region. We will provide services such as: Training and

development, Evaluation and assessment, Counseling, Specialized services in response to down-sizing, closures, and layoffs, Other customized training and workforce support services. Out of school youth services.

## Legal Issues

This section was prepared to offer general legal information. See your lawyer for specific legal advice. Places you may contact:

Prosecuting Attorney's Office.....304-436-8551

WV Legal Services Plan.....1-800-642-8279

Public Defender Corp.....304-436-6626

Gloria Stephens.....304-436-3438

Sarah N. Hall.....304-436-6200

Hassan Law Office.....304-436-2767

Kendrick King.....304-436-4582

Philip LaCaria.....304-436-3135

Hobert Muncey.....304-436-2054

Lacy Wright.....304-436-6292

## Libraries

### McDowell Public Library

Phone.....304-436-3070

Fax.....304-436-8079

Website: <http://mcdowell.lib.wv.us/>

Address: 90 Howard Street, Welch, WV 24801

The McDowell Public Library has been at this location since 1982.

The library was destroyed by fire in 1979 and through generous community support was rebuilt on the present location.

### Bradshaw Public Library

Phone.....304-967-5140

Address: PO Box 498, Bradshaw, WV 24817

### Jaeger public Library

Phone.....304-938-3825

Address: 104 West Virginia Ave, PO Box 149, Iaeger, WV 24844

Northfork Public Library

Phone.....304-862-4541

Address: PO Box 229, Northfork, WV 24862

War Public Library

Phone.....304-875-4622

Address: 701 Berwind, Lake Road, War, WV 24892

**McDowell County Humane Society**

McDowell County Humane Society

Phone.....304-436-2185, 304-436-6220, 304-732-9336

E-mail: [edblondie@swvnet.net](mailto:edblondie@swvnet.net)

Address: Box 714, US Route 52, Welch, WV 24801

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

**Medicare**

Medicare/Nationwide Mutual Insurance Company

Medicare is a federal health insurance program for people 65 or older and certain disabled people. It is run by the Health Care Financing Administration of the U.S. Department of Health and Human Services. Social Security Administration offices across the country take applications for Medicare and provide general

information about the program. There are 2 Medicare coverage components: Hospital Insurance (Part A)- Hospital and skilled nursing facilities, home health and hospice care; Medical Insurance (Part B)-Doctors' services, outpatient hospital services, durable medical equipment, and a number of other medical services and supplies that are not covered by Part A.

If you would like a Handbook on Medicare, write:

U.S. Department of Health and Human Services

Heath Care Financing Administration

6325 Security Boulevard

Baltimore, Maryland 21207-5187

WV Medical Institute, Inc.

3001 Chesterfield Place

Charleston, WV 25304.....1-800-642-8686, ext. 266

Medicare Carries WV, for billing or coverage

Columbus, Ohio.....1-800-484-0160

State Counseling Offices (WV).....304-558-3317

Social Security (SSI).....1-800-772-1213

**Mental Health**

Southern Highlands Community Mental Health Center

Phone.....304-436-2106

Fax.....304-436-6362

Address: 787 Virginia Avenue, Welch, WV 24801

Southern Highlands provides Comprehensive Mental Health Services for the treatment of all major Mental Health conditions including Depression, Anxiety, Bipolar Disorder, Schizophrenia, Addiction, Adolescent Disorders, Autism, Mental Retardation, Adjustment Disorders and many others. Southern Highlands offers Psychiatric Services, Psychological Services, Counseling, Substance Abuse Treatment, Targeted Case management, Complete array of Title XIX MR/DD Waiver Services, Among others. **Guidelines:** Southern Highlands uses a sliding fee scale. Upon intake, an economic assessment will be completed to determine what if anything an individual will be required to pay.

## Missing & Exploited Children

### The National Center for Missing & Exploited Children

Phone.....1-800-THE-LOST

TTY line.....1-800-826-7653

Website: [www.missingkids.com](http://www.missingkids.com)

Because children cannot lookout for themselves, it is our responsibility to lookout for them. Every home and school should establish a program that effectively teaches children about safety and protection measures. As a parent or guardian, you should take an active interest in your children and listen to them. Teach you children they can be assertive in order to protect themselves against abduction and exploitation. The National Center for Missing & Exploited Children has developed a publication titled, *Guidelines for Programs to Reduce Child Victimization: A Resource for Communities When Choosing a Program to Teach Personal Safety to Children* that is available upon request. And, most importantly, make you home a place of trust and support that fulfills you child's needs-so he or she won't seek attention and support form someone else. If you would like additional materials regarding child safety, please write to the **National Center for Missing & Exploited Children, Charles B. Wang International Children's Building, 699 Prince Street, Alexandria, Virginia 22314-3175** or visit the above web site. If you have information about the location of a missing child, please call the above numbers.

## Permanent Records

### Birth Certificate

Replacement birth certificates may be obtained in the State and County in which you were born. Contact your local Court House for more information.

### Drivers License

Contact your local Department of Motor Vehicles.  
In McDowell County:

### Department of Motor Vehicles

Phone.....304-436-4399

Address: 92 McDowell St., Welch WV 24801

Office Hours: 8:30 am - 5:00 pm, Monday thru Friday

Driver's License Testing: 8:30 am - 5:00 pm, Monday thru Friday

To find your local DMV visit [www.dmv.org](http://www.dmv.org)

## Problem Gamblers Help Network of WV

### Problem Gamblers Help-Line

Phone.....1-800-GAMBLER

Website: [www.1800gambler.net](http://www.1800gambler.net)

Address: PO Box 3324, Charleston, WV 25333

The Problem Gamblers Help Network of West Virginia is a program created by the West Virginia Legislature to identify and provide services to problem gamblers and their loved ones. The program is funded by the West Virginia Lottery and administered by the West Virginia Department of Health and Human Resources. The program has been in existence for nearly 10 years, and is available for residents of West Virginia who are either a problem gambler or are in a relationship with a problem gambler. The Problem Gamblers Help Network of West Virginia provides a "one-stop-shop" offering services for problem gamblers and their families. The program utilizes a "continuum of care" that begins with targeted outreach, then offers professional diagnostic assessment and treatment, and completes with a two-year follow-up. In between, clients receive self-help materials, pre-appointment courtesy calls, post-assessment quality assurance calls, as well as six-month and one-year follow-ups.

### **Who is at Risk?**

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

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

**Confidential Treatment Process**

**Who is eligible?** Any West Virginian, who is concerned that he/she has a gambling problem, OR that a loved one has a gambling problem, may call. What they get? Information and self-help materials about problem gambling and a referral for a free two-hour assessment/consultation with a trained clinician.

**How?** Through a 24-hour, toll-free help-line (1-800-GAMBLER) that offers a confidential telephone screening intake, therapeutic intervention and referral. **Then what?** Where indicated, a recommendation/referral for outpatient treatment will be made. Where needed, clients will be referred to area Consumer Credit Counselor for free assistance. Consumer Credit Counselor can coordinate payment arrangements with creditors in order to relieve financial pressure on the gambler. Where available, clients will be referred to area Gamblers Anonymous (GA) meeting and/or other related self-help, support group. Case management will be provided by the Problem Gamblers Help Network. **Cost to caller?** The call is toll-free, and the initial two-hour assessment/consultation is free. For those who qualify, payment for any follow-up treatment may be paid for by the network.

**Project Lifesaver**

McDowell County Project Lifesaver

Phone.....304-436-8523  
 Phone.....304-938-5920  
 Contact: Lyle Noe  
 Address: 90 Wyoming Street, Suite 117, Welch, WV 24801

Project Lifesaver is a search and rescue system using personalized radio transmitters and electronic tracking equipment. This transmitter is worn by individuals with cognitive disabilities, e.g. Alzheimer’s, Autism, Down Syndrome, traumatic brain injury, etc, who tend to wander and become confused. Only trained, certified operators can use the equipment to conduct searches. The cost to the client is \$8.50 monthly maintenance fee for battery and wristband replacement (can be waived if client does not have the funds and if we have enough funds. For more information Contact Deputy Sam Harmon.

**Recreation/Renting Recreational Areas**

Citizens Conservation Corps of WV

Phone.....304-656-7594  
 Fax.....304-656-7595  
 Email: [dhorne@wvccc.com](mailto:dhorne@wvccc.com)  
 Web Site: [www.cccwv.com](http://www.cccwv.com)  
 Address: Box 159, Davy, WV 24828  
 Job Training for Youth, Recreational Activities: Twin Branch Recreation Area. Eligibility Guidelines: Job Training for Youth: Must be between 18 and 24 years of age, Recreational Activities: Open to public access.

Travel Beautiful Appalachia, Inc. (TBAI)

Phone.....304-862-4800  
 Fax.....304-862-3364  
 E-mail: [safewalden@yahoo.com](mailto:safewalden@yahoo.com)  
 Website: [www.tbaiwv.org](http://www.tbaiwv.org)  
 Address: HC 76 Box 701, Ashland, WV 24868  
**Business Development Training**-assist with entrepreneurs to develop their Business. **Sale of local products**-provide retail space for product to be sold. **Share use Kitchen**-production of food products to sell. **Computer Lab**-Lab used for computer training. Located in the Ashland Company Store.

## Regional Tobacco Prevention Office

### Regional Tobacco Prevention Office

Phone.....304-324-0456

Email: [tobaccofree@ccifrn.org](mailto:tobaccofree@ccifrn.org)

Address: 307 Federal Street, Suite 305, Bluefield, WV 24701

Service Area: McDowell, Mercer, Wyoming, Raleigh, Summers, and Monroe Counties. **Service Description:** Responsible for the tobacco prevention coalition building and sustainability, secondhand smoke education campaign, tobacco prevention activities.

### **McDowell County Schools**

#### McDowell County Board of Education

Phone.....304-436-8441

Fax.....304-436-4008

Website: [www.boe.mcdo.k12.wv.us](http://www.boe.mcdo.k12.wv.us)

Address: 30 Central Avenue, Welch, WV 24801

**Elementary Education:** Standards based reading and math programs, Elementary math and reading coaches, Welch Elementary-School of Excellence, County Teacher Leadership Team for 21<sup>st</sup> Century Learning, DIBELS (Dynamic Indicator of Basic Early Literacy Skills) assessment-K-5, three tiered Intervention Program for at risk students. **Title I Programs:** Pre-K programs in collaborative agreement with Mingo CAP (Community Action Partnership) serving McDowell County Head Start, Parent Conferences, Monthly parent meetings-P.R.I.S.M. (Parents Reading In Schools Monthly), Five Title I Distinguished schools, Newsletters available at web site. **Special Education:** **Special Education:** Psycho-educational evaluations, Mentally Impaired (all areas), Learning Disabilities, Behavior Disorders, Speech and Language, Pre-School Special Needs, Birth to Three Transitions, Autism, Gifted Education, Occupational Therapy, Physical Therapy, Audiological Services, Vision and Hearing Impaired Services, P.E.R.C. (Parent-Educator Resource Center) at the Career & Technical Center, Special Transportation Services. **Safe & Drug Free Schools Program:** Conflict Resolution, Crisis

Prevention and Intervention, D.A.R.E., Prevention Resource Officers, Red Ribbon Week, Drug Free Alternative Week, Discover Health Connection, Respect & Protect, Life Skills, Positive Behavior Support, Character Education and Responsible Students Program. **The Youth Connection Program for Wyoming and McDowell County Youth (304-436-6383)** serve in School and Out of School Youth between the ages of 14 and 21. The youth contact for these two counties is Mary Ann Cook, Youth Service Placement Specialist. The Youth Connection Program is located in the Work Force WV Career Center. The program provides paid and unpaid work experience, on the job training, job shadowing and comprehensive guidance and counseling and supportive services aiding in completion of GED and ABE. **School Nurses:** Meet special health care needs of students. Liaison between schools, parents, and physicians. Screen vision and hearing and initiate Student Health, Screen all 6<sup>th</sup> grade students for scoliosis. **Technology Department:** County Technology Integration Specialist, Professional Development for 21<sup>st</sup> Century Learning, Teacher Leadership Team for 21<sup>st</sup> Century Learning, System Operators at each school site, Webmasters maintain school webpage, RESA I Technicians, Management of Online Assessments, 21<sup>st</sup> Century Support System for Students, Staff, and Community. **The Career and Technology Center** offers the following classes: Automotive Technology, Business and Marketing, Building Construction, Machine Tool Technology, Computer Operations, Maintenance and Repair, Electrical Technology, Health Occupations, ProStart, Welding Technology, and Gifted Center. Must be enrolled in High School for these services. The Career and Technology Center offers the following Adult Program: Licensed Practical Nursing.

### **Schools**

Anawalt Elementary.....304-383-4849  
Bradshaw Elementary.....304-938-2904  
Fall River Elementary.....304-656-7665  
Jaeger Elementary.....304-938-2227  
Kimball Elementary.....304-585-7570

Welch Elementary.....	304-436-4545
Sandy River Middle.....	304-938-2407
Southside Elementary.....	304-875-2283
Mount View Middle.....	304-436-4657
Big Creek High.....	304-875-2287
Iaeger High.....	304-938-2431
Mount View High.....	304-436-2939
Career and Technology Center.....	304-436-3488
Phoenix Center (Alternative school setting).....	304-436-2336
School Nurses.....	304-436-5075

### Social Services

#### The Big Creek District Development Corporation

Phone.....304-875-3111

Contact: Tom Hatcher

Phone.....304-436-5255

Contact: Kathie Whitt

E-Mail: [facesfrn@yahoo.com](mailto:facesfrn@yahoo.com)

Address: PO Box 280, War, WV 24892

With the preservation of this history in mind, the Big Creek District Development Corporation formed to be the entity that would take possession of the BCHS building when students were moved to their new school in approximately 2009. The BCDDC has applied for status of a 501(c)(3) nonprofit with the mission of providing opportunity for residents of Big Creek District to improve their lives through economic development, life skills, higher education, wellness and recreation. The 11 member board of directors meets weekly to complete strategic planning for the economic sustainability of the magisterial district known as Big Creek. The goals for the group include:

1. Big Creek District residents will have access to enhanced educational facilities and programs.
2. Big Creek District will preserve its culture and heritage.
3. Big Creek District families will have safe, permanent, affordable housing options.

4. Big Creek District will have viable and sustainable communities.
5. Big Creek District families will have access to recreational facilities.

The Big Creek District Development Corporation meets every Wednesday at 8:00 a.m. at the War City Hall.

#### Big Creek People in Action

Phone.....304-875-3418

Fax.....304-875-3518

Email: [bcpia3418@netscape.net](mailto:bcpia3418@netscape.net)

Web Site: [www.bigcreekpeopleinaction.org](http://www.bigcreekpeopleinaction.org)

Mailing Address: H.C. 32 Box 541, Caretta, WV 24821

Learning Center, ALWAYS- AmeriCorps Tutoring and Literacy, Community Projects, Adult Basic Education, Service Learning Project, Home Repairs, Education Reform, Coal Miner Museum, Mountain Music Festival, Young Leaders Action Council, Kellogg Leaders for Community Change.

#### Council of the Southern Mountains

Phone.....304-862-3144

Fax.....304-862-3071

Email: [randalcsm@hotmail.com](mailto:randalcsm@hotmail.com)

Web Site: [www.councilofthesouthernmountains.com](http://www.councilofthesouthernmountains.com)

Address: P.O. Box 85, Northfork, WV 24868

**Foster Grandparents**-7 counties in Southern WV 60 + volunteers receive a stipend to serve special needs children- Must be 60 years old, pass physical exam, and meet income requirements,  
**Weatherization**-Homes are insulated and prepared to be energy efficient-Submit application along with Proof of Income. Then must be approved by the (PAC) Policy Advisory Committee,  
**Community Service Program**-Food pantry-emergency assistance-income guideline apply. **Retired and Senior Volunteer Program (RSVP)**-Sponsors neighborhood watch groups. Call programs to shut-in and disaster preparedness -55and over, **Family Day Care Food Program**-Reimbursement to Family Day Care providers for meals that are provided to day care children with ongoing training to providers First you must become

a provider. To do so you must contact Mountain Heart or The Family Day Care Director. **Right From The Start**-serves pregnant women and newborn to age one with case management by RN or licensed Social Worker. WV Medicaid, pregnant, high birth score, needing newborn hearing screening. **Title XIX Waiver Program**-Comprehensive intervention services for approved Title XIX waiver recipients. must be approved for title XIX Waiver **Services Mentoring Children of Prisoners Program**-mentors children with one or both parents in the correctional service. **Aged and Disabled Waiver Program**-Case management and homemaker services for approved individuals to prevent nursing home placement. Emergency assistance after regular hours and on holidays may be accessed by calling Randal Johnson, Executive Director at 487-1760 or 887-3069

Department of Health and Human Resources

Phone.....304-436-8302  
 Fax.....304-436-3248  
 Address: 840 Virginia Avenue, Welch, WV 24801  
 WV WORKS Economic Service Programs, CWEP-community work experience program, EIP-employer incentive program, JOIN-Join opportunities for independence program, Food Stamp program, TRIP-Transportation, Emergency Assistance, LIEAP-Energy Assistance, Non-Emergency Medical Transportation for Medicaid and handicapped children, Refugee and Resettlement Programs, Adult Family Care, Homeless Program, Adult Protective Services, Adoption Services, Child Protective Services, Foster Care, Day Care Services, Independent Living Program, Juvenile Justice System, State-Operated Youth Facilities, Eligibility Guidelines: Contact Department of Health and Human Resources for eligibility guidelines.

McDowell County Economic Development Authority

Phone.....304-436-3833  
 Fax.....304-436-6041  
 Email: [mcdeda@citlink.net](mailto:mcdeda@citlink.net)  
 Website: [www.mcdowelleda.com](http://www.mcdowelleda.com)

Address: 92 McDowell Street Suite 100, Welch, WV 24801  
 The mission of the McDowell EDA is to devise and implement a diverse plan that will encourage, assist and promote industrial, economic, commercial, recreational and educational development both now and for the future of the county.

Coalfield Community Partnership Head Start

Phone.....304-862-2837  
 Fax.....304-862-2834  
 E-mail: [mail@mcdowellhs.org](mailto:mail@mcdowellhs.org)  
 Address: P.O. Box 313, Kimball, WV 24853  
 Early Child Development; Health, Dental, Mental Health Screenings, Nutrition, Social Services, Services to Special Needs Children, Transportation, Free Breakfast, lunch, and snacks are provided to the children everyday.

McDowell County Redevelopment Authority

Phone.....304-436-3421  
 Fax.....304-436-8013  
 E-mail: [mcra@citlink.net](mailto:mcra@citlink.net)  
 Website: [www.mcrda.com](http://www.mcrda.com)  
 Address: 84 McDowell Street, PO Box 1508, Welch, WV 24801  
 Building Code Enforcement, Building Permits, Building Code Restrictions and Compliance in McDowell County. Residential and Commercial Pre-Inspection Services. Building Code Compliance Inspections. Licensed Contractor Referral Information. Abandoned Building Code Enforcement; Condemnation of Property and Demolition Services. Asbestos and Hazard Material Testing Services. State Certified Floodplain Management and Floodplain Permit Services. All construction, development, fill projects in known floodplain areas of McDowell County require elevation certification and floodplain permit. Development in known flood areas of McDowell County is restricted. Flood Insurance Information: National Flood Insurance Referral Services. Flood Study Information for obtaining flood insurance can be performed by MCRA. Housing Programs: MCRA through partnership with participating lending agencies in the State of WV offer, loans for housing assistance to all income

levels in McDowell County. Loans offered for: New Home Purchase and New Home Construction, Existing Mortgage Refinance, Home Rehab, Septic System Installation, Homebuyer Education, Individual and Group Counseling Services for potential homeowners. Credit and Debt Management Referral Services. Housing assistance, loans and interest rates are based on annual income of individuals and families. Ability to obtain housing assistance is based on income, credit and guidelines required or established by each participating lender in all housing programs. Certain loan programs providing zero to very low interest rates are targeted to the low and very low income population in McDowell and surrounding counties.

McDowell County, WV Wastewater Treatment Plan

Phone.....304-436-6556

Email: [mcdowellwtc@frontiernet.net](mailto:mcdowellwtc@frontiernet.net)

Website: [www.canaanvi.org/](http://www.canaanvi.org/)

Address: 151 Virginia Avenue, Welch, WV 24801

The Wastewater Treatment Coalition of McDowell County was formed in June 2003 to: develop a countywide plan for treating wastewater, clean up rivers and stream, and bring affordable wastewater treatment systems to both city and rural residents of McDowell County. In March 2005, the Coalition published the results of its two-year research study in a comprehensive Wastewater Treatment Plan, and it began implementing solutions proposed in the plan. A revision to the plan was published in January 2007.

Rehabilitation Division

Phone.....304-436-3175

Fax.....304-436-3176

Address: 110 Park Avenue, Welch, WV 24801

**Education Program:** Transition services assist students to move from school to the world of work and adult life. **Ticket to Work Program:** is a Social Security Administration program for people with disabilities who want to work. It increases your choices in obtaining the vocational rehabilitation services, employment services, and other support services you may need to get or keep a

job. For more information about the Ticket to Work Program, contact your local DRS office, or [www.yourtickettowork.com](http://www.yourtickettowork.com).

**Services for People who are blind and visually impaired:** A wide range of services designed to meet the unique needs of individuals with significant and permanent vision loss. **Field Services:** Individuals who want to work in an integrated job setting will meet with a rehabilitation counselor who has been specifically trained to provide services to meet their needs.

**Information and Referral Service for the Blind:** operates a toll-free number (1-800-642-8207) to address questions from persons who are blind and visually impaired their families, friends, and professionals and interested others. **Life Skills for the Blind:** provides individualized training in a variety of pre-vocational and vocational areas. Training includes orientation and mobility, adaptive communication, domestic arts, adaptive activities of daily living, computer training with access technology, and Braille.

**Independent Living Services for Older Individuals:** VISIONS (Visually Impaired Seniors In-home, Outreach, and Networking Services) provides comprehensive in-home independent living services to individuals age 55 and older who have significant vision loss. Services include low-vision and environmental assessments, disability-specific education, low-vision aids, adaptive devices, skills training, peer mentoring, community reintegration services, education, and outreach. **Services for Deaf, Hard of Hearing, Late Deafened and Deaf-Blind:** A wide range of services for persons who are deaf, hard of hearing, late deafened or deaf-blind are available through rehabilitation counselors for the deaf who are experienced sign language users and have extensive knowledge of deaf culture, hearing loss in general, and needs that are specific to the deaf and hard of hearing communities. **Job Placement Program:** services and programs strive to assist individuals with disabilities to get, keep and/or advance in a job that starts them on the path to a career. **Job Seeking Skills:** DRS provides small group or individualized training in preparing résumés, completing job applications, networking to find jobs, interviewing, and developing other skills necessary in your job search. **Job Development:** offers job placement services to match you with the right job.

The Salvation Army

Phone.....304-327-7411

Fax.....304-327-7891

Address: 900 Highland Avenue, Bluefield, WV 248701

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

Social Security Administration

Phone.....304-436-3924

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

Fax.....304-436-4235

Address: 50 McDowell Street, Welch, WV 24801

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

West Virginia Division of Veterans Affairs

Phone.....304-436-3804

Fax.....304-436-3804

Location: 2<sup>nd</sup> Floor of the McDowell County Public Library

Address: Box 1085, Welch, WV 24801

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

West Virginia University Extension Service

Phone.....304-436-2872

Fax.....304-436-3907

Address: Box 860, Welch, WV 24801

Location: 109 Wyoming Street Suite 204

E-Mail:

⊗ Families and Health Programs- [dana.cook@mail.wvu.edu](mailto:dana.cook@mail.wvu.edu)

⊗ 4-H Youth Development- [Donald.reed@mail.wvu.edu](mailto:Donald.reed@mail.wvu.edu)

⊗ WV Family Nutrition Program Youth  
[becca.bailey@mail.wvu.edu](mailto:becca.bailey@mail.wvu.edu)

⊗ WV Family Nutrition Program Adult-  
[shelia.muncy@mail.wvu.edu](mailto:shelia.muncy@mail.wvu.edu)

**Websites:** WVU Extension Service [www.wvu.edu/~exten](http://www.wvu.edu/~exten)

WV Family Nutrition Program [www.ext.wvu.edu/fnp](http://www.ext.wvu.edu/fnp)

**Services:** We bring knowledge to your doorstep so you can use the tools learned in your everyday life. Description of Services- WV Family Nutrition Program offers many nutrition and physical activity programs to help limited-resource families, youth, and adults improve their health. WV Family Nutrition Program targets the risk factors associated with obesity, cardiovascular disease, diabetes, hypertension, and other chronic diseases, 4-H programming, Dining with Diabetes, Prevention and Relationship Enhancement Program (communication education for couples), Within My Reach (communication education for individuals), How to avoid marrying a jerk (communication education for teens and singles), Community Educational Outreach Service (learning service group that reaches out to the community), Relatives as Parents Program, Healthy Families Healthy Children Coalition, and many more programs. **Guidelines-**Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Director, Cooperative Extension Service, West Virginia University. Programs and activities offered by the West Virginia University Extension Service are available to all persons without regard to race, color, sex, disability, religion, age, veteran status, political beliefs, sexual orientation, national origin, and marital or family status.

**Special Needs**

A Step Ahead, Inc

Phone.....304-967-7646

Fax.....304-967-5286

E-mail: [j-adkins@astepaheadinc.com](mailto:j-adkins@astepaheadinc.com)

Website: [www.wvdhhr.org/birth23](http://www.wvdhhr.org/birth23)

Address: HC 32 Box 282, Raysal, WV 24879

**Linkage/Referral**-help with medical transportation, Ronald McDonald House, home repair, **Advocacy**-work with Department of Health and Human Resources, Social Security Administration, Ronald McDonald House, Medicaid, **Service Evaluation for Birth to Three Services**-services received from Birth to Three, work with practitioners. Eligibility guidelines are Age eligibility includes children up to 36 months, there are no financial eligibility requirements. Eligibility is based only on a child meeting one of the following definitions: experiencing a developmental delay, has a diagnosed physical or mental condition which has a high probability of resulting in developmental delay. There is a significant risk of having substantial developmental delays if early intervention services are not provided.

#### West Virginia Birth to Three Program

Phone.....304-425-2962

Toll Free.....1-866-207-6918

Fax.....304-425-7367

E-mail: [campulliam@dhhr.org](mailto:campulliam@dhhr.org)

Website: [www.wvdhhr.org/birth23](http://www.wvdhhr.org/birth23)

Address: PO Box 5650 WV Building, Princeton WV 24740

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

## Suicide

Suicide is any self-inflicted act that ends in death. In the US 12 out of every 100,000 people will die from suicide every year. If a person is depressed he/she is more likely to commit suicide than a content person. Also people that are widowed, divorced, socially isolated, and someone who has experienced a recent traumatic loss is more likely to commit suicide. Suicide usually happens in older adults. Women are more likely to have unsuccessful attempt at suicide than men. Suicide is the 4<sup>th</sup> leading cause of death in McDowell County.

### Suicide Warning Signs

- A sudden decrease or increase in eating or sleeping habits
- Depression
- Withdrawal from friends, family and regular activities
- Unexplained or unusual rebellion or disruptive behavior
- Drug and/or alcohol use
- Unusual neglect of personal appearance

### Know the Warning Signs

- Be a friend
- Listen and let the person know you care
- Try to convince the person to get help
- Let a responsible adult know your concern
- Get help from a minister, teacher, or professional
- DO NOT leave the individual alone if an immediate threat is apparent
- Radical personality change
- Persistent boredom, difficult concentrating, or remembering
- Frequent complaints about physical symptoms, often related to emotions, such as stomachaches, headaches, fatigue, etc...
- Loss of interest in pleasurable activities
- Violent actions, rebellious behavior or running away
- Letters, notes, and journals about hopelessness/death
- Giving verbal hints
- Expressing suicidal thoughts, even in a joking manner
- Putting affairs in order-for example giving away favorite possessions or throwing away important belongings

- Becoming suddenly cheerful after a period of depression

**Keep these thoughts in mind:**

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

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

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

**Don't Be Embarrassed**-There's no need to feel ashamed about what you've been thinking.

**REMBER...**

Suicide is a **Permanent** alternative to a **Temporary** problem.  
It does **not** have to happen!!!!

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

[www.prevnetsuicidewv.org](http://www.prevnetsuicidewv.org)

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

**Support Agencies**

American Red Cross

Phone.....304-327-5017

Fax.....304-325-2260

E-mail: [wvredcross@aol.com](mailto:wvredcross@aol.com)

Website: [www.chapters.redcross.org/wv/wwwc/index](http://www.chapters.redcross.org/wv/wwwc/index)

Address: 210 Bland St. Training Center, Bluefield, WV 24701

Contact Person: Barbara Shelton

Purpose: Provides emergency relief to families during disasters. Offers communication assistance between military personnel and their families. Provides counseling, financial assistance in

emergencies and referral service for military personnel, veterans and their families. Provides training to the general public in First Aid, CPR, Water Safety, HIV/AIDS Education.

Babysitting training programs are offered for youth ages 11 to 15. Assists with blood drives and bone marrow donor drives.

The American Red Cross serves the following areas: Bland, Tazewell, Wythe, Mercer, Summers, and McDowell, Wyoming in WV.

**Transportation**

Bluefield Transit System

Phone.....304-327-8418

Fax.....304-325-6783

E-mail: [pmckinney@ridethebus.com](mailto:pmckinney@ridethebus.com)

Website: [www.ridethebus.com](http://www.ridethebus.com)

Address: PO Box 1838, Bluefield, WV 24701

Contact Person: Patrick McKinney

Mercer and McDowell counties with routes into Bluefield, Princeton and Welch. We offer limited weekend service to the Athens area. Fees vary on destinations.

**Where to write your lawmakers**

United States President.....President Barack Obama  
1600 Pennsylvania Avenue NW  
Washington, DC 20500

U.S. Vice President.....Joseph Biden  
1600 Pennsylvania Avenue NW  
Washington, DC 20500

State Governor.....Joe Manchin  
Phone.....1-888-438-2731  
E-mail: [Governor@WVGov.org](mailto:Governor@WVGov.org)  
1900 Kanawha Boulevard E  
Charleston, WV 25305

United States Senators.....Robert Byrd  
Phone.....1-202-224-3954  
311 Hart Senate Office Building  
Washington, DC 20510

United States Senators.....John D. Rockefeller  
Phone.....1-202-224-6472  
107 Hart Senate Office Building  
Washington, DC 20510

WV Senator.....H. Truman Chafin  
Majority Leader District 6 (D-Mingo)  
Capitol Phone.....1-304-357-7808  
Business Phone.....1-304-235-2221  
E-mail: [htchafin@mail.wvnet.edu](mailto:htchafin@mail.wvnet.edu)  
Room 223M, Building 1  
State Capitol Complex  
Charleston, WV 25305

WV Senator.....John Pat Fanning  
District 6 (D-McDowell)  
Capitol Phone.....1-304-357-7867  
Business Phone.....1-304-938-5331  
E-mail: [fanning@mail.wvnet.edu](mailto:fanning@mail.wvnet.edu)  
Room 218W, Building 1  
State Capitol Complex  
Charleston, WV 25305

United States Congressman.....Nick Rahall  
Phone.....1-202-225-3452  
2307 Rayburn HOB  
Washington, DC 20515

**McDowell County House of Delegates Representatives:**

Harry Keith White (D - Mingo) District 21  
Capitol Phone.....1-304-340-3230  
Business Phone.....1-304-664-3535  
E-mail: [hkwhite@mail.wvnet.edu](mailto:hkwhite@mail.wvnet.edu)

Room 462M, Building 1  
State Capitol Complex  
Charleston, WV 25305

Daniel Hall (D - Wyoming) District 22  
Capitol Phone.....1-304-340-3119  
E-mail: [djhall@mail.wvnet.edu](mailto:djhall@mail.wvnet.edu)  
Room 230 E Building 1  
State Capitol Complex  
Charleston, WV 25305

Linda Goode Phillips (D - Wyoming) District 22  
Capitol Phone.....1-304-340-3163  
Business Phone.....1-304-732-6298  
E-mail: [lgphill@mail.wvnet.edu](mailto:lgphill@mail.wvnet.edu)  
Room 230 E, Building 1  
State Capitol Complex  
Charleston, WV 25305

Clif Moore (D - McDowell) District 23  
Assistant Majority Whip  
Capitol Phone.....1-304-340-3189  
Business Phone.....1-304-436-2543  
E-mail: [cmoore@mail.wvnet.edu](mailto:cmoore@mail.wvnet.edu)  
Room 200E-A, Building 1  
State Capitol Complex  
Charleston, WV 25305

## McDowell County Blueprint Communities

Revitalizing communities in WV is both essential and difficult. McDowell County was selected to be one of ten communities trained to develop blueprint strategies for revitalization through the Federal Home Loan Bank. Comprised of Families, Agencies, Children Enhancing Services (FACES), King Coal Highway Authority, County Commission, Economic Development Authority, Redevelopment Authority, Pioneer Bank, Stop Abusive Family Environments (SAFE), and WVU Extension, the Team has received vital instruction to move forward with implementation of the strategies. Blueprint Community Team of McDowell County will be able to:

1. Identify and develop community resources.
2. Grow local leadership.
3. Apply team building and cohesiveness.
4. Map the assets.
5. Encourage civic engagement.
6. Understand community development models.
7. Create housing capacity.
8. Understand vision and planning.
9. Market and communicate.
10. Keep connected.

“Come Grow With Us” is the slogan for McDowell County. The mission of McDowell County is to become renewed, inspired and modern while maintaining heritage and culture and offering youth opportunities to become a resource for change and improvements. Goals for McDowell County include:

- ⊗ Goal 1: To promote the economic independence of families and individuals.
- ⊗ Goal 2: Strengthen communities and the county’s capacity to build for their future.
- ⊗ Goal 3: To ensure a desirable quality of life and a safe and healthy living environment.

- ⊗ Goal 4: Create a pro-family system of integrated services to children and families that leads to economic independence.
- ⊗ Goal 5: McDowell County will have access to health insurance and programs for prevention of diseases and premature death.
- ⊗ Goal 6: McDowell County will have safe communities.
- ⊗ Goal 7: McDowell County will have a strong education system that prepares youth and adults for life and work in the future.

If you would like to work with the Team, please contact Kathie Whitt at 304-436-5255.

**NOTE:** This booklet was prepared solely as a general guide and not intended to give advice. While every effort has been made to obtain and print correct information, the McDowell County Family Resource Network (F.A.C.E.S) cannot be held responsible for errors or omissions. **Please send us any corrected or new information.**

We would love to here from you. Please give us your opinion on this Resource Guide. This information will only be used to improve future resource guides.

**Take a few minutes and fill out the following questionnaire:**

Copy this page and send it to:

McDowell County F.A.C.E.S.

90 Howard Street

Welch, WV 24801

You may also email, call, or fax your opinions to

[facesfrn@yahoo.com](mailto:facesfrn@yahoo.com) or 304-436-5255 phone, 304-436-5256

fax. You may also visit our website at [www.facesfrn.com](http://www.facesfrn.com)

1. Was the guide easy to use?
2. Were listings clear and understandable?
3. What sections of the guide were the least useful?
4. What sections of the guide were the most useful?
5. What would you change to make the guide more useful?
6. How many times have you used this guide?
7. What would you like to add to this guide?
8. What would you like to see added to this guide?