

The Resource Library

Washington County, VA

Last Updated 7/11/24

# Multi-Service Organizations Directory

These organizations provide a variety of resources and programs. They are listed in this directory in alphabetical order with a brief description of each program offered. In parentheses you will find what chapter to find more information about that program in.

- Barns at Blue Mountain
- Blue Mountain Therapy
- Fairview Housing
- Faith in Action
- Feeding SWVA
- Frontier Health
- Haven of Rest
- Highlands Community Services
- Highlands Fellowship
- It's a God Thing
- People Inc.
- The Salvation Army
- YWCA
- VA Attorney General's Office

Barns at Blue Mountain

276-492-0976

17507 Lee Hwy Abingdon, VA

- Equine Assisted Therapy: physical, mental, and emotional benefits through the healing power of horsemanship (Medical Care and Mental Health)
- Serve a Purpose: veterans' programs that combines psychotherapy using horses and a mental health professional with community service projects (Veterans)
- Gentleman's Club: young men meet in a group setting with a responsible male mentor to learn life skills like small engine repair, welding, cooking, and housekeeping (Education)
- Life Skills Academy: Young women meet in a group with a responsible female mentor to learn life skills like gardening, housekeeping, vehicle maintenance, and basic carpentry (Education)
- Healing Hooves: therapeutic horsemanship program (Medical Services and Mental Health)
- Changing Strides: at-risk teens programs for ages 6+ (Education)
- Pony Pals: equine assisted learning group for children ages 6-14 (Education)
- Summer Camps: available during the summer for ages 5+ (Seasonal)
- Read & Play: opportunity for children to become more comfortable reading aloud by reading to ponies and then have the chance to play at Fun Phase at Blue Mountain (Education)

Blue Mountain Therapy

276-525-6043

17507 Lee Hwy Abingdon, VA

- Early Intervention: speech, physical, and occupational therapy for children ages 0-3 that have developmental disabilities (Medical Services)
- Blue Mountain Childcare: daycare facility located at 27018 Lee Hwy Abingdon, VA (Childcare)
- Outpatient Therapy Services: pediatric speech, physical, and occupational therapy (Medical Services)
- Behavioral Health Services: Applied Behavior Analysis Program addresses behavioral issues in children that have intellectual or physical disabilities (Medical Services)
- Free Durable Medical Equipment (DME) Supplies (Medical Services)
- Let's Talk for Adults: free event on the first Wednesday of every month where adults can come get information about local resources to help them move into a better place in life (Education)
- Let's Talk for Teens: free event on the second Wednesday of every month where preteens and teenagers can interact under the supervision of a social worker doing activities and games that promote healthy social interactions (Education)

Fairview Housing                      423-742-7400 or 276-821-8030    multiple locations

- Appalachian Family Housing: serves families transitioning from homelessness to supportive and permanent housing (Housing)
- Bristol Lifestyle Recovery: residential substance use facility for men (Addiction Recovery)
- Mended Women Lifestyle Recovery: residential substance use facility for women (Addiction Recovery)
- Susan's House: lodging in Johnson City for women that are current or past victims of domestic violence (Housing and Domestic Violence)
- Manna House: 40 bed supportive housing community of recovery-focused and formerly homeless men committed to reclaiming their lives in Johnson City (Addiction Recovery & Housing)
- Outpatient Addiction Recovery Services through Bristol Lifestyle Recovery (Addiction Recovery)

Faith in Action                      276-628-4813                      798 Hillman Hwy Abingdon, VA 24210

- Food Pantry open Mondays, Wednesdays, and Fridays (Food Security)
- Crossroads Medical Clinic Location on the 1<sup>st</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Tuesday of every month by appointment (Medical Services)
- Emergency Medication Resource: Assists the uninsured to get access to medicine in emergency situations. Call to see if you qualify (Medication Resources)
- Emergency Financial Assistance: Funds can be used to help pay utilities and rent/housing for people in crisis that live in Washington County, VA. Must call for screening and to make an appointment (Financial Assistance)

Feeding SWVA                      276-628-9266                      21452 Gravel Lake Rd Abingdon, VA

- Harvest Home Community Kitchen located within Abingdon distribution center provides home-cooked meals for pick-up (Food Security)
- Information available for job searching (Education)
- Medical equipment (Education)
- Paying utility bills (Education)
- Understanding insurance benefits (Education)
- Legal assistance (Education)
- Recovery support (Education)
- Health and wellness, and food resources (Education)

Frontier Health

423-989-4500

26 Midway St Bristol, TN

- Outpatient mental health, substance abuse, and co-occurring programs for adults, children, adolescents and families (Mental Health)
- Case management services: home/community-based services (Mental Health)
- Psychiatric Consultation (Mental Health)
- Intensive Outpatient recovery-oriented services for women at least 18 years old who are either pregnant, or have dependent children, and who have a substance use disorder or co-occurring mental health and substance use disorder, including specialized treatment to deal with the unique problems women face. (Addiction Recovery and Mental Health)
- Adolescent Drug & Alcohol Recovery (Addiction Recovery)
- Medication Assisted Recovery Program located in the Holston Counseling Center at 1570 Waverly Road Kingsport, TN. 855-336-9327 (Addiction Recovery)

Haven of Rest

423-968-2011

624 Anderson St Bristol, TN

- Food Pantry available by appointment (Food Security)
- Free community dinner Sunday – Friday 5:00-5:40 (Food Security)
- Counseling services specializing in homelessness and addiction with Emma Brewster (Mental Health)
- The Haven Lighthouse sober living residential program (Addiction Recovery)
- Grace Home: 12 bed women's shelter where they can stay for up to 60 days, check in 6:00pm-9:00pm daily (Housing)
- Men's Shelter: 38 bed men's shelter where they can stay for up to 60 days, check in 6:00pm-9:00pm daily (Housing)
- Crossroads Medical Clinic location on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month by appointment (Medical Care)
- Infant Ministry: Gives out free diapers and wipes, and clothes when they have them (Pregnancy Support)
- Thrift Store located at 124 Pennsylvania Ave Bristol, TN 37620: offers "clothing vouchers" for free clothes for people that need clothes/shoes, whose children needs clothes, unhoused individuals, and people needing nice clothes for a job interview (Clothing Needs)

Highlands Community Services

276-525-1550

610 Campus Dr Abingdon, VA

- Outpatient Substance Abuse Treatment (Addiction Recovery)
- Intensive Family Services work to prevent children from being taken out of their homes and aid in the transition of children back to their homes who have been previously removed (Family Services)
- Stepping Stones: clubhouse model of psychosocial rehab (Mental Health)
- NAVIGATE: comprehensive evidence-based program designed to provide early and effective treatment to individuals who have experienced their first episode of psychosis. Ages 16-25 (Mental Health)
- Permanent Supportive Housing (Housing)
- Mental Health Crisis Hotline: 276-525-1550 or 800-500-7019 (Mental Health)
- The Anchor: 24/7 facility-based crisis center for individuals experiencing a crisis. (Mental Health and Suicide Prevention)
- Emergency Services: mobile crisis intervention services, specifically preadmission screenings, are conducted to determine the need for inpatient treatment to those who pose an imminent risk of harm to self, others, or community. (Mental Health and Suicide Prevention)
- Early Intervention Therapy Services: supports families of infants and toddlers, ages birth to three years, with developmental delays and disabilities by providing therapy services in the home. (Medical Care)
- Children's Advocacy Center: provides a seamless, comprehensive system of support for child victims of sexual and physical abuse, and neglect (Domestic Violence and Mental Health)

Highlands Fellowship – Abingdon

276-628-3297

22417 Watauga Rd Abingdon, VA

- Food Pantry open Wednesdays 10:00-12:00, closed the 5<sup>th</sup> Wednesday of the month if there is one (Food Security)
- Highlands Thrift Store in Kroger shopping center in Abingdon (Clothing Needs)
- Celebrate Recovery on Tuesday evenings at Bristol location 134 Commerce Ct (Addiction Recovery)

It's a God Thing

276-475-3318

101 Laurel Ave Damascus, VA

- Food Pantry for qualifying residents only, call to see if you qualify and to schedule a pick-up appointment (Food Security)
- Food delivery service available on the 3<sup>rd</sup> Wednesday of every month for people that are shut-in and meet criteria (Food Security)
- Thrift Store: "clothing vouchers" for free clothes for people that need clothes/shoes, whose children needs clothes, unhoused individuals, and people needing nice clothes for a job interview (Clothing Needs)

People Inc.

833-429-7754

1173 W Main St Abingdon, VA

- Homeless Solutions provides a variety of assistance that includes short-term or medium-term rental assistance, housing relocation, and stabilization services catered to the needs of the individual (Housing)
- Affordable Rental Housing 276-623-9000 (Housing)
- Permanent Supportive Housing 276-623-9000 or 540-724-6630 (Housing)
- Housing Repair Home Loans and Grants 276-619-2274 (Housing)
- Personal Loans: 276-623-9000 loans with an affordable interest rate are available to qualified individuals for household expenses, car purchases, bill consolidation, and other needs (Financial Assistance)
- Free Income Tax Preparation: 276-623-9000 trained volunteers provide free tax preparation assistance to individuals who earn less than \$57,000 annually and help connect eligible individuals with tax credits (Financial Assistance)
- Matched Savings Accounts: 276-623-9000 eligible participants receive training, support, and up to \$4,000 matched funding on their savings towards the purchase of their first home. Participants also receive access to financial counselors and homebuyer education. (Financial Assistance)
- Rental Assistance: 276-623-9000 payments are provided in Washington County for privately owned, scattered site existing housing (Housing and Financial Assistance)
- Domestic Violence Shelter and Sexual Assault Advocacy 276-935-5485 or 276-889-0178 (Domestic Violence)

Salvation Army            423-764-6156            137 Martin Luther King Jr Blvd Bristol, TN

- Feeding Program provides hot meals Monday – Thursday 12:30-1:00 and 5:00-5:30 (Food Security)
- Pathway of Hope Program: intensive case management program to help individuals break the cycles of poverty, addiction, and all life's hang-ups. Financial assistance is available for people in this program that stick with it and prove they want to change their own lives. (Family Services)
- Bristol Homeless Shelter opens daily at 6:30pm (Housing)

#### VA Attorney General's Office

- Virginia Rules: state-specific law-related education program for middle and high school students to educate and help develop skills needed to make sound decisions, avoid breaking laws, and to become active citizens (Education)
- Group Violence Intervention (GVI): promote firearm safety, gang intervention and prevention, education on state and local firearm laws, assists ex-offenders who want change, and remove those who commit violent crimes like homicide to keep our communities safe. (Education)
- Identity Theft Passport Program: a card that you can carry and present to law enforcement or other individuals who may challenge you about your identity should you become the victim of identity crime. (Senior Services)
- TRIAD/Seniors: cooperative effort of law enforcement, senior citizens, and senior organizations, focused on reducing crimes against our most vulnerable citizens (Senior Services)
- Anti-Human Trafficking: Works closely with law enforcement agencies and community partners to raise awareness to prevent Human Trafficking (Education/)
- Victim Notification Program: To notify victims, upon their request, of appellate and habeas corpus proceedings in cases in which he or she is a victim. (Education and Domestic Violence)



- Anti-Domestic Violence: enhance cooperation between state agencies, provide helpful information to victims, and promote statewide awareness and education. (Domestic Violence)
- Address Confidentiality Program: confidential mail-forwarding service for victims of domestic violence, stalking, sexual violence, and/or human trafficking who have recently relocated to a location unknown to their abuser or stalker. The goal of the ACP is to help participants keep their new address confidential. (Domestic Violence)
- Medicaid Fraud Control Unit (MFCU): The MFCU team vigorously investigates claims and educates the public on Medicaid fraud, as well as elder abuse and neglect, with the goal of deterring fraudulent and abusive activities throughout the Commonwealth through its civil and enforcement actions. (Senior Services)
- Re-Entry: To help transition offenders back into the community by providing case management, treatment services and support networks to reduce recidivism rates. (Society Re-Integration)
- Respect Richmond/Project Safe Neighborhood (PSN): To help reduce gun, gang and other violent crimes through training, outreach and awareness initiatives for both the community and law enforcement agencies. (Education)

#### YWCA Bristol

- McGlothlin-Street Childcare Center (Childcare)
- Wellmont Child Development Center: partnered with YWCA to operate this daycare (Childcare)
- Moms-R-Us: All classes are FREE OF CHARGE and available to teens age 19 or younger who are pregnant for the first time. (Pregnancy Support)
- Strive for Teens: program that addresses chronic poverty, unemployment, and underemployment. YWCA Strive for Teens supports teenagers ages 13 – 19 (Family Services)

# Addiction Recovery

- Residential Programs
- Meetings and Support Groups
  - Outpatient Services
- Recovery Through Medication

## ***Residential Programs***

### **Bristol Lifestyle Recovery \*\*MEN ONLY\*\***

- 276-821-8030
- 261 North St Bristol, VA 24201
- Operated by Fairview Housing
- Accepts Medicaid and other local insurances
- [Recover@bristollifestylerecovery.org](mailto:Recover@bristollifestylerecovery.org)
- Contact: Rick Mitchell, director [RMitchell@fairviewhousing.org](mailto:RMitchell@fairviewhousing.org)
- Contact: Linda Austin, Director of Community Relations 276-356-6547  
[lindaaustin1225@gmail.com](mailto:lindaaustin1225@gmail.com)
- Application (2 parts) available on website:  
<https://fairviewhousing.org/programs/bristol-lifestyle-recovery/>
- Fax applications to 423-900-2435
- Men's Residential Recovery Program. Supervised living program serving people ready to reclaim their lives from substance abuse
- Up to 24 months of treatment, therapy, relationship building, independent living workshops, and so much more
- Just launched: Outpatient program
- Other Programs:
  - Outpatient Program for Substance Use Disorder

## Mended Women Lifestyle Recovery

- Mendedwomen.org
- 276-451-3996
- Operated by Fairview Housing
- Accepts Medicaid and other local insurances
- Application (2 parts) can be found on their website:  
<https://fairviewhousing.org/programs/mended-women-recovery/>
- Fax completed applications to 276-451-7626
- Contact: Linda Austin, Director of Community Relations 276-356-6547  
[lindaaustin1225@gmail.com](mailto:lindaaustin1225@gmail.com)
- Women's Residential Recovery Program with 70 beds on Bradley Street in Abingdon. Clinically managed substance abuse treatment program for long term recovery.
- Women with custody of their school-aged children can enroll their children in Mountain Mission School while she is in treatment so mom and kids both have a place to live, eat, and be taken care of during mom's recovery.
- Other Programs:
  - o The Sanctuary residential program to reunite mothers recovering from substance use disorder with their children
  - o Outpatient Program for Substance Use Disorder

## Manna House

- [Live@fairviewhousing.org](mailto:Live@fairviewhousing.org)
- 276-821-8030
- 40 bed supportive housing community of recovery-focused and formerly homeless men committed to reclaiming their lives
- A program of Fairview Housing, The Manna House was founded in 1998 to provide safe and affordable supportive & transitional housing for homeless men in Johnson City, TN.
- Other Services:
  - Appalachian Family Housing: A program of Fairview Housing that serves families transitioning from homelessness to supportive and permanent housing.
  - Bristol Lifestyle Recovery: residential substance use facility for men
  - Mended Women Lifestyle Recovery: residential substance use facility for women
  - Susan's House: lodging in Johnson City for women that are current or past victims of domestic violence
  - Outpatient Addiction Recovery Services

## The Haven Lighthouse – Haven of Rest

- Biblically based, sober living residential program for men where guests can stay up to 24 months. Random drug/alcohol tests.
- NOT a rehab, this service is for people who need a stable living environment in which to STAY sober while they put their life back together
- Certified counselor on staff
- Admission is by interview with a staff member
- Guests must have a sustainable income and pay a minimal rent.
- 624 Anderson St Bristol, TN 37620
- 423-968-2011
- Other Services: (all have the same address and phone number except the Thrift Store is off campus)
  - o Free community dinner 6 nights per week: Sunday – Friday 5:00-5:40
  - o Counseling services specializing in homelessness and addiction with Emma Brewster [ebrewster@horbtn.org](mailto:ebrewster@horbtn.org)
  - o Food Pantry available by appointment
  - o Grace Home: 12 bed women's shelter where they can stay for up to 60 days, check in 6:00pm-9:00pm daily
  - o Men's Shelter: 38 bed men's shelter where they can stay for up to 60 days, check in 6:00pm-9:00pm daily
  - o Crossroads Medical Clinic location on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month by appointment
  - o Infant Ministry: Gives out free diapers and wipes, and clothes when they have them
  - o Thrift Store located at 124 Pennsylvania Ave Bristol, TN 37620: offers "clothing vouchers" for free clothes for people that need clothes/shoes, whose children needs clothes, unhoused individuals, and people needing nice clothes for a job interview

## *Meetings and Support Groups*

### Celebrate Recovery – Highlands Fellowship Bristol Location

- Highlands Fellowship Campus: 134 Commerce Ct Bristol, VA
- Tuesdays at 6:00pm
- Director: Johnny Greene [jgreene@hf.church](mailto:jgreene@hf.church)
- 276-669-7400
- Christ-centered 12 step program for those who want help with life's struggles like addiction, past hurts, co-dependency, etc.
- Other Services:
  - o Food Pantry on Wednesdays at Abingdon location
  - o Thrift Store in Kroger shopping center in Abingdon

### Tri-Cities Recovery

- Hosted by The Gathering Place inside Blue Mountain Therapy at 17507 Lee Hwy Abingdon, VA 24210 (East Entrance)
- Contact: Mark Mitchell [mark@tricitie recovery.org](mailto:mark@tricitie recovery.org)
- 276-644-3133
- Wednesdays at 10:00am and Thursdays at night

### Recovery at Bristol

- Hosted by State Street United Methodist Church at 650 Valley Drive Bristol, VA 24201 across the street from Virginia High School
- 276-669-2101 ext 123
- Contact: [Spatterson@state-street.org](mailto:Spatterson@state-street.org)
- Will provide transportation to and from Recovery @ Bristol only. To schedule a ride call 276-669-2101 ext 121
- Scripture + 12 steps of AA to recover/heal from alcoholism, drug addiction, divorce, family dysfunction, grief & loss, co-dependence, and life challenges.
- Schedule: 6:15pm meal provided, 7:00pm praise and worship service, 8:00pm group sessions

## Alcoholics Anonymous

- [aavirginia.org/meetings](http://aavirginia.org/meetings)
- Abingdon Group: Sinking Springs Presbyterian Church 136 E Main St
  - o Schedule: 8:00pm Tuesdays, 8:00pm Thursdays, and 6:00pm Saturdays
  - o Check schedule because it can change weekly but website is updated

## Drug Addicts Anonymous

- In-Person meeting available in Bristol
- Meetings change weekly and can be found on their website: <https://daausa.org/find-a-meeting/>



## *Outpatient Recovery Services*

### Fairview Housing

- Has new outpatient program through Bristol Lifestyle Recovery and available virtually
- Only for individuals with a substance use disorder (SUDs) diagnosis, but there are clinicians on staff that can make the diagnosis.
- Other Services:
  - o Appalachian Family Housing: A program of Fairview Housing that serves families transitioning from homelessness to supportive and permanent housing.
  - o Bristol Lifestyle Recovery: residential substance use facility for men
  - o Mended Women Lifestyle Recovery: residential substance use facility for women
  - o Susan's House: lodging in Johnson City for women that are current or past victims of domestic violence
  - o Manna House: 40 bed supportive housing community of recovery-focused and formerly homeless men committed to reclaiming their lives in Johnson City

### Frontier Health – Bristol Regional Counseling Center

- 423-989-4500
- 26 Midway St Bristol, TN 376200
- Accepts VA residents
- Intensive Outpatient recovery-oriented services for women at least 18 years old who are either pregnant, or have dependent children, and who have a substance use disorder or co-occurring mental health and substance use disorder, including specialized treatment to deal with the unique problems women face.
- Adolescent Drug & Alcohol Recovery
- Other Services:
  - o Outpatient mental health, substance abuse, and co-occurring programs for adults, children, adolescents and families
  - o Case management services: home/community-based services
  - o Psychiatric Consultation
  - o Medication Assisted Recovery Program located in the Holston Counseling Center at 1570 Waverly Road Kingsport, TN. 855-336-9327

## Highlands Community Services (Outpatient Services)

- Substance abuse treatment services are provided for adolescents and their families in a supportive and challenging environment. A variety of tracts are available to best accommodate the clinical needs of those served, including those involved in the criminal justice system.
- Individuals who are given priority admission to services include: persons struggling with opioid use, women, and persons struggling with IV drug use.
- Substance abuse services consist of group and/or individual therapy sessions that occur one to three times per week. Group sessions are made up of several tracts for men, women, and adolescents.
- Specialty Concentrations: relapse prevention, support system development, trauma treatment, mental health and substance use disorder treatment, coping skills development, and anger management.
- Other Services
  - o Stepping Stones: clubhouse model of psychosocial rehabilitation
  - o NAVIGATE: comprehensive evidence-based program designed to provide early and effective treatment to individuals who have experienced a first episode of psychosis. Ages 16-25
  - o Permanent Supportive Housing
  - o Mental Health Crisis Hotline: 276-525-1550 or 800-500-7019
  - o The Anchor: 24/7 facility-based crisis center for individuals experiencing a psychiatric and/or substance-related crisis.
  - o Emergency Services: mobile crisis intervention services, specifically preadmission screenings, are conducted to determine the need for inpatient treatment to those who pose an imminent risk of harm to self, others, or community.
  - o Early Intervention Therapy Services: supports families of infants and toddlers, ages birth to three years, with developmental delays and disabilities by providing therapy services in the home.
  - o Children's Advocacy Center: leverages the efforts of law enforcement, prosecutors, medical and mental health providers, social workers, and others to provide a seamless, comprehensive system of support for child victims of sexual and physical abuse, and neglect.

## ***Medication Assisted Recovery Program***

### **Frontier Health**

- 1570 Waverly Road Kingsport, TN 37664 in the Holston Counseling Center
- 855-336-9327
- Referral Line: 423-639-7048
- Corporate: 423-467-3600
- Medication Assisted Recovery Program
- Other Services Available at 26 Midway St Bristol, TN:
  - Case management services (home/community-based services)
  - Psychiatric Consultation
  - Intensive Outpatient recovery-oriented services for women at least 18 years old who are either pregnant, or have dependent children, and who have a substance use disorder or co-occurring mental health and substance use disorder, including specialized treatment to deal with the unique problems women face.
  - Adolescent Drug & Alcohol Recovery
  - Outpatient mental health, substance abuse, and co-occurring programs for adults, children, adolescents and families

# Childcare

- Daycares
- After school Programs

## *Daycares*

### YWCA McGlothlin-Street Childcare Center

- 106 State Street Bristol, TN
- Open to VA residents
- Contact: Katy Long (Senior Project Manager) 423-530-0237 [klong@ywcatnva.org](mailto:klong@ywcatnva.org)
- A reduced fee is available to any child whose household income meets qualifying guidelines
- Add your child to the waitlist by emailing [ywca@ywcatnva.org](mailto:ywca@ywcatnva.org) or calling 423-986-9444
- Other Services:
  - o Moms-R-Us: All classes are FREE OF CHARGE and available to teens age 19 or younger who are pregnant for the first time.
  - o Strive for Teens: program that addresses chronic poverty, unemployment, and underemployment. YWCA Strive for Teens supports teenagers ages 13 - 19

### Wellmont Child Development Center

- Partnered with YWCA to operate this daycare
- Wellmont Child Development Center, 281 Steeles Road, Bristol, TN 37620 (on the campus of the Bristol Regional Medical Center)
- 423-844-5225
- Although designed to serve Wellmont healthcare workers' children, additional openings are often available to parents needing extended-hour childcare in our community.
- Serves children 6-weeks to Pre-K 5 days a week, year-round and care for children up to 12 years of age during school breaks
- Call for waitlist and pricing
- Other Services:
  - o Moms-R-Us: All classes are FREE OF CHARGE and available to teens age 19 or younger who are pregnant for the first time.
  - o Strive for Teens: program that addresses chronic poverty, unemployment, and underemployment. YWCA Strive for Teens supports teenagers ages 13 - 19

## Blue Mountain Childcare

- 276-525-1332
- 27018 Lee Hwy Abingdon, VA 24210
- Waitlist for infants is a year, all other ages have openings every August when some kids go to public school
- Add your child to the waitlist at <https://bluemountaintherapy.com/apply/>
- Hours: Monday through Friday 7:00am – 5:30pm
- Other Services:
  - Early Intervention: speech therapy, physical therapy, and occupational therapy for children ages 0-3 that have developmental disabilities; performed in the home
  - Outpatient Therapy Services: pediatric speech therapy, physical therapy, and occupational therapy
  - Behavioral Health Services: Applied Behavior Analysis Program addresses behavioral issues in children that have intellectual or physical disabilities
  - Free Durable Medical Equipment (DME) Supplies for individuals in need. First come, first serve. Some items commonly available: wheelchairs, crutches, bedside commodes.
  - Let's Talk for Adults: free event on the first Wednesday of every month where adults can come get information about local resources to help them move into a better place in life
  - Let's Talk for Teens: free event on the second Wednesday of every month where preteens and teenagers can interact under the supervision of a social worker doing activities and games that promote healthy social interactions

## *After-School Programs*

### TechGYRLS with the YWCA

- Only serves kids that go to Bristol City Schools
- Referrals come from the school where the girl attends

# Clothing Needs



## *Clothing Needs*

### Haven of Rest Thrift Store

- Does “clothing vouchers” for free clothes for people that need clothes/shoes, whose children needs clothes, unhoused individuals, and people needing nice clothes for a job interview
- 124 Pennsylvania Ave Bristol, TN 37620
- 423-968-2011
- Other Services:
  - Food Pantry available by appointment
  - Free community dinner 6 nights per week: Sunday – Friday 5:00-5:40
  - Counseling services specializing in homelessness and addiction
  - The Haven Lighthouse sober living residential program
  - Grace Home: 12 bed women’s shelter where they can stay for up to 60 days, check in 6:00pm-9:00pm daily
  - Men's Shelter: 38 bed men’s shelter where they can stay for up to 60 days, check in 6:00pm-9:00pm daily
  - Crossroads Medical Clinic location on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month by appointment
  - Infant Ministry: Gives out free diapers and wipes, and clothes when they have them

### Highlands Thrift Store

- Does “clothing vouchers” for free clothes for people that need clothes/shoes, whose children needs clothes, unhoused individuals, and people needing nice clothes for a job interview
- 396 Cummings St Abingdon, VA 24210
- Other Services:
  - Food Pantry open Wednesdays 10:00-12:00, closed the 5<sup>th</sup> Wednesday of the month if there is one
  - Celebrate Recovery on Tuesday evenings at Bristol location

## It's a God Thing

- Does "clothing vouchers" for free clothes for people that need clothes/shoes, whose children needs clothes, unhoused individuals, and people needing nice clothes for a job interview
- 276-475-3318
- 101 W Laurel Ave Damascus, VA 24236
- Other Services:
  - Food Pantry for qualifying residents only, call to see if you qualify and to schedule a pick-up appointment
  - Food delivery service available on the 3<sup>rd</sup> Wednesday of every month for people that are shut-in and meet criteria

# Dental Clinics

- Free Dental Clinics
- Charitable Dental Clinics

## *Free Dental Clinics*

### Appalachian Miles for Smiles

\*\*This information is not confirmed, it was copied and pasted from the website

- FREE mobile dental and vision unit serving uninsured and underinsured in Upper East TN and SWVA
- Dental services include X-rays, extractions, fillings, and cleanings.
- Vision services include eye exams, prescription glasses, and referrals if needed.
- 423-230-8888
- [manager@amfsmiles.org](mailto:manager@amfsmiles.org)

### ***Charitable Dental Clinics (not free)***

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

- Sliding Fee Scale **\*\*NOT FREE\*\***
- Oral health solutions for the uninsured AND recovery program adults living in SWVA
- Offering teeth cleanings, tooth decay prevention, chip/crack repair, crowns, fillings, implants, cancer screenings, dentures, root canals, and extractions.
- 276-525-4487
- 616 Campus Drive Abingdon, VA 24210
- Hours: Monday through Friday 8:00am – 5:00pm by appointment

# Disability Services

## *Disability Services*

### Appalachian Independence Center

- 230 Charwood Dr Abingdon, VA
- 276-628-2979
- To advocate for and with people with disabilities to promote full participation in society
- Makes sure services are available to people with disabilities and help the individuals with disabilities learn about the services specific to their needs
- Contact: Jeff Smith 276-623-7396

# Domestic Violence



## *Domestic Violence*

National Hotline: 800-799-7233

### Washington County DSS

- 276-645-5000

### Bristol City DSS

- 276-645-7450

### Abuse Alternatives Inc.

- Abingdon: 276-628-6940 located at 195 Park St Abingdon, VA 24210
- Bristol, VA: 423-652-9094
- Bristol, VA/TN Office: 423-764-2287 located at 104 Memorial Dr Bristol, TN 37620
- Contact: Melissa Fields: [Mainoffice@abusealt.org](mailto:Mainoffice@abusealt.org)
- Emergency Shelter: Temporary, emergency shelter for survivors and their children who need a safe place to reside because of domestic violence. All essential resources are provided.
- Request Emergency Shelter by calling the 24/7 Crisis Hotline 800-987-6499
- Outreach Advocacy: Victim advocates provide safety planning, court advocacy, accompaniment, and information/referral to community resources to survivors and their families.

## Children's Advocacy Center with Highlands Community Services

- 21451 Sugar Hollow Rd Bristol, VA 24202
- 276-645-5867
- The Children's Advocacy Center of Highlands Community Services leverages the efforts of law enforcement, prosecutors, medical and mental health providers, social workers, and others to provide a seamless, comprehensive system of support for child victims of sexual and physical abuse, and neglect.
- Other Services:
  - o Homeless Solutions provides a variety of assistance that includes short-term or medium-term rental assistance, housing relocation, and stabilization services catered to the needs of the individual
  - o Affordable Rental Housing 276-623-9000
  - o Permanent Supportive Housing 276-623-9000 or 540-724-6630
  - o Housing Repair Home Loans and Grants 276-619-2274
  - o Personal Loans: 276-623-9000 loans with an affordable interest rate are available to qualified individuals for household expenses, car purchases, bill consolidation, and other needs
  - o Free Income Tax Preparation: 276-623-9000 trained volunteers provide free tax preparation assistance to individuals who earn less than \$57,000 annually and help connect eligible individuals with tax credits
  - o Matched Savings Accounts: 276-623-9000 eligible participants receive training, support, and up to \$4,000 matched funding on their savings towards the purchase of their first home. Participants also receive access to financial counselors and homebuyer education.
  - o Rental Assistance: 276-623-9000 payments are provided in Washington County for privately owned, scattered site existing housing

## People Inc. Domestic Violence Shelter and Sexual Assault Advocacy

- 276-935-5485 or 276-889-0178
- Survivors of domestic abuse or sexual assault achieve safety and independence as they receive housing and supportive assistance.
- The program provides 24-hour hotline service, temporary emergency shelter, referrals, support groups, transportation, and court advocacy for survivors of violence and sexual assault.
- Other Services:
  - o Homeless Solutions provides a variety of assistance that includes short-term or medium-term rental assistance, housing relocation, and stabilization services catered to the needs of the individual
  - o Affordable Rental Housing 276-623-9000
  - o Permanent Supportive Housing 276-623-9000 or 540-724-6630
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  - o Personal Loans: 276-623-9000 loans with an affordable interest rate are available to qualified individuals for household expenses, car purchases, bill consolidation, and other needs
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  - o Rental Assistance: 276-623-9000 payments are provided in Washington County for privately owned, scattered site existing housing

## Susan's House

- 214 E Watauga Ave Johnson City, TN
- 423-742-7400
- Lodging in Johnson City for women that are current or past victims of domestic violence
- Other Services:
  - Appalachian Family Housing: A program of Fairview Housing that serves families transitioning from homelessness to supportive and permanent housing.
  - Bristol Lifestyle Recovery: residential substance use facility for men
  - Mended Women Lifestyle Recovery: residential substance use facility for women
  - Manna House: 40 bed supportive housing community of recovery-focused and formerly homeless men committed to reclaiming their lives in Johnson City
  - Outpatient Addiction Recovery Services

## Anti-Domestic Violence Program – VA Attorney General’s Office

- To help fight domestic violence, the Attorney General strives to enhance cooperation between state agencies, provide helpful information to victims, and promote statewide awareness and education. The Attorney General’s Office also supports legislation to combat domestic violence and sexual assault, while implementing grant programs and other initiatives, such as Verizon Wireless’s HopelineProgram, which donates cell phones to local shelters for victims.
- Other Programs from the VA Attorney General’s Office:
  - Virginia Rules: state-specific law-related education program for middle and high school students.
  - Group Violence Intervention (GVI): promote firearm safety, gang intervention and prevention, education on state and local firearm laws, assists ex-offenders who want change, and remove those who commit violent crimes
  - Identity Theft Passport Program: a card that you can carry and present to law enforcement or other individuals who may challenge you about your identity should you become the victim of identity crime.
  - Anti-Human Trafficking: Works closely with law enforcement agencies and community partners to raise awareness to prevent Human Trafficking.
  - Victim Notification Program: To notify victims, upon their request, of appellate and habeas corpus proceedings in cases in which he or she is a victim.
  - Address Confidentiality Program: mail-forwarding service for victims of domestic violence, stalking, sexual violence, and/or human trafficking
  - Medicaid Fraud Control Unit (MFCU): investigates claims and educates the public on Medicaid fraud, as well as elder abuse and neglect
  - Re-Entry: To help offenders transition back into the community
  - Respect Richmond/Project Safe Neighborhood (PSN): To help reduce gun, gang and other violent crimes through training and awareness

## Victim Notification Program

- To notify victims, upon their request, of appellate and habeas corpus proceedings in cases in which he or she is a victim. To provide victims with general information about the appellate process and habeas corpus proceedings in both capital and non-capital cases. To provide referrals to victims when appropriate.
- Other Programs from the VA Attorney General's Office:
  - Virginia Rules: state-specific law-related education program for middle and high school students.
  - Group Violence Intervention (GVI): promote firearm safety, gang intervention and prevention, education on state and local firearm laws, assists ex-offenders who want change, and remove those who commit violent crimes
  - Identity Theft Passport Program: a card that you can carry and present to law enforcement or other individuals who may challenge you about your identity should you become the victim of identity crime.
  - Anti-Human Trafficking: raise awareness to prevent Human Trafficking.
  - Anti-Domestic Violence: enhance cooperation between state agencies, provide helpful information to victims, and promote statewide awareness
  - Address Confidentiality Program: confidential mail-forwarding service for victims of domestic violence, stalking, sexual violence, and/or human trafficking
  - Medicaid Fraud Control Unit (MFCU): investigates claims and educates the public on Medicaid fraud, as well as elder abuse and neglect
  - Re-Entry: To help offenders transition back into the community
  - Respect Richmond/Project Safe Neighborhood (PSN): To help reduce gun, gang and other violent crimes through training and awareness

## Address Confidentiality Program

- The Address Confidentiality Program (ACP) is a confidential mail-forwarding service for victims of domestic violence, stalking, sexual violence, and/or human trafficking who have recently relocated to a location unknown to their abuser or stalker. The goal of the ACP is to help participants keep their new address confidential.
- Other Programs from the VA Attorney General's Office:
  - Virginia Rules: state-specific law-related education program for middle and high school students.
  - Group Violence Intervention (GVI): promote firearm safety, gang intervention and prevention, education on state and local firearm laws, assists ex-offenders who want change, and remove those who commit violent crimes
  - Identity Theft Passport Program: a card that you can carry and present to law enforcement or other individuals who may challenge you about your identity should you become the victim of identity crime.
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  - Medicaid Fraud Control Unit (MFCU): investigates claims and educates the public on Medicaid fraud, as well as elder abuse and neglect
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# Education

- Minors
- Adults



## *Ages up to 18*

### Communities in Schools

- 280 Lee Street Bristol, VA
- Surrounds students with a community of support, empowering them to stay in school and achieve in life
- Referral-based program for kids in public schools that don't always get the support they need at home.
- Comes alongside the child AND the family to improve grades, keep kids in school, allow them to play sports, prepare them for college, and prepare them for the workforce
- Local contact: Jonathan Arnold [jarnold@cisofah.org](mailto:jarnold@cisofah.org) 276-791-8104

### Let's Talk for Teens

- Free event on the second Wednesday of every month where preteens and teenagers can interact under the supervision of a social worker doing activities and games that promote healthy social interactions
- Hosted by Blue Mountain Therapy at 17507 Lee Hwy Abingdon, VA
- 276-525-6043
- Other Services:
  - o Early Intervention: speech therapy, physical therapy, and occupational therapy for children ages 0-3 that have developmental disabilities
  - o Blue Mountain Childcare: daycare facility located at 27018 Lee Hwy Abingdon
  - o Outpatient Therapy Services: pediatric speech therapy, physical therapy, and occupational therapy
  - o Behavioral Health Services: Applied Behavior Analysis Program addresses behavioral issues in children that have intellectual or physical disabilities
  - o Free Durable Medical Equipment (DME) Supplies for individuals in need
  - o Let's Talk for Adults: free event on the first Wednesday of every month where adults can come get information about local resources to help them move into a better place in life

## Virginia Rules

- State-specific law-related education program for middle and high school students. The purpose of Virginia Rules is to educate young Virginians about Virginia laws and help them develop skills needed to make sound decisions, to avoid breaking laws, and to become active citizens of their schools and communities.
- Other Programs from the VA Attorney General's Office:
  - Virginia Rules: state-specific law-related education program for middle and high school students.
  - Group Violence Intervention (GVI): promote firearm safety, gang intervention and prevention, education on state and local firearm laws, assists ex-offenders who want change, and remove those who commit violent crimes
  - Identity Theft Passport Program: a card that you can carry and present to law enforcement or other individuals who may challenge you about your identity should you become the victim of identity crime.
  - TRIAD/Seniors: focused on reducing crimes against our most vulnerable citizens: our seniors.
  - Anti-Human Trafficking: Works closely with law enforcement agencies and community partners to raise awareness to prevent Human Trafficking..
  - Victim Notification Program: To notify victims, upon their request, of appellate and habeas corpus proceedings in cases in which he or she is a victim.
  - Anti-Domestic Violence: enhance cooperation between state agencies, provide helpful information to victims, and promote statewide awareness
  - Address Confidentiality Program: confidential mail-forwarding service for victims of domestic violence, stalking, sexual violence, and/or human trafficking
  - Medicaid Fraud Control Unit (MFCU): investigates claims and educates the public on Medicaid fraud, as well as elder abuse and neglect
  - Re-Entry: To help offenders transition back into the community
  - Respect Richmond/Project Safe Neighborhood (PSN): To help reduce gun, gang and other violent crimes through training and awareness

## Gentleman's Club

- Hosted by The Barns at Blue Mountain
- Contact: Phoenix Phillips barns@bluemountaintherapy.com
- 17507 Lee Hwy Abingdon, VA
- young men meet in a group setting with a responsible male mentor to learn life skills like small engine repair, welding, cooking, and housekeeping
- Functions under the belief that, in order to be self-sufficient, young men need to take on non-gender-conforming roles in their household
- Other Services:
  - Equine Assisted Therapy: physical, mental, and emotional benefits through the healing power of horsemanship (Medical Care and Mental Health)
  - Serve a Purpose: veterans' programs that combines psychotherapy using horses and a mental health professional with community service projects (Veterans)
  - Life Skills Academy: Young women meet in a group with a responsible female mentor to learn life skills like gardening, housekeeping, vehicle maintenance, and basic carpentry (Education)
  - Healing Hooves: therapeutic horsemanship program (Medical Services and Mental Health)
  - Changing Strides: at-risk teens programs for ages 6+ (Education)
  - Pony Pals: equine assisted learning group for children ages 6-14 (Education)
  - Summer Camps: available during the summer for ages 5+ (Seasonal)
  - Read & Play: opportunity for children to become more comfortable reading aloud by reading to ponies and then have the chance to play at Fun Phase at Blue Mountain (Education)

## Life Skills Academy

- Hosted by The Barns at Blue Mountain
- Contact: Tish Jackson 276-492-0976 [barns@bluemountaintherapy.com](mailto:barns@bluemountaintherapy.com)
- 17507 Lee Hwy Abingdon, VA
- young women meet in a group setting with a responsible female mentor to learn life skills like small engine repair, welding, cooking, and housekeeping
- Functions under the belief that, in order to be self-sufficient, young ladies need to take on non-gender-conforming roles in their household
- Other Services:
  - o Equine Assisted Therapy: physical, mental, and emotional benefits through the healing power of horsemanship (Medical Care and Mental Health)
  - o Serve a Purpose: veterans' programs that combines psychotherapy using horses and a mental health professional with community service projects (Veterans)
  - o Gentleman's Club: young men meet in a group setting with a responsible male mentor to learn life skills like small engine repair, welding, cooking, and housekeeping (Education)
  - o Healing Hooves: therapeutic horsemanship program (Medical Services and Mental Health)
  - o Changing Strides: at-risk teens programs for ages 6+ (Education)
  - o Pony Pals: equine assisted learning group for children ages 6-14 (Education)
  - o Summer Camps: available during the summer for ages 5+ (Seasonal)
  - o Read & Play: opportunity for children to become more comfortable reading aloud by reading to ponies and then have the chance to play at Fun Phase at Blue Mountain (Education)

## Changing Strides

- At-risk teens program hosted by THe Barns at Blue Mountain
- Contact: Tish Jackson 276-492-0976 [barns@bluemountaintherapy.com](mailto:barns@bluemountaintherapy.com)
- 17507 Lee Hwy Abingdon, VA
- Kids in foster care, kids being raised in a kinship household, and children with behavioral issues benefit from the healing power of horsemanship where they learn responsibility, discipline, and the benefits of having both
- Other Services:
  - o Equine Assisted Therapy: physical, mental, and emotional benefits through the healing power of horsemanship (Medical Care and Mental Health)
  - o Serve a Purpose: veterans' programs that combines psychotherapy using horses and a mental health professional with community service projects (Veterans)
  - o Gentleman's Club: young men meet in a group setting with a responsible male mentor to learn life skills like small engine repair, welding, cooking, and housekeeping (Education)
  - o Life Skills Academy: Young women meet in a group with a responsible female mentor to learn life skills like gardening, housekeeping, vehicle maintenance, and basic carpentry (Education)
  - o Healing Hooves: therapeutic horsemanship program (Medical Services and Mental Health)
  - o Pony Pals: equine assisted learning group for children ages 6-14 (Education)
  - o Summer Camps: available during the summer for ages 5+ (Seasonal)
  - o Read & Play: opportunity for children to become more comfortable reading aloud by reading to ponies and then have the chance to play at Fun Phase at Blue Mountain (Education)

## Pony Pals

- Hosted by The Barns at Blue Mountain
- Contact: Tish Jackson (director) 276-492-0976 barns@bluemountaintherapy.com
- Short-term equine assisted learning group for ages 6-14
- Other Services:
  - Equine Assisted Therapy: physical, mental, and emotional benefits through the healing power of horsemanship (Medical Care and Mental Health)
  - Serve a Purpose: veterans' programs that combines psychotherapy using horses and a mental health professional with community service projects (Veterans)
  - Gentleman's Club: young men meet in a group setting with a responsible male mentor to learn life skills like small engine repair, welding, cooking, and housekeeping (Education)
  - Life Skills Academy: Young women meet in a group with a responsible female mentor to learn life skills like gardening, housekeeping, vehicle maintenance, and basic carpentry (Education)
  - Healing Hooves: therapeutic horsemanship program (Medical Services and Mental Health)
  - Changing Strides: at-risk teens programs for ages 6+ (Education)
  - Summer Camps: available during the summer for ages 5+ (Seasonal)
  - Read & Play: opportunity for children to become more comfortable reading aloud by reading to ponies and then have the chance to play at Fun Phase at Blue Mountain (Education)

## Read and Play

- Hosted by The Barns at Blue Mountain
- Contact: Tish Jackson (director) 276-492-0976 [barns@bluemountaintherapy.com](mailto:barns@bluemountaintherapy.com)
- Opportunity for children to become more comfortable reading aloud by reading to ponies and then have the chance to play at Fun Phase at Blue Mountain
- Other Services:
  - Equine Assisted Therapy: physical, mental, and emotional benefits through the healing power of horsemanship (Medical Care and Mental Health)
  - Serve a Purpose: veterans' programs that combines psychotherapy using horses and a mental health professional with community service projects (Veterans)
  - Gentleman's Club: young men meet in a group setting with a responsible male mentor to learn life skills like small engine repair, welding, cooking, and housekeeping (Education)
  - Life Skills Academy: Young women meet in a group with a responsible female mentor to learn life skills like gardening, housekeeping, vehicle maintenance, and basic carpentry (Education)
  - Healing Hooves: therapeutic horsemanship program (Medical Services and Mental Health)
  - Changing Strides: at-risk teens programs for ages 6+ (Education)
  - Pony Pals: equine assisted learning group for children ages 6-14 (Education)
  - Summer Camps: available during the summer for ages 5+ (Seasonal)

## *Adults*

### Let's Talk for Adults

- Hosted by Blue Mountain Therapy at 17507 Lee Hwy Abingdon, VA
- 276-525-6043
- Free event on the first Wednesday of every month where adults can come get information about local resources to help them move into a better place in life
- Other Services:
  - o Early Intervention: speech therapy, physical therapy, and occupational therapy for children ages 0-3 that have developmental disabilities
  - o Blue Mountain Childcare: daycare facility located at 27018 Lee Hwy Abingdon, VA
  - o Outpatient Therapy Services: pediatric speech therapy, physical therapy, and occupational therapy
  - o Behavioral Health Services: Applied Behavior Analysis Program addresses behavioral issues in children that have intellectual or physical disabilities
  - o Free Durable Medical Equipment (DME) Supplies for individuals in need. First come, first serve.
  - o Let's Talk for Teens: free event on the second Wednesday of every month where preteens and teenagers can interact under the supervision of a social worker doing activities and games that promote healthy social interactions

### Feeding SWVA

- 21452 Gravel Lake Rd Abingdon, VA 24211
- 276-628-9266
- Contact: Jennifer Cooper 540-299-0004 [Jecooper@feedingswva.org](mailto:Jecooper@feedingswva.org)
- Information available for job searching, medical equipment, paying utility bills, understanding insurance benefits, legal assistance, recovery support, health and wellness, and food resources
- Other Services:
  - o Harvest Home Community Kitchen located within Abingdon distribution center provides home-cooked meals for pick-up



## Group Violence Intervention (GVI)

- The National Network for Safe Communities' Group Violence Intervention reduces violent crime by implementing strategic and effective sustained partnerships throughout the Commonwealth to promote firearm safety, gang intervention and prevention, education on state and local firearm laws, assists ex-offenders who want change, and remove those who commit violent crimes like homicide to keep our communities safe.
- Other Programs from the VA Attorney General's Office:
  - Virginia Rules: state-specific law-related education program for middle and high school students.
  - Identity Theft Passport Program: a card that you can carry and present to law enforcement or other individuals who may challenge you about your identity should you become the victim of identity crime.
  - TRIAD/Seniors: focused on reducing crimes against our most vulnerable citizens: our seniors.
  - Anti-Human Trafficking: Works closely with law enforcement agencies and community partners to raise awareness to prevent Human Trafficking.
  - Victim Notification Program: To notify victims, upon their request, of appellate and habeas corpus proceedings in cases in which he or she is a victim.
  - Anti-Domestic Violence: enhance cooperation between state agencies, provide helpful information to victims, and promote statewide awareness
  - Address Confidentiality Program: confidential mail-forwarding service for victims of domestic violence, stalking, sexual violence, and/or human trafficking
  - Medicaid Fraud Control Unit (MFCU): investigates claims and educates the public on Medicaid fraud, as well as elder abuse and neglect
  - Re-Entry: To help offenders transition back into the community
  - Respect Richmond/Project Safe Neighborhood (PSN): To help reduce gun, gang and other violent crimes through training and awareness

## Anti-Human Trafficking Initiative

- Works closely with law enforcement agencies and community partners to raise awareness to prevent Human Trafficking
- Other Programs from the VA Attorney General's Office:
  - Virginia Rules: state-specific law-related education program for middle and high school students.
  - Group Violence Intervention (GVI): promote firearm safety, gang intervention and prevention, education on state and local firearm laws, assists ex-offenders who want change, and remove those who commit violent crimes
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  - Victim Notification Program: To notify victims, upon their request, of appellate and habeas corpus proceedings in cases in which he or she is a victim.
  - Anti-Domestic Violence: enhance cooperation between state agencies, provide helpful information to victims, and promote statewide awareness
  - Address Confidentiality Program: confidential mail-forwarding service for victims of domestic violence, stalking, sexual violence, and/or human trafficking
  - Medicaid Fraud Control Unit (MFCU): investigates claims and educates the public on Medicaid fraud, as well as elder abuse and neglect
  - Respect Richmond/Project Safe Neighborhood (PSN): To help reduce gun, gang and other violent crimes through training and awareness

## Victim Notification Program

- To notify victims, upon their request, of appellate and habeas corpus proceedings in cases in which he or she is a victim. To provide victims with general information about the appellate process and habeas corpus proceedings in both capital and non-capital cases. To provide referrals to victims when appropriate.
- Other Programs from the VA Attorney General's Office:
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  - Medicaid Fraud Control Unit (MFCU): investigates claims and educates the public on Medicaid fraud, as well as elder abuse and neglect
  - Respect Richmond/Project Safe Neighborhood (PSN): To help reduce gun, gang and other violent crimes through training and awareness

## Respect Richmond/Project Safe Neighborhood (PSN)

- To help reduce gun, gang and other violent crimes through training, outreach and awareness initiatives for both the community and law enforcement agencies.
- Other Programs from the VA Attorney General's Office:
  - Virginia Rules: state-specific law-related education program for middle and high school students.
  - Group Violence Intervention (GVI): promote firearm safety, gang intervention and prevention, education on state and local firearm laws, assists ex-offenders who want change, and remove those who commit violent crimes
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  - Address Confidentiality Program: confidential mail-forwarding service for victims of domestic violence, stalking, sexual violence, and/or human trafficking
  - Medicaid Fraud Control Unit (MFCU): investigates claims and educates the public on Medicaid fraud, as well as elder abuse and neglect
  - Re-Entry: To help offenders transition back into the community

# Elderly Care

- Elderly Care
- Companion Services

## Care Advantage

- In-home care for the elderly
- 470 E Main St Abingdon, VA 24210
- 276-258-5035
- Insurance billing: they accept Medicaid, long term insurance, and self-pay. Medicare members pay out-of-pocket and then can file a claim themselves after confirming with their policy that it is a covered service.
- Professionals range from CNAs and PCAs to skilled nurses depending on the need
- Offer: personal care, household help, companion care, skilled nursing, OT/PT/ST, medical social workers, and home health aides

# Family Services

- Family Preservation
- Family Reunification

## Highlands Community Services Intensive Family Services

- Intensive Family Services work to prevent children from being taken out of their homes and aid in the transition of children back to their homes who have been previously removed. In both situations, parents or caretakers must show the desire to keep their children in the home and the willingness to make the necessary changes. The focus of Intensive Family Services is to teach and empower parents to meet the needs of their children while realizing their own potential and effectiveness.
- Other Services
  - o Outpatient Substance Abuse Treatment
  - o Stepping Stones: clubhouse model of psychosocial rehabilitation
  - o NAVIGATE: comprehensive evidence-based program designed to provide early and effective treatment to individuals who have experienced a first episode of psychosis. Ages 16-25
  - o Permanent Supportive Housing
  - o Mental Health Crisis Hotline: 276-525-1550 or 800-500-7019
  - o The Anchor: 24/7 facility-based crisis center for individuals experiencing a psychiatric and/or substance-related crisis.
  - o Emergency Services: mobile crisis intervention services, specifically preadmission screenings, are conducted to determine the need for inpatient treatment to those who pose an imminent risk of harm to self, others, or community.
  - o Early Intervention Therapy Services: supports families of infants and toddlers, ages birth to three years, with developmental delays and disabilities by providing therapy services in the home.
  - o Children's Advocacy Center: leverages the efforts of law enforcement, prosecutors, medical and mental health providers, social workers, and others to provide a seamless, comprehensive system of support for child victims of sexual and physical abuse, and neglect.



## Pathway of Hope Program – Salvation Army

- 137 Martin Luther King Jr. Blvd Bristol, TN 37620
- Serves VA residents
- Intensive case management program, holds people accountable to set their own lives straight
- 423-764-6156 listen to automated options twice and then it will transfer you to the helpdesk
- Contact: Shannon Dowell [Shannon.Dowell@uss.salvationarmy.org](mailto:Shannon.Dowell@uss.salvationarmy.org)
- Financial assistance available through this program for those with proven need
- Other Services:
  - o Feeding Program provides hot meals Monday – Thursday 12:30-1:00 and 5:00-5:30
  - o Bristol Homeless Shelter opens daily at 6:30pm

## The Sanctuary

- Subsidiary of Hands and feet Ministries and ASAC that focuses on Recovery and Reunification for women actively seeking recovery.
- This program is for women in Bristol City, Russell, Smyth, and Washington County who have legal custody of children who are at risk of being removed and placed in foster care due to the woman's substance misuse. Alternatively, the women can have their children placed at Mountain Mission School in Grundy which is a school and residential program. Sibling groups stay together, and the women do not lose custody.
- Once the child(ren) are accepted to Mountain Mission School and the mother enters Mended Women Lifestyle Recovery, they become accepted into The Sanctuary where they have access to tools that will help them through recovery, regaining a driver's license, finding permanent housing, and reunification with their children.
- [Thesanctuarydamascus@gmail.com](mailto:Thesanctuarydamascus@gmail.com)

## YWCA Strive for Teens

- [https://www.ywcatnva.org/strive\\_teens/](https://www.ywcatnva.org/strive_teens/)
- a program that addresses chronic poverty, unemployment, and underemployment. YWCA Strive for Teens supports teenagers (ages 13 - 19) in developing technical skills, interpersonal skills, emotional awareness, and self-efficiency necessary to become effective leaders, responsible entrepreneurs, and social innovators of the future.
- Teaches: resume and cover letter skills, interview skills, financial literacy
- Other Services:
  - o McGlothlin-Street Childcare Center
  - o Wellmont Child Development Center: partnered with YWCA to operate this daycare
  - o Moms-R-Us: All classes are FREE OF CHARGE and available to teens age 19 or younger who are pregnant for the first time.

# Financial Assistance

## *Financial Assistance*

### Temporary Assistance for Needy Families (TANF)

- Program for Virginia residents only that helps families lift themselves out of poverty.
- Provides eligible families with children a monthly cash payment to meet their basic needs
- Diversionary Assistance: intended to prevent potential TANF recipients from becoming ongoing TANF recipients. Addresses short-term needs such as food, shelter, medical expenses, and childcare expenses IF immediate intervention with short-term aid will resolve a one-time emergency or crisis and prevent the need for ongoing TANF benefits
- Emergency Assistance: provided to needy families eligible for TANF when the family has an immediate need resulting from a natural disaster or fire, or to assist with eviction prevention.
- Recipients of TANF must participate in the VIEW Program as a condition of eligibility. The VIEW Program assists individuals in attaining economic independence by removing barriers preventing parents from working

### Faith in Action – Emergency Financial Assistance

- Funds can be used to help pay utilities and rent/housing for people in crisis that live in Washington County, VA
- 276-628-4813
- Must call for screening and assistance
- Other Services:
  - o Food Pantry open Mondays, Wednesdays, and Fridays
  - o Crossroads Medical Clinic Location on the 1<sup>st</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Tuesday of every month by appointment
  - o Emergency Medication Resource: Assists the uninsured to get access to medicine in emergency situations. Call to see if you qualify.

## People Inc

- 276-623-9000
- Personal Loans: loans with an affordable interest rate are available to qualified individuals for household expenses, car purchases, bill consolidation, and other needs
- Free Income Tax Preparation: trained volunteers provide free tax preparation assistance to individuals who earn less than \$57,000 annually and help connect eligible individuals with tax credits
- Matched Savings Accounts: eligible participants receive training, support, and up to \$4,000 matched funding on their savings towards the purchase of their first home. Participants also receive access to financial counselors and homebuyer education.
- Rental Assistance: payments are provided in Washington County for privately owned, scattered site existing housing
- Other Services:
  - o Homeless Solutions provides a variety of assistance that includes short-term or medium-term rental assistance, housing relocation, and stabilization services catered to the needs of the individual
  - o Affordable Rental Housing 276-623-9000
  - o Permanent Supportive Housing 276-623-9000 or 540-724-6630
  - o Housing Repair Home Loans and Grants 276-619-2274

## Salvation Army

- 423-764-6156 listen to automated options twice then you will be transferred to the helpdesk
- For qualifying individuals, they will cover certain bills to help get them through a tough month
- Other Services:
  - Feeding Program provides hot meals Monday – Thursday 12:30-1:00 and 5:00-5:30
  - Pathway of Hope Program: intensive case management program to help individuals break the cycles of poverty, addiction, and all life's hang-ups. Financial assistance is available for people in this program that stick with it and prove they want to change their own lives.
  - Bristol Homeless Shelter opens daily at 6:30pm

# Food Security

- Food Pantries
- Food Delivery
  - Hot Meals

## ***Food Pantries***

### **Haven of Rest**

- 423-968-2011
- 624 Anderson St Bristol, TN 37620
- Call and make an appointment for their food pantry. Paperwork is required but there are no qualifications. The paperwork is so you can be put on file and not have the same questions asked every time.
- Families and individuals can only come once every 3 months, but you tell them how many people are in your household and they provide nonperishable food items to last 3 months.
- Other Services: (all have the same address and phone number except the Thrift Store is off campus)
  - o Free community dinner 6 nights per week: Sunday – Friday 5:00-5:40
  - o Counseling services specializing in homelessness and addiction with Emma Brewster [ebrewster@horbtn.org](mailto:ebrewster@horbtn.org)
  - o The Haven Lighthouse sober living residential program
  - o Grace Home: 12 bed women's shelter where they can stay for up to 60 days, check in 6:00pm-9:00pm daily
  - o Men's Shelter: 38 bed men's shelter where they can stay for up to 60 days, check in 6:00pm-9:00pm daily
  - o Crossroads Medical Clinic location on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month by appointment
  - o Infant Ministry: Gives out free diapers and wipes, and clothes when they have them
  - o Thrift Store located at 124 Pennsylvania Ave Bristol, TN 37620: offers "clothing vouchers" for free clothes for people that need clothes/shoes, whose children needs clothes, unhoused individuals, and people needing nice clothes for a job interview



## Highlands Fellowship

- 22417 Watauga Rd Abingdon, VA 24211 at The Depot (building in the parking lot that looks like a house)
- Contact: Peggy Booher 276-628-3297 [pbooher@hf.church](mailto:pbooher@hf.church)
- No qualifications to be met, no paperwork required
- Individuals may come once per month
- Open every Wednesday 10:00-12:00o
- Closed the 5<sup>th</sup> Wednesday of the month, if there is one
- Follows Washington County School Schedule Closings
- Other Services:
  - o Celebrate Recovery at Bristol Location
  - o Highlands Thrift Store in Kroger shopping center in Abingdon

## Faith In Action

- 276-628-4813
- 798 Hillman Hwy Abingdon, VA 24210
- Hours of Operation:
  - o Mondays 10:00am – 1:00pm
  - o Tuesday 4:00pm-6:00pm
  - o Fridays 10:00am – 1:00pm
- Closed for major holidays and the whole first week of July
- No qualification to be met, no paperwork to fill out
- Other Services (same address and phone number)
  - o Crossroads Medical Clinic Location on the 1<sup>st</sup>, 3<sup>rd</sup> , and 4<sup>th</sup> Tuesday of every month by appointment
  - o Emergency Medication Resource: Assists the uninsured to get access to medicine in emergency situations. Call to see if you qualify.
  - o Emergency Financial Assistance: Funds can be used to help pay utilities and rent/housing for people in crisis that live in Washington County, VA. Must call for screening and to make an appointment

## It's a God Thing

- Located inside their Thrift Store at 101 W Laurel Ave Damascus, VA
- 276-475-3318
- For qualifying residents only, call to obtain application or go by the Thrift Store to fill it out
- Produce and Dairy: Wednesdays 4:30pm – 6:00pm when available, if no produce and dairy donations have been made the pantry is closed. Call to find out.
- Canned goods and non-perishables: 2<sup>nd</sup> Saturday of the month 10:00am – 12:00pm
- Other Services (same address and phone number)
  - o Food delivery service available on the 3<sup>rd</sup> Wednesday of every month for people that are shut-in and meet criteria
  - o Thrift Store: “clothing vouchers” for free clothes for people that need clothes/shoes, whose children needs clothes, unhoused individuals, and people needing nice clothes for a job interview

## Fellowship Baptist Church

- 14221 Ravenwood Dr Meadowview, VA
- 276-525-0178
- First Tuesday of the month 4:00pm-6:00pm
- No paperwork or qualifications required

## Pleasant View United Methodist Church

- 18416 Lee Hwy Abingdon, VA
- 276-628-6323
- Monday – Friday 9:30am-3:00pm
- Washington County, VA residents only
- No paperwork or qualifications required besides being a Washington County resident

## ***Food Delivery***

### **It's a God Thing**

- 101 W Laurel Ave Damascus, VA (Thrift Store where you can get paperwork)
- 276-475-3318 – call to see if you qualify and to schedule your delivery
- Delivery available on the 3<sup>rd</sup> Wednesday of every month for people that are shut-in and meet criteria
- Other Services (same address and phone number)
  - o Food Pantry for qualifying residents only, call to see if you qualify and to schedule a pick-up appointment
  - o Thrift Store: “clothing vouchers” for free clothes for people that need clothes/shoes, whose children needs clothes, unhoused individuals, and people needing nice clothes for a job interview

### **District Three Governmental Cooperative**

- Call to apply: 276-783-8157
- Meals are frozen and FREE for those who qualify
- Eligibility: ages 60 and older, must receive a qualifying score on a needs-based assessment, must be “essentially homebound.” Must reside in Abingdon, Bristol, Galax, Marion, Wytheville, Bland, Carroll, Grayson, Smyth, Washington, or Wythe

### **Lasagna Love**

- Nationwide volunteer-prepared home-delivered meals program. Volunteers make meals in their homes and deliver them to people who requested the service.
- No qualifications must be met, you just have to request the service
- Free and there are volunteers in Washington County VA, but average wait time is 36 days from request for one meal.
- Application only available online
- Request a meal for yourself: <https://lasagnalove.org/request-a-meal/>
- Request a meal for someone else: <https://lasagnalove.org/nominate/>
- Families may request 1 meal per month

## Full Cart \*\*currently at capacity as of 5/2/24\*\*

- Nonprofit nationwide food delivery service funded by donors, a virtual food bank that provides food to meet basic nutritional needs
- Free, application only available on their website: <https://fullcart.health/?fluent-form=7>
- Contact: [Support@fullcart.org](mailto:Support@fullcart.org) takes about 3 weeks to respond
- 888-891-6447
- Waitlist active for Washington County VA
- Text "FULLCART" to (833) 689-0718 to stay connected with and to ensure that you receive all communications regarding your funding and shipment status

## Nutrition for Longevity (N4L)

- Nationwide meal shipping service catered to the nutritional needs of elderly adults
- 1-973-970-9063
- Website: <https://n4lhealth.com/pages/individuals-and-caregivers>
- Provides home-delivered meals and medically tailored meals to eligible clients that are planned by a Registered Dietician
- Eligibility: clients with Medicare, Medicaid, Older American Act Recipients, and individuals/caregivers looking for a self-pay program
- Reduced cost, not free. Average \$7.75 per meal plus shipping fees

## ***Free Hot Meals***

### **Haven Of Rest**

- Free community dinner 6 nights per week: Sunday – Friday 5:00-5:40
- Other Services: (same address and phone number except the Thrift Store is off campus)
  - o Call and make an appointment for food pantry
  - o Counseling services specializing in homelessness and addiction
  - o The Haven Lighthouse sober living residential program
  - o Grace Home: 12 bed women's shelter
  - o Men's Shelter: 38 bed men's shelter
  - o Crossroads Medical Clinic location on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month by appointment
  - o Infant Ministry: Gives out free diapers and wipes, and clothes when they have them
  - o Thrift Store located at 124 Pennsylvania Ave Bristol, TN 37620

### **Feeding SWVA**

- 21452 Gravel Lake Rd Abingdon, VA 24211
- 276-628-9266
- Contact: Jennifer Cooper 540-299-0004 [Jecooper@feedingswva.org](mailto:Jecooper@feedingswva.org)
- Harvest Home Community Kitchen located within Abingdon distribution center provides home-cooked meals for pick-up
- Tuesday – Thursday 10:00am-1:00pm
- Other Services:
  - o Information available for job searching
  - o Medical equipment
  - o Paying utility bills
  - o Understanding insurance benefits
  - o Legal assistance
  - o Recovery support
  - o Health and wellness, and food resources

## Salvation Army Bristol

- 137 Martin Luther King Jr Blvd Bristol, TN
- 423-764-6156
- Feeding Program provides hot meals Monday – Thursday 12:30-1:00 and 5:00-5:30
- Other Services:
  - Pathway of Hope Program: intensive case management program to help individuals break the cycles of poverty, addiction, and all life's hang-ups. Financial assistance available for people in this program that stick with it and prove they want to change their own lives.
  - Bristol Homeless Shelter opens daily at 6:30pm

### Inactive Food Security Services:

- Text "FOOD" to 877877: sent test text 4/8/24 and never received a response
- Mobile Food Pantry does not serve Washington County yet
- Mobile Marketplace does not serve Washington County yet
- Damascus Senior Center on 209 Legion Street Damascus, VA 276-475-5232: could not confirm, called 4/8 and 4/10 and phone doesn't ring
- Meals On Wheels – terminated in April 2024

# Housing

- Homeless Shelters
- Homelessness Recovery
- Housing Solutions

## Haven of Rest

- Christ-centered ministry committed to helping the homeless, hungry, and hurting of Bristol TN/VA and the surrounding communities
- Grace Home: 12 bed home for women where they can stay for 60 days for free while they try to rebuild and transform their lives. Offers all basic amenities. Check in time 6:00pm-9:00pm daily
- Men's Shelter: provides space for up to 38 men where they can stay for 60 days for free while they try to rebuild and transform their lives. Offers all basic amenities. Check in time 6:00pm-9:00pm daily.
- 423-968-2011
- 624 Anderson St Bristol, TN 37620
- Other Services:
  - o Food Pantry available by appointment
  - o Free community dinner 6 nights per week: Sunday – Friday 5:00-5:40
  - o Counseling services specializing in homelessness and addiction with Emma Brewster [ebrewster@horbtn.org](mailto:ebrewster@horbtn.org)
  - o The Haven Lighthouse sober living residential program
  - o Crossroads Medical Clinic location on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month by appointment
  - o Infant Ministry: Gives out free diapers and wipes, and clothes when they have them
  - o Thrift Store located at 124 Pennsylvania Ave Bristol, TN 37620: offers “clothing vouchers” for free clothes for people that need clothes/shoes, whose children needs clothes, unhoused individuals, and people needing nice clothes for a job interview

## Salvation Army

- 137 Martin Luther King Jr Blvd Bristol, TN 37620
- 423-764-6156
- Shelter opens daily at 6:30pm
- Other Services:
  - o Feeding Program provides hot meals Monday – Thursday Pathway of Hope Program: intensive case management program to help individuals break the cycles of poverty, addiction, and all life's hang-ups. Financial assistance is available for people in this program that stick with it and prove they want to change their own lives.



## *Homelessness Recovery and Prevention*

### People Inc Housing Solutions

- 833-429-7754
- This program provides a variety of assistance that includes short-term or medium-term rental assistance, housing relocation, and stabilization services catered to the needs of the individual
- Affordable Rental Housing 276-623-9000: People Inc owns and manages 31 affordable housing properties consisting of 1,031 units in Virginia and Tennessee, all of which are dedicated to low-, very low-, and extremely low-income families and individuals
- Permanent Supportive Housing 276-623-9000 or 540-724-6630: Helps unhoused individuals including veterans achieve financial stability, access benefits, find employment, and overcome other barriers to self-sufficiency with permanent supportive housing solutions and support
- Housing Repair Home Loans and Grants 276-619-2274: Provides loans to eligible very-low-income homeowners to repair and improve their homes and grants to elderly very-low-income homeowners to repair and improve their homes. Eligible participants for home repair grants must be 62 years and older.
- Rental Assistance: 276-623-9000 payments are provided in Washington County for privately owned, scattered site existing housing
- Other Services:
  - o Personal Loans: 276-623-9000 loans with an affordable interest rate are available to qualified individuals for household expenses, car purchases, bill consolidation, and other needs
  - o Free Income Tax Preparation: 276-623-9000 trained volunteers provide free tax preparation assistance to individuals who earn less than \$57,000 annually and help connect eligible individuals with tax credits
  - o Matched Savings Accounts: 276-623-9000 eligible participants receive training, support, and up to \$4,000 matched funding on their savings towards the purchase of their first home. Participants also receive access to financial counselors and homebuyer education.
  - o Domestic Violence Shelter and Sexual Assault Advocacy 276-935-5485 or 276-889-0178

## Highlands Community Services Permanent Supportive Housing

- Offers services to individuals with a Serious Mental Illness regardless of current sobriety or use of substances, poor credit, or financial history, poor or lack of rental history, criminal conviction or behaviors that indicate a lack of “housing readiness.”
- Serves: Individuals who reside in Washington County, and the City of Bristol, Virginia, who meet income guidelines and have a history of Serious Mental Illness can apply for assistance in getting housed in the community. The Permanent Supportive Housing Program focuses on housing individuals exiting a State Psychiatric Facility and those who are Chronically or Literally Homeless.
- Other Services:
  - o Intensive Family Services work to prevent children from being taken out of their homes and aid in the transition of children back to their homes who have been previously removed
  - o Stepping Stones: clubhouse model of psychosocial rehabilitation
  - o NAVIGATE: comprehensive evidence-based program designed to provide early and effective treatment to individuals who have experienced a first episode of psychosis. Ages 16-25
  - o Mental Health Crisis Hotline: 276-525-1550 or 800-500-7019
  - o The Anchor: 24/7 facility-based crisis center for individuals experiencing a psychiatric and/or substance-related crisis.
  - o Emergency Services: mobile crisis intervention services, specifically preadmission screenings, are conducted to determine the need for inpatient treatment to those who pose an imminent risk of harm to self, others, or community.
  - o Early Intervention Therapy Services: supports families of infants and toddlers, ages birth to three years, with developmental delays and disabilities by providing therapy services in the home.
  - o Children’s Advocacy Center: leverages the efforts of law enforcement, prosecutors, medical and mental health providers, social workers, and others to provide a seamless, comprehensive system of support for child victims of sexual and physical abuse, and neglect.

## *Housing Solutions for People in Recovery*

### Manna House

- [Live@fairviewhousing.org](mailto:Live@fairviewhousing.org)
- 276-821-8030
- 40 bed supportive housing community of recovery-focused and formerly homeless men committed to reclaiming their lives
- A program of Fairview Housing, The Manna House was founded in 1998 to provide safe and affordable supportive & transitional housing for homeless men in Johnson City, TN.
- Other Services:
  - o Appalachian Family Housing: A program of Fairview Housing that serves families transitioning from homelessness to supportive and permanent housing.
  - o Bristol Lifestyle Recovery: residential substance use facility for men
  - o Mended Women Lifestyle Recovery: residential substance use facility for women
  - o Susan's House: lodging in Johnson City for women that are current or past victims of domestic violence
  - o Outpatient Addiction Recovery Services

### Appalachian Family Housing

- 800 Spring St Unit 2 Johnson City, TN 37604
- 423-737-5522
- A program of Fairview Housing that serves families transitioning from homelessness to supportive and permanent housing.
- All Qualifications Must Be Met: Family meets HUD's definition of homelessness, adults must have legal custody of children, at least one household member is disabled, provide legal identification of all household members, abide by rules of the Supportive Housing Program
- Other Services:
  - o Bristol Lifestyle Recovery: residential substance use facility for men
  - o Mended Women Lifestyle Recovery: residential substance use facility for women
  - o Susan's House: lodging in Johnson City for women that are current or past victims of domestic violence
  - o Manna House: 40 bed supportive housing community of recovery-focused and formerly homeless men committed to reclaiming their lives in Johnson City
  - o Outpatient Addiction Recovery Services

## Susan's House

- 214 E Watauga Ave Johnson City, TN
- 423-742-7400
- Lodging in Johnson City for women that are current or past victims of domestic violence
- Other Services:
  - Appalachian Family Housing: A program of Fairview Housing that serves families transitioning from homelessness to supportive and permanent housing.
  - Bristol Lifestyle Recovery: residential substance use facility for men
  - Mended Women Lifestyle Recovery: residential substance use facility for women
  - Manna House: 40 bed supportive housing community of recovery-focused and formerly homeless men committed to reclaiming their lives in Johnson City
  - Outpatient Addiction Recovery Services

# Medical Care

- Free clinics
- Sliding Scale Clinics
- Therapy Clinics

## *Free Medical Clinics and Supplies*

### Crossroads Medical Mission (Mobile Clinic in an RV)

- Provides medical care, FREE of charge for the uninsured
- Physician's office offering primary care, labs and referrals.
- Does NOT provide dental services.
- Will NOT write prescriptions for controlled substances
- Walk-ins welcome but appointments take priority
- 276-466-1600
- [Info@crossroadsmedicalmission.org](mailto:Info@crossroadsmedicalmission.org)
- Locations:
  1. Downtown Clinic
    - 433 Scott Street Bristol, VA
    - Appointments available:
      - i. 2<sup>nd</sup> Tuesday of the month (mornings) - BY APPOINTMENT ONLY
      - ii. 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month (evenings)
      - iii. Monday and Wednesday mornings by appointment only
  2. Haven of Rest
    - 624 Anderson St Bristol, TN
    - Appointments Available: 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month
  3. Abingdon Faith in Action
    - 807 E Main St Abingdon, VA
    - Appointments Available: 1<sup>st</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Tuesdays of the month
  4. Celebration Church
    - 429 Shipley Ferry Rd Blountville, TN
    - Appointments Available: 3<sup>rd</sup> Thursday of the month
  5. First Broad Street UMC
    - 100 Church Circle Kingsport, TN
    - Appointments Available: 2<sup>nd</sup> Thursday of the month
  6. St Anthony's Catholic Church
    - 833 W Main St Mountain City, TN
    - Appointments Available: 1<sup>st</sup> Thursday of the month

## Blue Mountain Therapy

- 17507 Lee Hwy Abingdon, VA 24210
- 276-525-6043
- Free Durable Medical Equipment (DME) Supplies for individuals in need. First come, first serve.
- Some items commonly available: wheelchairs, crutches, bedside commodes.
- Call for availability
- Other Services:
  - Early Intervention: speech therapy, physical therapy, and occupational therapy for children ages 0-3 that have developmental disabilities; performed in the home
  - Blue Mountain Childcare: daycare facility located at 27018 Lee Hwy Abingdon, VA
  - Outpatient Therapy Services: pediatric speech therapy, physical therapy, and occupational therapy
  - Behavioral Health Services: Applied Behavior Analysis Program addresses behavioral issues in children that have intellectual or physical disabilities
  - Let's Talk for Adults: free event on the first Wednesday of every month where adults can come get information about local resources to help them move into a better place in life
  - Let's Talk for Teens: free event on the second Wednesday of every month where preteens and teenagers can interact under the supervision of a social worker doing activities and games that promote healthy social interactions

## *Sliding Scale Clinics*

### Healing Hands Health

- Provides services to people who qualify by having no insurance or limited insurance, live in Northeast TN or SWVA, and meet their income requirements

**Do you meet the income requirement to become a patient?**

Our services have income requirements due to funding limitations and the promotion of healthcare equity, so we can focus our care on the people who need it the most. Care eligibility is based on total household income, which may not exceed **250% of the Federal Poverty Guidelines (listed in the provided chart)**.

All applicants must bring their most recent paystubs, tax returns and income information for all members of their household to their first appointment.

Household / Family Size	Annual Household Income
1	Less than \$36,450
2	Less than \$49,300
3	Less than \$62,150
4	Less than \$75,000
5	Less than \$87,850
6	Less than \$100,700
7	Less than \$113,550
8	Less than \$126,400
9	Less than \$139,250
10	Less than \$152,100
11	Less than \$164,950
12	Less than \$177,800
13	Less than \$190,650
14	Less than \$203,500

Updated 8/23/2023

- Primary care, medication management, behavior health, dental care, eye exams and eyeglasses, support services
- 423-652-0260
- 245 Midway Medical Park Bristol, TN 37620
- Hours: Monday through Friday 8:00am – 12:00pm, 1:00pm – 5:00pm
- \*\*NOT FREE, sliding scale

### Meadowview Community Health Center

- Sliding Fee Scale \*\*NOT FREE\*\*
- Average cost for noninsured: \$500 if labs are needed
- Offers: Adult, pediatric, adolescent, and geriatric medicine/care. Behavioral health, pharmacist consultations, labs, minor surgery, emergency medicine, and telemedicine.
- 276-944-3999
- 13168 Meadowview Square Meadowview, VA 24361
- Hours: Monday through Friday 8:30am – 7:00pm by appointment



## *Medical/Behavioral Therapy Services*

### Blue Mountain Therapy – Early Intervention

- 3 Locations:
  - 17507 Lee Hwy Abingdon, VA
  - 800 E Main St Wytheville, VA
  - 686 Hwy 58 E Norton, VA
- 276-525-6043 (same for all 3 locations) Contact = Brooke Prillaman
- Speech therapy, physical therapy, and occupational therapy for children ages 0-3 that have developmental disabilities; performed in the home
- All major insurances accepted.
- Referral from doctor/ITC Agency is required
- Other Services:
  - Blue Mountain Childcare: daycare facility located at 27018 Lee Hwy Abingdon, VA
  - Outpatient Therapy Services: pediatric speech therapy, physical therapy, and occupational therapy
  - Behavioral Health Services: Applied Behavior Analysis Program addresses behavioral issues in children that have intellectual or physical disabilities
  - Free Durable Medical Equipment (DME) Supplies for individuals in need. First come, first serve.
  - Let's Talk for Adults: free event on the first Wednesday of every month where adults can come get information about local resources to help them move into a better place in life
  - Let's Talk for Teens: free event on the second Wednesday of every month where preteens and teenagers can interact under the supervision of a social worker doing activities and games that promote healthy social interactions

## Blue Mountain Therapy – Outpatient Therapy

- 3 Locations:
  - 17507 Lee Hwy Abingdon, VA
  - 800 E Main St Wytheville, VA
  - 686 Hwy 58 E Norton, VA
- 276-525-6043 (same for all 3 locations)
- Outpatient Therapy Services: pediatric speech therapy, physical therapy, and occupational therapy
- All major insurances accepted.
- Referral from doctor is required
- Other Services:
  - Early Intervention: speech therapy, physical therapy, and occupational therapy for children ages 0-3 that have developmental disabilities; performed in the home
  - Blue Mountain Childcare: daycare facility located at 27018 Lee Hwy Abingdon, VA
  - Behavioral Health Services: Applied Behavior Analysis Program addresses behavioral issues in children that have intellectual or physical disabilities
  - Free Durable Medical Equipment (DME) Supplies for individuals in need. First come, first serve.
  - Let's Talk for Adults: free event on the first Wednesday of every month where adults can come get information about local resources to help them move into a better place in life
  - Let's Talk for Teens: free event on the second Wednesday of every month where preteens and teenagers can interact under the supervision of a social worker doing activities and games that promote healthy social interactions

## Blue Mountain Therapy – Behavioral Health

- 3 Locations:
  - o 17507 Lee Hwy Abingdon, VA
  - o 800 E Main St Wytheville, VA
  - o 686 Hwy 58 E Norton, VA
- 276-525-6043 (same for all 3 locations)
- Applied Behavior Analysis Program addresses behavioral issues in children that have intellectual or physical disabilities
- All major insurances accepted.
- Referral from doctor is required
- Other Services:
  - o Early Intervention: speech therapy, physical therapy, and occupational therapy for children ages 0-3 that have developmental disabilities; performed in the home
  - o Blue Mountain Childcare: daycare facility located at 27018 Lee Hwy Abingdon, VA
  - o Outpatient Therapy Services: pediatric speech therapy, physical therapy, and occupational therapy
  - o Free Durable Medical Equipment (DME) Supplies for individuals in need. First come, first serve.
  - o Let's Talk for Adults: free event on the first Wednesday of every month where adults can come get information about local resources to help them move into a better place in life
  - o Let's Talk for Teens: free event on the second Wednesday of every month where preteens and teenagers can interact under the supervision of a social worker doing activities and games that promote healthy social interactions

## Highlands Community Services Early Intervention

- 276-525-1550 extensions: 1764, 2407, and 3408
- Insurance accepted but not required, ITC agencies available to help cover out-of-pocket costs based on household income
- Early Intervention supports families of infants and toddlers, ages birth to three years, with developmental delays and disabilities by providing therapy services in the home.
- The primary role of an Early Intervention provider is to support families to increase their child's participation in everyday routines and activities. Early Intervention providers use coaching interactions during early intervention visits to help parents develop their abilities to interact with their children in ways that support their child's learning and development.
- Other Services:
  - o Outpatient Substance Abuse Treatment
  - o Intensive Family Services work to prevent children from being taken out of their homes and aid in the transition of children back to their homes who have been previously removed
  - o Stepping Stones: clubhouse model of psychosocial rehabilitation
  - o NAVIGATE: comprehensive evidence-based program designed to provide early and effective treatment to individuals who have experienced a first episode of psychosis. Ages 16-25
  - o Permanent Supportive Housing
  - o Mental Health Crisis Hotline: 276-525-1550 or 800-500-7019
  - o The Anchor: 24/7 facility-based crisis center for individuals experiencing a psychiatric and/or substance-related crisis.
  - o Emergency Services: mobile crisis intervention services, specifically preadmission screenings, are conducted to determine the need for inpatient treatment to those who pose an imminent risk of harm to self, others, or community.
  - o Children's Advocacy Center: leverages the efforts of law enforcement, prosecutors, medical and mental health providers, social workers, and others to provide a seamless, comprehensive system of support for child victims of sexual and physical abuse, and neglect.

## Barns at Blue Mountain

- 17507 Lee Hwy Abingdon, VA
- Contact: Tish Jackson (Director) 276-492-0976 or [barns@bluemountaintherapy.com](mailto:barns@bluemountaintherapy.com)
- Equine assisted therapy serves as an aid to physical therapy and promotes emotional and mental health
- Clients work toward a better and healthier life through the healing power of horsemanship
- Healing Hooves is a therapeutic horsemanship program with sessions tailored to each individual to achieve physical, cognitive, and behavioral health
- Other Services:
  - Serve a Purpose: veterans' programs that combines psychotherapy using horses and a mental health professional with community service projects (Veterans)
  - Gentleman's Club: young men meet in a group setting with a responsible male mentor to learn life skills like small engine repair, welding, cooking, and housekeeping (Education)
  - Life Skills Academy: Young women meet in a group with a responsible female mentor to learn life skills like gardening, housekeeping, vehicle maintenance, and basic carpentry (Education)
  - Changing Strides: at-risk teens programs for ages 6+ (Education)
  - Pony Pals: equine assisted learning group for children ages 6-14 (Education)
  - Summer Camps: available during the summer for ages 5+ (Seasonal)
  - Read & Play: opportunity for children to become more comfortable reading aloud by reading to ponies and then have the chance to play at Fun Phase at Blue Mountain (Education)

# Medical Insurance

## *Medical Insurance*

### Apply for Medicaid

- Feeding SWVA has staff that will help individuals fill out the form online. Call to make an appointment
- Contact: Jennifer Cooper: 540-299-0004 or [Jecooper@feedingswva.org](mailto:Jecooper@feedingswva.org)
- Website to apply for VA Medicaid: [www.commonhelp.virginia.gov](http://www.commonhelp.virginia.gov)

### Insurance by Price

- 452 W Main St Abingdon, VA
- 276-250-5055
- Independent Insurance Agent with focus on individuals and small businesses with complex insurance needs
- Contact: Allison Witt Price
- Allison takes time to listen to everyone's needs to get them the right coverage that they can afford. If she can't sell you a plan that makes sense and does what you need it to, she will help you find someone who can.
- Services: Medicare, Individual ACA Health Coverage, Short Term Medical, Dental, Vision, Life Insurance, Basic Estate Planning

### Virginia Insurance Counseling and Assistance Program (VICAP)

- Assists with free, unbiased, confidential counseling to compare insurance plan options for Medicare or long-term care insurance for aging adults (ages 65 and older)
- Service provided by District Three Governmental Cooperative
- 4453 Lee Hwy Marion, VA 24354
- 276-783-8150
- Contact: Rhiannon Powers (executive director) [Rpowers@district-three.org](mailto:Rpowers@district-three.org)

# Medication Resources



## *Medication Resources*

### Faith in Action Emergency Medicines

- Assists the uninsured to get access to medicine in emergency situations
- Call to see if you qualify: 276-628-4813
- 798 Hillman Hwy NE Abingdon, VA 24210
- Other Services:
  - o Food Pantry open Mondays, Wednesdays, and Fridays (Food Security)
  - o Crossroads Medical Clinic Location on the 1<sup>st</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Tuesday of every month by appointment (Medical Services)
  - o Emergency Financial Assistance: Funds can be used to help pay utilities and rent/housing for people in crisis that live in Washington County, VA. Must call for screening and to make an appointment (Financial Assistance)

### Pfizer Patient Assistance Program (PAP)

- Link to fillable application:  
[https://file.lacounty.gov/SDSInter/dmh/159979\\_blank\\_application\\_geodon.pdf](https://file.lacounty.gov/SDSInter/dmh/159979_blank_application_geodon.pdf)
- You can apply for medication assistance if you are single and your total household income is \$19,000 or less per year and you are uninsured
- Pfizer RxPathways <https://www.pfizerRxpathways.com/find-program> has several programs for caregivers and individuals to get medications made by Pfizer at a cost reduction or for free

### NeedyMeds

- Healthcare Savings Card through a non-profit
- Must be used at a pharmacy that accepts it
- Print a copy of the card at: <https://www.needymeds.org/>

### GoodRx

- Sign up at <https://www.goodrx.com/>
- Healthcare Savings Card only accepted at participating pharmacies

# Mental Health

- Crisis Services
- Counseling Services
- Other Services

## ***Mental Health Crisis Services***

VA Crisis Hotline: 877-928-9062

Highlands Community Services Mental Health Crisis Hotline: 276-525-1550 or 800-500-7019

### **Emergency Services - Highlands Community Services**

- Mobile crisis intervention services, specifically preadmission screenings, are conducted to determine the need for inpatient treatment to those who pose an imminent risk of harm to self, others, or community.
  - Outpatient Substance Abuse Treatment
  - Stepping Stones: clubhouse model of psychosocial rehabilitation
  - NAVIGATE: comprehensive evidence-based program designed to provide early and effective treatment to individuals who have experienced a first episode of psychosis. Ages 16-25
  - Permanent Supportive Housing
  - Mental Health Crisis Hotline: 276-525-1550 or 800-500-7019
  - The Anchor: 24/7 facility-based crisis center for individuals experiencing a psychiatric and/or substance-related crisis.
  - Early Intervention Therapy Services: supports families of infants and toddlers, ages birth to three years, with developmental delays and disabilities by providing therapy services in the home.
  - Children's Advocacy Center: leverages the efforts of law enforcement, prosecutors, medical and mental health providers, social workers, and others to provide a seamless, comprehensive system of support for child victims of sexual and physical abuse, and neglect.

## The Anchor - Highlands Community Services

- 24/7 facility-based crisis center for individuals experiencing a psychiatric and/or substance-related crisis.
- Other Services
  - Outpatient Substance Abuse Treatment
  - Stepping Stones: clubhouse model of psychosocial rehabilitation
  - NAVIGATE: comprehensive evidence-based program designed to provide early and effective treatment to individuals who have experienced a first episode of psychosis. Ages 16-25
  - Permanent Supportive Housing
  - Mental Health Crisis Hotline: 276-525-1550 or 800-500-7019
  - The Anchor: 24/7 facility-based crisis center for individuals experiencing a psychiatric and/or substance-related crisis.
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## *Counseling*

### Next Steps

- 276-971-1488
- 261 North St Bristol, VA 24201
- Rick Mitchell's private practice. Also, a director of Bristol Lifestyle Recovery and Fairview Housing.
- Counseling, Addiction/Substance Abuse Counseling, clinical social work
- Next Steps Services, Inc is a Counseling practice in Bristol, VA with healthcare providers who have special training and skill in identifying solutions to personal, social, and psychological problems. Also an Addiction / Substance Abuse Counseling practice in Bristol, VA with healthcare providers who have special training and skill in diagnosing and treating addiction and mental health disorders responsible for addiction.

### Hope and Healing Counseling Center

- Counseling services, no psychiatrists. No medication management.
- Contact: Cari M. Office Manager [welcometohhc@gmail.com](mailto:welcometohhc@gmail.com)
- 454 E Main St Abingdon
- 276-300-4422
- Ages 4 and up
- Insurances Accepted:
  - o All Medicaid except UHC
  - o All commercial plans except TriCare, Cigna, and UHC
  - o Does NOT accept Medicare
- Referral Form received via email
- They have different counselors for different needs. Preferences are different for each counselor.
- They do have counselors who take foster children.
- As of 5/14/24 they are almost full, but have a few spots open. It may not be with the counselor of choice.
- They do play, talk, and walk therapy CBT, DBT, and many more.
- Therapists: Lauren Slone, Micheal Cooper, Connie Ihle, and Keith Medeiros available for appointments

## Healing Waters Counseling Center

- 112 E Main St Abingdon
- 276-963-0111
- Offers family therapy, couples counseling, group counseling, individual counseling, community-based services, psychiatric services, and telehealth

## Haven of Rest

- Emma Brewster, M.A.
  - o Interested in doing a substance abuse group if we have attendees
- Populations: men, women, homeless, LGBTQ+, Ages 18 and older; specializes in addiction counseling and homelessness, willing to go to community housing for group or individual sessions
- Does NOT accept insurance but offers therapy at \$20-\$30 or for free depending on the individual's ability to pay
- 624 Anderson St Bristol, TN 37620
- 423-968-2011
- [Ebrewster@horbtn.org](mailto:Ebrewster@horbtn.org)
- Other Services: (all have the same address and phone number except the Thrift Store is off campus)
  - o Free community dinner 6 nights per week: Sunday – Friday 5:00-5:40
  - o Food Pantry
  - o The Haven Lighthouse sober living residential program
  - o Grace Home: 12 bed women's shelter where they can stay for up to 60 days, check in 6:00pm-9:00pm daily
  - o Men's Shelter: 38 bed men's shelter where they can stay for up to 60 days, check in 6:00pm-9:00pm daily
  - o Crossroads Medical Clinic location on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month by appointment
  - o Infant Ministry: Gives out free diapers and wipes, and clothes when they have them
  - o Thrift Store located at 124 Pennsylvania Ave Bristol, TN 37620: offers "clothing vouchers" for free clothes for people that need clothes/shoes, whose children needs clothes, unhoused individuals, and people needing nice clothes for a job interview

## Frontier Health – Bristol Regional Counseling Center

- 423-989-4500
- 26 Midway St Bristol, TN 376200
- Accepts VA residents
- Outpatient mental health, substance abuse, and co-occurring programs for adults, children, adolescents and families. Case management services (home/community-based services) are also available. Case management supports treatment goals and provides linkage to community resources.
- Case Management
- Psychiatric Consultation
- Intensive Outpatient recovery-oriented services for women at least 18 years old who are either pregnant, or have dependent children, and who have a substance use disorder or co-occurring mental health and substance use disorder, including specialized treatment to deal with the unique problems women face.
- Adolescent Drug & Alcohol Recovery
- Other Services:
  - o Medication Assisted Recovery Program located in the Holston Counseling Center at 1570 Waverly Road Kingsport, TN. 855-336-9327

## Stepping Stones – Highlands Community Services

- Psychosocial Rehabilitation Services with Highlands Community Services
- Stepping Stones is HCS's clubhouse model of psychosocial rehabilitation. Stepping Stones provides adult group education to individuals who need help managing the symptoms of serious mental illness. Services include pre-vocational units that teach teamwork, along with specialized educational groups focusing on health and wellness, exercise, nutrition, independent living skills, and leisure skills. Community integration trips are also an important part of the education process. A team of trained staff work side by side with individuals to help them achieve treatment goals and to increase quality of life.
- Other Services:
  - o Outpatient Substance Abuse Treatment
  - o Intensive Family Services work to prevent children from being taken out of their homes and aid in the transition of children back to their homes who have been previously removed
  - o NAVIGATE: comprehensive evidence-based program designed to provide early and effective treatment to individuals who have experienced a first episode of psychosis. Ages 16-25
  - o Permanent Supportive Housing
  - o Mental Health Crisis Hotline: 276-525-1550 or 800-500-7019
  - o The Anchor: 24/7 facility-based crisis center for individuals experiencing a psychiatric and/or substance-related crisis.
  - o Emergency Services: mobile crisis intervention services, specifically preadmission screenings, are conducted to determine the need for inpatient treatment to those who pose an imminent risk of harm to self, others, or community.
  - o Early Intervention Therapy Services: supports families of infants and toddlers, ages birth to three years, with developmental delays and disabilities by providing therapy services in the home.
  - o Children's Advocacy Center: leverages the efforts of law enforcement, prosecutors, medical and mental health providers, social workers, and others to provide a seamless, comprehensive system of support for child victims of sexual and physical abuse, and neglect.



## NAVIGATE with Highlands Community Services

- Ages 16-25
- NAVIGATE is a comprehensive evidence-based program designed to provide early and effective treatment to individuals who have experienced a first episode of psychosis.
- Qualifications: between ages 16-25, live in Washington County or Bristol VA, those who have experienced unusual thoughts and feelings, those willing to work with the Navigate treatment team to address symptoms and concerns.
- <https://navigateconsultants.org/>
- Other Services:
  - Outpatient Substance Abuse Treatment
  - Intensive Family Services work to prevent children from being taken out of their homes and aid in the transition of children back to their homes who have been previously removed
  - Stepping Stones: clubhouse model of psychosocial rehabilitation
  - Permanent Supportive Housing
  - Mental Health Crisis Hotline: 276-525-1550 or 800-500-7019
  - The Anchor: 24/7 facility-based crisis center for individuals experiencing a psychiatric and/or substance-related crisis.
  - Emergency Services: mobile crisis intervention services, specifically preadmission screenings, are conducted to determine the need for inpatient treatment to those who pose an imminent risk of harm to self, others, or community.
  - Early Intervention Therapy Services: supports families of infants and toddlers, ages birth to three years, with developmental delays and disabilities by providing therapy services in the home.
  - Children's Advocacy Center: leverages the efforts of law enforcement, prosecutors, medical and mental health providers, social workers, and others to provide a seamless, comprehensive system of support for child victims of sexual and physical abuse, and neglect.

## Talkspace Online Therapy

- Accepts insurance
- [https://www.talkspace.com/online-therapy/?utm\\_source=google&utm\\_medium=semnb&utm\\_campaign=Search\\_Google\\_NB\\_Therapy\\_General\\_NBS\\_Talkspace&utm\\_content=149264338300&utm\\_term=find%20therapy&e&c&sitelinkid=&locationid=9008763&gclid=EAlaIQobChMloLX\\_x9erhQMVz5paBR2kfw94EAAYASAAEgJF3PD\\_BwE](https://www.talkspace.com/online-therapy/?utm_source=google&utm_medium=semnb&utm_campaign=Search_Google_NB_Therapy_General_NBS_Talkspace&utm_content=149264338300&utm_term=find%20therapy&e&c&sitelinkid=&locationid=9008763&gclid=EAlaIQobChMloLX_x9erhQMVz5paBR2kfw94EAAYASAAEgJF3PD_BwE)
- Therapy Services: Individual, LGBTQIA+, Veterans, Teens, depression, anxiety, bipolar, OCD, PTSD, post-partum depression, and panic disorders

## *Additional Mental Health Services*

### Barns at Blue Mountain

- 17507 Lee Hwy Abingdon, VA 24210
- Contact: Tish Jackson (director) 276-492-8758 and [barns@bluemountaintherapy.com](mailto:barns@bluemountaintherapy.com)
- Equine Assisted Therapy that helps foster kids, at-risk youth, veterans, individuals with behavioral disorders, and anyone ages 6+ with intellectual or emotional hang-ups through the healing power of horsemanship
- Healing Hooves is a therapeutic horsemanship program with sessions tailored to the needs of each individual that promotes physical, cognitive, and behavioral health
- Other Services:
  - o Serve a Purpose: veterans' programs that combines psychotherapy using horses and a mental health professional with community service projects (Veterans)
  - o Gentleman's Club: young men meet in a group setting with a responsible male mentor to learn life skills like small engine repair, welding, cooking, and housekeeping (Education)
  - o Life Skills Academy: Young women meet in a group with a responsible female mentor to learn life skills like gardening, housekeeping, vehicle maintenance, and basic carpentry (Education)
  - o Changing Strides: at-risk teens programs for ages 6+ (Education)
  - o Pony Pals: equine assisted learning group for children ages 6-14 (Education)
  - o Summer Camps: available during the summer for ages 5+ (Seasonal)
  - o Read & Play: opportunity for children to become more comfortable reading aloud by reading to ponies and then have the chance to play at Fun Phase at Blue Mountain (Education)

## Children's Advocacy Center – Highlands Community Services

- Children's Advocacy Center: leverages the efforts of law enforcement, prosecutors, medical and mental health providers, social workers, and others to provide a seamless, comprehensive system of support for child victims of sexual and physical abuse, and neglect.
- Other Services:
  - Outpatient Substance Abuse Treatment
  - Intensive Family Services work to prevent children from being taken out of their homes and aid in the transition of children back to their homes who have been previously removed
  - Stepping Stones: clubhouse model of psychosocial rehabilitation
  - Permanent Supportive Housing
  - Mental Health Crisis Hotline: 276-525-1550 or 800-500-7019
  - The Anchor: 24/7 facility-based crisis center for individuals experiencing a psychiatric and/or substance-related crisis.
  - Emergency Services: mobile crisis intervention services, specifically preadmission screenings, are conducted to determine the need for inpatient treatment to those who pose an imminent risk of harm to self, others, or community.
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# Pregnancy Support

## *Pregnancy Support*

### Moms-R-Us at the YWCA

- 423-968-9444
- [Ywca@ywcatnva.org](mailto:Ywca@ywcatnva.org)
- Referral form can be found at <https://www.ywcatnva.org/teen-pregnancy-support/>
- Goal: to improve the health and wellness of teen parents and their babies by educating them in all aspects of pregnancy.
- All classes are FREE OF CHARGE and available to teens age 19 or younger who are pregnant for the first time.
- Topics such as prenatal nutrition and exercise, labor and delivery techniques, medication options, how to recognize the warning signs of various problems, new baby care, breastfeeding, and knowing when to go to the hospital will be covered among others.
- After completing the class, the teen parents will receive a FREE CAR SEAT
- Other Services:
  - o McGlothlin-Street Childcare Center
  - o Wellmont Child Development Center: partnered with YWCA to operate this daycare
  - o Strive for Teens: program that addresses chronic poverty, unemployment, and underemployment. YWCA Strive for Teens supports teenagers ages 13 - 19

### Pathways Pregnancy Resource Center

- Call 423-968-4673 or text 423-742-7850
- No cost pregnancy testing
- 17 24<sup>th</sup> St Bristol, TN
- Provide an abundance of resources, counseling, and free baby items to expecting mothers as an alternative to abortion
- Open Tuesday thru Friday until 3:00pm
- Counseling available for women about abortion alternatives such as adoption and parenting AND for women who have already had an abortion. Counseling also available for men who have found out their partner is pregnant.
- Free ultrasounds for clients that are thinking about having an abortion to show the life growing inside their body. This is not a medical clinic; they do not provide this service for people who cannot afford an ultrasound because they cannot diagnose issues or provide any medical counsel.

## Haven of Rest Infant Ministry

- Gives out free diapers and wipes, and clothes when they have them
- 423-968-2011
- 624 Anderson St Bristol, TN 37620
- Other Services:
  - Food Pantry available by appointment
  - Free community dinner 6 nights per week: Sunday – Friday 5:00-5:40
  - Counseling services specializing in homelessness and addiction with Emma Brewster [ebrewster@horbtn.org](mailto:ebrewster@horbtn.org)
  - The Haven Lighthouse sober living residential program
  - Grace Home: 12 bed women's shelter where they can stay for up to 60 days, check in 6:00pm-9:00pm daily
  - Men's Shelter: 38 bed men's shelter where they can stay for up to 60 days, check in 6:00pm-9:00pm daily
  - Crossroads Medical Clinic location on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month by appointment
  - Thrift Store located at 124 Pennsylvania Ave Bristol, TN 37620: offers "clothing vouchers" for free clothes for people that need clothes/shoes, whose children needs clothes, unhoused individuals, and people needing nice clothes for a job interview

# Senior Services



## *Senior Services*

### TRIAD/Seniors

- TRIAD is a cooperative effort of law enforcement (police/fire/sheriffs), senior citizens, and senior organizations, focused on reducing crimes against our most vulnerable citizens: our seniors.
- Other Programs from the VA Attorney General's Office:
  - Virginia Rules: state-specific law-related education program for middle and high school students.
  - Group Violence Intervention (GVI): promote firearm safety, gang intervention and prevention, education on state and local firearm laws, assists ex-offenders who want change, and remove those who commit violent crimes
  - Identity Theft Passport Program: a card that you can carry and present to law enforcement or other individuals who may challenge you about your identity should you become the victim of identity crime.
  - Anti-Human Trafficking: Works closely with law enforcement agencies and community partners to raise awareness to prevent Human Trafficking.
  - Victim Notification Program: To notify victims, upon their request, of appellate and habeas corpus proceedings in cases in which he or she is a victim.
  - Anti-Domestic Violence: enhance cooperation between state agencies, provide helpful information to victims, and promote statewide awareness
  - Address Confidentiality Program: confidential mail-forwarding service for victims of domestic violence, stalking, sexual violence, and/or human trafficking
  - Medicaid Fraud Control Unit (MFCU): investigates claims and educates the public on Medicaid fraud, as well as elder abuse and neglect
  - Re-Entry: To help transition offenders back into the community
  - Respect Richmond/Project Safe Neighborhood (PSN): To help reduce gun, gang and other violent crimes through training and awareness

## Medicaid Fraud Control Unit (MFCU)

- The MFCU team vigorously investigates claims and educates the public on Medicaid fraud, as well as elder abuse and neglect, with the goal of deterring fraudulent and abusive activities throughout the Commonwealth through its civil and enforcement actions.
- Other Programs from the VA Attorney General's Office:
  - Virginia Rules: state-specific law-related education program for middle and high school students.
  - Group Violence Intervention (GVI): promote firearm safety, gang intervention and prevention, education on state and local firearm laws, assists ex-offenders who want change, and remove those who commit violent crimes
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## Mercy Medical (formerly Angel Bus)

- FREE non-emergency medical transportation to healthcare
- Request assistance for transportation on the ground with has cards, bus or train tickets, or in the air with flights flown by volunteer pilots or the commercial airlines:  
<https://www.mercymedical.org/request-assistance>
- Angel Wings for Veterans provides free transportation to distant medical care for veterans and active-duty military members. Use the same website to apply.

# Society Re-Integration

- Jail/Prison
- Addiction/Homelessness

## Re-Entry Program through the VA Attorney General's Office

- To help transition offenders back into the community by providing case management, treatment services and support networks to reduce recidivism rates.
- Other Programs from the VA Attorney General's Office:
  - o Virginia Rules: state-specific law-related education program for middle and high school students.
  - o Group Violence Intervention (GVI): promote firearm safety, gang intervention and prevention, education on state and local firearm laws, assists ex-offenders who want change, and remove those who commit violent crimes
  - o Identity Theft Passport Program: a card that you can carry and present to law enforcement or other individuals who may challenge you about your identity should you become the victim of identity crime.
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  - o Medicaid Fraud Control Unit (MFCU): investigates claims and educates the public on Medicaid fraud, as well as elder abuse and neglect
  - o Respect Richmond/Project Safe Neighborhood (PSN): To help reduce gun, gang and other violent crimes through training and awareness

# Suicide Prevention

## ***Suicide Prevention***

- National Suicide Prevention Lifeline: 800-273-8255 OR call/text 988
- Crisis Text Line: Text “HOME” to 741-741 to connect with a volunteer crisis counselor
- Bristol Regional Counseling Center Crisis Line: 877-928-9062
- Highlands Community Services Crisis Services: 276-525-1550 or 800-500-7019
- 24/7 Crisis and Warmline: 800-500-7019

## **Are You Okay Program**

- 1-800-273-TALK
- Appalachian Substance Abuse Coalition suicide prevention website: [HelpStopSuicide.com](http://HelpStopSuicide.com)

## The Anchor - Highlands Community Services

- 276-525-1650 ext 2
- 24/7 facility-based crisis center for individuals experiencing a psychiatric and/or substance-related crisis.
- serves as an alternative to hospitalization and provides a safe space with open recliners and individual calm rooms for those experiencing severe impairment of functioning, as a result of a precipitating situation or personal distress, where the crisis is expected to be resolved within 23 hours.
- Services offered include continuous observation and monitoring, crisis evaluation, brief intervention and de-escalation, referrals to wrap-around services, and coordination with supports.
- Other Services:
  - o Outpatient Substance Abuse Treatment
  - o Intensive Family Services work to prevent children from being taken out of their homes and aid in the transition of children back to their homes who have been previously removed
  - o Stepping Stones: clubhouse model of psychosocial rehabilitation
  - o NAVIGATE: comprehensive evidence-based program designed to provide early and effective treatment to individuals who have experienced a first episode of psychosis. Ages 16-25
  - o Permanent Supportive Housing
  - o Mental Health Crisis Hotline: 276-525-1550 or 800-500-7019
  - o Emergency Services: mobile crisis intervention services, specifically preadmission screenings, are conducted to determine the need for inpatient treatment to those who pose an imminent risk of harm to self, others, or community.
  - o Early Intervention Therapy Services: supports families of infants and toddlers, ages birth to three years, with developmental delays and disabilities by providing therapy services in the home.
  - o Children's Advocacy Center: leverages the efforts of law enforcement, prosecutors, medical and mental health providers, social workers, and others to provide a seamless, comprehensive system of support for child victims of sexual and physical abuse, and neglect.



## Emergency Services – Highlands Community Services

- 276-525-1550 ext 7
- Evaluations can be conducted at HCS locations, Johnston Memorial Hospital, Abingdon Regional Jail, Ridgeview, and Highlands Juvenile Detention.
- Mobile crisis intervention services, specifically preadmission screenings, are conducted to determine the need for inpatient treatment to those who pose an imminent risk of harm to self, others, or community.
- The evaluation includes an assessment of the individual's current level of social, psychological and academic/occupational functioning as well as a risk assessment and potential for danger to self or others.
- In the event that the individual requires inpatient treatment, hospital admission is sought on their behalf at all private hospitals within Virginia prior to seeking admission at a state facility.
- If hospitalization is not needed, safety planning and wrap around services will be coordinated.
- Other Services:
  - o Outpatient Substance Abuse Treatment
  - o Intensive Family Services work to prevent children from being taken out of their homes and aid in the transition of children back to their homes who have been previously removed
  - o Stepping Stones: clubhouse model of psychosocial rehabilitation
  - o NAVIGATE: comprehensive evidence-based program designed to provide early and effective treatment to individuals who have experienced a first episode of psychosis. Ages 16-25
  - o Permanent Supportive Housing
  - o Mental Health Crisis Hotline: 276-525-1550 or 800-500-7019
  - o The Anchor: 24/7 facility-based crisis center for individuals experiencing a psychiatric and/or substance-related crisis.
  - o Early Intervention Therapy Services: supports families of infants and toddlers, ages birth to three years, with developmental delays and disabilities by providing therapy services in the home.
  - o Children's Advocacy Center: leverages the efforts of law enforcement, prosecutors, medical and mental health providers, social workers, and others to provide a seamless, comprehensive system of support for child victims of sexual and physical abuse, and neglect.

# Veterans

- Mental Health
- Medical Services
  - Housing
- Other Services

## ***Mental Health for Veterans***

### **Suicide Prevention**

- Lifeline for veterans: 877-285-1299

### **Fallen Warriors**

- Contact: Doro Martin, chairman of VetFest SWVA: 276-794-2391  
[doro20martin@gmail.com](mailto:doro20martin@gmail.com)
- Local community for veterans

### **Serve A Purpose at The Barns at Blue Mountain**

- 17507 Lee Hwy Abingdon, VA
- Contact: Tish Jackson (Director) 276-492-0976 or [barns@bluemountaintherapy.com](mailto:barns@bluemountaintherapy.com)
- Veterans programs available that combine services of a mental health professional and psychotherapy with community involvement
- Does not accept insurance
- Other Services:
  - o Equine Assisted Therapy: physical, mental, and emotional benefits through the healing power of horsemanship (Medical Care and Mental Health)
  - o Gentleman's Club: young men meet in a group setting with a responsible male mentor to learn life skills like small engine repair, welding, cooking, and housekeeping (Education)
  - o Life Skills Academy: Young women meet in a group with a responsible female mentor to learn life skills like gardening, housekeeping, vehicle maintenance, and basic carpentry (Education)
  - o Healing Hooves: therapeutic horsemanship program (Medical Services and Mental Health)
  - o Changing Strides: at-risk teens programs for ages 6+ (Education)
  - o Pony Pals: equine assisted learning group for children ages 6-14 (Education)
  - o Summer Camps: available during the summer for ages 5+ (Seasonal)
  - o Read & Play: opportunity for children to become more comfortable reading aloud by reading to ponies and then have the chance to play at Fun Phase at Blue Mountain (Education)

## Wayward Warrior Ranch

- Bristol, VA 336-302-7101
- founder: Elton East
- [WaywardWarriorRanch@yahoo.com](mailto:WaywardWarriorRanch@yahoo.com)
- Equine therapy for veterans, first responders, and their families age 18 and older
- Faith-based program that helps to deter suicidal thoughts through a relationship with horses and Jesus and helps recently discharged veterans transition to civilian life

## *Medical Services for Veterans*

### Barns at Blue Mountain

- 17507 Lee Hwy Abingdon, VA
- Contact: Tish Jackson (Director) 276-492-0976 or [barns@bluemountaintherapy.com](mailto:barns@bluemountaintherapy.com)
- Physical therapy services through horsemanship
- Does not accept insurance
- Other Services:
  - Serve a Purpose: veterans' programs that combines psychotherapy using horses and a mental health professional with community service projects (Veterans)
  - Gentleman's Club: young men meet in a group setting with a responsible male mentor to learn life skills like small engine repair, welding, cooking, and housekeeping (Education)
  - Life Skills Academy: Young women meet in a group with a responsible female mentor to learn life skills like gardening, housekeeping, vehicle maintenance, and basic carpentry (Education)
  - Healing Hooves: therapeutic horsemanship program (Medical Services and Mental Health)
  - Changing Strides: at-risk teens programs for ages 6+ (Education)
  - Pony Pals: equine assisted learning group for children ages 6-14 (Education)
  - Summer Camps: available during the summer for ages 5+ (Seasonal)
  - Read & Play: opportunity for children to become more comfortable reading aloud by reading to ponies and then have the chance to play at Fun Phase at Blue Mountain (Education)

## ***Housing Solutions for Veterans***

### People Inc. Permanent Supportive Housing

- 276-623-9000 or 540-724-6630
- Helps unhoused individuals including veterans achieve financial stability, access benefits, find employment, and overcome other barriers to self-sufficiency with permanent supportive housing solutions and support