



**PREVENTION FIRST** is a proactive, comprehensive stance to showcase the importance of substance abuse prevention throughout West Virginia. This approach provides a clear, consistent, strong message to community members, lawmakers, and other key stakeholders that “prevention” is an integral part of the continuum of care and that prevention is a critical component of any thriving community.

Contact a Prevention Lead Organization to engage with prevention efforts in your region!

### Prevention Lead Organizations

#### REGION 1:

*Hancock, Brooke, Ohio, Marshall, Wetzel*  
Lori Bumba  
Youth Services System, Inc.  
(304) 233-2045  
lori.impactov@gmail.com

#### REGION 2:

*Pendleton, Grant, Hardy, Mineral,  
Hampshire, Morgan, Jefferson, Berkeley*  
Paige Mathias  
Potomac Highlands Guild  
304-257-1155  
paigem@potomachighlandsguild.com

#### REGION 3:

*Tyler, Pleasants, Wood, Ritchie, Jackson,  
Wirt, Roane, Calhoun*  
Shelly Mize  
Westbrook Health Services  
304-927-5200 ext 410  
smize@westbrookhealth.com

#### REGION 4:

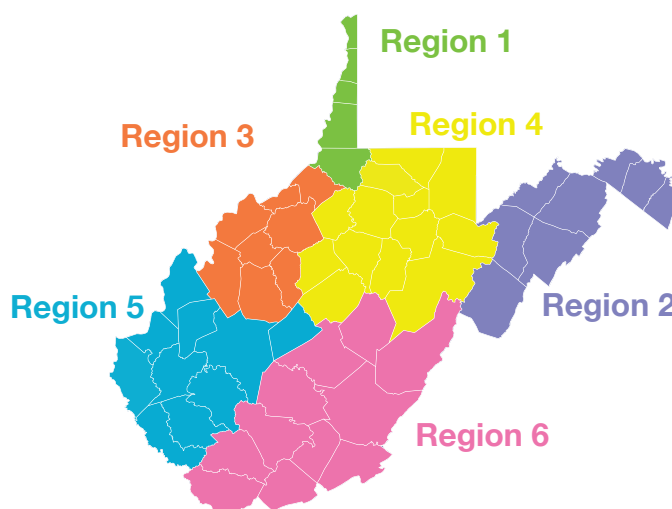
*Monongalia, Preston, Marion, Doddridge,  
Harrison, Taylor, Barbour, Tucker, Gilmer,  
Lewis, Upshur, Randolph, Braxton*  
Elizabeth Shahan  
Harrison Co. FRN  
304-423-5049  
harrisoncountyrn@gmail.com

#### REGION 5:

*Mason, Putnam, Kanawha, Clay, Cabell,  
Wayne, Mingo, Logan, Lincoln, Boone*  
Kim Shoemake  
Prestera Center  
304-412-7036  
Kimberly.Shoemake@prestera.org

#### REGION 6:

*Webster, Pocahontas, Nicholas, Fayette,  
Greenbrier, Raleigh, Summers, Monroe,  
Wyoming, Mercer, McDowell*  
Greg Puckett  
Community Connections  
304-913-4956  
drugfree@strongcommunities.org



# West Virginia RESOURCES

Two websites have been developed to promote the resources, services, events and trainings in our state related to substance abuse prevention:



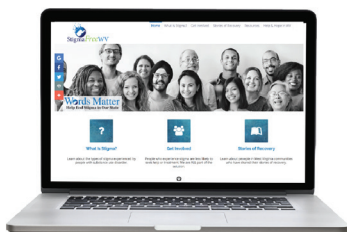
HelpandHopeWV.org



**Help & Hope WV** connects people to information, tools, directory of services, calendar of trainings, and events across the state.



StigmaFreeWV.org



**StigmaFree WV** provides information about the types of stigma experienced by individuals with substance use disorder, stories of recovery, and how people can get involved.

*Funded with Federal Strategic Prevention Framework for Prescription Drugs Funds administered through the West Virginia Department of Health and Human Resources' Bureau for Behavioral Health*

## GET HELP



HEL4WV offers a 24/7 call, chat, and text line that provides immediate help for any West Virginian struggling with an addiction or mental health issue.

[www.help4wv.com](http://www.help4wv.com)



Substance Use and Mental Health Treatment Locator:

<https://findtreatment.samhsa.gov/>

1-800-662-HELP (4357) | 1-800-487-4899 (TTY)



Alcohol Treatment Navigator:

<https://alcoholtreatment.niaaa.nih.gov/>



Find a Narcotics Anonymous Meeting Near You

<https://www.na.org/meetingsearch/>



Find an Alcoholics Anonymous Meeting Near You

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



National Suicide Prevention Lifeline  
1-800-273-8255



A PUBLIC SERVICE OF THE HSC CHARLESTON DIVISION

Have an emergency? Call 1-800-222-1222

<http://wvpoisoncenter.org>



Prevent Suicide WV - Get Help:

<https://preventsuicidewv.org/help/?cat=help>



For 24/7 help with a gambling problem, contact:

<https://www.1800gambler.net/>

West Virginia

Center for Local Health

Find Your Local Health Department:

<http://dhhr.wv.gov/localhealth/Pages/Map.aspx>