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
West Virginia Prevention Solutions
304-423-5049
WVPSDirector@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
Two websites have been developed to promote the resources, services, events and trainings in our state related to substance abuse prevention:

**Help & Hope WV**

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

HelpandHopeWV.org

**StigmaFree WV**

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.

StigmaFreeWV.org

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

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**GET HELP**

For 24/7 Help With a Substance Use or Mental Health Issue
1-844-435-7498; www.help4wv.com

FindTreatment.gov

Substance Use and Mental Health Treatment Locator
https://findtreatment.gov
1-800-662-HELP (4357); 1-800-487-4899 (TTY)

Alcohol Treatment Navigator
https://alcoholdreatment.niaaa.nih.gov/

Find a Narcotics Anonymous Meeting Near You
https://preventsuicidewv.com/help/?cat=help

Find an Alcoholics Anonymous Meeting Near You
http://www.aa.org/

West Virginia Poison Control
http://wvpoisoncenter.org

National Suicide Prevention Lifeline
1-800-273-8255

Find Your Local Health Department
http://dhhr.wv.gov/localhealth/Pages/Map.aspx

Help304 West Virginia’s Emotional Strengthline
HELP304 provides social, emotional, and supportive counseling via call, text, and chat. http://help304.com/