



844  
HELP 4 WV

WV's Addiction & Mental Health Helpline



**WV has the highest overdose rate in the nation.**

**This program was developed after a series of town hall meetings revealed that the two main barriers to addiction treatment were access and navigation.**



We take about 20,000 helpline calls/texts/chats per year.

This line is 24/7!

Follow-up is offered.



Over 1,000 resources available,  
most right here in WV!

Callers are offered detox, short & long  
term in-patient treatment, sober homes,  
MAT, counseling, support groups, peer  
support, and multiple online resources.



# Worried about your child's behavior or mental health?

Children's Crisis & Referral Line  
Help In **YOUR** community

CALL 

CHAT 

TEXT 

844  
**HELP 4 WV**

Funding provided by the WV Department of Health and Human Resources, Bureau for Behavioral Health with a federal grant from SAMHSA



# Children's Crisis and Referral Line

- Anyone in WV concerned about a child in their care may call this line for guidance, support, and referrals
- All areas of the state are served by comprehensive mental health centers, regional youth centers, and mobile crisis response team
- The focus of this line is finding community resources, either outpatient or in home, for the child.

1♥800♦GAMBLER

The Problem Gamblers Help Network of West Virginia

# West Virginia – THE STATE OF GAMBLING

Places to play Limited Video Lottery  
1,230

As of 2019



WV Lottery gross annual sales  
\$972 million



Slots at the 5 casinos  
5,984



Places to buy Powerball/instant games  
1,521

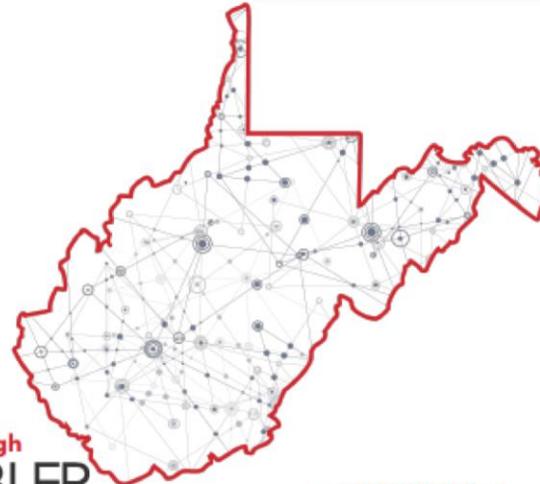
1 in 50 West Virginians has a **gambling problem**

Horse racing, dog racing, & table games are available

**5** casinos have

**RETAIL SPORTSBOOKS**  
(available at the casino)

iGaming and mobile sports betting available statewide



Over 15,000 intakes through  
**1-800-GAMBLER**  
The Problem Gambling Help Network of WV  
(and counting)

[www.1800GAMBLER.net](http://www.1800GAMBLER.net)





—**Had Enough?**—  
**1♥800♦GAMBLER**

**wv problem gambling help**

1-800-GAMBLER provides fast, free, confidential help for those struggling with problem gambling. We have a 24-hour helpline, referrals to gambling addiction specialists, support groups, and much more!

**Signs of problem gambling:**

- Trying unsuccessfully to cut back or quit
- Returning as soon as possible to regain losses
- Lying to family members or friends
- Feeling the need to bet more and more
- Gambling to escape problems
- Receiving a bailout from others
- Thinking about gambling often
- Jeopardizing relationships and/or opportunities
- Feeling restless or irritable when quitting



TELEPHONE & CHAT HELP AVAILABLE  
24/7!

CALLERS ARE OFFERED AN INITIAL  
THERAPEUTIC INTERVENTION & REFERRED  
TO SUPPORT GROUPS AND RETREATMENT  
WEEKENDS.

LONG TERM FOLLOW-UP AND TREATMENT  
MANAGEMENT IS OFFERED.

- YOUTH GAMBLING IS GROWING. YOUTH ARE 2-4 X MORE LIKELY TO DEVELOP PROBLEM GAMBLING SYMPTOMS THAN ADULTS. OUR SURVEYS OF WV MIDDLE AND HIGH SCHOOLERS SHOW THAT MANY GAMBLE AND ARE ALREADY EXHIBITING SYMPTOMS.

- THE BIG ISSUE, WHICH IS AFFECTING KIDS AND ADULTS ALIKE, IS THE CONVERGENCE OF GAMING AND GAMBLING. GAMES HAVE GAMBLING ELEMENTS SUCH AS SOCIAL CASINOS AND LOOT BOXES AND THE SAME TYPE OF INTERMITTENT RISK/REWARD SYSTEMS THAT GAMBLING PLATFORMS USE. GAMBLING PLATFORMS NOW LOOK MORE THAN EVER LIKE THE GAMES YOUTH PLAY.



# West Virginia Foundation for Rape Information and Services



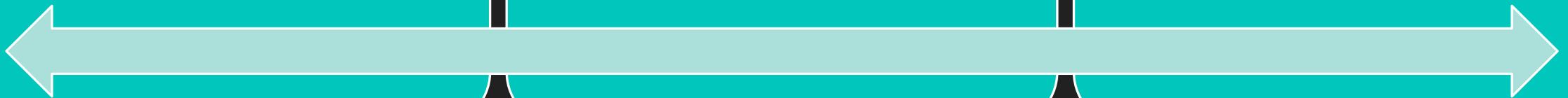
Established in 1982,  
comprised of the state's  
rape crisis centers (rccs)



Develop intervention and  
prevention programs



Offer technical assistance,  
training, and resource  
development



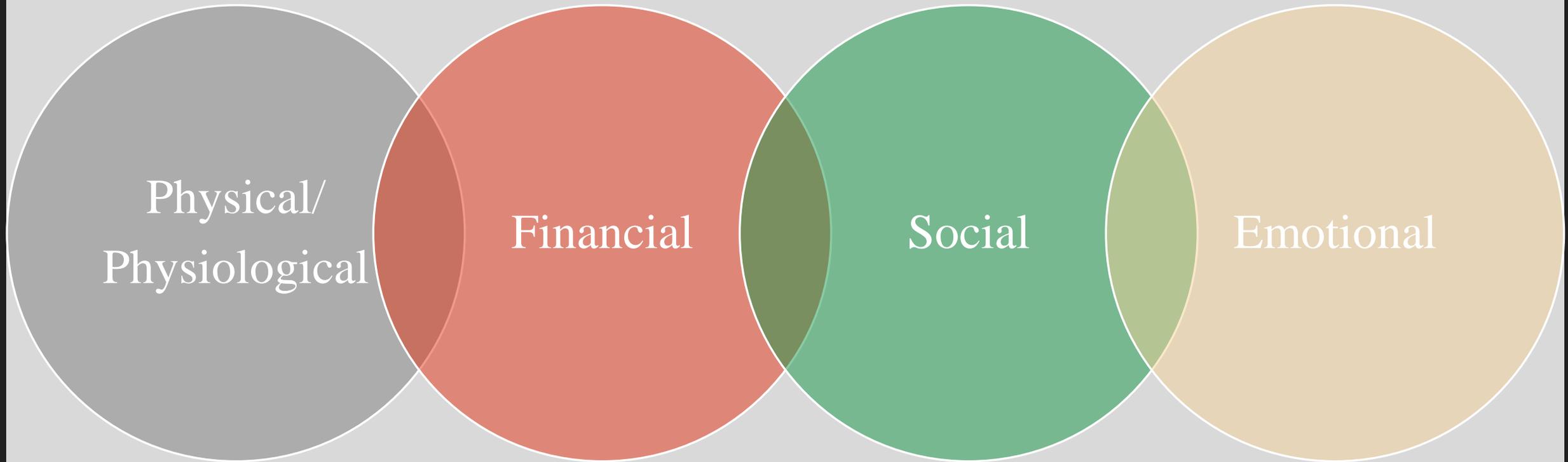


# Focus Areas

Sexual Violence  
Stalking  
Human Trafficking



# Impact



Physical/  
Physiological

Financial

Social

Emotional

# Trauma- Informed

- When appropriate, assess for trauma
- Expect the presence of trauma
- Access your physical space (e.g, office) to make it more trauma-informed and accessible

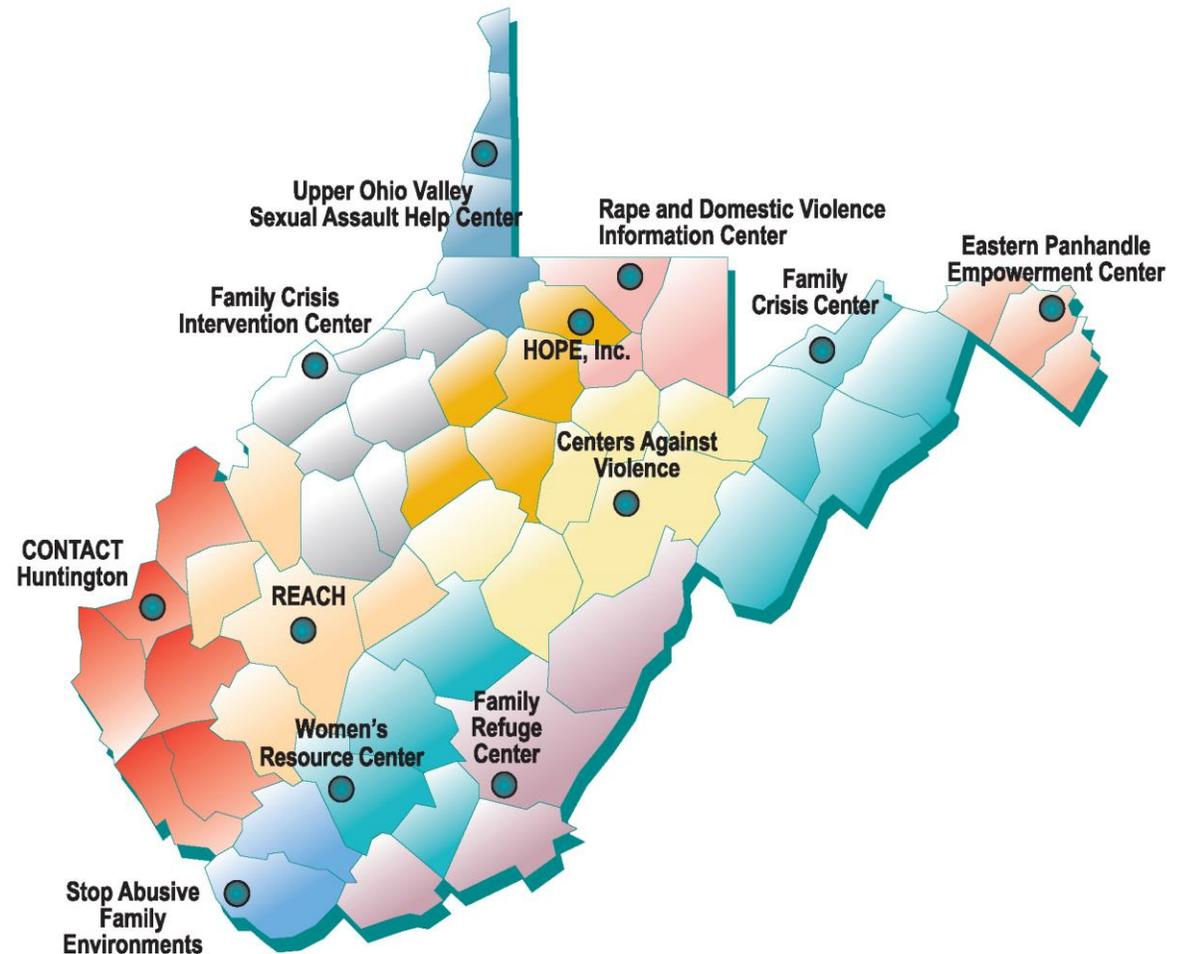
# Survivor- Centered

- Be prepared for disclosures
  - Believe them
  - Help them identify their needs
  - Make appropriate referrals
- Be attentive (active listening, eye contact)

# WV Rape Crisis Center Services

## Free and Confidential

- Hospital Accompaniment
- 24/7 Crisis Intervention
- Advocacy
- Hotline
- Supportive Counseling



# Marshall University Counseling Center Medication Management

Dr. Bobbie Taylor, DNP, APRN-BC, MSN, RN

Who can be seen?

Students

Graduate  
Students

# Screenings

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Anxiety

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Depression

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Bipolar/mood disorders

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PTSD

# Treatment

Anxiety

Depression

Bipolar/mood  
disorders

PTSD

Test Anxiety

Limited  
treatment for  
Sleep

Limited  
treatment for  
ADHD

# Referrals

Marshall Health-Psychiatry

Marshall University-Psychology  
Department

- ADHD
- Learning Disabilities

Marshall University-Disability  
Services

Questions?





# Ram's Resilience

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From Shepherd University's Main Page:

- RamPulse (quick link at the top of the page)
  - Click on *Organizations*
  - Search words: "Rams Resilience"
  - Link to request a coach:  
[Request a Free Coach through Greater Recovery and Community Empowerment \(GRACE\)](https://www.strengtheningrace.com/request-a-free-recovery-life-coach)  
<https://www.strengtheningrace.com/request-a-free-recovery-life-coach>
- Recovery Coach/Life Coach online classes offered at Shepherd (synchronous via zoom) are in January and May in the NURS and PSYC
- Students earn 3 credit hours
- Other online class time offerings for this Recovery Coach/Life Coach course can be found at:  
[Recovery Coach Statewide Academics](http://www.strengtheningrace.com/wvrca)  
[www.strengtheningrace.com/wvrca](http://www.strengtheningrace.com/wvrca)



ALLIANCE FOR THE  
ECONOMIC DEVELOPMENT  
OF SOUTHERN WEST VIRGINIA  
*Higher Education Means Jobs*

# Hope for the Future: Recovery in Higher Education

Why is this important- In Context of the Opioid Crisis

2019- Small study at WVU n=214

90% white, 72.5% female, had a mean age of 24.8

Over half previously received a prescription opioid (51.9%).

6.5% reported witnessing an overdose in the past year

15.9% previously received naloxone training

## WVODCP Data Dashboard

Since 2015 we have lost 60 children and teens under the age of 19 to fatal overdose, 10 of those in 2020

We have lost 832 20-29-year-olds since 2015, 164 of those in 2020

2020 WV Health Statistics Center found 15 recorded deaths that listed student as their occupation.

# Part of the Solution Collegiate Recovery

A Supportive Environment within the campus culture that reinforces the decision to disengage from an addictive behavior.

Educational opportunity alongside recovery support to ensure that students do not have to sacrifice one for the other.

Collegiate Recovery Program are designed to provide:

Accountability for recovering students that comes from both higher education staff and peers.

A normative college experience for individuals in recovery from addictive disorders a part from the culture of drinking that is present on today's campuses.

**Vision:** We envision every student in or seeking recovery will have a supportive community and array of resources at any institution of higher education in WV.

**Mission:**

Create a culture that promotes recovery, inspires hope and values respect

To empower institutions to embrace and promote a recovery supportive college experience for any potential or current student in or seeking recovery

To make recovery the norm in WV higher education

To affirm and inspire hope among students living and thriving in recovery to reach their fullest potential

# West Virginia Southern Alliance Partners

- ▶ *Bluefield State College*
- ▶ *BridgeValley Community & Technical College*
- ▶ *Concord University*
- ▶ *Marshall University*
- ▶ Mountwest Community & Technical College
- ▶ New River Community & Technical College
- ▶ *Southern West Virginia Community & Technical College*
- ▶ *West Virginia School of Osteopathic Medicine*
- ▶ *West Virginia State University*
- ▶ West Virginia University Institute of Technology
- ▶ University of Charleston

Collaborating institutions: WVU & Eastern CTC

# Peer Support Specialist Staff

- ▶ *BridgeValley Community & Technical College - Mike Kute*
- ▶ *Bluefield State- Burton Pizzino*
- ▶ *Concord University - Brandon Whitehouse, PRSS*
- ▶ *Marshall University- Chasity Street & Rebecca Tomblin*
- ▶ *New River CTC- Melinda Price*
- ▶ *Southern West Virginia Community & Technical College- Nikki Chafin*
- ▶ *West Virginia State University- Open*
- ▶ *WVSOM- Jennifer Crane*

*Jobs are posted at [www.marshall.edu/crn](http://www.marshall.edu/crn) “Join Our Team”*

## RECOVERY IS THE EXPECTATION NOT THE EXCEPTION WHEN INDIVIDUALS HAVE A COMMUNITY AND SUPPORTIVE ENVIRONMENT

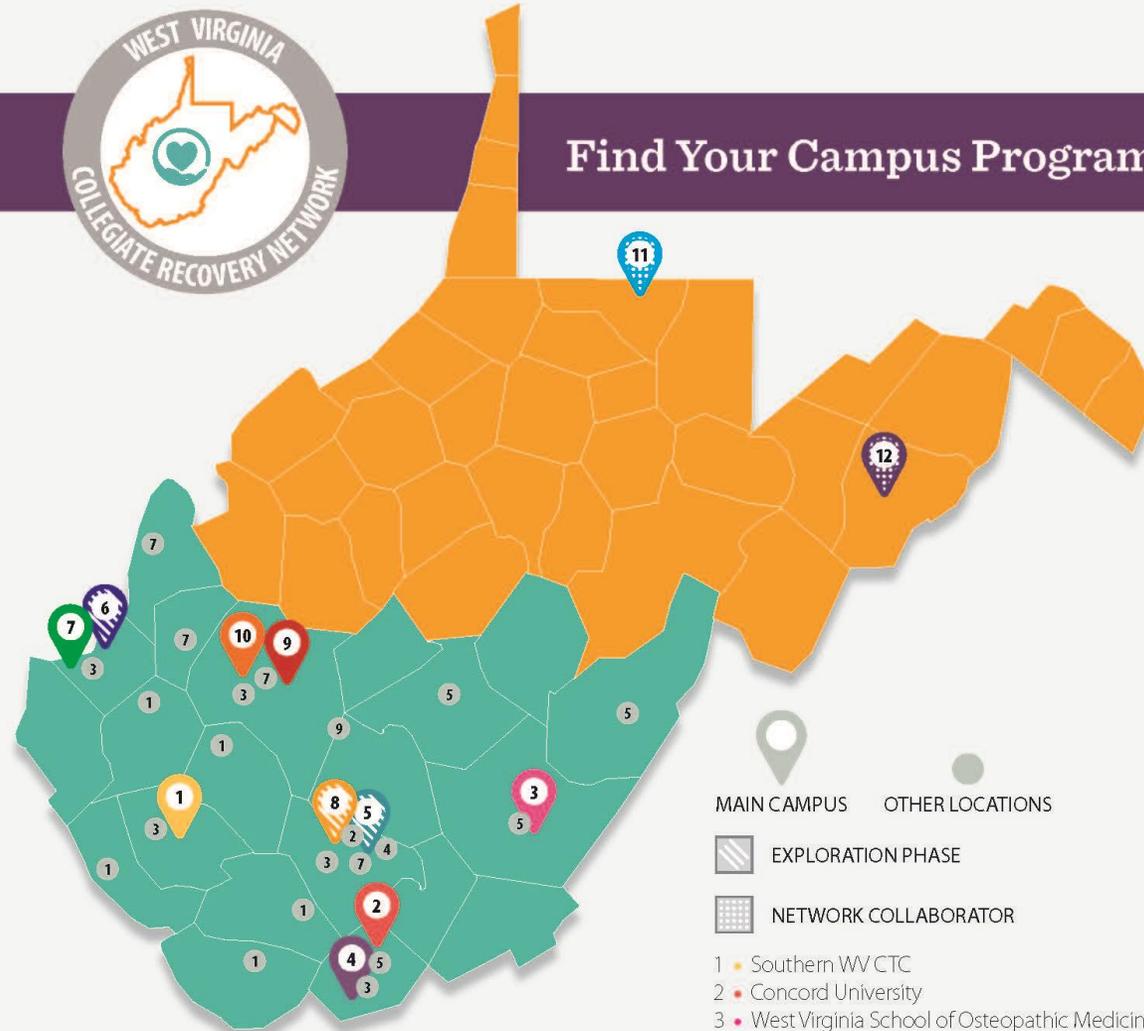
The West Virginia Collegiate Recovery Network (WVCRN) is a resource for information, training and technical assistance for any West Virginia college or university that wants to create a recovery community. **WVCRN is a grant funded innovative partnership, offering peer recovery support services on seven higher education campuses.** Through support, education and campus advocacy, we aim to create an inclusive environment and supportive community to help students, faculty and staff thrive.

This network is a project of the Alliance for the Economic Development of Southern West Virginia, a joint venture among 10 higher education institutions in southern West Virginia, to promote economic and community development across the region. Learn more about the Alliance at [www.marshall.edu/aedswv](http://www.marshall.edu/aedswv).

The Alliance's network provides funding to support collegiate recovery at the following institutions: BridgeValley Community and Technology College, Bluefield State College, Concord University, Marshall University, Southern West Virginia Community and Technical College, West Virginia Osteopathic School of Medicine and West Virginia State University, working with the following behavioral health centers: Pretera Center, Seneca Health Services and Southern Highlands Community Mental Health.



## Find Your Campus Program



↶ Alliance Indicated in Teal

- MAIN CAMPUS
- OTHER LOCATIONS
- EXPLORATION PHASE
- NETWORK COLLABORATOR
- 1 • Southern WV CTC
- 2 • Concord University
- 3 • West Virginia School of Osteopathic Medicine
- 4 • Bluefield State College
- 5 • New River CTC
- 6 • Mountwest CTC
- 7 • Marshall University
- 8 • WVU Tech
- 9 • BridgeValley CTC
- 10 • WV State University
- 11 • West Virginia University
- 12 • Eastern West Virginia CTC

### COMMUNITY SUPPORT SERVICES:

Available to community residents, students, faculty, staff, friends and family members.

- Individual Peer Support Services
- Ally Training
- Naloxone Training

### GROUP SUPPORT SERVICES:

- Mindfulness & Meditation
- SMART Recovery
- SMART Recovery for Friends and Family
- Depression and Bipolar Support
- All Recovery Meetings

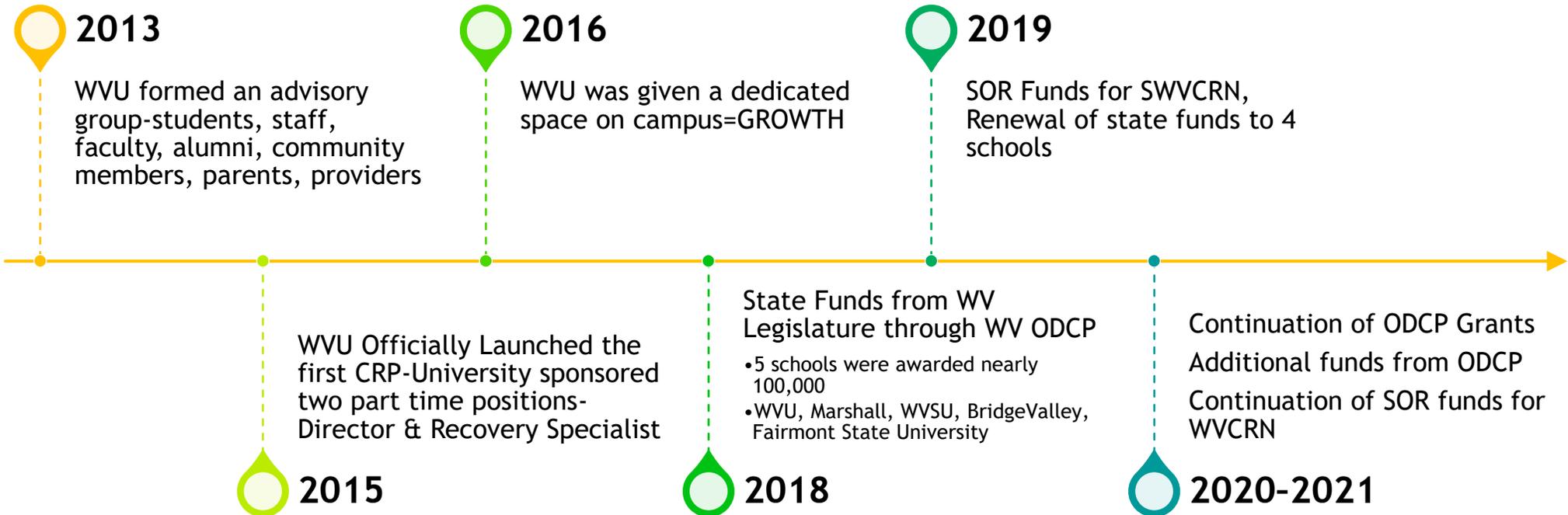
### VISION:

We envision every student in or seeking recovery will have a supportive community and array of resources at any institution of higher education in West Virginia.

### MISSION:

- To create a culture on campuses across West Virginia that promotes recovery, inspires hope and values respect.
- To empower institutions to embrace and promote a recovery supportive college experience for any potential or current student in or seeking recovery.
- To make recovery a norm for West Virginia higher education institutions, resulting in greater access to resources for not only for students in or seeking recovery, but also for faculty, staff and area residents.
- To affirm and inspire hope among students living and thriving in recovery to reach their fullest potential. Values: Respect for multiple pathways, inclusion, diversity and equity.

# Development of Collegiate Recovery in WV

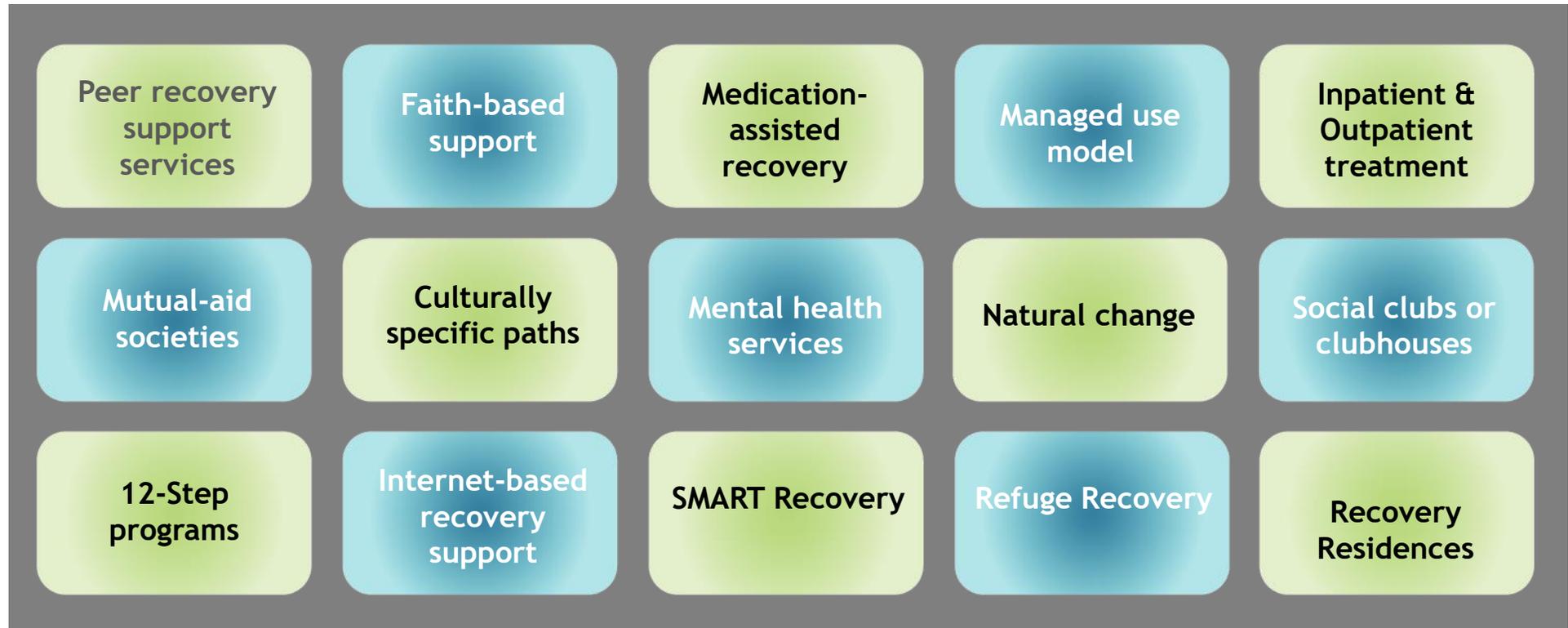


# Refining Recovery

The National Recovery  
Science Research  
Collaborative Consensus  
Definition of Recovery  
from 2017:

“Recovery is an intentional, dynamic, and relational process involving sustained efforts to improve multiple aspects of wellness, which may vary by individual, social, and experiential contexts.”

# Pathways to Recovery



Collegiate recovery communities and programs are designed by and for students in recovery.

## Collegiate Recovery

Is a national movement

Is an emerging and innovative field

Addresses the unique challenges recovery students face in a collegiate environment

Is Evolving & Inclusive

# What is a Collegiate Recovery Community (CRC) or Program (CRP)?



Housed within Institutions of Higher Education that confer degrees



Have paid, qualified, trained, ethical, and dedicated professionals who support students in recovery



Have dedicated physical space for students in recovery to gather and support one another



Provide a variety of recovery support programmatic elements to assist students in maintaining and protecting their recovery



Have within them a community of students who offer each other peer support



Often identify and collaborate with on and off campus partners and stakeholders



Non-Profit entities

# Why bring recovery to campus?

Equity & Inclusion- the recovering population is often underserved and marginalized

Aligns with values of higher education

It is the right thing to do

Financially wise investment

It is effective & enhances the campus community

“To truly promote diversity on college campuses, colleges and universities must have initiatives that recognize and support students in recovery.” (Brown, A.M., 2020)

# Events, Services & Projects



ALLIANCE FOR THE  
ECONOMIC DEVELOPMENT  
OF SOUTHERN WEST VIRGINIA  
*Higher Education Means Jobs*

- Naloxone Training- weekly and by special arrangement
- Recovery Ally Training
- Multiple open weekly support groups
- WV Higher Education SUD Continuum of Care Collaborative
- Harm Reduction in Higher Education Survey
- Two Statewide Conferences

# Collaborators & Partnerships

WVDHHR BBH

WVDHHR ODCP

WV Higher  
Education  
Policy  
Commission

WV Community  
& Technical  
College System

First Choice  
Services

WV Drug  
Intervention  
Institute

WV Reentry  
Councils

Prevention  
Lead  
Organizations

Jobs & Hope

WVCIA

WVASPA

WV Recovery  
Advocacy  
Project

# Impact



ALLIANCE FOR THE  
ECONOMIC DEVELOPMENT  
OF SOUTHERN WEST VIRGINIA  
*Higher Education Means Jobs*

**Through September 29, 2021**

**Individual & Group Attendees: 458**

**Naloxone Training: 844**

**Naloxone Distribution: 745**

**Ally Training: 286**

**Outreach: 1532**

**Medication disposal pouches: 50**

# Call to Action



ALLIANCE FOR THE  
ECONOMIC DEVELOPMENT  
OF SOUTHERN WEST VIRGINIA  
*Higher Education Means Jobs*

- Use recovery-oriented, non-stigmatizing language
- Get trained and carry naloxone (& advocate for naloxone on campus)
- Become a Recovery Ally
- Contact your alma mater and ask if they have a CRC/CRP
- Reach out to students & potential students
- Launch an anti-stigma campaign
- Join ARHE & WVCRN
- Be THE ONE

BE THE  ONE.

c a r r y n a l o x o n e





ALLIANCE FOR THE  
ECONOMIC DEVELOPMENT  
OF SOUTHERN WEST VIRGINIA  
*Higher Education Means Jobs*

“No one should have to choose between recovery and a college education.”

Patrice Salmeri-Augsburg University

For more information:

Susie Mullens

[mullens20@marshall.edu](mailto:mullens20@marshall.edu)

304-614-7177

SWVCRN Website

<https://www.marshall.edu/crn/>

Facebook @crnwv



# Mission

The mission of WV DII is to reduce drug deaths in West Virginia through charitable, educational and service activities.

- Prevention
- Education
- Community Outreach
- Research and Evaluation

# ABOUT US



West Virginia Drug Intervention Institute, Inc. , is an independent 501(C)(3) entity located in Charleston. The primary focus of WV DII is to reduce drug deaths in West Virginia through charitable, educational and service activities.

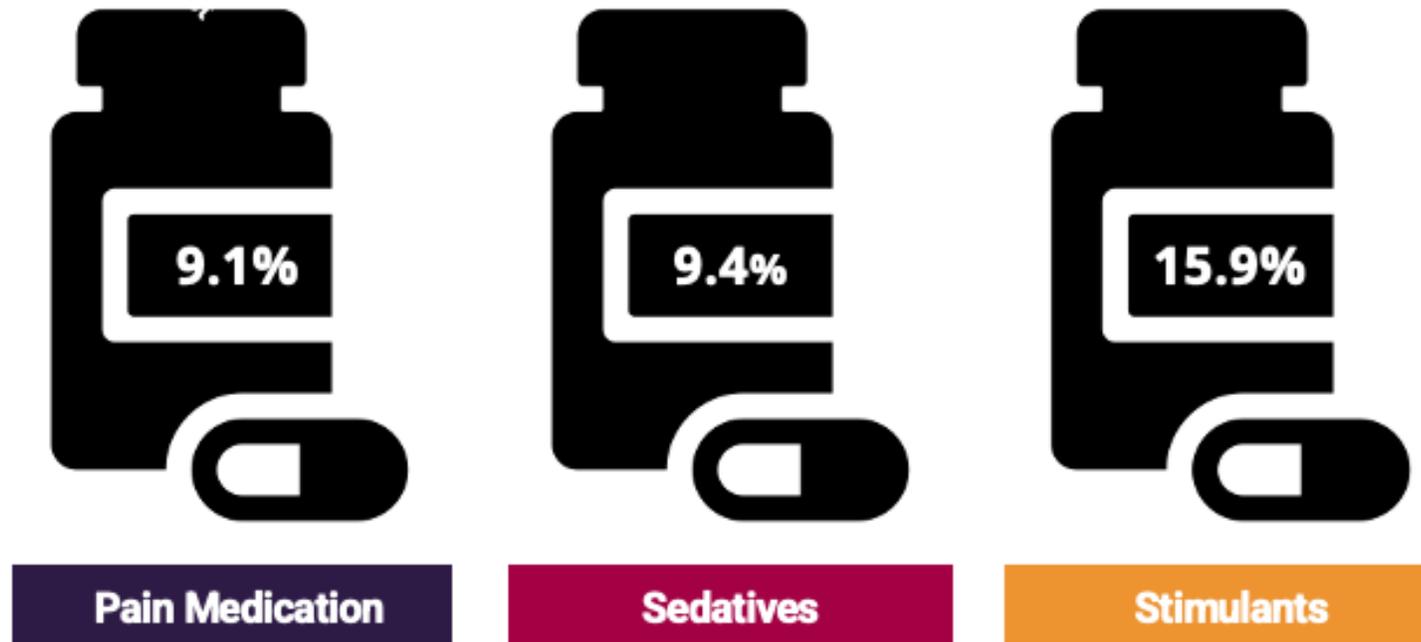
SmartRx University is a medication safety and responsibility program developed by the WV DII, through a grant provided by the Maier Foundation. The goal of this program is to provide medication safety education on collegiate campuses across West Virginia and to reduce prescription misuse.



# College Prescription Drug Study

By the Ohio State University, 2018

Have you ever used the following for non-medical reasons?



# 2021-2022 SmartRx University

- Understand the importance of medication safety and responsibility
  - Instill safe medication practices
- Social norming: most college students DON'T misuse prescription medication

Tinina McCourt, Program Coordinator [Tinina@wvdii.org](mailto:Tinina@wvdii.org)  
Jessica Napier-Eagle, Education Director [Jessica@wvdii.org](mailto:Jessica@wvdii.org)  
Dr. Susan Bissett, President of WVDII: [Susan@wvdii.org](mailto:Susan@wvdii.org)

**We've been there.  
We can help.**



**Depression and  
Bipolar Support  
Alliance WV**

**304-376-7438 • [dbsawv.org](http://dbsawv.org)**

join us on  
facebook



Follow us on  
*Instagram*



# Depression and Bipolar Support Alliance

Note to self:

When things feel  
overwhelming, remember:

- One thought at a time
- One task at a time
- One day at a time

- Find a support group
- Start a support group
- Share mental health awareness messages

<https://www.facebook.com/dbsawv.org/>



Mission  
**WEST VIRGINIA**

# Who Is Mission West Virginia?

## **Pregnancy Prevention Program**

- ▶ THINK (Teaching Health Instead of Nagging Kids)
  - Runs 7 pregnancy prevention programs in the state of West Virginia through federal and state grants
  - Has provided services to over 100,000 students in 29 counties
  - Teach evidence-based curriculum on healthy relationships and pregnancy/STI prevention in high schools and middle schools

## **FrameWorks**

- ▶ Recruits family to foster/adopt in West Virginia
- ▶ Helps families navigate the certification process in fostering/adoption
- ▶ Provides support to kinship caregivers
- ▶ Provides education opportunities, support and encouragement to youth who are in foster care

# Contact Us!

For more information, please visit our website:

- ▶ [www.missionwv.org](http://www.missionwv.org)

If you have questions about foster care or adoption, you can contact our family liaison, Cheryl:

- ▶ (304) 512-0555

If you are interested in us serving your youth with our Teen Pregnancy Prevention Program, please contact our THINK Director, Jill Gwilt:

- ▶ (304) 562-0723
- ▶ 866-CALL-MWV



Mission  
WEST VIRGINIA

# Ways To Get Help!

- ▶ **National Eating Disorder Association (NEDA)**
  - ▶ Website: [Nationaleatingdisorders.org](http://Nationaleatingdisorders.org)
    - ▶ Chat online
    - ▶ Database to locate eating disorder services near you
    - ▶ Resources
  - ▶ Phone: 1-800-931-2237
  - ▶ 24/7 Crisis Text Line: Text "NEDA" to 741741
- ▶ **NAMI (National Alliance on Mental Illness)**
  - ▶ Website: [Nami.org](http://Nami.org)
    - ▶ Resources and information on eating disorders and other mental health issues
  - ▶ Phone: 1-800-950-NAMI (6264)



# Ways to Get Help!



## ▶ **Anorexia Nervosa and Associated Disorders (ANAD)**

- ▶ Website: [anad.org](http://anad.org)
  - ▶ Free information/resources
  - ▶ Online Support Groups
  - ▶ Treatment Directory/Referral Resources
- ▶ Phone: 1-888-375-7761 (Monday-Friday 9am-9pm CST)
  - ▶ If you think you have an eating disorder
  - ▶ If you think someone else has an eating disorder
  - ▶ Treatment referrals
  - ▶ Support and encouragement
  - ▶ General questions about eating disorder

## ▶ **Request a Peer Support Mentor**

- ▶ Mentee Eligibility
  - ▶ Free; Applications MUST be in outpatient services (counseling)
  - ▶ Applicants' therapist MUST provide a recommendation for mentorship program
  - ▶ Applications under the age of 18 will require parental consent
  - ▶ Applications must reside in the US
  - ▶ All mentors have battled an ED and have been in recovery for at least 2 years
- ▶ Mentorship Format
  - ▶ Mentorships last 6 months – 1 year
  - ▶ Mentors and mentees meet for at least 1 hour of peer support every week
  - ▶ Mentoring is provided via phone or video conferencing
  - ▶ Mentors and mentees are prohibited from meeting in person

# Ways To Get Help!

## ▶ **SAMHSA (Substance Abuse and Mental Health Services Administration)**

- ▶ Website: [Samhsa.gov](http://samhsa.gov)
  - ▶ Offers free resources on mental health issues and substance use issues
- ▶ National Helpline: 1-800-662-HELP (4357)
  - ▶ free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

## ▶ **West Virginia Crisis Support Services**

- ▶ Website: [Help4WV.com](http://Help4WV.com)
  - ▶ Offers state resources and referrals for mental health and substance use concerns through a database system
  - ▶ Online chat support
  - ▶ Assistance available 24/7/365
- ▶ Phone: 1-844-HELP4WV (1-844-435-7498)
- ▶ Text Support: 1-844-435-7498



# EMERGENCY

Note: If you suspect a medical or psychiatric emergency, such as threats of suicide or medical complications from eating disorder behaviors (such as fainting, heart arrhythmias, or seizures), seek medical attention or call 911 immediately



# Questions???

Contact me!

Autumn Wagoner, MSW, LICSW  
awagoner@missionwv.org



**877 HELP 304**

**WV'S EMOTIONAL STRENGTHLINE**

Crisis Counseling Assistance and Training Program



## Purpose:

Help 304 provides 24-7 crisis and emotional support to individuals and families in helping them recover from natural and human-caused disasters through community outreach and immediate access to mental health services



## Why:

- COVID-19
- Job-loss
- Reduced Income
- Housing instability
- Food Shortage
- Life is hard...sometimes we just need to talk to someone



### Goals & Principles:

- Helping disaster survivors understand their current situation and reactions
- Reducing stress and providing emotional support
- Assisting survivors in problem-solving and connecting to relevant agencies, resources and services
- Promoting the use of or development of coping strategies



## What makes this different from other support programs?

- Strengths-based
- Anonymous
- Designed to strengthen existing community support systems



## Services?

- Crisis Counseling
- De-Escalation
- Community networking and support
- Emotional Support Group(s)
- Point of entry for referral-based services

