



*Avery County Resource Directory*

## Table of Contents

|  |           |
|--|-----------|
| <b>Disabilities Services &amp; Veterans Assistance</b> | <b>3</b>  |
| <b>Domestic Abuse Services</b>                         | <b>5</b>  |
| <b>Family Services &amp; Recreational Activities</b>   | <b>6</b>  |
| <b>Financial &amp; Employment Assistance</b>           | <b>9</b>  |
| <b>Food Assistance</b>                                 | <b>13</b> |
| <b>Housing &amp; Energy Assistance</b>                 | <b>15</b> |
| <b>Legal Services</b>                                  | <b>17</b> |
| <b>Medical &amp; Mental Health Care Services</b>       | <b>19</b> |
| <b>Senior Citizen Services</b>                         | <b>23</b> |
| <b>Substance Abuse Assistance</b>                      | <b>25</b> |
| <b>Youth &amp; Education Services</b>                  | <b>26</b> |

## Disabilities Services

### **Avery Association for Exceptional Citizens**

**Cost:** Sliding fee scale

**Contact:** Director  
828-733-2944

**Purpose:** *A home and place of support for people with developmental disabilities who are 18 years or older.*

### **Appalachian State University Communication Disorders Clinic**

**Cost:** Sliding fee scale, Medicaid, private insurance

**Services offered:** *Offers testing for communication disorders and treatment options if they are present*

### **Children’s Developmental Services Agency (CDSA) of the Blue Ridge**

**Cost:** Medicaid, private insurance, sliding fee scale

**Contact:**  
828-265-5391 // donna.soule@dhhs.nc.gov

**Services offered:** *Serves children from birth to 3 years old with suspected or diagnosed developmental disabilities.*

### **HomeCare Management Corporation**

**Cost:** Medicaid, Health Choice, and private insurance

**Contact:**  
828-264-1021

**Services offered:** *Program serves intellectually or developmentally disabled adults and children and people with physical disabilities*

## **NC Services for the Blind**

**Cost:** None

**Contact:**  
828-265-8109

**Services offered:** *Provides services to individuals who are blind or visually impaired in order to help them with their independence. If individual qualifies, he or she can receive money for medical eye care as well.*

## **High Country First in Families**

**Cost:** No Cost

**Contact:**  
336-667-3333 // 866-667-3398 (Toll free)

**Services offered:** *Offers assistance for children and adults with developmental disabilities or serious brain injury and/or makes referrals to other community resources*

## **Veterans Affairs Office**

**Cost:** No Cost

**Contact:**  
828-733-8211

**Services offered:** *Veterans affairs & rehab; veteran benefits; healthcare benefits; disability claims; burial benefits; home loan guaranty; State Scholarship Program for children of certain disabled, deceased, combat, or POW/MIA veterans*

## **Domestic Abuse**

### **Avery Citizens Against Domestic Abuse**

**Cost:** No Cost

**Contact:** 828-733-3512 // [acada0@acadahomeinc.org](mailto:acada0@acadahomeinc.org)

**Services offered:** *Counseling, Referral to other agencies, Some financial assistance for relocation, Emergency shelter, Educational programming, 24-hour crisis line for victims, Court advocacy, Information, assistance, and support.*

**Family Services & Recreational Activities**

**Avery County Department of Social Services  
Adoption**

**Cost:** Varies

**Contact:** Adoption Social Worker  
828-733-8230 // [averycountydss@ncmail.net](mailto:averycountydss@ncmail.net)

**Services offered:** *Provides help to parents, children in need of placements, & couples who want to adopt. Avery DSS also works with pregnant women who are interested in maternity homes or wish to relinquish rights to their child.*

**Avery County Department of Social Services  
Child Protective Services**

**Cost:** No Cost

**Contact:** Social Worker  
828-733-8230 // [averycountydss@ncmail.net](mailto:averycountydss@ncmail.net)

**Services offered:** *Investigates reports of child abuse or neglect and follows-up with any necessary services.*

**Department of Social Services  
Day Care Subsidy**

**Cost:** Sliding fee scale

**Services offered:** *Subsidized child care*

**Parent to Parent FSN-High Country**

**Cost:** No Cost

**Contact:**  
828-262-6089

**Services offered:** *Provides support to families who have a premature infant, a child with a disability or a serious illness, or a family who is grieving the death of their child.*

## **Plus Appalachian Family Innovations**

**Cost:** Sliding fee scale

**Contact:**  
828-433-7176

**Services offered:** *A non-profit organization that offers adoption services and related support to children and families.*

## **Hope Pregnancy Center**

**Cost:** No Cost

**Contact:**  
828-265-HELP // Text: 828-278-9642

**Services offered:** *Guidance and support for women who are experiencing crisis pregnancies; pregnancy testing, education, housing, furniture, clothing, classes, ultrasound funding, & other financial help; marriage, post-abortion, and pregnancy counseling.*

## **NC Cooperative Extension Service**

**Cost:** No Cost

**Contact:**  
828-733-8270

**Purpose:** *Farming education service; family life services; homemaking classes; 4-h club activities.*

## **Avery County Parks & Recreation**

**Cost:** Varies

**Contact:** Peggy Massey, Leisure Programs Coordinator  
828-733-8266

**Services offered:** *A wide variety of athletic and fitness activities for all ages; recreational programs for senior citizens; and hosts of support groups.*

## **The Williams YMCA of Avery County**

**Cost:** Varies

**Contact:**  
828-737-5500

**Services offered:** *A gym and swimming pool; classes for all ages; rehabilitation; personal training; and child development.*

## **Buckeye Recreation Center Beech Mountain Parks & Rec Department**

**Cost:** Varies

**Contact:**  
828-387-3003

**Services offered:** *Tennis courts; fishing lake; hiking trails Summer Day Camps; movies, fitness center*

## **Volunteer Avery County**

**Cost:** No Cost

**Contact:**  
828-737-0718

**Services offered:** *Volunteer Avery County and Community Service will recruit and match volunteers with service opportunities*



## **Financial & Employment Assistance**

### **WAMY Financial Literacy**

**Cost:** No Cost

**Contact:** Catherine Bare, Micro Loan Director

828-264-2421 // [catherine@wamycommunityaction.org](mailto:catherine@wamycommunityaction.org)

**Services offered:** *Program offers financial management classes and credit building by offering small loans to help participants learn money management.*

### **Vocational Rehabilitation**

**Cost:** No Cost

**Contact:**

828-733-9345

**Services offered:** *Guidance and counseling; help with medical treatment; job placement service; and job training for qualified individuals.*

### **Department of Social Services**

#### **Work First Cash Family Assistance**

**Cost:** No Cost

**Contact:**

828-733-8230

**Purpose:** *Childcare, transportation, job search, skills training or short-term education, financial and medical assistance also available (to qualified individuals).*

## **WAMY Self-Sufficiency Program**

**Cost:** No Cost

**Contact:** Jenifer Fowler, Self-Sufficiency Program Director

828-733-0156

**Services offered:** *Total Family Development is a program of development and support services for the families, including: job training, transportation, and child care.*

## **Employment Security Commission of North Carolina**

**Cost:** None

**Contact:** John Greene, Branch Manager

828-737-7230 // [esc.ui.customerservice@ncesc.gov](mailto:esc.ui.customerservice@ncesc.gov) // [john.greene@ncmail.net](mailto:john.greene@ncmail.net)

**Services offered:** *Employment services for both full and part-time work; services for employers seeking to list job opportunities*

## **High Country United Way**

**Cost:** No Cost.

**Contact:** Mary Beth Scebold, Executive Director

828-265-2111 // [info@highcountryunitedway.org](mailto:info@highcountryunitedway.org)

**Services offered:** *Community-based organization that develops human & financial resources to improve the quality of life in the High Country.*

## **MAY Coalition**

**Cost:** N/A

**Contact:** Bill Weeks

828-765-8880 // mayloan@bellsouth.net

**Services offered:** *Provides low interest loans to businesses to help create high quality employment opportunities for unemployed or under-employed residents.*

## **Mayland Community College Basic Skills Program, Human Resources Development Program, Workforce Development Program, & WIA Adult Services Program**

**Cost:** Varies

**Contact:**

828-766-1200

**Services offered:** *GED & Basic skills classes; college prep; vocational and job skills training; job search assistance; resume writing & interview skills; adult education & literacy.*

## **USDA Rural Development Rural Economic & Community Development Program**

**Cost:** Fee for credit report

**Contact:**

828-765-0889

**Services offered:** *Subsidized & unsubsidized loans for home ownership; low interest loans for home repairs; grants for older adults*

## **OnTrack Financial Counseling**

**Cost:** No Cost

**Contact:**

800-737-5484

**Services offered:** *Money management counseling; debt repayment program*

## **Food Assistance**

### **WAMY Garden Voucher Program**

**Cost:** No Cost

**Contact:** Debbie Bowman, Gardening Program Director

828.733.0156 // [averycsbg@bellsouth.net](mailto:averycsbg@bellsouth.net)

**Services offered:** *The Garden Voucher Program is designed to provide assistance to low-income and elderly individuals and families to help meet their needs.*

### **Avery County Department of Social Services**

#### **Food Stamps**

**Cost:** No Cost

**Contact:** Food Stamp Income Maintenance Worker

828-733-8230 // [averycountydss@ncmail.net](mailto:averycountydss@ncmail.net)

**Services offered:** *Food assistance for low-income families*

#### **Feeding Avery Families**

**Cost:** No Cost, Eligibility Requirements

**Contact:** John Cox, Director

828-260-6043 // [jcoxmtns@charter.net](mailto:jcoxmtns@charter.net)

**Purpose:** *Provides free boxed food, some clothing and other items available to those in need.*

## **Reaching Avery Ministry Emergency Food Pantry**

**Cost:** No Cost

**Contact:** Jayne McNeil  
828-733-5127 // ramemergencyfood@bellsouth.net

**Services offered:** *Emergency food box for 4 people; free clothing; utilities, rent, and mortgage assistance; emergency shelter for 1 night; referrals to other agencies*

## **Shelter Rock Ministries**

**Cost:** No Cost

**Contact:**  
866-432-8249 // info@shelterrock.org

**Services offered:** *Provision of medical supplies, clothing, food, furniture; weekly community dinner; grocery dispersion; and home repair services*

## **Housing & Energy Assistance**

### **WAMY ComfortPro**

**Cost:** \$125-450

**Go here to apply:** [wamycommunityaction.org/programs/comfortpro](http://wamycommunityaction.org/programs/comfortpro)

**Services offered:** *ComfortPro offers residents of the High Country and the Foothills energy assessments and building science services to reduce heating and cooling costs.*

### **WAMY Weatherization & H.A.R.R.P.**

**Cost:** No Cost, Eligibility Requirements

**Contact:** Andy Bryant, Weatherization Director  
828.264.2421 // [wamyinfo@wamycommunityaction.org](mailto:wamyinfo@wamycommunityaction.org)

**Services offered:** *W.A.M.Y.'s Weatherization Assistance and Heating Appliance Repair and Replacement programs enable low-income families to permanently reduce their energy bills by making their homes more energy-efficient.*

### **Housing Voucher Choice Program**

**Cost:** No Cost, Eligibility Requirements

**Contact:** 828-733-1546

**Services offered:** *The Housing Voucher Choice program, also known as Section 8, provides rental subsidies to individuals and families. To apply visit: 253 Elk Park School Rd, Elk Park*

### **Smoky Mountain Center**

**Contact:** Lori Watts, Housing Coordinator  
828-263-5638 // [LO1256@newriver.org](mailto:LO1256@newriver.org)

**Services offered:** *Offers different types of therapy and assistance with personal and familial crises*

## **American Red Cross**

**Cost:** No Cost

**Contact:** Executive Director  
(828) 264-8226 // americanredcr141@bellsouth.net

**Services offered:** *Provides clothes, food, shelter & referrals to individuals and families who have been victims of natural or manmade disasters.*

## **Department of Social Services Crisis Intervention Program & Low-Income Energy Assistance Program**

**Cost:** No Cost

**Contact:**  
828-733-8230 // averycountydss@ncmail.net

**Services offered:** *Provides heating, cooling, or other energy-related assistance to low-income persons.*

## **Avery County Habitat for Humanity**

**Cost:** No Cost

**Contact:** Family Selection Chairperson  
828-733-1909

**Services offered:** *Housing for low -income families; mortgage payment assistance; 0% interest loans.*



## **Legal Services**

### **Blue Ridge Dispute Settlement Center**

**Cost:** Varies

**Contact:**  
828-264-3040

**Services offered:** *Mediation for conflict resolution; Family Harmony Program; Sentencing Services Program*

### **High Country Area Agency on Aging Regional Long Term Care Ombudsman**

**Cost:** No Cost

**Contact:** Laura Jane Ward  
828-265-5434 x 126 // [ljward@regiond.org](mailto:ljward@regiond.org)

**Purpose:** *An advocacy program that seeks to spread awareness of elder abuse, neglect, and exploitation.*

### **Legal Aid of North Carolina**

**Cost:** Varies

**Contact:**  
828-264-5640 // 800-849-5666

**Purpose:** *Legal services on civil matters for low-income persons.*

**NC Guardian Ad Litem Program  
24th Judicial District**

**Cost:** N/A

**Contact:**

828-682-4754 // [john.lewis@nccourts.org](mailto:john.lewis@nccourts.org)

**Services offered:** *Provides advocates in court for abused and neglected children.*

## **Medical & Mental Health Care Services**

### **Appalachian Healthcare Project**

**Cost:** \$5 co-pay for visits to the doctor

**Contact:** Enrollment Counselor  
828-737-7725

**Services offered:** *To provide healthcare for the low income, uninsured residents in Watauga and Avery counties.*

### **A Caring Alternative**

**Cost:** Varies

**Contact:**  
828-437-3000 // [info@carinalternative.com](mailto:info@carinalternative.com)

**Services offered:** *A comprehensive care agency providing mental health and substance abuse services to adults, adolescents, and children.*

### **Daymark Recovery Services**

**Cost:** Varies

**Contact:**  
828-733-5889

**Services offered:** *Offers many different types of mental health and substance abuse-related treatments.*

**Department of Social Services  
Medicaid &  
NC Health Choice**

**Cost:** No Cost

**Contact:** Income Maintenance Caseworker  
828-733-8230 // [averycountydss@ncmail.net](mailto:averycountydss@ncmail.net)

**Services offered:** *Pays medical bills for low-income families; provides insurance for individuals at under 100-200% poverty level.*

**Burke Hospice & Palliative Care**

**Cost:** Fees are covered by Medicare, Medicaid, private insurance, or private pay

**Contact:** Peyton MacDonald  
828-879-1601

**Services offered:** *Grief counseling; hospice care; palliative care; inpatient hospice care*

**Avery County Health Department**

**Cost:** Sliding fee scale

**Contact:**  
828-733-6031// [achd@trhd.dst.nc.us](mailto:achd@trhd.dst.nc.us)

**Services offered:** *Medical services for children and adults including immunizations, family planning, and dental health.*

**MY Meds Medication Ministry**

**Cost:** No Cost

**Contact:**  
828-766-6337

**Services offered:** *Assists individuals without any insurance coverage who cannot afford to buy their medications. Provides referrals to other agencies.*

## **New River Behavioral Healthcare**

**Cost:** Varies

**Contact:**

828-733-5889 (Intake) // 828-733-9236 (Main)

**Services offered:** *Individual, group and family therapy for children, adolescents and adults; psychiatric evaluations and monitoring; crisis services*

## **Sloop CAP Avery Home Care Services**

**Cost:** Medicaid, Medicare, Private insurance

**Contact:**

828-733-062

**Services offered:** *Provides in-home medical care and medical treatment*

## **Cannon Memorial Hospital Financial Assistance Program**

**Cost:** Varies

**Contact:**

864-898-1242

**Services offered:** *Free or reduced cost medical care, including specialty care, for low-income and uninsured patients*

## **Appalachian Healthcare Project**

**Cost:** Varies

**Contact:**

828-268-8956

**Services offered:** *Assistance for low-income patients and individuals without insurance; coordination of medical care*

## **AIDS Leadership Foothills-area Alliance (ALFA)**

**Cost:** Varies

**Contact:**

828-322-1447

**Services offered:** *HIV/AIDS client services; community outreach; HIV counseling/testing*

## **Senior Citizen Services**

### **Alzheimer's Association**

**Cost:** Varies with service

**Contact:** Program Director  
828-254-7363 // alzwno@bellsouth.net

**Services offered:** *Offers support to individuals with alzheimer's through a variety of services.*

### **Avery County Department of Social Services Adult Services & Special Assistance to Adults**

**Cost:** No Cost

**Contact:** Adult Services Social Worker, Income Maintenance Caseworker  
828-733-8230 // averycountydss@ncmail.net

**Services offered:** *Provides placement for those who need assistance with moving to a rest home; Adult Protective Services; home management; or financial assistance for family care home.*

### **Family Caregiver Support Program**

**Cost:** No Cost

**Contact:** Program Coordinator  
828-265-5434 x 128

**Services offered:** *Respite program that provides a safe setting for family caregivers.*

## **Northwestern Regional Housing Authority**

**Cost:** Varies

**Contact:**

828-733-1546 // [info@nwrha.com](mailto:info@nwrha.com)

**Services offered:** *Subsidized housing for the elderly and disabled*



## **Substance Abuse**

### **Avery Cares, Lacey Center Community Alcoholism Rehabilitation, Education, & Services**

**Cost:** Varies

**Contact:** Donna Cantrell  
828-733-9236 // [cantrell@newriver.org](mailto:cantrell@newriver.org)

OR

Ida Mc Neil  
[mcnieli@newriver.org](mailto:mcnieli@newriver.org)

**Purpose:** *To assist substance abusers in their rehabilitative efforts.*

## **Alcoholics Anonymous**

**Cost:** No Cost

**Contact:**  
828-264-1212 OR 828-264-0319

**Purpose:** *To provide support for individuals seeking recovery from alcoholism.*

## **InTheRooms**

**Cost:** No Cost

**Contact:**

[www.intherooms.com](http://www.intherooms.com) // [support@intherooms.com](mailto:support@intherooms.com)

**Services offered:** *24/7 substance abuse/narcotics abuse support; daily meditations, speakers, and online AA/NA meetings*

## **Youth & Education Services**

### **Avery Yo!**

**Cost:** Sliding fee scale

**Contact:** Jennifer Woodruff, Director  
828-737-0057 // jennifer@wamycommunityaction.org

**Services offered:** *The mission of Avery YO! is to positively impact elementary and middle school students' lives and their potential for success through a variety of activities and experiences.*

### **4-H of Avery County**

**Cost:** Varies

**Contact:**  
828-733-8270

**Services Offered:** *Special interest programs, summer camps, after-school childcare*

### **Avery County Smart Start A Partnership for Children, Inc.**

**Cost:** No Cost

**Contact:**  
828-733-2899 // acpfc@bellsouth.net

**Services offered:** *Health education, Parent to Parent, and child care support*

## **Avery Resources to Achieve Positive Steps for Kids**

**Cost:** No Cost

**Contact:** Avery County High School  
828-733-0151

**Services offered:** *A support service for families with children who have significant emotional issues. Contact home based counselor or DSS Director for a referral.*

## **Department of Juvenile Justice & Delinquency Prevention**

**Cost:** No Cost

**Contact:** Jay Smith  
828-733-0151 // jaysmith@averyschools.net

**Services offered:** *A supervisory program for misbehaving youth in the justice system*

## **Crossnore School Sanctuary Care**

**Cost:** Sliding fee scale

**Contact:**  
828-733-4305 // info@crossnoreschool.org

**Services offered:** *Emergency residential care for unplaced children; preparation for adult living; respite care for displaced youth*

## **Avery Head Start Intermountain Children's Services, Inc.**

**Cost:** No Cost

**Contact:** Family Service Worker/Lead Teacher  
828-733-7114

**Services offered:** *Mental health, crisis intervention, transportation, parenting classes, counseling, and more*

**Project Challenge North Carolina, Inc.**

**Cost:** No Cost

**Contact:** Chris Renfro  
828-765-0736 // [chrisrenfro@projectchallenge.org](mailto:chrisrenfro@projectchallenge.org)

**Services offered:** *Community service/restitution program for adjudicated juveniles, ages 10-16.*

**Toe River Childrens Dental Clinic**

**Cost:** Co-pay, if required by insurance

**Contact:**  
828-688-8384

**Services offered:** *Provides dental care; offers a Low Income Assistance Program for people denied coverage through DSS or undocumented residents; provides dental education to children and parents*

**Upward Bound  
Appalachian State University**

**Cost:** No Cost

**Contact:** Academic Coordinator  
828-262-8016

**Services offered:** *6-week summer academy; tutoring assistance from college students; college prep course selection; college admission and financial aid assistance; resume and cover letter development assistance*

**Western Youth Network  
Governor’s One-on-One Program**

**Cost:** No Cost

**Contact:**  
828-264-5174

**Services offered:** *A mentoring program for “at-risk” youth*