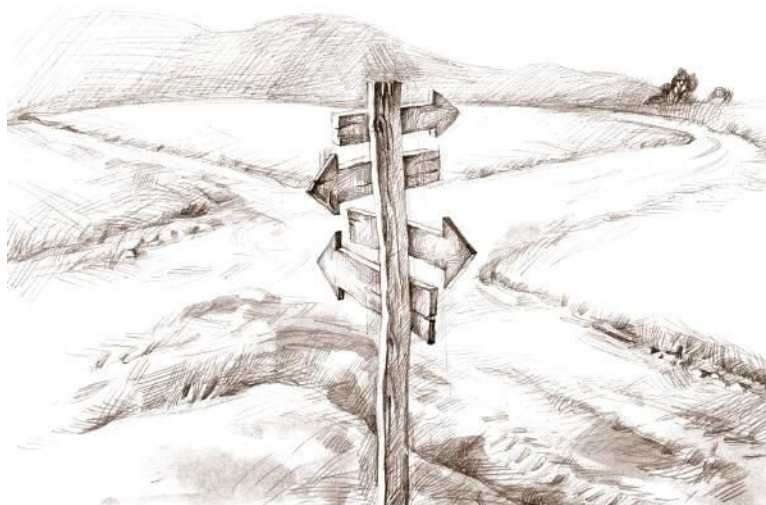


A
Guide to
Community Resources
For Children and Families



Burke County

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Revised Spring 2016

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Catawba Parenting Network
Child Care Connections
Disability Benefits Guide for 2016
Division of Juvenile Justice
Division of Services for the Deaf and Hard of Hearing – Morganton Regional Center
Early Childhood North Carolina (**see websites**)
Exceptional Children's Assistance Center (ECAC)
(The) Family Caregiver Program
Family, Infant, and Preschool Services
Family Support Network/HOPE Parent Resource Center
Lawyer Referral Service
Military OneSource (service members and their families)
National Dissemination Center for Children with Disabilities (website)
NC Health Care Help (website)
Safe Kids Burke County

Camps (special populations)

American Diabetes Association Camp Carolina Trails
Asthma Camps of North Carolina (website)
Camp Lakey Gap
Camp Royall
Operation Purple Camp (military families)

Child Care Services

Blue Ridge Community Action
Burke County Department of Social Services (child care subsidy)
Child Care Connections
Family, Infant, and Preschool Services

Counseling Services

A Caring Alternative
Alexander Youth Network
Alternate Solutions (mediation services)
Archway Counseling (substance abuse)
Arrowood Counseling and Consulting, Inc.
Barium Springs Home for Children (in-home family preservation and reunification services)
Burke Council on Alcoholism and Chemical Dependency
Catawba Valley Behavioral HealthCare
Child Custody Mediation Program (court-ordered mediation)
(The) Cognitive Connection (substance abuse)
Conflict Resolution Center (mediation)
Family Guidance Center (Catawba County)
FOCUS Behavioral Health Services, LLC
Hospice of Burke County (grief and bereavement counseling)
Just Girls – Repay, Inc.
LifeWorks Counseling Practice
Mimosa Christian Counseling Center (Christian counseling)
(The) National Suicide Prevention Lifeline
New Directions Counseling Services
Options (victims assistance)
(The) Outreach Center
Presbyterian Behavioral Health Services

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RHA Behavioral Health Services
Rape Crisis Center of Catawba County
Repay, Inc. Sexual Abuse Intervention Service (SAIS)
Southmountain Center of Excellence
Universal Mental Health/Developmental Disabilities/Substance Abuse Services

Educational Services

Blue Ridge Community Action (Head Start)
Burke County Literary Council
Burke County Public Library
Burke County Public Schools ELL (English Language Learners) office
College Foundation of North Carolina
Family Support Network/HOPE Parent Resource Center
Khan Academy (see **Websites**)
(The) Outreach Center (GED program)
Workforce Investment Act (WIA) Youth Services Program

Financial Assistance

Basic Needs

American Red Cross
Assurance Wireless
Blue Ridge Community Action
Burke County Department of Social Services
Burke Pregnancy Care Center (infant and maternity)
Burke United Christian Ministries
Consumer Credit Counseling Services (Family Guidance Center)
East Burke Christian Ministries
Foothills Thrift Store
House of Refuge (homeless men)
McDowell Mission Ministry (homeless)
North Carolina Foundation for Public School Children
Oak Ridge Baptist Church
Olive Hill Community Economic Development Corporation, Inc. Needy Meds (see website)
Outreach Center
SafeLink Wireless
Salvation Army
Social Security Administration
Valdese First Christian Church – Dry Bottoms Ministry

Food Pantries see page 28

Burke United Christian Ministries (food pantry & soup kitchen)
East Burke Christian Ministries
First Baptist Church of Drexel
Outreach Center
Waldensian Presbyterian Church (food pantry)

Medical

Free Medicine Foundation
Good Samaritan Clinic
Humanitarian Foundation Grottoes of North Carolina
North Carolina Division of Services for the Blind (vision care)
Med Tipster
NC Health Care Help (see website)
North Carolina Health Choice for Children (health insurance)
Partnership for Prescription Assistance
Prevent Blindness North Carolina
Rx Assist Patient Assistance Program Center
VISION USA

Clothing

First Baptist Church of Drexel
First Baptist Church of Valdese – Twice Blessed

Housing

Blue Ridge Community Action (weatherization)
Burke Women's Shelter (emergency shelter for women and young children)
FACES (transitional shelter for families)
Foothills Service project (home repairs)
Habitat for Humanity of Burke County
Hope Hotline (foreclosure counseling)
House of Refuge (crisis assistance for homeless men)
McDowell Mission Ministry (homeless shelters)
(The) Meeting Place (transitional shelter for homeless men)
Morganton Housing Authority
NC Housing Search (see website)
Oak Ranch (single mothers)
Olive Hill Community Economic Development Corporation, Inc.
Options (shelter for battered women)
Salvation Army (Catawba County)

Housing continued...

Valdese Housing Authority
Western Piedmont Council of Governments Rental Assistance Program

Juvenile Justice

Barium Springs Home for Children (Alternative to Commitment Program)
Division of Juvenile Justice
Eckerd
Project Challenge

Medical Services

AccessCare
Burke County Health Department
Carolina Children's Communicative Disorders Program
Catawba Valley Community College Dental Hygiene Clinic
Frye Regional Medical Center – South Campus (hospitalization)
Good Samaritan Clinic
Muscular Dystrophy Association
Total Home Care

Mentor Programs

Big Brothers/Big Sisters
Burke County 4-H

Military Supports

Military OneSource
Operation Purple Camp

Parenting

Barium Springs Home for Children (Catawba Valley Healthy Families)
Burke Pregnancy Care Center
Catawba Parenting Network
Family Connections TEEN Components
Oak Ranch

Recreation and Enrichment

Burke County Public Library
Morganton Parks and Recreation
Valdese Recreation Department

Resource Directories

ACCESS (mental health providers)
Burke County Health Department (see **Websites**)
Catawba Parenting Network
Disability Benefits Guide for 2016
NCcareLINK
North Carolina 2-1-1

Specialized Services

AccessCare (Medicaid Case Management)
ALFA (AIDS Leadership Foothills Area Alliance)
Autism Society of North Carolina
Burke Council on Alcoholism – Chemical Dependency
Burke County Health Department Child Care Health Consultant
Burke County Public Schools ELL (English Language Learners) office
Burke Narcotics Task Force
Burke Pregnancy Care Center
Child Advocacy Center
Children's Developmental Services Agency (CDSA)
Children's Home Society of NC
Circle of Grandparents Support Group

Specialized Services continued...

Division of Services for the Deaf and Hard of Hearing – Morganton Regional Center
Family Connections
Family, Infant, and Preschool Program (FIPP)
FUTuRES (parent education)
Guardian Ad Litem Program
Hospice of Burke County
Legal Aid of North Carolina
Make-A-Wish®
March of Dimes Foundation
Military OneSource
Muscular Dystrophy Association
North Carolina Child Service Coordination
North Carolina Tobacco Use Quitline
Oak Ranch
Pediatric Therapy Connections
RHA Behavioral Health – Deaf and Hard of Hearing Services
Repay, Inc. Sexual Abuse Intervention Service (SAIS)
Safe Kids Burke County
Social Security Administration
TEACCH

Therapeutic Placements *also refer to <http://www.partnersbhm.org>

Alexander Youth Network
Barium Springs Home for Children
Children's Home Society of North Carolina
Eckerd
FOCUS Behavioral Health, LLC
Frye Regional Medical Center – South Campus
Hand In Hand Day Treatment
The Healing Center (PRTF)
Job Corps
Old Vineyard Behavioral Health Services
Phoenix Group Homes - Caring for Children, Inc.
Presbyterian Behavioral Health Services
ReStart (Substance Abuse)
Tarheel Challenge Academy Youth Program
Timber Ridge Treatment Center, Inc.
Youth Focus, Inc. – Adolescent Substance Abuse Program

Transportation

Corporate Angel Network (air transportation for cancer patients)
Greenway Public Transportation
Handi-Care

◆ **A Caring Alternative**

617 S. Green Street, Suite 300
Morganton, NC 28655

Phone: 828-437-3000

Website: www.caringalternative.com

Services: Provides psychological and psychiatric assessments; Comprehensive Clinical Assessments; individual and group outpatient therapy for adults, children, and families; intensive in-home services; behavior management consultation; medication management; Day Treatment Services; therapeutic and family foster care; Assertive Community Treatment Team for adults with chronic mental health conditions; Community Support Team for adults; and CAP I/DD Specialized Consultative Services.

ACTIVE PARENTING OF TEENS: FAMILIES IN ACTION

This program is a school and community based intervention for middle school-aged youth, designed to increase protective factors that prevent and reduce alcohol, tobacco, and other drug use; irresponsible sexual behavior, and violence. This program includes a parent and teen component, which advocates mutual respect among family members, parental guidance, and use of a democratic style of parental leadership that facilitates behavioral correction. (beginning mid-January 2016)

◆ **ACCESS (Partners Behavioral Health Management)**

Phone: 1-888-235-HOPE (4673); TDD/Hearing Impaired 828-325-4698

Website: <http://www.partnersbhm.org/aboutus/>

Services: Partners Behavioral Health Management (Partners BHM) oversees the publicly-funded behavioral healthcare service system for residents of Burke, Catawba, Cleveland, Gaston, Iredell, Lincoln, Surry, and Yadkin counties. The organization was formed on July 1, 2012 through the merger of Crossroads Behavioral Healthcare, Mental Health Partners, and Pathways LME. Partners BHM operates as a Managed Care Organization (MCO) and performs functions under the requirements of the Medicaid 1915(b)/(c) Waiver. Access to Care will ask some questions to help in finding the type of services that match your needs. You will select a provider and Access to Care will help you schedule your first appointment. Pregnant women who are abusing substances and persons injecting drugs receive priority scheduling.

◆ **AccessCare, Inc.**

407-C East Union Street
Morganton, NC 28655

Phone: 828-433-1955; 828-438-8211

Fax: 828-433-1875

Website: www.ncaccesscare.org

Services: Medicaid Case Management Services

◆ **ALFA (AIDS Leadership Foothills Area Alliance)**

1120 Fairgrove Church Road
Hickory, NC 28602

Phone: 1-800-473-1447 (toll-free)/828-322-1447

Website: www.alfainfo.org

Services: Educates community about HIV/AIDS and related issues; assists in AIDS prevention efforts; assists emergency those diagnosed with HIV by providing support services such as case management and finances.

◆ **Alexander Youth Network**

116 South Sterling Street
Suite 206
Morganton, NC 28655

336 Lenoir Rhyne Blvd.
Suite 1
Hickory, NC 28602

Referrals: 828-286-2040 (Kim Hennessee); email khennessee@alexanderyouthnetwork.org

Offices: 828-433-9900 (Morganton); 828-322-3988 (Hickory)

Website: www.alexanderyouthnetwork.org

Services: Provides a comprehensive array of services developed to treat children with, or at risk for, serious emotional disturbance. Services include diagnostic assessment; outpatient therapy; therapeutic, specialized, and intensive foster care; multi-dimensional treatment foster care; and intensive in-home services.

◆ **Alternate Solutions**

Phone: 828-448-2514 (Tammy Willcox)

Services: Provides conflict management services including mediations, facilitations, strategic planning, communication coaching, educational seminars, community dialogues and progressive management consultations in Burke and Catawba Counties. There is fee for service; sliding fee scale is available.

◆ **American Diabetes Association Camp Carolina Trails**

2418 Blue Ridge Road Ste. 206
Raleigh, NC 27607

Phone: 919-743-5400 ext. 3217 (Justin Thomas)

Website: www.diabetes.org/adacampcarolinatrails

Services: Offers one week of summer camp each year for boys and girls with diabetes ages 7–17 years. Campers are housed in cabins with adult chaperones. Experienced personnel, including medical and dietary staff, as well as camp counselors, supervise all camp activities.

◆ **American Red Cross – Burke County Chapter**

305-A West Union Street (Burke Mission Station)
Morganton, NC 28655

Phone: 828-438-8844; 828-437-1911 (nights, weekends, and holidays); 828-406-5581 (Charles Avery, cell)

Website: www.burkecountyredcross.com
www.redcross.org (to register for a health class)

Services: Offers 24-hour disaster and military family emergency service, aid to victims of fire and other disasters, blood donation collections, health classes (CPR, First Aid, and Lifeguard), and disaster preparedness education.

◆ **Archway Counseling**

1131 Malcolm Blvd.
Rutherford College, NC 28671

Phone: 828-874-5511

Email: archwaycounseling@embarqmail.com

Services: Provides substance abuse assessments and individual, group, and family counseling for adults and adolescents; accepts Medicaid and most insurance plans. Archway is credentialed to provide specialized assessments for DOT and DMV related matters such as DWI charges. Archway Counseling is available to provide community education related to substance abuse issues.

◆ **Arrowood Counseling and Consulting, Inc.**

404 C. West Fleming Drive (Tannery Square)
Morganton, NC 28655

Phone: 828-437-7009

Services: Specializes in child, adolescent, and family therapy, and blended family issues. Referrals to a Child Psychiatrist for medical evaluations can be arranged as needed. Saturday and evening appointments are available.

◆ **Assurance Wireless**

Phone: 1-888-898-4888

Website: www.assurancewireless.com

Services: FREE wireless phone, and 250 FREE minutes and 250 free texts each month, within a nationwide coverage area, if you participate in any of the following: Medicaid, F and S / SNAP (formerly Food Stamps), SSI, Temporary Assistance for Needy Families (TANF), Section 8 housing, Low Income Energy Assistance Program, National School Lunch Program's Free Lunch Program; OR, your household income is at or below the eligibility guidelines.

◆ **Autism Society of North Carolina**

Phone: 1-800-442-2762

Website: www.autismsociety-nc.org

Services: Operates residential summer camp for persons with autism. Provides job-coach services, information and referrals statewide, support to parents and families through one-on-one parent advocacy and workshops, and public education through workshops, conferences, clinical training, printed materials, and the media.

◆ **Barium Springs Home for Children (merged with Grandfather Home for Children 4-1-2014)**

203 Avery Avenue
Morganton, NC 28655

Phone: 828-433-7176

Website: www.bariumsprings.org

Services: Provides a continuum of programs for children and their families: intensive in-home visitation for first-time parents; intensive family preservation for children at risk of being removed from their homes; specialized & therapeutic foster care, group homes in Wilkesboro, NC.

◆ **Big Brothers/Big Sisters of Western North Carolina**

P.O. Box 663
510 S. College Street.
Morganton, NC 28680

Phone: 828-430-8357
(Morganton Branch Office) or 828-253-1470 (Asheville Main Office)
Fax: 828-430-8356
E-mail:

burke@bbbswnc.org

Website: www.bbbswnc.org

Services: Serves children ages 6-14 (once enrolled can be served until 18), primarily from single parent families who are in need of an adult friend and/or role model. There are no fees for the service. Both the parent and the child must want a mentor and have a say in the match between child and mentor. Community-based mentors are age 18 or older, with transportation; they commit to spending quality one-to-one time with their "Little" twice a month, for a minimum of one year. School-based mentors are age 16 or older, with transportation and commit to going to the student's school for one hour each week during the school day. Office hours are Monday-Thursday, 9 a.m. – 3 p.m.

◆ **Blue Ridge Community Action**

800 North Green Street
Morganton, NC 28655

Phone: 828-438-6255

Website: <http://brcainc.org>

Services: Programs include adult day care, child day care, Head Start (ages 3-5), NC Pre K, information and referral, rental units, self-sufficiency case management, and weatherization. Blue Ridge Community Action's mission statement, "Helping People to Help Themselves in Partnership With the Community," is realized by providing services, advocacy, and support for persons so they can become self-sufficient, improve the quality of their lives, and better provide opportunities for their families.

◆ **Burke Council on Alcoholism and Chemical Dependency**

203 White Street
Morganton, NC 28655

Phone: 828-433-1221

Website: <http://bcacd.org>

Services: Purpose is to alleviate the suffering and improve the lives of those directly affected by alcohol and chemical dependency. Services include information and referral center on alcohol and drug issues, prevention and education talks to community groups, telephone crisis counseling, individual, family and group counseling, after-care, follow-up and monitoring, Student Assistance Program in middle and high schools, Adolescent Outpatient Substance Abuse Treatment for youth ages 12-17, School Intervention Program (SCIP), court-ordered assessments, health and recovery coaching, and a residential recovery program for men (Flynn Recovery Community).

◆ **Burke County 4-H**

North Carolina Cooperative Extension Service
130 Ammons Drive; Suite 2

Morganton, NC 28655

Phone: 828-439-4460

Fax: 828-439-4468

Website: <http://burke.ces.ncsu.edu/index.php?page=youth4h>

Services: Through 4-H, young people in North Carolina and Burke County learn new skills and serve their communities each year. Burke County 4-H offers boys and girls ages 5-19 opportunities to be involved in clubs, special interest programs, summer camps, and school enrichment. Guided by North Carolina Cooperative Extension Agents and adult and teen volunteers, 4-H'ers gain knowledge, skills and experience that help them become responsible citizens and leaders.

◆ **Burke County Department of Social Services**

700 East Parker Road (Human Resource Center)

Morganton, NC 28655

Phone: 828-764-9600

Website: <http://www.co.burke.nc.us> (select Social Services)

Services: Work First, Food Stamps, Medicaid, Emergency and General Assistance, Child Protective Services, Child Day Care, Child Support Enforcement, Foster Care, Foster Home Licensing, Adoption, CAP/DA, and Adult Protective Services.

◆ **Burke County Health Department**

700 East Parker Road (Human Resource Center)

Morganton, NC 28655

Phone: 828-764-9150

Website: <http://www.co.burke.nc.us> (select Health)

Services: Includes General Immunization Clinic, Family Planning Clinic, Pregnancy Testing, Maternity Clinic, HIV Testing, Testing and Treatment for other Sexually Transmitted Diseases, Pregnancy Medical Home (PMH) Program, WIC (Women, Infants and Children), Obstetrics Care Management (OBCM), Health Education Programs, Communicable Disease Management, Care Coordination for Children (CC4C), and Community Preparedness. Environmental services include restaurant inspection, on-site private water and sewage systems, and other regulatory functions.

◆ **Burke County Health Department Child Care Health Consultant**

700 East Parker Road (Human Resource Center)

Morganton, NC 28655

Contact: Lisa Moore

Email: lisa.moore@burkenc.org

Phone: 828-764-9218

Website: <http://www.co.burke.nc.us> (select "Health")

Services: Provides on and off site consultation/training to childcare programs. Conducts Annual Child Care Immunization Report audits and provides delinquent notices. Provides information on accessing preventive

and/or primary health services. Conducts training for child care staff which may not be limited to, the following curriculums: Emergency Preparedness and Response Sanitation, Oral Health and Young Children, Poisoning Prevention, Preventing Safety, Stress Management for Child Caregivers, Sun Safety in Early Child Care and Programs, and Infant/Toddler Safe Sleep & SIDS Risk Reduction In Child Care.

include, but is for Child Care, Injury: Home Education

◆ **Burke County Literacy Council**

510 S. College Street
Morganton, NC 28655

Phone: 828-437-7477

Website: <http://www.burkeliteracy.org>

Services: Provides free and confidential tutoring to teach Burke County citizens to read and/or improve their literacy skills. Recruits and trains volunteer tutors, provides books and a place to study. Project Flower helps immigrants learn to read, write, and speak English – transportation is provided and childcare for age's birth to 5 years is available for Project Flower participants. Project Citizenship helps immigrants prepare for and pass the Immigration and Naturalization (INS) examination. Mother Read/Father Read program teaches the "why" and "how" of reading.

◆ **Burke County Public Library**

204 South King Street
Morganton, NC 28655

213 St. Germain Ave. SE
Valdese, NC 28690

201 S. Center Street
Hildebran, NC 28637

Phone: 828-764-9260 (Morganton); 828-874-2421 (Valdese)/828-397-3600 (Hildebran)

Fax: 828-764-9289 (Morganton)

Website: www.bcpls.org

Services: Offers programs for children, young adults, and adults. The mission is to develop readers by providing information, education, and creative opportunities. See the website for hours of operation.

◆ **Burke County Public Schools ELL (English Language Learners) Program**

Contact: Lannie Simpson, Program Coordinator

Email: hsimpson@burke.k12.nc.us

Phone: 828-438-2941

Services: Provide translation and interpreting services for parent-teacher conferences and/or meetings with parents. May refer community agencies to interpreter resources for communication with non-English speaking families.

◆ **Burke Narcotics Task Force**

150 Government Drive
Morganton, NC 28655

Phone: 828-430-4221

Email: fcurry@co.burke.nc.us (will be changing to fran.curry@burkenc.org)

Website: www.burkesheriff.org/ntf.htm

Services: Investigates reports of alleged illegal drug activity in the community.

◆ **Burke Pregnancy Care Center**

501 East Union Street
Morganton, NC 28655

Phone: 828-437-4357/1-800-395-4357 (help line)

Website: <http://burkepregnancycare.com>

Services: Designed to offer guidance and compassionate Christian support to women and girls who are experiencing untimely pregnancies. Services include pregnancy testing, ultrasounds (if qualified), counseling, free maternity and infant clothing, baby equipment and supplies, a resource library, and referrals to doctors/community resources as needed.

◆ **Burke United Christian Ministries**

305-B West Union Street (Burke Mission Station)
Morganton, NC 28655

Phone: 828-433-8075

Email: info@bucm.net

Website: <http://bucm.net>

Services: Provides a community soup kitchen (11:00 a.m. - 12:30 p.m. 7 days/week; Tuesday and Thursday, 5:00 – 6:00 p.m.). The mission is to demonstrate the love of Christ through food, clothing and crisis financial assistance. BUCM is open to the public: 9:00 a.m. – noon; 12:30 p.m. - 4:00 p.m. Wednesday.
Monday, Tuesday, Thursday and Friday; 9:00 a.m. – noon on

◆ **Burke Women's Shelter (The Meeting Place)**

208 White Street
Morganton, NC 28655

Phone: 828-439-3625

Email: meetingplacemarks@gmail.com

Services: Emergency shelter for women and young children, served on a first come first serve basis. Check in is between 5:00 and 7:00 p.m. daily. Check out is by 8:00 a.m. daily.

◆ **Camp Lakey Gap**

Christmount Assembly
222 Fern Way
Black Mountain, NC 28711

Phone: 828-669-8977

Fax: 828-669-6301

Email:

Website: www.christmount.org/camplakeygap

Services: A camp for youth ages 4-17 and adults 18 and over with Autism where campers work on self-esteem and social skills during a week-long summer camp in June or July. Registration is required by March and financial assistance is available.

◆ **Camp Royall**

250 Bill Ash Road
Moncure, NC 27559

Phone: 919-542-1033

Email: camproyall@autismsociety-nc.org

Website: www.camproyall.org

Services: Is a specialized camp run by the Autism Society of North Carolina serving individuals with Autism and Asperger's Syndrome from age 4 up to older adults. Year round activities include 10 weeks of summer camp from June until August, mini camp weekends throughout the school year, and winter day camp during the school winter break. Registration for summer camp is open during January and financial assistance is available.

◆ **Carolina Children's Communicative Disorders Program**

UNC-Chapel Hill, NC / CCCDP Program
5501 Fortunes Ridge Dr.; Ste. R
Durham, NC 27713

Phone: 919-419-1449

Website: <http://www.med.unc.edu/earandhearing/pedsprogs/cccdpgrant>

Services: Supplies communication devices, as well as UNC physician, audiological, and speech services for qualifying children with hearing and other communication disorders. Must be North Carolina residents under the age of 21. Acceptance is based on family size, income, other medical expenses, and the limitations of insurance and other resources such as Medicaid.

◆ **Catawba County Parenting Network**

Phone: 828-465-8151

Fax: 828-464-7727

Email: ccpn@catawbacountync.gov

Website: <http://www.catawbaparenting.com>

Services: Offers resource materials and fellowship opportunities to support effective parenting. There is a small fee for courses; child care is also offered during the sessions for a small cost.

Current Parent Enrichment Courses: designed to increase parenting knowledge, confidence and skills

- 1,2,3,4 Parents! (for parents of children ages 1-4)
- The Incredible Years (for parents of children ages 3-6)
- Positive Discipline (for parents of children ages 3-10)
- Active Parenting Now (for parents of children ages 3-12)
- Parent to Parent (for parents of children ages 8-15)
- Nurturing Adolescents (for parents and their adolescents)
- Cooperative Parenting (for separated/divorcing parents)

Current Support Groups: provide information, fellowship, and encouragement; all groups meet once/month

- Dad's League (for dads of young children)
- The Incredible Years (for parents of children ages 3-6)
- Positive Discipline (for parents of children ages 3-10)

◆ **Catawba Valley Behavioral HealthCare (Burke County)**

350 E. Parker Road, Suite 100
Morganton, NC 28655

Phone: 828-624-1900

Website: www.cvbh.org

Services: Provides adult and child mental health services. Includes individual and family counseling and medication management for children and adults. Also offers peer support services for adults.

◆ **Catawba Valley Community College Dental Hygiene Clinic**

Phone: 828-624-5258

Website: http://www.cvcc.edu/Health_Services/Dental_Hygiene/ClinicalServices.cfm

Services: Offers dental screenings and cleaning, sealants, fluoride treatments, exams of the mouth, head, and neck region, and x-rays by appointment only. Clinic is open Tuesdays and Thursdays, 9:00 a.m. – noon, 1-4:00 p.m. Fee schedule available on website. Accepts cash or check only for payment; does not file insurance claims, but provides receipts for patients to file claims. Missed appointments are rescheduled at the discretion of the clinic.

◆ **Child Advocacy Center (*The Gingerbread House*)**

408 South Green Street
Morganton, NC

Phone: 828-430-9949

Email: burkecac@southmountain.org

Website: <http://www.southmountain.org/gingerbread.html>

Services: Offers a child-friendly environment to children, who have alleged or disclosed sexual and/or physical abuse, for interviews and child medical examinations. Interviews are coordinated jointly with DSS, law enforcement, the District Attorney's office, and the Child Medical examiner. Referrals are initiated through DSS and/or law enforcement.

◆ **Child Care Connections**

304 West Union Street
Morganton, NC

Phone: 828-439-2328

Services: Assists parents of young children in locating child care and educates them about quality care and child development. Assists child care facilities with start-up information and provides guidance for increasing or maintaining quality programs. Sponsors licensed Family Child Care Homes on the
the

◆ **Child Care Coordination for Children (CC4C)**

Phone: 828-764-9150

Services: Assists families who have children with special needs, live in stressful environments, or need medical homes for foster children. Is a free and voluntary program for Burke County families who have at risk children between the ages of 0-5 years old.

◆ **Child Custody Mediation Program**

Phone: 828-465-8943

Services: Serves to reduce parental acrimony and re-litigation of child custody or visitation disputes in Burke, Catawba and Caldwell counties. The program accepts court-ordered referrals only and provides a structured confidential nonadversarial setting to facilitate the cooperative resolution of parenting issues by developing a parenting agreement. An orientation session and a private session with the parents to educate the parties on the mediation process are mandatory.

◆ **Children's Developmental Services Agency (CDSA)**

145 West Parker Road, Suite A

Morganton, NC 28655-4649

Phone: 828-433-5171

Fax: 828-433-1127; 828-433-1201

Email: wilson.hamer@dhhs.nc.gov

Website: www.beeearly.nc.gov

Services: Evaluation services to determine eligibility for the NC Infant Toddler Program for children ages birth to three. Serves Alexander, Burke, Caldwell, Catawba and McDowell Counties.

◆ **Children's Home Society of NC**

1603 South Sterling Street
Morganton, NC 28655

Phone: 828-433-7498

Website: www.chsnc.org

Services: Provides a range of services for children including foster care, adoption, therapeutic and post-adoption services, intensive family therapy, and mental health assessments and therapy for children.

◆ **Circle of Grandparents Support Group**

Contact: Lisa Schell, FUTuRES; Burke County Public Schools

Phone: 828-502-9786

E-mail: lschell@burke.k12.nc.us

Services: Provides a safe, relaxed environment for grandparents and kinship caregivers to share ideas, fears, frustrations, and achievements. Groups meet once weekly at Oak Hill and Hildebran Elementary Schools.

◆ **The Cognitive Connection**

1109 2nd Avenue SW
Hickory, NC

Phone: 828-327-6026//1-877-508-2825 (toll-free)

Services: Offers training and treatment programs designed to help individuals solve problems more effectively, maintain employment, and/or conquer addictions. Services include cognitive behavioral intervention for juveniles and adults, alcohol and drug assessment, regular outpatient alcohol and drug treatment programs, individual alcohol and drug counseling, DWI services, and Suboxone treatment. Services also include job development and employment counseling, and GED program for ages 16-21.

◆ **College Foundation of North Carolina**

Phone: 866-866-CFNC (2362)

Website: www.CFNC.org

Services: Offers help to plan, apply, and pay for college. All services are free. Includes links to North Carolina colleges, online applications for college, research careers, set up a tax-free college savings account, and learn about scholarships, grants, and loans.

◆ **Conflict Resolution Center**

218-A Main Avenue East
Hildebran, NC 28637

Phone: 828- 397-2566

Fax: 828-397-2954

Email: pattiferree@bellsouth.net

Website: www.theconflictresolutioncenter.org

Services: Offers mediation, conflict resolution classes, training, conciliation, consultation, and group facilitation services in Burke, Caldwell, and Catawba Counties.

◆ **Consumer Credit Counseling Services (a program of Family Guidance Center, Inc.)**

301 East Meeting Street (One NorthSquare, United Way Suite - 2nd floor)
Morganton, NC 28655

Phone: 828-322-7161

Services: Offers credit counseling services including financial analysis, budget counseling, debt management, teaching money management skills, basic housing counseling, foreclosure prevention counseling, and bankruptcy counseling. Services are free with the exception of bankruptcy counseling. Appointments are required.

◆ **Corporate Angel Network (CAN)**

Phone: 866-328-1313 (patient line)

Email: info@corpangelnetwork.org

Website: <http://www.corpangelnetwork.org/>

Services: Free air transportation for cancer patients traveling to treatment centers.

❖ **Disability Benefits Guide for 2016**

<http://www.thesimpledollar.com/disability-benefits-guide/>

<http://www.thesimpledollar.com/disability-benefits-guide/#social-security-disability-benefit-calculator>

◆ **Division of Juvenile Justice**

200 Avery Avenue, Ste. 2
Morganton, NC 28655

Phone: 828-432-2845

Website: <https://www.ncdps.gov/sbc/sbc.cfm?cty=burke-25>

Services: Information and referral, counseling, and court supervision for undisciplined and delinquent youth.

◆ **Division of Services for the Deaf and Hard of Hearing – Morganton Regional Center**

107 Foothills Drive
Morganton, NC 28655

Phone: **voice** 828-430-7185/1-800-999-8915; **Videophone** 828-475-6606;
TTY 828-430-7192/1-800-205-9920

Website: <http://www.ncdhhs.gov/dsdhh/>

Services: Provides direct services to individuals with hearing loss and the agencies and businesses that serve them. In addition, provides resources and linkages to programs and services across North Carolina. Offers information and/or assistance, presentations and training sessions. Provides access to telecommunications devices (such as amplified phones, text telephones, alerting

devices, and hearing aids) for people with limited household income who have a hearing loss or speech impairment.

◆ **East Burke Christian Ministries**

103 3rd Avenue SE
Hildebran, NC 28637

Phone: 828-397-7074

Hours: Tuesday and Wednesday 9 a.m. – noon and 1:00 - 4 p.m., Thursday 9 a.m. - 12 p.m.

Services: Crisis ministry assists people needing emergency aid with food, clothes, and/or financial assistance in the form of power, rent, medicine, gas, and other needs. Clothing is \$1 per item, or \$7 to fill a 13-gallon bag; clothing items are free in a crisis such as a house fire. Serves Eastern Burke County residents living east of Mineral Springs Mountain Road.

◆ **Eckerd**

208 Executive Park
Asheville, NC 28801

Phone: 828-575-2047

Website: www.eckerd.org

Services: Provides community-based services for children and families. Programs for families include adolescent parenting education, family preservation and support through in-home crisis intervention, and family reunification. Programs for youth include juvenile justice diversion services to maintain youth in their communities, short-term juvenile justice residential treatment, and juvenile justice aftercare service.

◆ **Exceptional Children's Assistance Center (ECAC)**

907 Barra Row, Suites 102/103
Davidson, NC 28036

Phone: 1-800-962-6817

Email: ecac@ecacmail.org

Website: www.ecac-parentcenter.org

Services: A parent training and information center offering parents of children with disabilities and special healthcare needs information, assistance, and training with the goal of empowering families. ECAC also houses a lending library that includes a large collection of print and video materials that focus on children and adults with special needs, as well as young children who are typically developing, and their families. These resources are available for loan to parents and professionals in North Carolina. All ECAC services are provided at no cost to families. Spanish-speaking staff are available.

◆ **FACES (Families Adjusting Changing Evolving Safely - The Meeting Place)**

813 West Union Street
Morganton, NC 28655

Phone: 828-439-3625

Email: meetingplacemarks@gmail.com

Services: Duplex used for transitional shelter for families; transitional living for 6 months – 1 year. Call for availability.

◆ **The Family Caregiver Program (WPCOG Area Agency on Aging)**

Phone: 828-485-4256

Website: www.wpcogaaa.org/caregiver.asp

Services: The Family Caregiver Support Program offers information, resources and support for caregivers who are caring for someone over the age of sixty or person with Alzheimer's Disease or a related dementia. The program also serves grandparents age 55+ and other relative caregivers providing care to children under age 18 or adult children with a disability between the ages of 19 and 59.

◆ **Family Connections**

510 College Street
Morganton, NC 28655

Phone: 828-433-7676

Services: Provides a variety of resources to Burke County families with children birth to five years. Personal visits by parent educators trained in the Parents as Teachers model are available to qualified families. A Family Resource Center is available for parent guided play experiences Monday – Friday 8:00 a.m. – 4:30 p.m. Activities include *Motheread* (co-sponsored with Burke Literacy Council). A variety of child-appropriate activities is planned monthly; schedule available in the Family Resource Center.

◆ **Family Connections (*Teen components*)**

510 College Street
Morganton, NC 28655

Contact: Diane Jones (serving all high schools and Hallyburton Academy)

Phone: 828-433-7676

Services: A Teen Parents as Teachers Program - Offers FREE services to teen parents who are pregnant or parenting a child up to 5 years old. The program helps build parenting and life skills in teen parents. The program shares child development information, facilitates positive parent-child interaction, promotes preventative health care, and offers home visiting and group meetings with teen parents.

◆ **Family Guidance Center, Inc. (Catawba County)**

17 US Highway 70 SE
Hickory, NC 28602

Phone: 828-322-1400

Website: <http://www.fgcservices.com/>

Services: Offers individual and family counseling, domestic violence services and credit/financial counseling (see listing for Consumer Credit Counseling Services). Also

offers MAT (Mate Abuser Treatment)

battered women. Individual and family counseling services are offered on

program and shelter for a sliding-fee scale.

◆ **Family, Infant, and Preschool Program (FIPP)**

300 Enola Road
J. Iverson Riddle Development Center
Morganton, NC 28655

Phone: 828-433-2661

Website: <http://fipp.org>

Services: FIPP is an early intervention and family support program serving preschool age (newborn through age 5) children and their families. FIPP specializes in services

designed to support families to

promote their children's

growth and development. FIPP services include perinatal supports, special follow-up, physical therapy, occupational therapy, speech therapy, special education behavior support.

care nursery support, and

◆ **Family Support Network/HOPE**

HOPE Parent Resource Center
P.O. Box 11395
Hickory, NC 28603

Phone: 828-256-5202 (English)/828-403-1286 (Hmong)/828-449-9927 (Spanish)

Website: www.fsnhope.org

Services: Information, training, and support for families who have children of all ages with special needs.

◆ **First Baptist Church of Drexel**

200 S. Main Street
Drexel, NC 28619

Phone: 828-437-3351

Email: drexelfbc@att.net

Website: www.drexelfirstbaptist.org

Services: Offers free clothing and food to community members in need on the 2nd Sunday of every month starting at 5:00 p.m. You must bring a photo ID.

◆ **First Baptist Church of Valdese - Twice Blessed (Clothes Closet)**

500 Faet Street
Valdese, NC 28690

Phone: 828-874-2266

Website: <http://www.valdesefirstbaptist.org>

Services: Twice Blessed is the Church's clothing ministry. It is located just inside the door to the church fellowship hall, which is accessed from the parking lot behind the church. The clothes closet offers many different sizes and types of clothing, all at no charge. This ministry is open to the community on Tuesdays and Thursdays from 2:00-4:00 p.m. Donations are accepted for new or gently used clothes.

◆ **First United Methodist Church of Valdese**

217 St. Germain Avenue SE
Valdese, NC 28690

Phone: 828-874-0006

Email: faith@fumcvaldese.com

Website: <http://www.gbqm-umc.org/fumcvaldese>

Services: Houses the Eastern Burke Hygiene Closet - distributes items on the 1st Monday of each month, 5:30 p.m. - 6:00 p.m.

◆ **FOCUS Behavioral Health Services, LLC**

207 Queen St.
Morganton, NC 28655

Phone: 828-439-8191

Services: Offers a complete child/adolescent treatment continuum, including Comprehensive Clinical Assessments, psychological evaluations (starting August 2013), outpatient therapy services (individual, group and family), medication management and evaluation, and Intensive In-Home. Now offering specialized outpatient therapy including Trauma Focused Cognitive Behavioral Therapy (CBT) and Parent Child Interaction Therapy (PCIT) which is designed to improve the skills of parents with younger children. Offices in both Burke and Caldwell Counties; some services also offered in surrounding counties. Also offers residential services, including Therapeutic Foster Care (non-specialized) and Specialty Level III Group Homes in McDowell and Caldwell counties; and Level III group home specifically for males up to 17 years old who have displayed sexually inappropriate or sexually reactive behaviors. Candidates for Specialty Level III Services include having a recent assessment recommending the level of care and family or other supports willing to participate and support their treatment.

◆ **Foothills Service Project**

P.O. Box 86
Rutherford College, NC 28671

Phone: 828-879-8400

Email: rlcard@foothillsserviceproject.org

Website: www.foothillsserviceproject.org

Services: Non-profit Christian home repair ministry to assist elderly and disabled persons in Burke and surrounding counties to make houses dry, safe and warm. Construction assistance includes ramps to make homes handicap accessible.

◆ **Foothills Thrift Store**

259 Main Street
Valdese, NC 28690

2886 US Hwy 70 East
Morganton, NC 28655

Phone: 828-874-2521 (Valdese)/828-437-7772 (Drexel)

Website: www.foothillsserviceproject.org/stores.html

Services: Donated thrift store items can be purchased at a 50% discount for families with needs referred by a school or agency. Store hours are 9:30 a.m. – 5:30 p.m.; extended summer hours in Valdese are Friday, 9:30 a.m. – 8:30 p.m.

◆ **Free Medicine Foundation**

Phone: 1-573-996-3333

Website: www.FreeMedicineFoundation.com

Services: Helps people to apply for enrollment in one or more patient assistance programs, in cooperation with the applicant's physician. These programs provide prescription medication free-of-charge and/or at drastically reduced costs to individuals in need, regardless of age, if they meet the sponsor's criteria. Requirements to apply for enrollment are: no medical insurance coverage that pays for outpatient prescription drugs, financial hardship due to the high cost of medicine, exhausted all 3rd party insurance and/or aid from Medicaid and social agencies, or family members are paying for the applicant's prescription medication because they can not. There is a \$10 processing fee for each medication requested.

◆ **Frye Regional Medical Center – South Campus**

1 3rd Avenue, NW
Hickory, NC 28601

Phone: 1-800-784-3793/828-328-2226

Website: <http://www.fryemedctr.com>

Services: Provides inpatient crisis stabilization for adults who suffer from emotional, behavioral and addictive difficulties.

◆ **FUTuRES (Families United to Resources and Education through School)**

Contact: Lisa Schell

Email: lschell@burke.k12.nc.us

Phone: 828-502-9786

Services: A prevention and early intervention program designed to prevent abuse and neglect. FUTuRES is a community-based program providing positive parenting skills building, using the Nurturing Parenting Program Curriculum. The philosophy focuses on families, treats families with respect, and builds on family strengths to help solve problems. Services are voluntary and culturally relevant and sensitive. Family home visits are offered for flexibility. Serves all Burke County Elementary school families.

◆ **Good Samaritan Clinic**

Burke Mission Station
305 West Union Street
Morganton, NC 28655

Phone: 828-439-9948

Clinic Hours: Monday–Thursday, 9:00 a.m.–5:00 p.m. with closure for lunch 12:30-1:30 p.m. Closed on Friday.

Pharmacy: Monday and Wednesday, 9:00 a.m.-12:30p.m.; Tuesday and Thursday 5:30-6:30 p.m.

Services: Provides free medical care, limited dental care and prescription medication to those who are without governmental assistance, private insurance, or the financial resources to afford such

care. Applicants need a picture
ID, must be at least 18 years old, Burke County resident and must have insurance and have a Medicaid denial letter. Good Samaritan Clinic is an interdenominational Christian Ministry. no health

◆ **Greenway Public Transportation**

Phone: 828-464-9444/828-465-7634

Website: www.mygreenway.org

Services: Offers public and specialized transportation in Burke County. Hours of operation are Monday – Friday, 8:00 a.m. to 5:00 p.m. Transportation is wheelchair accessible.

◆ **Guardian Ad Litem Program**

200 Avery Avenue, Suite #3
Morganton, NC 28655

Phone: 828-438-5470

Services: Provides trained, independent advocates to represent and promote the best interests of abused, neglected, or dependent children involved in the court system.

◆ **Habitat for Humanity of Burke County**

305 West Union Street (Burke Mission Station)
Morganton, NC 28655

Phone: 828-437-0370/828-437-5306

Email: habitat@burkehabitat.org

Website: <http://www.burkehabitat.org>

Services: Builds affordable homes for qualified people. Participants must live in Burke County and currently live in overcrowded or substandard housing conditions; have steady, verifiable income making enough money to make a house payment but not so much that one would qualify for a loan at a bank; have a decent credit report; and be willing to help build their house and the houses of others.

◆ **Hand In Hand Day Treatment – FOCUS Behavioral Health Services, LLC**

205 Main Street (Hallyburton Academy)
Drexel, NC

Phone: 828-439-2604; 828-439-8191

Services: Provides day treatment programs for adolescents ages 11-18 in Burke and Caldwell Counties.

◆ **Handi-Care**

304 South Main Street
Drexel, NC 28619

Phone: 828-437-8429/1-800-435-9251

Email: handicare@handi-care.net

Website: <http://www.handi-careinc.com>

Services: Provides transportation to medical appointments with wheelchair lift equipped vans and other vehicles. Serving the counties of Burke, Catawba, McDowell and Caldwell. Medical transportation for Burke County residents age 60 or older is FREE of charge; there is a charge for the other service counties. Also provides In-home care services.

◆ **The Healing Center**

1001 Reynolda Road
Winston Salem, NC 27104

Phone: 336-721-7625

Website: <http://www.tchome.org>

Services: A psychiatric residential treatment facility (PRTF) for young children (co-ed, ages 6 – 15) who are struggling with mental illnesses, trauma, abuse or neglect. This service is available for children for whom removal from home is essential to facilitate treatment. A board-certified child psychiatrist leads the team of therapists, nurses, recreational therapists, and residential counselors providing services. Treatment consists of daily small group activities, individual therapy, recreational therapy, medication management and individualized schedules. Schooling is provided on campus and is integrated into treatment goals.

◆ **Hope Hotline**

Phone: 1-888-623-HOPE (8631)
Website: www.ncforeclosurehelp.org
Services: Connects callers with non-profit housing and credit counselors in their local communities who can advise them about options to avoid foreclosure on their home.

◆ **Hospice of Burke County and Palliative Care**

1721 Enon Road
Valdese, NC 28690

Phone: 828-879-1601
Website: <http://www.burkehospice.org>
Services: Provides care and support for terminally ill patients and their families during the patient's final 6 months of illness and for survivors during the first year of bereavement. Hospice operates a residential hospice facility that provides full-time care to terminally ill patients without adequate caregiver support. Palliative Care services can begin as soon as a serious illness is diagnosed and help manage the illness at home, as well as provide education in order to make informed decisions. Hospice and Palliative Care services are usually covered by Medicare, Medicaid and most private insurances. Burke Hospice and Palliative Care serves Burke, Catawba, Caldwell, Avery, McDowell, Rutherford, Cleveland and Lincoln counties of Western North Carolina. Also offers free bereavement counseling (up to 3 visits) for individuals in the community and to students in school – upon request/referral from the school. A weekly grief support group is hosted at North Morganton United Methodist Church on Mondays, 7pm.

◆ **House of Refuge**

106 Murphy Street
Morganton, NC 28655

Phone: 828-433-8921
E-mail: info@refugeministries.us
Website: www.refugeministries.us
Services: Provides overnight emergency shelter for homeless men and provides direction in seeking housing and employment.

◆ **Humanitarian Foundation Grottoes of North Carolina**

20574 Running Creek Church Road
Locust, NC 28097

Contact: Stephen White (must be contacted to initiate referral)
Email: royceandsteve@carolina.rr.com
Phone: 704-485-2891 (Charlotte)
Website: www.hfgrotto.org
Services: Provides payment for dental care to a child less than 18 years of age, who is afflicted with any of the following disabilities: cerebral palsy, muscular dystrophy, organ transplant, or mentally challenged (ID). Applications are not accepted for children covered by Medicaid. Referrals for children covered by North Carolina Health Choice are accepted, with NCHC considered the primary coverage. Orthodontics, reconstructive jaw surgeries or implants are not covered. Dental needs must be

pre-authorized for payment to the local dentist and/or hospital.

◆ **Job Corps**

Contact: Wigena Tirado, Admissions Office
Website: www.jobcorps.gov
Phone: 704-371-6997, ext. 225

Services: Comprehensive residential education and job training program for youth, ages 16 to 24.

◆ **Just Girls**

420 West Fleming Drive, Suite C
Morganton, NC 28655

Phone: 828-438-6218 (Repay office)

Fax: 828-439-2340

Email: repayed@repayinc.org

Website: http://www.repayinc.org/s_just_girls_program.php

Services: At-risk program for girls ages 11-17 years old, who are considered at risk for future involvement in the criminal justice system, unwanted pregnancy, or dropping out of school. The program provides group therapy, skills development, and opportunities for strengthening positive bonds with school, family, and community through gender specific group and individual therapy. Referrals are accepted from schools, Juvenile Court, parents and other agencies.

◆ **Lawyer Referral Service**

Phone: 1-800-662-7660

Website: www.ncfindalawyer.com

Services: A public service project of the NC Bar Association – provides referrals to attorneys who will speak with callers for a reduced rate of \$50 for the initial 30-minute consultation. Referrals are not made to attorneys who will work for free. The Call Center is open 9:00 a.m. – 5:00 p.m. Monday through Friday; referrals can be obtained 24/7 on the website.

◆ **Legal Aid of North Carolina**

211 East Union Street
Morganton, NC 28655

Phone: 828-437-8280/1-800-849-5195 (toll-free)

Fax: 828-437-9397

Website: <http://www.legalaidnc.org/public/learn/locations/Offices/Morganton/default.aspx>

Services: Provides legal counsel to residents of Alexander, Avery, Burke, Caldwell, Catawba, McDowell, Mitchell, Yancey and Watauga Counties. Services include consumer law (related to debts), unemployment compensation, housing (public and private), foreclosure defense, government benefits, and limited domestic violence cases of battered spouses with children referred from the shelter for battered women. Legal services do NOT include traffic, criminal, and lawsuits for money.

◆ **LifeWorks Counseling Practice**

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unty

Email: lifework@bellsouth.net
snc.com

, medical and health concerns, work and career issues, and conflict resolution Offers Employee Assistance Programs. ; consumers are encouraged to contact their insurance carriers to determine their mental health benefits.

◆ **Make-A- Wish® Central & Western North Carolina**

Phone: 704-339-0334 (Main Line)/828-274-9474 (Western Region)

Website: www.nc.wish.org

Services: The Make-A-Wish Foundation® of Central & Western North Carolina's mission is to grant the wishes of children with life-threatening illnesses to enrich the human experience.

◆ **March of Dimes Foundation - Foothills Division**

1220 Commerce Street, Suite G
Conover, NC 28613

Phone: 828-464-8905 (Conover office)

Fax 828-464-9835

Website: <http://www.marchofdimes.com/carolina>

Services: Offers education to the public and practitioners about premature birth and birth defects. Also offers education concerning the importance of pre-conception health and prenatal care targeted at women of child bearing age, their families and their health care providers.

◆ **McDowell Mission Ministry**

PO Box 297
Marion, NC 28752

Phone: 828-659-6490

Fax 828-659-3864

Email: mission@mcdowellmission.com

Website: <http://www.mcdowellmission.com/>

Services: Provides emergency shelter - Friendship Home for women and children (40 beds) and the John Thompson Center for men (23 beds) - and transportation for in-house clients to work, education and health care appointments. Priority is given to McDowell County residents, but referrals are accepted from other counties.

◆ **Med Tipster**

Website: www.medtipster.com/free/

Services: A pharmacy search engine for discounted generic drug programs available at pharmacies.

◆ **(The) Meeting Place Mission**

600 Burkemont Avenue
Morganton, NC 28655

Phone: 828-439-3625

E-mail: meetingplacemarks@gmail.com

Website: <http://www.meetingplacemission.com>

Services: Provides transitional shelter to homeless adult men with referrals to area services. Call before coming to the shelter. Inquiry calls are accepted 9:00 a.m. – 5:00 p.m.

◆ **Military OneSource**

Phone: 800-342-9647 (national)

Website: www.militaryonesource.mil

Services: Free service provided by the Department of Defense to service members and their families to help with a broad range of concerns including money management, spouse employment and education, parenting and child care, relocation, deployment, reunion, and the particular concerns of family members with special-needs. They can also include more complex issues like relationships, stress, and grief. Services are available 24 hours a day-by telephone with professionally trained consultants and online. Many Military OneSource staff members have military experience (veterans, spouses, Guardsmen, Reservists), and all receive ongoing training on military matters and military lifestyle. The program can be especially helpful to service members and their families who live at a distance from installations.

◆ **Mimosa Christian Counseling Center**

220 Burkemont Avenue
Morganton, North Carolina 28655

Phone: 828-433-5600

Website: www.visitmccc.org

Services: Offers counseling from a Christian perspective to adults and youth ages 4 through 64 experiencing depression, anxiety, grief and loss, chronic pain, self-worth and co-dependency, abuse, trauma, single and couple issues, or life adjustment issues. Accepts Blue Cross Blue Shield insurance, MedCost, and other limited insurance providers are considered. Also offers counseling in Eastern Burke County (Crosslink Church in Rutherford College). Appointments are required.

◆ **Morganton Housing Authority**

644 1st Street
Morganton, NC 28655

Phone: 828-437-9101

Fax: 828-439-8351

Email: mail@morgantonhousing.com

Website: www.morgantonhousing.com

Services: Provides public housing for families with low income. All housing is located within Morganton city limits.

◆ **Morganton Parks and Recreation Department**

305 E. Union Street
Suite A100
Morganton, NC 28655

Phone: 828-437-8863

Website: <http://www.ci.morganton.nc.us/index.php/departments/parks-and-recreation-dept-menu>

Services: Offers access to three recreation centers, indoor and outdoor swimming pools, a soccer complex, eleven parks, a skeet range, an extensive greenway system and Catawba Meadows Park, which alone covers more than 200 acres along the Catawba River.

◆ **Muscular Dystrophy Association**

1515 Mockingbird Lane
Suite 701
Charlotte, NC 28209

Contact: Lucas Coe (Health Care Service Coordinator)

Phone: 704-567-2912

Email: lcoe@mdausa.org

Website: <http://www.mda.org>

Services: Provides diagnostic testing and follow-up care at designated MDA clinics. Physical therapy, occupational therapy, respiratory evaluations, and genetic counseling are also available. Offers assistance with the repairs of wheelchairs, leg braces, and communication devices. Sponsors a variety of support groups in the surrounding area (call for information) and a week-long summer camp for ages 6-17 living with Muscular Dystrophy.

◆ **(The) National Suicide Prevention Lifeline**

Phone: 1-800-273-TALK (8255)

Website: <http://www.suicidepreventionlifeline.org/>

Services: Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day / 7 days a week. A crisis worker will listen to the caller and offer information about mental health services in the caller's local area. The call is confidential and free.

◆ **Needy Meds**

Website: <http://www.needymeds.org>

Services: Provides information about programs that help with the cost of medicine.

◆ **New Directions Counseling Services**

Hickory Office

201 Government Avenue, SW
Suite 305
Hickory, NC 28602

Phone: 828-267-1740

Fax: 828-267-1746

Website: <http://www.newdirectionscs.com>

Services: Offers counseling services to children, adolescents, adults and families. Treatment is tailored to the individual or family's needs. Services can include play therapy for young children, psychological testing, individual, family, marital or group treatment. Treatment for sexual offenders and intensive substance abuse services are not offered. Accepts private insurance, Health Choice, and Medicaid (20 years old or younger).

Lenoir Office

315 Wilkesboro Boulevard
Suite 1-A, Hibriten Center
Lenoir, NC 28645

Phone: 828-754-6087

Fax: 828-754-1344

Lincolnton Office

1200 N. Flint Street
Lincolnton, NC 28092

Phone: 704-735-0255

Fax: 704-736-9801

◆ **North Carolina Division of Services for the Blind**

Contact: Sandy Freeman, North Carolina Division of Services for the Blind

Phone: (828) 764-9704 Monday, Wednesday, Thursday and Friday; (828) 659-0844 Tuesday

Email: sandy.freeman@dhhs.nc.gov

Services: Takes applications for the state-funded medical eye care program. Provides referrals to various resources for low income residents who are not eligible for the state-funded medical eye care program.

◆ **North Carolina Foundation for Public School Children**

Phone: 1-800-662-7924, ext. 204

Website: www.NCFPSC.org

Services: Maximizes the effectiveness of the public school system by providing basic necessities for students such as eyeglasses, hearing aids, school supplies, clothing, and other educational fees. NCFPSC also offers grants to low-wealth counties for parent involvement and professional development. It insures quality educators for the future through the Teacher Cadet Program. Any school personnel may apply for student assistance or grants through the online application at www.NCFPSC.org.

◆ **North Carolina Health Choice for Children**

Contact: Applications available from the School Nurse, School Social Worker, Health Department, and DSS

Phone: 1-800-367-2229

Website: <http://www.ncdhhs.gov/dma/healthchoice/who.htm>

Services: Health insurance program for children through age 18. Family income must be at or below 200% of the poverty level. In order to receive this coverage, a child cannot be eligible for Medicaid or covered by private health insurance. The insurance covers: checkups, shots, sick visits, hearing and vision care, lab tests, medicines, dental care, specialists, hospital care, counseling, surgery, and therapies.

◆ **North Carolina 2-1-1**

Phone: 2-1-1, if using a cell phone please dial 1-888-892-1162

Website: www.nc211.org

Services: Offers information and referral for food, housing, employment, counseling, health care, and volunteer opportunities in the local community. Services are free and confidential and are available 24 hours a day in any language.

◆ **North Carolina Tobacco Use Quitline**

Phone: 1-800-QUIT-NOW; 1-800-784-8669

Website: <http://www.quitlinenc.org/>

Services: Provides confidential, one-on-one support to help a person stay tobacco-free. Coaches are professionally trained and are available 24 hours/day, 7 days/week.

◆ **Oak Ranch**

Contact: Lynn Garner, Baptist Children's Homes

Phone: 336-474-1240

Email: lgarner@bchfamily.org

Website: www.bchfamily.org/ranch

Services: An equine program offered to single mothers and their children through the Family Care program. Family Care provides a goal-focused living environment within a cottage setting; is specifically structured to help mothers transition to a successful, independent living situation. Mothers must be at least age 18 and have legal custody of their children; pay \$60/month. Baptist Children's Homes offer 8 Family Care homes in North Carolina: Mills Home in Thomasville (2), Oak Ranch in Sanford (2), Kennedy Home in Kinston (1), Odum Home in Pembroke (1), Ahoskie (1) and Franklin (1).

◆ **Oak Ridge Baptist Church**

7449 Oak Ridge Church Road
Connelly Springs, NC 28612

Phone: 874-0891 (church office)

Email: orbcbaptistchurch.net

Website: <http://oakridgebaptistchurch.net>

Services: For families living in the county east of CVS in Rutherford College, the church provides free groceries – one allotment per household – on the 3rd Thursday and the Monday before the 3rd Thursday, 1:30 - 4:00 p.m. Families need to bring picture I.D. with proof of Burke County residency.

◆ **Old Vineyard Behavioral Health Services**

3637 Old Vineyard Road
Winston-Salem, NC 27104

Phone: 336-794-3550

Website: www.oldvineyardbhs.com

Services: Provides acute inpatient treatment for adolescents ages 12 -17 and adults 18 and over by specially trained staff, including psychiatrists, licensed therapists, and 24-hour nursing. Highly structured daily schedule includes 2 hours of school by a licensed Winston-Salem Forsyth County teacher. Daily treatment involves evidence-based behavioral programming (Brainwise) to build skills in critical thinking along with 5-6 gender-specific group therapy sessions. The facility accepts all major insurance including Medicare, Medicaid (adolescent only), and Tricare. Old Vineyard offers free initial assessments, referral assistance, crisis intervention and admission services 24 hours day / 7 days week.

◆ **Olive Hill Community Economic Development Corporation, Inc.**

309 Colombo Street SW
Valdese, NC 28690

Phone: 828-522-4051

Fax: 828-522-4070

Website: www.ohcedc.org

Services: Serves as a housing counseling agency to assist working-class families buy their first home or help if their home is threatened with foreclosure. Offers an Enterprise Facilitator to help realize the vision of starting a personal business. Also offers classes in home ownership, entrepreneurship, and financial life skills that lead to economic self-sufficiency. A public computer center is equipped with

◆ **Olive Hill Community Economic Development Corporation, Inc. continued...**

internet-connected computers, a fax, printer, copier, and conference room for use. In addition, 2 classrooms are available for workshops, testing, homeschoolers and instructional classes. Computer classes are held monthly; see the website for a schedule. Hosts computer classes for Burke County Public Library; HRD classes from Western Piedmont Community College (WPCC); and WPCC Small Business classes.

◆ **Operation Purple Camp**

Email: opc@militaryfamily.org

Website: <http://www.militaryfamily.org/our-programs/operation-purple>

Services: Free summer camp sponsored by the National Military Family Association for children of deployed service members. The mission of the Operation Purple program is to empower military children and their families to develop and maintain healthy and connected relationships, in spite of the current military environment.

◆ **Options of Burke County**

P.O. Box 2512
Morganton, NC 28680

Director: Kristy Graf, Executive Director

Email:

inc6400@bellsouth.net

Phone: 828-438-9444

Services: Provides a variety of assistance to victims of all violent crimes or threat of crime, including battered spouses, rape, sexual assault, and incest. Offers services for battered women and children, counseling for abused children, court assistance, and community education. Programs for school-aged children in the areas of personal safety, domestic violence, and child abuse are available for presentation in the public schools.

Current Support Groups:

- Battered Women's Support Group – offered the first and third Friday of every month from noon to 1:00 p.m. and free to all participants. Group is open to any woman who self identifies as battered. Childcare is provided.
- Sexual Assault Recovery Group – Call for schedule. Childcare is provided.

◆ **The Outreach Center**

508 East Fleming Drive
Morganton, NC 28655

Phone: 828-439-8300

Fax: 828-437-8573

Website: www.theoutreachcenter.org

Services: Offers free groceries every afternoon from 1:00 – 5:00 p.m. on a first-come first-serve basis for those with a need; picture ID is required and proof of residence is required at first visit. Requests are considered for emergency clothing needs, or for job training participants. Offers GED classes and Workforce Development training; call 439-8300, or email info@theoutreachcenter.org for more information. Distributes backpacks with school supplies to children in need in August. Please call before August 15th to sign up. Please bring your child's Medicaid card, Health Choice card, or your IRS 1040 to verify eligibility. Offers counseling including substance abuse, marriage, and family counseling; most insurance accepted. Visit the website www.theoutreachcenter.org for more information.

◆ **Partnership for Prescription Assistance**

Phone: 1-888-4PPA-NOW (1-888-477-2669)

Website: <http://www.pparx.org/>

Services: National program that can help people find patient assistance programs. Qualifying patients who do not have prescription coverage can use the program as their single point of contact to access information about public and private programs that may be right for them.

◆
Phone:
Contact:
Email: lfhartley@embarqmail.com
Services: Therapist Connects their
Services include: free , Com, Indi, , and P. Treats a variety of communication disorders including A, , , , and R. Accepts Medicaid and Health Choice.

◆ **Presbyterian Behavioral Health Services**

200 Hawthorne Lane
Charlotte, NC 28204

Phone: 1-800-786-1585 or 704-384-4255
Website: http://www.presbyterian.org/health_services/childrens_services/behavioral_health/index.html
Services: Provides in- and outpatient treatment for anxiety, depression, attention deficit, hyperactivity, abuse issues and eating and adjustments disorders. Accepts most major insurances, Medicare and Medicaid.

◆ **Prevent Blindness North Carolina**

Phone: 919-755-5044; 1-800-543-7839 (toll-free)
Website: <http://www.preventblindness.org/nc>
Services: Prevent Blindness America (established in 1908), PBNC delivers direct service programs designed to preserve sight through screening, publications, safety, education, information and referral through volunteer efforts. PBNC's mission is to reach people before blindness strikes. Covers eye exams and eyeglasses for children up to age 18 enrolled in school or day care. The program is not available for Medicaid recipients or children covered by other vision insurance; covers children whose families earn up to 200% of the federal poverty level. The child must be a U.S. citizen or resident alien. Application forms can be obtained from the School Nurse.

◆ **Project Challenge**

200 Avery Avenue, Suite #1
Morganton, NC 28655

Phone: 828-432-5030
Services: A community service-based restitution program that works with court-referred youth.

◆ **RHA Behavioral Health – Deaf and Hard of Hearing Services**

4108 Park Rd. Suite 101
Charlotte, NC 28209

Phone: 828-450-5031
Fax: 704-522-5484
Website: http://www.rhabebehavioralhealth.org/programs_services/our_deaf_and_hard_of_hearing_services/
Brochure: [http://www.rhabebehavioralhealth.org/uploads/general/DHHS%20Brochure\(1\).pdf](http://www.rhabebehavioralhealth.org/uploads/general/DHHS%20Brochure(1).pdf)
Services: Provides services to adults and children who are deaf and/or hard of hearing. Services include comprehensive clinical assessments; case coordination and consultations; direct clinical services (child, adolescent and family); mental health counseling and therapy; substance abuse services;

intensive in-home Services; psychiatric services and evaluation, crisis intervention services; referrals; and outreach, education and self-advocacy.

◆ **Rx Assist Patient Assistance Program Center**

Website: <http://www.rxassist.org>

Services: Patient assistance programs are run by pharmaceutical companies to provide free medications to people who cannot afford to buy their medicine. Rx Assist offers a comprehensive database of these patient assistance programs, as well as practical tools, news, and articles so that health care professionals and patients can find the information they need...*all in one place*.

◆ **Rape Crisis Center of Catawba County**

1220 Commerce St SW, Suite J
Conover, NC 28613

Phone: 828-322-6011

Fax: 828-322-1704

Website: <http://rapecrisiscenter.com>

Services: Offers free and confidential support services to victims of sexual assault. Community education programs about child and adult sexual abuse and prevention are also offered. All support services are available 24

hours/day.

◆ **Repay, Inc. Sexual Abuse Intervention Service (SAIS)**

420 West Fleming Drive, Suite C
Morganton, NC 28655

Phone: 828-438-6218

Fax: 828-439-2340

Services: A comprehensive program providing treatment and consultation in the management of sexual behavior problems. Services include adolescent sex offense treatment, adult sex offender treatment, specialized evaluations, individual and family treatment for sexually reactive children, and treatment for specialized populations.

◆ **ReStart**

1001 Reynolda Road
Winston Salem, NC 27104

Phone: 336-721-7625

Website: <http://www.tchome.org>

Services: The Children's Home, in partnership with CenterPoint LME and the Division of Mental Health, Developmental Disabilities, and Substance Abuse Services, operates ReStart, an 8 bed, co-ed residential substance abuse treatment program in Winston Salem for youth ages 12-17 years. This 120 day (12 week) intensive, life-altering treatment system utilizes a wide-range of proven approaches for working with at-risk adolescents including: experiential adventure-based counseling, the evidence-based Seven Challenges substance abuse treatment model, individualized academic planning, family involvement and empowerment, solution-focused and strength-based philosophy, peer accountability, behavior modification and internalization, and value clarification.

◆ **Safe Kids Burke County**

700 East Parker Road (Human Resource Center)
Morganton, NC 28655

Contact: Ashley Simmons, Safe Kids Burke County Coordinator
Email: ashley.simmons@co.burke.nc.us
Phone: 828-764-9219
Website: <http://www.co.burke.nc.us> (select "Health", "Safe Kids Burke County")
Services: Provides information on topics including, but not limited to: fire safety, water, sun, boat safety, gun safety, bicycle and helmet safety, insect bites, poison control and a concentration in child passenger safety. Checks car seats for correct installation for free and sell car seats at a reduced cost.

◆ **SafeLink Wireless**

Phone: 1-800-977-3768
Website: <https://www.safelinkwireless.com/EnrollmentPublic/home.aspx>
Services: Government supported program that provides a free cell phone and airtime (1,000 texts and 250 minutes) each month for income-eligible customers.

◆ **Salvation Army (Catawba County)**

Phone: 828-322-8061
Website: <http://www.salvationarmyusa.org>
Services: Serves to meet emergency short-term needs of the individual family whether physical, emotional, or spiritual. Provides financial assistance, counseling, and clothing. Also provides a homeless and transient shelter in Hickory.

◆ **Social Security Administration**

1050 US Hwy 321 NW
Hickory, NC 28602

Phone: 1-888-877-1615/1-800-772-1213; TTY 1-800-325-0778
Website: www.ssa.gov
Services: Assists individuals applying for retirement, survivors' (dependents of a deceased individual), Social Security Disability, and Supplemental Security Income (SSI) benefits.

◆ **Southmountain Center of Excellence in Evidence-Based Practice**

406 S. Green Street
Morganton, NC 28655

Phone: 828-231-5698
Fax: 828-348-0016
Email: coe@southmountain.org
Services: Offers trauma assessments and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for children ages 3 – 18 and their non-offending parents/caregivers. Accepts Medicaid, insurance and has sliding scale fee for uninsured.

◆ **Tarheel ChalleNGe Academy Youth Program**

600 North Main Street
Salemberg, NC 28385

Phone: 1-800-573-9966/910-525-5520

Website: www.ngycp.org/site/state/nc

Services: A 22-week, military-oriented resident program for high school dropouts. Residence is followed by an intensive yearlong placement and mentoring phase. Applicants must be 16-18 years old, U.S. citizen/legal resident and North Carolina resident, unemployed/underemployed, drug-free, no pending criminal record, and physically and mentally capable; applications are available on the website. The mission of the Tarheel ChalleNGe is to improve the life-coping skills and employment potential of high-school dropouts or expellees so that they may become productive members of their communities and society in general.

◆ **TEACCH (Asheville Center)**

31 College Place, Building D, Suite 306
Asheville, NC 28801

Phone: 828-251-6319

Fax: 828-251-6358

Website: www.teacch.com

Services: Serves individuals with autism in the western region of North Carolina. Services include diagnostic evaluations, treatment planning and implementation, education, consultation, training opportunities and research.

◆ **Timber Ridge Treatment Center, Inc.**

665 Timber Trail
PO Box 259 (mailing address)
Gold Hill, NC 28071

Phone: 704-279-1199

Fax: 704-279-7668

Email: gracemaxwell@trtc.net

Website: <http://www.trtc.net/info.html>

Services: Level III residential treatment program located in a rural woodland setting between Greensboro and Charlotte, designed to serve males between the ages of 12 and 17. Basic services include therapeutic camping; individual, group and family counseling; and medication management by a Psychiatrist. Specialty services include: year-round school registered with the North Carolina Department of Public Instruction; substance abuse counseling (dual diagnoses); Moral Reconciliation Group Therapy; and Level III program for sexually aggressive youth – treatment components include Trauma Focused Cognitive Behavioral Therapy, EMDR, QEEG brain mapping, risk assessments, safety plans, individual, group and family therapy.

◆ **Total Home Care**

312 Sanford Drive
Lenoir, NC 28645

Phone: 828-438-1939

Fax: 828-433-9421

Website: www.totalhomecarenc.com

Services: Provides home medical equipment for children and adults.

◆ **Universal Mental Health/Developmental Disabilities/Substance Abuse Services**

One Northsquare
301 East Meeting Street, Suite 3
Morganton, NC 28655

Phone: 828-438-0006

Services: Offers early intervention services for newborn through 3 years of age and mental health, developmental disabilities and substance abuse services to children, families and adults. Medicaid and private pay referrals are accepted.

◆ **Valdese First Christian Church - Dry Bottoms Diaper Ministry**

916 Berry Avenue
Valdese, NC 28690

Phone: 828-879-8054

Services: Diapers and infant hygiene items offered on the 2nd and 4th Tuesdays of each month, 2:00 – 4:00 p.m.

◆ **Valdese Housing Authority**

1402 Lydia Avenue
Valdese, NC 28690

Phone: 828-874-0098

Fax: 828-874-4352

Services: Provides public housing for families with low income.

◆ **Valdese Recreation Department**

312 Massel Avenue
Valdese, NC 28690

Phone: 828-879-2132

Website: <http://townofvaldese.com/pages/recreation/#>

Services: Offers public recreation facilities and activities. Oversees five facilities: Valdese Community Center, McGalliard Falls Park, Children's Park, Fletcher Ballpark, and Tiger Gym. Valdese Community Center houses bowling lanes, a game room, snack bar and grill, fitness center, locker rooms, gymnasium, and staff offices; also located on the grounds are two lighted tennis courts and a round swimming pool (enclosed from mid-September through early May.)

◆ **VISION USA**

Phone: 1-800-766-4466

Website: <http://www.aoa.org/x5607.xml>

Services: Provides basic eye health and vision care services, without charge, to individuals who have no other means of obtaining care. Individual must have no insurance; have an income below an established level based on household size; have not had an eye examination in the past 24

number.
in the

months; and must be a US Citizen or legal resident with a Social Security or Legal Resident
The individual cannot have received a doctor referral through the VISION USA program
past two years.

◆ **Waldensian Presbyterian Church**

109 Main Street East
Valdese, NC 28690

Phone: 828-874-2531/828-879-9010 (Staff Offices)

Services: Food pantry to assist needy Burke County residents (living between Drexel and the eastern end of the county). The pantry is open Tuesday and Thursday, 2:00 – 4:00 p.m.

◆ **Western Piedmont Council of Governments (WPCOG) Section 8 Rental Assistance Program**

1880 2nd Ave. NW
Hickory, NC 28601

Contact: JoAnn Parlier

Phone: 828-322-9191

Website: <http://www.wpcog.org/index.asp>

Services: Assists very low-income families and the disabled to receive a “Housing Choice Voucher” (formally called Section 8 Housing) that pays a significant portion of rent for participating landlords. Participants are able to search for their own housing, including single-family homes, manufactured homes, townhouses, and apartments. Eligibility for a housing voucher is based on the annual gross income and family size and is limited to US citizens and special categories of non-citizens who have eligible immigration status.

◆ **Wisdom Path, PLLC**

220 West Union St.
Morganton, NC 28655

Phone: 828-475+6544

Fax: 828-475-6545

Website: <http://www.wisdompathnc.com>

Services: Dr. Debra Peters, Ph.D. and Dr. Cindy Peters, Ph.D. provide individual, family, and group therapy, as well as psychological testing, IQ testing, and skills coaching.

◆ **Workforce Investment Act (WIA) Youth Services Program**

Hallyburton Academy
205 South Main Street
Drexel, NC

Contact: Kristy Hodges; WIA Career Development Facilitator

Phone: 828-437-4184; 828- 244-3912 (mobile)

Email: kchodges@burke.k12.nc.us

Services: The Workforce Investment Act (WIA) Youth Services Program seeks to assist eligible youth in achieving academic and employment success through effective and comprehensive activities. The program emphasizes the long-term development of youth by expanding upon successful youth development components.

◆ **Youth Focus, Inc. – Adolescent Substance Abuse Program**

301 East Washington Street
Greensboro, NC 27401

Phone: 336-333-6853

Website: <http://www.youthfocus.org/>

Services: Residential program designed for adolescents between the ages of 10 and 17 with a primary diagnosis of substance abuse. Is set up as a 90-day program; however, if a client relapses while in the program, the program length can be extended. Clients also participate in a day treatment program specifically designed for adolescents with a substance abuse problem. Both programs follow the evidenced-based Seven Challenges model. The program accepts Medicaid, North Carolina Health Choice, and state IPRS funds for payment. IPRS funds are limited by the state and may be exhausted depending on utilization.

Food Pantry	Address	City	Phone No.
Abernethy Memorial United Methodist Church	960 Malcolm Blvd.	Rutherford College	828-879-8894
Bridge 42 Church	107 Calvin Heights St.	Morganton	828-584-2876
Burke United Christian Ministries see page 6	305B W. Union St.	Morganton	828-433-8075
Burkemont Baptist Church	4668 Burkemont Road	Morganton	828-437-2357
Crosslink Church	400 Malcolm Blvd.	Rutherford College	828-874-0428
Denton's Chapel United Methodist Church	5358 Denton's Chapel Road	Morganton	828-433-7985
East Burke Christian Ministries see page 10	202 S. Center St.	Hildebran	828-397-7074
El Bethel Baptist	1669 North Green Street	Morganton	828-437-0570
First Baptist Church of Drexel	200 S. Main Street	Drexel	828-437-3351
First Baptist Church of Hildebran	8831 Old Highway 10	Hildebran	828-397-3641
First Baptist Church of Morganton	502 West Union Street	Morganton	828-437-2544
Food Pantry continued...	Address	City	Phone No.
High Peak Baptist Church	3073 High Peak Road	Valdese	828-874-0164
Oak Ridge Baptist Church see page 21	7449 Oak Ridge Church Road	Connelly Springs	828-874-0891
The Outreach Center see page 22	510 E. Fleming Drive	Morganton	828-439-8300
Pleasant View Baptist Church	1834 US 70 E	Morganton	828-437-3469
St. Charles Catholic Church *Tuesdays, 9:30am	728 West Union Street	Morganton	828-437-3108
Waldensian Presbyterian Church see page 27	109 Main Street East	Valdese	828-874-2531, 828-879-9010
Zion Baptist Church	3396 Pea Ridge Road	Morganton	828-437-7755

828-, ext. 223

Community Mental Health Outpatient Providers

Provider	Contact Number	Address
A Caring Alternative	828-430-4388	203 E. Union St. Morganton, NC
Appalachian Counseling and Education	828-757-8643	2780 Morganton Blvd. Lenoir, NC
Archway Counseling	828-874-5511	1131 Malcolm Blvd. Rutherford College, NC
Benfield and Podger	828-304-9096	1985 Tate Blvd. SE Ste. 152 Hickory, NC
Bright Beacon Behavioral Solutions, PLLC	828-437-2778	104 Oakland Ave. Morganton, NC

Burke Council on Alcoholism	828-433-1221	203 White St. Morganton, NC
Catawba Valley Behavioral Healthcare	828-695-5900	327 1 st Ave. NW Hickory, NC 28601
Catawba Valley Behavioral Healthcare	828-624-1900	350 E. Parker Rd. Ste. 100 Morganton, NC
CNC/Access dba/Rescare Home Care	828-433-8181	617 S. Green St. Ste. 201 Morganton, NC
Community Counseling Services	828-381-5920	1550 Tanglewood Dr. Hickory, NC
Cornerstone Counseling	828-322-4941	263 3 rd Ave. NW Hickory, NC 28601
Crossroads Counseling Services	828-327-6633	858 2 nd St. NE Ste. 101 Hickory, NC
Family NET of Catawba County	828-695-6500	3050 11 th Ave. Dr. SE Hickory, NC
FOCUS Behavioral Health Services, LLC	828-439-8191	207 Queen St. Morganton, NC
Freedom Counseling	828-324-2869	901 US Hwy. 321 NW Ste. 134 Hickory, NC
Frye Regional Medical Center-Oakwood Place	828-327-4156	2850 Tate Blvd. SE Hickory, NC
Full Circle Therapy-Ellen Logan	828-328-6854	321 7 th St. NE Ste. A Hickory, NC
Kids First Counseling	828-443-0896	1306 Bowman Ave. Morganton, NC
Kids, Teens and Family Psychological Services	828-443-1098	3624 High Peak Mtn. Rd. Valdese, NC
Life Grows On	828-322-7116	2247 S. Center St. Hickory, NC
Lifeworks Professional Corporation	828-433-9190	205 E. Union St. Morganton, NC
New Directions Counseling Services, PLLC	828-267-1740	201 Government Ave. SW Hickory, NC
One Love Developmental Services, Inc.	828-403-7088	110 S. Sterling St. Morganton, NC
Quality Family Services, Inc.	828-754-6998	206 Patterson St. Morganton, NC
Repay, Inc.	828-437-6268	202 Patterson St. Morganton, NC
Southmountain Center of Excellence	828-231-5698	406 S. Green St. Morganton, NC
The Cognitive Connection	828-327-6026	1109 2 nd Ave. SW Hickory, NC
TLC Counseling	828-433-4411	401-B S. Green St. Morganton, NC
Unifour Sexual Abuse Intervention Services	828-310-9100	1064 Lenoir Rhyne Blvd. SE Hickory, NC
Universal Mental Health	828-759-2228	839 Wilkesboro Rd. Lenoir, NC

BCPS School-Based Mental Health Therapy Program - Provider List by Practice 2013-2014

PROVIDER/AGENCY	THERAPIST	SCHOOL SERVED
<p>A Caring Alternative Stephanie Dvorak, MA., LPCS, NCC, LCAS-A sdvorak@carinalgalternative.com Clinical Director for Child and Family Services 151 N. Main St., Suite 102 Marion, NC. 28752 (828) 652-5444</p>	<p>Penny Hamblin pbernard@acaringaltnerative.com 828-430-4388 ext. 35</p>	<p>Patton High School Table Rock Middle Liberty Middle School Heritage Middle School</p>
<p>Beth Brannon, LPC Still Waters Counseling P.O. Box 6337 Hickory, NC 28603 (828) 612-8064</p>	<p>Beth Brannon, LPC stillwaterscounseling@embarqmail.com</p>	<p>Oak Hill Elementary</p>
<p>Crossroads Counseling Center Carmon McGee, LCSW Co-Owner/Clinical Supervisor carmon@crossroadscounseling.org 1558 2nd Street NE, Suite 101 Hickory, NC 28602 (828) 327-6633 (828) 327-3385 (fax)</p>	<p>Beth Matthews, PhD, LPCA, BCCC beth@crossroadscounseling.org</p> <p>Lindsay Kozak Lindsay@crossroadscounseling.org</p> <p>Sandra Worthington Sandra@crossroadscounseling.com</p>	<p>Icard Elementary East Burke High School Draughn High School</p> <p>East Burke Middle</p> <p>Ray Childers Elementary School</p>
<p>FOCUS Behavioral Health Services Stand Up Homes for Youth, Inc. Beth Cali Outpatient Director bcali@huhfy.com 107 Queen Street Morganton, NC 28655-3341 (828) 439-8191 (828) 439-2622 (fax)</p>	<p>Jennifer Johnson jjohnson@focusbhs.com</p> <p>Nicholas Chamberlain nchamberlain@focusbhs.com</p> <p>Chad Sprehe csprehe@focusbhs.com</p> <p>Tamara Hodges, LPC thodges@huhfy.com</p> <p>Jane Wilson, LCAS, LMFT, LPC jwilson@huhfy.com</p>	<p>Drexel Elementary School</p> <p>Hallyburton Academy</p> <p>Walter Johnson Middle School</p> <p>Glen Alpine Elementary School</p> <p>Freedom High School</p>
<p>Georgia Miles, MA, LPC 1005 Hwy 321 NW #302 Hickory NC 28601 (828) 850-4921</p>	<p>Georgia Miles, MA, LPC georgiamiles@charter.net</p>	<p>Forest Hill Elementary Oak Hill Elementary Rutherford College Elementary</p>
<p>Angela Didway, LPC Intentional Intervention 1329 Salem Road Morganton, NC 28655 (828) 664-612-0409</p>	<p>Angela Didway, LPC adidway@aol.com</p>	<p>Salem Elementary Mull Elementary</p>
<p>Mimosa Christian Counseling Center Jane Rawson, Ph.D. mimosachristian@bellsouth.net 1220 Burkemont Ave. Morganton, NC 28655 (828) 433-5600 (828) 433-5656 (fax)</p>	<p>Diane Guelzow, LPC, NCC, REACE dianeguelzow@gmail.com 828-261-6520</p>	<p>Chesterfield Elementary W.A. Young Elementary</p>

Websites Narrative

http://www.co.burke.nc.us/index.asp?Type=B_BASIC&SEC={630D4EA5-9424-4E59-BF96-C85939BE56D1}&DE={DE2C4D70-342E-41D1-BC43-378F4D72F3BD}

Burke County Health Department – Community Resources

www.burkesubstanceabuseenetwork.wordpress.com

Burke County substance abuse recovery information and referral sheet

www.callmemister.clemson.edu

Applications for 4 years college tuition assistance for socio-economically disadvantaged

www.disabilityrightsn.org or phone 1-877-235-4210 or 1-919-856-2195

Carolina Legal Assistance for people with disabilities

www.asthmacamps.org

Lists available camps in North Carolina for children with asthma

<http://fape.org/idea/>

Provides families and professionals with information related to IDEA and other relevant education topics.

<https://www.khanacademy.org/>

This not-for-profit organization offers on-line educational materials and resources free of charge.

http://www.mchlibrary.info/KnowledgePaths/kp_community.html

Community Services Locator - An Online Directory for Finding Community Services for Children and Families

www.dhhs.state.nc.us/mhddsas

North Carolina Division of Mental Health, Developmental Disabilities, and Substance Abuse Services

<http://www.nchealthcarehelp.org/>

Connects North Carolinians who have no insurance coverage with free and reduced cost healthcare services

<http://www.nchousingsearch.org/>

A free service for finding and listing affordable housing

<http://www.ncreach.org/index.php>

Education assistance for adoptees and foster youth

www.naminc.org or phone 1-800-451-9682

Helpline for information on mental illnesses and referrals to local self-help groups

<http://www.nasponline.org/resources>

Offers resources, many available in English and Spanish, designed specifically for educators and parents

<http://randp.doc.state.nc.us/scripts/htmSQL.exe/docs/hsq/CM/CountyResourceGuide-RptIndex.hsql>

The NCDOC County Resource Guide provides a searchable database of community resources in each of the NC counties.

<http://www.operationmilitarykids.org/public/home.aspx>

U.S. Army's collaborative effort with America's communities to support the children and youth impacted by deployment

www.sprc.org

Supports suicide prevention with the best of science, skills, and practice

Websites Narrative.....cont'd.

www.familywatchdog.us/

National Sex Offender registry

<http://nichcy.org/>

National Dissemination Center for Children with Disabilities

<http://www.ed.gov/about/offices/list/ocr/faqs.html>

The U.S. Department of Education - Office of Civil Rights provides information about disability discrimination.

<http://www.earlychildhood.nc.gov/>

Early Childhood NC: North Carolina services for children birth – age 5