



Avery County Resource Directory

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Disabilities Services

Yellow Mountain Enterprise & Avery Co. Group Home Avery Association for Exceptional Citizens

Cost: Sliding fee scale

Contact:

828-733-2944 (YME),
828-733-1273 (ACGH)

Purpose: *A home and a vocational day program for people with developmental disabilities who are 18 years or older.*

Appalachian State University Communication Disorders Clinic

Cost: Sliding fee scale, Medicaid, private insurance

Contact:

828-262-2182

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.*

Home Care Management Corporation

Cost: Must have Medicaid

Contact:

828-264-1021

Services offered: *Program provides home health services to intellectually or developmentally disabled adults and children.
(Serves Watauga, Ashe, Avery & Wilkes County)*

NC Services for the Blind

Cost: None

Contact:

Myla Conroy - 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. Monthly Support Groups available.*

Children Hope Alliance (High Country First in Families)

Cost: No Cost

Contact:

336-667-3333, childrenhopealliance.org

Services offered: *Offers financial assistance & community support to individuals of all ages that have a developmental disability and/or traumatic brain injury. Patient must be living at home. Assistance (i.e. therapy, equip, basic need supplies) is available 1 x a year. Total family income must be under \$63,000.00 a year. (Serves Wilkes, Watauga, Avery Alleghany & Ashe County)*

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*

Independent Living

Cost: No Cost

Contact:

Susan McKenzie-828-265-5419

Services offered: *Assist with home modifications (i.e. W/C ramps, W/C accessible bathrooms) to assist disabled individuals become more independent.*

Domestic Abuse

OASIS

Opposing Abuse with Service, Information & Shelter

Cost: No Cost

Contact:

828-264-1532

24 Hour Crisis Lines: Watauga-(828) 262-5035, Avery-(828) 504-0911

Services offered: Crisis Line, Shelter, Support Groups, Advocacy & Education Programs

Family Services & Recreational Activities

Avery County Department of Social Services Adoption

Cost: Varies

Contact: Adoption Social Worker
828-733-8230 // 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

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.*

Hope Pregnancy Resource Center

Cost: No Cost

Contact:

828-265-4357 // Text: 828-278-9642

Services offered: *Guidance and support for women who are experiencing unplanned pregnancies; pregnancy testing, education, housing, furniture, clothing, classes, ultrasound funding, pregnancy options counseling & referrals for community resources.*

NC Cooperative Extension Service

Cost: No Cost

Contact:

828-733-8270

Purpose: *Farming education service; family life services; home making 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. (Financial Assistance applications available)*

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*

Avery Pregnancy & Resource Center

Cost: No Cost

Contact:
Robert Brown-828-733-2400 & 467-9812

Services offered: *Providing services to expecting mothers and new mothers. Parenting Classes, Baby Bucks earned for children resources (i.e. clothes, diapers, equipment)*

Financial & Employment Assistance

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

(TANFS)

Cost: No Cost

Contact:

828-733-8230

Purpose: For families with children under age 18 years old that are out of work for a short period of time. (Have to income qualify) *Childcare, transportation, job search, skills training or short-term education, financial and medical assistance also available.*

WAMY Self Sufficiency Program

Cost: No Cost

Contact: Jenifer Fowler, Self Sufficiency Program Director

828-733-0156

1800-571-9269

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

NC WORKS Career Center

Cost: None

Contact: John Greene, Branch Manager

828-737-5419

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

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.*

On Track Financial Education & Counseling

Cost: No Cost

Contact:

800-737-5485

or 828-255-

5166

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

Consumer Credit Counseling Service

Cost: No Cost

Contact: 828-322-7161
(Hickory, NC)

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

Transportation

Avery County Transportation

Cost: No Cost

Contact: 828-733-0005

Services offered: *Public Transportation for all citizens of Avery County.
(Wheelchair Lifts Available)*

Food Assistance

WAMY Garden Voucher Program

Cost: No Cost

Contact: Debbie Bowman, Gardening Program Director

828.733.0156 // 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

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

Feeding Avery Families

(4th Wednesday of each month)

Cost: No Cost, Eligibility Requirements

Contact: John Cox, Director

828-260-6043 // jcoxmtns@charter.net

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

**Reaching Avery Ministry
Emergency Food Pantry
(RAM'S RACK)**

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, www.shelterrock.org

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

**Volunteer Avery County-
Emergency Food Program**

Cost: No Cost

Contact:
Diane Honeycutt, 737-0718

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

**NC WIC Program
Avery County Health Department**

Cost: No Cost

Contact:
828-733-6031

Services offered: *Nutrition Education, Promotes breastfeeding & Healthy supplemental food.*

Move with Compassion Ministry
(3rd Saturday of each month)

Cost: No Cost

Contact:

828-733-6954, 828-260-4262

Services offered: Food Distribution Program

Housing & Energy Assistance

WAMY Comfort Pro

Cost: \$125-450

Go here to apply: 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

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*

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.*

Hospitality House

Cost: No Cost

Contact: 828-264-1237

Services offered: Emergency Shelter for 30-90 days.
Serves Individuals from; Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes & Yancey
County

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

Purpose: *An advocacy program that seeks to spread awareness of elder abuse, neglect, and exploitation in Long Term Care settings.*

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

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 (Morganton & Marion)

Cost: Varies

Contact:
828-437-3000 //
info@caringalternative.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
After Hours Crisis Line 828-733-4357

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

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

Avery County Health Department

Cost: Sliding fee scale

Contact:
828-733-6031// 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.*

**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*

AIDS Leadership Foothills Area Alliance (ALFA)

Cost: Varies

Contact:
828-322-1447

www.alfainfo.org

Services offered: *Free HIV/AIDS testing, HIV/AIDS client services; community outreach; HIV counseling & medical case management.*

**CAP/DA Avery County
(Gentiva Home Health)**

Cost: Varies

Contact:
828-898-1242

Services offered: *Provides In Home Care services but patient must be approved for Medicaid.*

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 High Country Council of Government

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

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

Substance Abuse

Daymark Recovery Services

Cost: Varies

Contact:

828-733-5889

After Hours Crisis Line 828-733-4357

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

Alcoholics Anonymous

Cost: No Cost

Contact:

828-264-1212 OR 828-264-0319

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

In The Rooms

Cost: No Cost

Contact:

www.intherooms.com // support@intherooms.com

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

Youth & Child 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

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

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."*

