Mission
WEST VIRGINIA

A Guide to Navigating Resources and Benefits for Relative/Kinship Caregivers in West Virginia



WV RAPP



This on-line version of A Guide to Navigating Resources and Benefits for Relative/Kinship Caregivers in West Virginia may be printed freely in whole or part and distributed with the following references. Also, a briefer guide An Overview for Navigating Resources and Benefits for Relative/Kinship Caregivers in West Virginia is available online at the Mission WV website with printed copies planned for distribution.

Mission West Virginia Relatives as Parents Program (WV RAPP)
168 Midland Trail, Suite 1
Hurricane, West Virginia 25526
(866) CALL-MWV / 304-562-0723
https://www.missionwv.org/rapp

Suppa, C. (2018). A Guide for Navigating Resources and Benefits for Relative/Kinship Caregivers in West Virginia, Fourth Edition. Hurricane, West Virginia.
Relatives as Parents Program, Mission West Virginia.

A Guide to Navigating Resources and Benefits for Relative/Kinship Caregivers in West Virginia

4th Edition 2018

The Mission West Virginia Relatives as Parents Program (WV RAPP) envisions informed, physically and mentally healthy caregivers who have the skills and resources necessary to establish and develop strong, successful kinship families.

WV RAPP is funded by Mission West Virginia, the WV Bureau of Senior Services and the Brookdale Foundation.

West Virginia Bureau of Senior Services

Mission WEST VIRGINIA

The Brookdale Foundation Group
The Brookdale Foundation The Glendale Foundation Ramapo Trust
Supporting today's seniors and tomorrow's leaders in aging

WV RAPP

ACL Administration for Community Living

CONTENTS

FORWARD

INTRODUCTION TO RELATIVE/KINSHIP CARE ABOUT THE WV RELATIVES AS PARENTS PROGRAM (WV RAPP)

GETTING STARTED AS A RELATIVE/KINSHIP CAREGIVER

- Caregiving Options
- Relative/Kinship Care under WV DHHR Foster Care Policy
- Temporary Assistance to Needy Families (TANF)
- Adoption Assistance
- Respite Care
- Child Care

FINANCIAL ASSISTANCE

- Social Security
- Supplemental Security Income (SSI)
- WV Earned Income Tax Credit (WVEITC)
- Child Tax Credit

MEDICAL ASSISTANCE

- WV Medicaid
- HealthCheck/Early and Periodic Screening, Diagnosis and Treatment (EPSDT)
- WV Children's Health Insurance Program (WV CHIP)
- Specialized Medical Services
- Children with Special Health Care Needs Program (CSHCN)
- WV Birth to Three Program (WVB23)
- Dental Assistance
- Vision Assistance
- Family Health and Well-Being
- Non-Emergency Medical Transportation

LEGAL ASSISTANCE

- Legal Services
- Medical Consent

FOOD, CLOTHING AND EMERGENCY ASSISTANCE

- Supplemental Nutrition Assistance Program (SNAP)/Food Stamps
- Women, Infants, and Children (WIC) Supplemental Nutrition Program
- Clothing Assistance
- Golden Mountaineer Discount Card

NON-MEDICAL TRANSPORTATION

UTILITY ASSISTANCE

- Low Income Energy Assistance Program (LIEAP)
- 20% Discount Program
- Tel-Assistance/LIFELINE

EDUCATION

- Enrolling a Student in School
- Education Program for Homeless Children and Youth/McKinney-Vento Act
- Head Start
- Pre-K (Preschool)
- Parents as Teachers Program
- WV Home Visitation Program
- Special Education Services
- Disability Services
- 504 Plans
- Gifted and Exceptional Student Education Services
- Dropout Prevention
- Tutoring and Mentoring
- High School, College and Career Planning
- School Counseling
- School Based Mental Health Programs
- School Transportation
- Caregiver and Family School Engagement and Involvement

PARENTING

BEHAVIORAL AND MENTAL HEALTH

- Behavioral and Mental Health Issues in Kinship Care Families
- Substance Abuse and Addictions
- Grief and Loss Issues in Kinship Care Families
- Caregiver Stress
- Seeking Counseling and Other Support Services
- Support Groups for Relative/Kinship Caregivers
-

APPENDIX A -WV Department of Health and Human Resource (WV DHHR) Field Offices

APPENDIX B – WV DHHR Client Services Information

APPENDIX C – Emergency Contact Numbers

WV DHHR Hotline List:

- Child and Adult Abuse Centralized Intake Center
- National Suicide Prevention Lifeline
- Domestic Violence State Hotline
- Poison Control Hotline
- Help4WV (Behavioral Health Referral & Outreach Call Center)

APPENDIX D – Family Resource Networks (FRN)

APPENDIX E – Aging Care Providers, WV Bureau of Senior Services

FORWARD

To all West Virginians who are raising -- or considering raising -- the children of others, the WV Relatives as Parents Program (WV RAPP) at Mission West Virginia thanks you for your willingness to make a difference in children's lives and provides this resource to guide you through the journey ahead.

You are not alone. While relative caregivers may take children into their homes without formal assistance, legal, financial, social and other needs often arise that require connections with agencies and others such as those referenced in this guide. Even if your child entered your home formally – as through Child Protective Services (CPS) – you may not feel well informed about your options and resources and feel worried and concerned about your family's future.

We are here to help. The following information and resources are provided to support both you and your children as your family grows and changes. When you need help, please reach out to the many resources listed in this guide. **You do not need to go it alone!**

Please keep in mind that resources, policies, laws, references, etc. may have changed since this guide was published so we cannot guarantee continued accuracy or reliability of this information. Some resources available are comprehensive and large. Therefore, they are provided in this guide as online websites and are subject to change without notice. Assistance with sites or computer access can be found through local libraries and other educational and community services. If you have questions regarding resources, contact your local Department of Health and Human Resources (WV DHHR) found in Appendix A or at www.wvdhhr.org. Other resources available are too numerous to be included. Please help us to maintain this guide by providing Mission West Virginia with additions, corrections, deletions, etc.

Also note that this information is not a substitute for advice from qualified professionals regarding your specific needs for legal, medical and other advice. Please consult these resources, such as a local Legal Aid, your personal health care providers, your local Family Resource Network (Appendix D) or local aging provider (Appendix E) for referrals. If you have concerns regarding services received through WV DHHR, you may contact their Client Services Hotline (see Appendix B). In case of any type of emergency with you or your child, call 9-1-1 or go to the nearest emergency department.

Consult Ready WV for developing a family emergency plan which includes keeping emergency hotline numbers, such as poison control and suicide prevention, in a readily accessible location known to all family members. http://ready.wv.gov/before/Pages/YourFamilyEmergencyPlan.aspx. See Appendix C for a list of emergency contact numbers.

If you need 24 hour/7 days a week assistance with finding health and human services, contact WV 2-1-1 by calling 2-1-1 on your telephone or by accessing their website: http://mycommunitypt.com/wv211/index.php/communitypoint/contact-us. According to this website, WV 2-1-1 "keeps an accurate and comprehensive database that you can use to find health and human services to meet your needs. This database allows you to browse hundreds of health and human services online, learn about specific programs, intake requirements, eligibility, operation hours and more. The database also has information on disaster related services."

1-844-HELP4WV provides a call, chat or text line for any West Virginian needing immediate help with a substance abuse or mental health issue. https://www.help4wv.com/. This helpline provides confidential support and referrals for those seeking help for themselves or for others.
Also readily available is WV HELP, a free smart phone app providing instant access to WV resources particularly relating to victims of crime, violence or abuse and can be downloaded from your phone's app or play stores.

Please note the use of the term relative/kinship care to describe care provided to children by someone other than the child's biological or adoptive parents. In West Virginia, this is the term used in foster care policy as referenced below. This means that as a relative/kinship caregiver you may be a blood relative such as a grandparent, aunt/uncle, cousin, sister/brother, etc., a relative by marriage such as a sister/brother-in-law or not related but someone who the child can claim as kin such as family friend. While many relative caregivers are grandparents, others as described also are providing care. See WV DHHR Foster Care policy for information on relative/kinship care benefits.
"Relative/Kinship Care – Services provided by any person related to the child by blood or marriage including cousins and in-laws. This includes persons who the child considers a relative, such as a godparent or significant others whom the child claims as kin, who may also be considered as a placement resource."

WV DHHR Foster Care Policy, Section 1.6, p. 15
https://dhhr.wv.gov/HealthCheck/fostercare/Documents/FC%20Policy%20-%20Sept%202015.pdf

INTRODUCTION TO RELATIVE/KINSHIP CARE

West Virginians have a proud tradition of stepping up to care for kin as their families are fractured by death, illness, divorce, employment and economic changes, military deployment, incarceration, etc. However, the drug epidemic in particular has incapacitated more parents than ever and continues to increase the numbers of children needing care by relatives and others. Statistics regarding the number of WV children usually reported to be in relative/kinship care may not reflect the full picture of need. This may be due in part to the fact that relative/kinship care is often provided informally and may not be counted. Generations United reports on their website that for every one child in formal relative/kinship care, there are almost 25 children in informal relative/kinship care. An informal relative care provider is raising a relative child as decided upon by the family and without benefits through foster care. A formal relative care provider is approved by the state to raise the child so the state is involved in supporting the child's needs.

- http://www2.gu.org/OURWORK/Grandfamilies/GrandfamiliesStatistics.aspx

Many of the challenges and needs of kinship families are the same as other families. However, research shows that kinship families often: have fewer financial resources; are not as equipped financially, emotionally or physically; are more likely to need child care; require more mental/behavioral health services particularly related to trauma, grief, attachment, relationships, etc.; and need education and assistance to caregivers who may be older, have more health issues, have never parented before, have parented in a different era or culture and/or may be conflicted or stressed by changing their life plans. It also has been shown that relative/kinship caregivers receive fewer resources for providing care than other caregivers. Resources most requested by relative/kinship caregivers according to a Brookdale RAPP survey involve kinship navigation, mental health services and financial assistance.

- https://aspe.hhs.gov/report/their-own-terms-supporting-kinship-care-outside-tanf-and-foster-care/needs-and-challenges-kinship-caregivers
- http://pediatrics.aappublications.org/content/early/2017/03/23/peds.2017-0099
- https://www.psychologytoday.com/blog/the-wide-wide-world-psychology/201410/unique-considerations-children-raised-grandparents
- http://raisingyourgrandchildren.com/Mental_Health_Disorders.htm

Despite the challenges, kinship care has many benefits. By providing relative/kinship care, you are giving your relative child the gifts of finding strength and identity as part of the familiar family traditions and culture. Children who remain within kinship care are reported by caregivers to have fewer behavioral problems and are more satisfied in general with their placement than children placed in non-kinship settings.

- http://foster-adoptive-kinship-family-services-nj.org/kinship-foster-care-pros-and-cons/
- https://www.childwelfare.gov/pubPDFs/kinship.pdf
- http://childfocuspartners.com/wp-content/uploads/CF_Kinship_Adoption_Report_v5.pdf
- http://dcfs.lacounty.gov/katieA/practices/docs/Foster%20Care%20MH%20Review%20(Casey_2006).pdf

ABOUT THE WV RELATIVES AS PARENTS PROGRAM (WV RAPP)



In partnership with the WV Bureau of Senior Services and the Brookdale Foundation, Mission West Virginia (MWV) supports WV RAPP in providing the following services:

- **Phone support to provide information, advocacy and a "listening ear" to those providing (or considering providing) relative/kinship care; call 866-CALL-MWV for referral.**
- **Training for caregivers and professionals**
- **Educational resource development (such as this resource guide)**
- **Community networking, organization and advocacy**
- **Facebook support group for caregivers (or those considering providing care); to find the support group, search Facebook for WV Relatives as Parents (RAPP)**

WV RAPP goals include providing information, assistance and training to both caregivers and professionals regarding parenting education, legal and financial issues, educational and life success, etc. and networking and advocacy to increase awareness of relative caregiving needs and access to services for caregivers, particularly to those over age 55.

For information on Mission West Virginia, visit the website at https://www.missionwv.org. Visit the Brookdale Foundation website at http://brookdalefoundation.net/RAPP/rapp.html for information on their RAPP services. The WV Bureau of Senior Services website can be found at http://www.wvseniorservices.gov/.

Mission West Virginia thanks all of the individuals and private, public and state agencies and programs who have assisted with this and other relative/kinship care initiatives. We especially express gratitude to the WV Bureau of Senior Services and the Brookdale Foundation for their continued funding and support.

GETTING STARTED AS A RELATIVE/KINSHIP CAREGIVER

If you have just become a relative caregiver, or are considering providing care, you may not know where to start. You may not even be sure that you will be allowed to provide care.
In fact, Federal law requires relatives to be given preference in the placement of foster children. States must "consider giving preference to an adult relative over a nonrelated caregiver when determining placement of a child, provided that the relative caregiver meets all of the relevant state child protections standards." 42 USC §671(a)(15)(A)
Also, "within 30 days after the removal of a child from the custody of the parent or parents of the child, the State shall exercise due diligence to identify and provide notice to all adult grandparents and other adult relatives of the child (including any other adult relatives suggested by the parents)…" 42 USC §671(a)(29)

- https://www.childwelfare.gov/pubPDFs/placement.pdf

CAREGIVER OPTIONS

You may not understand what options you have for caregiving. Five federally approved permanent living arrangements may be pursued when a child is removed from a home:
Reunification – reuniting a child with the parent(s) through a process over a defined period of time that ensures it is safe for the child to return home
Adoption – finding permanent placement after parental rights have been terminated by a court and giving adoptive parents all of the legal rights and responsibilities as birth parents
Guardianship – allowing permanent placement when parental rights may have not been terminated but when the child cannot return home; "A legal guardianship is a judicially created and legally binding relationship between a child and caretaker which is intended to be permanent and self-sustaining as evidenced by the transfer to the caretaker of the following parental rights with respect to the child: Protection, education, care and control of the child, custody of the child and decision making. Parental rights are not required to be terminated in order to sanction a legal guardianship under WV Code 49-217. Page 3 of WV Guardianship Policy.
Permanent placement with a fit and willing relative – allowing permanent placement with a relative or one who is considered like family (as in WV Foster Care Policy)
Placement in another planned permanent living arrangement (APPLA)

"The Court may sanction this permanency option to meet the individual child's needs. After considering and ruling out reunification, adoption, legal guardianship and placement with a fit and willing relative, and ensuring the child is aged 16 or older, the MDT [Multidisciplinary Team] may conclude that APPLA is the most appropriate permanency plan for the child." Page 3 of WV Guardianship Policy. **For general information on guardianship and adoption see:**

- https://www.wvdhhr.org/bcf/policy/social_services/guardianship/guardianship_policyarchive.pdf
- http://www.courtswv.gov/legal-community/court-rules/MinorGuardian/contents.html
- http://www.lawv.net/Resources/Self-Help-Library/Family/Adoption
- https://www.acf.hhs.gov/cb/resource/adoption-faq5

RELATIVE/KINSHIP CARE UNDER WV DHHR FOSTER CARE POLICY

You may be confused about what benefits are associated with various placement options. According to WV DHHR, if children are in the custody of DHHR and are placed with relatives rather than pre-approved foster homes [Relative/Kinship Care placement], the placement may be done in one of two ways. Each option affords different benefits.

1. If the relative chooses to go through the foster homestudy process, and is qualified, then she or he can be approved as foster parents and the placement can be made as with any other foster placement [with the same benefits as with any other foster care placement including boarding care].

2. Kinship/relatives can go through the homestudy process and be opened in FACTS as Kinship/Relative Provider. Relatives are not reimbursed for the child's boarding care since they are eligible to apply as a Specified Relative for TANF and Medicaid for the child. Reimbursement may be made to relatives for services related to reunification through Gibson Funds, e.g. transportation for visits with the biological parents.

- http://www.wvfacts.org/WVFacts/learning/guides/kinship_relative_placements/kinship_relative_placements.htm

"The child's worker will inform the kinship/relative caretaker of the availability of TANF Child Only grants and assist the caretaker in filling out the necessary paperwork for the Division of Family Support. The child would also be eligible for Medicaid coverage through the TANF program to cover the child's medical needs." WV Foster Care Policy Page 44.

TEMPORARY ASSISTANCE TO NEEDY FAMILIES (TANF)

TANF stands for Temporary Assistance to Needy Families and provides public assistance money, support service payments and work opportunities to eligible families. TANF assistance to children is called a "child only grant." The relative/kinship caregiver's income is NOT considered in eligibility for the child only grant and work requirements are waived. A family cannot receive both TANF and Foster Care Maintenance payments. Cash assistance is issued once a month on an Electronic Banking Transfer (EBT) card or as a direct deposit to a bank account. No checks are issued.

Anyone established as an eligible relative/kinship caregiver according to WV DHHR Foster Care policy as referenced above can apply for a TANF child only grant. The caregiver must be able to show proof of relationship through one of the following ways: 1) the child's birth certificate showing the child's biological parents; 2) a statement from the biological parent; or 3) a court document. When relative caregivers apply for the child only TANF grant, WV DHHR is mandated to attempt collection of child support from the child's biological parents if parental rights have not been terminated. However, DHHR will take into consideration if danger may be associated with contacting the biological parents and may not apply this rule.

To apply for TANF assistance, you must apply in person at your local county DHHR office (see Appendix A). Call the office to see if an appointment is necessary.
This website from Generations United is a fact sheet for kinship caregivers regarding Temporary Assistance for Needy Families (TANF):

- http://www.gu.org/LinkClick.aspx?fileticket=xb7UFhBPwUE=&tabid=157&mid=606

ADOPTION ASSISTANCE



Can my child still get benefits if I adopt?

Benefits may continue to children adopted from relative/kinship care. For information on eligibility, benefits, contacts, etc. see:

- https://www.nacac.org/help/adoption-assistance/adoption-assistance-us/state-programs/west-virginia-adoption-assistance-program/

Here is an information guide on foster care and adoption provided by Mission West Virginia:

- https://drive.google.com/file/d/0BxQhOilH7SaKdk9vLVlOSlRIMlk/view?ts=586c115f

RESPITE CARE

How can I take a break from caregiving?

Another benefit to explore with your DHHR worker is respite care. "The purpose of respite care is to make available to foster/adoptive parents an opportunity to have time away from caretaking responsibilities. All foster/adoptive parents have fourteen (14) days of respite care available each year. The time may be taken all at once or scattered throughout the year. The foster/adoptive family must find a certified respite provider or another certified foster/adoptive family who is registered to provide respite services by ASO or day care provider to care for the child while the foster/adoptive parent is on respite. The amount paid to the respite provider is the same rate as that paid for boarding care to the foster/adoptive family." WV Foster Care Policy Page 143

- http://dhhr.wv.gov/bcf/policy/Documents/FC%20Policy%20-%20Sept%202015.pdf

CHILD CARE

Can I get help with child care?

WV DHHR policy allows for child care for kinship/relative caregivers of children in the state's custody when caregivers are participating in education or employment. Contact your local WV DHHR (Appendix A) for eligibility information. See:
WV Childcare Subsidy Policy Pages 15 – 16

- http://dhhr.wv.gov/bcf/Childcare/Documents/Child%20Care%20Subsidy%20Policy%20December%202015%20Final.pdf
- http://dhhr.wv.gov/bcf/Childcare/Pages/default.aspx

An important WV child care resource is Connect Child Care Resource and Referral found at:

- http://www.connectccrr.org/

According to their website, Connect works with parents, child care providers, businesses, and community organizations to help promote the availability of quality child care services in the area and provides parents with child care referrals, information on evaluating quality child care and other resources.

A map of WV Child Care Resource and Referral Agency sites with contact information can be found at:

- http://dhhr.wv.gov/bcf/Childcare/Documents/R%20and%20R%20Map%20Feb%202018.pdf

The following site helps you locate WV child care providers:

- http://dhhr.wv.gov/bcf/Childcare/Pages/ChildCareSearch/Child-Care-Locator.aspx

For general information regarding government benefits in West Virginia see:

- https://www.benefits.gov/

FINANCIAL ASSISTANCE



SOCIAL SECURITY

Social Security is a federal program of social insurance for retired and disabled persons and their families. Some children can receive Social Security benefits if a parent has died or has a disability. The amount of money received depends on how long the parent worked and how much was earned. Children in your care who you have adopted also may be able to get Social Security benefits based on your work record when you retire, become disabled or die. Apply online at www.ssa.gov or by calling 800-772-1213 or by visiting your local Social Security office. For WV office locations see: https://www.benefitsoffices.com/state/WV.html. For the brochure "Understanding the Benefits" see: https://www.ssa.gov/pubs/EN-05-10024.pdf

SUPPLEMENTAL SECURITY INCOME (SSI)

Social Security Income (SSI) provides monthly income to adults who are disabled, those over the age of 65 who have a low income and few assets, and children who may have a qualifying mental or physical disability. Children under age 18 may be eligible for SSI if they have a qualifying disability. Apply online at www.ssa.gov or by calling 800-772-1213 or by visiting your local Social Security office. For WV office locations see: https://www.benefitsoffices.com/state/WV.html.

EARNED INCOME TAX CREDIT (WVEITC)

WV Earned Income Tax Credit (WVEITC) provides a federal tax credit to those who are earning an income and may be raising children. This credit does not affect your eligibility for other benefits. To qualify, relative caregivers must meet guidelines based on income and number of children receiving care. You do not have to be the child's legal guardian and the child does not have to be your dependent as defined by the IRS. However, the child must have lived with you

more than half of the year, be 19 years old or younger or a full-time student under the age of 24, or be disabled. You must file a tax return to get WVEITC. Ask your tax preparer about eligibility or call 2-1-1 for information on assistance with tax returns.

CHILD TAX CREDIT (CTC)

According to the WVEITC website, "the Child Tax Credit (CTC) is a federal tax credit worth up to $1,000 per child. New rules make the credit more available to working families, even if they did not earn enough to owe federal income taxes. The CTC can reduce or eliminate the tax you owe. An eligible child includes a son, daughter, adopted child, stepchild, grandchild, or eligible foster child who is less than 17 years of age and is a U.S. citizen or resident immigrant. CTC is not considered as income and should not affect benefits like welfare or TANF, food stamps, SSI, Medicaid, CHIP, foster care, adoption assistance, or public housing." Ask a tax preparer about eligibility or call 2-1-1 for information on assistance with the child tax credit.

MEDICAL ASSISTANCE

WV MEDICAID

West Virginia Medicaid Program is a health insurance program – often referred to as the medical card -- for those who cannot afford other medical insurance. If you have not adopted the child in relative/kinship care, the child will qualify for Medicaid.

In order for others to qualify for WV Medicaid, they must be a resident of the state of West Virginia, a U.S. national citizen, permanent resident or legal alien in need of health care/insurance assistance due to a financial situation characterized as low income or very low income. You must also be either pregnant, a parent or relative caretaker of a dependent child under age 19, blind, have a disability or a family member in your household with a disability, or be 65 years of age or older. See http://dhhr.wv.gov/bms/Members/Apply/Pages/default.aspx and https://www.benefits.gov/benefits/benefit-details/1645 for application and eligibility details. You can apply in person at WV DHHR (see appendix A) or through InRoads, the WV DHHR online application process found at: https://www.wvinroads.org/selfservice/. Most hospitals and primary care clinics have staff to assist you with application.

HEALTHCHECK/EARLY AND PERIODIC SCREENING, DIAGNOSIS AND TREATMENT (EPSDT)

WV Early and Periodic Screening, Diagnosis and Treatment Program, also known as HealthCheck, ensures that children who qualify for Medicaid and are under age 21 receive preventative and primary health services including health screenings, testing and referrals to specialists. Scheduling assistance and transportation also are available when necessary. There is no cost associated with this program. All children from birth to age 21 receiving Medicaid are eligible. New Medicaid recipients are to be contacted by HealthCheck to promote participation and to provide information. If you are caring for a child who receives Medicaid but who has not enrolled in the HealthCheck program, call 800-642-9704 or visit http://dhhr.wv.gov/HealthCheck/Pages/contact.aspx.

WV CHILDREN'S HEALTH INSURANCE PROGRAM (WV CHIP)

CHIP is a low-cost health insurance program for uninsured children from birth to 18 years of age. It is not the same as WV Medicaid. Families who earn too much to qualify for Medicaid but cannot afford private health insurance may qualify for CHIP if their income, based on family size,

is within the income guidelines as set each year. Only the child's and/or custodial parent's/parents' income(s) are considered. You can apply through the WV DHHR online application process found at:

https://www.wvinroads.org/selfservice/ or visit http://chip.wv.gov/Pages/default.aspx.

SPECIALIZED MEDICAL SERVICES

SPECIAL HEALTH CARE NEEDS

WV DHHR Children with Special Health Care Needs (CSHCN) Program advances the health and well-being of children and youth with certain chronic, debilitating conditions by providing specialized medical care and care coordination services to children under 21 years of age who meet financial and medical eligibility criteria. Any child under age 21 who lives in WV is eligible for a medical examination to determine if a qualifying medical problem exists. Before applying for CSHCN, you must first apply to WV Medicaid and CHIP at your local WV DHHR office (Appendix A). Benefits from WV Medicaid, CHIP and/or private insurance will be used to cover medical services before CSHCN. For more information see: https://www.wvdhhr.org/cshcn/

WV BIRTH TO THREE PROGRAM (WVB23)

WV Birth to Three Program (WVB23) provides resources to caregivers of children three years of age or under who may have developmental delays. Before the child turns three, WVB23 initiates a transition period to assist with referral to another specialized program. Any child age three or younger with significant developmental delays, medical conditions or other risk factors causing developmental delays may be eligible. There are NO income guidelines or costs for this service. Eligibility for the program is based solely on need for assistance to children with developmental delays. To apply, contact your local DHHR office (Appendix A). For more information, call 1-866-321-4728 toll free or visit: www.dhhr.org/birth23

DENTAL ASSISTANCE

Children's Dentistry Project (CDP), of the Bureau of Public Health through WV DHHR, seeks to improve the oral health of WV children. To determine if there is a program in your county or for a directory of dentists who accept WV Medicaid or CHIP, contact your local DHHR office (Appendix A) or call 1-800-642-9704 toll free.

VISION ASSISTANCE

For information on vision screening and assistance, see the following sites or consult a vision professional.

- https://www.wvdhhr.org/mcfh/InfantSEE_Mobile_Clinics_Private_Docs.pdf
- http://dhhr.wv.gov/HealthCheck/preventivehealthresources/Pages/Vision.aspx

FAMILY HEALTH AND WELL-BEING

You may not be in the best of health to provide care and/or know how to promote and maintain a healthy child and family.

Many relative/kinship caregivers are older and have chronic health problems. West Virginians as a whole tend to have higher rates of health problems such as obesity and chronic pain and have not had a lot of education on promoting and maintaining health and well-being. Children entering relative/kinship care tend to have been subject to unhealthy situations and have had inadequate primary care including health screenings. Therefore, according the American Academy of Pediatrics, many relative/kinship care children also have chronic health issues such as: asthma, anemia, neurological disorders, etc.; are medically fragile necessitating prolonged dependency on medical care; and/or have a history of prenatal (maternal) substance exposure and/or premature birth. Health conditions often worsen in times of stress. Whenever you or child's health status worsens, consider changes and stressors in your child's or family's life and discuss them with your health care providers. Also, there are various wellness initiatives in the state to address all areas of child and family well-being. Contact your Family Resource Network (Appendix D) for wellness programs in your area.

The WV Department of Education Offices of Healthy Schools and Child Nutrition and the WV DHHR Bureau for Children and Families, as well as other community based agencies and programs, provide and support services to improve health, promote health lifestyles and reduce health disparities.

- http://www.healthychildren.org/English/family-life/family-dynamics/types-of-families/Pages/default.aspx?nfstatus=200&nftoken=dc0a789b-3334-47d9-9006-922d9ef8c84b&nfstatusdescription=SUCCESS:%20Local%20token%20is%20valid
- https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Pages/Physical-Health.aspx

NON-EMERGENCY MEDICAL TRANSPORTATION

Qualifying families, including those receiving WV Medicaid, who require assistance with obtaining non-ambulance transportation to/from Medicaid eligible appointments, may apply to MTM, Inc., the services manager for Non-Emergency Medical Transportation (NEMT). MTM will ask questions about your health, ability to handle basic tasks and may also consult your health care provider. Based on your needs, you may receive: mileage reimbursement; fixed route bus tickets; basic ambulatory vehicle services, including sedan, van, and taxi; or enhanced vehicle services equipped to transport wheelchairs and stretchers. Call MTM (1-844-549-8353) to schedule a ride at least five business days in advance unless the trip is urgent. Registered users also can manage transportation services online. See:

- http://dhhr.wv.gov/bms/Members/Documents/transportation/West%20Virginia%20Brochure.pdf
- http://dhhr.wv.gov/bms/Members/transportation/Pages/Non-Emergency-Medical-Transportation-(NEMT)%20Information%20for%20Members.aspx

The WV Department of Veterans Assistance provides transportation of veterans to veterans' hospitals from the veteran's residence or from local veterans' assistance offices. For this and other benefits to veterans see: http://veterans.wv.gov/programs/Pages/default.aspx

Senior centers in your county may be able to assist older relative/kinship caregivers with medical

transportation needs or help find another provider. See Appendix E for your county aging provider or visit: http://www.wvseniorservices.gov/GettingAnswers/OverviewofAgingProgramsInWestVirginia/CountyAgingProvidersSeniorCenters/CountyAgingProviders/tabid/113/Default.aspx

LEGAL ASSISTANCE



Laws, policies, practices and other legal issues involving relative/kinship care may be confusing and troubling.

Relative/Kinship families face a variety of legal issues such as custody, guardianship, adoption, access to records, medical consent, visitation, finances, hearings, benefits, education services, planning for the future, etc. Due to costs or reluctance to become involved in the legal system, many caregivers try to handle situations by themselves or with family, friends and social services providers. Help from a lawyer/legal professional is recommended for advice regarding your specific legal situation.

LEGAL SERVICES

Legal Aid of West Virginia (LAWV) provides free legal advice and representation to those who meet federal income guidelines. For your local Legal Aid office see: http://www.lawv.net/
Legal Aid of WV also provides an online library of toolkits on various subjects relevant to relative/kinship caregiving such as custody, grandparent rights, etc. See:
http://www.lawv.net/Resources/Self-Help-Library/Family

West Virginia Senior Legal Aid provides free civil legal services and counsel to senior West Virginians age 60 and older, with a focus on economically or socially disadvantaged, disabled, and rural seniors. Senior Legal Aid is an excellent resource for outreach materials and information. Call 1-800-229-5068 or visit http://www.seniorlegalaid.com/ for information.

The WV State Bar Association offers the WV Free Legal Answers website (formerly WV On-line Legal Help) at https://www.wvbar.org/wv-free-legal-answers-formerly-wv-online-legal-help/. The WV Bar Association also maintains a directory of WV lawyers.

OBTAINING MEDICAL CONSENT

A relative/kinship caregiver who has obtained legal custody through the court system already has the right to consent to that child's medical care. However, many relative/kinship caregivers have only informal custody, not legal custody, and therefore are not able to give consent for medical, dental or mental health treatment without obtaining authorization for medical consent from the parent or legal caregiver. To obtain medical consent for a child who is not your biological, adoptive or foster child, WV provides an Affidavit for Consent for Health Care of a Minor with information and instructions at: https://www.wvdhhr.org/PDFs/AffidavitConsentMinor.pdf

FOOD, CLOTHING AND EMERGENCY ASSISTANCE

WV SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)/FOOD STAMPS

West Virginia Supplemental Nutrition Assistance Program (SNAP), often referred to as Food Stamps, provides monthly benefits to help eligible households buy food. The program no longer provides stamps but rather issues a card, similar to a credit card, where benefits are placed electronically monthly. SNAP may only be used to purchase food for human consumption and seeds/plants to grow food at home. SNAP benefits cannot be used for household items, grooming products, tobacco, alcohol products, pet food, etc.

Eligibility is based on household size, income, assets and some household expenses. Your home and vehicles, except recreational ones, are no longer counted as assets. Other limits depend on age and/or disability. All individuals residing in the home will be counted when applying. You can apply in person at WV DHHR (see appendix A) or through InRoads, the WV DHHR online application process found at:
https://www.wvinroads.org/selfservice/. However, if you apply online, an office visit will be required.

For further information see: http://dhhr.wv.gov/bcf/Services/familyassistance/Pages/Supplemental-Nutritional-Assistance-Program-%28Former-Food-Stamp-Program%29.aspx

WOMEN, INFANTS AND CHILDREN (WIC) SUPPLEMENTAL FOOD PROGRAM

Women, Infants and Children (WIC) Supplemental Food Program offers food assistance and nutritional screening to low-income pregnant women, women with infants 11 months or younger and children under age 5. Children in relative/kinship care as well as their caregivers may meet WIC eligibility requirements as established by DHHR. Contacting your local DHHR office (Appendix A) for an appointment is required.

CLOTHING ASSISTANCE

During certain times of the year, such as before a new school year, WV Clothing Vouchers are provided to low-income families to assist with the costs of school clothing. Children enrolled in school who meet income guidelines are eligible. Since these benefits are seasonal, contact your local WV Family Resource Network (FRN) as found in Appendix D.

GOLDEN MOUNTAINEER DISCOUNT CARD

The WV Bureau of Senior Services offers free to those over age 60 a Golden Mountaineer Card which provides discounts on merchandise and services from participating businesses. To request a card, go to: http://goldenmountaineer.wv.gov/Pages/default.aspx. You also may call 888.968.4462 or contact your local senior center (Appendix E).
Note: WV Bureau of Senior Services (WV BOSS) offers other programs and services to seniors. Please see Appendix E for information regarding assistance.

NON-MEDICAL TRANSPORTATION

Transportation is a major barrier to receiving services in WV. Public transportation often is unavailable or limited in many areas of the state. The expenses involved in owning and maintaining a vehicle, the ability to drive a vehicle, etc. often are challenges to relative/kinship caregivers. While non-emergency medical transportation services are available to Medicaid recipients and in other circumstances, non-medical transportation for grocery and other shopping, social activities, family events, etc. can be a challenge to many. The WV Bureau of Senior Services

website provides the following suggestions for finding help with transportation:

- **Ask family, friends and neighbors.** Many of us don't like to ask for help and don't realize that family, friends and neighbors would be happy to assist with either a ride or shopping particularly if you are willing to adjust your schedule to theirs. While many helpers may refuse compensation, offering to pay gasoline costs or treating your driver to a meal may be appreciated.
- **Ask members of your faith community or church.** Leaders of your faith community may be aware of volunteers who would provide transportation or run errands for you.
- **Contact your local senior center** (Appendix E). Senior centers in your county may be able to assist with your transportation needs with handicap-accessible vans or cars to transport you to medical appointments or shopping. If the senior center is unable to provide the service you need, it may be able to help you find another provider.

Contact the WV Department of Transportation at 304-558-0428 or at http://transportation.wv.gov/publictransit/Pages/OnlineDirectory.aspx for information on your local transportation options such as buses and taxis.
http://www.wvseniorcare.com/In-Home-Services/Transportation/#

UTILITY ASSISTANCE

LOW INCOME ENERGY ASSISTANCE PROGRAM (LIEAP)

"Low Income Energy Assistance Program (LIEAP) assists eligible households with the cost of home heating through direct cash payments or payments to utility companies on their behalf. A crisis component is available for households without resources facing the loss of a heating source. Eligibility for both program components is based on a combination of factors, including income, type of heating payment, and total heating costs.

The Division of Family Assistance (DFA) operates LIEAP in each of the DHHR field offices for a short time each winter, usually beginning with an automated payment or a mail-out to targeted households. In addition, DFA contracts with the Community Action Network and with regional Agency on Aging offices to perform outreach and accept LIEAP applications at their local sites," according to the DHHR website.
http://dhhr.wv.gov/bcf/Services/familyassistance/Pages/Utility-Assistance.aspx

20% DISCOUNT PROGRAM

The Special Reduced Residential Service Rate Program (20% Utility Discount Program) provides a 20% discount on electric and/or gas costs during November, December, January, February, and March to people 60 years of age or older who are receiving SSI, WV WORKS, or SNAP (former Food Stamp Program) during those months. The electric and/or gas company is responsible for determining your eligibility for the Special Reduced Residential Service Rate. Contact your local utility companies for this and other available assistance programs.

TEL-ASSISTANCE/LIFELINE

Through Tel-Assistance/Lifeline, telephone companies offer reduced basic service to eligible low-income elderly and disabled customers. The Division of Family Assistance issues applications to eligible recipients and provides ongoing eligibility information to the telephone companies and informs them when customers are no longer eligible for Tel-Assistance. This is handled centrally by the Division of Family Assistance. Contact your local DHHR (Appendix A) for information. Emergency assistance also may be available for kinship families through local community agencies and organizations. Contact your local Family Resource Network (Appendix D) for information.

EDUCATION



You may not have been involved with the school system for a long time. Navigating the educational system may be overwhelming to relative caregivers. If you are needing to enroll your child in school or have concerns such as your child is struggling, has social or behavioral issues or is not being challenged academically, the staff of your child's school including the principal, counselors and teachers are willing and able resources for assisting your child in achieving academic success and for being career and life ready. Also, many community services are available to assist both students and caregivers with educational challenges, to plan for career and life success and to ensure educational health. The good news is that entering a stable home environment is associated with improved school attendance and academic achievement.

ENROLLING A STUDENT IN SCHOOL

Registration for new students takes place at the school your child will attend and is the same process in every WV county. All enrollment documentation to complete the registration and enrollment process is to be returned to the school site your child will attend. Obtaining necessary forms and information for school registration can be challenging to relative/kinship caregivers for various reasons. Therefore, several accommodations including extensions have been made to assist in certain situations so that students may start school as appropriate.

Required school enrollment documentation may include a certified birth certificate, completed enrollment form, child's social security card, immunization records, proof of residency, previous school information, health information and legal guardianship papers, if applicable. Contact your child's school directly for information and assistance on obtaining registration information.
For information on immunization requirements see: http://dhhr.wv.gov/oeps/immunization/requirements/Documents/school.pdf

By WV law a child must be enrolled in school if s/he will be six years of age prior to September 1 of the school year. The child will be enrolled in first grade if an accredited kindergarten program has been completed or in kindergarten if an accredited kindergarten program has not been completed. Consult your county school system website for enrollment instructions for 4 and 5 years olds entering Pre-K and Kindergarten.

Here is a state directory for local education agencies: http://wvde.state.wv.us/ed_directory/
If legal assistance is needed to access educational services for your child, you might consult WV Legal Aid. http://www.lawv.net/Get-Help

EDUCATION PROGRAM FOR HOMELESS CHILDREN AND YOUTH (MCKINNEY-VENTO ACT)

The McKinney-Vento Act provides support to homeless students to ensure academic success. Homelessness is when a person or family cannot secure and maintain safe and secure housing. By this definition, homelessness is not just living on the street or in a car but also includes sleeping on someone else's couch, staying in a shelter or living in accommodations not intended for permanent housing (like an RV) while awaiting community housing, waiting for foster care placement, etc. Housing instability causes physical, mental and emotional stress and affects a student's long term development.

Attendance directors in each county serve as the liaison for the education of homeless children and youth. It is their responsibility to coordinate and collaborate with community and school personnel responsible for the provision of education and related services to homeless children and youth. For more information on assistance available under the McKinney-Vento Act, contact your county school system's attendance director.
https://wvde.state.wv.us/federal-programs/mckinney-vento.html

HEAD START

Head Start is a Federal program which promotes school and life readiness for children from birth to age five by enhancing cognitive, social, and emotional development. Preschool Head Start programs primarily serve 3- and 4-year-old children while Early Head Start programs are for infants, toddlers and pregnant women. Core areas of services include early learning, health, and family well-being. Parents/caregivers are engaged as partners in every aspect. Eligibility is based on income. For information on Head Start programs in your area see:
http://www.headstartprogram.us/state/west_virginia

PRE-K (PRESCHOOL)

The West Virginia Department of Education (WVDE) is required to provide prekindergarten (Pre-K) services to all 4-year-olds in the state. West Virginia's preschool program, called West Virginia Universal Pre-K, is available in all 55 counties. To find a WV Universal Pre-K Program in your area see:
https://webtop.k12.wv.us/0/apps/find-my-pre-k/\

PARENTS AS TEACHERS

Parents as Teachers Program (PAT) recognizes parents as children's first and most important teachers and promotes optimal early development, learning and health of young children, including those in relative/kinship care, by supporting and engaging parents and caregivers from pregnancy to kindergarten. Parent educators provide FREE services in the family's home including learning activities, developmental information, parenting strategies and other support.
For the WV Parents as Teachers affiliate serving your area, contact your local Family Resource Network, call 2-1-1 or see: https://parentsasteachers.org/program-locator-1

WV HOME VISITATION

West Virginia Home Visitation Program (WVHVP) delivers in-home positive support, education, referrals and information on resources to pregnant women and all children (birth to five). For information contact your local DHHR office (Appendix A) or see: https://www.wvdhhr.org/wvhomevisitation/

DISABILITY SERVICES

WVU Center for Excellence in Disabilities (CED) is a federally designated University Center for Excellence in Developmental Disabilities (UCEDD) and as such is part of a national network of similar centers across the country. The CED serves as a resource to the community in the areas of education, research and service as it relates to the needs of people with disabilities. For information on services in your area, contact your Family Resource Network (Appendix D) or see http://www.cedwvu.org/resources/

WV Parent Training and Information, Inc. (WVPTI) provides training, information and technical assistance to equip families of children birth through twenty-six to advocate successfully for their children. See http://wvpti.org/resources.php

WV Developmental Disabilities Council (WVDDC) aims to "assure that West Virginia citizens with developmental disabilities receive the services, supports, and other forms of assistance they need to exercise self-determination and achieve independence, productivity, integration and inclusion in the community." See https://ddc.wv.gov/Pages/default.aspx and http://ddc.wv.gov/resources/Pages/ForChildrenwithDevelopmentalDisabilities.aspx

Special Needs Resource Project has a resource link page: http://www.snrproject.com/Resource/Link

SPECIAL EDUCATION SERVICES

Special Education makes it possible for a child with a specified disability to achieve academic success in the least restrictive environment through specially designed instruction meeting the unique needs of that child. To qualify as a "child with a disability," a child's educational performance must be adversely affected due to one of the exceptionality categories identified under the federal law governing special education called the Individuals with Disabilities Education Act or IDEA. If your child has not been identified with a disability but you are concerned that there is a need for special education services, you can request an evaluation in writing to your school district. Legal Aid of WV provides information on this and other special education concerns at: http://www.lawv.net/Resources/Self-Help-Library/Education/Special-Education#1

Categories of disabilities are explained at this site:
http://wvde.state.wv.us/osp/facts.html

IDEA entitles all children with learning disabilities to a free appropriate education. Examples of appropriate programs include a specific program or class, access to specialists and modifications in the educational program such as curriculum and teaching methods.

Each child receiving special education services is required to have an Individualized Education Program or IEP. IEPs are developed by a team of those concerned with the child's education such as the child's parents, caregivers, guardians, teachers, principals, therapists, etc. and outline goals and objectives for the individual education program. Rights associated with the IEP process – such as the right for children and parents/guardians to be included in the decision making process – are called due process rights.

Any questions or concerns related to your child's education may be best addressed to your child's teacher as the first line of communication. However, for further assistance, you can contact your local Parent Education Resource Center (PERC) sponsored by the WV Department of Education.

According to their website, the purpose of PERC is to build partnerships between parents and educators to ensure that children receive the highest educational opportunities and achievement possible. Local education agencies participate in the project by establishing centers to work with families of children in the school system, educators, and others. Here is a directory of the centers: http://wvde.state.wv.us/osp/percdirectory.html

The WV Department of Education (WVDE) provides this fact sheet regarding Individual Education Plans (IEPs): http://wvde.state.wv.us/osp/ssdi_onepager_October_2017.pdf

WVDE websites with information regarding special education resources include: http://wvde.state.wv.us/osp/ and http://wvde.state.wv.us/osp/instructionalsupport.html

A website explaining special education terms is: http://www.understandingspecialeducation.com/special-education-terms.html

504 PLANS

A 504 Plan is developed to ensure that any child attending an elementary or secondary educational institution who has a disability identified under the law receives accommodations ensuring academic success and access to the learning environment. 504 plans are designed to help kids with disabilities learn alongside their peers by removing barriers to learning through providing accommodations like extended time on tests, the ability to leave the classroom for short breaks or related services like speech-language therapy or study skills classes.

504 Plans (from Section 504 of the Rehabilitation Act) are not the same as an Individualized Education Program (IEP). While some students may have both, some students may not need individualized special education services identified in an IEP. However, due to certain disabilities, some students may need supports and services identified in a 504 Plan to prevent barriers to learning alongside their peers. For information on 504 Plans, contact your county 504 Coordinator or school principal or see: https://wvde.state.wv.us/osp/iep_504resource-12-4-14.pdf

GIFTED AND EXCEPTIONAL STUDENT EDUCATION

If your child seems to need additional academic challenge, perhaps you need to discuss gifted education services with your child's teacher. According to the WVDE website, "gifted education in West Virginia (WV) resolves to support students with exceptional intellectual abilities and potential for achievement by providing specially designed instruction through a full continuum of service delivery models that fosters growth in learning and achievement."

West Virginia Department of Education Policy 2419: Regulation for the Education of Exceptional Students defines giftedness and delineates the criteria for eligibility. Gifted students are served in grades 1-8; Exceptional Gifted students are served in grades 9-12.
See this site for information on gifted education in WV: http://wvde.state.wv.us/osp/gifted.html

DROPOUT PREVENTION

In WV the minimum dropout age is 17. Many reasons children living in relative/kinship care may be at risk for leaving school are both academic and social in nature. Warning signs for dropout should be considered at any age and are summarized by ABC – Attendance, Behavior and Course Performance. This means that if a child is missing school, is suspended or is failing, among other behaviors, the child is at risk and should receive services – such as tutors, mentors, special programs, etc. -- addressing individual needs to promote academic success. Working with your

child's teacher and school counselor, including providing them with background information on your child's situation, is imperative. Also, consider one of the parenting assistance services listed in this guide for information and assistance on dropout prevention.
If your child has left school, services for school completion are available through the WVDE Office of Adult Education. For information regarding adult classrooms in your area and the test required to earn a diploma see http://wvde.state.wv.us/abe/. The high school equivalency diploma previously referred to in WV as the GED test is now called TASC or Test Assessing Secondary Completion. http://wvde.state.wv.us/tasc/

If you as the caregiver did not complete high school and would like to continue your education, you also can contact the Office of Adult Education website listed above.

TUTORING AND MENTORING

You may have been out of school for some time and don't feel capable of helping your child study and learn. There are various services for assisting your child, yourself and your family with learning and career and life planning. These services are not the same throughout the state but may include programs such as the WV Family Literacy Program: Even Start and Big Brothers, Big Sisters. For information on learning and literacy assistance in your area, contact your child's teacher or school counselor or Family Resource Network (Appendix D).

COLLEGE, CAREER AND LIFE READINESS

College, career and life readiness readiness ensures that students have a complete understanding of available career opportunities, how to choose a career pathway and how to attain goals. School counselors and teachers provide knowledge and skills for students to reach their full potential and to develop as productive and responsible citizens. Family and community involvement are critical to these efforts.

The College Foundation of West Virginia (CFWV) provides information and assistance on high school planning, college planning and career planning at these sites.

- https://secure.cfwv.com/High_School_Planning/_default.aspx
- https://secure.cfwv.com/College_Planning/_default.aspx
- https://secure.cfwv.com/Career_Planning/_default.aspx

SCHOOL COUNSELING

Your child's school counselors are charged with addressing each student's academic, career, and personal/social development needs from Pre-K onward through comprehensive, preventative and developmental programs. School counselors assist students with acquiring "the knowledge, skills, and attitudes to reach their fullest potential and successfully manage their lives as healthy, responsible, competent and productive, global citizens who respect themselves and others." School counselors have come a long way from what some might remember as a "guidance counselor" and can help not only with services in school but also referrals to community services. Talk with your school counselor or principal regarding school counseling services. https://wcde.state.wv.us/counselors/

SCHOOL BASED MENTAL HEALTH PROGRAMS

Clear and compelling evidence links mental health and academic success and indicates that emotional, social and behavioral health problems are significant barriers to learning. Therefore, many WV schools have expanded mental health services -- Expanded School Mental Health (ESMH) -- to students through agency and family collaboration in order to support pathways to educational success and lifelong well-being. Talk to your school counselor, teacher or principal regarding Expanded School Mental Health or other available mental services. To locate school mental health programs see https://livewell.marshall.edu/mutac/wp-content/uploads/2016/04/MAP-Expanded-School-Mental-Health-BHHF-Grantees-FY-2017.png.

SCHOOL TRANSPORTATION

To place your child on the school bus route, contact your child's school. The school will notify the bus driver of the new student and provide you with pickup/drop-off places and times and school bus policy and procedures. See your county school system for transportation information.

CAREGIVER AND FAMILY SCHOOL ENGAGEMENT AND INVOLVEMENT

Relative/kinship care families in transition may not feel included in their child's educational process. When families and communities partner with schools, resources are expanded and enable a more effective response to the student's needs. Research shows that when caregivers are involved in the educational process, students are more likely to adapt well to school, attend school more regularly, complete homework more consistently, earn higher grades and test scores, graduate and go on to college, have better social skills, show improved behavior, have better relationships with their parents and have higher self-esteem.
https://www.education.nh.gov/instruction/school_health/health_coord_family.htm
Talk with your child's teacher, counselor, principal and other school staff for opportunities to connect with your child's educational process.

PARENTING

You may be concerned that you do not know how to parent a child in today's world. Parenting these days brings many challenges so different from when you parented the first time around. Or you may be a relative caregiver who has never parented and needs education and resources for this new journey. You may be scared of technology, confused by today's customs and trends, troubled by the child's behavior or otherwise concerned about many other challenges of raising healthy, happy and productive children.
For this to happen, you must – as the caregiver – take care of yourself. A lot of relative caregivers mistakenly believe that there will be time for that when the children are grown. They do not realize – or have forgotten -- the physical, emotional and mental stamina needed for parenting. The following website provides self-care tips and questions for self-reflection and exploration of your situations. These suggestions might seem a lot more easily said than done but are keys to effective parenting.

- Learn to handle stress
- Have social connections to get and give support
- Get help when you need it
- Learn about child development
- Help your child manage emotions and relationships
- Help your child to learn to care for self and others

https://www.cssp.org/reform/strengtheningfamilies/2015/Self-Care-for-Kinship-Care-Providers.pdf
Also please see information in this guide on Caregiver Stress found below in the Behavioral and Mental Health section. Another website offers the following parenting tips for kinship caregivers: http://www.thelearningcommunity.us/resources-by-format/tips-for-parents/diverse-families/kinship-care.aspx

"Kids need time to adjust to living in a new home and with different family members. Depending on the situation of the parents, they may feel abandoned, angry, or if a parent has died, be in grief. Support children as they work through these feelings and encourage them to talk to you about them.

Work hard to make sure that the child feels accepted and loved in your home. Allow time to adjust and to build a relationship with you. Continue to be loving and supportive, even if your affections are refused and not immediately returned.

Try to establish a routine so the child knows what to expect and maintain a safe, consistent environment so the child can begin to build trust—something that may be more difficult for now. It is highly recommended that you seek counseling for the child and at times, you may need to participate in sessions." [Please refer to the Behavioral and Mental Health Section of this Resource Guide for information on seeking counseling.]

So many parenting resources are online that they can be overwhelming. In addition to the parenting resources mentioned in the education section of this guide, here are just a few of the websites offering fact sheets and other information on child development, relationship development, communication, understanding behavior, the cycle of family patterns, etc.

- https://fyi.uwex.edu/grandparenting/through-the-eyes-of-a-child/fact-sheets/
- https://www.childwelfare.gov/fostercaremonth/resources/caregivers/kinship/
- http://www.wvdhhr.org/birth23/resources.asp
- https://www.medicinenet.com/parenting/article.htm#introduction_to_healthy_parenting
- https://www.psychologytoday.com/basics/parenting
- https://medlineplus.gov/parenting.html
- https://teamwv.org/resources/
- https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Pages/Developmental-Health.aspx

FOR GRANDPARENTS:

Since grandparents currently represent the majority of relative caregivers according to WV statistics, many resources such as those listed below are addressed specifically to grandparents raising grandchildren (but may also be helpful to other relatives).

- https://www.grandparents.com/family-and-relationships/caring-for-children/whenyoureaparentagain
- http://articles.extension.org/category/family_caregiving_grandparents_raising_grandchildren
- https://fyi.uwex.edu/grandparenting/through-the-eyes-of-a-child/fact-sheets/
- http://www.grandfamilies.org/Resources
- https://wvsuextension.com/2016/04/19/program-spotlight-healthy-grandfamilies/

BEHAVIORAL AND MENTAL HEALTH ISSUES

According to the American Academy of Pediatrics, mental and behavioral health is the largest unmet health need for children and teens in foster care (including relative/kinship care) and, according to the Brookdale Foundation, one of the most frequently stated needs of relative/kinship caregivers. Behavioral and mental health issues often involve: history of complex or ongoing trauma; changes in life situations; family relationship problems; access to mental health services; and psychotropic medication issues.

BEHAVIORAL AND MENTAL HEALTH ISSUES OF KINSHIP FAMILIES

It has been reported that between one-half and three-fourths of children entering foster care (including relative/kinship care) exhibit behavior or social competency problems -- including PTSD and abuse related trauma, disruptive behavior disorders (including ADHD), depression/suicide, and substance abuse – requiring targeted mental health treatment. Children in relative/kinship care are at higher risk as teens for substance abuse and teen pregnancy. Since mental and behavioral issues may present differently throughout developmental stages, ongoing screening is important to provide help as soon as possible. Treatment interventions are more effective when the caregiver is actively involved. It is important to consider the entire family system since caregivers and others often experience their own problems with anger, grief, depression, anxiety, substance abuse, etc. Some interventions such as those focusing on the child's disruptive behavior may be directed at the caregiver. Here are some resources on this topic.

- https://www.waynecsb.org/upload/documents/ohio_resource_guide_for_relatives_caring_for_children_jfs_08146_rev_1-2016.pdf
- https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Pages/Mental-and-Behavioral-Health.aspx
- http://pediatrics.aappublications.org/content/136/4/e1142
- http://www.ncsl.org/research/human-services/mental-health-and-foster-care.aspx
- https://psychcentral.com/news/2010/05/02/kinship-care-presents-physical-and-mental-health-problems-for-kids/13410.html

SUBSTANCE ABUSE AND ADDICTIONS

Many WV kinship families are struggling with substance abuse in one way or another. Some parents have lost their parental rights, if not their lives, due to addiction while some drift in and out unable to provide care. The relatives of those who suffer from addiction who step up to provide kinship care also deal with their own issues of guilt, grief, anger, etc. – if not their own addiction issues. Due to its geographical location, WV has long been known as a drug distribution pipeline for pills. Our high number of manual labor jobs that may cause injury and pain, high rate of joblessness, and lower levels of income and education make us particularly vulnerable to exploitation by pharmaceutical company-influenced pill mills. Efforts to shut down prescription pill mills caused a turn toward illegal drugs and were too late to stop the epidemic of drug use. As a result news reports commonly refer to WV as being the number one state in drug overdose deaths and that number is rising.

Another reason that people become more susceptible to substance abuse is referred to as adverse or traumatic experiences. Research shows a definite connection between addiction and other behavioral, mental and physical issues and adverse childhood experiences (ACEs) such as: substance abuse; physical, verbal and/or sexual abuse; neglect; family member loss due to incarceration,

parental death, divorce, mental illness; etc. It is widely accepted from the results of many studies that substance abuse is the most prevalent type of ACE in WV and is the number one reason that children are placed in relative/kinship care.

https://www.wvgazettemail.com/news/health/traumatic-childhood-events-common-in-wv-report-says/article_7efb3d3b-9940-51c9-9ba1-4f162656ba7e.html

For assistance with substance abuse issues, talk to your health care provider or contact your Family Resource Network (Appendix D) for assistance in your area. Also 1-844-HELP4WV provides a call, chat or text line for any West Virginian needing immediate help with a substance abuse or mental health issue. https://www.help4wv.com/. This helpline provides confidential support and referrals for those seeking help for themselves or for others.

GRIEF AND LOSS ISSUES RELATED TO KINSHIP CARE FAMILIES

Grief is not just a reaction to death. It is also the normal response to losses associated with change and transition and is not the same as clinical depression. Relative/kinship care families may or may not have experienced death but certainly have faced many adjustments to life situations, dreams, desires, etc. With these challenges come feelings and reactions to loss that may not be recognized as grief and therefore as a process to be addressed.

Children's reactions to grief often are impacted by the nature of the loss and can be highly variable depending on various factors including the child's developmental level and presence of mental health challenges of their own or of their families. There are different types of grief depending on the kind of loss experience. Two types often associated with relative/kinship care are disenfranchised and ambiguous losses. Disenfranchised grief means losses that are not openly acknowledged or socially supported – often because they are not considered by others to be as important as some other type of loss such as a death. An example of ambiguous loss is when it is unsure whether a current loss is temporary or final such as when a child or family is unsure if the child might return to a parent's care.

It is important to recognize grief reactions as they can result in depression, anxiety, suicide, school and social disruption, behavioral problems, etc. depending on the child's developmental level and can have lasting impact on future development. Talk to your school counselors for grief counseling services which are specialized approaches to achieve identified tasks of grieving to ensure safety and for outcomes ensuring life success and well-being. You can also contact your Family Resource Network (Appendix D) for counseling and support in your area. For other resources see:

- https://www.goodtherapy.org/learn-about-therapy/issues/grief
- https://www.centerforloss.com/grief/

CAREGIVER STRESS

The physical, emotional and mental strains and tension from the cares of daily life affect different people in different ways. Some of the situations causing stress might have no way to be changed at this time so you may think that support services would not be helpful. However, if you feel unable to manage your current level of stress, if stress interferes with your ability to function, or if tension and conflict among family members become too difficult to manage or seem overwhelming, you should seek help. While some of the stressful situations may not be alleviated, reactions to them can be examined for understanding and skills leading to problem focused solutions. See the section below on seeking counseling and other supportive services for assistance with stress relief.

SEEKING COUNSELING AND OTHER SUPPORTIVE SERVICES

When relative/kinship caregivers are considering counseling services for themselves, children and/or families, it is important to determine if the treatment plan will be trauma informed, meaning that interventions and approaches will consider how extreme stresses, adverse childhood experiences or trauma have affected an individual's life as well as the family system. Sources of behavioral health assistance including referrals are: medical/health professionals; school counselors and other school-based staff; your DHHR worker; faith-based organizations; and Family Resource Networks (Appendix D). Asking trusted friends to share their knowledge of counseling professionals and programs in your area also has been a good source of finding a therapist that will fit your particular needs. The following website discusses how to find a therapist.

- https://www.webmd.com/mental-health/features/how-to-find-therapist#1

An example of community programs for families dealing with addiction issues is the Beyond Addictions or Community Reinforcement and Family Training (CRAFT) program offered through Kanawha Pastoral Counseling Center (KPCC). This example is used because WV RAPP has partnered with KPCC to present training in this program. Your local referral sources will know of other programs in your area.

The KPCC website gives available program sites and is listed below. Also provided is a reference for the content of Beyond Addictions and CRAFT.

- http://kpcc.com/craft/ (for addiction support groups)
- http://kpcc.com/ (for information on other counseling, classes and support)
- https://motivationandchange.com/outpatient-treatment/for-families/craft-overview/
- https://www.centersite.net/poc/view_doc.php?type=doc&id=48550&cn=1408

The WV Relatives as Parents Program provides information and assistance by phone to WV relative/kinship caregivers or those considering providing care. Contact Mission WV at 1-866-CALL-MWV.

SUPPORT GROUPS FOR RELATIVE/KINSHIP CAREGIVERS

The WV Relatives as Parents Program offers a Facebook support group open to WV relative/kinship caregivers or those considering providing care. Search WV Relatives as Parents on Facebook to join.

Also, some national online support groups are listed in this site: http://www.fosterkinship.org/kinship-resources/national-kinship-resources/

Your local area may have support groups for relative/kinship care. Contact your Family Resource Network for information. If you are interested in starting a support group, please contact WV RAPP at 1-866-CALL-MWV.

GENERAL NOTE ON BENEFITS AND ASSISTANCE:

It may be hard to ask others for help, but it is important to advocate for all available services and benefits by asking questions of DHHR employees, community agency representatives, legal services, etc. Also ask for training/educational opportunities and support groups in your area. You do not have to go this alone. We are here to help!

APPENDIX A

WV Department of Health and Human Resources Field Office General Contact Information
For more detailed information on WVDHHR Field Offices see: https://dhhr.wv.gov/pages/field-offices.aspx

Barbour County DHHR Office
49 Mattaliano Drive, Philippi, WV 26416
Phone: 304-457-9030

Berkeley County DHHR Office
433 Mid-Atlantic Park, Martinsburg, WV 25402
Phone: 304-267-0100
Boone County DHHR Office
156 Resource Lane, Foster, WV 25081
Phone: 304-369-7802

Braxton County DHHR Office
3708 Sutton Lane, Sutton, WV 26601
Phone: 304-765-7344

Brooke County DHHR Office
100 Municipal Plaza, Suite 600, Weirton, WV 26062
Phone: 304-794-3060

Cabell County DHHR Office
2699 Park Avenue, Suite 100, Huntington, WV 25704
Phone: 304-528-5800

Calhoun County DHHR Office
85 Industrial Park Road, Grantsville, WV 26147
Phone: 304-354-6118
Clay County DHHR Office
94 Main Street, Clay, WV 25043
Phone: 304-587-4268

Doddridge County DHHR Office
22 Herbert Avenue, Smithburg, WV 26436
Phone: 304-873-2031

Fayette County DHHR Office
1400 Virginia Street, Oak Hill, WV 25901
Phone: 304-465-9613

Gilmer County DHHR Office
1493 WV Hwy East, Glenville, WV 26351
Phone: 304-462-0412

Grant County DHHR Office
53 Kiess Drive, Petersburg, WV 26847
Phone: 304-257-4211

Greenbrier County DHHR Office
316 Maplewood Ave., Suite 3, Lewisburg, WV 24901
Phone: 304-647-7476

Hampshire County DHHR Office
24954 Northwestern Pike, Romney, WV 26757
Phone: 304-822-6900

Hancock County DHHR Office
100 Municipal Plaza, Suite 600, Weirton, WV 26062
Phone: 304-794-3060

Hardy County DHHR Office
149 Robert C. Byrd Industrial Park, Moorefield, WV 26836
Phone: 304-538-2391

Harrison County DHHR Office
153 West Main Street, Suite D, Clarksburg, WV 26330
Phone: 304-627-2295

Jackson County DHHR Office
4285 Cedar Lakes Road, Ripley, WV 25271
Phone: 304-373-2560

Jefferson County DHHR Office
239 Willow Spring Drive, Charles Town, WV 25414
Phone: 304-724-2600

Kanawha County DHHR Office
4190 Washington Street, Charleston, WV 25313
Phone: 304-746-2360

Lewis County DHHR Office
91 Arnold Avenue, Weston, WV 26452
Phone: 304-269-6820

Lincoln County DHHR Office
8209 Court Avenue, Hamlin, WV 25523
Phone: 304-824-5811

Logan County DHHR Office
130 Stratton Street, Logan, WV 25601
Phone: 304-792-7095

Marion County DHHR Office
416 Adams Street, Fairmont, WV 26554
Phone: 304-368-4420

Marshall County DHHR Office
400 Teletech Drive, Suite 2, Moundsville, WV 26041
Phone: 304-843-4120

Mason County DHHR Office
1406 Kanawha Street, Point Pleasant, WV 25550
Phone: 304-675-0880

McDowell County DHHR Office
840 Virginia Avenue, Welch, WV 24801
Phone: 304-436-8302

Mercer County DHHR Office
350 Davis Street, Princeton, WV 24740
Phone: 304-425-8738

Mineral County DHHR Office
18 N. Tornado Way, Keyser, WV 26726
Phone: 304-788-4150

Mingo County DHHR Office
203 East Third Avenue, Williamson, WV 25661
Phone: 304-235-468

Monongalia County DHHR Office
114 S. High Street, Morgantown, WV 26507
Phone: 304-285-3175

Monroe County DHHR Office
174 Route 3 East, Union, WV 24983
Phone: 304-772-3013

Morgan County DHHR Office
62 Regal Court, Berkeley Springs, WV 25411
Phone: 304-258-1350

Nicholas County DHHR Office
707 Professional Park Drive, Summersville, WV 26651
Phone: 304-872-0803

Ohio County DHHR Office
69 16th Street, Wheeling, WV 26003
Phone: 304-232-4411

Pendleton County DHHR Office
100 Thorn Creek Road, Suite 200, Franklin, WV 26807
Phone: 304-358-2305

Pleasants County DHHR Office
1655 South Pleasants Highway, St. Marys, WV 26170
Phone: 304-684-9244

Pocahontas County DHHR Office
211 Valhalla Ln, Marlinton, WV 24954
Phone: 304-799-2540

Preston County DHHR Office
18351 Veteran's Memorial Highway, Kingwood, WV 26537
Phone: 304-329-4340

Putnam County DHHR Office
12531 Winfield Road, Winfield, WV 25213
Phone: 304-586-1520

Raleigh County DHHR Office
407 Neville Street, Beckley, WV 25801
Phone: 304-256-6930

Randolph County DHHR Office
1027 N. Randolph Avenue, Elkins, WV 26241
Phone: 304-637-5560

Ritchie County DHHR Office
220 West Main Street, Harrisville, WV 26362
Phone: 304-643-2934

Roane County DHHR Office
677 Ripley Road, Suite 3, Spencer, WV 25276
Phone: 304-927-0956

Summers County DHHR Office
320 Summers Street, Suite A, Hinton, WV 25951
Phone: 304-466-2807

Taylor County DHHR Office
235 Barrett Street, Grafton, WV 26354
Phone: 304-265-6103

Tucker County DHHR Office
9346 Seneca Trail, Parsons, WV 26287
Phone: 304-478-3212

Tyler County DHHR Office
210 Main Street, Middlebourne, WV 26149
Phone: 304-758-2127

Upshur County DHHR Office
34 Auction Lane, Buckhannon, WV 26201
Phone: 304-473-4230

Wayne County DHHR Office
26452 East Lynn Road, Wayne, WV 25570
Phone: 304-272-6311

Webster County DHHR Office
110 North Main Street, Suite 201, Webster Springs, WV 26288
Phone: 304-847-2861

Wetzel County DHHR Office
1236 North State Route 2, New Martinsville, WV 26155
Phone: 304-455-0920

Wirt County DHHR Office
Court Street, Elizabeth, WV 25143
Phone: 304-275-6551

Wood County DHHR Office
400 5th Street, Parkersburg, WV 26102
Phone: 304-420-2560

Wyoming County DHHR Office
1767 Bearhole Road, Pineville, WV 24874
Mailing Address: HC 72, Box 300, Pineville, WV 24874
Phone: 304-732-6900

APPENDIX B
WV DHHR CLIENT SERVICES INFORMATION

WVDHHR Client Services
1-800-642-8589
Hours of Operation: Monday –Friday 8:00am-4:00pm
What is Client Services? Client Services responds to questions or complaints about any program or service provided by the Bureau for Children and Families, as well as Medicaid coverage issues. For examples, some areas include:

- APS
- CPS
- Other Social Service complaints
- Medicaid eligibility
- Medical coverage
- Medical billing
- Emergency assistance
- LIEAP (Seasonal Programs)
- NEMT
- SNAP
- WV Works
- Other Family Support programs

Who can call Client Services? Anyone can contact Client Services. This includes clients, the Governor's Office, U.S. Senators and Congressional Representatives, West Virginia Legislators, as well as other agencies with an interest in DHHR programs.

How do I ask a question or make a complaint? By telephone, U.S. Postal Service., e-mail, and occasionally walk-ins.

How does client Services gather information? If the question or concern first comes to Client Services, then Client Services handles the response. Client Services staff may look up information in one of several computer systems or collaborate with managers and supervisors at the DHHR County offices.

How will I get a response about my question or complaint? Once the issue has been resolved, a Client Services Representative will prepare letters/responses outlining any resolutions and findings which will be forwarded to all appropriate entities.

APPENDIX C

Emergency Contacts

WV DHHR Hotline List:
http://www.wvdhhr.org/hotlinenumbers.asp

Child and Adult Abuse Centralized Intake Center
1-800-352-6513

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Domestic Violence State Hotline
1-800-681-8663

Poison Control Hotline
1-800-222-1222

Help4WV (Behavioral Health and Substance Abuse Referral & Outreach Call Center)
1-844-HELP4WV

APPENDIX D

Family Resource Networks (FRNs)
http://dhhr.wv.gov/bcf/Services/Pages/Family-Resource-Networks.aspx
http://www.regionalfrn.org/DHHR-BCFChildren&FamiliesResourceGuide.pdf
Family Resource Networks (FRNs) are local coalitions of people working to better meet the needs of and improve services for children and families in their communities.

Barbour County
Phone: 304-457-2691
Website: www.barbourfrn.org
Guide: Barbour County Resource Guide

Berkeley, Jefferson, and Morgan Counties
Phone: 304-262-5360

Boone, Kanawha, and Putnam Counties
Phone: 304-414-4470
Website: http://www.regionalfrn.org
Guide: Boone County Resource Guide
Kanawha County Resource Guide
Family Resource Center: Parents as Teachers Affiliate

Braxton County
Phone: 304-364-6021

Brooke-Hancock Counties
Phone: 304-748-7850
Family Resource Center: **Brooke Hancock Family Resource Center**

Cabell County
Phone: 304-697-0255
Family Resource Network: **Marvin Gray Family Life Center**

Calhoun County
Phone: 304-354-7177
Guide: Calhoun County Resource Guide

Clay County
Phone: 304-587-4389

Doddridge County
Phone: 304-873-1245
Guide: Doddridge County Resource Guide
Family Resource Center: Doddridge County Starting Points Family Resource Center

Fayette County
Phone: 304-574-4338
Guide: Fayette County Resource Guide
Family Resource Center: Fayette County Starting Points

Gilmer County
Phone: 304-462-7545

Grant-Hampshire–Hardy–Pendleton Counties
Phone: 304-530-5480

Greenbrier County
Phone: 304-646-3622

Hampshire County- See Grant County

Hancock County- See Brooke County

Hardy County- See Grant County

Harrison County
Phone: 304-423-5049

Jackson County
Phone: 304-593-0072

Jefferson County- See Berkley County

Kanawha County- See Boone County

Lewis County
Phone: 304-269-4000

Lincoln County
Phone: 304-824-7002
Family Resource Center: Lincoln County Family Resource Center

Logan County
Phone: 304-792-2016

Marion County
Phone: 304-366-4445

Marshall County
Phone: 304-845-3300
Guide: Marshall County Resource Guide
Family Resource Center: Marshall County Family Resource Center

Mason County
Phone: 304-593-0072

McDowell County
Phone: 304-436-5255
Guide: McDowell County Resource Guide
Family Resource Center: Big Creek People in Action Family Resource Center

Mercer County
Phone: 304-913-4956
Website: www.strongcommunities.org
Family Resource Center: Mercer County Starting Points Family Resource Center

Mineral County
Phone: 304-788-9099
Mingo County
Phone: 304-235-5607
Guide: Mingo County Resource Guide

Monongalia County
Phone: 304-284-8400
Guide: Monongalia Resource Guide
Family Resource Center: Monongalia County Starting Points Resource Center and also click here and The Shack Neighborhood House

Monroe County
Phone: 304-772-5960
Website: www.monroecountywestvirginiafamilyresourcenetwork.com
Guide: Monroe County Resource Guide

Morgan County-See Berkeley

Nicholas County
Phone: 304-872-4707
Guide: Nicholas County Resource Guide
Family Resource Center: Nicholas County Family Resource Center

Ohio County
Phone: 304-232-5600

Pendleton County-See Grant County

Pleasants County
Phone: 304-684-3962

Pocahontas County
Phone: 304-799-6847
Website: www.gomarlinton.com/frn
Guide: Pocahontas County Resource Guide

Preston County
Phone: 304-329-1968

Putnam County-See Boone County

Raleigh County
Phone: 304-255-3764

Randolph County
Phone: 304-636-4454

Ritchie County
Phone: 304-643-4187
Guide: Ritchie County Resource Guide

Roane County
Phone: 304-927-6070

Summers County
Phone: 304-466-4040

Taylor County
Phone: 304-265-6838

Tucker County
Phone: 304-478-3827

Tyler County
Phone: 304-758-5046
Guide: Tyler County Resource Guide

Upshur County
Phone: 304-473-1051

Wayne County
Phone: 304-272-6003
Guide: Wayne County Resource Guide

Webster County
Phone: 304-771-8533

Wirt County
Phone: 304-275-4833
Guide: Wirt County Resource Guide

Wood County
Phone: 304-420-9574
Guide: Wood County Resource Guide

Wyoming County
Phone: 304-923-4280

APPENDIX E

AGING CARE PROVIDERS – WV BUREAU OF SENIOR SERVICES

COUNTY AGING PROVIDERS

Barbour County Senior Center, Inc.
PO Box 146 (47 Church Street)
Philippi, WV 26416
Telephone: 304-457-4545
Fax: 304-457-2017
Email: bcsc@bcscwv.org
Website: www.bcscwv.org
Sharon Lanham, Director

Berkeley Senior Services
217 North High Street
Martinsburg, WV 25401
Telephone: 304-263-8873
Fax: 304-263-6598
Email: amy@berkeleyseniorservices.org
Website: www.berkeleyseniorservices.org
Amy Orndoff, Executive Director

Bi-County Nutrition (Doddridge and Harrison nutrition)
416 1/2 Ohio Avenue
Nutter Fort, WV 26301
Telephone: 304-622-4075
Fax: 304-622-4675
Email: bicountyseniors@gmail.com
Wanda Carrico, Director

Boone County Community Organization
PO Box 247 (347 Kenmore Drive, Suite 1-A)
Madison, WV 25130
Telephone: 304-369-0451; 304-369-2750
Fax: 304-369-1383
Email: bcco.gwilliams@suddenlinkmail.com
Gary Williams, Director

Braxton County Senior Citizens Center, Inc.
23 Senior Center Drive
Sutton, WV 26601
Telephone: 304-765-4090; 304-765-4091; 304-765-4092; 888-654-9321
Fax: 304-765-4095
Email: dirbcscc@frontier.com
Mary Chapman, Director

Brooke County Committee on Aging (also nutrition provider for Hancock)
948 Main Street
Follansbee, WV 26037
Telephone: 304-527-3410
Fax: 304-527-4278
Email: labrooke@aol.com
Website: www.bccoawv.org
Laura Beckelhimer, Director

Cabell County Community Services Organization, Inc.
724 10th Avenue
Huntington, WV 25701
Telephone: 304-529-4952
Fax: 304-525-2061
Email: cholley@cccso.com
Website: www.cccso.com
Charles Holley, Director

Calhoun County Committee on Aging, Inc.
PO Box 619 (105 Market Street)
Grantsville, WV 26147
Telephone: 304-354-7017
Fax: 304-354-6859
Email: rpoling@cccoa-wv.org
Website: www.cccoa-wv.org
Rick Poling, Executive Director

Clay Senior and Community Services, Inc. (IIIB only, no nutrition)
PO Box 455 (174 Main Street)
Clay, WV 25043
Telephone: 304-587-2468
Fax 304-587-2856
Email: claydevcorp@frontier.com
Leslie McGlothlin, Interim Director

Doddridge County Senior Citizens, Inc. (IIIB only, no nutrition)
PO Box 432 (417 West Main Street)
West Union, WV 26456
Telephone: 304-873-2061
Fax 304-873-1769
Email: dcscoffice@gmail.com
Marvin "Smokey" Travis, Director

Fayette County Office (administered by Putnam Aging Services)
PO Box 770 (108 Lewis Street)
Oak Hill, WV 25901
Telephone: 304-465-8484
Fax: 304-465-8607
Email: jszamiela@yahoo.com
Janet Zamiela, Director

Council of Senior Citizens of Gilmer County, Inc.
720 North Lewis Street
Glenville, WV 26351
Telephone: 304-462-5761
Fax: 304-462-8239
Email: gilmerseniors@yahoo.com
Sallie Mathess, Director

Grant County Commission on Aging Family Services
111 Virginia Avenue
Petersburg, WV 26847
Telephone: 304-257-1666
Fax: 304-257-9145
Email: gccoafs@frontier.com
Website: www.gcscwv.org
Darlene Evans, Director

Greenbrier County Committee on Aging
PO Box 556 (1003 Greenbrier Street)
Rupert, WV 25984
Telephone: 304-392-5138
Fax: 304-392-5969
Website: www.greenbriercountycoa.com
Ramona Stanley, Appalachian AAA, Contact Person
Telephone: 304-425-1147
Email: ramonastanley@citlink.net

Hampshire County Committee on Aging
PO Box 41 (24781 Northwestern Pike)
Romney, WV 26757
Telephone: 304-822-4097 (TDD); 304-822-4030; 304-822-4499
Fax: 304-822-7322
Email: aginginhamp@hardynet.com
Website: www.aginginhampshire.com
Julie E. Linger, Director

Hancock County Senior Services (IIIB only, no nutrition)
647 Gas Valley Road
New Cumberland, WV 26047
Telephone: 304-564-3801
Fax: 304-387-2693
Email: bwolanski@hancocksrsvs.org
Website: www.hancocksrsvs.org
Beth Wolanski, Director

Hardy County Committee on Aging
PO Box 632 (409 Spring Avenue)
Moorefield, WV 26836
Telephone: 304-530-2256; 888-538-2256
Fax: 304-530-6989
Email: hccoa1@hardynet.com
Website: www.hardycountycoa.org
Phyllis Helmick, Director

Harrison County Senior Citizens, Inc. (IIIB only, no nutrition)
500 West Main Street
Clarksburg, WV 26301
Telephone: 304-623-6795
Fax: 304-623-6798
Email: director@harrisoncountyseniorcenter.org
Beth Fitzgerald, Executive Director

Jackson County Commission on Aging, Inc.
PO Box 617 (217 South Court Street)
Ripley, WV 25271
Telephone: 304-372-2406
Fax: 304-372-9243
Email: JCCOA.cengle@gmail.com
Chanda Engle, Director

Jefferson County Council on Aging
103 West 5th Avenue
Ranson, WV 25438
Telephone: 304-725-4044
Fax: 304-725-9500
Email: jccoadirector@frontiernet.net
Amy Wellman, Executive Director

Kanawha Valley Senior Services
2428 Kanawha Boulevard, East
Charleston, WV 25311
Telephone: 304-348-0707
Fax: 304-348-6432
Email: pjustice@kvss.org
Website: www.kvss.org
Paulette Justice, LPC, LCSW, Executive Director

Lewis County Senior Citizens Center, Inc.
171 West 2nd Street
Weston, WV 26452
Telephone: 304-269-5738, 1-800-695-4594
Fax: 304-269-7329
Email: dmills45@frontier.com
Website: www.lcseniorcenter.org
Dinah Mills, Director

Lincoln County Opportunity Co., Inc.
360 Main Street
Hamlin, WV 25523
Telephone: 304-824-3448
Fax: 304-824-7662
Email: lcoc@zoominternet.net
Website: www.lincolncountyopportunity.net
William F. Carpenter, Jr., Director

Pride Community Services, Inc. (Logan County)
PO Box 1346 (699 Stratton Street)
Logan, WV 25601
Telephone: 304-752-6868
Fax: 304-752-1047
Website: www.prideinlogan.com
Email: beth.thompson@loganpride.com
Beth Thompson, Aging Program Director
Email: lisha.whitt@loganpride.com
Lisha Whitt, Executive Director

Marion County Senior Citizens, Inc.
105 Maplewood Drive
Fairmont, WV 26554
Telephone: 304-366-8779
Fax: 304-366-3186
Email: debbie@marionseniors.org
Website: www.marionseniors.org
Debbie Harvey, Director

Marshall County Committee on Aging (IIIB only, no nutrition)
805 5th Street
Moundsville, WV 26041
Telephone: 304-845-8200
Fax: 304-845-8239
Email: jhoward@swave.net
Website: www.mcseniorcenter.com
Joyce Howard, Director

Mason County Action Group, Inc.
101 2nd Street
Point Pleasant, WV 25550
Telephone: 304-675-2369
Fax: 304-675-2069
Email: masonseniors@aol.com
Renae Riffle, Executive Director

McDowell County Commission on Aging
725 Stewart Street
Welch, WV 24801
Telephone: 304-436-6588
Fax: 304-436-2006
Email: courtney@mcdowellcoa.org
Website: www.mcdowellcoa.org
Courtney Williams, Executive Director

CASE WV Aging Program (Mercer County)
PO Box 1507
(Main Office – 600 Trent Street)
Princeton, WV 24740
Telephone: 304-425-7111
Fax: 304-487-8801
Email: mturner@casewv.org, jvaleyko@casewv.org
Website: www.casewvprograms.org/CommissionOnAging.html
Mary Turner and Jay Valeyko, Interim Aging

Program Directors
Executive Offices:
355 Bluefield Avenue
Bluefield, WV 24701
Email: ohubbard@casewv.org
Oraetta Hubbard, Executive Director, CASE WV

Aging and Family Services of Mineral County, Inc.
875 South Mineral Street
Keyser, WV 26726-3127
Telephone: 304-788-5467
Fax: 304-788-6363
Email: smallery@wvaging.com
Website: www.wvaging.com
R. Scott Mallery, Director

Coalfield Community Action Partnership, Inc.
(Mingo County)
PO Box 1406 (1626 W. Third Avenue)
Williamson, WV 25661
Telephone: 304-235-1701
Fax: 304-235-1706
Email: tsalmons@coalfieldcap.org
Website: www.coalfieldcap.org
Tim Salmons, Director

Senior Monongalians, Inc.
PO Box 653
(5000 Greenbag Rd., Suite 7, Mountaineer Mall)
Morgantown, WV 26507-0653
Telephone: 304-296-9812
Fax: 304-296-3917
Email: cliddle@seniormons.org
Website: www.seniormons.org
Calleen Liddle, Executive Director

Monroe County Council on Aging
PO Box 149 (Route 219)
Lindside, WV 24951
Telephone: 304-753-4384
Fax: 866-247-7077
Mary Najar, Appalachian AAA, Contact Person
Telephone: 304-425-1147
Email: marynajar@citlink.net

Senior Life Services of Morgan County
106 Sandmine Road, Suite 1
Berkeley Springs, WV 25411
Telephone: 304-258-3096
Fax: 304-258-3190
Email: joeltut32@hotmail.com
Website: www.slsmc.org
Joel Tuttle, Director

Nicholas Community Action Partnership, Inc.
1205 Broad Street
Summersville, WV 26651
Telephone: 304-872-1162
Fax: 304-872-5796
Email: awilliams@ncapwv.org
Website: www.ncapwv.org
Angela Williams, Executive Director

Family Service - Upper Ohio Valley (also nutrition in Marshall)
2200 Main Street, 1st Floor
Wheeling, WV 26003
Telephone: 304-233-2350
Fax: 304-233-7237
Email: pcalvert@fsuov.com
Website: www.fsuov.com
Paula Calvert, CEO

Pendleton Senior and Family Services, Inc.
PO Box 9 (231 Mill Road)
Franklin, WV 26807
Telephone: 304-358-2421
Fax: 304-358-2422
Email: lshreve@psfsi.org
Website: www.psfsi.org
LeeAnn Shreve, Director

Pleasants County Senior Citizens Center (IIIB, no nutrition)
209 2nd Street
St. Marys, WV 26170
Telephone: 304-684-9243
Fax: 304-684-9382
Email: pcscjr@frontier.com
Jessica Rupert, Director

Pleasants Senior Nutrition (nutrition only)
PO Box 576 (219 2nd Street)
St. Marys, WV 26170
Telephone: 304-684-9319
Fax: 304-684-7697
Email: pcseniornutrition@suddenlinkmail.com
David Hoyt, Director

Pocahontas County Senior Citizens, Inc.
20626 Seneca Trail
Marlinton, WV 24954
Telephone: 304-799-6337
Fax: 304-799-4972
Email: pocahontascoseniors@gmail.com
John R. Simmons, Director

Preston County Senior Citizens, Inc.
PO Box 10 (108 Senior Center Drive)
Kingwood, WV 26537
Telephone: 304-329-0464; 800-661-7556
Fax: 304-329-2584
Email: prestonseniors@atlanticbb.net
Janie Lou White, Executive Director

Putnam Aging Program, Inc. (also nutrition in Clay and Fayette)
2558 Winfield Road
St. Albans, WV 25177
Telephone: 304-755-2385
Fax: 304-755-2389
Email: jsutherland@putnamaging.com
Website: www.putnamaging.com
Jenni Sutherland, Executive Director

Raleigh County Commission on Aging
1614 S. Kanawha Street
Beckley, WV 25801
Telephone: 304-255-1397
Fax: 304-252-9360; 304-255-2881
Email: rccoa@raleighseniors.org
Website: www.raleighseniors.org
Jack Tanner, Director

The Committee on Aging for Randolph County, Inc.
PO Box 727 (5th Street & Railroad Avenue)
Elkins, WV 26241
Telephone: 304-636-4747
Fax: 304-637-4991
Email: lward@rcscwv.org
Website: www.randolphcountyseniorcenter.com
Laura Ward, Director

Ritchie County Integrated Family Services
PO Box 195 (521 South Court Street)
Harrisville, WV 26362
Telephone: 304-643-4941
Fax: 304-643-4936
Email: csummers@zoominternet.net
Cindy Summers, Director

Roane County Committee on Aging, Inc.
811 Madison Avenue
Spencer, WV 25276
Telephone: 304-927-1997
Fax: 304-927-2273
Email: jhaverty@rccoawv.org
Julie Haverty, RN, Director

Summers County Council on Aging
120 2nd Avenue
Hinton, WV 25951
Telephone: 304-466-4019
Fax: 304-466-1890
Email: lin.goins@summersseniors.com
Website: www.summersseniors.com
Mr. Lin Goins, Director

Taylor County Senior Citizens, Inc.
52 Trap Springs Road
Grafton, WV 26354
Telephone: 304-265-4555
Fax: 304-265-6083
Email: taylorcscfm@aol.com
Frank Mayle, Director

Tucker County Senior Citizens, Inc.
217 Senior Lane
Parsons, WV 26287
Telephone: 304-478-2423
Fax: 304-478-4828
Email: rdnestor@hotmail.com, sully0818@yahoo.com
Roxanne Tuesing, Director

Council of Senior Tyler Countians, Inc.
PO Box 68 (504 Cherry Street)
Middlebourne, WV 26149
Telephone: 304-758-4919
Fax: 304-758-4680
Email: amy.cstcwv@frontier.com
Amy Haught, Executive Director

Upshur County Senior Citizens Opportunity Center, Inc.
28 North Kanawha Street
Buckhannon, WV 26201
Telephone: 304-472-0528
Fax: 304-472-6424
Email: acook@upwvsc.org
Website: www.upwvsc.org
Allen Cook, Director

Superior Senior Care (Wayne County)
360 Main Street
Hamlin, WV 25523
Telephone: 304-824-3448
Fax: 304-824-7662
Email: lcoc@zoominternet.net
Website: www.lincolncountyopportunity.net
William F. Carpenter, Jr., Director
(In-home services, meals, and transportation in Stepptown provided by Coalfield Community Action Partnership, Inc.)

Webster County Commission of Senior Citizens
148 Court Square
Webster Springs, WV 26288
Telephone: 304-847-5252
Fax: 304-847-7182
Email: webcosencitz@frontiernet.net
Debby Moore, Director

Wetzel County Committee on Aging (IIIB)
145 Paducah Drive
New Martinsville, WV 26155
Telephone: 304-455-3220
Fax: 304-455-0280
Email: wetzelccoa@suddenlinkmail.com
Mary Ash, Director

Wirt County Committee on Aging, Inc.
PO Box 370 (74 Senior Circle)
Elizabeth, WV 26143
Telephone: 304-275-3158
Fax: 304-275-4631
Email: wccoa@suddenlinkmail.com
Lorraine Roberts, Director

Wood County Senior Citizens Association, Inc.
914 Market Street, Suite 106
Parkersburg, WV 26101
Telephone: 304-485-6748
Fax: 304-485-8755
Email: programs@wccoa.net
Karyl Krulicki, Board President

Council on Aging (Wyoming County)
PO Box 458 (695 Mountaineer Highway)
Mullens, WV 25882
Telephone: 304-294-8800; 800-499-4080
Fax: 304-294-8803
Email: gibsonj@wccoa.com
Website: www.wccoa.com
Jennifer Gibson, Director

Funding and Support Provided by the WV Bureau of Senior Services www.state.wv.us/seniorservices and the Administration for Community Living. www.acl.gov

Mission West Virginia
Relatives As Parents Program (RAPP)
168 Midland Trail, Suite 1
Hurricane, West Virginia 25526
(866) CALL-MWV - 304-562-0723
www.missionwv.org