

"Together We Can"



MountainHeart Community Services Inc.

Resource Manual

Mission Statement:

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

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ABOUT US



WHO IS MOUNTAINHEART?

MountainHeart Community Services, Inc. is a private, nonprofit 501(c)(3) Community Action Agency that was incorporated in 1965 in accordance with the Economic Opportunity Act of 1964. MountainHeart Community Services, Inc. embraces our role as a leader in providing pathways of opportunities for all to hold the power for their own success in achieving an enriched quality of life.



WHAT CAN MOUNTAINHEART DO FOR ME?

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

MOUNTAINHEART'S MISSION

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

THE PROMISE OF COMMUNITY ACTION

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



CHILD CARE RESOURCE & REFERRAL REGION VI



WHAT IS CHILD CARE RESOURCE & REFERRAL?

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

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



WHAT ARE THE REQUIREMENTS TO BECOME A CHILD CARE PROVIDER?

Potential child care providers must:

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

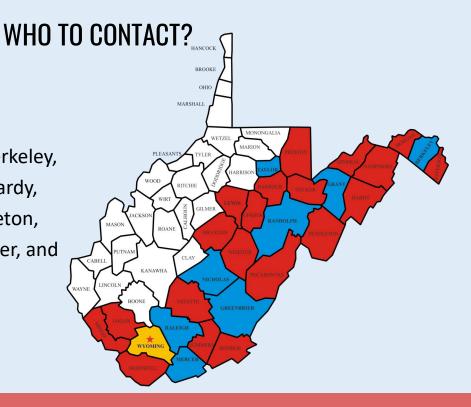




HOW CAN A CHILD/FAMILY GET HELP?

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

Region 5 serves the following
Northern counties: Barbour, Berkeley,
Jefferson, Grant, Hampshire, Hardy,
Lewis, Mineral, Morgan, Pendleton,
Preston, Randolph, Taylor, Tucker, and
Upshur Counties.



ELKINS OFFICE

MountainHeart Community Services, Inc. Serving Lewis, Preston, Randolph & Upshur Counties.

1200 Harrison Avenue, Suite 400 Beckley, WV 25801

CONTACT

Need additional assistance? Please contact us:

Phone: 304-637-2840 Fax: 304-637-2845

Toll Free: 1-877-862-3103

HOURS

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

GRAFTON OFFICE

MountainHeart Community Services, Inc. Serving Barbour & Taylor Counties.

P.O. Box 32 956 Yates Avenue Grafton, WV 26354

CONTACT

Need additional assistance? Please contact us:

Phone: 304-265-0142 Fax: 304-265-2877

Toll Free: 1-877-811-5437

HOURS

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

MARTINSBURG OFFICE

MountainHeart Community Services, Inc.

Serving Berkeley, Jefferson and Morgan Counties

321-A Lutz Avenue Martinsburg, WV 25404

CONTACT

Need additional assistance? Please contact us:

Phone: 304-262-1584 Fax: 304-262-8919

Toll Free: 1-888-915-7653

HOURS

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

PETERSBURG OFFICE

MountainHeart Community Services, Inc.

Serving Grant, Hampshire, Hardy, Mineral, Pendleton & Tucker Counties

P.O. Box 728 836 Lunice CK Hwy Petersburg, WV 26847

CONTACT

Need additional assistance? Please contact us:

Phone: 304-257-9375 Fax: 304-257-9380

Toll Free: 1-877-211-5437

HOURS

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

WV BIRTH TO THREE



WHAT IS WV BIRTH TO THREE?

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



WHO IS ELIGIBLE?

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

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



Program Director

WV Birth To Three RAU 5 & 6



HOW CAN A CHILD/FAMILY GET HELP?

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



WHO TO CONTACT?

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

MountainHeart Community Services, Inc.

1200 Harrison Avenue, Suite 220 Elkins, WV 26241

Phone: (304) 637-2844 Fax (304) 637-2845

Toll-Free: 1-800-449-7790

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

MountainHeart Community Services, Inc.

P.O. Box 1610

Phone: (304) 647-3810 Fax (304) 647-5521

Toll-Free: 1-866-229-0461



Program Director
WV Birth To Three RAU 7

FOR FAYETTE, MERCER, MCDOWELL, RALEIGH, WYOMING:

MountainHeart Community Services, Inc.

1411 North Walker Street Princeton, WV 24740 Phone: (304) 425-2926

Fax (304) 425-7367

Toll-Free: 1-866-207-6198

FREE TAX SERVICE



WHAT IS FREE TAX SERVICE?

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

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



WHO IS ELIGIBLE?

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



HOW CAN I GET MY TAXES COMPLETED FOR FREE?

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



Morgan a

EASTERN PANHANDLE EITC COALITION

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

KATHERINA HAGEDORN
COALITION SERVICES MANAGER

SOUTHERN WV EITC COALITION

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



PJ ESTEP COALITION SERVICES MANAGER

BEHAVIORAL CONSULTANTS FOR REGION V



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

The Behavioral Consultants have experience in behavior guidance and child development..

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

The consultants main goal is to support you—the provider.



THE BEHAVIORAL CONSULTANT CAN HELP WITH MANY OF YOUR CONCERNS:

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



CARRIE FRASCH
BEHAVIORAL CONSULTANT



MEREDITH LESTER
BEHAVIORAL CONSULTANT

SERVICE AREA

Region V serves the following Northern counties: Barbour, Berkeley, Grant, Hampshire, Hardy, Jefferson, Lewis, Mineral, Morgan, Pendleton, Preston, Randolph, Taylor, Tucker and Upshur.

TRAVELING RESOURCE AND INFORMATION LIBRARY SYSTEM



WHO MAKES THIS PROGRAM POSSIBLE?

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





WHAT IS IT?

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



WHEN CAN I EXPECT A VAN VISIT?

As soon as you are a WV licensed, registered, or certified provider within MountainHeart Region 5's fifteen county area you can call for an appointment. After your initial visit you will be placed on the van's schedule and can expect to see the van every eight to twelve weeks.



WHAT RESOURCES ARE AVAILABLE?

Resources include educational and developmentally appropriate toys for children ranging in ages from birth to thirteen years, children's books, videos, music, teaching curriculum and idea books, assistive technology, and art supplies.



HOW CAN I SCHEDULE AN APPOINTMENT

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

Providers in Barbour, Lewis, Randolph, Taylor, Tucker, or Upshur counties, call 1-877-811-5437.

Providers in Berkeley, Grant, Hampshire, Hardy, Jefferson, Mineral, Morgan, or Pendleton counties, call 1-888-915-7653.



WHO MAKES THIS PROGRAM POSSIBLE?

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

WV Birth to Three

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

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



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



Eligibility

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

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

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

Referrals

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

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

Assessment/Plan

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

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

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

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

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

Cost of Services

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

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

Additional Questions

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

WV Birth to Three Local Points of Entry

Region 1 – Regional Administrative Unit

Catholic Charities West Virginia 2000 Main Street, Suite 222, Wheeling, WV 26003

Phone: (304) 214-5775; Toll-free: 1-800-619-5697

Fax: (304) 214-5792

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

Region 2 – Regional Administrative Unit

The Arc of Mid Ohio Valley

1917 Dudley Avenue, Parkersburg, WV 26101 Phone: (304) 485-2000; Toll-free: 1-866-401-8919

Fax: (304) 865-2072

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

Region 3 - Regional Administrative Unit

River Valley Child Development Services

1 Players Club Drive, Suite 160, Charleston, WV 25311 Phone: (304) 414-4460; Toll-free: 1-844-885-0618

Fax: (304) 414-4461

Serves: Clay, Jackson, Kanawha, Roane

Region 4 - Regional Administrative Unit

River Valley Child Development Services 432 2nd Street, Huntington, WV 25701

Phone: (304) 523-5444; Toll-free: 1-866-WVBTT55 (1-866-982-8855)

Fax: (304) 523-5556

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

Region 5 – Regional Administrative Unit

MountainHeart Community Services

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

Fax: (304) 637-2845

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

Region 6 – Regional Administrative Unit

MountainHeart Community Services

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

Fax: (304) 647-5521

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

Region 7 - Regional Administrative Unit

MountainHeart Community Services

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

Fax: (304) 425-7367

Serves: Fayette, Mercer, McDowell, Raleigh, Wyoming

Region 8 – Regional Administrative Unit

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

Fax: (304) 267-3599

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





Welcome

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

Help Me Grow offers parents and medical providers:

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

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



Who needs developmental screenings?

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



What is proper development?

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



The Ages and Stages Questionnaire

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

Call if you are:

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

The Help Me Grow Team will:

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

Help Me Grow 1-800-642-8522

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Your Child's Early Development is a Journey

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



- Shows you what she can do by saying, "Look at me!"
 - Jumps off the ground with both feet

- **3YEARS**
- Talks with you in conversation
- Draws a circle, when you show him how
- Notices other children and joins them to play
- Uses a fork

- Answers simple questions like "What is a coat for?
- Names a few colors of items





- Likes to be a "helper"
- turns when playing games with other children
 - Uses or recognizes simple rhymes

Follows rules or takes

- Writes some letters in her name
- Hops on one foot

Concerned about Development?

How to Get Help for Your Child



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

Make an appointment with your child's doctor

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

2 Complete a milestone checklist

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

3 During the doctor's appointment

- Show the completed milestone checklist to the doctor
 - > If your child **is** missing milestones, point them out, and share any other concerns that you have.
 - If your child <u>is not</u> missing milestones but you still have concerns, tell the doctor about them.
- Ask the doctor for developmental screening for your child
 - > Developmental screening is recommended whenever there is a concern.

 It gives the doctor more information to figure out how best to help your child.
 - > For more information about developmental screening, go to www.cdc.gov/DevScreening.
- Ask the doctor if your child needs further developmental evaluation
 - If your child does, ask for a referral and call right away. If you have difficulty getting an appointment, let the doctor know.

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

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

You Know Your Child Best

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

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

AND

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

- If your child is under age 3: Call your state's early intervention program. Find the phone number at www.cdc.gov/FindEl.
- If your child is age 3 or older: Call the local public elementary school.

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

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

Don't wait.

Acting early can make
a real difference!





www.cdc.gov/ActEarly 1-800-CDC-INFO (1-800-232-4636)



Download CDC's free Milestone Tracker app





Celebrating Children's Development and Improving Early Identification

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

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

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



Identifying developmental delays and disabilities is important.

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

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

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

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

It does this through the following:

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

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

—Pediatrician, FL



"Learn the Signs. Act Early."

"Learn the Signs. Act Early." materials are

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

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

CDC's Milestone Tracker App





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



Free Materials for Families and Providers

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





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

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

Your child needs vaccines as they grow!

2025 Recommended Immunizations for Birth Through 6 Years Old

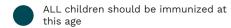
Want to learn more?

Scan this QR code to find out which vaccines your child might need. Or visit www2.cdc.gov/vaccines/childquiz/



VACCINE OR PREVENTIVE ANTIBODY	BIRTH	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	7 MONTHS	8 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	19 MONTHS	20-23 MONTHS	2-3 YEARS	4-6 YEARS
RSV antibody		Depend	s on mother'	s RSV vaccin	e status			Depends o	on child's hea	alth status				
Hepatitis B	Dose 1	Dos	se 2				Dos	se 3						
Rotavirus			Dose 1	Dose 2	Dose 3									
DТаР			Dose 1	Dose 2	Dose 3				Dos	se 4				Dose 5
Hib			Dose 1	Dose 2	Dose 3			Dos	se 4					
Pneumococcal			Dose 1	Dose 2	Dose 3			Dos	se 4					
Polio			Dose 1	Dose 2			Dos	se 3						Dose 4
COVID-19								At least 1 d	ose of the cu	ırrent COVID	-19 vaccine			
Influenza/Flu								Every y	ear. Two dos	es for some c	hildren			
MMR								Dos	se 1					Dose 2
Chickenpox								Dos	se 1					Dose 2
Hepatitis A									2 doses s	eparated by	6 months			

KEY



SOME children should get this dose of vaccine or preventive antibody at this age

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

- 1. Your child has any medical condition that puts them at higher risk for infection.
- 2. Your child is traveling outside the United States. Visit wwwnc.cdc.gov/travel for more information.
- 3. Your child misses a vaccine recommended for their age.







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

Older children and teens need vaccines too!

2025 Recommended Immunizations for Children 7-18 Years Old

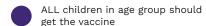
Want to learn more?

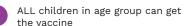
Scan this QR code to find out which vaccines your child might need. Or visit www2.cdc.gov/vaccines/childquiz/



RECOMMENDED VACCINES	7 YEARS	8 YEARS	9 YEARS	10 YEARS	11 YEARS	12 YEARS	13 YEARS	14 YEARS	15 YEARS	16 YEARS	17 YEARS	18 YEARS
HPV												
Tdap												
Meningococcal ACWY												
Meningococcal B												
Influenza/Flu	Every year. for some	Two doses children					Every	year				
COVID-19					At least 1	dose of the cu	ırrent COVID-1	9 vaccine				
Мрох												
Dengue			ONLY if li	ving in a place	where dengue i	s common AND	has laboratory	test confirmin	g past dengue	infection		

KEY







SOME children in age group should get the vaccine



Parents/caregivers should talk to their health care provider to decide if this vaccine is right for their child

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

- 1. Your child has any medical condition that puts them at higher risk for infection or is pregnant.
- 2. Your child is traveling outside the United States. Visit wwwnc.cdc.gov/travel for more information.
- 3. Your child misses any vaccine recommended for their age or for babies and young children.







What diseases do these vaccines protect against?

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

^{*}Tdap protects against tetanus, diphtheria, and pertussis

^{**}Healthy adolescents: Meningococcal ACWY vaccine (2 doses); Meningococcal B vaccine (2 doses if needed).

The Letters in **PURPLE** Stand for



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

What is it?

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

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

"Is the baby not getting enough sleep?"

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

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



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

Soothing

Listening to a baby cry can be difficult. As a caregiver you feel

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

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

Protecting

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

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

missed altogether but the intensity can keep building which can be dangerous for a baby, such as Shaken Baby Syndrome.

The number one reason a child is shaken is because a parent or care giver becomes so frustrated with a baby's crying, they lose control and just shake them. The Period of PURPLE Crying can be one of the most frustrating times in your child's development, many parents and caregivers do not know anything about it, and is the time when most infants are shaken and abused. Shaken Baby Syndrome is caused by violent and forceful shaking of a baby. It is something that anyone would recognize as dangerous and life threatening.

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

References

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



CONTACTS & RESOURCES

ACEs Coalition of WV www.acescoalitionofwv.com

Addiction and Mental Health Hotline

1-844-HELP4WV (1-844-435-7498)

National Suicide Prevention Lifeline

1-800-273-8255 suicidepreventionlifeline.org

Find the Help You Need

CALL 211 WV211.org

Child Abuse Hotline 1-800-352-6513

Help & Hope WV www.helpandhopewv.org

Inspiring Dreams Network www.inspiringdreamsnetwork.org



Attend virtual bi-monthly Coalition meetings and get involved in one or more of the following Task Teams: Awareness, Legislative, Programs and Services, Research, and Training. Contact us at any of the info below.



ACEs Coalition of WV One Creative Place Charleston, WV 25311 304-205-5685

bspry@kingeryandcompany.com www.acescoalitionofwv.com



Follow us on Facebook @acescoalitionofwv



ACES AWARE.
WHY YOU SHOULD CARE.

HELPING PREVENT ADVERSE CHILDHOOD EXPERIENCES

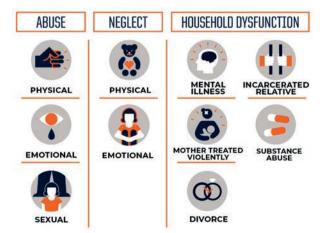
GROUNDBREAKING STUDY

The Center for Disease Control (CDC) and Kaiser Permanente conducted a groundbreaking research study published in 1998 that demonstrated a connection between early hardship or Adverse Childhood Experiences (ACEs) and having health and social problems as an adult.

WHAT ARE ACES?

(ACEs) are any type of abuse, neglect or other traumatic experience that can occur to individuals under the age of 18.

There are 10 types of experiences that can give researchers, mental health professionals, parents, caregivers and anyone who works with children a sense of the kinds of events which cause toxic and ongoing stress for a child. These experiences can be classified into three categories: abuse, neglect and household dysfunction.





It is important to understand that ACEs do not only affect children, but when they accumulate and remain unaddressed, they can lead to lifelong health consequences.

AS THE NUMBER OF ACES
INCREASES, SO DOES THE RISK FOR
NEGATIVE HEALTH OUTCOMES



A score of 4 or more can make someone:

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

WHAT ARE PCES?

In 2019, JAMA Pediatrics published a study showing that Positive Childhood Experiences (PCEs) have a similar correlation with long-term health outcomes.

There are 7 PCEs that can increase resilience and protect against risk for mental and physical illness. Adults who had many PCEs in their childhood have fewer problems related to health and wellbeing even if they had a history of ACEs.

The 7 PCEs determined to promote good mental health, resiliency, and success as adults include:

- 1. Ability to talk with family about feelings
- 2. Felt experience that family is supportive in difficult times
- 3. Enjoyment in participation in community traditions
- 4. Feeling of belonging in high school
- 5. Feeling of being supported by friends
- 6. Having at least two non-parent adults who genuinely care
- 7. Feeling safe and protected by an adult at home

The great news is that when parents and caregivers intentionally introduce PCEs, children are empowered with the necessary tools they will need for long-term success, happiness, and resilience.

SIGNS OF CHILD ABUSE

Below are indicators of child abuse that can include—but are not limited to—these signs.

Some signs that a child is experiencing violence or abuse are more obvious than others. Trust your insincts. Suspected abuse is enough of a reason to contact the authories. You do not need proof.

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

child's injuries.

Changes in behavior.

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

Returning to earlier behaviors.

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

Fear of going home.

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

Changes in eating.

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

Changes in sleeping.

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

7 Changes in school performance and attendance.

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

Lack of personal care or hygiene.

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

Risk-taking behaviors.

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

Inappropriate sexual behaviors.

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

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

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

Visit wvcan.org for a list of resources.



IF A CHILD DISCLOSES:

DO

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

DON'T

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

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

REASONS TO BELIEVE CHILDREN WHEN THEY DISCLOSE ABUSE

It happens more often than we think. Studies show that 1 in 10 children will be sexually abused before age 18.¹ Every year in West Virginia, more than 4,000 children are assessed at a Child Advocacy Center because of allegations of abuse.²

More than 90 percent of the time, children are abused by someone they know,³ often someone who is supposed to protect them—a person in a position of trust or authority. In almost every case, the only witnesses to this crime are the perpetrator and the victim. Perpetrators often tell the child to keep the abuse a secret or that no one will believe them; the child may even feel the abuse was their fault. For these and many other reasons, children rarely report abuse immediately. Most victims never tell anyone until several years after the abuse, if they ever disclose at all.

False reports are very uncommon.
Only 2–5% of reports of child sexual abuse are fabricated. Most reports of abuse that turn out to be false are made by adults, not children.⁴

Your response matters.

Adult survivors of abuse often say being listened to and believed was an important part of their healing.

- Townsend, C., & Rheingold, A.A., (2013). Estimating a child sexual abuse prevalence rate for practitioners: studies. Charleston, S.C., Darkness to Light. Retrieved from www.D2L.org.
- 2. West Virginia Child Advocacy Network Statewide Data Report (2018). Retrieved from www.wvcan.org.
- 3. Finkelhor, D. (2012). Characteristics of crimes against juveniles. Durham, NH: Crimes against Children Research Center.
- O'Donohue, W., Cummings, C., Willis, B. (2018). The Frequency of False Allegations of Child Sexual Abuse: A Critical Review. Journal of Child Sexual Abuse 27(5): 459-475.





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

National Center on Shaken Baby Syndrome

www.dontshake.org

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NEVER SHAKE A BABY!

Symptoms

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

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

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

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

First Aid

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

If the child stops breathing before emergency help arrives, begin CPR. If the child is vomiting:

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

Do Not

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

When to Contact a Medical Professional

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

If you think a child is in immediate danger because of neglect, you should call 911 or the local emergency number. If you suspect that a child is being abused, report it right away. Most states have a child abuse hotline. You may also use the Childhelp National Child Abuse Hotline at 1-800-4-A-Child (1800-422-4453).

Prevention

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

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

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

Say YES to Safe Sleep

West Virginia parents agree the safety of their babies is most important when thinking about where their babies sleep.

Did you know?

One baby dies every 10 days in West Virginia as a result of unsafe sleeping. Baby always sleeps alone, on her back and in her crib

YES

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

YES
Mattress is firm

temperature

Mattress is firm & fits close to the sides YES

It's safest for baby to sleep in the room where you sleep, but not in your bed.

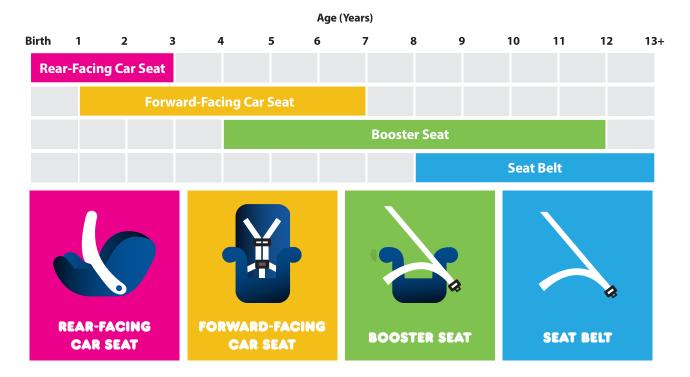
YES

To a smoke and vape-free space

SafeSoundBabies.com

Car Seat Recommendations for Children

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



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

Rear-Facing Car Seat

Birth - 12 Months



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

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

1 - 3 Years

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

Forward-Facing Car Seat





1 - 3 Years

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





4 - 7 Years

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

Booster Seat





4 - 7 Years

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





8 - 12 Years

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

Seat Belt





8 - 12 Years

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

NHTSA.gov/TheRightSeat











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

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

safekids.org

Supporting children through holidays and celebrations

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



PREPARING CHILDREN FOR HOLIDAYS AND CELEBRATIONS

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

READING CUES

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

A WORD ABOUT RELATIVES

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

TIPS AND TRICKS

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

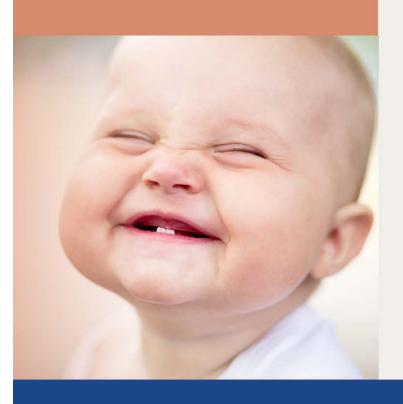
Are you pregnant or have you recently had a baby?

HAPI can help.

We all have a common goal – healthy moms, dads, babies and families. The HAPI Project has access to services and resources that can help make healthy happen.

HAPI Services focus on the health and well-being of the mother before, during and after pregnancy. The project also includes services for infants, children and fathers. All services are provided by caring and supportive nurses and social workers who are dedicated to helping families.

Services are connected to the Right From the Start Program and are provided at the same time by the same care coordinator.





The WV Healthy Start/HAPI Project helps pregnant women, new parents including dads and infants up to 18 months.

The program is federally funded and partnered with local care coordinators and community partners, which provide services to participating mothers.

The HAPI Project also works at the local level to collaborate with other community partners, medical providers and systems to improve areas that impact the health and wellbeing of all families.

For more information or to get involved, contact Jodi McQuillan, Community Coordinator, at 304-376-0086 or email at jfleshman@hsc.wvu.edu.

Follow us on Facebook at facebook.com/wvhealthystart

Supported in part by H49MC00161 from the Healthy Start Initiative, Maternal and Child Health Bureau, Health Resources and Service Administration, Department of Health and Human Resources, and the U.S. Department of Health and Human Services. (Title V, Social Security Act).



The HAPI Project was designed with expectant and new Mothers, Fathers and Infants in mind.

The West Virginia Healthy Start/HAPI Project is funded by Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau, Division of Healthy Start and Perinatal Services and is integrated with Right From The Start (RFTS).

The goal of the HAPI services are to improve overall health of women and their families.

Eligibility:

- Prenatal
- · Active Right From the Start (RFTS) Client
- Medicaid/Maternity Services Recipient
- CHIP insurance
- Resident of one of the HAPI counties served (Barbour, Doddridge, Hardy, Harrison, Marion, Marshall, Monongalia, Preston, Randolph, Upshur, Wetzel)

Prenatal Services:

- · Home, virtual, and/or office visits
- Oral health education, cleanings, Sonicare toothbrush, family toothbrushes/toothpaste
- Depression screening, support and referral
- · Substance use screening, support and referral
- · Healthy relationship screening, support and referral
- Smoking cessation
- · Breastfeeding education and support
- · Family planning education and referral

Postpartum Services:

- Health insurance screening and access to preventative care
- Life goal setting
- Reproductive life planning
- · Access to medical and mental health services
- Child development screenings
- Infant oral health education and referral
- Parenting support
- · Depression screening, support and referral
- Substance use screening, support and referral
- · Healthy relationship screening, support and referral
- Breastfeeding education and support
- Oral health education, follow-up dental cleaning, family toothbrushes/toothpaste
- Smoking cessation

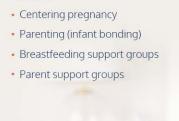
Fatherhood Services:

- Fathering/parenting education, support and referral
- Oral health education, cleanings, Sonicare toothbrush, family toothbrushes/toothpaste
- Child development screenings
- · Depression screening, support and referral
- · Substance use screening, support and referral
- Healthy relationship screening, support and referral
- · Referral to medical and mental health services
- · Health insurance screening and referral

Group-Based Prenatal/Postpartum and Parenting Education:

Open to all families in counties served.

Includes:







Expectant & new mothers in Barbour, Doddridge, Hardy, Harrison, Marion, Marshall, Monongalia, Preston, Randolph, Upshur & Wetzel counties are eligible.



Better beginnings for mothers and babies.

Overview

About Us

Right From The Start (RFTS) is a statewide home visitation program in West Virginia committed to improving birth outcomes for low-income pregnant women and their families.

Right From The Start providers are registered nurses and licensed social workers, known as Designated Care Coordinators (DCCs), who work and reside in the communities they serve. The DCCs help women attempt to achieve important goals, such as:

- Improving pregnancy outcomes by helping women engage in good preventive health practices, including early comprehensive prenatal care, good nutrition and reducing the use of cigarettes, alcohol and other illegal substances.
- Helping parents increase their knowledge of child development, offering parent education and facilitating access to community resources.
- Improving families' economic and personal selfsufficiency by empowering parents to develop a vision for their own futures, plan future



communities, leading to improved outcomes for both mothers and children

Sites adhere to key elements of the Program through protocols established by the WV Department of Health and Human Resources, Office of Maternal, Child and Family Health, Division of Perinatal and Women's Health, Perinatal Programs and American College of Obstetricians & Gynecologists (ACOG).

Key Elements

- Home visitors (Designated Care Coordinators) are specially trained professionals - registered nurses and social workers licensed to practice in West Virginia.
- DCCs follow ACOG guidelines and protocols identified in the RFTS Program Manual that focus on the mother's personal health, quality of caregiving and life-course development.
- Women voluntarily enroll as early in pregnancy as possible, with home visits beginning ideally by the 16th week of pregnancy and continuing through the first year of the infant's life.
- DCCs involve the mother's support system, including family members, the father and friends, and help families access other health and human services they may need.
- Each pregnant woman and family of the infant receives individualized services which they develop jointly with the DCC.
- Additional medical and social services offered in the community are also used to assure efficient use of resources.

Did you know?

beneficiaries not referred to RFTS had



Did you know?

Adequate prenatal care utilization increased in the prenatal participant group versus the Medicaio beneficiaries not referred to the RFTS group.**

Benefits

Ensuring access to healthcare for low-income women and children has been an ongoing concern for state and federal officials. The Bureau for Medical Services (Medicaid) and Office of Maternal, Child and Family Health (OMCFH) have collaborated to develop special initiatives that extend support services to women and infants at risk of adverse health outcomes. This partnership has not only expanded the state's capacity to finance healthcare for women and children, but has also strengthened the delivery of care by establishing care protocols, recruiting medical providers and developing supportive services such as case management and nutrition counseling which contribute to improved patient wellbeing.

The RFTS Program more than pays for itself, given the multitude of outcomes the program affects. According to a study conducted by the Marshall University Center for Business and Economic Research, published April 21, 2011, "The RFTS Program is cost-effective returning benefits in excess of expenditures. This ratio is low and conservative, as it does not include any of the direct or life-costs associated with poor home environments for pregnant mothers and their children that are remedied by the program." The study also stated "the effectiveness of the program would be increased if a higher percentage of those eligible enrolled and remained with the program. While not low compared to programs elsewhere, with less than 30 percent of those eligible being enrolled, the benefits of expanded coverage should be pursued.

Since the RFTS Program targets a high-risk population, it would be safe to say there are significant costs savings

Collaborative Partners

WV March of Dimes
Healthy Mothers Healthy Babies
WV CHIP
WV State Medical Association
WV Hospital Association
WV Medicaid
ACOG
Family Resource Networks
Parents As Teachers
Bedfont USA

PEIA

Relatives as Parents Program
WV Local Health Departments
WV Audiologists
WV WIC
Office of Community & Rural Health
WV Birthing Facilities
WVU Healthy Start/HAPI Project
WVU Birth Score Office
Office of Community Health
Systems & Health Promotions
AWHONN

in any reduction of these complications to either the mother or the newborn child. In addition to direct hospital and physician costs billed to Medicaid,

there are many other areas in which the RFTS Program's efforts contribute to lowering economic costs related to poor birth outcomes. Unpublished data from the West Virginia University Birth Score Office supports the contention that savings of these magnitudes may be possible." According to the Birth Score report, "after comparing 2008 and 2009 RFTS prenatal clients and their infant outcomes to other Medicaid eligible women who were not enrolled, it is evident that RFTS services improve a number of outcomes that improve both maternal and infant outcomes in pregnancy and post-delivery."*

The RFTS Program Demonstrates

Women more likely to receive adequate prenatal care include:

- Pregnant women who are less likely to use tobacco and alcohol during their pregnancy.
- Women more likely to carry their infants past 37 weeks gestation.
- Infants born with healthier birth weights.
- Women whose infants who receive a newborn hearing screen before hospital discharge and have passing results
- Women less likely to deliver infants who are at-risk for developmental delay
- Pregnancies resulting in fewer High Score infants.
- Fewer infants admitted to the NICU.
- Women more likely to exclusively breast feed.
- Higher rate of linking high birth score infants with a healthcare provider.**

Program Data, 2010

- Average weight of infant born to RFTS participants - 6.99 lbs
- Average gestation 38.31 wks
- Average DCC/prenatal client contacts - 6.4
- Average DCC/infant client contacts - 9.8
- Total # of home visits 24,758
- Total # of enrolled clients 7.313
- Marshall University CBER 3/31/2011
- ** A Descriptive Analysis: Calendar Year 2009 WV Right From The Start Program (RFTS)



(partial list)



Understanding Bullying



How can we prevent bullying?

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

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



How does CDC approach bullying prevention?

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

Step 1: Define and monitor the problem

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

Step 2: Identify risk and protective factors

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

Step 3: Develop and test prevention strategies

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

Step 4: Ensure widespread adoption

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



Where can I learn more?

Centers for Disease Control and Prevention

www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/index.html

VetoViolence

vetoviolence.cdc.gov

Federal Partners in Bullying Prevention www.stopbullying.gov

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



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Pool Safety Tips

www.poolsafety.gov

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

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

2. Teach children how to swim.

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

3. Teach children to stay away from drains.

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

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

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

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

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

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

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

7. Visit https://www.poolsafety.gov/parents/safety-tips/ to take the Pool Safety Pledge.

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



Brain Building Basics™

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

Look

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



Chat

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

Follow

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



Take Turns

Children learn from taking turns when you play, talk, or explore. After they go, take



Stretch

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



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WV Universal Pre-K

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

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



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

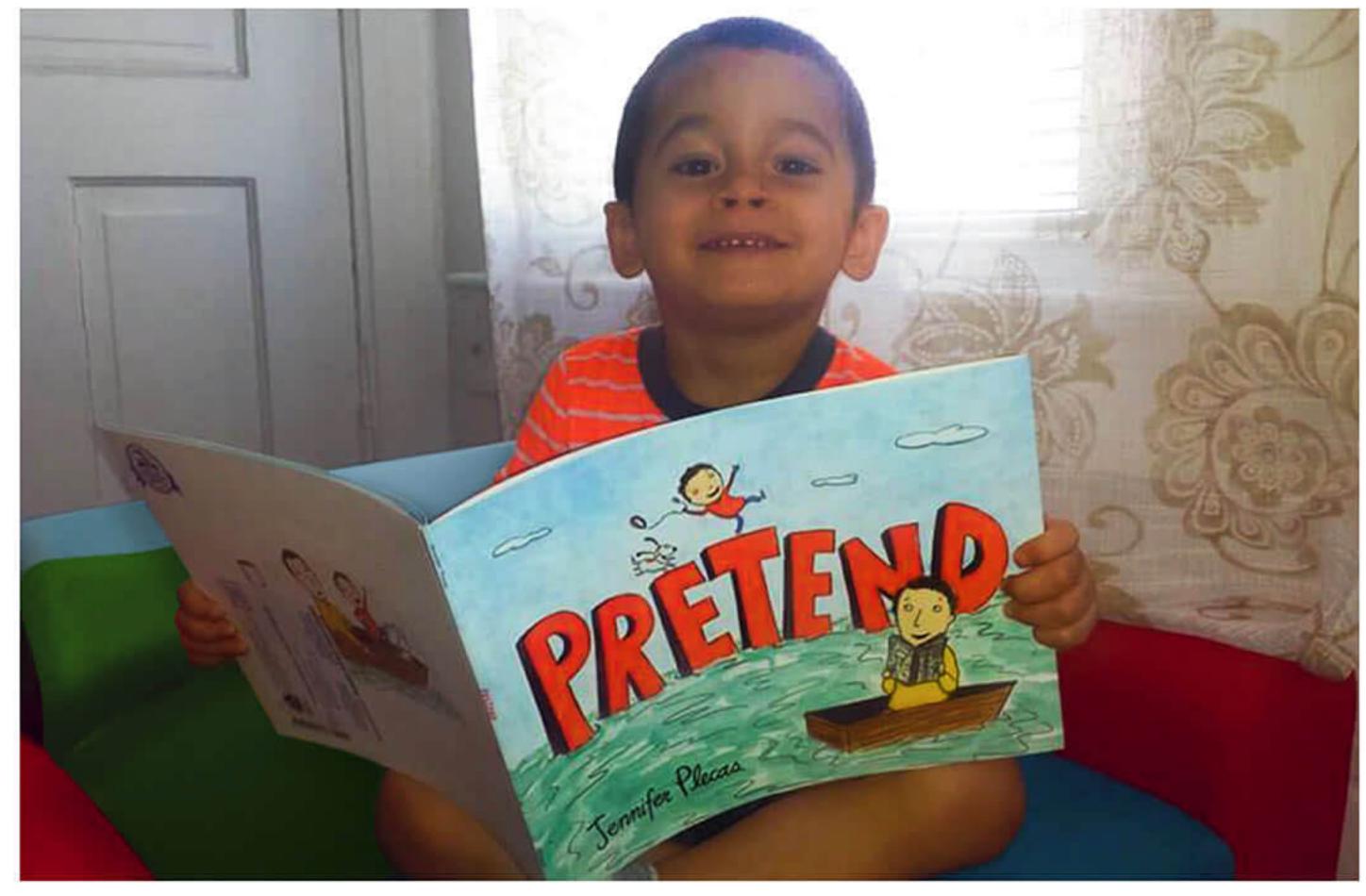
Dolly Parton believes that if you can read, you can do anything, dream anything, and be anything. Through her Imagination Library program, she wants to ensure all children have books at home, regardless of the environment in which they live.

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

National Commission on Reading

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

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



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

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

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

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









Engaging Parents & Caregivers

Imagination Library has lots of experience with caregivers, children, and reading. We encourage good reading habits for parents, caregivers, and their children. When your child receives their Imagination Library books, we ask you to do the following:



Begin reading to your child immediately



Read to your child at least five days per week



Read books multiple times

Snuggle, ask questions, notice letters, make sounds, have fun!

Dolly Parton's Imagination Library books are specially-selected, age-appropriate, high-quality books that are mailed to registered children at home each month from birth to age five. And best of all, it is a *free* gift to the family!



The Imagination Library Blue Ribbon Selection Committee consists of a nationally recognized group of professionals hand selected to lend their expert recommendations and guidance when tasked with choosing the perfect set of books for hundreds of thousands of children.

Parents and caregivers may visit the Parent Resource section of ImaginationLibrary.com to access reading tips and guides by age, activities, and more.



Thank you so much for the books! I love reading them to my daughter, some I had never read, and some I loved as a kid. It is an awesome program and my three year old LOVES getting her own special mail every month.

Smyrna, TN

My kids absolutely love getting their books in the mail every month! My husband and I read to our kids every night and enjoy the variety of stories we get to introduce them to. It was hard to pick just three that topped our lists, since so many are a huge hit in our house. Awesome program!!!

Waterford, MI

I absolutely love Imagination Library. It is such a wonderful way to get children on the right track to a successful education. Thank you for providing books to my child. He's almost two and he loves your books and uses them on a daily basis!

Harlingen, TX

FAFSA first!

FAFSA is the Free Application for Federal Student Aid

- K It is the ONLY way to apply for federal student aid
- 눚 Largest provider of student financial aid in the nation
- \$150 billion offered annually to help millions of students pay for college or career school



As of October 1, FAFSA is available to be submitted for the next school year.

 Many states and colleges use information from FAFSA to determine what financial aid packages they award students, in addition to federal aid Apply ASAP – some financial aid money is awarded on a first-come, first-served basis



Start



GRANTS:

free money that doesn't have to be repaid



WORK-STUDY:

gives you the opportunity to earn money to help pay for your education



LOANS

money that needs to be repaid with interest

Complete the FAFSA online at www.fafsa.gov

Appl

ASAI



federal student aid you are eligible to receive.



Students and parents each need to create FSA IDs **before** starting their FAFSA

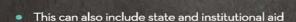


Good news! Last year's tax returns can now be used to complete the FAFSA - no guessing required



After the FAFSA is submitted, review your Student Aid Report (SAR) for any needed changes

Your award letter will explain what financial aid a college is offering.





- If you list multiple schools as options in your FAFSA, you may receive multiple award letters
- Compare and decide which school works BEST FOR YOU!



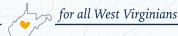
Learn more at www.FAFSAfirst.org



About WVU Extension

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

Improving lives and livelihoods



4-H and Youth Development

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

Jackson's Mill

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







Agriculture and Natural Resources

- ✓ U.S. Senators Shelley Moore Capito and Joe Manchin recently announced more than \$4.7 million in USDA funding to WVU and WVU Extension for a livestock systems management project, which will provide financial and technical assistance to Appalachian farmers and agricultural producers to support adopting climate-smart practices, as well as strengthen marketing initiatives for grass-fed beef products.
- ✓ WVU Extension Master Gardeners provide nearly 35,000 hours of volunteer service, an \$800,000 value, each year to West Virginia communities.
- Our Integrated Pest Management team provided more than 1,000 West Virginians with science-based recommendations to control plant diseases, weeds and unwanted insects.
- ✓ In 2022, 4-H and FFA livestock projects likely contributed more than \$4.5 million to assist youths in pursuing post-secondary education.

Center for Community Engagement

- ✓ The WVU Center for Community Engagement, part of WVU Extension, partnered with The Ohio State University to pack and deliver more than 130,000 meals to West Virginia families facing food insecurity.
- ✓ The CCE provides opportunities to advance knowledge of civic engagement in higher education.
- ✓ The CCE assesses community need and supports the community partners in integrating volunteer needs into academic learning experiences.

Family & Community Development

- ✓ Fire Service Extension trains more than 2,000 professional and volunteer firefighters each year, as well as provides a week-long camp for junior firefighters.
- ✓ Safety & Health Extension provides workforce training for West Virginians, including serving as one of the top OSHA Training Institute Education Centers in the nation.
- ✓ Family & Community Development faculty provide Dining with Diabetes courses to help individuals address this chronic disease.
- ✓ Tourism specialists and county agents work with community members to grow rural tourism opportunities in the state through programs such as Monongahela Forest Towns, Elk River Trail and free courses in sustainable rural tourism.

Family Nutrition Program

- ✓ The Family Nutrition Program is comprised of numerous nutrition, food and physical activity projects designed to help limited resource families, youths and adults improve their health.
- ✓ The Grow This! garden challenge helps people grow food, share tips and ideas, and support gardening in our state. Last year, more than 25,000 free seeds were distributed around the state.
- ✓ Programs like Kids' Market @ the Store and Rethink Your Drink help West Virginia children make healthier food choices.

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

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

You are never alone.

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

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



FDA Office of Women's Health

Free Health Information for Women

www.fda.gov/womenshealthpubs



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

- Caregiving
- Birth control
- Diabetes
- Women in clinical studies
- Women and pain medicines
- Mammograms
- Medications and pregnancy
- Menopause
- Osteoporosis
- Women's heart health
- Food safety
- HIV

Please visit: www.fda.gov/womenshealthpubs





La Oficina de Salud de la Mujer de la FDA

Información de salud gratis para las mujeres

www.fda.gov/womenshealthpubs



Si quiere saber más sobre temas como...

- Consejos sobre los medicamentos y los dispositivos cuando cuida de otros
- Control de la natalidad
- Diabetes
- Las mujeres en los estudios clínicos
- Las mujeres y los analgésicos
- Mamografías
- Medicamentos y el embarazo
- Menopausia
- Osteoporosis
- Salud del corazón de la mujer
- Seguridad en los alimentos
- VIH

Por favor visite: www.fda.gov/womenshealthpubs





Women and Anxiety



What is anxiety?

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

What is an anxiety disorder?

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

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

What are the major types of anxiety disorders?

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

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

What are the symptoms of anxiety disorders?

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

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

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

What causes anxiety disorders?

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

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

What are common treatment options?

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

- Counseling (psychotherapy or talk therapy)
 This form of treatment includes talking with a trained mental health professional. Together, you can work through managing your anxiety.
- Medicine

Medicine does not cure anxiety disorders but can help relieve symptoms. Health care providers can prescribe medicines for anxiety. The most common classes of medicines used to combat anxiety disorders are antidepressants, anti-anxiety medicines (such as benzodiazepines), and beta-blockers.

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

Women and Anxiety

How does my physical health affect my mental health?

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

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

Set up a visit to see a health care provider.

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

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

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

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

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

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

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

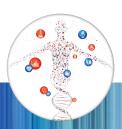
During pregnancy or as a new mother, you may feel overwhelmed at times. Mental health support and resources are available through the National Maternal Mental Health Hotline. It is free, confidential, and available 24/7. Call or text 1-833-TLC-MAMA (1-833-852-6262).

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

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

To learn more about women and anxiety, go to:

www.fda.gov/womens





WISE:

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



WISE Women's Resource Center

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

Empowerment Women In Search

Our Mission

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

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

511 Commerce Street

Bluefield WV 24701

Phone 304-324-5809

Face@WISEWomenBluefield

WARNING SIGNS OF SUICIDE:

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

TALKING ABOUT:



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

FEELING:



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

CHANGING BEHAVIOR, SUCH AS:



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

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

988 Suicide & Crisis Lifeline Call or text 988 Chat at 988lifeline.org Crisis Text Line
Text "HELLO" to 741741





nimh.nih.gov/suicideprevention



Action Steps for Helping Someone in Emotional Pain



ASK

"Are you thinking about killing yourself?"



KEEP THEM SAFE

Reduce access to lethal items or places.



BE THERE

Listen carefully and acknowledge their feelings.



HELP THEM CONNECT

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



STAY CONNECTED

Follow up and stay in touch after a crisis.

PREVENTING TEEN SUICIDE: TIPS FOR PEERS

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

RISK FACTORS

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

WARNING SIGNS

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

NASP W

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

© 2021 National Association of School Psychologists, www.nasponline.org If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1–800–273–TALK, or the Crisis Text Line (text "HOME" to 741741).



Everyone's life matters. Help is available.



People do care.

Treatment works.



Don't keep silent.

Tell a trusted adult.

WHAT TO DO

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

REMINDERS FOR FRIENDS

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

WHAT IS HUMAN TRAFFICKING?

HUMAN TRAFFICKING IS...

Exploiting a person through force, fraud, or coercion

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

Sex trafficking, forced labor, and domestic servitude

A highly profitable crime

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

THERE ARE DIFFERENT TYPES OF HUMAN TRAFFICKING

SEX TRAFFICKING

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



HUMAN TRAFFICKING IS HAPPENING IN THE UNITED STATES







IT CAN HAPPEN TO ANYONE

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



FORCED

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



DOMESTIC SERVITUDE

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



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

RECOGNIZE AND REPORT HUMAN TRAFFICKING

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

WHAT YOU CAN DO

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





What is an FRN?

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

Barbour & Taylor County	Preston County
Contact: Cathy Coontz-Griffith	Contact: Nia Larew
Phone 304-606-8087	Phone 304-816-9504
Email: tccfrn1@gmail.com	Email: prestonfrn@gmail.com
Berkeley, Jefferson, and Morgan Counties	Randolph County
Contact: Corey Beahm	Contact: Karina Shreve
Phone 304-268-3968	Phone 304-636-4454
Email: director@frnotp.org	Email: rcfrndirector@gmail.com
Grant, Hampshire, Hardy, and Pendleton	Tucker County
Counties	Contact: April Miller
Contact: Joanna Kuhn	Phone 304-478-3827
Phone 304-530-5480	Email: tuckerfrn@hotmail.com
Email: director@erfrn.info	
Lewis County	Upshur County
Contact: Deanna Palmer	Contact: Lori Ulderich Harvey
Phone 304-269-4000	Phone 304-473-1051
Email: hello@lewiscountyfrn.org	Email: upshurfrn@yahoo.com
Mineral County	
Contact: Dayla Harvey	
Phone 304-788-9099	
Email:	
mineralfamilyresourcenetwork@gmail.co	
m	

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





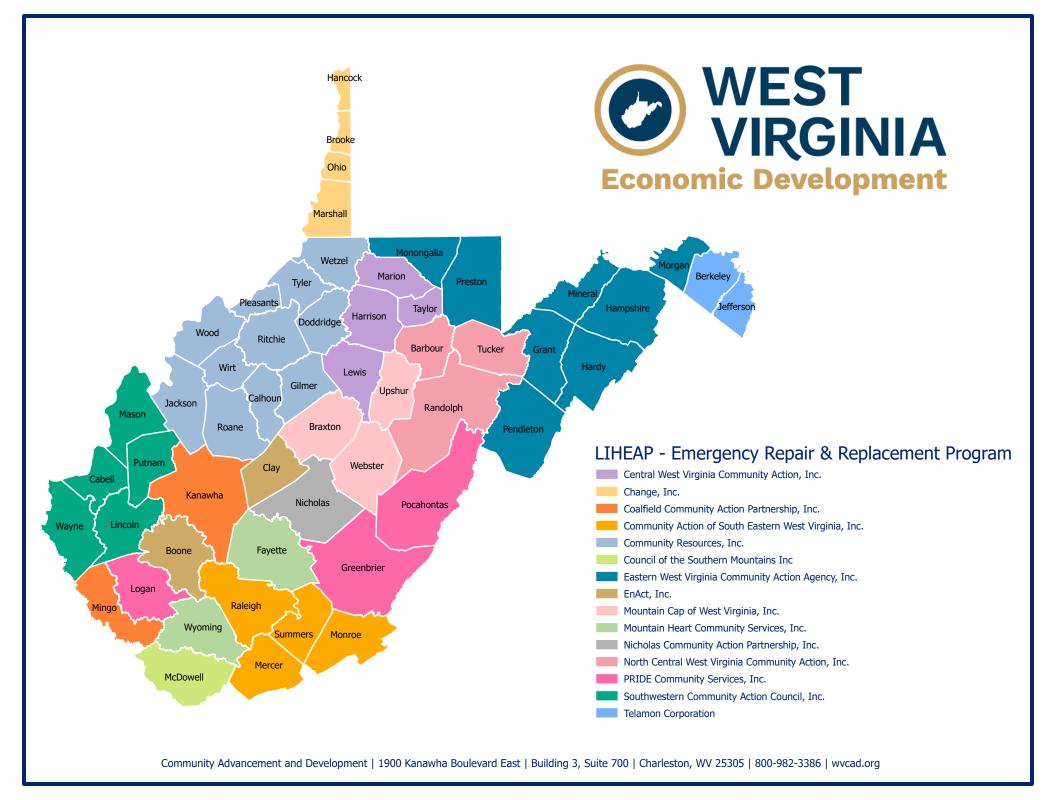
WV Family Support Centers

What Are Family Support Centers?

Family Support Centers (FSC) are community-based programs designed to support families by strengthening parent/child relationships, provide supports parents need to be good nurturers and providers, and to gain or maintain self-sufficiency. These programs serve as welcoming hubs of community services and opportunities. They are designed to strengthen families, reflect and be responsive to the specific needs, cultures, and interests of the communities and populations served.

Barbour County	Morgan County
Contact: Cathy Coontz-Griffith	Contact: Audrey Morris
304-606-8087	Phone 304-258-5600 Ext. 101
Email: tccfrn1@gmail.com	Email: amorris@starting-points.org
Berkeley County	Pendleton County
Contact: Jenna Orsini	Contact: Edna Mullenax
Phone 304-264-4658	Phone 304-538-7711 Ext. 4
Email: jorsini@childhswv.org	Email: emmullenax@easternaction.org
Grant County	Preston County
Contact: Kelly Mowery	Contact: Tracy Shannon
Phone 304-944-6304	Phone 304-329-1968
Email: klmowery@easternaction.org	Email: tmshannon70@LIVE.com
Hampshire County	Randolph County
Contact: Tanya Hornagold	Contact: Charmayne Cromer
Phone 304-538-7711	Phone 304-591-4052
Email: tahornagold@easternaction.org	Email: charmaynecromer@youth-health.org
Hardy County	Taylor County
Contact: Shari Stephens	Contact: Lisa H. Wotring
Phone 304-538-7711 Ext. 6347	Phone 304-265-6838
Email: smstephens@easternaction.org	Email: lisahwotring@gmail.com
Jefferson County	Tucker County
Contact: Toni Gue	Contact: Sandra Bohon
Phone 304-707-3141	Phone 304-478-3827
Email: ague@childhswv.org	Email: tuckerfamilyresources@gmail.com
Lewis County	Upshur County
Contact: Lesley Slaughter	Contact: Lisa VanNostrand
Phone 304-269-4000	Phone 304-878-1115
Email: lesley@lewiscountyfrn.org	Email: Lvannostrand@mountaincapwv.org
Mineral County	
Contact: Jessica Moreland	
Phone 304-788-9099	
Email: mincofs@gmail.com	

To learn more about all the 53 counties the Family Support Centers in your community, please visit: https://dhhr.wv.gov/bfa/communityresources/Pages/Family-Support-Centers.aspx.



Home and Community-Based Services



What is a Medicaid Waiver?

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

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

Intellectual and/or Developmental Disabilities Waiver

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

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



Traumatic Brain Injury Waiver

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



Aged and Disabled Waiver

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



Children with Serious Emotional Disorders Waiver

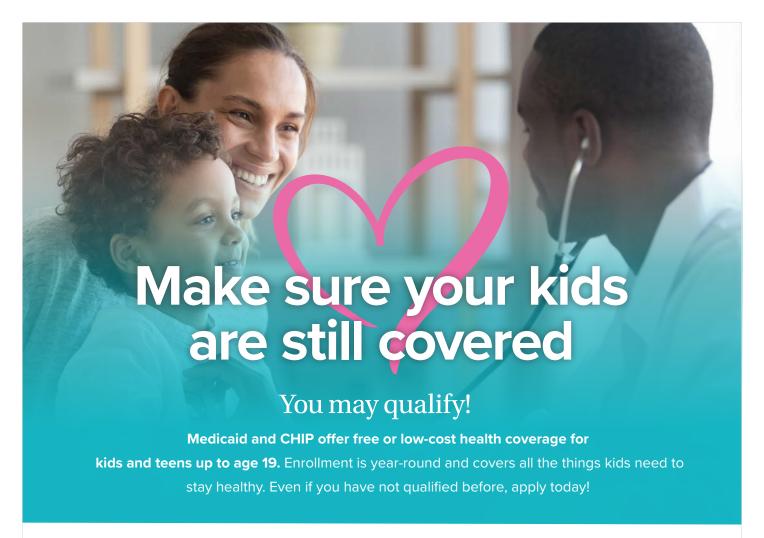
The CSEDW program provides additional Medicaid support to children from ages three to 21 with serious mental, behavioral, or emotional health needs. The program helps keep children with their families at home or in the community instead of going to a care facility or a group home. While they are at home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

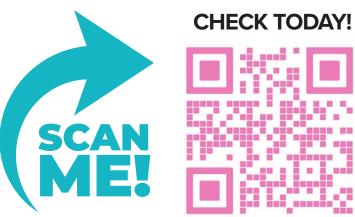


CSEDW is a West Virginia Medicaid Home and Community Based Services (HCBS) waiver program that allows children with serious emotional disorders receive additional services based on the National Wraparound Initiative model. This model uses the strengths of families and each person to start growing and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

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

For more information or to apply for a waiver program visit: https://dhhr.wv.gov/bms/Programs/WaiverPrograms





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Follow us on Facebook I #InsureKidsWV







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Follow us on Facebook | #InsureKidsWV



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Savings Card!



GoodRx

1. Compare prices

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



2. Get free coupons

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

3. Show to your pharmacist

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

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

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

www.goodrx.com/discount-card



PHARMACY SAVINGS CARD

AUTHORIZATION NUMBER
000123001

BIN **610378** GRP **497001**

PCN SC1

0 254110 35557105

UP TO 80% OFF YOUR PERSCRIPTIONS

This card is not insurance.

Customer Support: 1-844-234-3057

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

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

We get it.

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

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

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

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

1. Start with a search

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

2. Get a free coupon card

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

3. Save on your scripts

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





How to Access West Virginia Medicaid Non-Emergency Medical Transportation



Members with Medicaid may be eligible for transportation services.

Use the options below to schedule Non-Emergency Medicaid Transportation.

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

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

Member Services Website - Schedule trips online at https://member.Modivcare.com

Alternative Transportation Options

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

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

Questions or Concerns

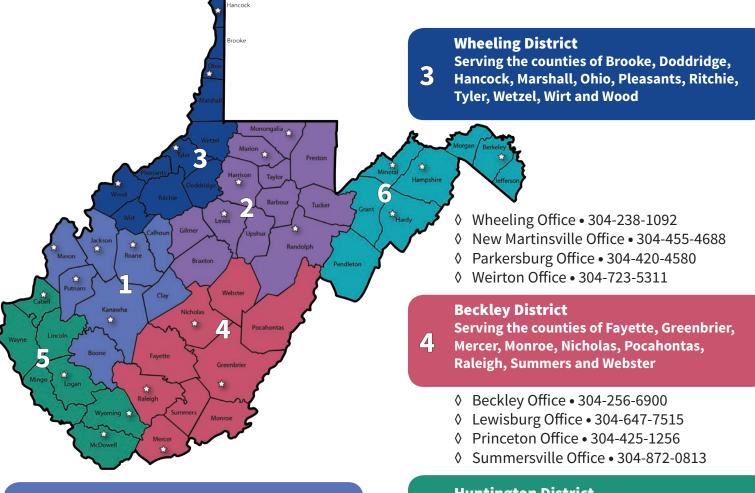
Our Ride Assistance Line is available 24/7/365 to discuss your questions or concerns. Call **(844) 889-1939**.

Cancel Transportation Service

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

West Virginia Division of Rehabilitation Services

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



Charleston District

- Serving the counties of Boone, Calhoun, Clay, Jackson, Kanawha, Mason, Putnam and Roane
 - ♦ Charleston Office 304-356-2371
 - ♦ Point Pleasant Office 304-675-0867
 - ♦ Ripley Office 304-373-0313
 - ♦ Spencer Office 304-927-0954
 - ♦ Teays Valley Office 304-760-7082

Clarksburg District

- Serving the counties of Barbour, Braxton, Gilmer, Harrison, Lewis, Marion, Monongalia, Preston, Randolph, Taylor, Tucker and Upshur
 - ♦ Clarksburg Office 304-625-6044
 - ♦ Elkins Office 304-637-0205
 - ♦ Fairmont Office 304-367-2714
 - ♦ Morgantown Office 304-285-3155
 - ♦ Weston Branch 304-269-0547

Huntington District

- Serving the counties of Cabell, Lincoln, Logan, 5 Mingo, McDowell, Wayne and Wyoming
 - ♦ Huntington Office 304-528-5585
 - ♦ Logan Office 304-792-7060
 - ♦ Mullens Office 304-294-5653
 - Welch Office 304-436-3175

Martinsburg District

- Serving the counties of Berkeley, Grant, Hampshire, Hardy, Jefferson, Mineral, Morgan and Pendleton
 - ♦ Martinsburg Office 304-267-0005
 - ♦ Keyser Office 304-788-2313
 - ♦ Moorefield Office 304-538-2701
 - ♦ Romney Office 304-822-4806



BreakThru Unique Advantage:

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

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

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

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

BreakThru Goals:

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

BreakThru Path to Recovery:

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

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

Call us for a complimentary screening.

Transportation to Substance Use Disorder Services



State Opioid Response (SOR) Grant

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

Statewide Coverage

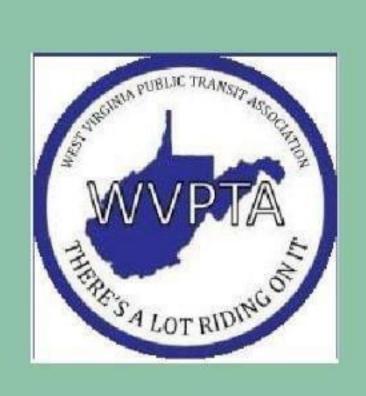
Free transportation services are provided by WVPTA for individuals with SUD needing help getting to and from appointments. WVPTA services cover in all 55 counties, including after hours and deviated routes.

Call: 1-888-696-6195



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

www.wvtransit.org
WVPTA, Attn: SOR
PO Box 1188 Charleston, WV 25324
Email: wvptasor@gmail.com



LOVED ONE HAS AN ADDICTION?

ADDICTION IMPACTS THE WHOLE FAMILY.

CONNECT WITH OTHERS WHO FACE THIS

EVERYDAY.

FIND STRENGTH AND HOPE

Families Strong

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



For more information or to register:

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





Contact: Dawn Brown 443-525-1976 or

dbrown@groupmosaic.com





Addiction impacts the entire family. Care is here in West Virginia.

Family members need to take care of THEMSELVES before they can take care of anyone else.

"

FREE ONLINE SUPPORT GROUP FOR FAMILY & FRIENDS

Families Strong offers judgment-free support groups for families and friends of loved ones who are struggling with a substance use disorder in West Virginia.

REGISTER HERE!

FamiliesStrongWV.com

How Does it Work?

- 9-week closed group
- Meets up to 2 hours
- Follows weekly curriculum



Earn money for your participation!

- \$10 after completion of the Pre-group Questionnaire and attendance at the first group meeting
- \$15 after completion of session 5
- \$25 after completion of session 9, the Post-group Questionnaire and Program Evaluation

For more information contact Dawn Brown at dbrown@groupmosaic.com or 443.525.1976.











Who can contact the Foster Care Ombudsman?

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



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

What types of complaints are investigated?

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

Need Help? (304) 558-1117



FosterCareOmbudsman@wv.gov

GRANDFACTS STATE FACT SHEETS FOR GRANDFAMILIES TO THE PROPERTY OF THE PROPER

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

West Virginia

Grandfamilies Data

49,698

Children living in homes where a relative is head of household

33,000

Children being raised by kin with no parent present

1,497

Children in foster care being raised by kin

22,053

Grandparents
responsible for their
grandchildren in West
Virginia

by kin in foster care,
there are **21** being
raised by kin outside of
foster care

















The data presented in these graphics is from the United States Census Bureau, the Annie E. Casey Foundation Kids Count Data Center and the Adoption and Foster Care Analysis Reporting System (AFCARS).

- To learn more about children in West Virginia living in homes where relatives are head of household, click here. For national data, click here.
- To learn more about children in West Virginia being raised by kin with no parents present, click here. For national data, click here.
- To learn more about children in West Virginia in foster care being raised by kin, click here. For national data, click here.
- To learn more about grandparents in West Virginia responsible for their grandchildren, click here. For national data, click here.

For more information on kinship care and caregivers, and for detailed instructions on accessing and interpreting this data, please visit: www.gu.org/resources/accessing-and-interpreting-grandfamilies-data/

Programs That May Help

Local programs that provide support, resources and assistance to grandfamilies can often be found by contacting your local school, area agency on aging, community center, faith-based organization or children's services office.

Key Programs in West Virginia

Family Resource Network of the Panhandle – Relatives as Parents Program

Service Area: Berkeley and Jefferson Counties

Description: Information, advocacy and peer support. Support group meets the second Friday of each

month at 6:00p.m. on Zoom. As pandemic restrictions are lifted, plans to organize family fun

days and in-person support.

Legal Aid of West Virginia and AETNA Legal Referral Project

Website: www.lawv.net Phone: 1-888-348-2922

Service Area: Statewide

Description: Free civil legal assistance available to Foster and Kinship Parents providing care to children

covered by AETNA Mountain Healthcare Promise. Legal assistance may include general legal information, brief advice, assistance filling out forms, brief legal services, extensive legal services, or representation in court. To receive these services, call your AETNA care manager at

1-888-348-2922 to ask for a referral to Legal Aid of West Virginia.

Legal Aid of West Virginia Kinship Care Hotline

Website: www.lawv.net
Phone: 304-414-5449
Service Area: Statewide

Description: Kinship Care Providers can call each Monday from 2:00 p.m. until 4:00 p.m. and speak with an

advocate who will answer kinship care related questions with general legal information. The advocate can also provide kinship care providers with resources and referrals to agencies who

may be able to help.

Legal Aid of West Virginia and WV WORKS Legal Referral Program for Kinship Relative Caretakers

Website: www.lawv.net

Phone: 1-866-255-4370 (ATLAS Intake Line)

Service Area: Statewide

Description: Free civil legal assistance available to Kinship Relative Caretakers who are receiving the WV

WORKS Relative Caretaker Check. Legal assistance may include general legal information, brief

advice, assistance filling out forms, brief legal services, extensive legal services, or

representation in court. To receive these services, ask your WV WORKS caseworker for a

referral to Legal Aid of West Virginia.

Mission West Virginia- Kinship

Website: www.missionwv.org/kinship-page

Phone: 304-562-0723

Email: mwv@missionwv.org

Service Area: Statewide

Description: Information for kinship caregivers on legal and financial resources, home study and child

court/custody processes. Also provides Kinship Navigator services during the first 90 days of

kinship placements.

Parents of Addicted Loved Ones (PAL)

Website: https://palgroup.org/; find a local meeting at https://meetings.palgroup.org/meetings

Phone: 480-300-4712 (8:00 a.m. to 8 p.m. MST)

Email: info@palgroup.org

Service Area: Hedgesville

Description: PAL is a national faith-based nonprofit that helps families learn healthy ways to deal with an

adult child struggling with addiction. Meetings are facilitated by parents who complete the training program and receive ongoing education. Weekly meetings include an evidence-based educational component using a curriculum written by a licensed Substance Abuse Counselor, and peer-to-peer support. Meetings are offered free of charge to both the facilitator and the

attendees.

REACHH- Family Resource Center

Website: www.reachhfrc.org

Phone: 304-466-2226

Email: reachhfrc@suddenlinkmail.com

Service Area: Summers County

Description: Outreach, crisis intervention, in-home supports, advocacy, information and referrals, case-

management, counseling, community education and children's programs.

WVSU Healthy Grandfamilies Program

Website: http://healthygrandfamilies.com/

Phone: 304-204-4361

Email: melissa.lilly@wvstateu.edu

Service Area: Statewide

Description: Free initiative led by West Virginia State University to provide information and resources to

grandparents who are raising grandchildren. The program provides a series of nine discussion

sessions on topics such as family relationships, legal issues, negotiating the public school

system, and more along with follow-up services to connect caregivers to community resources.

Public Benefits

Federal and state public benefits programs can help with income, food, healthcare, home energy, telephone and other needs for those who are eligible. Eligibility requirements vary with each public benefit and sometimes are different from state to state. Some benefits are for the family and others are for children or older adults individually. Children are often eligible for public benefits even if their caregivers do not have guardianship or legal custody. Relative caregivers may become eligible for benefits programs when their household size increases.

Help with Public Benefits

BenefitsCheckUp

Powered by the National Council on Aging, BenefitsCheckUp offers a free and private way to complete a questionnaire to find out if older adults and people with disabilities qualify for certain programs that pay for food, increase income, and cover home and health care costs. The specific programs covered by the questionnaire on the website are listed below. Once the questionnaire is completed, the website generates a list of eligible programs and contact information. BenefitsCheckUp does not currently connect individuals to programs for grandparents raising their grandchildren, but their Frequently Asked Questions page includes links to websites for the Children's Health Insurance Program (CHIP), the State Children's Health Insurance Program (SCHIP), Temporary Assistance for Needy Families (TANF, Child Only Grant), and Supplemental Security Income (SSI) for Children.

https://benefitscheckup.org/

BenefitsCheckUp State, Territory, and Federal Public Benefits

- Medicare Savings Programs
- Medicare Prescription Drug Coverage
- Medicare Rx Extra Help
- State Pharmaceutical Assistance Programs (SPAP)
- · Medicaid for Aged, Blind, and Disabled
- Supplemental Nutrition Assistance Program (SNAP)
- Earned Income Tax Credit (EITC)
- Low Income Home Energy Assistance (LIHEAP)
- State Property Tax Relief/Rebates
- Supplemental Security Income (SSI)
- Employment Programs
- Telephone and Cellphone Assistance
- Transportation Assistance

Benefits.gov

An official website of the federal government, this resource has state specific information on benefits, in addition to a screening tool to find out which programs you may be eligible to receive.

www.benefits.gov

Eldercare Locator

The National Eldercare Locator service helps you find your local area agency on aging and other state and local resources that can help with public benefits, local programs and other services for older adults.

1-800-677-1116 (toll-free)

eldercare.acl.gov/Public/Index.aspx

Key Public Benefits: Income

Each state administers federal funds that provide cash assistance to families in need. Some states also offer other forms of financial assistance.

Temporary Assistance to Needy Families (TANF)

Cash assistance may be available to eligible children and their relative caregivers. There are two types of TANF grants: child-only and family grants. Under virtually all states' policies, caregiver income is not considered in determining eligibility for TANF child-only grants. TANF child-only grants are based solely on the income of the child, and are designed to help meet the needs of just the child. Child-only grants are not subject to time limits and work requirements like TANF family grants.

WV WORKS

Department of Health and Human Resources, Bureau for Children and Families 304-558-0628

https://dhhr.wv.gov/bcf/Services/familyassistance/Pages/WV-WORKS.aspx

Generations United's Grand Resources:

A Fact Sheet for Grandparent and Relative Caregivers to Help Access Support through the Temporary Assistance for Needy Families (TANF) Program www.gu.org/resources/

Social Security

A multigenerational program, Social Security provides income benefits to adults, older adults and children. In addition to Retirement and Disability benefits, Survivor's Benefits are based on a child's parent's earnings and may help if a child's parents die. Your grandchild may also qualify for benefits based on your work record. The Supplemental Security Income (SSI) program pays benefits to disabled adults and children who have limited income and resources. SSI benefits are also payable to people 65 and older without disabilities who meet the financial limits.

Online Directory - To find your local Social Security Administration office.

1-800-772-1213 (toll-free)

https://secure.ssa.gov/

Key Public Benefits: Nutrition

Relative caregivers and their families may be eligible for assistance with groceries, meals, infant formula and nutrition education. These are some of the key nutrition benefits programs and resources.

Supplemental Nutrition Assistance Program (SNAP)

SNAP is the new name for the federal Food Stamp Program. It helps low-income individuals and families buy the food they need for good health. Although SNAP is the national name, your state may use a different name.

West Virginia Supplemental Nutrition Assistance Program (SNAP)

Department of Health and Human Resources, Bureau for Children and Families 304-558-0628

www.dhhr.wv.gov

Food and Nutrition Services of the U.S. Department of Agriculture (USDA)

Child Nutrition Program - The schools, early childhood education programs, child care centers, afterschool programs or other programs that children attend may offer free or reduced meals through the federal Child Nutrition Program, which provides breakfast, lunch, snacks, summer meals and milk. Contact the school, center or program to ask if they participate in any of the child nutrition programs and how to apply. Relative caregivers should inform the program that they are raising the child and whether or not they are doing so through a court order.

Online State Directory - To find your state office that manages the Child Nutrition Program. www.fns.usda.gov/contacts

Women, Infant and Children (WIC) - States administer federal funds for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

Online State Directory - To find your state office that manages the WIC program. www.fns.usda.gov/wic/wic-contacts

Foodbanks

Organizations that provide free food and sometimes other items, such as diapers, to families in need.

Online State Directory - To find local food banks.

www.feedingamerica.org/foodbank-results.aspx

Key Public Benefits: Health Care

Relative caregivers and the children they are raising may be eligible for health insurance through Medicare and/or Medicaid and help with prescription drugs. **Benefits QuickLINK** can help you find these benefits.

www.aarp.org/quicklink

Health Insurance for Children

Relative caregivers may apply for free or low-cost health and dental insurance for the children they are raising through the Children's Health Insurance Program (CHIP), which provides health coverage to eligible children through both Medicaid and separate CHIP programs. CHIP and Medicaid are the national names, and your state may use different names.

WVCHIP

Department of Health and Human Resources www.chip.wv.gov

West Virginia Medicaid

304-558-0628

https://dhhr.wv.gov/bcf/Services/familyassistance/Pages/Medicaid.aspx

Consent to Obtain Health Care

Even with insurance, consenting to health care for a child can be a challenge for relative caregivers who do not have legal custody. Some states have laws that allow these caregivers to "consent" to such treatment.

Grandfamilies.org Online Database - To see if your state has such a law. www.grandfamilies.org/Search-Laws

Key Public Benefits: Tax Credits

The following information is about tax credits from the federal government available throughout the United States. Similar tax credits may exist in your state for state taxes. For example, according to the Center on

Budget and Policy Priorities (CBPP), 29 states and the District of Columbia offer a state tax credit based on the federal Earned Income Tax Credit (EITC) and four states offer a Child Tax Credit. See CBPP's "Get it Back Campaign" for more information on state tax credits.

Earned Income Tax Credit (EITC) is an income tax credit for workers who do not have high incomes. It is a refundable tax credit, which means you could get a refund check from the U.S. Internal Revenue Service (IRS) even if you don't earn enough to pay taxes.

Child Tax Credit is a tax credit for up to \$2,000 per dependent child. But, it is not refundable.

Additional Child Tax Credit may help if you don't owe enough taxes to benefit from the child tax credit. Unlike the child tax credit, this tax credit is refundable.

Child and Dependent Care Tax Credit may help you if you've hired someone to help care for the child so you could work or look for work. If so, you may be able to claim up to \$3,000 in expenses per child.

Adoption Tax Credit can help if you have adopted your grandchild or other relative. It can give you a credit for the money you spent to adopt. If you adopted a child from the foster care system with special needs, you may be eligible for the maximum amount of credit for the year you adopted regardless of whether you had any qualifying expenses. If you did not adopt from the foster care system, you must have qualifying expenses like legal fees. This tax credit allows adoptive parents to claim up to \$14,300 per child in 2020, with the amount increasing incrementally each year.

Please note that tax credits themselves are not counted as income. They will not be counted when you apply for financial help.

Center for Budget and Policy Priorities (CBPP) – To find out about tax credits in your state. www.cbpp.org

The U.S. Internal Revenue Service (IRS) – To find out more information about each of these tax credits www.irs.gov

Education

The **U.S. Department of Education** offers a parent site that has a wide range of helpful information for parents **and** caregivers regarding children's education from early childhood through college, special needs, disabilities, language challenges and gifted students.

1-800-USA-LEARN (1-800-872-5327) (toll-free) www.ed.gov/parents

West Virginia Department of Education 304-558-2681

https://wvde.us/

Educational Enrollment

Relative caregivers can contact their local school district's administrative office or their local school to find out how to register the child and what paperwork is needed. Caregivers may need birth records, health records or previous school records. Some states have laws that allow relative caregivers without legal custody or guardianship to enroll the children they are raising in school. These laws are often called education "consent" laws, but they may be called something else in your state.

Grandfamilies.org Online Database - To find out if your state has an education consent law. www.grandfamilies.org/Search-Laws

Early Intervention, Special Education and Related Services

The Federal Individuals with Disabilities Education Act (IDEA) - From birth to age 21, children who have learning disabilities, physical disabilities or other special needs may be able to get early intervention, preschool and special education services in school through the federal IDEA. Services may include speech, physical and occupational therapies.

The IDEA requires that states identify, locate and evaluate all children ages 3 to 21 with disabilities who may need special education and related services. Once the evaluation team, which includes a child's caregivers, has decided if a child is eligible for early intervention, preschool or special education services, an Individual Family Service Plan (IFSP; birth to three years of age) or an Individual Education Plan (IEP; three to 21 years of age) is developed and services should begin shortly.

West Virginia Department of Education, Office of Special Programs

304-558-2696

www.wvde.state.wv.us/osp

West Virginia Birth to Three – Early Intervention Services

304-558-5388 or 1-800-642-8522 (toll-free in West Virginia)

www.wvdhhr.org/birth23

Parent Centers across the country provide information to help parents *and* caregivers with children who have special education needs and disabilities.

Online State Directory - To find Parent Centers in your state.

www.parentcenterhub.org/find-your-center/

Generations United's Grand Resources:

A Grandparent's and Other Relative's Guide to Raising Children with Disabilities www.gu.org/resources/

Head Start and **Early Head Start** are early education programs for eligible children.

Online Directory - To find Head Start or Early Head Start centers in your state.

1-866-763-6481 (toll-free)

eclkc.ohs.acf.hhs.gov/center-locator

Child Care Aware provides information, resources and connection to local Child Care Resource and Referral Agencies (CCR&R) that help you find local child care.

Online Directory - To find your local Child Care Resource & Referral Agency.

1- 800-424-2246 (toll-free)

www.childcareaware.org/families/

Legal

The following legal relationships may be options for both those children exiting the foster care system and those outside the system. For those families who do not want to establish a legal relationship, consent and power of attorney laws are available in several states.

All of the following options are presented in general terms. This area of the law is created at the state level, so how these options are defined and which ones are available can vary significantly by state.

Adoption

With adoption, the relative caregiver becomes the parent in the eyes of the law. This fact makes access to services on behalf of the child the same as for any parent. Adoption ends all of the birth parents' rights and responsibilities, which means that birth parents cannot go to court later and reclaim those rights and responsibilities.

Adoption assistance payments may be available to relative caregivers who choose to adopt children in their care from the child welfare system.

North American Council on Adoptable Children - To get information about your state's subsidy, in addition to other adoption information.

www.nacac.org

Dave Thomas Foundation for Adoption - To find adoption resources that may be helpful to you. www.davethomasfoundation.org

Guardianship

The biggest difference between adoption and guardianship is that guardianship does not take away all the birth parents' rights and responsibilities. Parents typically keep certain rights and the obligation to financially support the child. Unlike adoption, the parents can go back to court and ask for the guardianship to be ended. For caregivers, a guardianship allows them to access services on behalf of the child that otherwise might prove impossible while not changing family relationships, like making grandma legally mom.

Guardianship assistance payments may be available to relative caregivers who choose to get guardianship of the children in their care who are exiting the child welfare system.

Subsidized Guardianship- West Virginia has an approved Title IV-E Subsidized Guardianship Program www.lawv.net/Resources/Self-Help-Library/Family/Kinship-Care-Relationships-and-Possible-Benefits

Comparing Adoption and Guardianship

This chart, created by Generations United with support from the Dave Thomas Foundation for Adoption, is designed to help kinship foster parents compare adoption and guardianship as two options that you and the children in your care can pursue to exit foster care and create permanent families.

https://www.gu.org/resources/adoption-and-guardianship-for-children-in-kinship-foster-care/

Legal Custody

Legal custody is similar to guardianship, but it is usually granted by a different court that has different procedures.

Other Options

In some states, relative caregivers who do not want or have a legal relationship to the children in their care have laws that make it possible to access health care treatment and educational services on behalf of the children without going to court.

For more information on all these options, and to see what exists in your state, see www.grandfamilies.org.

State Laws

Grandfamilies.org is a collaboration between Generations United, the American Bar Association Center on Children and the Law and Casey Family Programs. It contains an easy-to-use, searchable database of state laws and legislation directly impacting kinship families. You will also find explanations of legal topic areas, practical implementation ideas, personal stories and many other resources.

Topics Covered:

- Adoption
- Care and Custody
- Education
- Federal Laws
- Foster Care Licensing
- Financial Assistance
- Healthcare
- Housing
- Kinship Navigator Programs
- National Family Caregiver Support Program
- Notification of Relatives
- Subsidized Guardianship

The online database of laws and legislation is at www.grandfamilies.org/Search-Laws.

Updates

If you have an update or a resource to be included in this or any of the other GrandFacts State Fact Sheets, please email grandfamilies@gu.org.

Acknowledgements

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The Brookdale Foundation Group

in partnership with Casey Family Programs

with additional support from AARP, ChildFocus and the Dave Thomas Foundation for Adoption

Disclaimers: None of the sponsoring organizations or foundations of this fact sheet assessed or evaluated listed programs for their responsiveness or effectiveness. Consequently, none of the sponsoring organizations or foundations assume any liability for any program's usefulness or accuracy of their listed information. The programs are included solely based on their own claim that they provide services or supports to grandfamilies. Omission of any relevant program is not intentional. We welcome feedback and updates via email to grandfamilies.

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Updated March 2021



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

Click here to discover the information & resources available to support you on your caregiving journey.

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

West Virginia Bureau of Senior Services

LIGHTHOUSE Program

What is the LIGHTHOUSE Program?

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



What services are provided?

The LIGHTHOUSE Program provides support in four areas:

- Personal Care— Grooming,
 bathing, dressing, and toileting
- Mobility

 Transferring in/out of bed and walking
- Nutrition— Meal preparation, eating, and grocery/pharmacy shopping
- Environment Light house cleaning (based on RN assessment), making/changing bed, and laundry

The West Virginia Bureau of Senior Services is the cabinet-level state government agency that acts as the lead advocate for programs serving older West Virginians. The Bureau oversees services operating through more than 140 dedicated and experienced local organizations. Services provided include meals and transportation, in-home care, Alzheimer's respite, wellness, long-term care advocacy, senior employment, and Medicare counseling.

www.wvseniorservices.gov

Who is eligible for the LIGHTHOUSE Program?

There are three criteria:

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

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

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

Is there a fee for LIGHTHOUSE services?

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

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







Eligibility:

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

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

Eligible Expenses:

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

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

wvhomerescue.com



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

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

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

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

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

Dedicated to Helping Individuals and Families achieve Financial Stability

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

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

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

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

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

HomeOwnership Center, Inc.

2276 Randolph Ave, Elkins, WV 26241

Phone: 304-636-9115

www.hocwv.org



Are you experiencing HOMELESSNESS?

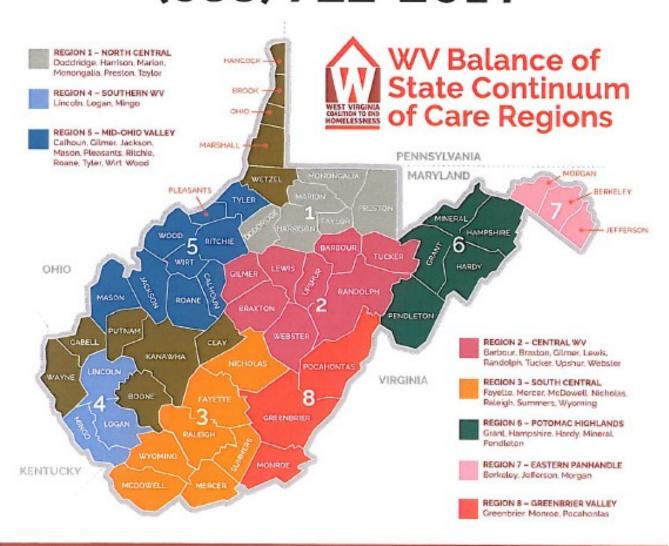
Do you need assistance with connecting to



HOUSING RESOURCES?

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

Coordinated Entry Intake Line (833) 722-2014





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

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

OUR PROGRAMS



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



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



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

For more information or to apply visit





SAVE.
INVEST.
KEEP YOUR BENEFITS.

TAKE CONTROL OF YOUR FINANCIAL FUTURE THROUGH STABLE ACCOUNT

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

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

GET STARTED!

Go to wvable.com and follow the steps below:



CREATE AN ACCOUNT

Visit www.wvable.com



FUND YOUR ACCOUNT

Open an account with as little as \$25



SAVE. INVEST. SPEND.

Balances and distributions do not affect benefits like Medicaid and SSI

(Subject to some limitations)

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



ELIGIBILITY

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

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

SAVING AND INVESTING

DIVERSE CHOICES

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

TAX-FREE EARNINGS

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

EASY ONLINE ACCESS

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

QUALIFIED EXPENSES

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



Basic Living Expenses



Housing







Assistive Technology



Employment Training



Education



Health & Wellness



Financial Management



Legal Fees

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

WV FREE TAX SERVICE



CENTRAL WV EITC COALITION

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

EASTERN PANHANDLE EITC COALITION

Kathrina Hagedorn, *MountainHeart Community Services* 304-262-1584 • khagedorn@mthtwv.org

MID-OHIO VALLEY EITC COALITION

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

NORTH CENTRAL WV EITC COALITION

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

NORTHERN PANHANDLE EITC COALITION **Jim Boniey,** *CHANGE, Inc.*

304-797-7733 • jimboniey@changeinc.org

SOUTHERN WV EITC COALITION

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

SOUTHWEST WV EITC COALITION

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

VITA Sites

Braxton

Sutton Baptist Church
506 Main Street
Sutton
304-765-5442 – By Appointment

McDowell

Council of the Southern Mountains 148 McDowell Street Welch 304-436-6800 – By Appointment

Mercer

Bluefield State College 219 Rock Street, Business Department Bluefield 304-327-4081- By Appointment

Concord University -Rahall Tech Center 100 Vermillion Street Athens 304-384-5244 – By Appointment

Nicholas

Nicholas Community Action Program 1205 Broad Street Summersville 304-872-1162 – By Appointment

MountainHeart Community Services 1020 Broad Street Summersville 304-872-9200 – By Appointment

Raleigh

Shady Spring Library 440 Flat Top Road Shady Spring 304-763-2681 – By Appointment

Wyoming

Integrated Resources 3776 Mountaineer Highway Maben 304-294-5610 -By Appointment

MountainHeart Community Services Inc 33 MountainHeart Lane Matheny 304-682-8271

Be Red Cross Ready

Get a kit. Make a plan. Be informed.



It's important to prepare for possible disasters and other emergencies. Natural and human-caused disasters can strike suddenly, at any time and anywhere. There are three actions everyone can take that can help make a difference...Get a kit. Make a plan. Be informed.

Be Red Cross Ready Checklist

- I know what emergencies or disasters are most likely to occur in my community.
- ☐ I have a family disaster plan and have practiced it.
- ☐ I have an emergency preparedness kit.

- At least one member of my household is trained in CPR/AED use.
- ☐ I have taken action to help my community prepare.



At a minimum, have the basic supplies listed below.

Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

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

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

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

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

- Whistle N95 or surgical masks Matches Rain gear
- Towels
 Work gloves
 Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
 Plastic sheeting
 Duct tape
 Scissors
 Household liquid bleach
 Entertainment items
- Blankets or sleeping bags Sunscreen Insect Repellent



Make a plan

- Meet with your family or household members.
- Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- If a family member is in the military or engages in extended business travel on a regular basis, plan how you would respond if they were away.
- If you or a member of your household is an individual with access or functional needs, including a disability, consider developing a comprehensive evacuation plan in advance with family, care providers and care attendants, as appropriate. Complete a personal assessment of functional abilities and possible needs during and after an emergency or disaster situation, and create a personal support network to assist.

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

- · Choose two places to meet-
 - Right outside your home in case of a sudden emergency, such as a fire.
 - 2. Outside your neighborhood, in case you cannot return home or are asked to evacuate.

Consider any transportation challenges that might be encountered by individuals that use mobility assistive equipment.

- Choose an out-of-area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should memorize emergency contact information and have it in writing or programmed into their cell phones.
- Identify alternative ways to communicate (email, text, call, mail, through a third party, etc).

Plan what to do if you have to evacuate

 Decide where you would go and what route you would take to get there. You may choose to go to a hotel or motel, stay with friends or relatives in a safe location or go to an evacuation shelter if necessary.



Download the Red Cross Emergency App or, go to redcross.org and search emergency app.

This app provides expert advice on how to prepare and respond to disasters and includes a map with open Red Cross shelters.

- Have at least one alternate location if the preferred location is not accessible.
- Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable. Ensure all household/family members know the evacuation route, alternate routes, primary and alternate meeting destination.
- Plan ahead for your pets. Keep a phone list of "pet friendly" motels/hotels and animal shelters that are along your evacuation routes.

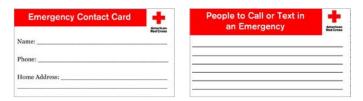


Learn what disasters or emergencies may occur in your area.

These events can range from those affecting only you and your family, like a home fire or medical emergency, to those affecting your entire community, like an earthquake or flood.

- Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels.
- Know the difference between different weather alerts such as "watches" and "warnings" and what actions to take in each.
- Know what actions to take to protect yourself during disasters that may occur in areas where you travel or have moved recently. For example, if you travel to a place where earthquakes are common and you are not familiar with them, make sure you know what to do to protect yourself should one occur.
- When a major disaster occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED). This training is useful in many emergency situations.
- Share what you have learned with your family, household and neighbors and encourage them to be informed too.

Emergency Contact Cards for All Household Members



Get your cards online <u>here</u> or, go to redcross.org and search emergency contact.

- Print one card for each family member.
- Write the contact information for each household member, such as work, school and cell phone numbers.
- Ensure contacts for relatives include familiar names (grandma, aunt, etc.) as well as actual names when making cards for children.
- Fold the card so it fits in your pocket, wallet or purse.
- Carry the card with you so it is available in the event of a disaster or other emergency.

Let Your Family Know You're Safe

Tell your loved ones about the American Red Cross Safe and Well Website or access through redcross.org by searching safe and well. This internet-based tool should be integrated into your emergency communications plan. People within a disaster-affected area can register themselves as "safe and well" and concerned family and friends who know the person's phone number or address can search for messages posted by those who self-register. If you don't have internet access, call 1-800-RED CROSS to register yourself and your family.

Helping Parents Cope with Disaster

Tip Sheet

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

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

Potential Reactions to Disasters:

Common Emotions:

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

Behavioral Changes:

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



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

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





Helping Parents Cope with Disaster

How Can I Help My Children Cope?

Regardless of your child's age, remember to:

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

Ages birth to 5:

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

Ages 6 to 12:

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

Ages 13 to 18:

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

For more information, please contact:

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

Helping Parents Prepare for Disaster

Tip Sheet

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

What Can I Do To Prepare?

possible, have an out-of-town family

- Make a plan with your family or the people you live with.
 - Discuss what type of disaster is likely to happen to you. Contact your local Red Cross, emergency management office or health department. Ask for advice, suggestions or information related to your situation.

• Decide how to stay in touch with your family or housemates if there is a disaster. Set up two meeting places: right outside your home and another location in case you are forced to leave your neighborhood. Make sure your children can reach both places safely and that they know how to get there. If

contact. Make sure your children know this address and telephone number. Also make sure your contact knows your emergency plans.









Helping Parents Prepare for Disaster

• Put together a disaster supply kit.

Items should include:

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

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

• Learn about existing preparedness plans in your town.

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

• Plan several evacuation routes.



- If possible, invest in the appropriate type of insurance coverage: flood, fire, earthquake, hurricane, or wind.
- Plan how to take care of your pets.
- Practice your plan before a disaster.

To Learn More:

www.bt.cdc.gov/preparedness/
www.aap.org/family/frk/FOurstepsFRK.pdf
www.fema.gov/plan/prepare/commplan.shtm
www.redcross.org

For more information, please contact:

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

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

Food Safety at Home



1. Clean

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

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



2. Separate (Keep Apart)

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

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



3. Cook

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

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



4. Chill

Put food in the fridge right away.

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



Food Safety at Home

Why should you care about food safety?

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

Think you have a food illness?

Call your doctor and get medical care right away.

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

Who is at risk?

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

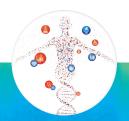
- Pregnant women
- Older Adults
- People with certain health conditions like cancer, HIV/AIDS, diabetes, and kidney disease

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

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

To get other women's health resources, go to

www.fda.gov/womens





2.1.1

West Virginia

United Ways of West Virginia

SOMETIMES YOU NEED MORE THAN AN INTERNET SEARCH.
YOU NEED A CONVERSATION.

Certain issues
are hard to navigate.
You're not alone. Call 2-1-1
— it's free and confidential.
2-1-1 specialists are available
24/7 to provide information and connect you to local programs and services that can help.
Friendly, non-judgmental people are waiting to assist you!

2-1-1

DIAL 2-1-1 VISIT WV211.0RG

TEXT YOUR ZIP CODE TO 898-211



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

ISOLATION



Stay home and away from others

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

Start counting days

Day 0 is the day your symptoms started

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



Watch for emergency warning signs, like trouble breathing

Seek help if they develop



AFTER ISOLATION

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

Wear a high-quality mask when around others indoors





ENDING ISOLATION

Isolate to day 6 or later, if you

 never had symptoms or symptoms are improving, and



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

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

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

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



- · were hospitalized, or
- have a weakened immune system

Removing your mask

After ending isolation, wear your mask through day 10

OR

Take 2 antigen tests, 48 hours apart

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







GETAHEAD START ON THE APPLICATION PROCESS

Scan The QR Code



Download The App





Beckley 200 New River Town Center Beckley, WV 25801 workforcebeckley@wv.gov

Charleston 5707 MacCorkle Ave SE | Suite 500 Charleston, WV 25304 workforcecharleston@wv.gov

Clarksburg 153 West Main Street Suite B Clarksburg, WV 26301 workforceclarksburg@wv.gov

Elkins 1023 N Randolph Ave Elkins, WV 26241 workforceelkins@wv.gov

Fairmont 416 Adams St Suite 220 Fairmont, WV 26554 workforcefairmont@wv.gov

Greenbrier Valley 330 Red Oaks Shopping Center Suite 1 Ronceverte, WV 24970 workforcegreenbriervalley@wv.gov

Huntington 2699 Park Ave Suite 240 Huntington, WV 25704 workforcehuntington@wv.gov

Logan 130 Stratton Street 2nd Floor Logan, WV 25601 workforcelogan@wv.gov

Local Office Locations

https://workforcewv.org/ 1-800-252-JOBS (5627)

Martinsburg 200 Viking Way Martinsburg, WV 25401 workforcemartinsburg@wv.gov

Mercer County 195 Davis St, Suite 102 Princeton, WV 24740 workforcemercer@wv.gov

Moorefield 151 Robert C Byrd Industrial Park Road Suite 1 Moorefield, WV 26836 workforcemoorefield@wv.gov

Morgantown 40 Commerce Drive, Suite 200 Westover, WV 26501 workforcemorgantown@wv.gov

Parkersburg 300 Lakeview Center Parkersburg, WV 26101 workforceparkersburg@wv.gov

Summersville 830 Northside Dr, Suite 123 Summersville, WV 26651 workforcesummersville@wv.gov

Weirton 100 Municipal Plaza, Suite 300 Weirton, WV 26062 workforceweirton@wv.gov

Welch 110 Park Ave., Suite 100 Welch, WV 24801 workforcewelch@wv.gov

Wheeling 1275 Warwood Avenue Wheeling, WV 26003 workforcewheeling@wv.gov







SCAN ME! TO LET US KNOW HOW WE ARE DOING

How to scan a QR code with the iPhone Camera app

- Open the Camera app from the Home Screen, Control Center, or Lock Screen.
- 2. Select the rear facing camera. Hold your device so that the QR code appears in the viewfinder in the Camera app. Your device recognizes the QR code and shows a notification.
- 3. Tap the notification to open the link associated with the QR code.

How to scan a QR code with the Android Camera app

- On your compatible
 Android phone or tablet,
 open the built-in camera
 app.
- 2. Point the camera at the QR code.
- 3. Tap the banner that appears on your Android phone or tablet.



Barbour County

Audubon Animal Clinic Philippi 304-457-3512 Animal Friends of Barbour County Belington 304-823-2012 Barbour County Animal Shelter Belington 304-823-1065 Child Care Division of Early Childhood Link to Child Care Providers in WV ages/providersearch.aspx MountainHeart Community Services, Inc. Grafton 304-265-0142 Children's Services Family Resource Network Belington 304-606-8087 Family Support Center Belington 304-606-8087 Healthy Start/HAPI Project Philippi 304-457-1670 Parents as Teachers Parsons 304-478-3827 WV Birth to Three Elkins 304-637-2844 Domestic Violence Centers Against Violence Philippi 304-457-3020 Education Philippi 304-457-3030 Barbour County Adult Education Philippi 304-457-3030 Barbour County Board of Education Philippi 304-457-3030 Barbour County Head Start Philippi 304-457-3254 Financial Catholic Charities Elkins 304-636-887 Food and Clothing Family Support Center Belington 304-457-3711 Haven of Hope Belington 304-457-3711 Haven of Hope Belington 304-457-3733 Foster and Adoption Barbour County FRN Belington 304-66-8087 Filippi 304-457-3733 Filippi 304-457-3733 Foster and Adoption Barbour County FRN Belington 304-66-8087 Filippi 304-457-3733	Animal Services	Location	Phone
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Barbour County FRN Belington 304-606-8087	Foster and Adoption		
	-	Belington	304-606-8087
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Health and Medical		
Appalachian Community Health Center Inc.	Belington	855-648-6409
Barbour County Behavioral Health	Philippi	304-457-0081
Barbour County Health Department	Philippi	304-457-1670
Barbour County Family Medicine	<u> </u>	304-457-5744
· ·	Philippi	304-823-3980
Barbour County Quick Care	Belington	
Broadus Hospital	Philippi	304-457-1760
Celebrate Recovery in WV	Philippi	304-457-3206
Mountain Hospice Inc.	Belington	304-823-3922
Myers Clinic	Philippi	304-457-2800
Together in Recovery	Philippi	304-457-2691
Women's Health Care	Philippi	304-457-6503
WV Department of Health	Philippi	304-457-9030
Housing and Weatherization		
Randolph County Housing Authority	Elkins	304-636-6495
- Apartments		
Baughman Towers Apartments	Philippi	304-457-5193
Maple Terrace Apartments	Philippi	304-457-1666
iviapie rerrace Apartinents	Fillippi	304-437-1000
Job Services		
Work Force WV	Elkins	304-637-0257
WV Division of Rehab Services	Weston	304-269-0547
Legal		
Barbour County Sheriff Office	Philippi	304-457-2352
Legal Aid of West Virginia	Charleston	800-642-8279
Libraria		
Libraries	D.P. de	204 022 1027
Belington Public Library	Belington	304-823-1026
Philippi Public Library	Philippi	304-457-3495
Recreation		
Barbour County Parks & Recreation	Philippi	304-2352
Senior Services		
Barbour County Senior Center	Philippi	304-457-4545
Barbour County Health Department	Philippi	304-457-1670
Philippi Barbour Wellness Center	Philippi	304-457-4000
Substance Abuse		
Barbour Behavioral Health	Philippi	304-457-0081
Barbour County Family Support	Philippi	304-606-8087
Appalachian Community Health Center	Belington	855-648-6409

Transportation		
Here & There Transit	Philippi	304-457-1818
Veterans		
NCWVCA	Regional	304-363-2170
WV Department of Veterans Assistance	Elkins	304-637-0235
Youth Services		
-Grief		
Camp Good Grief at Mountain Hospice		mountainhospice.com

BERKELEY COUNTY

Animal Services	Location	Phone
Berkeley County Animal Control	Martinsburg	304-263-4759
Berkeley County Animal Shelter	Martinsburg	304-267-8389
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Child Care		
Division of Early Childhood Link to Child		https://dhhr.wv.gov/bfa/ece/p
Care Providers in WV		ages/providersearch.aspx
MountainHeart Community Services, Inc.	Martinsburg	304-262-1584
Children's Services		
Bethany Christian Services	Martinsburg	304-620-2695
Bikers Against Child Abuse	Charles Town	304-449-4258
Children's Home Society of WV	Martinsburg	304-264-0225
Family Support Center	Martinsburg	304-264-4658
Marys Refuge	Martinsburg	304-350-1632
Right From the Start		304-790-4871
West Virginia Birth to Three		304-267-3595
WV Family Support Center	Martinsburg	304-264-4658
WV FRN	Martinsburg	304-262-5360
Disability		
Berkeley Senior Services	Martinsburg	304-263-8873
EastRidge Health Systems	Martinsburg	304-263-8954
Panhandle Home Health	Martinsburg	304-263-5680
ResCare	Gore, VA	540-858-2572
Disaster Relief		
American Red Cross	Kearneysville	1-800-733-2767
Salvation Army	Martinsburg	304-267-4612
Domestic Violence		
Shenandoah Women's Center	Martinsburg	304-263-8292
Education		
Adult Learning Center	Martinsburg	304-263-3897
Berkeley County Board of Ed	Martinsburg	304-267-3500
EPIC Head Start	Martinsburg	304-596-2644
Literacy Volunteers of the Eastern	Martinsburg	304-264-0298
Panhandle		
Read Aloud WV/Berkeley Co.	Martinsburg	304-267-4899

Financial		
Catholic Charities	Martinsburg	304-267-8837
The Salvation Army	Martinsburg	304-267-4612
Workforce WV	Martinsburg	304-267-0065
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Food and Clothing		
Berkeley Baptist Church Pantry	Berkeley Springs	304-258-4101
Catholic Charities	Martinsburg	304-267-8837
Goodwill Stores	Martinsburg	304-267-3177
Loaves and Fishes	Martinsburg	304-267-2810
Loaves and Fishes	Hedgesville	304-754-8793
Meals on Wheels	Martinsburg	304-263-6622
Restoration Life Ministries	Martinsburg	304-263-3130
Shenandoah WIC Program	Martinsburg	304-267-5477
Snyder's Bible Chapel	Berkeley Springs	304-258-3930
Tabitha's Closet/Martinsburg Four Square	Inwood	304-229-8243
Church		
United way	Martinsburg	304-263-0603
The Salvation Army	Martinsburg	304-267-4612
West Virginia WIC	Martinsburg	304-267-5477
Foster and Adoption		
Bethany Christian Services	Martinsburg	304-620-2695
Burlington United Methodist Family	Martinsburg	304-260-5884
Services, Inc.		
Children's Home Society of West Virginia	Martinsburg	304-264-4658
KVC WV	Martinsburg	304-440-1801
Health and Medical		
Berkeley County Health Department	Martinsburg	304-262-5131
Berkeley Medical Center	Martinsburg	304-264-1000
Eastridge Health Systems	Martinsburg	304-263-8954
Good Samaritan Free clinic	Martinsburg	304-264-4049
Healthy Smiles	Martinsburg	304-263-4999
Mental Health Services		844-435-7498
VA Hospital	Martinsburg	304-263-0811
Housing and Weatherization	NA - II' - I	204.2/2.2542
CNI/Bethany House (Women-Children shelter)	Martinsburg	304-263-3510
Eastern Panhandle Empowerment Center	Martinsburg	304-263-8522
Faith Community Coalition Homeless	Martinsburg	304-960-5535
Horizon Goodwill Industries	Martinsburg	304-990-8963/240-923-4933
Martinsburg Housing Authority	Martinsburg	304-263-8891
WV Coalition to End Homelessness	Bridgeport	1-833-722-2014
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Telamon Corporation	Martinsburg	304-263-0916
Union Rescue Mission Men Shelter	Martinsburg	304-263-6901
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-Apartments		
Berkeley Square Apartments	Martinsburg	304-263-5916
Kings Daughter Court	Martinsburg	304-263-3325
Washington Mews	Martinsburg	304-262-6902
Wesley Village	Martinsburg	304-267-3823
Job Services		
WorkForce West Virginia	Martinsburg	304-267-0065
SPOKES	Charleston	304-558-0280
Legal		
Legal Aid of West Virginia	Martinsburg	304-263-8871
Telemon Corporation	Martinsburg	304-263-0916
Libraries		
Hedgesville Public Library	Hedgesville	304-754-3949
Martinsburg Public Library	Martinsburg	304-267-8933
Musselman-South Berkeley Community	Inwood	304-229-2220
Library		
North Berkeley Public Library	Falling Waters	304-274-3443
Recreation		
Trails and Trees Studio Tour of Berkeley	Martinsburg	304-596-3639
Co.		
Berkeley Arts Council	Martinsburg	304-620-7277
Berkeley Recreation Center	Martinsburg	304-264-4842
W. Randy Smith Recreation Center	Inwood	304-229-0022
Berkeley Co. Historical Society	Martinsburg	304-267-4713
Senior Services		
Berkeley Seniors Services	Martinsburg	304-263-8873
Meals on Wheels	Martinsburg	304-263-6622
Substance Abuse		221 721 1272
Celebrate Recovery/365 Church	Martinsburg	304-596-1970
Celebrate Recovery/New Life Community Church	Inwood	304-262-6522
Division of Rehabilitation Services	Martinsburg	304-267-0005
Mountaineer Recovery Center	Kearneysville	304-901-2070
Potomac Highlands Support Services	Martinsburg	304-263-3943
Recovery Resource Center	Martinsburg	304-676-7731

Transportation		
Eastern Panhandle Transit Authority	Martinsburg	304-263-0876
Modivcare - Non- Emergency Medical Transportation (WV Medicaid only)	Charleston	1-844-549-8353
Veterans Martinsburg VA Medical Center	Martinsburg	304-263-0811

GRANT COUNTY

Animal Services	Location	Phone
Hardy County Animal Shelter	Moorefield	304-434-2928
Grant County Dog Pound	Petersburg	304-257-1725
Child Care		
Division of Early Childhood Link to Child		https://dhhr.wv.gov/bfa/ece/pa
Care Providers in WV		ges/providersearch.aspx
MountainHeart Community Services,	Petersburg	304-257-9375
Inc.		
Children's Services		
Family Resource Network	Moorefield	304-530-5480
Family Support Center	Petersburg	304-538-7711
The James Isaac House Pregnancy	Petersburg	304-257-2402
Resource Center	retersburg	304-237-2402
Panhandle Support Services	Petersburg	304-257-9298
Parents As Teachers	Martinsburg	304-260-5884
Right From the Start	Petersburg	304-790-4871
West Virginia Birth to Three	Martinsburg	304-267-3595
WVU Extension Services	Petersburg	304-257-4688
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Disability		
WV Aging & Disability	Petersburg	304-257-2847
Disaster Relief		1 000 001 0070
FEMA	NA 11 I	1-800-321-3362
American Red Cross	Martinsburg	304-263-5241
Domestic Violence		
Family Crisis Center	Petersburg	304-257-4606
ranny crisis certer	retersburg	304-237-4000
Education		
EACHES Head Start	Petersburg	304-257-2846
Grant County School Board	Petersburg	304-257-1011
Potomac Highlands Guild	Petersburg	304-257-1155
South Branch Career Technical Center	Petersburg	304-257-1331
WV Department Basic Education	Moorefield	304-434-8000
WVU Extension Services	Petersburg	304-257-4688
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Financial		
American Red Cross	Martinsburg	304-263-5241
South Branch Career & Technical Center	Petersburg	304-257-1331

Telamon	Romney	304-822-4514
WorkTech	Petersburg	304-257-9515
WV Department of Human Services	Petersburg	304-257-4211
WVU Extension Services	Petersburg	304-257-4688
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Food and Clothing		
Helping Hands of the Potomac Highlands/EWVCA	Petersburg	304-257-1107
Interfaith Food Pantry/Grove St. United Methodist St. Church	Petersburg	304-257-4682
Mt. Top Food Pantry	Mt. Storm	304-693-7556
Presbyterian Church Food Pantry	Petersburg	304-257-4255
Restoration Life Ministries	Martinsburg	304-263-3130
Snyder's Bible Chapel	Hedgesville	304-258-3930
West Virginia WIC Program	Petersburg	304-257-4936
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Foster and Adoption		
Burlington United Methodist Family Services, Inc.	Burlington	304-289-6010
Children's Home Society of West Virginia	Charleston	304-345-3894
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Health and Medical		
Grant County Health Department	Petersburg	304-257-4922
Grant Memorial Hospital	Petersburg	304-257-1026
The James Isaac House Pregnancy	Petersburg	304-257-2402
Resource Center		
Potomac Highlands Mental Health Guild	Petersburg	304-257-1155
Housing and Maathorization		
Housing and Weatherization	Dotorshura	204 257 4007
Grant County Housing Authority	Petersburg	304-257-4087 304-788-2225
HUD Housing	Keyser	304-700-2223
- Apartments		
Michael Apartments	Petersburg	304-257-2149
Mt. Storm Village	Romney	304-822-6045
Overlook Apartments	Romney	304-822-6045
Joy Apartments	Petersburg	304-257-5494
Job Services		
South Branch Career & Technical Center	Petersburg	304-257-1331
Telamon	Romney	304-822-4514
WorkForce West Virginia	Moorefield	304-538-3176
Legal		

Legal Aid of West Virginia	Charleston	304-342-6814
Libraries		
Moomau-Grant County Library	Petersburg	304-257-4122
Allegheny Mt. Top Public Library	Mt. Storm	304-693-7504
Recreation		
Grant County Parks and Recreation	Petersburg	304-257-1725
Senior Services		
Commissions On Aging	Petersburg	304-257-1666
Res-Care of WV	Petersburg	304-257-4474
WV Aging & Disability	Petersburg	304-257-2847
Substance Abuse		
Celebrate Recovery WV First Baptist	Petersburg	304-257-4587
Church	1 otor sourg	001207
Panhandle Support Services	Petersburg	304-257-9298
Potomac Highlands Guild	Petersburg	304-257-4687
Transportation		
Ready Ride Bus/Potomac Valley Transit	Petersburg	304-257-1414
Authority	-	
Veterans		
WV Department of Veterans Assistance	Moorefield	304-538-2839
Youth Services		
-Grief		
Camp Good Grief at Mountain Hospice		mountainhospice.com

HAMPSHIRE COUNTY

Animal Services	Location	Phone
Hampshire County Animal Shelter	Augusta	304-671-4704
Child Care		
Division of Early Childhood Link to Child		https://dhhr.wv.gov/bfa/ece/pag
Care Providers in WV		es/providersearch.aspx
MountainHeart Community Services, Inc.	Petersburg	304-257-9375
Children's Services		
Family Resource Network	Moorefield	304-530-5480
Family Support Services	Romney	304-538-7711
Parents As Teachers	Keyser	304-813-5932
Right From the Start	Keyser	304-790-4871
Romney Child Services/Children's Home	Romney	304-822-4652
Society		
WV Birth to Three	Martinsburg	304-267-3595
WV Family Preservation Services	Romney	304-822-2670
Disability		
WV University Center for Excellence in	Romney	304-822-6900
Disabilities		
Disaster Relief		
American Red Cross	Martinsburg	304-263-5241\304-725-5015
Domestic Violence		
Family Crisis Center	Romney	304-822-8268
Education		
Hampshire County Board of Education	Romney	304-822-3528
EACHES Head Start	Romney	304-822-4147
Potomac Center	Romney	304-822-3861
WV School for the Deaf and Blind	Romney	304-822-4800
WV Adult Basic Education	Romney	304-822-4819
Financial		
Catholic Community Services	Romney	304-822-5414
Eastern WV of Community Action	Moorefield	304-538-7711
Helping Hands of Potomac Highlands	Romney	304-822-8448
Telamon	Romney	304-268-1090
WV DoHS	Romney	304-822-6900
WV Family Preservation Services	Romney	304-822-2670
WVU Hampshire County Extension Office	Romney	304-822-5013

Food and Clothing		
Amazing Grace Food Pantry	Capon Bridge	304-856-2773
Catholic Community Services	Romney	304-822-5414
EWVCA	Romney	304-822-5584
Romney Food Pantry	Romney	304-822-3023
Springfield Food Pantry	Romney	304-822-5759
Telamon	Romney	304-822-4514
WV WIC Program	Romney	304-822-5703
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Foster and Adoption		
Burlington UM Family Services	Burlington	304-289-6010
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Health and Medical		
Hampshire County Health Department	Augusta	304-496-9640
Hampshire Memorial Hospital	Romney	304-822-4561
Home Health	Franklin	304-358-2322
Potomac Highland Mental Health Guild	Romney	304-822-3897
Inc.	J	
Housing and Weatherization		
Eastern WV of Community Action	Romney	304-822-5584
Hampshire County Housing Authority	Romney	304-822-5296
Potomac Center	Romney	304-822-3861
1 Otomac center	Kominey	304-022-3001
-Apartments		
Beth Place Apartments	Romney	304-822-7985
Heritage Village Apartments	Romney	304-822-2443
Muirwood Greene Apartments	Romney	304-822-3999
Romney Unity Apartments	Romney	304-822-7985
Job Services		
Telamon	Domnov	204 022 4514
	Romney	304-822-4514
WorkForce WV	Martinsburg	304-267-0065
WVU Hampshire County Extension Office	Romney	304-822-5013
Legal		
Legal Aid of WV	Charleston	304-342-6814
Libraries		
Hampshire County Public Library	Romney	304-822-3185
Capon Bridge Public Library	Capon Bridge	304-856-3777
Recreation		
Fort Mill Trenches	Romney	304-822-4320

Hampshire County Parks and Recreation	Romney	304-822-7300
Senior Services		
Commissions on Aging	Romney	304-822-4097
Substance Abuse		
Potomac Highland Guild	Romney	304-822-3897
Transportation		
Potomac Valley Transit Authority	Petersburg	304-257-1414
Veterans		
American Legion Post #137	Capon Bridge	304-856-3354
WV Department of Veterans Assistance	Moorefield	304-538-2839

HARDY COUNTY

Animal Services	Location	Phone
Mountaineer Veterans	Moorefield	304-538-6017
Child Care		
Division of Early Childhood Link to Child		https://dhhr.wv.gov/bfa/ece/pag
Care Providers in WV		es/providersearch.aspx
MountainHeart Community Services, Inc.	Petersburg	304-257-9375
Children's Services		
Family Resource Network	Moorefield	304-530-5480
Family Support Services	Moorefield	304-538-7711 Ext 6339
Parents as Teachers	Martinsburg	304-260-5884
Right From the Start	Hardy	304-790-4871
WV Birth to Three Program	Martinsburg	304-267-3595
WV DoHS	Moorefield	304-538-2391
WV Family Preservation Services	Moorefield	304-538-2259
WV Healthy Start HAPI Project	Hardy	304-376-0086
Disability		
WV Division of Rehabilitation Services	Moorefield	304-538-2701
Disaster Relief		
American Red Cross	Martinsburg	800-733-2767
Domestic Violence		
Family Crisis Center	Petersburg	304-257-4606
	3	
Education		
EACHS Head Start	Moorefield	304-530-5511
Eastern WV Community & Technical	Moorefield	304-434-8000
College		
Hardy County Board of Education	Moorefield	304-530-2348 ext. 9234
Work Force WV	Martinsburg	304-267-0065
WV Adult Basic Education	Moorefield	304-434-8000
Financial		
Eastern WV Community Action	Moorefield	304-538-7711
Family Preservation Services	Moorefield	304-538-2259
Telamon	Romney	304-822-4514
WVU Hardy County Extension Service	Moorefield	304-530-0273
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Food and Clothing		
Wardensville Food Pantry	Wardensville	304-874-4363
Old Fields Baptist Church	Moorefield	304-538-6943
WV WIC Program	Moorefield	304-538-3382
Foster and Adoption		
Burlington UM Family Services	Burlington	304-289-6010
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Health and Medical		
E.A. Hawse Health Center	Moorefield	304-538-7707
Hampshire Memorial Hospital	Romney	304-822-4561
Hardy County Health Department	Moorefield	304-530-6355
Potomac Highlands Mental Health Guild	Moorefield	304-538-2302
Inc.		
Housing and Weatherization		
Eastern WV Community Action	Moorefield	304-538-7711
Mineral County Housing Authority	Keyser	304-788-2225
Potomac Center	Moorefield	304-538-3328
-Apartments		
Chipley Lane Apartments	Moorefield	304-530-6553
EA Hawes Street Apartments	Baker	304-530-6553
Hidden River Gardens	Wardensville	304-822-6045
Lee Street Apartments	Moorefield	304-538-6577
Riverview Apartments	Moorefield	304-530-6553
Job Services		
Telamon	Romney	304-822-4514
Workforce WV	Franklin	304-530-5258
WorkTech	Moorefield	304-434-1100
WV Job Service	Moorefield	304-538-7741
WVU Hardy County Extension Service	Moorefield	304-530-0273
Legal		
Legal Aid of WV	Martinsburg	1-866-255-4370
Libraries		
East Hardy County Library	Baker	304-897-5544
Hardy County Public Library	Moorefield	304-538-6560
Wardensville Community Library	Wardensville	304-874-3460
Recreation		
Brighton Park	Moorefield	304-530-0244
Moorefield Town Park	Moorefield	304-530-2420

Senior Services		
Commissions of Aging	Moorefield	304-530-2256
Hardy County Senior Center	Moorefield	304-530-2256
Substance Abuse		
Potomac Highland Guild	Moorefield	304-538-2302
Transportation		
Potomac Valley Transit Authority	Petersburg	304-257-1414
Veterans		
WV Department of Veterans Assistance	Moorefield	304-538-2839

JEFFERSON COUNTY

Animal Services	Location	Phone
Animal Welfare Society of Jefferson County	Charles Town	304-725-0589
Briggs Animal Adoption Center	Charles Town	304-724-6558
Cause for Paws	Harpers Ferry	304-535-2810
Jefferson County Animal Control	Kearneysville	304-728-3289
Child Comp		
Child Care		https://dhbr.ww.gov/bfa/oco/pages
Division of Early Childhood Link to Child Care Providers in WV		https://dhhr.wv.gov/bfa/ece/pages/providersearch.aspx
Cale Floviders III VV V		7 pi ovidei seai ci i.aspx
MountainHeart Community Services, Inc.	Martinsburg	304-262-1584
Children's Services		
Family Resource Network	Martinsburg	304-262-5360
Family Support Center	Martinsburg	304-264-4658
Parents as Teachers	Martinsburg	304-260-5884
Right From the Start	Charles Town	304-790-4871
WV Birth to Three	Martinsburg	304-267-3595
D		
Disability	NA - II' - II	000 250 2024
enCircle	Martinsburg	800-359-3834
Disaster Relief		
American Red Cross	Kearneysville	1-800-733-2767
Catholic Charities	Martinsburg	304-267-8837
Domestic Violence		
Eastern Panhandle Empowerment Center	Charles Town	304-725-7080
Education		
EACHS Head Start	Martinsburg	304-267-3595
Jefferson County Board of Education	Charles Town	304-725-9741
Literacy Volunteers of the Eastern	Martinsburg	304-264-0298
Panhandle		
SPOKES	Charles Town	304-725-3011
Financial		
Financial Catholic Charities	Montinolous	204 277 0027
Catholic Charities	Martinsburg	304-267-8837
WV DoHS	Charles Town	304-724-2600
WVU Jefferson County Extension Service	Kearneysville	304-728-7413

Food and Clothing		
Covenant Church	Shepherdstown	304-876-2212
Farmers Market	Charles Town	304-579-0924
Goodwell Industries	Kearneysville	304-728-6883
Jefferson County Community Ministries	Charles Town	304-725-3186
Jefferson County Meals on Wheels	Charles Town	304-725-1601
The Pantry at Covenant	Keedysville, MD	540-303-2205
WV WIC Program	Ranson	304-725-2028
vv vvo rrogram	Ranson	0017202020
Foster and Adoption		
Burlington UM Family Services	Martinsburg	304-260-5884
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Health and Medical		
East Ridge Health Systems	Kearneysville	304-725-7565
Jefferson County Health Department	Kearneysville	304-728-8416
Jefferson Medical Center	Kearneysville	304-728-1600
Good Samaritan Free Clinic	Martinsburg	304-264-4049
Shenandoah Community Health	Kearneysville	304-728-3716
Potomac Highlands Guild		681-252-1669
Valley Health Urgent Care	Martinsburg	304-930-0001
WVU Medicine	Harpers Ferry	304-535-6343
WVU Medicine Primary Care & Pediatrics	Shepherdstown	304-876-6343
Housing and Weatherization	NA 12 1	004.040.0540
Bethany House (Women and Children)	Martinsburg	304-263-3510
Eastern Panhandle Empowerment Center	Ranson	304-725-7080
Eastern WV Community Action	Romney	304-822-5584
Faith Community Coalition	Martinsburg	304-960-5535
Martinsburg Housing Authority	Martinsburg	304-263-8891
Union rescue Mission-Men's	Martinsburg	304-263-6901
-Apartments		
Charles Towers	Charles Town	304-725-1228
Cranes Meadow Apartments	Ranson	304-728-4990
Jefferson Crossing	Charles Town	855-366-3215
Lowe Gardens Apartments	Shepherdstown	304-876-3111
1.1.0		
Job Services	NA - II' - II	204.277.0075
Workforce WV	Martinsburg	304-267-0065
WVU Jefferson County Extension Service	Kearneysville	304-728-7413
Legal		
Legal Aid of WV	Martinsburg	304-263-8871
Libraries		
Bolivar-Harpers Ferry Public Library	Harpers Ferry	304-535-2301

Charles Town Library	Charles Town	304-725-2208
South Jefferson Public Library	Charles Town	304-725-6227
Shepherdstown Public Library	Shepherdstown	304-876-2783
Recreation		
Appalachian National Scenic Trail	Harpers Ferry	304-535-6278
Appalachian Trail Visitors Center	Harpers Ferry	304-535-6331
Senior Services		
Jefferson County Council on Aging	Charles Town	304-725-4044
Good Shepherd Volunteer Caregivers	Shepherdstown	304-876-3325
Substance Abuse		
Jefferson Center-Day Habilitation	Kearneysville	304-728-1076
Mountaineer Recovery Center	Kearneysville	304-901-2070
Potomac Highlands Guild	Kearneysville	681-252-1669
Transportation		
Modivcare	Charleston	1-844-549-8353
ETPA-Bus	Martinsburg	304-263-0876
Veterans		
American Legion Post #71	Charles Town	304-725-7212
Moose Lodge #948	Ranson	304-725-5114
Veterans of Foreign Wars Post #3522	Charles Town	304-725-5946

LEWIS COUNTY

Animal Services	Location	Phone
Lewis/Upshur Animal Shelter	Buckhannon	304-472-3865
Weston Veterinary Hospital	Weston	304-269-3288
Child Care		
Division of Early Childhood Link to Child		https://dhhr.wv.gov/bfa/ece/p
Care Providers in WV		ages/providersearch.aspx
MountainHeart Community Services, Inc.	Elkins	304-637-2840
Children's Services		
Child Advocacy Center	Buckhannon	304-473-0020
Children's Crisis & Referral Hotline	National	844-435-7498
Family Resource Network	Weston	304-269-4000
Family Support Center	Weston	304-269-4000
Lewis County DoHS Office	Weston	304-269-0544
WV Birth to Three	Elkins	304-637-2844
Disability		
Lewis County DoHS	Weston	304-269-0544
SS Disability	Weston	304-622-1919
WV of Rehabilitation Services	Charleston	800-642-8207
Disaster Relief		
FEMA	National	800-621-3362
Lewis County Office of Emergency	Weston	304-269-8241
Lewis/Upshur LEPC	Buckhannon	304-472-4983
Domestic Violence		
Hope, Inc.	Weston	304-269-8233
Victim Advocates	Weston	304-269-8225
Education		
Lewis County Adult Education	Weston	304-269-0088
Lewis County Board of Education	Weston	304-269-8300
RESA VII – Regional ED – Svcs	Clarksburg	304-624-6554
Financial Services		
Central WV Community Action	Jane Lew	304-269-4600
Family Assistance Services	Weston	304-269-6820
Legal Aid of West Virginia	Elkins	304-635-7600
Lewis County DoHS	Weston	304-269-0544

Food and Clothing		
Goodwill	Buckhannon	304-472-0587
Lewis County Food Pantry	Weston	304-269-4000
Lewis County Meals on Wheels	Weston	304-269-5738
Our Neighbor	Weston	304-269-6327
WV WIC Program	Weston	304-269-1318
Victory Assembly of God Food Pantry	Weston	304-269-5674
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Foster and Adoption		
Mission WV	Hurricane	304-562-0723
Necco Foster Care	Elkins	304-553-7063
Weston WV Adoption Services	Fairmont	304-366-2116
Health and Medical		
Community Care/Care Express	Weston	304-269-5000
Lewis County Drive Through Clinic	Weston	304-269-8218
Lewis County Health Department	Weston	304-269-8218
Mon County Hospital	Weston	304-269-8092
Mon Health Stonewall Jackson Hospital	Weston	304-517-1584
Mon Health Stonewall Primary Care	Weston	304-517-1115
United Summit Center	Weston	304-269-5220
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Housing and Weatherization		
CWV Community Action	Jane Lew	304-269-4600
Lewis County Economic Development	Weston	304-269-4993
Mountain CAP	Buckhannon	304-472-1500
Randolph County Housing Authority	Elkins	304-636-6495
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-Apartments		
Criss Manor	Weston	304-269-6159
Jane Lew Apartments	Jane Lew	304-884-8852
Weston Abhors	Weston	304-269-7344
Job Services		
Jobs and Hope	Regional	833-784-1385
NCWV Community Action	Clarksburg	304-622-8495
West Virginia Employment Agent	Elkins	304-637-0255
Work Force West Virginia	Clarksburg	304-627-2120
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Legal		
Legal Aid of West Virginia	Elkins	304-635-7600
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Libraries		
Louis Bennet Public Library	Weston	304-298-4493
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Recreation		
Lewis County Convention & Visitors Bureau	Weston	304-269-7328
Lewis County Park	Weston	304-269-6599
Stonewall Lake	Horner	304-269-7328
West Fork River Tail Waters	Weston	304-627-1019
Senior Services		
Lewis County Senior Center	Weston	304-269-5738
Social Security Admin	Elkins	800-772-1213
Substance Abuse		
Lewis County Health Dept	Weston	304-269-8218
Narcotics/Alcohol Anonymous Group	Weston	304-269-3048
United Summit Center	Weston	304-269-5220
WVU Detox Unit	Morgantown	304-974-4673
WVU Dual Diagnosis Unit	Morgantown	304-623-5661
Transportation		
Jobs and Hope	Regional	304-558-8833
Lewis County Senior Center	Weston	304-269-5738
Taxi	Jane Lew	304-269-3745
Veterans		
VA Medical Center	Clarksburg	304-263-3461
WV Dept of Veteran Assistance	Elkins	304-637-0235

MINERAL COUNTY

Animal Services	Location	Phone
Mineral County Animal Control	Keyser	304-788-5720
Mineral County Humane Society	Keyser	304-790-4213
Mineral County Lost & Found Animals	Keyser	304-788-5720
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Child Care		
Division of Early Childhood Link to Child		https://dhhr.wv.gov/bfa/ece/p
Care Providers in WV		ages/providersearch.aspx
MountainHeart Community Services, Inc.	Petersburg	304-257-9375
Children's Services		
Burlington Family Services	Keyser	304-788-2342
Family Resource Network	Keyser	304-788-9099
Family Support Center	Keyser	304-788-9099
Parents as Teachers	Keyser	304-788-7870
Right From The Start	Keyser	304-788-2342
WV Birth to Three	Martinsburg	304-267-3593
Disability		
Potomac Center	Romney	304-822-3861
WV University Center for Excellence in	Morgantown	304-293-4692
Disabilities		
Discotor Deliaf		
Disaster Relief	V a v a a m	204 700 2055
American Red Cross	Keyser	304-788-3955
Salvation Army	Cumberland, MD	301-777-7600
Domestic Violence		
Family Crisis Center	Keyser	800-698-1240
I diffilly Crisis Ceriter	Reysei	800-078-1240
Education		
EACHS Head Start	Keyser	304-788-4216
Mineral County Board of Education	Keyser	304-788-4200
Mineral County Vocational Technical &	Keyser	304-788-4240
Adult Education	i keysei	301 700 1210
SPOKES Program	Keyser	304-788-4209
WV Division of Rehabilitation Services	Keyser	304-788-2313
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Financial		
Eastern WV Community Action	Moorefield	304-538-7711
Catholic Community Services	Romney	304-822-5414
Moorefield Job Service	Moorefield	304-538-7741
Telamon	Martinsburg	304-263-0916

WV DoHS	Keyser	304-788-4150
WV Division of Rehabilitation Services	Keyser	304-788-2313
Region 7 Work Force WV	Moorefield	304-530-5258
3		
Food and Clothing		
Assumption Parish	Keyser	304-788-2488
Catholic Community Services	Romney	304-822-5414
Eastern WV Community Action	Moorefield	304-558-7711
Faith in Action	Keyser	304-788-5331
Food For Thought	Keyser	304-788-3200
Goodwill Industries	Keyser	304-788-2068
Salvation Army		301-777-7600
Springfield Food Pantry		304-822-5759
Tri-Towns Food Pantry	Piedmont	301-707-2222
Warm the Children	Keyser	304-788-9099
WV WIC Program	Keyser	304-788-1693
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Foster and Adoption		
Burlington United Methodist Family	Burlington	304-289-6010
Services		
Kinship Care		304-414-5449
Health		
Home Base	Keyser	304-790-7326
Mineral County Health Department	Keyser	304-788-1321
Mountain State Psychological Services	Keyser	304-788-1113
West End Medical PLLC	Keyser	304-597-2494
WVU Medicine PVH Rapid Care Clinic	Keyser	304-597-3706
Housing and Weatherization		
Catholic Community Services	Romney	304-822-5414
Helping Hands	Keyser	304-788-0110
Housing Development Authority	Charleston	304-391-8600
Keyser Housing Authority	Keyser	304-788-2225
Mineral County Development Authority	Keyser	304-788-2233
Piedmont Housing Authority	Piedmont	304-355-2929
-Apartments		
Keyser Green Apartments	Keyser	304-410-3164
Potomac Heights Apartments	Keyser	304-788-5438
Valenna Jo Apartments	Keyser	304-788-6224

Job Services		
Moorefield Job Service		304-538-7741
Telamon	Martinsburg	304-263-0916
Region 7 Work Force WV	Moorefield	304-530-5258
WV Division of Rehabilitation Services	Keyser	304-788-2313
Legal		
Legal Aid of West Virginia	Charleston	304-343-3013
Libraries		
Burlington Public Library	Burlington	304-289-3690
Fort Ashby Public Library	Fort Ashby	304-298-4493
Keyser-Mineral County Public Library	Keyser	304-788-3222
Piedmont Public Library	Piedmont	304-355-2757
Recreation		
Mineral County Parks & Recreation	Keyser	304-788-5732
Senior Services		
Aging & Family Services	Keyser	304-788-5467
Frankfort Senior Center	Ridgeley	304-726-4610
Keyser Health Care Services	Keyser	304-788-3415
Substance Abuse	W	204 700 2044
Potomac Highlands Guild	Keyser	304-788-2241
Recovery Care	Petersburg	304-289-5632
Staggers Recovery House	Burlington	304-289-5632
Tuesda autoticu		
Transportation	Dotoroburg	204 257 1414
PVTA Boody Bido	Petersburg	304-257-1414 304-257-1414
PVTA Ready Ride Yellow Cab Company	Keyser	304-257-1414
reliow cab company	Keyser	304-760-3331
Veterans		
Department of Veterans Assistance	Charleston	304-746-4497
Supportive Services for Veterans Families	Moorefield	304-538-2839
Supportive services for veteralis raillines	IVIOOI CITCIO	307 330 2007
Youth Services		
-Grief		
Camp Good Grief at Mountain Hospice		mountainhospice.com

MORGAN COUNTY

Animal Services	Location	Phone
Animal Control	Berkeley Springs	304-258-0326
Friends Fur Life Rescue	Berkeley Springs	304-261-4509
Give Purrs a Chance	Berkeley Springs	304-596-4164
Humane Society of Morgan County	Berkeley Springs	304-258-5592
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Child Care		
Division of Early Childhood Link to Child		https://dhhr.wv.gov/bfa/ece/pages/pr
Care Providers in WV		<u>ovidersearch.aspx</u>
MountainHeart Community Services, Inc.	Martinsburg	304-262-1584
Children's Services		
Family Resource Network	Martinsburg	304-262-5360
Family Support Center	Berkeley Springs	304-258-5600
Morgan County Partnership	Berkeley Springs	304-258-7807
Nazareth House	Berkeley Springs	304-258-5683
Parents As Teachers	Martinsburg	304-260-5884
Right From the Start	Berkeley Springs	304-790-4871
West Virginia Birth to Three	Martinsburg	304-267-3595
WVU Extension Services	Berkeley Springs	304-258-8400
Disability		
Stonerise Healthcare	Berkeley Springs	304-258-3673
WV University Center for Excellence in	Morgantown	304-293-4682
Disabilities		
D D. II 6		
Disaster Relief		004.050.4040
American Red Cross	Berkeley Springs	304-258-1210
Daniel VIII ve		
Domestic Violence	Dayles lave Consistence	204.250.1070
Eastern Panhandle Empowerment Center	Berkeley Springs	304-258-1078
Education		
EACHS Head Start	Dorkolov Springs	204 250 5225
	Berkeley Springs Berkeley Springs	304-258-5335 304-258-2430
Morgan County Board of Education	berkeley springs	304-206-2430
Financial		
Eastern WV Community Action	Berkeley Springs	304-258-1350 Ext. 78610
WV DoHS	Berkeley Springs	304-258-1350 Ext. 78010
Work Force WV	Martinsburg	304-256-1330
VVOINTOICC VV V	iviai tiiisburg	304-207-0003
Food and Clothing		
Berkeley Baptist Church	Berkeley Springs	304-258-4101
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Calvary UMC Great Cacapon	Berkeley Springs	304-258-3455
Catholic Charities		1-888-900-2989
Goodwill Industries	Berkeley Springs	304-258-6685
Meals on Wheels	Berkeley Springs	304-258-3096
Morgan County Interfaith Emergency	Berkeley Springs	304-258-2487
Care		
Paw Paw UMC	Paw Paw	304-947-5289
Snyder Bible Church	Berkeley Springs	304-258-3930
Word of Deliverance	Berkeley Springs	304-258-2148
WV WIC Program	Berkeley Springs	304-258-6074
Faster and Adaption		
Foster and Adoption	N A subtine a la conse	204 270 5004
Burlington UM Family Services	Martinsburg	304-260-5884
Health and Medical		
Good Samaritan Free Clinic	Martinchurg	304-264-4049
Mental Health Line	Martinsburg	844-435-7498
	Dorkolov Chrings	304-258-1613
Morgan County Health Department	Berkeley Springs	
Mountaineer Community Health Poison Control	Paw Paw	304-947-5500 800-222-1222
	Dorkolov Chrings	
Shenandoah Community Health	Berkeley Springs	304-263-7023
Tristate Community Health	Berkeley Springs	304-258-1513
War Memorial Hospital	Berkeley Springs	304-258-1234
Housing and Weatherization		
Martinsburg Housing Authority	Martinsburg	304-263-8891
Eastern WV Community Action	Berkeley Springs	304-258-1350 Ext 78610
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-Apartments		
Berkeley Springs Square	Berkeley Spring	304-263-5916
Catawba Club	Berkeley Spring	304-258-0202
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Job Services		
Work Force West Virginia	Martinsburg	304-267-0065
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Legal		22121222
Legal Aid of West Virginia	Martinsburg	304-263-8871
Libraries		
Morgan County Public Library	Berkeley Springs	304-258-3350
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Recreation		
Berkeley Springs State Park Foundation	Berkeley Springs	304-258-2711
Cacapon Resort State Park	Berkeley Springs	304-258-1022
Senior Services		
Senior Life Services of Morgan County	Berkeley Springs	304-258-3096
Senior Life Services of Morgan County	Paw Paw	304-947-7922
Substance Abuse		
AA Frances Asbury UMC	Berkeley Springs	304-258-1033
East Ridge Health Systems	Berkeley Springs	304-258-2889
NA/AA St. Marks Episcopal	Berkeley Springs	304-258-2440
Transportation		
Modivcare	Charleston	1-844-889-1939
Transportation On Demand (TOD)	Berkeley Springs	304-702-9090
Veterans		
Veterans of Foreign Wars	Berkeley Springs	304-258-5938

PENDLETON COUNTY

Animal Services	Location	Phone
Pendleton County Animal Welfare Shelter	Franklin	304-358-3644
Child Care		
Division of Early Childhood Link to Child		https://dhhr.wv.gov/bfa/ece/pages/
Care Providers in WV		<u>providersearch.aspx</u>
MountainHeart Community Services, Inc.	Petersburg	304-257-9375
Children's Services		
Family Resource Network	Moorefield	304-530-5480
Family Support Center	Franklin	304-538-7711 Ext. 4
Parents As Teachers	Martinsburg	304-260-5884
Right From the Start	Franklin	304-790-4871
West Virginia Birth to Three	Martinsburg	304-267-3595
WVU Extension Services	Franklin	304-358-2286
Disability		
WV University Center for Excellence in	Morgantown	304-293-4692
Disabilities	_	
Disaster Relief		
American Red Cross	Franklin	800-733-2767
Domestic Violence		
Family Crisis Center	Petersburg	304-257-4606
Education		
EACHES Head Start	Franklin	304-358-3036
Pendleton County Board of Education	Franklin	304-358-2207
WV Adult Basic Education	Franklin	304-434-8000
WVU Extension Services	Franklin	304-358-2286
Financial		
WV DoHS	Franklin	304-358-2305
Eastern WV Community Action	Franklin	304-538-7711 Ext. 4
Partnership		
Family Preservation Services	Moorefield	304-538-2259
United Way	Huntington	304-523-8929
Work Force WV	Moorefield	304-538-3176
WVU Extension Service	Franklin	304-358-2286

Food and Clothing			
Christians Assistants Network	Rt 33 East Ramblewood Dr., Franklin	No Phone	
Church of God	48 Main St, Franklin	304-358-7018	
Eastern WV Community Action	Franklin	304-538-7711 Ext. 4	
Living Waters Ministries	Petersburg	304-257-5029	
West Virginia WIC Program	Franklin	304-358-3088	
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Foster and Adoption			
Burlington UM Family Services	Riverton	304-567-2003	
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Health and Medical	- III	224 252 225	
Pendleton Community Care	Franklin	304-358-2355	
Pendleton County Health Department	Franklin	304-358-7565	
Potomac Highlands Mental Health Guild Inc.	Franklin	304-358-2351	
Housing and Weatherization			
Eastern WV Community Action	Moorefield	304-538-7711	
Partnership	TWO OT OTTOICE		
Habitat For Humanity	Franklin	304-358-7642	
Randolph County Housing Authority	Elkins	304-636-6495	
- Apartments			
Anderson Hill Apartments	Franklin	304-358-2028	
Potomac Highland Apartments	Franklin	304-358-2028	
River Bend Apartments	Franklin	304-358-7642	
Job Services			
Work Force West Virginia	Moorefield	304-538-3176	
Legal			
Legal Aid of West Virginia	Elkins	304-635-7600	
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Libraries			
Pendleton County Library	Franklin	304-358-7038	
Danie dia			
Recreation	Davida	204 250 521/	
Black Waterfalls	Davis	304-259-5216	
Seneca Rocks National Recreation Area	Seneca Rocks	304-567-2827	
Senior Services			
Commissions on Aging	Franklin	304-358-2421	
Pendleton Senior & Family Services	Franklin	304-358-2421	

Substance Abuse		
Potomac Highland Guild	Franklin	304-358-2351
Transportation		
Potomac Valley Transit Authority	Petersburg	304-257-1414
Veterans		
Veterans Affairs Community Based Outpatient Clinic	Franklin	1-800-817-3807
WV Department of Veterans Assistance	Moorefield	304-538-2839
Youth Services		
-Grief		
Camp Good Grief at Mountain Hospice		mountainhospice.com

PRESTON COUNTY

Animal Services	Location	Phone
AVS Mountainland Animal Hospital	Kingwood	304-329-1586
Preston County Animal Shelter	Kingwood	304-329-3461
Preston County Humane Society	Kingwood	304-435-1808
Child Care		
Division of Early Childhood Link to Child		https://dhhr.wv.gov/bfa/ece/pages/p
Care Providers in WV		<u>rovidersearch.aspx</u>
MountainHeart Community Services, Inc.	Elkins	304-637-2840
Children's Services		
CASA for Kids	Kingwood	304-329-3401
Family Resource Network	Kingwood	304-816-9504
		prestonfrn@gmail.com
Family Support Center	Kingwood	304-329-1968
Healthy Start/HAPI Project	Kingwood	304-329-0096
Parents As Teachers	Kingwood	304-329-1965
Right From the Start	Kingwood	304-550-5388
West Virginia Birth to Three	Elkins	304-637-2844
Disaster Relief		
FEMA	National	800-621-3362
Preston County Commission	Kingwood	304-324-1805
Preston County Office of Emergency	Kingwood	304-329-1855
Services		
Domestic Violence		
RDVIC	Morgantown	304-329-1687
Education		
Preston County Adult Education	Kingwood	681-299-1177
Preston County Board of Education	Kingwood	304-329-0580
Preston County Caring Council	Kingwood	304-816-9504
Preston County Economic Dev. Authority	Kingwood	304-329-2299
Financial		
NCWV Community Action	Kingwood	304-363-2170
WV DoHS	Kingwood	304-329-4340
Food and Clothing		
Food for Preston	Kingwood	304-379-3519

Family Cumpart Contar	Vingueod	204 220 10/0
Family Support Center	Kingwood	304-329-1968
Salvation Army	Kingwood	304-329-7444
WV Bureau for Family Assistance	Charleston	304-205-6357
West Virginia WIC Program	Kingwood	304-329-1957
Foster and Adention		
Foster and Adoption Purlington LIM Femily Services	Elkins	204 427 5074
Burlington UM Family Services	-	304-637-5874 304-622-1907
Genesis Foster Care & Adoption	Clarksburg	
Necco Foster Care	Elkins	304-533-7063
Health and Medical		
Newburg Clinic	Newburg	304-892-2812
Preston County Health Department	Kingwood	304-329-0096
Preston Memorial Hospital	Kingwood	304-329-1400
Total Family Care	Kingwood	304-329-0256
WVU West Preston Primary Care	Reedsville	855-988-2273
WVO West Trestori Tilliary Care	Recusville	033-700-2273
Housing and Weatherization		
Morgantown Housing Authority	Morgantown	304-363-0860
NCWV Community Action	Kingwood	304-363-2170
Ü		
-Apartments		
Green Acres Apartment	Kingwood	304-329-3800
Preston Manor Apartments	Kingwood	304-329-3259
Rich View Apartments	Kingwood	304-329-1213
Job Services		
WV Division of Rehabilitation Services	Charleston	800-642-8207
Work Force West Virginia	Kingwood	304-329-2299
Legal		
Legal Aid of West Virginia	Morgantown	304-296-0001
Logar / No or vvest vinginia	Worgantown	301 270 0001
Libraries		
Kingwood Public Library	Kingwood	304-329-1499
Terra Alta Public Library	Terra Alta	304-789-2724
Recreation		
Preston County Chamber of Commerce	Kingwood	304-329-4660
Preston County Economic Development	Kingwood	304-329-2299
Senior Services		
North Preston Senior Center	Bruceton Mills	304-379-1165

Preston County Senior Center	Kingwood	304-329-0464
Preston-Tunnelton Senior Center	Tunnelton	304-568-2151
Freston-runnenton Senior Center	runnenon	304-300-2131
Substance Abuse		
Al-Anon-AA	Bruceton Mills	304-291-7918
Narcotics Anonymous	Kingwood	800-766-4442
Preston Prevention Partnership	Kingwood	304-329-0096
Transportation		
Buckwheat Express	Kingwood	304-329-0464
Preston County Senior Center	Kingwood	304-329-0464
Veterans		
Veterans of Foreign Wars	Terra Alta	304-789-2672
VA Medical Center	Clarksburg	304-623-3461

RANDOLPH COUNTY

Animal Services	Location	Phone
All Creatures Great and Small	Elkins	304-637-2400
Appalachian Animal Hospital	Elkins	304-636-8760
Randolph County Animal Control	Elkins	304-636-2521
Randolph County Humane Society	Elkins	304-636-7844
Child Care		
Division of Early Childhood Link to Child		https://dhhr.wv.gov/bfa/ece/pages/
Care Providers in WV		<u>providersearch.aspx</u>
MountainHeart Community Services, Inc.	Elkins	304-637-2840
Children's Services		
Child Advocacy Center	Elkins	304-630-2214
Family Resource Network	Elkins	304-636-4454
Family Support Center	Elkins	304-591-4052
Healthy Start/HAPI Project	Elkins	304-624-4797
Right From the Start	Elkins	304-624-4797
West Virginia Birth to Three	Elkins	304-637-2844
Youth Health Service	Elkins	304-636-9450
Disability		
WV Aging and Disability Services	Elkins	304-630-2207
WV Division of Rehabilitation Services	Charleston	800-642-8207
Disaster Relief		
American Red Cross	Elkins	304-636-3883
The Salvation Army	Elkins	304-637-1173
Domestic Violence		
Centers Against Violence	Elkins	304-636-8433
Education		201 (2) 2122
North Central Head Start	Elkins	304-636-2188
Randolph County Board of Education	Elkins	304-636-9150
Randolph Technical Center	Elkins	304-636-9195
Workforce & Education	Elkins	304-637-0803
Financial		
Financial Catholic Charities	Elkins	204 626 4076
		304-636-4876
Helping Hands Clearing House	Elkins	304-636-5449

North Central Community Action	Elkins	304-636-5008
The Salvation Army	Elkins	304-637-1173
United Way	Elkins	304-636-0516
Food and Clothing		
Catholic Charities	Elkins	304-636-4876
Destiny Tabernacle of Praise	Elkins	304-636-9303
Family Support Center	Elkins	304-591-4052
Gods Closet	Elkins	304-636-4274
Goodwill	Elkins	304-636-7529
North Central Community Action	Elkins	304-636-5008
Summit Charities	Elkins	304-704-5186
The Salvation Army	Elkins	304-637-1173
Tygart Valley Ministries	Elkins	304-636-9780
United Way	Elkins	304-636-0516
WV DoHS	Elkins	304-637-5560
WV WIC Program	Elkins	304-636-8100
- U		
Foster and Adoption		
Burlington UM Family Services	Elkins	304-637-5874
Necco Foster Care	Elkins	304-553-7063
Health and Medical		
Appalachian Community Health Center	Elkins	304-636-3232
Celebrating Recovery	Elkins	304-642-1092
Davis Medical Center	Elkins	304-636-3300
Next Generation Family Medical	Elkins	304-637-6928
Randolph County Health Department	Elkins	304-636-0396
Valley Health Care	Mill Creek	304-636-0133
Housing and Weatherization	FIL:	204 (2) 407/
Catholic Charities	Elkins	304-636-4876
Randolph County Homeless Shelter	Elkins	304-636-5193
Randolph County Housing Authority	Elkins	304-637-7604
North Central WV Community Action	Elkins	304-636-5008
The Salvation Army	Elkins	304-637-1176
-Apartments		
Gateway Apartments	Elkins	304-636-6793
Pristine Apartments	Elkins	304-614-2332
Randolph Village Apartments	Elkins	304-636-8888
Seneca Reality	Elkins	304-636-5319
Soliosa Rounty		331 333 3317
John Compiess		
Job Services Employment Security Bureau	Elkins	304-637-0262
Employment Security Bureau	LIKII IS	304-037-0202

Randolph County Housing Authority	Elkins	304-637-7604
Program Unemployment Office	Elkins	304-637-0257
Work Force WV	Elkins	304-637-0257
Work Force WV	CINII 13	304-037-0233
Legal		
Legal Aid of West Virginia	Elkins	304-635-7600
Randolph County Family Law	Elkins	304-630-1169
Dublic Librarias		
Public Libraries	Flising	204 (27 0207
Randolph County Public Library	Elkins	304-637-0287
Pioneer Memorial Public Library	Harman	304-227-4788
Russell Memorial Public Library	Mill Creek	304-335-6277
Valley Head Public Library	Valley Head	304-339-6071
Recreation		
Elkins Depot Welcome Center	Elkins	304-635-7803
Randolph County Parks & Recreation	Elkins	304-637-0300
Randolph County YMCA	Elkins	304-636-4515
Carrier Complete		
Senior Services	EU!	204 (2) 4747
Committee on Aging Randolph County	Elkins	304-636-4747
Howes Aging Services	Buckhannon	304-460-3296
Randolph County Senior Center	Elkins	304-636-4747
Substance Abuse		
Appalachian Community Health	Elkins	304-636-3232
Mountain Healing	Elkins	304-836-3462
Randolph County Anonymous	Elkins	304-636-8477
RRG Behavioral Health	Elkins	681-378-3908
Transportation		
Transportation	Filting	204 / 2/ / 472
Country Roads Transit	Elkins	304-636-6472
Talks Transit	Elkins	304-940-0546
Veterans		
NCWVCA	Elkins	304-636-5193
Veterans Admin Clinic	Parsons	304-478-2219
Veterans of Foreign Wars	Elkins	304-636-7360
Youth Services		
-Grief		
Camp Good Grief at Mountain Hospice		mountainhospice.com
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TAYLOR COUNTY

Animal Services	Location	Phone
Grafton Animal Care Center	Grafton	304-265-4850
Taylor County Humane Society	Grafton	304-265-4215
Child Care		
Division of Early Childhood Link to Child		https://dhhr.wv.gov/bfa/ece/pages
Care Providers in WV		<u>/providersearch.aspx</u>
MountainHeart Community Services, Inc.	Grafton	304-265-0142
Children's Services	Constitute of	204 (0/ 0007
Family Resource Center	Grafton	304-606-8087
Family Support Center	Grafton	304-265-6838
Healthy Start/HAPI Program	Grafton	304-624-8522
Parents As Teachers	Grafton	304-694-6405
Right From the Start	Grafton	304-624-8522
West Virginia Birth to Three	Elkins	304-637-2844
Disability		
Valley HealthCare Systems	Morgantown	304-296-1731
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Disaster Relief		
American Red Cross	Grafton	304-265-3330
Salvation Army	Grafton	304-265-3565
2 11 10 1		
Domestic Violence		204.045.4504
Rape & Domestic Violence Info Center	Grafton	304-265-6534
Education		
Early Head Start	Grafton	304-265-3200
Taylor County Board of Education	Grafton	304-265-2497
rayior county board or Education	Granton	304-203-2477
Financial		
NCWVCA	Grafton	304-265-3200
WV DoHS	Grafton	304-265-1288
Food and Clothing		
Act of Kindness	Morgantown	304-677-6378
Bread of Life Mission	Grafton	304-516-9315
Catholic Charities	Grafton	304-265-3091
Good Shepherd Thrift Store	Grafton	304-265-5975
Project Hope	Morgantown	304-518-9665
True Vine Ministries	Grafton	304-612-6608
WV WIC Program	Grafton	304-265-8199

Foster and Adoption		
Burlington UM Family Services	Grafton	304-265-1338
	0.0.00	03.1203.1003
Health and Medical		
Celebrate Recovery	Whitehall	304-612-6162
Grafton City Hospital	Grafton	304-265-0400
Medical Center of Taylor County	Grafton	304-265-4909
Taylor County Health Department	Grafton	304-265-1288
Valley Health Care	Grafton	304-265-3974
<u>,</u>		
Housing and Weatherization		
Grafton Housing Authority	Grafton	304-265-0629
Fairmont Morgantown Housing Authority	Morgantown	304-363-0860
NCWV Community Action	Grafton	304-265-3200
,		
-Apartments		
Briarcliff Apartments	Grafton	304-265-3842
Garrett Mills Apartments	Grafton	304-265-0394
Grafton Manor	Grafton	304-265-3723
Job Services		
Region VI Work Force West Virginia	Fairmont	1-800-252-5627
Legal		
Legal Aid of West Virginia		866-255-4370
Taylor County Prosecuting Attorney	Grafton	304-265-3211
Libraries		224.245.4424
Taylor County Public Library	Grafton	304-265-6121
Decreation		
Recreation	Grafton	204 245 1401
Taylor County Recreation & Tourism	Grafton	304-265-1401
Tygart Lake State Park	Granton	304-265-6144
Senior Services		
Taylor County Senior Center	Grafton	304-265-4555
rayior county serilor center	Granton	304-203-4333
Substance Abuse		
Celebrate Recovery	Grafton	304-288-3046/304-203-2045
Grafton Taylor Health Dept	Grafton	304-265-1288
United Summit Center	Grafton	304-265-2470
Office Julianic Center	Granton	304-203-2470
Transportation		
Taylor County Senior Center	Grafton	304-265-4555
12,50. 002	2.4	11.200.000

Veterans		
NCWV Community Action	Grafton	304-265-3200
WV Department of Veterans Assistance	Martinsburg	304-267-2175

TUCKER COUNTY

Animal Services	Location	Phone
Tucker County Animal Shelter	Parsons	304-478-6232
Child Care		
Division of Early Childhood Link to Child		https://dhhr.wv.gov/bfa/ece/pages/
Care Providers in WV		<u>providersearch.aspx</u>
MountainHeart Community Services, Inc.	Petersburg	304-257-9375
Children's Services		
Child Advocacy Center	Elkins	304-630-2214
Family Resource Network	Parsons	304-478-3827
Family Support Center	Parsons	304-478-3827
NCWV Community Action	Parsons	304-478-3536
Parents As Teachers	Parsons	304-478-3827
West Virginia Birth to Three	Elkins	304-637-2844
Disability		
WV Division of Rehabilitation Services	Charleston	800-642-8207
Disaster Relief		
American Red Cross	Parsons	800-733-2767
Salvation Army	Elkins	304-637-1173
Domestic Violence		
Centers Against Violence	Parsons	304-478-3338
Education		
Mountain State Adult Education	Dunbar	304-766-0011
Tucker County Board of Education	Parsons	304-478-2771
Tucker County Early Head Start	Parsons	304-265-3200
Financial		204 470 2504
NCWV Community Action	Parsons	304-478-3536
WV DoHS	Parsons	304-478-3212
Food and Clathing		
Food and Clothing	Damagna	204.0// 2217
Blackwater Ministries	Parsons	304-866-2317
First United Methodist Church	Parsons	304-478-8602
Hinkle House Food Pantry	Parsons	304-478-1114
Salvation Army	Elkins	304-637-1173
Tucker County Family Support Center	Parsons	304-478-3827
WV WIC Program	Parsons	304-478-3096

Foster and Adoption		
Burlington UM Family Services	Elkins	304-637-5874
Necco Foster Care	Elkins	304-553-7063
Health and Medical		
St. George Clinic	Davis	681-435-0011
St. George Medical Clinic	St. George	304-478-3339
St. George School Based Clinic	Parsons	304-478-6000
Tucker County Health Department	Parsons	304-478-3572
Housing and Weatherization		
NCWV Community Action	Parsons	304-478-3536
Randolph County Housing Authority	Elkins	304-636-6495
- Apartments		
Pineview Apartments	Thomas	304-463-4181
Tucker Manor Apartments	Parsons	304-478-2368
Tucker Marior Apartments	1 0130113	304-470-2300
Job Services		
NCWV Community Action	Parsons	304-478-3536
West Virginia Work Force	Elkins	304-637-0257
Legal		
Legal Aid of West Virginia	Elkins	304-635-7600
Tucker County Prosecuting Attorney	Parsons	304-478-3511
Libraries		
Five Rivers Library	Parsons	304-478-3880
Mountaineer Public Library	Thomas	304-463-4582
Recreation		
Tucker Convention & Visitors Bureau	Davis	304-782-2775
Tucker County Parks & Recreation	Parsons	304-478-2710
Senior Services		
	Parsons	304-478-3536
NCWV Community Action Tucker County Senior Conter	Parsons	304-478-2423
Tucker County Senior Center	r al SULIS	304-470-2423
Substance Abuse		
Appalachian Community Health Center	Parsons	304-478-2764
Tucker County Celebrate Recovery	Parsons	yhsamy@yahoo.com
		, , ,

Transportation		
Tucker County Senior Center	Parsons	304-478-2423
Veterans		
NCWV Community Action	Parsons	304-478-3536
Tucker County Veterans Clinic	Parsons	304-478-2219
Youth Services		
-Grief		
Camp Good Grief at Mountain Hospice		mountainhospice.com

UPSHUR COUNTY

Buckhannon Animal Clinic Buckhannon 304-472-0328 Lewis/Upshur Animal Control Buckhannon 304-472-3865 Upshur Veterinary Hospital Buckhannon 304-472-3865 Upshur Veterinary Hospital Buckhannon 304-472-6575 Child Care Division of Early Childhood Link to Child Care Providers in WV MountainHeart Community Services, Inc. Children's Services Child Advocacy Center Buckhannon 304-473-0020 Family Resource Network Buckhannon 304-473-1051 Family Support Center Buckhannon 304-472-1500 Pasaster Rellef American Red Cross Morgantown 304-624-7979 Disaster Rellef American Red Cross Morgantown 304-472-6809 Domestic Violence Centers Against Violence Buckhannon 304-472-3330 Upshur County Adult Education Buckhannon 304-472-3330 Upshur County Adult Learning Buckhannon 304-472-3330 Upshur County Board of Education Buckhannon 304-472-5480 Upshur County Board of Education Buckhannon 304-472-5480 Financial Mountain CAP Emergency Services Buckhannon 304-472-1500 Buckhannon 304-472-1500 Food and Clothing Goodwill Ind. Buckhannon 304-472-1500 Buckhannon 304-472-1500 Buckhannon 304-472-1500 Buckhannon 304-472-1500	Animal Services	Location	Phone
Upshur Veterinary Hospital Child Care Division of Early Childhood Link to Child Care Providers in WV MountainHeart Community Services, Inc. Child Advocacy Center Buckhannon Buckhannon 304-473-0020 Advoracy Center Buckhannon 304-473-1020 Family Resource Network Buckhannon 304-473-1051 Buckhannon 304-473-1051 Buckhannon 304-473-1051 Buckhannon 304-473-1051 Buckhannon 304-472-6808 Parents As Teachers Weston Weston Ugshur County Adult Education Upshur County Head Start Buckhannon Buckhannon 304-472-2016 Buckhannon 304-472-2016 Buckhannon 304-472-1682 Buckhannon 304-472-2016 Financial Mountain CAP Emergency Services Buckhannon 304-472-087 Buckhannon 304-472-1500 304-472-1500 WV Dols Buckhannon 304-472-1500 Buckhannon 304-472-1500 WV Dols Buckhannon 304-472-1500 Buckhannon 304-472-1500 WV Dols Buckhannon 304-472-087	Buckhannon Animal Clinic	Buckhannon	304-472-0328
Child Care Division of Early Childhood Link to Child Care Providers in WV MountainHeart Community Services, Inc. Children's Services Child Advocacy Center Buckhannon Buckhann	Lewis/Upshur Animal Control	Buckhannon	304-472-3865
Division of Early Childhood Link to Child Care Providers in WV MountainHeart Community Services, Inc. Elkins 304-637-2840 MountainHeart Community Services, Inc. Children's Services Child Advocacy Center Emily Resource Network Emily Support Center Buckhannon Buckhannon 304-473-0020 Family Support Center Buckhannon 304-878-1115 Health Start/HAPI Program Buckhannon 304-872-6808 Parents As Teachers Weston 304-637-2844 Westor 304-637-2844 Disability WV Division of Rehabilitation Services Charleston Buckhannon 304-472-6808 American Red Cross Morgantown Salvation Army Buckhannon 304-637-2844 Morgantown 304-637-2844 Buckhannon 304-637-2844 Support County Adult Education Upshur County Adult Education Upshur County Adult Learning Upshur County Board of Education Upshur County Head Start Buckhannon 304-472-2016 Financial Mountain CAP Emergency Services Buckhannon 304-472-1500 WV DoHS Buckhannon 304-472-0587	Upshur Veterinary Hospital	Buckhannon	304-472-6575
Division of Early Childhood Link to Child Care Providers in WV MountainHeart Community Services, Inc. Elkins 304-637-2840 MountainHeart Community Services, Inc. Children's Services Child Advocacy Center Emily Resource Network Emily Support Center Buckhannon Buckhannon 304-473-0020 Family Support Center Buckhannon 304-878-1115 Health Start/HAPI Program Buckhannon 304-872-6808 Parents As Teachers Weston 304-637-2844 Westor 304-637-2844 Disability WV Division of Rehabilitation Services Charleston Buckhannon 304-472-6808 American Red Cross Morgantown Salvation Army Buckhannon 304-637-2844 Morgantown 304-637-2844 Buckhannon 304-637-2844 Support County Adult Education Upshur County Adult Education Upshur County Adult Learning Upshur County Board of Education Upshur County Head Start Buckhannon 304-472-2016 Financial Mountain CAP Emergency Services Buckhannon 304-472-1500 WV DoHS Buckhannon 304-472-0587			
Care Providers in WV MountainHeart Community Services, Inc. Elkins 304-637-2840 Children's Services Child Advocacy Center Buckhannon 304-473-0020 Family Resource Network Buckhannon 304-878-1115 Health Start/HAPI Program Buckhannon 304-878-1115 Buelath Start/HAPI Program Buckhannon 304-269-4000 Right From the Start Clarksburg West Virginia Birth to Three Elkins Clarksburg Wost Virginia Birth to Three Elkins Charleston Bou-642-8207 Disaster Relief American Red Cross Morgantown Salvation Army Buckhannon 304-472-6165 Domestic Violence Centers Against Violence Buckhannon Upshur County Adult Education Upshur County Adult Learning Upshur County Board of Education Upshur County Head Start Buckhannon 304-472-1682 Upshur County Head Start Buckhannon 304-472-2016 Financial Mountain CAP Emergency Services Buckhannon 304-472-1500 WV DoHS Buckhannon 304-472-0587	Child Care		
MountainHeart Community Services, Inc. Children's Services Child Advocacy Center Buckhannon 304-473-0020 Family Resource Network Buckhannon 304-473-1051 Family Support Center Buckhannon 304-878-1115 Health Start/HAPI Program Buckhannon 304-472-6808 Parents As Teachers Weston 304-269-4000 Right From the Start Clarksburg Westo Virginia Birth to Three Elkins 304-637-2844 Disability WV Division of Rehabilitation Services Charleston Boo-642-8207 Disaster Relief American Red Cross Morgantown Salvation Army Buckhannon 304-472-6165 Domestic Violence Centers Against Violence Buckhannon Upshur County Adult Education Buckhannon 304-472-3330 Upshur County Adult Education Buckhannon 304-472-3330 Upshur County Board of Education Buckhannon 304-472-2016 Financial Mountain CAP Emergency Services Buckhannon 304-472-1500 WV DoHS Buckhannon 304-472-1500 WV DoHS Buckhannon 304-472-0587	Division of Early Childhood Link to Child		https://dhhr.wv.gov/bfa/ece/pages/prov
Inc. Children's Services Child Advocacy Center Buckhannon 304-473-0020 Family Resource Network Buckhannon 304-878-1115 Health Start/HAPI Program Buckhannon 304-878-1115 Health Start/HAPI Program Buckhannon 304-472-6808 Parents As Teachers Weston 304-269-4000 Right From the Start Clarksburg West Virginia Birth to Three Elkins Disability WV Division of Rehabilitation Services Charleston Buckhannon 304-637-2844 Disability WV Division of Rehabilitation Services Charleston Buckhannon 304-472-6165 Domestic Violence Centers Against Violence Buckhannon Upshur County Adult Education Upshur County Adult Learning Upshur County Head Start Buckhannon 304-472-5480 Upshur County Head Start Buckhannon 304-472-1500 WV DHS Buckhannon 304-269-6820 Food and Clothing Goodwill Ind. Buckhannon 304-472-0587	Care Providers in WV		<u>idersearch.aspx</u>
Inc. Children's Services Child Advocacy Center Buckhannon 304-473-0020 Family Resource Network Buckhannon 304-878-1115 Health Start/HAPI Program Buckhannon 304-878-1115 Health Start/HAPI Program Buckhannon 304-472-6808 Parents As Teachers Weston 304-269-4000 Right From the Start Clarksburg West Virginia Birth to Three Elkins Disability WV Division of Rehabilitation Services Charleston Buckhannon 304-637-2844 Disability WV Division of Rehabilitation Services Charleston Buckhannon 304-472-6165 Domestic Violence Centers Against Violence Buckhannon Upshur County Adult Education Upshur County Adult Learning Upshur County Head Start Buckhannon 304-472-5480 Upshur County Head Start Buckhannon 304-472-1500 WV DHS Buckhannon 304-269-6820 Food and Clothing Goodwill Ind. Buckhannon 304-472-0587	Mountain Hoart Community Sorvices	Elking	204 627 2940
Children's Services Child Advocacy Center Earnily Resource Network Buckhannon 304-473-0020 Family Resource Network Buckhannon 304-473-1051 Family Support Center Buckhannon 304-878-1115 Health Start/HAPI Program Buckhannon 304-472-6808 Parents As Teachers Weston 304-269-4000 Right From the Start Clarksburg West Virginia Birth to Three Elkins 304-637-2844 Disability WV Division of Rehabilitation Services Charleston Buckhannon 304-472-6165 Domestic Violence Centers Against Violence Buckhannon Upshur County Adult Education Upshur County Adult Learning Upshur County Head Start Buckhannon Buckhannon 304-472-1682 Upshur County Head Start Buckhannon 304-472-2016 Financial Mountain CAP Emergency Services Buckhannon 304-472-0587 Buckhannon 304-472-0587		LIKITIS	304 037 2040
Child Advocacy Center Family Resource Network Buckhannon 304-473-1051 Family Support Center Buckhannon 304-873-1051 Family Support Center Buckhannon 304-873-1051 Family Support Center Buckhannon 304-472-6808 Parents As Teachers Weston 304-269-4000 Right From the Start Clarksburg West Virginia Birth to Three Elkins Disability W Division of Rehabilitation Services Charleston Buckhannon Buckhann			
Family Resource Network Family Support Center Buckhannon 304-473-1051 Family Support Center Buckhannon 304-878-1115 Health Start/HAPI Program Buckhannon 304-472-6808 Parents As Teachers Weston 304-269-4000 Right From the Start Clarksburg West Virginia Birth to Three Elkins 304-624-7979 West Virginia Birth to Three Elkins 304-637-2844 Disability WV Division of Rehabilitation Services Charleston Buckhannon 304-598-9500 Salvation Army Buckhannon 304-472-6165 Domestic Violence Centers Against Violence Buckhannon Upshur County Adult Education Buckhannon Upshur County Adult Learning Upshur County Board of Education Buckhannon 304-472-3330 Upshur County Head Start Buckhannon 304-472-5480 Upshur County Head Start Buckhannon 304-472-1500 WV DoHS Buckhannon 304-472-1500 WV DoHS Buckhannon 304-472-0587	Children's Services		
Family Support Center Health Start/HAPI Program Buckhannon 304-878-1115 Health Start/HAPI Program Buckhannon 304-472-6808 Parents As Teachers Weston 304-269-4000 Right From the Start Clarksburg West Virginia Birth to Three Elkins 304-624-7979 West Virginia Birth to Three Elkins Disability W Division of Rehabilitation Services Charleston Boo-642-8207 Disaster Relief American Red Cross Morgantown 304-598-9500 Salvation Army Buckhannon 304-472-6165 Domestic Violence Centers Against Violence Buckhannon Upshur County Adult Education Upshur County Adult Learning Upshur County Head Start Buckhannon Buckhannon 304-472-1682 Upshur County Head Start Buckhannon 304-472-2016 Financial Mountain CAP Emergency Services Buckhannon Buckhannon 304-472-1500 WV DoHS Buckhannon 304-472-0587		Buckhannon	304-473-0020
Health Start/HAPI Program Parents As Teachers Weston Right From the Start Clarksburg West Virginia Birth to Three Elkins Disability WV Division of Rehabilitation Services Charleston Buckhannon		Buckhannon	304-473-1051
Parents As Teachers Right From the Start Clarksburg West Virginia Birth to Three Elkins Disability WV Division of Rehabilitation Services Charleston Buckhannon Upshur County Adult Education Upshur County Board of Education Upshur County Head Start Buckhannon Upshur County Head Start Buckhannon Upshur County Head Start Morgantow Buckhannon Buckhannon 304-472-6165 Buckhannon 304-472-5480 Upshur County Head Start Buckhannon WV DoHS Buckhannon 304-472-1500 Buckhannon 304-472-1500 Buckhannon 304-472-1500 Buckhannon 304-472-1500 Buckhannon 304-269-6820 Food and Clothing Goodwill Ind. Buckhannon 304-472-0587			304-878-1115
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	Mountain Cap		

Parish House	Buckhannon	304-472-0743
Parish House	Rock Cave	304-472-0743
Parish House Clothes Closet	Buckhannon	304-472-0743
Salvation Army	Buckhannon	304-472-6165
Upshur County Family Support Center	Buckhannon	304-878-1115
WV DoHS	Buckhannon	304-473-4230
VV V DOI 13	Duckilariilori	304-473-4230
Foster and Adoption		
Burlington UM Family Services	Elkins	304-637-5874
Necco	Elkins	304-553-7063
Health and Medical		
Appalachian Community Health Center	Buckhannon	304-472-2022
Buckhannon Medical Center	Buckhannon	304-472-1600
Central WV Pregnancy Care Center	Buckhannon	304-473-1122
Community Care of Buckhannon	Buckhannon	304-473-5600
St. Joseph's Hospital	Buckhannon	304-473-2000
Upshur County Health Department	Buckhannon	304-472-2810
Housing and Weatherization		
Buckhannon Housing Authority	Buckhannon	304-472-1305
	Buckhannon	304-472-0743
Habitat for Humanity Mountain CAP of West Virginia	Buckhannon	304-472-1500
Wouldain CAP of West Virginia	DUCKHAIIIUH	304-472-1300
-Apartments		
Buckhannon Manor	Buckhannon	304-472-7353
Cambridge Heights	Buckhannon	304-473-1453
Valley Green Apartments	Buckhannon	304-472-7014
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Job Services		
Augmented Service Solutions	Buckhannon	304-460-4608
Work Force West Virginia	Elkins	304-637-0357
Logal		
Legal	Clarkshurg	304-623-6649
Legal Aid of West Virginia	Clarksburg Charleston	
WV Lawyer Referral Services	Charleston	304-558-7991
Libraries		
Upshur County Public Library	Buckhannon	304-473-4219
Recreation		
Upshur County Parks & Recreation	French Creek	304-924-6724
Upshur County Visitors Center	Buckhannon	304-473-1400
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Senior Services		
Senior Companion Program	Buckhannon	304-472-8796
Upshur County Senior Center	Buckhannon	304-472-0528
Substance Abuse		
Appalachian Community Health Center	Buckhannon	304-472-2022
Community Care Connections of	Buckhannon	304-924-6262
Buckhannon		
United Summit Center	Buckhannon	304-623-5666
Transportation		
Buckhannon Senior Center	Buckhannon	304-472-0582
Country Roads Transit	Buckhannon	304-472-1651
Veterans		
WV Department of Veterans Services	Elkins	304-637-0235

WV AID AND ASSISTANCE PROGRAMS

Children's Services	Phone	Website
Alliance For Children	304-342-8477	www.ourwvchildren.org
Boy Scouts	304-340-3663	www.buckskin.org
Burlington United Methodist Family	304-289-6010	www.bumfs.org
Services, Inc.		G .
Camp Mariposa	304-913-4956	www.campmariposawv.org
Child Abuse and Neglect Hotline	800-352-6513	www.dhhr.wv.gov
Center for Missing and Exploited	800-843-5678	www.missingkids.com
Children		
Children's Crisis & Referral Line	304-356-5840	www.help4wv.com
Davis Stewart	304-647-5577	www.davisstewart.org
Girl Scouts of Black Diamond Council	304-345-7723	www.bdgsc.org
Help Me Grow	800-642-8522	www.helpmegrow.org
Save The Children Action Network	618-494-8468	www.savethechildren.org
WV Child Abuse and Neglect Hotline	800-352-6513	www.teamwv.org
WV DoHS		https://dhhr.wv.gov/Pages/default.aspx
WV SADD Program	304-913-4956	www.wvsadd.org
West Virginia Parent Training and	800-281-1436	www.wvpti.org
Information Project		
West Virginia Youth Advocate Program	304-485-0791	www.nyap.org
West Virginia's Promise-The Alliance	304-661-1460	www.fivepromises.wv.gov
for Youth		
Disability		
Autism Speaks and Autism Response	888-288-4762	www.autismspeaks.org
Team	000 200 1702	www.adtismspeaks.org
Children With Special Health Care	866-445-8491	www.wvdhhr.org/cshcn/
Needs		g, contain
Disability Rights of WV	800-950-5250	www.drofwv.org
Easterseals West Virginia	304-242-1390	www.easterseals.com/wv
Fair Shake Network	800-497-4746	www.fairshake.org
Learning Disabilities Association of	412-341-1515	www.ldamerica.org
America		3
Live Ability	844-212-3464	www.liveabilitywv.org
Make A Wish Foundation	800-664-9474	www.wish.org
National Runaway Safeline	800-786-2929	www.1800runaway.org
Northern West Virginia Center for	304-636-0143	, - 3
Independent Living		
Ski*Hi Preschool Program	304-822-4843	www.wvsdb2.state.k12.wv.us/
WV Autism Training Center	304-696-2332	www.marshall.edu
WVU Center of Excellence in Disabilities	304-293-2914	www.cedwvu.org
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Disaster Relief		
American Red Cross	844-216-8286	www.redcross.org
Disaster Distress Hotline	800-958-5990	www.samhsa.gov
Disaster Distress Hetimo	000 700 0770	www.saminsa.gov
Domestic Violence		
Centers Against Violence	800-339-1185	www.centersagainstviolence.org
National Domestic Violence Hotline	000 007 1100	https://dhhr.wv.gov/Pages/default.aspx
		800-799-7233
DomesticShelters.org		www.domesticshelters.org
Hope, Inc.	304-367-1100	www.hopeincwv.org
West Virginia Coalition Against	800-799-7233	www.wvcadv.org
Domestic Violence		•
Education		
Charleston Job Corps	800-733-5627	www.charleston.jobcorps.gov
College for West Virginia	800-468-6927	www.cfwv.com
KISRA	304-768-8924	www.kisra.org
Mountaineer Challenge Academy	304-329-2118	www. wvchallenge.org
New Connections Education Program	304-340-3690	www.daymark.org
Safe Schools Helpline	866-723-3982	www.schoolhelpline.com
Ski*Hi Preschool Program	304-822-4843	www.wvsdb2.state.k12.wv.us/
WV Adult Ed	800-642-2670	www.wvadulted.com
-Colleges and Universities		
Alderson Broaddus University	304-457-1200	www.ab.edu
Appalachian Bible College	304-877-6428	www.abc.edu
Bethany College	304-829-7000	www.bethanywv.edu
Bluefield State College	304-327-4000	www.bluefieldstate.edu
Blue Ridge Community & Technical	304-260-4380	www.blueridgectc.edu
College		
BridgeValley Community & Technical	304-205-6600	www.bridgevalley.edu
College		
Concord University	304-344-6679	www.concord.edu
Davis and Elkins College	304-637-1900	www.dewv.edu
Eastern West Virginia Community and	304-434-8000	www.easternwv.edu
Technical College		
Fairmont State University	1-800-641-5678	www.fairmontstate.edu
Glenville State College	304-412-7361	www.glenville.edu
Huntington Junior College	304-697-7550	www.hjc.edu
Kanawha Valley Community &	304-205-6700	www.tgkvf.org
Technical College		
Marshall University	304-696-3170	www.marshall.edu
Mountain State College	304-485-5487	www.msc.edu
Mountwest Community & Technical	304-710-3140	www.wctc.edu
College		

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Mission WV		https://www.missionwv.org/county-listing
Gabriel Project	304-574-0446	www.gabrielwv.org
Food and Clothing		
Program		
West Virginia Utility Assistance	888-282-6816	www.dollarenergyfund.org
Utility Assistance	211	ununu dolloroporer firm done
Need Help Paying Bills in WV	211	www.needhelppayingbills.com
KISRA	304-768-8924	www.kisra.org
Emergency Assistance Program	304-205-6357	ununu kioro ora
Bureau For Family Assistance	204 205 /257	https://dhhr.wv.gov/bfa/Pages/default.aspx
Financial Purasur For Fornilly Assistance		h.t.t.m.o. //alla.h.m.u/la.fa /D/ 1. 5 1/
Financial		
Wheeling Jesuit University	304-243-2000	www.wheeling.edu
West Virginia Wesleyan College	304-473-8000	www.wvwc.edu
West Virginia University - Parkersburg	304-424-8000	www.wvup.edu
West Virginia University	304-243-0111	www.wvu.edu
West Virginia State University	304-766-3000	www.wvstateu.edu
Medicine		
West Virginia School of Osteopathic	304-645-6270	www.wvsom.edu
Charleston		
West Virginia Junior College -	304-345-2820	www.wvjc.edu
Bridgeport		
West Virginia Junior College –	304-842-4007	www.wvjc.edu
College		
West Virginia Northern Community	304-723-2210	www.wvncc.edu
West Liberty University	304-336-5000	www.westliberty.edu
Valley College	304-451-3172	www.valley.edu
University of Charlston	1-800-995-4682	www.ucwv.edu
Strayer University	304-760-1700	www.achieve.strayer.edu
Technical College	331 373 7373	
Southern West Virginia Community &	304-896-7098	www.snephera.edu www.southernwv.edu
Shepherd University	304-875-5000	www.shepherd.edu
Salem University	1-844-462-9128	www.salemu.edu
Potomac State College	304-788-6820	www.pierpont.edu www.potomac.edu
Pierpont Community College	304-865-6000	www.pierpont.edu
Ohio Valley University	304-865-6000	www.ovu.edu
New River Community & Technical College - Summersville	866-349-3739	www.newriver.edu
College - Charleston	066 240 2720	MANAY POWEIVOR ONL
New River Community & Technical	304-558-0265	www.newriver.edu
College - Beaver	204 550 02/5	
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Foster and Adoption		
Burlington United Methodist Family	304-289-6010	www.bumfs.org
Services, Inc.	0012070010	g
KVC West Virginia	304-347-9818	www.westvirginia.kvc.org
Mission WV	304-562-0723	www.missionwv.org
Modify Program	866-720-3605	www.modify.cedwvu.org
Presley Ridge	304-252-1106	www.pressleyridge.org
Safe Haven Campaign	304 232 1100	www.savehavenwv.com
WV Adoption/Foster Parents	304-558-0628	www.dhhr.wv.gov/bcf/providers
West Virginia Foster and Adoptive Care	304-384-5189	www.wvfact.com
Training	304 304 3107	www.wwiact.com
WV Foster, Adoptive and Kinship Care	304-807-9535	www.wvfosterparents.org
Network	304 007 7333	www.wwrosterparents.org
Network		
Health and Medical		
988 Suicide & Crisis Lifeline	988	www.988lifeline.org
Adolescent Pregnancy Prevention	800-642-8522	www.dhhr.wv.gov
American Cancer Society	800-227-2345	www.cancer.org
American Heart Association	800-242-8721	www.heart.org
American Lung Association	800-586-4872	www.lung.org
Brain Injury Association of America	800-444-6443	www.biausa.org
Burlington United Methodist Family	304-289-6010	www.bumfs.org
Services, Inc.		J J
Children's Health Insurance Program	877-982-2447	www.chip.wv.gov
Crossroads Pregnancy Care Center	304-344-4511	www.crossroadspcc.com
Diabetes Education Accreditation	800-338-3633	•
Program		
Diabetes Education Empowerment	800-642-8686	
Program		
Diabetes Self-Management Program		jlevine@osteo.wvsom.edu
Dining With Diabetes	304-372-8199	
Division of Primary Care	304-352-6035	
Drug Discount Card Info	888-602-2978	www.drugdiscountcardinfo.com
East Ridge Health Systems	855-807-1258	www.eastridgehealthsystems.org
Education Recognition Program-	888-232-0832	
Diabetes		
EyeCare America	877-887-6327	www.aao.org/eyecare-america
FMRS Health Systems	304-256-7100	www.fmrs.org
James Tiger Morton Catastrophic Illness	304-558-6073	www.wvdhhr.org
Commission		-
Kids First Hearing Services	800-642-9704	www.dhhr.wv.gov
KVC West Virginia	304-347-9818	www.westvirginia.kvc.org
Life Choices	304-622-1953	www.lifechoiceprc.org
March of Dimes	304-720-2229	www.marchofdimes.org
National Cancer Institute	800-422-6237	www.cancer.gov
National Diabetes Prevention Program	304-293-0189	

National Suicide Prevention Lifeline	800-273-8255	www.suicidepreventionlifeline.org
New Eyes	973-376-4903	www.new-eyes.org
Poison Control Center	800-222-1222	www.aapcc.org
Pre-Employment Project	800-642-8522	www.dapec.org www.dhhr.wv.gov
River Park Hospital	800-621-COPE	www.riverparkhospital.net
SAMHSA's National Helpline	800-662-4357	www.samhsa.gov
Shriner's Hospital	800-237-5055	<u> </u>
-		www.shrinershospitalforchildren.org
Starkey Hearing Foundation	800-328-8602	www.starkeyhearingfoundation.org
Valley Health	304-525-3334	www.valleyhealth.org
West Virginia Breast and Cervical Cancer Screening Program	800-642-8522	www.dhhr.wv.gov
West Virginia Breast Health Initiative	304-556-4808	www.wvbhi.org
West Virginia Family Planning Program	304-558-5388	www.dhhr.wv.gov
West Virginia Lions-Eye Glasses		www.wvlions.org
West Virginia Poison Center	800-222-1222	www.wvpoisoncontrol.org
West Virginia Rx Card	877-388-9879	www.westvirginiarxcard.com
Women's Choice Pregnancy Center	304-346-9779	www.choicesmakeyou.com
Women's Health Center of WV	304-344-9834	www.womenshealthwv.org
WV Free	304-342-9188	www.wvfree.org
WV 211 Information & Referral	211	<u> </u>
WVU Medicine Children's Hospital	304-598-1111	www.childrens.wvumedicine.org
Housing and Weatherization		
Greenbrier Valley Children's Home	304-645-1302	www.childhswv.org
Home Ownership Program	800-933-8511	www.wvhdf.com
Movin' Up Program	800-933-8511	www.wvhdf.com
Patchwork	304-340-3578	www.daymark.org
Roark-Sullivan Lifeway Center	304-414-0109	www.roarksullivan.com
Turning Point	681-265-1112	www.daymark.org
U.S. Department of Housing and Urban Development	800-225-5342	www.hud.gov
West Virginia Coalition to End Homelessness	304-843-9522	www.wvceh.org
West Virginia Home Owners Rescue	844-542-0035	www.wvhdf.com
West Virginia Housing Development Fund	304-391-8600	www.wvhdf.com
YWCA	304-340-3562	www.ywcacharleston.org
Job Services		
KISRA	304-768-8924	www.kisra.org
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Legal		
American Civil Liberties Union	304-345-9246	www.acluwv.org
Mountain State Justice	800-319-7132	www.mountainstatejustice.org
Office of the WV Attorney General	800-368-8808	www.ago.wv.gov
Vital Registration Office	877-448-3953	

Recreation		
West Virginia Recreation and Parks		MANAN MATERIA COM
Association		www.wvrpa.com
West Virginia State Parks	833-WV-PARKS	www.wwstatonarks.com
West Virginia State Farks	033-WV-FARKS	www.wvstateparks.com
Senior Services		
AARP	866-227-7458	www.aarp.org
Alzheimer's Association	800-272-3900	www.alz.org
Elder Care Locator	800-677-1116	
		www.eldercare.acl.gov
Social Security Administration	800-772-1213	www.ssa.gov
West Virginia Bureau of Senior Services	877-987-3646	www.wvseniorservices.gov
West Virginia Senior Legal Aid	800-229-5068	www.seniorlegalaid.net
Cubatanas Alaura		
Substance Abuse	077 (04 04/0	1 17 17
Act on Addiction	877-631-0460	www.actonaddiction.org
Adult & Teen Challenge	304-384-9074	www.adultandteenchallengecares.com
Al-Anon Family Groups	888-490-1970	www.al-anon.org
Alcoholics Anonymous	800-333-5051	www.aa.org
Amity Center	304-485-1725	www.westbrookhealth.org
Burlington United Methodist Family	304-289-6010	www.bumfs.org
Services, Inc.		
Chestnut Ridge Center	855-988-2273	www.childrens.wvumedicine.org
Comprehensive Treatment Centers	844-797-1079	www.ctcprograms.com
Drug Rehab	855-520-2898	www.drugrehab.com
East Ridge Health Systems	855-807-1258	www.eastridgehealthsystems.org
FindTreatment.gov	800-662-4357	www.findtreatment.gov
FMRS Health Systems	304-256-7100	www.fmrs.org
Gamblers Anonymous	800-426-2537	www.gamblersanonymous.org
Harmony Ridge Recovery Center	855-942-3922	www.harmonyridgerecovery.com
Help 4 WV	844-435-7498	www.help4wv.com
Inpatient Drug Detox Center	844-262-8137	www.inpatientdrudetoxcenter.com
Kanawha Valley Fellowship Home	304-342-8051	www.kvfh.org
KISRA	304-768-8924	www.kisra.org
KVC West Virginia	304-347-9818	www.westvirginia.kvc.org
Jobs & Hope	800-642-8522	www. jobsandhope.wv.gov
Mothers Against Drunk Driving	800-438-6233	www.madd.org
Mountaineer Recovery Center	304-901-2070	www.mountaineerrecovery.com
Narcotics Anonymous	800-766-4442	www.na.org
Prestera Center	304-525-7851	www.prestera.org
Rehab Now	888-674-0062	www.rehabnow.org
Safe Haven Campaign	300 07 1 0002	www.savehavenwv.com
Southern WV Fellowship Home	304-253-1441	www.swvfh.org
United Summit Center	304-789-3143	
WV Tobacco Cessation Quitline	800-784-8669	
VV V TODUCCO OCSSALION QUILING	300 704 0007	

Transportation		
Good News Mountaineer Garage	866-448-3227	www.goodnewsmountaineergarage.org
Veterans		
Disabled Veterans National Foundation	202-737-0522	www.dvnf.org
Emergency Communication Services	877-272-7337	www.redcross.org
Financial Assistance	877-272-7337	www.redcross.org
Military One Source	800-342-9647	www.militaryonesouce.mil
National Call Center for Homeless	877-424-3838	www.va.gov
Veterans		
U.S. Department of Veterans Affairs	800-698-2411	www.va.gov
Veterans Crisis Hotline	800-273-8255	www.veteranscrissline.net