

# Community Resource Guide

August 2024





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## FREQUENTLY USED NUMBERS

<b>Cover Virginia</b> .....	855-242-8282
<i>www.commonhelp.virginia.gov</i>	
<b>EBT</b> .....	866-281-2448
<b>Medicare</b> .....	800-633-4227
<b>Medicaid (MCO)</b> .....	800-643-2273
<b>Child Support Enforcement</b> .....	<b>Abingdon Office:</b> 276-676-5490 <b>Toll Free:</b> 800-468-8894
<b>PPL</b> .....	866-364-1572
<b>Red Cross</b> .....	276-645-6650
<i>14298 Lee Hwy Bristol, VA 24202</i>	
<b>Social Security Office</b> .....	866-504-5013
<i>3280 Lee Hwy. Bristol, VA (Closes at 4:00 pm)</i>	
<b>Translation Services</b> .....	877-652-6482
<b>Junk in the Trunk</b> .....	276-477-7550
<i>Cleaning/Hauling Service – Glade Spring, VA</i>	
<b>DMV (Abingdon Office)</b> .....	276-676-1017
<b>Safe Link Telephones – safelinkwireless.com</b>	

Government program: Must meet income guidelines and receive local or federal assistance

### Virginia 2-1-1

*Dial 211*

Connects individuals with needed resources within their local area. Calls are taken by trained professional. Recourses include *Basic Human Needs*: Food Banks, Shelters, Rent or Utility Assistance; *Physical & Mental Health Resources*; *Work Initiatives*: Job Trainings, English as a second language classes, GED prep, Financial & Transportation Assistance; *Support for Seniors and Those with Disabilities*: Adult day care, Meals at home, Respite care, Home Health; *Support for Children, Youth & Families*: After School Programs, Tutoring, Mentorship Programs, Counseling, Childcare Centers; *Volunteering in your Communities*: Mentorship Opportunities, Locations to donate food, clothing, furniture, computers or other items; *Disaster Support Services*: Up to date information on community or regional response, volunteering, donation coordination, crisis intervention & human services coordination.

## FOOD RESOURCES

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### ***Abingdon Faith in Action***

276-628-4813

798 Hillman Hwy - Abingdon, VA 24210

Located behind St. John's Lutheran Church, Abingdon Faith in Action operates the *Stone Soup Food Pantry* serving Washington County residents. Clients can shop there once a month and will receive a \$25 gift certificate for clothing and shoes to use at *New Life Thrift Shop – A Ministry of Faith in Action* in Abingdon.

Additionally, FIA also provides emergency financial assistance to families for rent and utilities as funds are available through an application process, as well as helping those who are uninsured obtain medicine in emergency situations. FIA also hosts the *Crossroads Medical Mission* bus monthly.

**Food Pantry Hours:** Monday & Friday – 10:00 am to 1:00 pm  
Tuesday – 4:00 pm to 6:00 pm

**Crossroads Medical Mission:** The first, third, and fourth Tuesdays of each month.

### ***Feeding America***

276-628-9266 (Fax: 276-628-3974)

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

21452 Gravel Lake Rd - Abingdon, VA 24210

Located off Exit 17 in the Abingdon Distribution Center is the *Abingdon Harvest Home Community Kitchen*, which provides three home cooked meals to-go three days a week:

**Tuesday – Thursday:** 10:00 am to 1:00 pm (They also have a mobile food pantry; you must call for times and locations)

**Hunger & Help Line** - Call: 540-299-0004 Text: 276-250-4500

Email: [hungerandhelp@feedingswva.org](mailto:hungerandhelp@feedingswva.org) Hours: Mon-Fri 8:30-5:00pm

After Hours: Call 211

## ***Highlands Fellowship***

276-628-3297 (Fax: 276-628-1011; Bristol Campus: 276-669-7400)

22417 Watauga Rd - Abingdon, VA 24211

Located off Route 75, clients can visit once per month for food assistance.

**Open Wednesdays 10 am – 12 pm** (closed the 5<sup>th</sup> Wednesday of the month; closed if Washington Co Public Schools are closed)

**Clothing** – Free clothing closet to assist families in need

## ***Haven of Rest***

423-968-2011

624 Anderson St - Bristol, TN 37620

Serving residents of Virginia and Tennessee, Haven or Rest helps provide food, clothing, shelter, and counseling services.

### **Food Services:**

- **Nightly Community Meal:** Sunday – Friday, 5:00 pm to 5:40 pm
- **Haven Food Pantry:** Monday, Tuesday, Thursday, Friday from 1:00 pm to 4:00 pm (by appointment only; must call to schedule time to be served)

### **Shelter Services:**

- **The Grace Home:** 12-bed home for women with a maximum 60-day stay offering all basic amenities
- **Men's Shelter:** Space for up to 38 men with a maximum 60-day stay offering all basic amenities
- **The Haven Lighthouse:** Sober-living residential program for men where they can stay up to 24 months while they learn, heal, and are disciplined. Admission is by interview with staff member after a stay in the emergency dorm. Guests in the program must have sustainable income and pay a minimal rent. Access to medical, mental health, recovery services, and legal obligations is facilitated by staff.

### **Clothing:**

- **Haven Thrift Store:** Monday – Saturday, 10:00 am to 5:00 pm; Offers clothing, household items, accessories, furniture, and some electronics at bargain prices.
- Clothing vouchers available Monday, Tuesday, and Wednesday 10:00 am to 3:00 pm

### **Counseling:**

- Available through the main office of Haven of Rest, counseling is free of charge. To schedule appointment, clients must email Emma Brewster ([ebrewster@horbtn.org](mailto:ebrewster@horbtn.org)) or call the main office (423-968-2011).



*(Haven of Rest cont'd)*

**Infant Ministry:**

- Giving diapers, wipes, and clothing to mothers in need – Monday through Friday, 9am-3pm

***The Salvation Army***

423-764-6156

<http://salvationarmybristoltn.org>

137 Martin Luther King Jr Blvd - Bristol, VA

The Salvation Army offers the following to local residents:

**Emergency Shelter** – Beds for 20 men and 14 women

**Soup Kitchen** – Dinner at 5:00 pm, Monday – Saturday

**Food Pantry** – Open 9:30 am to 11:30 am, Tuesday – Thursday

**Rental & Utility Assistance** – Limited funding available; Call to apply

***District Three – Governmental Cooperative***

276-783-8157

4453 Lee Hwy - Marion, VA 24354

Serves residents of Washington, Smyth, Wythe, Bland, Carroll, and Grayson Counties in the following areas of assistance:

**Food** – Must be 60 & up

**Virginia Senior Farmers Market Nutrition Program** – Issues special USDA checks that allow eligible seniors to purchase fresh, locally grown produce. (Must apply each year to be part of this program.)

**Home Delivered Meals** – Provided to elderly individuals who are unable to go to senior centers or other group meal sites and in need of nutrition services.

**Transportation (through Mountain Lynx Transit)**

- **Town of Abingdon:** Monday through Friday, 8:00 am to 5:00 pm; Available for any rider requesting transportation within town limits; All vehicles are wheelchair accessible; Call 276-676-0700 to schedule a trip (Reservations are taken on first-call basis; Calling 24 hours in advance is recommended)

- **Washington County and City of Bristol:** Weekly service to various parts of Washington County, Monday through Friday. (Areas and Day of Service available online at [www.district-three.org](http://www.district-three.org))

*(District Three cont'd)*

- After getting a caseworker, they will provide rides to UVA, Wake Forrest, Salem VA Hospital and Johnson City VA hospital.

**Utilities (Must be age 60 and up):**

- Grant based funding; Must first sign up and have a caseworker

\*\*Depending on grant money, you can get an air conditioner. You must call starting June 1<sup>st</sup> to be put on the list.

**Home Repairs** – After applying with case worker, you can have ramps built and grab bars installed in home. When funds are available, other small home repairs can be done.

**Homemakers Services** – You can have someone come into your home and clean. If someone from the agency, does it, you can get 6 hrs. a month or 3 hrs. every 2 weeks. Alternatively, if you have someone (a family member, friend) that is willing to go to the office and take a drug test and complete background check – you are eligible for 16 hrs. a month.

**Other Services:**

- Insurance counseling dealing with Social Security plans
- Help filling out SNAP, Medicaid, and Social Security applications.

***First Assembly of God***

276-669-3016

1400 Lee Hwy - Bristol, VA 2420

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

Food is distributed Wednesday at 10:00 am after Bible Study, until last person is served.

Clothing will be given out at this time as well.

***Loaves & Fishes***

276-646-9939

[loavesfishesva.com](http://loavesfishesva.com)

141 S Pine St - Chilhowie, VA 24319

Food pick-up on the third Thursday of the month, 9:00 am to 11:00 am and 6:30 pm to 7:30 pm. (Check Facebook page for updates, schedule changes, and special offerings.)

### ***Mendota Food Pantry***

2562 Mendota Rd - Mendota, VA 24270

Located at the Mendota Community Center, food distribution is the fourth Thursday every month from 3:00 pm to 5:00 pm. (If distribution day falls on holidays or there is no fourth Thursday, distribution will be the third Thursday)

### ***Southern Manna Soup Kitchen***

110 Town Square - Glade Spring, VA 24340

Hot meals on Friday, 11:00 am – 1:00 pm

### ***It's a God Thing One Way Ministries***

276-475-3318

1004 South Shady Ave - Damascus, VA 24236

**Produce & Dairy:** Wednesdays 4:00 pm to 5:00 pm

**Produce:** Sundays 12:30 pm

**Food Box:** 3<sup>rd</sup> Saturday of the month, 10:00 am to 12:00 pm

### ***Southwestern Virginia Second Harvest Food Bank***

276-628-9266

126 Russell Rd - Abingdon, VA 24210

Monday thru Friday, 8:00 am to 5:00pm

### ***Damascus Senior Center***

276-475-5232

209 Legion St - Damascus, VA

Wednesday 10:00 am to 11:00 am

### ***Bristol Faith in Action***

276-466-8292

1556 Euclid Ave - Bristol, VA 24201

Tuesday thru Friday, 10:00 am to 2:00 pm

## **Virginia Avenue Methodist Church**

423-968-1353

1127 Virginia Ave - Bristol TN 37621

vaaveumc@btes.tv

Serves VA & TN residents; must bring photo ID. Need 2 forms of ID. A photo ID and a piece of mail that matches ID. Must fill out paperwork upon arrival the first time.

1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month, 2:00 pm to 4:00 pm

## **Pleasant View United Methodist Church**

276-628-6323

18416 Lee Highway – Abingdon, VA

Monday thru Friday 9:30 am to 11:30 am

## **Abingdon Farmer's Market**

276-698-1434 [abingdonmarket@gmail.com](mailto:abingdonmarket@gmail.com)

[www.abingdonfarmersmarket.com](http://www.abingdonfarmersmarket.com)

100 Remsburg Dr - Abingdon, VA 24210

Participating vendors will match up to \$25 when using your EBT card.

April thru November: Saturday – 8:00 am to 1:00 pm

Tuesday – 3:00 pm to 6:00 pm

Winter Market: First and Third Saturday, 10:00 am to 12:00 pm

## **Chilhowie Farmer's Market**

276-645-3232

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

821 E Lee Hwy - Chilhowie, VA 24319 (Warrior Park)

May thru October: Thursday, 4:00 pm to 7:00 pm

### ***Glade Spring Farmer's Market***

276-608-7992

115 Town Sq St - Glade Spring VA

April thru October 8:00 am to 12:00 pm

### ***Saltville Farmer's Market***

276-685-9597 (Deanna Holmes)

Downtown Commons Area on the Salt Trail - Saltville, VA

April thru October 3:00 pm to 6:00 pm

### ***Marion Farmer's Market***

Corner of E Cherry St & S Chestnut St - Marion, VA 24354

(Parking Lot behind Macado's Restaurant)

276-378-5029

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

Participating vendors will match up to \$25 when using your EBT card

May thru October: 8:00 am to 12:00 pm

January thru April: Second Saturday of the month, 10:00 am to 12:00 pm

### ***Madam Russell United Methodist Church Fellowship Hall***

207 West Main St - Saltville, VA 24370

Bundles of Blessings is currently serving residents from Washington and Smyth Counties in Virginia, with free diapers and baby supplies – while supplies last.

Second Saturday of every month 10:00 am to 12:00 pm

## CLOTHING NEEDS

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### ***Hope Closet***

306 E Laurel Ave Damascus VA  
276-475-3002

Ran by First Baptist Church in Damascus. They have clothing, household items and toys free to needy families. They also take donations of these items. You must call or check First Baptist Church Facebook page for times and dates.

### ***Higher Faith Ministries Inc***

423-764-7904 [ministry@higherfaith.org](mailto:ministry@higherfaith.org) <http://higherfaith.org/>

Free clothing closet and athletic exchange for families. Household goods also free to needy families. Donations of clothing and materials taken. Call for hours of operation or to schedule appointment.

### ***New Life Thrift Store***

246 W E Main St  
Abingdon, VA 24210  
276-525-4220

A ministry of *Faith in Action*, clients who visit their food pantry receive a \$25 gift certificate with each monthly pickup for clothes and shoes. Visit their Facebook page for hours of operation. Donations are also accepted through FIA for the store.

### ***Please also see:***

- Haven of Rest Rescue Mission (p. 7)
- Highlands Fellowship Church (p .7)
- First Assembly of God (p. 9)

# EMERGENCY SHELTER & HOUSING

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## ***Shepherds Inn***

423-542-0180

Elizabethton, TN

The Shepherd’s Inn in Elizabethton, Tennessee, is a shelter dedicated to supporting women and their children who are displaced due to domestic violence or temporary homelessness. They offer a range of services, including 24/7 admissions; assistance with obtaining orders of protection; housing; job placement.

## ***Kings Mountain***

1-833-429-7754

Kings Mountain was designed to meet the needs of homeless men with disabilities, including veterans. The multi-unit housing rehabilitation project in Bristol, VA provides residence and support.

### ***Please also see:***

-Salvation Army (p. 3)

-Haven or Rest (p. 7)

## ***Housing***

Section 8 ( <i>Through People Inc</i> ) .....	276-623-9000
Abingdon Housing Authority ( <i>190 E Main ST Abingdon VA 24210</i> ) .....	276-628-5661
Bristol Housing Authority ( <i>809 Edmond St Bristol, VA 24201</i> ) .....	276-642-2001
Abingdon Terrace Apartments ( <i>elderly/disabled</i> ) .....	276-628-8941
Washington Court Apartments ( <i>elderly/disabled</i> ) .....	276-676-2076
Abingdon Green ( <i>elderly/disabled</i> ) .....	276-676-3366
Ridgefield Court ( <i>certain units</i> ) .....	276-628-2275
Oak Knoll .....	276-475-5515

*(Housing cont'd)*

Woods Landing (*elderly/disabled*) .....276-475-5515

Settler's Point .....276-475-3395



# UTILITY ASSISTANCE

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## ***LIHWAP (Low Income Household Water Assistance Program)***

888-373-9908

[virginialihwap.com](http://virginialihwap.com)

## ***Affordable Connectivity Program***

877-384-2575

[fcc.gov/acp](http://fcc.gov/acp)

Must receive SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, Veterans Pension or Survivor Benefits

## ***Appalachian Agency for Senior Citizens***

276-964-4915 [cpatton@assc.org](mailto:cpatton@assc.org)

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

Provides home repairs for senior citizens.

### ***Please also see:***

-Faith in Action (p. 6)

-Salvation Army (p. 8)

-District Three Government Agency (p. 8)

-Traci H. Energy Asst. Program

# TRANSPORTATION

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## ***Medicaid Transportation (Non-Emergency)***

*Reservations: 866-386-8331 General Info: 866-810-8305*

## ***Salvation Army***

*423-764-6156 www.salvationarmyusa.org*

## ***Town of Abingdon Public Transit***

*276-676-0700*

Must make reservations 24 hrs. in advance. Services the town of Abingdon, Monday through Friday, 8:00 am to 5:00 pm – pick up at your curb and deliver to any destination within town limits.

## ***Washington County Public Transit***

*276-676-2662*

## ***Bristol, Virginia Transit***

*276-645-7384*

## ***Mountain Lynx Transit***

*276-676-0700*

FREE! Must make advanced reservations – day before preferred. A different part of the county served daily, with pick up at your door. Destinations include Abingdon Walmart, Department of Social Services, and Washington County Health Department. Inquiries can be made regarding other places within the county.

## ***District Three Governmental Cooperation***

*276-783-8157*

*4453 Lee Hwy Marion, VA 24354*

For individuals aged 60 and over; must apply and talk to case worker in prior appointments. Provides medical transportation to: UVA, Winston-Salem, Johnson City, TN and Salem, VA veterans hospitals. You must call at least two weeks ahead to make reservations after initial case is setup.

## **ELDERLY & DISABLED SERVICES**

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### ***Southwest Regional Deaf Services Program***

*P.O. Box 486 Lebanon, VA 24266 [www.cmcsb.com](http://www.cmcsb.com)*

*TTY – 800-347-4939 Voice – 276-889-3785 Fax – 276-889-2842*

*Email – [mbush@cmcsb.com](mailto:mbush@cmcsb.com) or [ltaylor@cmcsb.com](mailto:ltaylor@cmcsb.com)*

Program Services include counseling, medication & psychiatry, case management, communication

### ***Virginia Dept of Visually Handicapped***

*359 Commonwealth Ave Suite 200 Bristol VA, 24201*

*276-642-7300 Fax- 276-642-7377*

The Department for the Blind and Vision Impaired (DBVI) is committed to providing quality services to assist Virginia's citizens who are blind, deafblind or vision impaired in achieving their maximum level of employment, education, and personal independence. The department provides an array of specialized services to blind Virginians of all ages to assist them in attaining the skills, confidence and positive outlook that are critical to independence.

### ***Virginia Dept of Aging and Rehab Services***

*207 Abingdon Place Abingdon VA*

*276-676-5565 [Christi.Altizer@dars.virginia.gov](mailto:Christi.Altizer@dars.virginia.gov)*

Help to improve the employment, quality of life, security, and independence of older Virginians, Virginians with disabilities, and their families.

### ***Appalachian Independence Center***

*230 Charwood Dr Abingdon, VA 24210*

*276-628-2979 Fax: 276-628-4931*

*[www.aicadvocates.org](http://www.aicadvocates.org)*

Services include Individual Advocacy such as accessing benefits, vocational rehabilitation – as well as assistance to obtain or maintain education, training, employment, or assistive devices. Other services include Peer Counseling, Independent Living Skills Training, Information & Referral, Transition (Youth & Nursing Home Transition /Prevention), Community Education, Consumer Groups, Home Modifications, Technical Assistance.

***Virginia Department of the Blind & Vision Impaired***

*1-800-622-2155 TTY/TTD 804-371-3133*

*www.dbvi.virginia.gov*

Helping individuals that are deaf, blind, or hard of hearing find resources throughout the state.

***Department for Aging & Rehabilitative Services***

*207 Abingdon Place Abingdon, VA*

*276-676-5565*

*www.vadrs.org*

Provides assistance and services to individuals with disabilities.

# HEALTH SERVICES

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## MEDICAL

### ***Healing Hands***

423-652-0260

### ***CHIP (Comprehensive Health Investment Program – People Inc)***

276-623-9000 [www.peopleinc.net](http://www.peopleinc.net)

Helps secure medical/dental services for children, educate parents, and screen children for developmental delays

### ***Washington County Health Department***

276-676-5604 15068 Lee Hwy - Bristol, VA 24202

Provides immunizations, birth control, pap tests, sports and school physicals, WIC, nursing home screenings, EWL (*Every Woman's Life*), and free mammograms for qualifying individuals.

### ***Bristol City Health Department***

276-642-7335 205 Piedmont Ave - Bristol, VA 24201

Provides immunizations, birth control, pap tests, sports and school physicals, WIC, nursing home screenings, EWL (*Every Woman's Life*), and free mammograms for qualifying individuals.

### ***Faith in Action***

276-628-4813 [abingdonfaithinaction.com](http://abingdonfaithinaction.com)

Assistance with emergency medicines.

### ***Spero Health***

866-755-4258 [sperohealth.com](http://sperohealth.com)

Medicaid: Also assists with housing, employment, transportation (accepts Medicaid)

### ***The Lions Club***

*lionsclub.org*

The Lions Club offers assistance to individuals that need an eye exam and/or glasses. Application process required.

### ***Remote Area Medical (RAM)***

1-877-572-6872 *http://ramvolunteers.org*

Helps with health screenings, dentistry, eyeglasses for low-income families. First come first serve

### ***Crossroads Medical Mission***

276-466-1600 *http://crossroadsmedicalmission.org*

### ***Southwest Virginia Community Health Systems***

*www.svchs.com/*

Program offers a sliding scale fee for qualifying patients. This includes offices in Saltville and Meadowview VA.

### ***Stone Mountain Health Services***

*http://stonemountainhealthservices.org*

Offers health care on a sliding scale fee for qualifying patients

### ***Washington County Prescription Discount Card***

CVS Caremark 1-877-321-2652

### ***Abortion Alternatives and Crisis Pregnancy***

423-968-4673

### ***Mel Leaman Free Clinic***

276-781-2090

601 Radio Hill Rd. Marion VA

*info@melleamanfreeclinic.org*

Provides free health care to individuals in Washington, Smyth, and Grayson counties

## **Virginia Medicaid – Find a Provider**

800-643-2273

<http://www.dmas.virginia.gov/for-members/find-a-provider/>

## **MCO HOTLINE**

1-800-643-2273

Help with any question concerning client's insurance; Help finding a medical professional that takes their insurance

## **Ballad Urgent Care**

276-619-0075

24530 Falcon Place Blvd. Abingdon VA

## **Healing Hands Health and Dental Clinic**

423-652-0260

245 Midway Medical Park. Bristol, TN 37670

Individuals with no insurance or limited insurance can receive medical, behavioral health, dental, vision & supportive care. Must meet income guidelines.

## **MENTAL HEALTH**

### **Highlands Community Services**

276-525-1550 610 Campus Dr. Abingdon VA 24210 [highlandscsb.org](http://highlandscsb.org)

Offers multiple services for adults and children.

### **The Anchor (HCS)**

276-525-1650 Ext: 2

Crisis Center, substance use or psychiatric crisis, evaluation and monitoring (accepts Medicaid)

### **Hope and Healing**

276-300-4422 [hopeandhealingcounselingctr.com](http://hopeandhealingcounselingctr.com)

Does accept Medicaid; offers in person and video appointments; offers individual, family, couple, and rotating group therapy

### ***Healing Waters Counseling Center***

276-963-0111 [healingwaterscc.com](http://healingwaterscc.com)

They offer all types of counseling. They accept Medicare/Medicaid.

### ***Family Preservation Services***

276-623-9245 [fpscorp.com](http://fpscorp.com)

Statewide referral line 540-283-0486

Offers child and adolescent services: intensive in home, supportive in home, therapeutic monitoring, outpatient services. Family support services, school-based services, adult services and the arise program.

### ***The Crisis Center***

276-466-2218 140 Oakview Ave. Bristol, VA 24201

24-Hr Mental Health first aid, Domestic violence, and Sexual assault crisis

### ***Health Connect America***

276-628-5752 [healthconnectamerica.com](http://healthconnectamerica.com)

Telehealth/in person counseling

### ***Appalachian Independence Center***

276-628-2979

230 Charwood Dr. Abingdon VA 24210

Nonresidential center for independent living. Services include, peer counseling, information & referral, independent living skills training, advocacy, and transition

### ***Lifeline Services***

276-623-2444

Mental Health Services

### ***Southwest Care Connection for Children***

276-645-4900

### ***National Counseling Group***

Abingdon office: 276-226-2828



## **Frontier Health**

Bristol VA 423-989-4500

Adult outpatient counseling services: zoom and in person (accepts Medicaid)

## **SUBSTANCE ABUSE**

### **Appalachian Substance Abuse Coalition**

[stopsubstanceabuse.com](http://stopsubstanceabuse.com)

### **Mended Women Lifestyle Recovery**

Abingdon: 3276-451-3996

### **Bristol Lifestyle Recovery (Men only)**

Bristol: 276-821-8030

### **Creekside Behavioral Health (detox)**

888-397-7271

### **AA/NA Meetings**

[findrecovery.com](http://findrecovery.com) 1-866-641-9190

### **Narcan/Naloxone Training**

276-525-1550 #1452

### **New Day Recovery**

Saltville: 276-496-4492

### **\*\* If you have clients in Smyth Co VA that need Services**

- Mount Rogers Community Services: 276-783-8185
- Heatherwood Counseling Center (**Accepts Medicaid**): 276-783-7600

***Hannah's House***

276-525-4474

Addiction treatment and support

***Highlands Center for Behavioral Health***

276-525-1550

Addiction treatment and behavioral support

***Turning Point \*\*\****

423-926-0940

In-patient Rehab (Johnson City, TN)

***The Laurels \*\*\****

276-889-3063

In-patient Rehab (Lebanon, VA)

***The Life Center \*\*\****

276-293-9642

In-patient Rehab (Galax, VA)

***Creekside Behavioral Health \*\*\****

423-830-8110

Detox program (Kingsport, TN)

***\*\*\* Admission depends on bed availability. Some facilities have a pre-screening process that the client must meet to be admitted.***

***ASSESSMENTS:***

Dr. Rick Carroll – *Parenting Assessments*: 423-383-1960

HSC/CAC – *Trauma Assessments* (Make Referral to CAC): 276-645-5867

Lynn Rasnake (*administers trauma assessments*): 276-608-3690

David Hever – *Lifeline Services*: 276-608-0193

## ***MEDICATION DROPBOXES***

Johnston Memorial Hospital                      *16000 Johnston Memorial Dr Abingdon, VA*

Saltville Police Department                      *217 Palmer St Saltville, VA*

Washington County Sheriff's Office              *20281 Rustic Ln Abingdon, VA*

Damascus Town Hall                                *208 W Laurel Ave Damascus, VA*

## ***DENTAL***

### ***Appalachian Highlands Community Dental***

*276-525-4487 616 Campus Dr Abingdon VA 24210*

Offers low-cost dental care

### ***Southwest Virginia Regional Dental Center***

*Saltville: 276-496-4492*

***\*\*To help find a Dentist that takes Medicaid***

*888-912-3456*

## LOCAL HOSPITALS

<b>Johnston Memorial Hospital</b> .....	276-258-1000
<i>16000 Johnston Memorial Dr Abingdon, VA</i>	
<b>Bristol Regional Medical Center</b> .....	423-844-1121
<i>1 Medical Park Blvd Bristol, TN</i>	
<b>Smyth County Community Hospital</b> .....	276-358-1000
<i>245 Medical Park Dr Marion, VA</i>	
<b>Russell County Medical Center</b> .....	276-883-8000
<i>58 Carrol St Lebanon, VA 24266</i>	
<b>Dickenson Community Hospital</b> .....	276-926-0300
<i>312 Hospital Dr Clintwood, VA</i>	
<b>Norton Community Hospital</b> .....	276-439-1000
<i>100 Fifteenth St NW Norton, VA</i>	
<b>Lonesome Pine Hospital</b> .....	276-525-3111
<i>1990 Holton Ave E Big Stone Gap, VA</i>	
<b>Johnson City Medical Center</b> .....	423-431-6111
<i>400 N State of Franklin Johnson City, TN</i>	
<b>Indian Path Medical Center</b> .....	423-857-7000
<i>2000 Brookside Dr Kingsport, TN</i>	
<b>Holston Valley Medical Center</b> .....	423-224-4000
<i>130 W Ravine Rd Kingsport, TN</i>	
<b>Franklin Woods Hospital</b> .....	423-302-1000
<i>300 MedTech Pkwy Johnson City, TN</i>	
<b>Johnson County Community Hospital</b> .....	423-727-1100
<i>1901 S Shady St Mountain City, TN</i>	

# FAMILY PROGRAMS

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## *PARENTING CLASSES & EDUCATION*

### ***Strengthening Families – HCS***

276- 525-1550

Serves parents of pre-k to teens; Bristol location Tues 5-7; Abingdon location Wed 5-7; Class is free. Provides participants with food, childcare, gas assistance, parent workbooks and connects them with community resources. Lisa with *Strengthening Families (phone 276-494-1112)* will give information about whether the parents are attending/participating or not.

### ***Project Dads – HCS***

276-525-1550

Knowledge about discipline, working with moms and coparenting, showing and handling feedings, masculinity, dealing with anger, improving communication skills, stress, substance use, work, etc. Dads only parenting group.

### ***Baby Care – WCHD***

276-676-5604

Medicaid sponsored; RN will work with family to help them understand and educate more about having a healthy and safe baby. They do home visits.

### ***Early Childhood Education – HCS***

276-525-1550

For parents/caregivers and expecting parents; newborn – age 6; gain parenting skills; knowledge on how to handle tantrums, toilet training, lying, jealousy, etc.

### ***Moms-R-US – YWCA***

423-968-9444 106 State St. Bristol TN 37620

Teen pregnancy program; provides education, resources, and encouragement to work towards family self-sufficiency; Teens 19 and younger who are pregnant; Free of charge; Placed on a waiting list depending on baby's due date.

## ***Helping Children Succeed – Bristol Family Resource Center***

276-645-3765 41 Piedmont Ave Bristol VA 24201

For parents/grandparents/stepparent's/ caregivers in Bristol, VA; Free classes – preregistration required (*child may not attend*). Knowledge about positive discipline, nutrition, budgeting, age-appropriate learning, family management, safety issues; Can receive diapers, wipes, etc. Also may receive food vouchers for Bristol Food Pantry.

## ***CHIP – People Inc***

276-623-9000

Helps secure medical/dental for children; educate parents about child health, home safety, community resources and parenting; screen children for developmental delays; Help families learn about the growth and development of the child.

## ***MISCELLANEOUS PROGRAMS***

### ***Early Intervention – HCS***

276-525-1550

Early Intervention supports families of infants and toddlers, ages birth to three years, with developmental delays and disabilities.

### ***Care Connection for Children***

276-645-4900

Birth to 21 years with special medical services; care coordination; medical insurance benefits evaluation and coordination; family to family support;

### ***Blue Mountain Therapy***

276-477-0029

Early intervention - birth to 3 years; Pediatric Therapy Services - birth to 21 years; children who demonstrate an injury, developmental delay, or disability.

## ***People Inc***

276-619-2255 *City of Bristol & Washington Co.*

Whole Family Approach - coaches work with families on budgeting, goal setting and more, with the purpose of breaking the intergenerational cycle of poverty.

## ***Christmas Assistance (Angel Tree)***

423-764-6156 *Salvation Army*

Help needy families with Christmas gifts for their children

## ***Springbrook Behavioral Health Autism Program***

864-660-6220 *Travelers Rest, SC*

Residential Program for autism, continuing services after release

## ***Multisystemic Therapy (MST)***

Children ages 11-17 yrs. old who are displaying: truancy academic problems, criminal behavior, serious disrespect and disobedience, aggressive behavior, runaway, benefit the most from this therapy. Services are provided in the home, school and community

## ***Family Functional Therapy (FFT)***

Children ages 11-18 years old who are re-referrals for behavioral, emotional, or substance use problems.

## ***Parent – Child Interaction Therapy (PCIT)***

Children between the ages of 2 1/2 and 6 1/2 who engage in negative behaviors. One-hour, weekly sessions. Children that benefit from PCIT include those who, have relational problems with caregiver, are defiant, lose their temper, purposefully annoy others, fight or show aggression, having difficulty staying seated, playing quietly, have a history of trauma. This service works best with children and parents who are still living in the home together, as the therapy wants to child/parent/caregiver to practice these skills in their home

# CHILD CARE

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<b>YWCA</b> .....	423-968-9444
<i>106 State St Bristol Tn 37670</i>	
<i>ywca@ywcatnva.org</i>	
<b>Boys &amp; Girls Club of Abingdon</b> .....	276-696-9923
Ages 5-18; Afterschool program during school year (till 6:30 pm) and kids are served one meal; Summer program is all day, and kids receive two meals a day; \$25 application fee; GES, AES, WES kids attend free.	
<b>Childcare Network #123</b> .....	276-644-9480
Ages 6wks - 12 yrs.	
<b>Dreams High Point Elementary</b> .....	276 -608-5191
<b>Victory Christian Center</b> .....	276-669-3008
<b>North Bristol Christian Pre School</b> .....	276-644-9148
<b>Lee Street Community Child Care</b> .....	276-669-2790
<b>Blue Mountain Childcare</b> .....	276-525-1332
<b>Mary Thomas (Home Provider)</b> .....	276-475-3935
<b>Rebecca Thomas (Home Provider – Chilhowie Area)</b> .....	276-646-8662
<b>Melissa Chapman (Home Provider – Bristol Area)</b> .....	276-285-3858
<b>People Inc Abingdon Head Start Center</b> .....	276-628-9932
<b>Benham's Head Start</b> .....	276-466-9122
<b>Bristol Child Development Center</b> .....	276-591-1439
<b>Hayter’s Gap Head Start</b> .....	276-944-4617
<b>Meadowview Head Start</b> .....	276-944-5098
<b>Big Brothers/Big Sisters of Washington Co</b> .....	276-628-7053
<i>789 W Main St Ste 2 - Abingdon, VA</i>	
<b>YMCA of Bristol</b> .....	423-968-3133
<i>400 Martin Luther King Blvd – Bristol, TN</i>	



**Communities in Schools of Southwest Virginia** .....276-821-5630  
220 Lee St Bristol, VA  
[www.cisofswva.org](http://www.cisofswva.org)

**Girls Inc** .....276-669-8686  
885 Clinton Ave Bristol VA

**\*\*Find other providers at [www.childcare.virginia.gov](http://www.childcare.virginia.gov)**

# MISCELLANEOUS

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## EMPLOYMENT

### **Luttrell Staffing Group**

276-623-0039 [luttrelstaffing.com](http://luttrelstaffing.com)

### **Virginia Employment Commission**

276-642-7350 [vec.virginia.gov](http://vec.virginia.gov)

### **People Inc**

276-623-9000 [peopleinc.net](http://peopleinc.net)

*Adult Workforce Development* (helping adults to land new opportunities and make a transition from job to career.) *Dislocated Worker Employment & Training* (help individuals who lost job at no fault of their own reenter the workforce.) *Employment Services* (help community members who meet income qualifications and have one minor child at home, work towards the career of their dreams.) *CARES* program for ex-offenders (helps individuals released from prison learn to re-enter their community)

### **Kelly Services**

276-525-4797 [kellyservices.com](http://kellyservices.com)

### **Indeed**

[indeed.com](http://indeed.com)

### **Resume Help**

[resumehelp.com](http://resumehelp.com)

### **Virginia Career Works**

*Abingdon Office: 276-619-2255,*

*Bristol Office: 276-642-7350*

<http://vcnewrivermtrogers.com>

Career coaching and job search assistance

## *DOMESTIC VIOLENCE*

### ***Abuse Alternatives***

*Hotline: 423-764-2287 Washington Co: 276-628-6940*

Emergency shelter for victims/children; Safety planning, Court advocacy, Accompaniment; Information/Referrals for survivors and families

### ***APS & CPS Hotline***

*800-552-7096*

### ***The Crisis Center***

*276-466-2218*

24-Hr mental health first aid, domestic violence, and sexual assault crisis

### ***National Domestic Violence Hotline***

*800-799-7233*

### ***CASA of the 28<sup>th</sup> Judicial District***

*276-623-9000 CASA@peopleinc.net*

We provide trained volunteers to speak for abused and neglected children who are the subjects of juvenile court proceedings.

### ***Children's Advocacy Center***

*276-645-5867*

### ***Crisis Support & Warmline***

*800-500-7019*

### ***Project Jane-Highlands Community Services***

*276-525-1550*

Project Jane provides unduplicated services that are focused on long-term change for victims and perpetrators of domestic violence. Services also focus on reducing the impact of trauma on the children involved. Project Jane works toward creating a change for life and ending domestic violence.

## ***HOPE House***

800-572-2278 [www.hopehouse.net](http://www.hopehouse.net)

Offers emergency shelter, food and clothing for abuse victims; 24-hr hotline coverage for support, information, and referrals

## ***Virginia Family Violence & Sexual Assault***

800-838-8238 or 804-793-9999

## ***National Sexual Assault Hotline***

800-656-4673

## ***Domestic Violence Support Group***

276-628-3092 or 276-628-8997

Located at Shady Grove UMC; Support group for women who are victims of domestic violence

## ***People Incorporated***

People Inc. provides temporary emergency shelter, court services, supportive services, and advocacy to help victims of domestic violence and/or sexual assault. A 24-hour crisis hotline offers immediate counseling and support.

**Statewide Crisis Hotline:** (877) 697-9444

**Buchanan County Hotline:** (276) 935-5485

**Russell County Hotline:** (276) 889-0178

## LEGAL

### **Faith in Action**

276-628-4813

[abingdonfaithinaction.com](http://abingdonfaithinaction.com)

Advocacy and Referral

### **Legal Aid**

Marion Office: 276-783-8300

Castlewood Office: 276-762-9354

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

A non-profit organization established to provide free, high quality legal services to low-income residents of the Southwestern Region of Virginia. The following types of cases may be handled: family related issues, housing, consumer issues, SSI, Food Stamps, TANF, Medicaid, Medicare, health care, and employment issues.

### **CASA – CASA of the 28<sup>th</sup> Judicial District**

276-591-1430 [volunteer@peopleinc.net](mailto:volunteer@peopleinc.net)

Trained CASA volunteers act as the voice for abused &/or neglected children. Representing their best interests.

<b>Wahington County Circuit Court</b> .....	276-676-6224
<b>Wahington County General District Court</b> .....	276-676-6279
<b>Wahington County Juvenile Domestic Relations Court</b> .....	276-676-6282
<b>Washington County Sheriff Dept</b> .....	276-676-6000
20281 Rustic Ln Abingdon, VA 24210	
<b>Washington County Dispatch</b> .....	276-669-7134
<b>Abingdon Police Department</b> .....	276-628-3111
425 W Main St Abingdon, VA 24210	
<b>Bristol (VA) Police Dept</b> .....	276-645-7400
551 Scott St Bristol, VA 24201	

**Chilhowie Police Dept**..... 276-646-3232  
 225 Lee Hwy Chilhowie, VA 24319

**Damascus Police Dept**..... 276-475-3341  
 208 Laurel Ave Damascus, VA 24236

**Glade Spring VA Police Dept**..... 276-429-2333  
 228 W Glade St Glade Spring VA, 24340

**Saltville VA Police Dept**..... 276-496-4321  
 217 Palmer Ave Saltville, VA 24370

**Virginia State Police**..... 276-228-3131  
 Local Office: 868 Bonham Rd Bristol, VA 24201

**Virginia State Police**..... 800-542-8716  
 Wytheville Office (or for accidents)  
 vsp.virginia.gov

**Bristol, Virginia Court System**..... 276-645-7300  
 497 Cumberland St Ste 210 Bristol, VA 24201

**Abingdon Regional Jail**..... 276-645-6650  
 15205 Joe Derting Dr Abingdon, VA  
 (This is also where the Washington Co Magistrates office is located)

## SCHOOLS

**Abingdon High School**.....276-739-3200, 276-821-5601 (Fax)

**Holston High School**.....276-739-4000, 276-475-4024 (Fax)

**John Battle High School**.....276-642-5300, 276-645-2386 (Fax)

**Patrick Henry High School**.....276-739-3700, 276-739-3731 (Fax)

**Damascus Middle School**.....276-739-4100, 276-475-4032 (Fax)

**E.B. Stanley Middle School**.....276-739-3300, 276-676-1945 (Fax)

**Glade Middle School**.....276-739-3800, 276-429-4211 (Fax)

**Wallace Middle School**.....276-739-5400, 276-645-2365 (Fax)

**Abingdon Elementary School**.....276-739-3400, 276-623-4121 (Fax)

<b>Greendale Elementary School</b> .....	276-739-3500, 276-623-4102 (Fax)
<b>High Point Elementary School</b> .....	276-642-5600, 276-645-2360 (Fax)
<b>Meadowview Elementary School</b> .....	276-739-3900, 276-944-2113 (Fax)
<b>Rhea Valley Elementary School</b> .....	276-739-4200, 276-475-4055 (Fax)
<b>Valley Institute</b> .....	276-642-5500, 276-645-2394 (Fax)
<b>Watauga Elementary School</b> .....	276-739-3600, 276-628-1847 (Fax)
<b>Neff Vocational Center</b> .....	276-739-3100, 276-623-4126 (Fax)
<b>Virginia Highlands Community College</b> .....	276-739-2400
<i>www.vhcc.edu</i>	
<b>Northeast State Community College</b> .....	276-323-3191
<i>www.northeaststate.edu</i>	
<b>Southwest Virginia Community College</b> .....	276-964-2555
<i>724 Community College Rd.</i>	
<i>http://sw.edu</i>	

## EDUCATION OPPORTUNITIES

### **People Inc**

276-623-9000

People Inc has several programs to help high school children to succeed. *Improving Scholars* (help provide twice weekly tutoring & mentoring services to middle and high school students); *Project Discovery* (dropout prevention & college access preparatory program) *Youth Workforce Development* (offers education & training and employment opportunities for eligible youth ages 14-24)

### **Mount Rogers Regional Adult Education Program**

276-619-4398

1 Partnership Cir. Abingdon, VA

*http://mrraep.com*

This program provides leadership & support for adult education and literacy services, workplace education programs, GED preparation & instruction, the National External Diploma Program (all online), work ready certifications, Virginia Placement test Preparation. All classes and services are *free*.

## ***Tri County Driving Academy***

276-794-7660

[www.tricountydrivingacademy.com](http://www.tricountydrivingacademy.com)

Assisting adults in obtaining their Commercial Driver's License; instruction and job placement. Financial aid may be available

## ***Highlands Educational Literacy Program***

13168 Meadowview Square Meadowview, VA

<http://helpliteracyofwc.weebly.com>

Provide *free* one on one tutoring to adults in basic reading and writing; English as a second language; digital literacy to support job readiness skills

## ***Jacobs Creek Job Corps***

800-733-5627

984 Denton Valley Rd Bristol, TN

<http://jacobs creek.jobcorps.gov>

Job training in the construction and forestry field, and assistance to those interested in obtaining a GED. The program can serve individuals 16-24yrs old that meet income requirements.

## ***Blue Ridge Job Corps***

276-783-7221 or 1-800-829-0191

245 W Main St Marion, VA

<http://blueridge.jobcorps.gov>

Job training in the medical field and assistance to those interested in obtaining a GED. The program can serve those 16-24 yrs. of age that meet income requirements.

## ***Literacy Academy of Bristol***

276-645-8790

701 Goode St Bristol, VA

[jcc@bristol-library.org](mailto:jcc@bristol-library.org)

Adult Learning-Technology-Art-Job Readiness; Resources for adults to enhance their education, digital literacy and computer skills, creative artistic expression and career mobility. Staffed for on demand, one on one assistance. Inquire at the Bristol Public Library.



## **Crown Cutz**

276-669-2112

805 Commonwealth Ave Bristol, VA

[www.crowncutzacademy.edu](http://www.crowncutzacademy.edu)

Provide training and employment opportunities in cosmetology field

## **LIBRARIES**

**Bristol Public Library**..... 276-645-8780

*(Closes at 8:00 pm)*

701 Goode St Bristol VA

<http://www.bristol-library.org>

**Chilhowie Public Library**..... 276-646-3404

*(Closes at 6:00 pm)*

807 Chilhowie St Chilhowie, VA

**Damascus Public Library**..... 276-475-3820

*(Closes at 6:00 pm)*

370 Water St Damascus, VA

**Glade Spring Public Library**..... 276-429-5626

*(Closes at 6pm)*

305 N Glade St Glade Spring, VA

**Hayter's Gap Public Library**..... 276-944-4442

*(Closes at 6:00 pm)*

7720 Hayter's Gap Rd Saltville, VA

**Mendota Public Library**..... 276-645-2374

*(Hours change daily – must call)*

2562 Mendota Rd Mendota, VA

**Saltville Public Library**..... 276-496-5514

*(Closes at 6:00 pm)*

111 Palmer Ave Saltville, VA

**Washington County Public Library (Front Desk)**.....276-676-6233

*(Closes at 8:00 pm)*

*(Switchboard)*.....276-676-6222

205 Oak Hill St. Abingdon VA

<http://wcpl.net>

**Whitetop Public Library**..... 276-388-2873  
(Closes at 7:00 pm)  
16309 Highlands Whitetop, VA

## **INFORMATIONAL HELPLINES**

AARP..... 1-866-542-8164  
Alcohol & Drug Information/ Alcohol & Drug Referral Service.....1-800-662-4357  
Allergy & Asthma Network.....1-800-878-4403  
American Council of the Blind.....1-800-424-8666  
American Speech-Language-Hearing.....1-800-638-8255  
Ask A Nurse (Ballad Health) .....1-800-888-5551  
Baby Care Help Line/Medicaid/FAMIS.....1-800-421-7376  
Blue Ridge Poison Help Line.....1-800-222-1222  
CDC Information.....1-800-232-4636  
Career Information.....1-800-542-5870  
Child Abuse Hotline.....1-800-552-7096  
Child Help USA.....1-800-4ACHILD  
Child Support Enforcement.....1-800-468-8894  
Consumer Product Safety Information.....1-800-638-2772  
Crime Victim’s Assistance.....1-800-552-4007  
Epilepsy Foundation.....1-800-332-1000  
Hearing Society-Hearing Aid Help Line.....1-800-521-5247  
Hospice Foundation.....1-800-854-3402  
Intensive Drug Treatment Evaluations for Woodbridge.....1-800-366-1132  
International Association of Eating Disorders.....1-800-800-8126  
National Hispanic Prenatal Hotline.....1-800-504-7081  
National Rehabilitation Information.....1-800-346-2742

National Runaway Hotline.....	1-800-621-4000
Suicide & Crisis Lifeline.....	988
VA Council for the Deaf & Hard of Hearing.....	1-800-552-7917
VA Family Violence/Sexual Assault.....	1-800-838-8238

## *HELPFUL WEBSITES*

ABC TEACH.....	www.abcteach.com
A TO Z HOMESCHOOLING.....	www.homeschooling.gomilpitas.com
CARE CONNECTION FOR CHILDREN.....	www.vdh.virginia.gov/care-connection-for-children
EDUCATION PLACE.....	www.eduplace.com
KID’S HEALTH FOR PARENTS.....	www.kidshealth.org
LEARNING PAGE.....	www.learningpage.com
LITERACY RESOURCES.....	www.literacycenter.net
LITTLE EXPLORERS.....	www.enchantedlearning.com
PBS KIDS.....	www.pbskids.org
PRE-SCHOOL EXPRESS.....	www.preschoolexpress.com
READING READINESS.....	www.getreadytoread.org
SITES FOR PARENTS.....	www.sitesforparents.com
STAR FALL.....	www.starfall.com

## ***PEOPLE INCORPORATED – OTHER SERVICES***

### ***COMMUNITY DEVELOPMENT***

Ex-offender Services

### ***FINANCIAL SERVICES***

- Business Loans
- First time Homebuyer Loans and Homebuyer Loans
- Foreclosure Prevention Counseling
- Free Income Tax Preparation
- Matched Savings Accounts
- New Market Tax Credit
- Personal Loans
- Small Business Training and Technical Assistance
- Tourism Loans

### ***HOUSING***

- Affordable Housing Development
- Affordable Rental Housing
- Foreclosure Prevention Counseling
- Homeless Solutions
- Homeownership and Housing Counseling
- Rental Assistance
- Weatherization

***For more information on these services contact People Inc:***

*1173 West Main St.*

*Abingdon, VA 24210*

*276-623-9000*

*info@peopleinc.net*

## ***OCCUPATIONAL ENTERPRISES, INC***

### ***3R's- Recovery, Re-entry & Reunification***

This program provides comprehensive assessment, advocacy, referrals, motivation, positive reinforcement and intensive case management

### ***JRT Classes***

All online or hybrid classes designed to assist VIEW participants prepare to enter the workforce.

### ***WISA Services***

Supports a client's choice to go to work by informing the client of how work will affect disposable income and help to identify work incentives. Assist with overpayments, Medicaid works, subsidies, etc.

### ***Tickets to Work***

Program gives disabled beneficiaries the opportunity to achieve steady, long-term employment.

### ***OEI Cars for Work***

This program is designed to offer transportation options to recipients. Participants must have a driver's license, working 25 hours per week, have a child 18 or under and meet income guidelines.

### ***Together We Can***

The primary goals of the TWC program are foster care prevention and the reunification of families that are involved with CPS and Foster Care at local Department of Social Services.

### ***OEI Bargain Basement***

Thrift store that is open Monday thru Friday 9:00 am – 5:00 pm

Donations and volunteers are appreciated.

Community service and work experience site for partners.

### ***Anger Management Classes***

8-session comprehensive class for adults and adolescents

### ***Court Ordered Parenting Education***

Course is aimed to assist parents and children involved with divorce, separation, custody and/or visitation conflicts.

## ***Involved Parenting***

Comprehensive 6-section parenting class that educates parents in a variety of areas that will ultimately help improve and build parenting skills.

***For more information on the services that OEI provides contact them at:***

*450 Commerce Dr.*

*Ste # 6*

*Abingdon, VA 24211*

*Office: 276-889-0290*

*Toll Free: 866-205-9517*

*Fax: 276-525-4388*

*<http://www.oe-inc.org>*

*<https://www.facebook.com/profile.php?id=61554446174520>*

## **CRISIS SERVICES – HIGHLANDS COMMUNITY SERVICES**

### **EMERGENCY SERVICES**

Mobile Crisis Intervention/Screening to determine need for inpatient treatment for those who may pose an imminent risk of harm to self, others, or community.

*Phone # 276-525-1550, opt. #7*

### **THE ANCHOR**

23 hr. Program designed for those experiencing a behavioral or mental health crisis.

*Phone # 276-525-1650, opt. #2*

### **HIGHLANDS HARBOR**

Round-the-clock support & intervention for individuals facing psychiatric or substance –related crisis in a supportive, residential environment, ideally preventing psychiatric hospitalization.

*Phone # 276-525-1650, opt. #3*

### **CRISIS INTERVENTION TEAM ASSESSMENT CENTER (CITAC)**

CITAC offers a therapeutic process and space for law enforcement to transfer custody of consumers to qualified behavioral health professionals in Emergency Services in an effort to avoid use of force, reduce risk of injury and decrease hospitalizations while providing crisis intervention services.

### **CO-RESPONSE UNIT – (CRU)**

Offers a multidisciplinary approach to addressing a behavioral health crisis by pairing specially trained law enforcement officers with clinicians, providing a more direct and effective response to individuals experiencing a crisis situation. This approach ensures the safety of the individual in crisis and connects them with the appropriate services and resources.

## **DEVELOPMENTAL DISABILITY SERVICES – HIGHLANDS COMMUNITY SERVICES**

Highlands CSB offers people with Developmental Disabilities services from birth to adulthood.

Service systems include the following:

- Service Providers
- Advocacy Organizations
- Public Agencies
- Non-Profit Partners

### **EARLY INTERVENTION**

Help families with children who are under 3yrs of age who are not developing as expected or have a medical condition that can delay normal development.

*To make a referral call:*

*276-525-1550 ext. 1764, 2407, & 3408*

### **HORIZONS DAY SUPPORT PROGRAM**

Provides opportunities for peer interactions, community integration and enhancement of social networks through activities in both center-based and community-based settings.

### **RESIDENTIAL SERVICES**

Include Sponsored Residential and In-Home Residential/Community Housing Guide. The Sponsored Residential program consists of the individual residing with the person or a family. The main objective being to induce individuals into a home/family environment. In-Home Residential/Community Housing Guide provides support to individuals in community settings.

### **SUPPORT COORDINATION SERVICES**

Support Coordination Services are the single point of entry to access Developmental Disability Services. Support Coordinators link, monitor, and coordinate the services individuals receive during their entire service period.

*Contact Information:*

*Brittany Lyle- Program Director*

*276-525-1550 ext. 5317*

*blyle@highlandscsb.org*

*Ashley Heffin- Senior Transition Coordinator*

*276-525-1550 ext. 8803*

*aheffin@highlandscsb.org*







