

# McDowell County Resource Directory 2019



**From:**

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

*The Consumer Voice of McDowell County*

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

# Table of Contents

Table of Contents.....	2
FACES.....	4
HOPE Coalition.....	5
211.....	6
Help Me Grow.....	6
Safe at Home WV.....	7
Students Against Destructive Decisions.....	8
Useful Local Numbers.....	9
Adult Education.....	11
Child Services.....	12
Domestic Violence/Counseling.....	15
Drivers License.....	17
Drugs & Alcohol.....	17
Education.....	21
Elderly.....	26
Faith Based.....	27
Government & Economic Development Agencies.....	31
Health Services.....	32
Housing.....	35
Jobs.....	36
Legal Issues.....	37
Libraries.....	37
McDowell County Humane Society.....	38
Medicare.....	38
Mental Health Services.....	39
Problem Gamblers Help Network of WV.....	39
Recreational Areas.....	40
Social Services.....	41
Big Creek People in Action	
Coalfields Community Action Partnership	

Council of the Southern Mountains  
 Department of Health and Human Resources  
 McDowell County Project Lifesaver  
 Rehabilitation Division  
 Social Security Administration  
 Southern Coalfields Tobacco Prevention  
 Network  
 Turning Point  
 West Virginia Division of Veterans  
 Affairs  
 Veterans Readjustment Center and  
 Medical Clinic  
 West Virginia University Extension  
 Service

Support Agencies.....	46
Red Cross	
Salvation Army	
United Way	
Transportation.....	47
General.....	47
Emergency and Hotline Numbers	
Head Lice	
Suicide	
Contacting Your Legislature	



*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, Bureau of Health and Health Facilities, and several other smaller grants.

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

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

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



## *Health Opportunities for Positive Education (HOPE) Coalition*

The HOPE Coalition is a community Coalition that addresses health, family, violence prevention, and substance abuse prevention initiatives. Utilizing Task Force groups, the Coalition has extended further out into the county and expanded membership allowing individuals to participate where their interest is and not required to attend full Coalition meetings. The Task Force Co-Chairs attend the HOPE Coalition meeting and report on work and identify needs that the larger group can support.

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

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

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

HOPE meets every **4<sup>th</sup> Monday at the FACES Office location on Bank Street at 10:30 am.**

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

## **2-1-1**

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

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

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

### **HELP ME GROW INITIATIVE**

1-800-642-8522

[www.dhhr.wv.gov/helpmegrow](http://www.dhhr.wv.gov/helpmegrow)

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

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

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

## **SAFE AT HOME WV**

The West Virginia Department of Health and Human Resources, Bureau for Children and Families was awarded a Title IV-E Waiver to conduct a Demonstration Project in October 2014 by the United States Administration for Children and Families, Children's Bureau. The waiver is being used to implement a child welfare reform project called Safe at Home West Virginia.

The goals of Safe at Home West Virginia are to:

- Ensure youth remain in their own communities whenever safely possible.
- Reduce reliance on foster care/congregate care and prevent re-entries.
- Reduce the number of children in higher cost placements out-of-state.
- Step down youth in congregate care and/or reunify them with their families and home communities.

Safe at Home West Virginia is initially focusing on youth 12-17 years old in congregate care both in and out of state. We believe that if targeted and comprehensive community services are provided to wrap around youth and their families, we can either reunify them or keep them out of care in the first place, and most importantly, keep youth in their communities.

With a goal of developing a model that can be replicated, Safe at Home West Virginia will start in the 8 counties in BCF Region II (Boone, Cabell, Kanawha, Lincoln, Logan, Mason, Putnam and Wayne) and also in Berkeley, Jefferson, and Morgan Counties in Region III. Other counties (including McDowell) will be added throughout the next year.

This effort requires youth-serving public and private organizations to partner, innovate, and develop a shared commitment to transform the way we serve families. Key partners include child welfare, the courts, schools, probation, behavioral health, service providers, and others.

Through Safe at Home West Virginia, providers are able to serve families with more flexible, targeted, and individualized services and also more effectively engage public and private partners to better meet the needs of youth and families.

Safe at Home West Virginia also supports improved well-being, with a particular focus on developing youth into successful, productive citizens. Safe at Home West Virginia includes:

- Trauma-informed assessments for youth and their families to identify their needs.
- Trauma-informed wraparound services.
- Evidence-based services and supports.
- Opportunities to provide services early and often, aligned with the targeted needs of youth and their families.

South Central Community Collaborative includes McDowell, Wyoming, Mercer and Mingo Counties and meets monthly to address the gaps in services for Safe at Home Initiatives. For more information about Safe at Home, contact CSM, McDowell County DHHR at 304-436-8302.

## **Students Against Destructive Decisions (SADD) Chapters**

**Vision/Mission:** SADD envisions a world in which young people make positive decisions that advance their health and safety. SADD's mission is to empower young people to successfully confront the risks and pressures that challenge them throughout their daily lives. We accomplish this by creating, equipping, and sustaining a network of student-run chapters in schools and communities focused on peer-to-peer education. SADD fosters a sense of belonging and promotes resiliency, leadership, and advocacy skills so that young people make positive life decisions that will carry them throughout life.

### **Values**



- SADD is an inclusive organization, welcoming all youth who seek support for healthy and safe development.
- SADD is a respectful organization that invites active youth participation and expects youth leadership.
- We believe young people’s health and safety is improved through positive peer-to-peer interactions, healthy relationships with family and caring adults, and collaboration and alliance with other entities that also support youth.
- We promote broad understanding of the risks facing youth and the importance of reinforcing protective factors.

We will be effective in accomplishing our mission through caring, compassionate, and committed reinforcement of protective factors, through the elimination of risk factors for individual teens, and by pursuing best practices, sharing scientific knowledge, and integrating evidence-based approaches into our work from concept to implementation to evaluation.

In McDowell the HOPE Coalition strives to start SADD Chapters in every Middle and High School.

For more information, contact Ginger Day at McDowell County FACES – 304-436-5255.

### **Useful Local Numbers in McDowell County**

Abuse, Domestic Violence.....	304-436-8117
Abuse, Child: Child Protective Services.....	304-436-8302
Stop the Hurt Child Advocacy Center.....	304-436-1600
Ambulance.....	911
<b>Ambulance (Non-Emergency):</b>	
Authority Rescue Squad.....	304-436-3875
Jan-Care of Guardian Angel:	
Welch.....	304-436-8401
Gary.....	304-448-2108
Jaeger.....	304-938-2082

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

**Emergency**

911 Center (350 Virginia Ave, Welch).....	304-436-4106
Office of Emergency Services.....	304-436-6900
Fax.....	304-436-4108
Address: 257 Virginia Ave., Suite 201, Welch, WV 24801	

**City Police**

**Non-Emergency**

Anawalt.....	304-383-2993
Bradshaw.....	304-967-7370
Davy.....	304-656-7145
Gary.....	304-448-2209
Iaeger.....	304-938-5171
Keystone.....	304-862-2239
Kimball.....	304-585-7913
Northfork.....	304-862-3414
War.....	304-875-2213
Welch.....	304-436-3112
Emergency.....	911

**County Offices:**

County Clerk’s Office.....	304-436-8544
Solid Waste Authority.....	304-436-6608
County Health Department.....	304-448-2174
County Tax Office.....	304-436-8527
County Commission.....	304-436-8548
Public Service District (PSD).....	304-297-2622
Chamber of Commerce.....	304-436-3833

**Courts:**

Circuit Court Clerk.....	304-436-8560
Circuit Court Judge Murensky.....	304-436-8512
Circuit Court Judge Stephens.....	304-436-8531
Family Law Master.....	304-436-6943

Magistrates:

Mitchell.....	304-436-8592
Cox.....	304-436-8590
VanDyke.....	304-436-8594
Annex.....	304-436-8514
Clerk.....	304-436-8588
Adult Drug Court.....	304-436-9013
Juvenile Drug Court.....	304-436-8518
Alternative Sentencing Program.....	304-436-9009
Probation Officer.....	304-436-8507
Assessor’s Office.....	304-436-8528
Sheriff’s Office.....	304-436-8525
Emergency.....	911
State Police.....	304-436-2101

**Adult Education**

**McDowell County Adult Learning Center in Welch**

Adult Learning Center.....304-436-6580

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

**Bluefield College**

Phone.....800-872-0175                      Fax.....276-326-4288

Website: [www.bluefield.edu](http://www.bluefield.edu)

Address: 3000 College Drive, Bluefield, WV 24605

**Bluefield State University**

Phone.....304-327-4000 Fax.....304-325-7747  
Website: www.bluefieldstate.edu  
Address: 219 Rock Street, Bluefield, VA 24701

**Concord University**

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

**Southern West Virginia Community and Technical College**

Phone.....866-798-2821 Wyoming.....304-294-2001  
Fax.....304-294-8534  
Website: www.southernwv.edu  
Address: 128 College Drive, Saulsville, WV 25876

**Southwest Virginia Community College**

Phone.....855-877-5944 or 276-964-2555  
Website: www.sw.edu  
Address: PO Box SVCC, 369 College Road, Richlands, VA 24641

**Child Services**

**A Small World**

Phone.....304-436-4386 Fax.....304-436-4926  
Address: 750 Riverside Drive, Welch, WV 24801  
Licensed by the State of WV and DHHR. Operated on a non-discriminatory basis. Children between 3 months and 12 years. Before and after school program is available. Open Monday through Friday, 6:30 a.m. to 6:00 p.m.

**Parents As Teachers----The Community Crossing**

Phone.....304-436-8300 ext, 3  
Address: 225 Maple Avenue, Welch, WV 24801  
Email: karen@communitycrossing.org  
Trained and supported program providing In-Home Family Education services in McDowell County, WV. This voluntary early childhood home visiting program begins working with families during pregnancy and follows their children up to age five.

Supporting families with young children, providing developmental screenings and promoting school readiness.

**Coalfields Community Action Partnership**

Phone.....304-862-2837 Fax.....304-862-2834

Website: coalfieldcap.org

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

Physical Address: Keystone, WV

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

**Children's Home Society of West Virginia Princeton Office**

Phone.....304-431-2424

Email: jboileau@childhswv.org

Website: <http://www.childhswv.org/index.htm>

Address: 603 Harrison St. P.O. Box 5533, Princeton, WV 24740

**Forever Families Community Center (Children’s Home Society)**

Phone.....304-862-4951

34149 Coal Heritage Road (Rt 52), Northfork, WV 24868

Services include: WE CAN Mentoring, Foster Care and Adoption Services, Teen Pregnancy Prevention Program, Community Education and Fun Events

**Paul Miller Home**

Phone.....304-862-4237 or 800-832-9213

Fax.....304-862-2645

Email: awadewde@childhswv.org

Address: P.O. Box 880, Northfork, WV 24868

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

**Mountain Heart Child Care Resource & Referral**

Phone.....304-682-8271 or 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 or 304-436-6123  
 Fax.....304-436-6125  
 Address: 17 McDowell Street, Welch, WV 24801  
 (Beside the Welch Post Office)

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

**Right From The Start.....304-323-8315**  
 Address: 307 Federal Street, Suite 418, Bluefield, WV 24701

Email: mmckinney@casewv.org Website: wvdhhr.org/rfts  
Serves pregnant women and newborns to age one with case management by RN or licensed Social Worker. WV Medicaid, pregnant, high birth score, needing newborn hearing screening.

**West Virginia Birth to Three Program**

Phone: 304-425-2926 or 866-207-6198 Fax.....304-425-7367

Website: www.wvdhhr.org/birth23

Address: 1411 North Walker Street, Princeton WV 24740

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

**The National Center for Missing & Exploited Children**

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

Website: www.missingkids.com

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

**Domestic Violence/Counseling**

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

Phone.....304-436-8117 Fax.....304-436-6528

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

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

**Center**-Educational services w/internet connection. This service is for the women and children who are residents of the SAFE Transitional Housing facility. Center is also open to general public for special trainings. **Court Advocacy**-Attend court hearings as support to domestic violence victim, **Safety Planning**-Discuss options and dangers of leaving domestic violence situation,

**Information and Referrals**- Inform victims of different options and make referrals to appropriate agencies. These services are available to victims of domestic violence (male or female). **Trainings & Presentations**-Provide information regarding domestic violence and services offered by SAFE. **Elder Abuse Advocate**- provides court hearings advocacy, transportation to court as needed, services for elder abuse including but not limited to domestic abuse.

### **Stop the Hurt, Inc (Child Advocacy Center)**

Phone.....304-436-1600 Fax.....304-436-8101

E-mail: sth\_childabuse@yahoo.com

Address: PO Box 102, 601 Belcher Mountain, 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. Counseling Services for anyone including but not limited to domestic violence, child abuse, psychological, mental, trauma-focused, cognitive behavioral therapy.



## **Drivers License**

### **Department of Motor Vehicles**

Phone.....304-436-4399

Address: 92 McDowell St., Welch WV 24801

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

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

To find your local DMV visit [www.dmv.org](http://www.dmv.org). Also provides photo identification cards.

## **Drugs & 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

24-Hour Crisis Line...800-579-5844 or.....304-485-1725

Alcohol and Drug Rehab Center, Salem VA.....800-821-4357

Alcohol Help Line.....800-252-6465

Center for Substance Abuse.....800-662-4357

Emergency and Ambulance.....911

Welch Community Hospital.....304-436-8461

### **McDowell County Alternative Sentencing Program**

Phone...304-436-9009 or 9012 Fax.....304-436-4351

E-Mail: [mcdowellasp@gmail.com](mailto:mcdowellasp@gmail.com)

Address: 109 Wyoming Street, Welch, WV 24801

AA/NA Support Groups, Substance Abuse Counseling, Living Skills Curriculum, Helping Women Recover Curriculum, Drug Education & Awareness Classes. Eligibility for Day Report Center services is

mandated through the Circuit Court, Magistrate Court and Family Law Master Offices. We also accept referrals from the Department of Health and Human Resources for specific programs. However, if you are interested in the above agencies, please contact our office and we may be able to provide some of these services to you as well.

**McDowell County Juvenile Drug Court**

Phone.....304-436-8518

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

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

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

**McDowell County Adult Drug Court**

Phone.....304-436-9013 Fax.....304-436-3476

Email: kenneth.williams@courts.wv.gov

This is a diversion program to aid in the reduction of recidivism and rehabilitation of substance abusing adults. It is a court managed, drug treatment program available to adults who have been arrested and/or charged with a non-violent felony offense and determined to have substance abuse issues. The program is available to pre-petition adults. Participants must be referred by an attorney, review and assessed for determination of eligibility and accepted by the Judge for participation. Participants receive intensive treatment, supervision, drug testing and monitoring to achieve successful

treatment outcomes. Program length is structured as a four-phase program that each participant will complete in approximately 8 months but may vary according to the youth’s success in the program.

**Southern Highlands Community Mental Health Center**

Phone .....304-436-2106                      HOTLINE.....800-615-0122

Address: 151 Rt. 52 N Welch, WV

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

**Patrick’s Place Men’s Home**

Phone.....304-887-9181

Address: P.O. Box 61, War, WV 24892 Located Main Street War

Facebook: Patrick’s Place

Provides sober living home for substance abuse individuals. Offers 12 step program, Celebrate Recovery, parenting, drug testing, GED classes, college enrollment assistance, and assistance with driver’s license. Offers 18-24 month assistance facility with sliding scale fees. Utilized by Alternative Sentencing.

**Four Seasons Recovery Center**

Phone.....304-323-1041

Address: 321 Preston Street, Bluefield, WV 24701

This is a long-term residential recovery center. Peer driven social model with therapeutic community. Recovery dynamic classes (12-step). Meetings held daily: 12:00 noon men only; 6:00 and 8:00 p.m. open to public.

**Mercer County Fellowship Home**

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

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

**Princeton Community Hospital**

12<sup>th</sup> Street Princeton, WV 24740.....304-487-7000

Behavioral Medicine.....304-487-7336

Suicide prevention, emergency and referral to treatment center

**Behavioral Health Pavilion**

Phone.....304-325-4673

Address: 1333 Southview Drive, Bluefield, WV 24701 (old Saint Lukes Hospital)

Physicians and Surgeons, Psychiatry, Psychologists, Mental Health

**Legends**

12<sup>th</sup> St. Extension Princeton, WV..... 304-425-9478

Men’s Long Term Residential, 10 beds up to 3 months of treatment, Priority to clients being released from detox programs.

**New Horizons Psychological Association**

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

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

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

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

**Veteran’s Affairs Medical Center..... 304-323-4020**

**Substance Abuse Treatment Program**

200 Veteran’s Ave Beckley, WV 25801

Outpatient substance abuse and mental health treatment for Veterans

**Veterans Readjustment Center and Medical Clinic**

Phone..... 304- 425-8098

Address: 1511 N Walker St, Princeton, WV 24740

**FMRS Health Systems Raleigh County Office**

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

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

HOTLINE..... 304-256-7100

Outpatient substance abuse and mental health treatment, detoxification, non hospital residential (24 hour); also has specialized program for women who have children, treatment 6 mo. to 1 year, waiting list with priority to pregnant females and IV drug

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

**Methadone/Suboxone Clinics**

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

**Education**

**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:** Psycho-educational evaluations, Mentally Impaired (all areas), Learning Disabilities, Behavior Disorders, Speech and Language, Pre-School Special Needs, Birth to Three Transitions, Autism, Gifted Education, Occupational Therapy, Physical Therapy, Audiological Services, Vision and Hearing Impaired Services, P.E.R.C. (Parent-Educator Resource Center) at the Career & Technical Center, Special Transportation Services.

**Safe & Drug Free Schools Program:** Conflict Resolution, Crisis Prevention and Intervention, Prevention Resource Officers, Red Ribbon Week, Drug Free Alternative Week, Discover Health Connection, Respect & Protect, Life Skills, Positive Behavior Support, Character Education and Responsible Students Program.

**School Nurses:** Meet special health care needs of students. Liaison between schools, parents, and physicians. Screen vision and hearing and initiate Student Health, Screen all 6<sup>th</sup> grade students for scoliosis. Tug River Health School Clinic at Mount View.

**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.

**School Phone Numbers**

Bradshaw Elementary .....	304-967-7700
Fall River Elementary .....	304-656-7665
Iaeger Elementary.....	304-938-2227
Kimball Elementary.....	304-585-7570
Welch Elementary.....	304-436-4645
Southside K-8.....	304-875-2283
Sandy River Middle.....	304-938-2407
Mount View Middle.....	304-436-4657
Mount View High.....	304-436-2939
River View High School.....	304-967-7480
Career and Technology Center.....	304-436-3488

Families and community members are invited to attend our monthly **Family Advisory Council Meetings**. The meetings are designed to provide relevant information and strategies to support learning in the home. The meetings are held at the Phoenix Center at 275

Virginia Avenue Welch, WV. For more information call (304) 436-8441 Ext 250.

Grandparents who are raising grandchildren are encouraged to attend the **Second Time Around Club** held regularly throughout the school year. The support meetings are filled with pertinent information grandparents need such as educational strategies, community resources, and more. The meetings are held at the Phoenix Center at 275 Virginia Avenue Welch, WV. For more information call (304)436-8441 Ext 250.

McDowell County Schools uses **School Messenger** automatic calling system to deploy information to families in regards to inclement weather, school closings, and more. If you are not receiving the calls, you will need to contact your child's school to ensure your phone number is correct in the calling system.

KVC is teaming up with Welch Elementary and Kimball Elementary to provide **School Based Mental Health Services** to children and adults who have Medicaid and meet APS Healthcare and Medicaid criteria for medical necessity. KVC licensed therapist provide quality mental healthcare by developing trust and treating the whole person. They offer individual and family therapies in the home or at school. Services are child-centered, family-driven, and strength-based while using the latest evidence-based approaches. Contact the local KVC office at 304-924-4130

### **Reconnecting McDowell**

Website: [reconnectingmcdowell@aft.org](mailto:reconnectingmcdowell@aft.org)

Contact: Debra Elmore at [delmore@aftwv.org](mailto:delmore@aftwv.org) or 304-552-5766

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

**Broader Horizons Mentoring Program** enables about 20 McDowell County high school students each year to participate in this inaugural Reconnecting McDowell program. Students are selected based primarily on their motivation to overcome personal or academic difficulties and to prepare for a productive future. The program connects the dots between what students learn in the classroom and their potential future careers. The program provides a unique opportunity to widen students' horizons and introduce them to the world of higher education and career possibilities. Seeing a world within their reach beyond McDowell is an extraordinary motivator to dream their dreams and work hard to achieve them. Each student is assigned to a mentor and meets regularly to discuss school, life issues and choices and future possibilities. Contact Debra Elmore: 304-552-5766

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

**Community Schools**

Phone.....304-875-2283

Address: P.O. Box 730, War, WV 24892

Southside K-8 is the pilot school for the community school initiative is a national movement based on the idea that increased rigor and improved instructional pedagogy alone are not enough to improve academic achievement. A community school is one where the needs that students have that interfere with their readiness to learn get addressed through wrap around services aimed at those students and their families. The premise is simple. Before educators can hope to see students move very far up Bloom's Taxonomy, they have to address Maslow's Hierarchy of Needs.



Southside has a Community School Steering Committee, formed in the spring of the 2013-14 school year and members include Board of Education Personnel, Nonprofits, Faith, Providers, Community, and Government that collects public input to decide what needs should be focused on, guides the effort to create a community school at Southside, look for grant funding, and makes suggestions about how to spend those grant funds.

The Steering Committee is working to open the Big Creek gym to the public as a community center, address Southside's attendance issues, enrich Southside's after school program with art/music instruction and more physical activity, bring a school-based health center to Southside, and bring adult education programs (like GED classes) to Southside.

**Twin Branch Pentecostal Christian Academy**

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

**McDowell County Home Educators Association**

Phone.....304-923-6947

**Elderly**

**Commission on Aging**

Phone.....304-436-6588 Fax.....304-436-2006  
Email: lisa@mcdowellcoa.org Website: mcdowellcoa.org  
Address: 725 Stewart Street, Welch, WV 24801

Prepare and deliver meals, transport seniors to centers daily, shopping, pay bills and pick up medicine, special programs at each center on Holidays, trained in-home personal care providers, People can receive 60 hours of service within a month is eligible.

**Council on Aging**

Phone.....304-436-3011 Fax.....304-436-4385  
Address: 745 Riverside Drive, 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

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

## **SAFE Elder Abuse Advocate**

Phone.....304-436-8117 Fax.....304-436-6528

Elder Abuse Advocate- provides court hearings advocacy, transportation to court as needed, services for elder abuse including but not limited to domestic abuse

## **Faith Based**

### **Catholic Charities of WV**

Phone.....304-425-4306 SPOKES .....304-436-4996

Address: Box 162, Eckman, WV 24829

Adult Basic Education, GED, Adult Literacy, Basic Needs (utility), Holiday food Vouchers. Application assistance for SNAP. Evictions and utility termination assistance.

### **Community Crossing**

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

E-mail: [info@communitycrossing.org](mailto:info@communitycrossing.org)

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

Address: 225 Maple Avenue, Welch, WV 24801

Executive Director: Jay Wilson

### **Parents As Teachers**

In Home Education services for prenatal to age 5.

Program Supervisor - Karen Wilson

304-436-8300 ext 3

karen@communitycrossing.org or pat@communitycrossing.org

The Mac Center

Building Community Through Fitness

Old Welch middle school gymnasium

304-436-8300 ext 4

Karate for ages 8 and up - Sam Freeman

Basketball for post High school - membership only - Kyler Wilson

Boxing Club - Scott Kuhn 304-436-8300 ext 2

Every Friday night at the Life and Light building across from the Welch Library.

**Missional Communities**

304-436-8300 ext. 1

Community Gatherings between friends and neighbors who share a meal, fellowship, and conversation. Any interested individuals and families, includes all ages.

**A Work of Heart Thrift Store**

Lori Scarberry 304-436-Household goods/supplies for families in emergency situations. Also, affordable clothing and household goods for families or individuals.

### **Highland Education Project**

Phone.....304-436-2641

Fax.....304-436-2699

Address: P.O. Box 204, Welch, WV 24801

Location: Premier Park, Premier

An ecumenical outreach ministry of the Episcopal Diocese of West Virginia. Started as an educational ministry in January 1940, conditions in the area have since forced it to evolve into an outreach agency. Services include distributing donated clothing year-round, children's stockings at Christmas, and home repair and maintenance. Help with medical costs and heating bills and other emergency assistance are provided to needy individuals in the area whenever possible. HEP has summer work groups as part of a 'Work-Learn-Share Program.' The groups come every summer to

do home repairs for area residents who cannot afford to hire contractors.

As the Premier Learning Center, it serves as a designated Red Cross Disaster Shelter. Premier Learning Center is used by Southern Highlands, a group that teaches life and learning skills to mentally challenged adults, and by the WVU Extension for coal mining classes. Premier Learning Center has a computer lab with 15 computers connected to DSL. Wireless internet is also available. Management's goal is to add more classes of various kinds in the future.

**Five Loaves & Two Fishes Food Bank**

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

**Life and Light**

Phone.....304-436-2096  
Email: [lifeandlight@frontier.com](mailto:lifeandlight@frontier.com)  
Address: P.O. Box 351, Welch, WV 24801

Life and Light pursues a process of 'walking with' the materially poor by participating in their community activities to improve their lives, families, and communities. Life and Light concentrates on working with churches and non-profit organizations to improve their ability to provide services to our community.

**Little Sparrow Ministries Inc.**

Phone.....304-938-2738  
Website: [ismwv.org](http://ismwv.org)  
Address: PO Box 197, Iaeger, WV 24844

A not-for-profit organization whose mission is to feed and clothe the "poorest of the poor" children and families in McDowell County, WV. Currently housed in the former Iaeger Elementary School building, Little Sparrow provides community meeting facilities, clothing distribution, youth activities, educational opportunities, as well as to help address the physical and spiritual needs of those who patronize it.

**Mission Ministries**

Phone.....304-436-4092

E-mail: missionministries@frontiernet.net

Address: 409 Virginia Avenue, Welch, WV 24801

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

**Mustard Seeds and Mountains, Inc.**

Phone/Fax.....304-862-4643

E-Mail: mustardseed@mustardseeds.org

Website: www.mustardseeds.org

Address: PO Box 686, Northfork, WV 24868

Home repair in the eastern part of McDowell County, WV. We work in the area from Maybeury to Big Four. Most of our home repair takes place in the summer from June through August but we also have certain dates available in the Spring and Fall months.

Our home repair is intended to make homes more warm, safe or dry for families who are low income, elderly or disabled. We also do interior and exterior painting. The homeowner's family is asked to pay 10% of the cost of materials and expected to assist us with the work if they are able. The home repair work is performed and funded by volunteers (nonprofessionals). We receive no government funding.

Homeowners can apply for home repair by calling (304) 862-4643 Monday through Thursday from 9am to 11am during the months of February through May. We do not carry over lists of applicants from year to year.

**School For Life**

Phone: .....304-448-2309

Website: schoolforlifeinc.com

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

School For Life is a mission founded by Jack and Brenda Fultz to serve the needy – changing hopelessness to optimism. The mission is housed in the Old Gary School located in Gary, West Virginia of McDowell County. Their mission is to challenge the Appalachian people at all social and economic levels to be active, creative,

contributing members of their communities and to take to task the development of solutions to poverty, promote self-help, dignity, and self-worth and encourage redemptive relationships and the teachings of a new creation believed key in changing ideas, minds, and hearts.

**Turning Point**

Phone.....304-875-4202

Address: HC 32 Box 585, Caretta, WV 24892

Email: chaplainharman@gmail.com

Turning Point is a program to help Churches reach out to people with life controlling problems.

**Government & Economic Development**

**McDowell County Commission**

Phone.....304-436-8548 Fax.....304-436-8572

Email: mcdowellcountycommission@rocketmail.com

Web Site: www.mcdowellcountycommission.com

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

**McDowell County Convention & Visitors Bureau**

Phone.....304-436-4242

Betty Jones

**McDowell County Economic Development Authority**

Phone.....304-436-3833 Fax.....304-436-3837

Email: info@mcdowelleda.com

Website: www.mcdowelleda.com

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

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

**McDowell County Redevelopment Authority**

Phone.....304-436-8582 Fax.....304-436-8013

E-mail: mcrapermits@hotmail.com Website: www.mcrda.com

Address: 109 Wyoming 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 Chamber of Commerce**

Phone.....304-436-4260

Email: [betty.jones@mcdowelleda.com](mailto:betty.jones@mcdowelleda.com)

Information hub for available business, private sector, rental both  
commercial and residential in McDowell County. Annual Chamber  
Banquet and monthly Lunch-And-Learns.

**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

**Compassus**

Phone.....304-436-2300 Phone.....800-626-5277

Fax.....304-436-2306

Address: 8 Wyoming Street, Welch, WV 24801

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

**McDowell Continuous Care**

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

Address: Box 220, Gary, WV 24836

Long Term Care Facility

**McDowell County Health Department**

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

Address: Box 218, Wilcoe, WV 24895

Services: Women’s health including pregnancy testing, breast exams, mammograms, pap smears birth control (male and female). General health including immunizations, blood pressure, HIV & STD testing, TB testing, and chest x-ray. Environmental services including food establishment inspections, food handler permits, home loan evaluations, septic system inspections, water well permits, water testing, threat preparedness, and manage complaints.

**South Central Educational Development, Inc**

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

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

Services include counseling and testing for HIV; HIV presentations and workshops; emergency direct services for HIV positive clients; Minority Health Disparities Screening and education; linkages to care, food pantry for those infected with HIV; support group meetings.; and Hepatitis C referrals to treatment.



**Charleston Area Medical Center**

**Ryan White Program**

Phone.....304-590-1600      Toll Free .....800-348-9677

Fax.....304-388-8198

Address: 3200 MacCorkle Ave., SE, Charleston, WV 25304

Email: Ronald.gibbs@camc.org

To increase access to services for individuals at-risk for, or infected with HIV disease and to provide culturally sensitive quality, comprehensive HIV-related primary care in a safe environment, regardless of an individual’s ability to pay. PREP is a powerful new strategy that can be used in conjunction with other prevention methods to reduce the risk of HIV transmission. It is recommended for those who are at highest risk and for those willing to commit to taking medication daily and regular medical follow up.

**Southern Hills Rehabilitation Hospital**

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

Address: 120, 12<sup>th</sup> Street, Princeton, WV 24740

**Tug River Clinic/Gary**

Phone.....304-448-2101      Fax.....304-448-3217

Address: Box 507, Gary, WV 24836

Medical, Black Lung, and Dental

**Tug River Clinic/Northfork**

Phone.....304-862-2588      Fax.....304-862-2244

Location: U.S. Route 52 Main Street

Address: PO Box 877, Northfork, WV 24868

Medical and Black Lung

**UMWA Health and Retirement Funds**

Phone.....304-256-2619      Fax.....304-256-2604

Email: jbishop@umwafunds.org

Mailing Address: P.O. Box 1229, Beckley, WV 25802

NHS – Telephone case management for chronic diseases, patient teaching, GCM- Case management nurses for in-home visits. Not a home health. Call Center- Eligibility questions and Medical billing

questions. Provider Relations – Transportation. Eligibility Guidelines: All services require a UMWA Health Card. Other Information: Can assist with collaborative efforts with Diabetes, Cancer, Heart Disease, Physical Activity, Nutrition, Obesity, and partnership with activities to enhance services for McDowell County Citizens.

**Welch Community Hospital**

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

**West Virginia Breast and Cervical Cancer Screening Program**

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

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

**Housing**

**SAFE Housing & Economic Development, Inc (SHED)**

Phone.....304-436-6367 Fax.....304-436-6989  
Address: 69 Wyoming Street, Welch, WV 24801  
E-Mail: kathyegentry@yahoo.com  
Website: www.shedhousing.org

SHED offers a variety of services to individuals and families in McDowell, Mercer and Wyoming Counties. We serve clients from very low to moderate income limits through grants and loans provided by member agencies. We are a HUD Certified Counseling Agency and we provide Home Buyers Education to the public for a service fee. We provide loans for septic systems with no income

restrictions and we provide home repair when grant funds are available.

Our most prominent service is rental housing in the following areas:  
Welch: The Payne Building Apartments located on Bank Street provides housing for multifamily and individuals of very low to low income limits.

Gary: The Oaks Apartments, an elderly facility is provided for low income and persons of 62 years and older.

Kimball: The Starland Heights Facility is provided for individuals and multi-family and disabled persons who are of very low to low income limits.

Eckman: The Elizabeth Drewry Apartments is provided for the disabled and low to very low income limits. We also have three permanent houses for rent to those without income limit restrictions. HUD vouchers are accepted at most rental sites. Criminal and background checks are required of all persons interested in renting with us.

### **Pinehaven Homeless Shelter**

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

## **Jobs**

### **WorkForce West Virginia Career Center**

Phone.....304-436-6464                      Fax.....304-433-6310  
Website: [www.region1workforcwestvirginia.org](http://www.region1workforcwestvirginia.org)  
Address: 110 Park Avenue, Welch, WV 24801

**Employer Services:** Among the wide range of employer services are: Post job orders, Advertise to identify applicants, Recruitment, screening and referral to job openings, Interview scheduling, WorkKeys profiles and assessments, Occupational and job profiling, Veterans programs, Customized training, On-the-Job training, Labor market information, Connection to: WV Development Office, Economic Development Authorities, Small Business Development

Center. Rapid Response is a process that provides you with information and services in time of experiencing a job loss. When a layoff and/or closure is announced or going to occur, Rapid Response links you to community services that help you secure a new career and/or exploring training and educational opportunities.

**Job Seeker Services:** Include, but are not limited to: Listing of career opportunities, Resource Center, Adult Basic Education, Skills upgrading & retraining, Job readiness training, Tuition assistance, WorkKeys credentialing, Job & career counseling, Occupational skill training, On-the-Job training, Information on skill requirements for occupations, Local occupations in demand, earnings, and skill requirements for jobs, Information on the availability of support services, Filing Unemployment claims. **Mobil Workforce**

**Development Center:** The Region 1 Workforce Investment Board has a Mobile Workforce Development Unit for the purpose of meeting the needs of employers and citizens across the 11-county region. We will provide services such as: Training and development, Evaluation and assessment, Counseling, Specialized services in response to down-sizing, closures, and layoffs, other customized training and workforce support services. Out of school youth services.

### Legal Issues

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

### Libraries

**McDowell Public Library**

Phone.....304-436-3070                      Fax.....304-436-8079

**Bradshaw Public Library**

Phone.....304-967-5140

**Iaeger public Library**

Phone.....304-938-3825

**Northfork Public Library**

Phone.....304-862-4541

**War Public Library**

Phone.....304-875-4622

**McDowell County Humane Society**

**McDowell County Humane Society**

Phone.....304-436-2185 or 304-436-6220 or 304-4364930

E-mail: mail@mcdowellcountyhumanesociety.com

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

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

**Medicare**

**Medicare/Nationwide Mutual Insurance Company**

Medicare is a federal health insurance program for people 65 or older and certain disabled people. It is run by the Health Care Financing Administration of the U.S. Department of Health and Human Services. Social Security Administration offices across the country take applications for Medicare and provide general information about the program. There are 2 Medicare coverage components: Hospital Insurance (Part A)- Hospital and skilled nursing facilities, home health and hospice care; Medical Insurance (Part B)-Doctors' services, outpatient hospital services, durable medical equipment,

and a number of other medical services and supplies that are not covered by Part A.

If you would like a Handbook on Medicare, write:

U.S. Department of Health and Human Services  
Health Care Financing Administration  
6325 Security Boulevard  
Baltimore, Maryland 21207-5187

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

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

## **Mental Health**

### **Southern Highlands Community Mental Health Center**

Phone.....304-436-2106 Fax.....304-436-6362

Address: 151 Rt. 52, N, Welch, WV 24801

Southern Highlands provides Comprehensive Mental Health Services for the treatment of all major Mental Health conditions including Depression, Anxiety, Bipolar Disorder, Schizophrenia, Addiction, Adolescent Disorders, I-DD (Intellectual Developmental Delay), Adjustment Disorders and many others. Southern Highlands offers Psychiatric Services, Counseling, Substance Abuse Treatment, Targeted Case management, Complete array of Title XIX I-DD/DD Waiver Services, SBIRT (Screening, Brief Intervention and Referral to Treatment); Among others. *Guidelines:* 200% above poverty level is treated at no charge. Upon intake, an economic assessment will be completed to determine what if anything an individual will be required to pay.

## **Problem Gamblers Help Network of WV**

### **Problem Gamblers Help-Line**

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

Website: www.1800gambler.net

Address: PO Box 3324, Charleston, WV 25333

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

While anybody can cross the line from occasional, recreational gambler to out-of-control, problem gambler, the following risk factors have been identified. Any one of these risk factors, or a combination of any or all, seems to increase the likelihood of someone developing a gambling problem: 1. A stressful life event, such as death of a loved one, divorce, physical injury, disability, serious illness, relocation, and other trauma. 2. A “Big Win” early on in their gambling experience. 3. A family history of problem gambling, alcoholism or other addictions. 4. Pre-existing mental health problems such as depression, anxiety, alcoholism, chemical dependency and other psychiatric disorders

### Recreational Areas

#### **Citizens Conservation Corps- Twin Branch Recreation Area**

Phone.....304-656-7594 Fax.....304-656-7595

E-mail: dhone@wvccc.com Web Site: www.cccwv.com

Address: PO Box 159, Davy, WV 24828

**AmeriCorps Program** – Environmental Stewardship program that provides skills and leadership training to both youth and adults through hands-on improvement of public lands and at-risk ecosystems.

Eligibility Guidelines: Must be at least 17 years of age; High School Diploma or GED; pass FBI and state background check.

**Recreational Activities:** Under development – hiking trails, camp grounds, fishing, paintball, wildlife watching.

#### **Elkhorn Inn Bed & Breakfast**

Phone.....304-862-2031

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

Website: www.elkhorninnwv.com

Address: 30767 Coal Heritage Road, Route 52, Landgraff, 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 accommodations in 13 air-conditioned guest rooms. Meals, meetings, and special events are offered in our elegant dining room by reservation. The Inn features a Patio Cafe, antique, claw-foot bathtubs, bathrobes, signature toiletries, period 1930 furnishings, art & antiques, a balcony, & a cozy fireplace lounge. A gift shop and museum are available.

### **Ashland Resort**

Phone.....888-862-2322                      Local.....304-862-2322

HC 76 Box 68, Northfork, WV 24868

Email: [managers@atvresort.com](mailto:managers@atvresort.com)      Website: [atvresort.com](http://atvresort.com)

Nestled amidst 1,600 acres of private hardwood forest, Ashland Resort is the largest campground in the Hatfield-McCoy Trail System and the only Guest Rated™ “A” camping facility in West Virginia. Ashland Resort offers the perfect friends and family lodging location for ATV & Dirt Bike enthusiasts with a selection of Lodges, Cottages and Cabins, RV and tent sites plus a Camp Store. The Indian Ridge Trail passes through the Campground. Choose family friendly green trails or dare to be challenged on black and single track dirt bike trails. Enjoy vistas, wildlife and endless miles of canopied forests throughout our remote, rugged terrain. Split the mud holes or take the high road. Our mountain challenge awaits you.

## **Social Services**

### **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, War, WV 24892

Learning Center, Education and Literacy, Community Projects, Adult Basic Education, Service Learning Project, Home Repairs, Coal Miner Museum, Mountain Music Festival, Healthy Lifestyles



Program, Public Computer Lab, Family Resource Center,  
Community Baby Showers.

### **Council of the Southern Mountains**

Phone.....304-436-6800      Fax.....304-436-6803

Email: randalcsm@hotmail.com

Web Site: www.councilofthesouthernmountains.com

Address: 148 McDowell Street, Welch, WV 24801

***Foster Grandparents:*** to serve special needs children.

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

***Senior Services:*** Aged and disabled waiver program.  
Senior Companion Program

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

***Wellness Center:*** equipment and trainers available for fitness.

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

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

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

***Income Tax Assistance:*** providing free assistance for income tax preparation.

***Tobacco Free Pregnancy Initiative, WV Department of Tobacco Prevention.*** Shelia Muncy, Coordinator at 304-967-5243 or 436-6800.

***Save Face Spit Tobacco Prevention and Cessation.*** Kathy Bailey, Coordinator

Emergency assistance after regular hours and on holidays may be accessed by calling Randal Johnson, Executive Director at 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, **SNAP** - supplemental nutrition assistance program, **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, School Clothing Assistance Voucher, Emergency Assistance, Foster Care, Day Care Services, Independent Living Program, Juvenile Justice System, State-Operated Youth Facilities, Child Support and Enforcement, Medicaid.

Eligibility Guidelines: Contact Department of Health and Human Resources for eligibility guidelines.

**McDowell County Project Lifesaver**

Phone.....304-436-8523

Contact: Deputy Lyle Noe

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

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

**Rehabilitation Division**

Phone.....304-436-3175 Fax.....304-436-3176

Address: 110 Park Avenue, Welch, WV 24801

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

### **Social Security Administration**

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

Fax.....304-436-4235

Address: 50 McDowell Street, Welch, WV 24801  
Financial assistance to disabled and elderly, Assistance with  
Medicare applications, Retirement Benefits

**Southern Coalfields Tobacco Prevention Network**

Phone.....304-913-4956 Fax.....304-913-4964  
Email: [travis@strongcommunities.org](mailto:travis@strongcommunities.org)  
Website: [www.strongcommunities.org](http://www.strongcommunities.org)  
Facebook: [www.fb.com/socoalfieldstobprevnetwork](http://www.fb.com/socoalfieldstobprevnetwork)  
Network to combat tobacco usage through education and cessation.

**West Virginia Division of Veterans Affairs**

Phone.....304-436-3804 Fax.....304-436-3804  
Location: 2<sup>nd</sup> Floor of the McDowell County Public Library  
Address: Box 1085, Welch, WV 24801  
Website: [www.veterans.wv.gov](http://www.veterans.wv.gov)  
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

**Veteran’s Readjustment Center and Medical Clinic**

Phone: Readjustment Center.....304-425-8098  
Medical Clinic.....304-425-8105  
Address: 1511 N Walker Street, Princeton, WV 24740  
Email: [bert.levesque@va.gov](mailto:bert.levesque@va.gov)

**West Virginia University Extension Service**

Phone.....304-436-9006 Fax.....304-436-3907  
Address: Box 860, Welch, WV 24801  
4-H – Donald Reed & Shelia Muncy; Families & Health – Loren  
Wells; Family Nutrition Program – Jennifer Graham & Dana Lester  
Location: 109 Wyoming Street Suite 204  
E-Mail: [McDowellCountyExtension@mail.wvu.edu](mailto:McDowellCountyExtension@mail.wvu.edu)  
Websites: WVU Extension Service [www.wvu.edu](http://www.wvu.edu)  
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.

## **Support Agencies**

### **American Red Cross**

Phone.....304-327-5017

Fax.....304-325-2260

E-mail: [phyllis.sheets@redcross.com](mailto:phyllis.sheets@redcross.com) Website: [www.redcross.org](http://www.redcross.org)

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

Provides emergency relief to families during disasters. Offers communication assistance between military personnel and their families. Provides counseling, financial assistance in emergencies and referral service for military personnel, veterans and their families. Provides training to the general public in First Aid, CPR, Water Safety, HIV/AIDS Education. Babysitting training programs are offered for youth ages 11 to 15. Assists with blood drives and

bone marrow donor drives. The American Red Cross serves the following areas: Mercer, McDowell, in WV and Bluefield, VA.

**The Salvation Army**

Phone.....304-327-7411 Fax.....304-327-7891

Address: 900 Highland Avenue, Bluefield, WV 24701

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

**United Way**

Phone.....304-253-2111

Address:

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

United Way improves lives by mobilizing the caring power of communities around the world to advance the common good. We think every child in every country should have a good education. Every citizen should feel financially stable. Every community should be healthy and strong. Services are provided through 44 agencies in 7 counties in southern WV. United way provides the Equal Footing Shoe Fund separate of the agencies.

Nearly 2.6 million volunteers and 9.6 million donors around the world are with United Way. Together, they raise more than \$5 billion every year to create community solutions that improve life for everyone. Together, we impact the lives of up to 50 million people every year.

**Transportation**

**Bluefield Area Transit System**

Phone.....304-327-8418 Fax.....304-325-6783

E-mail: [admin@ridethebatbus.com](mailto:admin@ridethebatbus.com)

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

Address: PO Box 1838, Bluefield, WV 24701

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

## **General Information Statewide and National Agencies**

Adoption Center	1-800-862-3678
Adult Education (Literacy Hotline)	1-800-642-2670
24-Hour Mental Health Crisis Line	1-800-579-5844
Adult Abuse Hotline	1-304-436-8302
AIDS Information Hotline 1-800-CDC-INFO	1-800-232-4636
Alcohol Help Line	1-800-252-6465
Alcoholic Beverage Control Administration	1-800-642-8208
Al-Anon Family Headquarters	1-800-356-9996
American Diabetes association	1-800-342-2383
Attorney General (Consumer Protection)	1-800-368-8808
Auto Safety Hotline	1-800-424-9393
Automated Refund & Tele-Tax (IRS)	1-800-829-4477
Birthright (Pregnancy Crisis Org)	1-800-550-4900
Boys Town Hotline	1-800-448-3000
Cancer Information Services	1-800-422-6237
Center for Substance Abuse	1-800-662-4357
Child Abuse and Neglect	1-800-352-6513
Child Support Enforcement	1-800-249-3778
Court of Claims/Crime Victim Fund	1-877-562-6878
Children's Defense Fund	1-800-233-1200
Children's Make-A-Wish Foundation International	1-800-323-9474
Covenant House	1-800-388-3888
Child & Adult Abuse and Neglect Hotline	1-800-352-6513
Child Help USA	1-800-422-4453
Down Syndrome Society	1-800-221-4602
Family Planning (WV Dept. of Health)	1-800-642-8522
Federal Communications Commission	1-888-225-5322
Federation for Children with Special Needs	1-800-331-0688
Federal Student Aid Information	1-866-514-8938

Federal Tax Information (Problem Resolution)	1-800-829-1040
Federal Tax Forms	1-800-829-3676
Federal Tax Information & Assistance-TDD	1-800-829-4059
Herpes Resource Center	1-306-648-2522
Hunting & Fishing Law Violations DNR	1-304-256-6945
Internal Revenue Service	1-800-829-1040
Lawyer Information Services	1-800-642-3617
Legal Aid of WV Services	1-800-642-8279
Library Commission	1-800-642-9021
Literacy Hotline/Adult Education	1-800-642-2670
National AIDS Information Clearinghouse	1-800-458-5231
National Child Abuse Hotline	1-800-422-4453
National Heart Health Information	1-800-336-4797
National Fraud Information Center	1-800-876-7060
National School Information	1-800-638-9675
Pesticide Hotline	1-800-858-7378
Poison Control	1-800-642-3625
Pretera Mental Health Center (24-hr crisis line)	1-800-642-3434
Public Service Commission (utility complaints)	1-800-642-8544
Runaway Helpline (nationwide)	1-800-786-2929
Social Security Administration	1-800-772-1213
Spina Bifida Association	1-800-621-3141
STD/HIV/AIDS Prevention	1-800-642-8244
Suicide Counseling Help Line	1-800-273-8255
WV Advocates (for developmentally disabled)	1-800-950-5250
WV Department of Special Education	1-800-642-8541
WV Department of Highways	1-800-642-9292
WV Department of Motor Vehicles	1-800-642-9066
WV Division of Rehabilitation Services	1-800-642-8207
WV State Legislature	1-800-565-3447
WV Travel Information (State Parks)	1-800-225-5982
Water Pollution Spills Alert and Fish Kill	1-800-642-3074
Worker's Compensation	1-800-628-4265
Women's Health Center of WV	1-800-642-8670

## **Head Lice**



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

### *Lice Treatment Checklist*

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

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

- All clothing that has been worn and towels that have been used for the last week should be washed in HOT water. If there are items that will shrink in the washer, put them through the dryer on the HOT cycle for 30 minutes before washing.
- All bedding (sheets, blankets, pillows, pillowcases, comforter, mattress cover) needs to be either washed in HOT water, dried dry on the HOT cycle or put in a plastic bag and left sealed up. (Research says that lice can live for only 24 hours or so away from the human host, but we like to keep the bags sealed for at least two weeks just in case because more eggs could hatch during this time period or new lice could be brought home.
- Bag up stuffed animals, hats, throw pillows, barrettes, ponytail holders, hair ribbons, helmets, necklaces and anything else that might have come in contact with the lice.
- All combs and brushes should be soaked in very HOT vinegar, but you can just throw these away and buy new ones.
- Vacuum mattress, couch, chairs, rugs, floors, car seats and backs, car rugs and upholstered church pews thoroughly. Dispose of the Vacuum bag.
- Continuous use of Suave Naturals Coconut Shampoo and Conditioner will help keep the bugs away.
- Re-treat hair in 10 days and repeat everything else on the checklist.
- Check the hair daily for any missed nits and the smallest ones that have now become large enough to see. If one living nit remains, it could hatch and start the whole process over again, bringing about eight new eggs per day.

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

Tea Tree Oil added to shampoo will assist in killing and preventing lice.

Rinsing the hair in Listerine after shampooing has been effective in preventing lice infestation.

## Suicide

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

### Keep these thoughts in mind:

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

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

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

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

1-800-579-5844  
1-800-448-3000

# **Contacting Your Legislature Representatives**

1-304-347-4836 or on line at [legis.state.wv.us](http://legis.state.wv.us)

**Paid with funds from:  
WV DHHR  
Partnerships For Success  
Reconnecting McDowell**