

McDowell County Community Health and Wellness Resource Guide



RUTHERFORD POLK MCDOWELL
DISTRICT HEALTH DEPARTMENT



Working Together for a Healthy Community

9-2010

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YOUR ROLE IN PREVENTATIVE CARE

You are responsible, in large part, for managing your own preventive care. Your primary-care practitioner should be your partner.

There are other important preventive measures —the kind of commonsense steps that could save millions of medical dollars and prevent injury, illness, disability, and premature death. Here's a checklist:

- Don't smoke, and avoid secondhand smoke.
- Maintain a healthy weight.
- Get regular exercise. Brisk walking for just half an hour every day can be a big factor in weight control and in staying healthy.
- Choose a diet low in animal fat and sodium, and rich in fruits, vegetables, whole grains, and low-fat or nonfat dairy products. Eat at least two servings of fish a week.
- Keep alcohol consumption moderate: no more than one drink daily for a woman, two drinks for a man. If you are a heavy drinker, seek counseling, and cut back or quit.
- Do self-exams of your breasts or testes, as well as skin.
- Fasten seat belts, see that kids ride in proper restraints, and obey the law. Drive sober and defensively.
- Brush and floss to prevent dental disease.

Medical experts may disagree about a lot of things, but they all agree that good health depends on improved access to and increased use of preventive services.



PHYSICAL ACTIVITY

Physical activity improves health and well-being. It reduces stress, strengthens the heart and lungs, increases energy levels, helps you maintain and achieve a healthy body weight and it improves your outlook on life.

Research shows that physical inactivity can cause premature death, chronic disease and disability. Health Canada encourages Canadians to integrate physical activity into their every day life; at home, at school, at work, at play and on the way ... that's active living!

For children, regular physical activity is essential for healthy growth and development. For adults, it allows daily tasks to be accomplished with greater ease and comfort and with less fatigue.

For seniors, weight-bearing physical activity reduces the rate of bone loss associated with osteoporosis. Regular physical activity also maintains strength, flexibility, balance, and coordination, and can help reduce the risk of falls.

Being physically active not only strengthens your body, it also makes you feel good about yourself.



PLACES TO GO FOR FUN AND PHYSICAL ACTIVITY

SCHOOL PLAYGROUNDS:

Nebo Elementary

Old Fort Elementary

Glenwood Elementary

Pleasant Gardens Elementary

Marion Elementary

West Marion Elementary

WALKING THE COUNTY:

West Marion Elementary Trail - 4.25 Laps = 1 Mile

Old Fort Elementary Trail - 4 Laps = 1 Mile

East Junior High Trail - 6 Laps = 1 Mile

Glenwood Elementary Trail - 4 Laps = 1 Mile

Nebo Elementary Trail - 2.5 Laps A-B-C = 1 Mile

North Cove Elementary Trail - 3 Laps = 1 Mile

McDowell High Trail - 4 Laps = 1 Mile

Pleasant Gardens Elementary - 4 Laps = 1 Mile

Tom Johnson's Camping Center - 3.5 Laps = 1 Mile

Wal-Mart Parking Lot - 1.8 Laps = 1 Mile

Wal-Mart Walkway - 8.6 Laps = 1 Mile

Roses Parking Lot - 2.6 Laps = 1 Mile

Bi-Lo Center Walkway - 3.6 Laps = 1 Mile



PARKS AND RECREATION:

Glenwood Park –near Glenwood Elementary School

Sandi Andrews Memorial Park –on 221 North in North Cove

Lake James State Park – canoe rentals, hiking trails, swimming (for more info, call 652-5047)

Marion Community Building Park – basketball and tennis courts, playground

Cross Mill Park – walking trail, basketball and volleyball courts, disc golf course, playground

McDowell County Recreation Department Facility – skate park, basketball court, tennis courts, playground, swimming pool, ball fields (located on West Court Street)

Mountain Paradise Campground

Ph: 828-756-4085; www.mountainparadisenc.com

Outdoor swimming pool and waterslide, miniature golf and game room.

Yogi Bear's Jellystone Park – swimming pool, waterslide, pedal boats, mini golf, nature trails,

horseshoes, volleyball court (for more info, call 652-7208)

Woodlawn Fitness Trail – 7 stations, 2 exercises per station on a ¼ mile jogging path (located on 221 at Woodlawn Work Center)

Apatchy Stables – horseback riding; trail rides, riding lessons for all ages (for more info, call 652-7977)

Marion Skate Park

Ph: 828-652-3001

Outdoor park located adjacent to the McDowell County Recreation Center on E. Court Street.

Recreation Center

Ph: 828-652-3001

Outdoor pool, basketball court, gymnasium located on E. Court Street, Marion.

Sports Complex

Ph: 828-652-2626

Baseball and softball tournaments throughout the year; snack bar. Located in Marion off N. Main Street on Finley Road, adjacent to Ivan's Restaurant.

Lightning Lanes Bowling Alley

Ph: 828-652-2626

Adjacent to Ivan's Restaurant and McDowell Sports Complex at 622 Finley Road, Marion.

Hiking in McDowell County

For additional information on trails, contact us or log onto www.nps.gov.

ARMSTRONG CREEK - 3640' • 6 miles • Easy to Moderate

Primitive hiking on Armstrong Fish Hatchery Road. Trail begins past hatchery parking lot.

BAD FORK - 2940' • 8 miles • Moderate

Primitive trail connects Woods Mountain and Armstrong Creek Trails. NC 226-A to Armstrong Fish Hatchery Rd. 3 miles to trailhead on left.

BETSY RIDGE - 3160' • 9 miles • Easy to Moderate

Black Mountains view, meets Little Buck Creek Trail ending at Woods Mountain Trail. US 221 North, left on Tom's Creek Road. Right onto first dirt road, head is second road on left.

CATAWBA FALLS

Ph: 888-233-6111 • www.mcdowellinc.org

Catawba Falls is about 70' high. access. 3 miles round-trip, moderate. Strenuous climb to upper falls! WARNING!!! Wet rocks are very slippery and people fall to their deaths from waterfalls every year! If you visit them, please be careful and use common sense! Do not climb rocks around the waterfalls and do not ever cross a stream or swim at the top of a waterfall. Keep children under constant supervision!!

KITSUMA PEAK - Short Hike- 20 minute trail.

Breathtaking views and unusual Carolina hemlocks. Take I-40 west to Ridgecrest Exit. Turn onto Old US 70, road is blocked. Park at road end.

LEAD MINE GAP - 5 miles • Moderate

Mixed forest environment, long range views. Hwy 70 to Curtis Creek Road, east of Old Fort. Trailhead approximately 8.5 miles. Trail ends at Hickory Branch Trail, after 2 miles trail rejoins Curtis Creek Road at lower point.

LITTLE BUCK CREEK - 5.8 miles • Moderate to Strenuous

Excellent views of Marion, Lake Tahoma and Black Mountain range. From US 70, west of Marion, turn right onto NC Hwy 80, passing Lake Tahoma on right. Cross bridge over Buck Creek, turn right onto dirt road. Take left at first intersection and go 1.5 miles to trailhead (turnout with USFS sign and gate).

MACKEY MOUNTAIN - 16 miles • Moderate to Strenuous

This trail is located in a bear sanctuary. Take appropriate precautions on trail. Spectacular views. US 70, east of Old Fort to Curtis Creek road, turning left. Trailhead is 9 miles at entrance of Sugar Cove Road.

Varying Lengths and Skill Levels

Two segments of this 700-mile route are in McDowell County. The Craggy Pinnacle segment follows the Blue Ridge Parkway from Asheville past Buck Creek Gap at NC 80 to Little Switzerland. The route includes a 14-mile steep downhill grade. The Brown Mountains Light segment continues on the Parkway to Linville Falls at the northern tip of McDowell County and onto the foothills area via NC 181. Route includes several gentle descents and easy climbs.

NEWBERRY CREEK - www.nps.gov/ovvi

4300' • 5 miles • Easy to Moderate

Scenic trail ends at Blue Ridge Parkway. Take US 70 West to Curtis Creek turning right. Left at Newberry Creek Road (FS 482-A). Go 4 miles to end. Trailhead begins at end of road.



POINT LOOKOUT TRAIL - 6.32 miles. Moderate

Avoid train tracks and respect private property boundaries. Parking at Old Fort Picnic Grounds, the Depot and Andrews Geyser Park.

Joseph McDowell Historical Catawba River Greenway – 1 mile easy to moderate. *The greenway's entrance road is located off of U.S. 70 past Lowe's and next to Table Rock Quarries. The gravel road, named Sam Phillips Drive, leads to the temporary parking lot and entrance to the park. This first phase has a paved pathway and wooden fences running alongside the Catawba River for about 4,300 linear feet to a point almost behind Lowe's store. it has fishing piers overlooking the river and boardwalks running over the river's tributaries. The first phase will also include historic Round Hill, where the McDowell and Carson families are buried. That includes the county's and greenway's namesake, Revolutionary War hero Joseph McDowell.*



**Support McDowell Trails Association
with your membership.**

Membership forms and information on their web site at:

www.mcdowelltrails.com

Click on Join

FITNESS CENTERS

Corpening YMCA- (828) 659-9622

Curves - (828) 659-8100

Club Fitness - (828) 652-5122

Fitness Express - (828) 765-6336

Karakido Karate- (828) 652-1335

Gardin School Tae Kwan Do - 738-3608

Miss Jacie's School of Dance - (828) 652-3197

American Star Dance Studio - (828) 228-3222



COMMUNITY HEALTH SERVICES

The Open Door to Health

73 Our Farm Rd., Marion, NC 28752
828-652-1517

Assisting McDowell County with a variety of programs such as vocational counseling, job seeking, resume writing, nutritional counseling, classes in stress reduction, guided imagery and massage therapy. Self pay on sliding scale.

Good Samaritan Clinic of McDowell County

c/o First Baptist Church
99 N. Main St.
Marion, NC 28752
828-460-6832

The Good Samaritan Clinic of McDowell County was established to provide care to those who are uninsured and cannot afford care. It is a part-time, Christian-based, primary care clinic staffed by dedicated volunteers.

MCDOWELL COUNTY HEALTH DEPARTMENT:

McDowell County Health Department
408 Spaulding Drive, Marion, NC 28752
652-6811
www.rpmhd.org

Offers a variety of family health services including: child health clinic for well child exams, child service coordination, confidential teen clinic for Family Planning, pregnancy testing and referral, WIC nutrition education, Eat Smart, Move More Weigh Less program, health screenings, children's and adults immunizations, smoking cessation, women's preventive health screenings, family planning services for women of child bearing age, pregnancy prevention services, emergency contraception, Maternal Care Coordination (Baby Love), referrals to OB doctors for pregnant women, post partum home visits for mother and New Born Screening home visit for infants, Breast and Cervical Cancer Screening and referrals for Women (BCCCP), Wise Woman services for women if eligible for BCCCP program, Communicable Disease and Sexually Transmitted Disease testing counseling and treatment, Completion of presumptive Medicaid applications for pregnant women

Payment: Medicaid, some private insurances Sliding fee scale for McDowell County residents. No charge for Communicable Disease or STD services and most children's immunizations.

McDowell County Home Health

652-6901

Child Service Coordination Program (CSCP)

McDowell County Health Department
408 Spaulding Rd., Marion, NC 28752
652-6811

A voluntary home visitation program for families of young children who have, or are at risk for, medical or developmental conditions. Staffed by Public Health Nurses.

Maternity Care Coordination

Maternity Care Coordination (MCC or Baby Love) is a Medicaid-funded program of the McDowell Health Department that provides assistance with utilizing available community services and support for women who are pregnant and eligible for Medicaid. Maternity Care Coordinators provide these services for the duration of the pregnancy, as well as two months of additional follow-up.

Nurse Family Partnership (NFP)

Nurse-Family Partnership is a voluntary program where highly educated nurses visit low-income women in their homes during their pregnancy and throughout the first two years of their children's lives to improve pregnancy outcomes, child health and development, and the economic self-sufficiency of the family. Services include: screening and assessment, substance abuse classes, aftercare support, individual and family counseling, recommendation and referral.

McDowell County Department of Social Services (DSS)

145 East Court Street, Marion, NC 28752.

652-3355; <http://www.mcdowellcountyncdss.org/>

McDowell County DSS determines eligibility for Medicaid, food and nutrition services, Work First (welfare), subsidized childcare, medical transport. It oversees child and adult protective services by investigating cases of abuse and neglect, locates absent parents and establishes and enforces court orders with regard to child support. It also offers medication management. Health Check -Provides access to health care for children up to age 21 who qualify for Medicaid.

Family, Infant, and Preschool Programs

The Family, Infant, and Preschool Programs (FIPP) is a state-funded program that provides such services as weekly home visits, pregnancy information and planning, weight and health monitoring, and parenting and child development support. A nurse and licensed psychological associate provide these services for any mothers with mental health, substance abuse, and risk for pre-maturity for a duration of birth through 1 year after birth. There are no income eligibility criteria to meet.

The McDowell Hospital

430 Rankin Drive

Marion, NC 28752

Ph: 659-5000

Caring, supportive nursing staff trained in labor, delivery, breastfeeding and infant care. Our certified instructors also teach Childbirth Preparation, Breastfeeding and Infant CPR classes. Each new mother receives in-hospital post-delivery education and discharge preparation. Two staff lactation consultants offer breastfeeding support, while each newborn is given a hearing screening test. Postpartum home visitation by our nursing staff is available to all mothers who would like additional support.

First Steps

For mothers and their children 0-6 months old who are ineligible for Medicaid, home visits. Mothers are found through maternity records at the McDowell Hospital, physician and self-referral. This program consists of an initial home visit to perform a physical assessment of the baby, a home safety inspection, and education on certain health topics (such as breastfeeding). Contact with the mother will be maintained for six months.

Ph: 659-5415

Healthy Start

In-home visitation program of the McDowell Hospital for mothers that screen positive on a records screen at the McDowell Hospital, or who are referred by a physician for services. An RN and visiting paraprofessional provide family support by teaching parenting skills and bonding.

Ph: 659-5415

Preschool Dental Outreach Program

Amanda Crisp, Program Coordinator
McDowell County Health Department
408 Spaulding Road, Marion NC 28752
Ph: 828-652-6811 Ext. 330

Program provides children ages 6 months to 5 years with a limited oral exam at no cost to parents. A dental assistant can assist parents in finding a dentist and can assist with identifying financial resources.

Healthy Smiles Dental Fund

McDowell County Partnership for Children and Families
70 N. Main St, Suite 3
PO Drawer 158, Marion, NC 28752
Ph: 659-2462

www.mcdowellpartnership-smartstart.org

Provides dental assistance for eligible children ages 3-5 who have a dental “need.” Contact the Partnership for an application.

McDowell County Physicians:

21st Century Oncology 63 South Medical Court Marion NC 28752 ph: 828-659-2130 fax: 828-652-7828	McDowell Orthopedics 60 Medical Court South Marion, NC 28752 Phone: 828-652-1673
Allergy Partners of the Blue Ridge 136 Creekview Court Marion, NC 28752 Ph: 828-652-6454	McDowell Medical Associates 1860 Sugar Hill Road Marion, NC 28752 Ph: 828-652-8727
Appalachian Foot and Ankle Associates 1 Vanderbilt Park Drive, Suite 100 Asheville NC 28803 ph: 828-277-8042 fax: 828-277-8046	McDowell Orthopedics and Sports Medicine 60 Medical Court S Marion, NC 28752 Ph: 828-652-1673
Asheville Gastroenterology 191 Biltmore Avenue	McDowell Pediatrics 387 US 70 West

Asheville NC 28801 ph: 828-254-0881 fax: 828-258-1614	Marion, NC 28752 Phone: 828-652-6386
Asheville Head, Neck and Ears 1065 Hendersonville Road Asheville NC 28803 ph: 828-254-3517 fax: 828-253-6960	McDowell Primary Care and Walk-In Clinic 6 E. Medical Court Suite 2 Marion, NC 28752 Ph: 828-659-2900
Asheville Radiology Associates PO Box 2959 Asheville NC 28802 ph: 828-213-0594 fax: 828-213-0590	McDowell Radiation Center 63 South Medical Court Suite A Marion, NC 28752 Ph: 828-659-2130
Blue Ridge Pathology Associates 2201 S. Sterling Street Morganton NC 28655 ph: 828-580-6117 fax: 828-580-6109	McDowell Surgical Services 31 Medical Court, Suite 1 Marion, NC 28752 Phone: 828-659-5700
Cancer Centers of North Carolina 20 Medical Park Drive Asheville NC 28803 ph: 828-271-6523 fax: 828-271-6589	McDowell Women`s Center 6 East Medical Court, Suite 1 Marion NC 28752 ph: 828-652-9197 fax: 828-652-9495
Carolina Hand Surgery 20 McDowell Street Asheville NC 28801 ph: 828-350-8905 fax: 828-255-7682	Marion Eye Clinic 40 E. Medial Court Marion NC 28752 ph: 828-652-1000 fax: 828-652-7170
Children`s Clinic of Marion 1225 West Henderson St. Marion, NC Ph: 828-659-2000	Marion Pediatric Clinic, PA 31 Medical Court E Suite 1 Marion, NC 28752 828-652-6386
Health Plus of The McDowell Hospital 472 Rankin Drive Marion, NC 28752 Ph: 828 652-1400	Mountain Kidney & Hypertension 10 McDowell Street Asheville NC 28801 ph: 828-258-5512 fax: 828-271-6920
McDowell Cancer Center 63 South Medical Court Drive Marion, NC Ph: 828-652-9507	F. J. Ragaz 231 East Court Street Marion NC 28752 ph: 828-652-4420 fax: 828-652-5537
McDowell Family Physicians 387 US Hwy 70 West, Suite 2 Marion, NC 28752	Sugar Hill Primary Care 1633 Sugar Hill Road Marion, NC 28752

ph: 828 652-6386	P: 828 659-3621
McDowell Hospital Wound Therapy 20 Medical Park Drive Marion, NC 28752 ph: 828-652-3414 fax: 828-652-3457	Spine Carolina 21 Turtle Creek Drive Asheville NC 28803 ph: 828-277-7558 fax: 828-277-7229
McDowell Internal Medicine 100 Spaulding Road, Suite 1 Marion, NC 28752 Ph: 828-652-7776	Women's Health Group 20 South Medical Court Marion, NC 28752 Ph: 828-652-3019
Woodridge Psychological Associates 182 West Court St Rutherfordton NC 28139 ph: 824-287-7806 fax: 828-287-0004	

COMMUNITY SERVICES

Adolescent Parenting Program

The Adolescent Parenting Program (AAP) is a State Adolescent Parenting funded program of the McDowell County Schools that provides teen parents 17 and under with intense case management through monthly or bi-monthly peer group meetings. This program encourages these young parents to stay in school, delay further pregnancies, and improve parenting skills.

Dread Disease Society

Contact the McDowell County United Way for information at 652-6267. Helps pay medical bills and medicine for people in financial need suffering with a terminal illness. Application required.

McDowell County Child Collaborative

659-2462

Meets monthly at the McDowell County Mental Health Center to identify and address gaps in mental health services for children and families.

Family Services of McDowell County

PO Box 1572

Marion, NC 28752

652-8538 or 652-6150 (24 hr Crisis Line)

www.familyservicesofmcdowell.org

Family Services of McDowell County seeks to provide aid to victims of physical, emotional, and sexual violence in families and relationships by providing sanctuary; providing programs that promote prevention, healing, and empowerment; community education; forming partnerships with related agencies and local citizens who support the reduction of abuse and violence.

Safe Harbor Grief Program for Children & Youth

Hospice of McDowell County

575 Airport Rd,

Marion, NC 28752

652-1318

www.hospiceofmcdowell.org

The program objective is to assist children/youth and their families in working through difficult grief and loss processes children grieve over family deaths, divorce, or painful transitions in their family just as profoundly as adults, although in different ways. It is crucial that their thoughts and feeling not be dismissed. This program offers an opportunity for them to express grief in appropriate ways in order to promote healing. The program is offered in the grief support room in the Hospice of McDowell County new center of Hope at county schools, or in the home.

McDowell County Partnership for Children and Families

70 N. Main St., Suite 3, Marion, NC 28752; 659-2462.

In support of the NC Smart Start initiative, Partnership for Children and Families provides programs for all children ages 0-5 and their families in the areas of health, child care and family support. It is an administrative branch of Smart Start.

McDowell County Senior Center

100 Spaulding Rd, Marion, NC 28752.

652-8953; www.mcdowellseniorcenter.org

McDowell County Senior Center's mission is to enhance the quality of life for McDowell County's senior citizens. Services include but are not limited to: Meals on Wheels, exercise programs, luncheons, prescription medication counseling.

McDowell County United Way

PO Box 1563, (265 Poteat Rd.), Marion, NC 28752

Ph: 652-6267; <http://main.nc.us/mcdowellunitedway>

United Way is a national network of nearly 1,300 local offices dedicated to helping children achieve their potential, promoting individual financial stability and independence, and improving peoples' health. McDowell United Way distributes funds to local organizations serving McDowell citizens.

McDowell Emergency Management Agency

60 E Court St.

Marion, NC 28752

Ph: 659-2241 or 659-2197

Provides assistance with proper installation of child safety seats for parents and caregivers. Limited assistance (for replacement of) improper car seats.

Joblink Career Center

316 Baldwin Ave., Marion, NC 28752

Ph: 659-6001; www.ncjoblink.com

Joblink Career Center Vision: To improve North Carolina's workforce and strengthen our state's economy by developing a system of Joblink Career Centers that offer labor market information, provide access to career training and job search/placement services, and serve as the connection between employers and qualified workers. Offers HS graduation with GED.

Maxwell M. Corpening Foundation

348 Grace Corpening Dr., Marion, NC 28752.

Ph: 659-9622; www.ymcawnc.org

The Maxwell M. Corpening Foundation provides emergency funds, such as heat medical bills, and tuition for people in need. Residents in McDowell County are eligible for this once a calendar year. Call to schedule an appointment.

American Red Cross

39 N Garden St
Marion, NC 28752
Ph: 652-6531

The American Red Cross helps keep the public prepared to respond to disasters and emergencies. They also provide training in lifesaving skills such as CPR and first aid, Babysitting courses are also available.

McDowell County Health Coalition

408 Spaulding Dr., Marion, NC 28752
www.healthymcdowell.com
828-925-0140

Partners joining together to improve the health and well being of McDowell County residents by identifying and addressing health priorities and disparities through public awareness and education, community involvement, maximizing resources, and influencing public policy.

FOOD AND SHELTER

Angel Food Ministries

Clinchfield Presbyterian Church
45 7th Street
Marion, NC 28752
659-2300 (Laura Long)

www.angelfoodministries.com

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief and financial support to communities throughout the United States.

Greenlee Baptist Church

5967 US 70 W., Old Fort, NC 28762
668-6075 ; www.angelfoodministries.com

AFM is a national food co-op operated through volunteers in churches. Anyone can join. Income level doesn't matter. A variety of food is delivered once a month based on individual orders placed the week before.

Grace Community Church

5182 US 70 West
Marion, NC 28752
724-9599

www.graceforall.org

Call for more information concerning worship services, food distribution program, etc.

Dysartsville Christian Ministries

Trinity United Methodist Church, in back in basement.
174 Trinity Church Loop, off 226 S., Dysartsville, NC; 659-1907.
Food pantry for anyone in McDowell County in financial crisis. Th, 3:30-5:30 PM.

Meals That Heal

Clinchfield United Methodist Church, 131 Ridge Rd., Marion, NC 28752

Ph: 652-2759

Hot meals served Tu. and Th., 11AM – 1PM. Every hungry person is welcome. Food donations accepted during that time also. Volunteers welcome. Emergency food assistance given to serious needs.

St. John's Episcopal Church

Parish House, 339 S. Main St., Marion, NC 28761

Ph: 652-4144

Food pantry open Wed., 2–4 PM. Non-perishable items offered to those in need.

Habitat for Humanity

PO Box 75

Marion, NC 28752-0075

Ph: 659-6272

www.habitat.org or steve.davis@sdv.com

Habitat for Humanity International seeks to eliminate poverty housing and homelessness from the world, and to make decent shelter a matter of conscience and action.

HAP (Housing Assistance Program)

29 N Garden St

Marion, NC 28752

Ph: 652-8098

Section 8 Housing (Presided over by Department of Housing and Urban Development)

29 N. Garden St., Marion, NC 28752

Ph: 652-8098

Administers Section 8 vouchers for McDowell County. These vouchers help low-income people with their housing rent. From there it can step into mortgage help.

God's Country Thrift Store

1155 North Main Street, Marion, NC 28752

Ph: 652-9000.

Assists with clothing. Provides some furniture items for people who have lost their home to fire. Assists with utilities up to \$50.

McDowell Mission Ministry

124 Fleming Avenue, Marion, NC 28752

Ph: 659-6490; www.mcdowellmission.com

The Mission provides: emergency shelter, food, clothing, furniture, and limited assistance with utilities, rent, and medications.

Old Fort Area Crisis Ministries

24 North Spring St., Old Fort, NC 28672; 828

Ph: 668-0002.

Assists people in Old Fort with paying for light bills, medicine, rent, clothing, food.

Salvation Army

95 West Henderson St., Marion, NC 28752

Ph: 828-659-2522; www.salvationarmy.org

The Marion Salvation Army operates a thrift store and provides clothing, food and help with utility bills to those in need. Call for appointment.

MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

Smokey Mountain Area Authority— Access to Care

Toll Free 1-800-849-1627

Call to find local Mental Health, Developmental Disabilities & Substance Abuse Services in McDowell County.

AL-ANON

Al-Anon is a worldwide 12-step support group for individuals and families suffering from a loved one's alcohol addiction. The Marion Al-Anon meeting welcomes teenagers and also people whose lives are affected by someone else's drug use.

St. John's Episcopal Church, 339 S. Main St., Marion, NC 28752 in the parish house
Wednesday, 8 PM.

St. Matthews Lutheran Church 241 W. Court St, Marion, NC 28752 in the hut behind
the church Mon, Wed, Fri, 12 noon.

Alcoholics Anonymous

A 12 step program to help people recover from the disease of alcoholism.

For other AA meetings in WNC visit: www.ashevilleaa.org or call 800-524-0465

Kiwanis Building, Old Fort, NC 28762 across from the Police Station. Sat. 8 PM.

McDowell Council on Alcohol and Drug Abuse

Substance Abuse Services

39 N Garden St., Marion, NC 28752

Ph: 652-8428

http://alcoholism.about.com/od/tx_nc/qt/nc072.htm

The McDowell Council on Alcohol and Drug Abuse's primary focus is substance abuse treatment services. They also provide substance abuse treatment, outpatient care, and special groups for DUI/DWI offenders.

Crossroads Recovery Center, Inc

440 East Court Street, Marion, NC 28752

432 East Main Street , Old Fort, NC 28762

Ph: 659-8626

crossroadsrecoveryctr@verizon.net

Crossroads Recovery Center, Inc offers counseling services assisting local residents to regain control of their lives while meeting the requirements of the Courts, DSS and/or Motor Vehicles Dept in order to regain their driving privileges in an expedient and affordable manner.

Freedom House of Mecklenberg, INC.

Maceo Mayo III, CSAPC ICPS

Work: 704 852-3196; Cell: 704 458-4458

Substance abuse prevention services for McDowell County Schools, individuals and communities.

McLeod Addictive Disease Center

117 West Medical Court, Marion, NC 28752

Ph: 659-3966; Web: <http://mcleodcenter.com/>

Outpatient **opioid** (pain medication) addiction treatment center, whether the drug is acquired illegally or by prescription. Physical assessment (\$11) and detoxification, followed by methadone maintenance (\$11 per dose). Daily on site admission. Services will be rendered same day as referral is made Counseling, anger management, nutrition and relapse prevention.

Mental Health Association in NC, McDowell Psychosocial Rehabilitation Services (PSR)

75 Crawford St., Marion, NC 28752;

Ph: 659-6480 Mon – Fri, 8AM-4PM.

Adult day program primarily focusing on training and education for people with mental health issues alone or coupled with substance abuse. Men's and women's group therapies, daily living and communication skills and pre-vocational training. Attendance must be doctor prescribed. Medicaid and IPRS state funding.

Meth Anonymous

New meeting location for Marion to be announced. Call New River Behavioral Health Care of McDowell County for information: 652-5444. Meth Anonymous meetings are 12 step programs to help people recover from illegal drug addiction.

Narcotics Anonymous: Marion, NC

St. Matthews Lutheran Church

241 W. Court St., Marion, NC 28752

Tu, Th, F, Sat, 8 PM in the hut behind the church.

Narcotics Anonymous are 12 step programs to help people recover from prescription drug addiction.

New River Behavioral Healthcare of McDowell County

486 Spaulding Road, Marion, NC 28752

Ph: 652-5444

New River is a local private provider coordinated and funded by Smokey Mountain Center, a WNC state Local Management Entity (LME). New River offers outpatient programs of individual and group therapy for alcohol and narcotics addiction and mental health issues. Prior detoxification elsewhere may be required. Sliding scale fee or minimal co-pay for McDowell County residents only.

North Carolina Vocational Rehabilitation Services

451 N. Main St., Suite 107, Marion, NC 28752

Ph: 652-2826; <http://dvr.dhhs.state.nc.us>

The North Carolina Division of Vocational Rehabilitation Services seeks to promote employment and independence for people with disabilities.

Recovery Ventures Corporation

904 Davistown Rd., Old Fort 28762

Ph: 828 686-0354; www.recoveryventurescorp.org

Provides long term (2 years) residential treatment for alcohol and drug addiction.

*Self-admittance or through the court system. \$175 entry fee. Outside contract jobs pay for the treatment stay. Interview, autobiography and background check required.
Men are housed in Old Fort; women in Black Mountain.
Eligibility: Ages 18 and up; Must be able to perform assigned duties through vocational training.
Welcomes applications from the whole state of NC.*

REPRODUCTIVE HEALTH

Unplanned Pregnancy

If you feel you may be pregnant, there are several local resources that can help you with the following:

Confidential pregnancy testing, including for minors: *McDowell County Health Department, Planned Parenthood, McDowell Hospital Emergency Room in cases of rape, sexual assault or incest, and Private Physicians. See Listings Below.*

Emergency Contraception (EC): *EC is available over the counter at pharmacies to women 17 and older. A prescription is necessary for younger teens. McDowell County Health Department provides EC free to current family planning patients; Planned Parenthood; McDowell Hospital Emergency Room in cases of rape, incest or sexual assault.*

Birth Control Options: *McDowell County Health Department; Planned Parenthood; private physicians.*

Counseling: *McDowell County Health Department and its Teen Clinic; Planned Parenthood; McDowell Pregnancy Center, see listing below.*

McDowell County Health Department

408 Spaulding Rd., Marion, NC 28752

652-6811; www.rpmhd.org

Offers a variety of family health services including: child health clinic for well child exams, child service coordination, confidential teen clinic for Family Planning, pregnancy testing and referral, WIC nutrition education, Eat Smart, Move More Weigh Less program, health screenings, children's and adults immunizations, smoking cessation, women's preventive health screenings, family planning services for women of child bearing age, pregnancy prevention services, emergency contraception, Maternal Care Coordination (Baby Love), referrals to OB doctors for pregnant women, post partum home visits for mother and New Born Screening home visit for infants, Breast and Cervical Cancer Screening and referrals for Women (BCCCP), Wise Woman services for women if eligible for BCCCP program, Communicable Disease and Sexually Transmitted Disease testing counseling and treatment, Completion of presumptive Medicaid applications for pregnant women

Payment: Medicaid, some private insurances Sliding fee scale for McDowell County residents. No charge for Communicable Disease or STD services and most children's immunizations.

McDowell County Health Department Teen Clinic

408 Spaulding Rd., Marion, NC 28752

Every Other Monday, 3PM - 7PM (by appointment).

Teen Hotline: 828 925- TEEN (925-8336)

Have a question? We are a confidential clinic where teens can call to talk to a nurse, leave a voicemail message or send a text message.

Planned Parenthood Health Systems (PPHS), Inc.

603 Biltmore Ave., Asheville, NC 28803

Ph: 828 252-7928; www.pphsinc.org

PPHS provides gynecological care, pregnancy testing, family planning services, birth control, emergency contraception, men's health services, STD/HIV testing, hepatitis vaccine, LGBT services. It is a private, non-profit family planning agency whose goal is to ensure that every individual has access to preventive reproductive health care and education in order to make thoughtful and responsible decisions regarding sexuality and parenthood. Medicaid and private insurance accepted.

McDowell Pregnancy Care Center

2170 Rutherford Road

Post Office Box 2728

Marion, NC 28752

652-7676

Hours– M-TH 8-5pm and F 9-5pm

www.mcdowellpregnancycenter.org

McDowell Pregnancy Care Center provides pregnancy counseling, free pregnancy tests, limited ultrasound services, maternity and baby clothes, baby furniture, referrals, and post-abortion counseling.

Private Physicians

Refer to the yellow pages for obstetricians (OB) and gynecologists (GYN) who treat and advise women and teenage girls on reproductive health care, pregnancy care, birth control, unplanned pregnancy and STD/HIV testing and treatment.

STDS and HIV/AIDS

People who use drugs and alcohol often take risks that endanger their health and the health of others. One of the most harmful risks is that of engaging in risky sexual activities. Many people abandon safe sex practices when they're drunk, even if they do protect themselves when they're sober. Unprotected sex can result in Sexually Transmitted Disease (STD).

Sexually Transmitted Disease is serious, sometimes painful and can cause a lot of damage. Some STDS only infect your sexual and reproductive organs. Others cause general body infection and possibly death (HIV/AIDS). Sometimes you can have an STD with no other symptoms. Some STDs cannot be cured. But most STDs can be cured if you get treated promptly. Locally you can receive confidential testing and treatment at: McDowell County Health Department.

Western North Carolina Aids Project

P.O. Box 2411, Asheville, NC 28802-2411
Ph: 828 252-7489; toll free: 800 346-3731.

www.wncap.org;

140 S. Church St., Hendersonville, NC 28739

Ph: 828 696-2267; toll free: 866 696-2267;

Case workers assist clients in locating doctors, HIV/Aids medication, counseling, support groups, nutrition programs, insurance, disability and other government aid.

American Social Health Association

Ph: 1 800 227-8922; www.ashastd.org

ASHA is dedicated to improving the health of individuals, families, and communities with an emphasis on sexual health and a focus on preventing sexually transmitted diseases and their harmful consequences.

Safe Surrender Law

NC's Safe Surrender Law allows an overwhelmed mother to surrender her baby to a responsible adult and walk away. The baby will be adopted.

A baby up to 7 days old may be placed with any responsible adult. The baby must be unharmed.

Anyone who receives a baby in this way must keep the baby safe and warm and call 911 or the county social services department immediately. (McDowell County Department of Social Services (DSS), 145 East Court Street, Marion, NC 28752, 652-3355.)

Safe surrender is legal and anonymous.

The law is meant to prevent these babies from being killed or being left unsafely to die.

Awareness of this law is essential if it is to be effective. Spread the word.

Drinking Alcohol and/or Using Drugs During Pregnancy

*Illegal drugs, alcohol, strong prescription painkillers, smoking and some sexually transmitted diseases can damage the unborn baby during pregnancy. Alcohol easily crosses the placenta and affects the brain tissue and other organs of a developing fetus. In the United States, **Fetal Alcohol Syndrome** is the leading cause of birth defects and childhood developmental disabilities. The Food and Drug Administration advises women to **abstain completely from alcohol or drug use during pregnancy to avoid the risk of damage to their babies.***

Rape Crisis Help:

RAINN (Rape, Abuse & Incest National Network)

Office: 210 349-7273; Toll free crisis line: 1 800 656-hope (4673). www.rainn.org

This national sexual assault hotline will inform the caller of the Rape Crisis Center closest to her.

Family Services of McDowell County

Confidential 24-hour hotline: 652-6150.

fsmc@verizon.net

McDowell's refuge for victims of domestic violence, rape, sexual assault and incest in families and relationships, providing emergency shelter, empowerment and prevention, weekly support group, counseling, assistance filing restraining orders (50-B), court advocacy, legal referrals,

community education. Emergency contraception must be sought at the hospital ER or Health Department.

McDowell Hospital Emergency Room

430 Rankin Drive, Marion, NC 28752

Ph: 659-5000; www.mcdhospital.org

When a woman or teenage girl comes into the ER having been raped or sexually assaulted, tests for pregnancy and STDs are administered. Antibiotics will be given if the latter is positive. Emergency Contraception (EC) is also offered.

Mitchell County Safe Place

P.O. Box 544, Spruce Pine, NC 28777

Ph: 828 385-1716; Hot line: 828 765-4044.

Answered by a live person 24/7.

Safe Place is a domestic violence shelter offering rape and sexual assault counselors, hospital accompaniment, law enforcement involvement, court and legal support, peer group therapy, referral to a therapist, planning for the future.

Options, Inc.

PO Box 2512, Morganton, NC 28655

24 hour crisis line: 828 438-9444

Options is a shelter for victims of domestic violence, sexual assault, rape, and incest. It empowers them to press charges and break the cycles of abuse and economic dependence. It offers court advocacy, individual and group therapy. Residents from outside Burke County need a referral from an agency or shelter in their own county.

Thanks to the following sources of information:

McDowell County Partnership for Children's *Parent Helpbook* - <http://www.mcdowellpartnership-smartstart.org/McDowell%20County%20Parent's%20Helpbook%20-%206-10-10.pdf>

McDowell County Tourism *McDowell County Traveler's Guide* -

http://www.mcdowellinc.org/trip_planner/pdf/travel_guide.pdf

Voices in McDowell *Substance Abuse and Related Issues Resource Guide 2009*

On the web: <http://www.voicesinmcdowell.org>

Please send additions and corrections for this resource guide to:

Mary Smith, Health Educator

Rutherford-Polk-McDowell

District Health Department

408 Spaulding Road

Marion, NC 28752

Phone: 828-925-0140

E-mail: msmith@rpmhd.org

Working Together for a Healthy Community