



MCDOWELL
RESOURCE
DIRECTORY



Updated: May 2026

**MCDOWELL
COUNTY
RESOURCES
BOOKLET**



Our Partners

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A Caring Alternative

361 North Main Street

Marion, NC 28752

Phone: (828) 652-5444

Website: <https://www.caringalternative.com/>

A Caring Alternative, LLC (ACA) is a well-established comprehensive care agency providing behavioral health and substance use disorder services to adults, adolescents, and children in Western North Carolina. Child, Adolescent and Family services are currently serving in Buncombe, Burke, Caldwell, Catawba and McDowell Counties. Programs available are Therapy Services (School-based, Individual, Family, Integrated Care, Group therapy, Trauma Focused Cognitive Behavioral Therapy, Substance Use Disorder Services, Active Parenting of Teens-Families in Action, Psychiatric Care and Medication Management), Intensive In-Home Services, Therapeutic Foster Care, Day Treatment Services (Buncombe and McDowell Counties) and Services only for Burke and Catawba Counties are Hospital Discharge Planning and Assertive Engagement.

Adolescent Parenting Program

McDowell County Schools

33 S. Main Street

Marion, NC 28752

Phone: (704) 652-1040

Website: <http://main.nc.us/mcdowell/APP1.html>

The Adolescent Parenting Program was started in 1984 by the N.C. Department of Human Resources to help build positive parenting skills in adolescents. It is the goal of the program to offer free services leading to better parenting and economic self-support for pregnant and parenting teens in need. Participant goals are to attend school and earn a high school diploma or GED, to prevent a second pregnancy, to improve parenting skills, to acquire skills related to employment and to reduce dependency on welfare. Anyone 17 years of age or younger who is a first time parent or pregnant for the first time can participate. There are no income guidelines for the program and all services are free.

Children's Services Network

McDowell Technical Community College
54 College Drive
Marion, NC 28752

Phone: (828) 652-0637

Website: <https://mcdowelltech.edu/child-development-center>

Children's Services Network is a Free Child Care Resource and Referral Agency that is funded by Smart Start and the Division of Child Development. Children's Services Network acts as a catalyst to increase the availability, affordability, and quality of child care in McDowell County by providing a link between parents, early childhood professionals, and the community.

ComServ, Inc.

Corporate Office
105 Scroggs Court
Morganton, NC 28680
Phone: (828) 438-6026

Website: <https://www.comserve.org/>

ComServ, Inc. enhances the lives of persons with disabilities and their families by expanding opportunities of maximum growth and independence; promoting self-determination in inclusive and diverse environments; and providing services/supports for successfully achieving positive desired outcomes through individualized services, natural supports and participation in the community in which they live.

ComServ, Inc. services Alexander, Burke, Caldwell, Catawba, Cleveland, Gaston, Lincoln, and McDowell County.

ComServ offers a variety of services for children and adults with disabilities, including support with daily living, employment, respite care, developmental day services and residential options. Services are designed to help individuals build skills, increase independence, make choices and participate more fully in their communities.

- **Personal Assistance** – A state-funded service for adults with disabilities ages 21 and older. This service provides support with daily living, skill building, activities and therapy-related needs.
- **Respite Services** – A Medicaid-funded service that provides temporary support and relief for caregivers.
- **Supported Employment** – A service based on the belief that anyone can work with the right support. This program helps individuals with disabilities find and maintain jobs in the community.
- **A Place to Grow Developmental Day Center** – Located in Lincolnton, NC, A Place to Grow serves children ages 1 to 5 and offers summer programs for children under age 18. The center follows best practices for preschool children and provides integrated classroom settings for children with special needs and typically developing children.
- **Residential Services** – ComServ provides residential options for individuals with intellectual and developmental disabilities, offering safe and supportive homes where individuals can make choices, grow and contribute to their communities. Options include:
 - **ICF/IDD** – Provides intensive, 24-hour staffing and support.
 - **Group Living Homes** – Offer 24-hour support and supervision in a home environment.
 - **Supervised Living** – Typically apartment-based housing with room and periodic support for individuals who do not need 24-hour care.
 - **Family Living/Alternative Family Living** – A service in which a child or adult lives with an individual or family other than their own.

**The NC Department of Health and Human Services
Family, Infant & Preschool Program (FIPP)**

J. Iverson Riddle Developmental Center

Division of State Operated Healthcare Facilities

300 Enola Road

Morganton, NC 28655

Phone: (828) 608-6700

Fax: (828) 475-6103

Website: <https://fipp.ncdhhs.gov/>

The Family, Infant and Preschool Program serves in the capacity of a research and training institute as well as an early childhood intervention program for children (ages birth to five years), families, and women who are pregnant. This program is part of the J. Iverson Riddle Developmental Center (JIRDC) located in Morganton, NC. FIPP provides direct support to children and their families in Alexander, Burke, Caldwell, Catawba, and McDowell counties. The mission of the Family, Infant and Preschool Program is to promote the growth and development of young children by supporting and strengthening families and building caring, responsive communities. They provide early intervention services, parent education, pregnancy supports, neonatal intensive care follow-up, and work collaboratively with other community agencies to ensure evidence-based intervention for all young children and families.

Foothills Industries of McDowell County, Inc.

300 Rockwell Drive

Marion, NC 28752

Phone: (828) 652-4088 Website: <https://foothillsind.com/>

Foothills Industries of McDowell County is a manufacturing company located in Marion, North Carolina. Operating since 1972 as a Community Rehabilitation Program, Foothills Industries provides vocational and life-skills training and employment opportunities for people with disabilities. Its mission is to help individuals maximize independence and employment while also providing quality products, competitive pricing and on-time delivery for customers.

Services Provided:

- **Adult Day Vocational Program** Provides organized developmental activities designed to help individuals live and work as independently as possible.
 - Services may include:
 - Vocational evaluation and training
 - Paid work opportunities
 - Personal and community living skills development
 - Adult basic education
 - Long-term support
- **Community Alternative Program** A Medicaid-funded community care program for individuals with intellectual and developmental disabilities.
 - Provides a cost-effective alternative to care in an intermediate care facility.
 - Helps individuals return to or remain in the community with as much independence as possible.
 - Compensatory Education and Adult Basic Education Provided in partnership with McDowell Technical Community College.
 - Teachers support trainees with learning needs ranging from GED preparation to basic self-help, independence and community living skills.
 - Classes are available to eligible trainees who are enrolled in other services at Foothills Industries.

J. Iverson Riddle Developmental Center

300 Enola Rd.

Morganton, NC 28655

Phone: (828) 608-6000

Website: <https://www.ncdhhs.gov/divisions/state-operated-healthcare-facilities/facilities/state-developmental-centers#JlversonRiddleDevelopmentalCenter-5066>

J. Iverson Riddle Development Center (JIRDC) in Morganton, NC is the state operated developmental center for North Carolina's Western region. Riddle provides services and support to individuals with intellectual and developmental disabilities (IDD), complex behavioral challenges and/or medical conditions whose clinical treatment needs exceed the level of care available in the community. Some services they provide are Residential, medical, habilitation (help in developing functional living skills) and training to promote independence, self determination and to support community living. They also provide facility based respite services to provide caregivers temporary relief. All requests for admission must be submitted by a letter of endorsement from the individual's responsible Local Management Entity/Managed Care organization (LME/MCO).

McDowell County Department of Social Services

145 E. Court Street

Marion, NC 28752

Phone: (828) 652-3355

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

The McDowell County Department of Social Services implements federal and state human services programs that support individuals and families in the community. Its mission is to respectfully assist families and individuals in maintaining or improving their quality of life, while also helping prevent abuse, neglect and exploitation of vulnerable people.

Income Maintenance Programs

- Work First Program
- Food and Nutrition Services
- Low Income Energy Assistance Program
- Medicaid
- Special Assistance for Adults

Service Programs

- Adoptions
- Adult care home case management
- Adult services
- Case management
- Child support
- Community Alternatives Program for Disabled Adults
- Adult rest home services
- General assistance
- Guardianship
- In-home aide services
- Hospital social work
- JOBS Program
- Permanency planning
- Placement services for adults and children
- Protective services for adults and children
- Representative payee services
- Services for the blind
- Medical transportation
- Clerical support

McDowell County Head Start and Early Head Start

2111 Sugar Hill Rd.

Marion, NC 28752

Phone: (828) 652-3229 Website: <https://www.mcdowellheadstart.org/>

Head Start is a Federally funded, comprehensive early learning program that addresses education, nutrition, health and social service needs of low income children ages 3-5 and their families. Early Head Start is the infant/toddler program modeled after Head Start to serve low income pregnant mothers, infants and toddlers the same way that Head Start serves preschoolers and families. The mission for this program is to provide high quality, comprehensive preschool services for children zero to five that will serve the needs of family and community and prepare children for entry to public school.

McDowell County Health Coalition

408 Spaulding Rd.

Marion, NC 28752

Phone: (828) 659-6661

Website: <https://resilient.mcdowellhealthcoalition.org/local-resources.php>

The McDowell County Health Coalition is organized to enhance and promote community health by facilitating inclusive community partnerships, programs, preventative measures and outreach. Programs offered through this agency are: M.A.T.C.H Program, helping the community increase their access to care. The McDowell Access to Care and Health (MATCH) Program is a community-centered network designed to improve access to care, engage it's participants in their physical, behavioral, and social health and utilize community resources in the best way possible. Other programs are the WorkFORCE Wellness Program, Build Environment, Clinical Community Connections, Local Food Access and Awareness (Dedicated to increasing the amount of food available and affordable to county residents, especially low income) and Wellness Where You Are.

McDowell Mission Ministries

PO Box 297

Marion, NC 28752

Phone: (828) 659-6490

Website: <https://www.missionministriesalliance.org/>

McDowell Mission Ministries is a Christian based ministry dedicated to impacting the lives of people in personal need by providing shelter, counseling, and practical economic assistance. McDowell Mission Ministries has two homeless shelters. The Friendship Home for Women and Children and the John Thompson Center for Men. Both homes serve an average of 61 residents per night, 365 days a year. The shelters provide hot baths, good meals, clean clothes and clean beds to everyone. The shelters also offer case management to residents to get back on their feet and into stable housing, obtaining a stable income, help with applications and resumes, encouragement and support with medical and healthcare concerns. The Crisis Ministry provides food and financial assistance for rent/mortgage, utilities, heat fuel, prescriptions and transportation on a funds available basis. Applications are taken on the first of each month. The clothing ministry at the McDowell Mission Resale Center provides low cost clothing, furniture and appliances to the public. Proceeds from sale of good at the center are used for various ministries.

McDowell Pregnancy Care Center

40 S. Main Street, Suite 110

Marion, NC 28752

Phone: (828) 652-7676 Hotline: 800-712-4357

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

Established in 2003, McDowell Pregnancy Care Center exists to aid with situations in which a pregnancy creates a personal crisis. McDowell Pregnancy Care Center is a non-political, non-profit and 501c3 charitable organization supported primarily by churches with additional assistance from donations provided by individuals and businesses. Because of these funding resources, McDowell Pregnancy Care Center offers all services at no cost to clients. Services provided here are, pregnancy test, limited OB/GYN Ultrasound, Pregnancy Options Counseling, Maternity clothes, Baby items, earn while you learn classes, Ob-Gyn referrals, sexual integrity education, post abortion support and community resources.

NC Outreach – A Support Solutions Company

1155 N Main St. Suite 16

Marion, NC 28752

Phone: (828) 652-2112

Website: <https://www.supportsolutionsms.com/contact>

Support Solutions provides services in North Carolina through North Carolina Outreach, a local provider that became part of Support Solutions in 2013. North Carolina Outreach offers services through the Innovations Home and Community-Based Waiver program, as well as state-funded programs. To participate in the Innovations program, individuals must meet criteria for intellectual or developmental disabilities and be eligible for Medicaid.

North Carolina Outreach is authorized to provide IDD services in several Western North Carolina counties, including Ashe, Avery, Buncombe, Haywood, Henderson, Madison, McDowell, Mitchell, Watauga and Yancey.

Services Provided

- Intellectual and developmental disability services
- Private treatment provider services
- Department of Social Services-related supports
- Alternative Family Living
- Community Living and Supports
- Community Networking
- Crisis Services
- Day Support
- Respite
- Specialized Consultation Services
- Supported Employment

New Hope of McDowell

P.O. Box 1572

Marion, NC 28752

Phone: (828) 652-8538 Website: www.newhopeofmcdowell.org

New Hope of McDowell is a non-profit Domestic Violence and Sexual Assault Agency. This agency is McDowell County's only Domestic Violence and Sexual Assault Agency. The agency provides emergency shelter, assistance with restraining orders, court advocacy, emergency food boxes, 911 cells phones, domestic violence assessments, and more. Family Services of McDowell operates two stores, Fabulous Finds located on East Court Street and Fabulous Finds and Gifts located on Rutherford Road which helps to fund New Hope of McDowell. These stores serve as an outreach for victims to learn more about services that are provided through New Hope of McDowell.

Olive Hill Community Economic Development Corporation, Inc.

200 C College St.
Morganton, NC 28655
Phone: (828) 475-4620
Website: <https://www.ohcedc.org/hbe>

Olive Hill Community Economic Development Corporation (OHCEDC) is a private non-profit corporation founded in 1998 to provide solutions to distressed residents located in Burke, Caldwell, Catawba and McDowell Counties.

Their Mission is “To positively impact the social, physical, educational and economic environment of area families and individuals with asset building opportunities.” Efforts of concentration are in Affordable Housing (ownership and retention) programs, micro-enterprise development and business ownership, financial services and other asset building opportunities.

Operation Backpack

Alternative Education Center
176 Lukin Street
Marion, NC
Phone: (828) 652-1040

Originally organized in 1998, the goal of Operation Backpack is to outfit all underprivileged children in McDowell County Schools with a new backpack and school supplies. Majority of supplies are distributed a few weeks before school starts however Operation Backpack is a year-round event. Supplies given to students include but not limited to: backpacks, 3 ring binders, notebook paper, spiral notebooks, pocket folders, erasers, ballpoint pens, pencils, colored pencils, crayons, glue (bottles and sticks), ruler, safety scissors, markers and pencil boxes/pouches. Distribution and collection of supplies are at the Alternative Education Center.

Partnership for Children of the Foothills

338 Withrow Road Forest City, NC 28043

Phone: (828) 245-8673

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

With support from NC Smart Start Initiative, Partnership for Children of the Foothills serves McDowell, Polk and Rutherford Counties, providing programs for children ages 0-5 and their families in the areas of child care, education and family support. The Partnership for Children builds and sustains relationships with community agencies and service providers, offering creative and unique programs for preschool children and their families, licensed child care centers and family child care homes. Benefits of the program include: improved child care quality, affordable care options, increased accessibility, enhanced health education and network of family support services.

For Families

- Child Care Vouchers
- Dolly Parton Imagination Library
- Circle of Parents
- Kaleidoscope Play to Learn Groups
- Growing Minds Early Childhood Resource Library
- Pop Up Play
- Library Storytime
- Finding Child Care
- Circle of Security Parenting
- Resources for Families

For Professionals

- WAGES
- Childcare Health Consultation
- The BEAR Program
- Growing Minds Early Childhood Resource Library
- Quality Support for Early Education
- Professional Development
- Classroom Innovation Mini-Grants

Region 9 Child Care Resource and Referral (CCR&R)

734 Salisbury Rd. Statesville, NC 28677 Phone: (704) 878-9980

Website: <https://www.iredellsmartstart.org/region9-contact-us>

The NC Child Care Resource and Referral Council funds core service delivery in all fourteen CCR&R regions throughout North Carolina. Region 9 CCR&R coordinates child care information, consumer education, professional development, technical assistance, data collections and public awareness for Alexander, Avery, Burke, Caldwell, Iredell, McDowell, Mitchell, Watauga, and Yancey Counties. Region 9 Resource and Referral is housed within the Iredell County Partnership for Young Children. The NC Resource and Referral Council also provides statewide project management to the following initiatives: School-Age Child Care Quality Improvement Project, Promoting Healthy Social Behaviors in Child Care Settings, and Infant Toddler Enhancement Project.

Rutherford Polk McDowell District Health Department

221 Callahan Koon Road

Spindale, NC 28160

Phone: (828) 287-6100

Website: <http://rpmhd.org/>

The Rutherford Polk McDowell District Health Department is a public health agency dedicated to serving the citizens of three counties; Rutherford, Polk and McDowell. The Rutherford Polk McDowell District Health Department is responsible for protecting and improving the public's health, promoting healthy and active lifestyles while preventing the spread of disease. Services they provide are, environmental services, emergency preparedness, community health assessment and improvement plan, Pregnancy Care Management (MCC or Baby Love) and Women Infant and Children (WIC).

Salvation Army – Greater Hickory/High Country Regional Coordinate

McDowell County Branch – Marion

2240 NC-226

Marion, NC 28752

Phone: (828) 659-2522 Website: <https://southernusa.salvationarmy.org/hickory/family-thrift-stores>

The Salvation Army is an international Christian organization whose mission is to share the gospel of Jesus Christ and meet human needs without discrimination. Through worship, emergency assistance, shelter, youth programs, family stores and seasonal outreach, The Salvation Army serves individuals and families across the region with practical support and compassionate care.

Programs and Services

- **Worship and Community Programs**

- The Hickory Corps offers weekly worship services for people of all ages.
- Christian children's and youth programs are also available.
- Community activities provide opportunities for connection, support and spiritual growth.

- **Crisis Help Center**

Provides emergency assistance for individuals and families in need.

- Support may include help with:
 - Mortgage payments
 - Rent
 - Utilities
 - Emergency food
 - Clothing
 - Furniture
- Services are offered through offices in Hickory, Morganton, Granite Falls, Taylorsville, Marion, Boone and West Jefferson.

- **Shelter of Hope**

Offers a safe and secure place for homeless men, women and children.

- Residents receive:
 - Breakfast and supper each day
 - Clean linens
 - Personal hygiene products
 - Guidance toward transitional or permanent housing

- **Christmas Assistance and Red Kettle Campaign**

The Red Kettle Campaign raises funds during the Christmas season.

- Proceeds help provide gifts, meals and other support for individuals and families in need.
- The Salvation Army also visits shut-ins and distributes coats to children in need.

- **Family Stores**

The Salvation Army of Hickory operates nine Family Stores in its service area.

- Stores offer new and gently used clothing, household items and other goods.
- Revenue from the stores helps fund community programs and services.

- **Boys & Girls Club Programs**

Through Salvation Army Boys & Girls Clubs in Burke and Catawba counties, children and youth have access to after-school and summer programs.

- Programs include:
 - Educational support
 - Summer daycare
 - Gang prevention education
 - Sports and recreation
 - Character-building activities to help youth become caring, responsible and productive community members.

Southmountain Children and Family Services

110 West Union Street

Morganton, NC 28680

Phone: (828) 584-1105

Website: <https://www.southmountain.org/>

Since 1903, child advocacy and foster community specialist Southmountain Children and Family Services has been providing exceptional care for children and families in North Carolina. Headquartered in Morganton, NC, Southmountain Children and Family Services operates the state's first and only foster community with 5 children's advocacy centers and Evidence-based Treatment Centers serving Avery, Burke, McDowell, Mitchell, Transylvania, Watauga and Yancey Counties. Their goal is to give children and families hope for their futures with the opportunity to experience successful accomplishments and fulfillment of their dreams.

YMCA of Western North Carolina - Nutrition Outreach

Corpening Memorial YMCA

348 Grace Corpening Dr.

Marion, NC 28752

Phone: (828) 659-9622

Website: <https://www.ymcawnc.org/nutrition>

The YMCA of Western North Carolina is a 501©(3) not-for-profit social services organization dedicated to Youth Development, Healthy Living and Social Responsibility. In 2013, YMCA of Western NC began a nutrition department to distribute healthy food, teach good nutrition habits and do cooking demonstrations in Buncombe, Henderson and McDowell counties. The YMCA of Western NC serves as a sponsoring organization for two federally-funded, state-administered nutrition programs: The Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP). CACFP is a federally funded program administered and funded by the USDA's Food and Nutrition Service. The program ensures that eligible children and adults who attend qualifying facilities receive nutritious meals. As a sponsor for CACFP, the YMCA of WNC serves free snacks at 27 of afterschool sites in Buncombe and McDowell counties. The SFSP ensures that low-income children continue to get nutritious meals when school is not in session. The YMCA of WNC is a SFSP sponsor and serves summer day camp sites and several open distribution sites in the community. Another program of YMCA of WNC is the Nutrition Outreach Hub. Each week, the nutrition team is in the community distributing from one of the three mobile units or from the Healthy Living Pantry. Each distribution is paired with healthy recipes, a practical cooking demonstration and valuable nutrition information. Distributions are free and open to the public.

SECTION 2:
MCDOWELL COUNTY
PARENTS & CAREGIVERS
HELPBOOK



ABOUT US



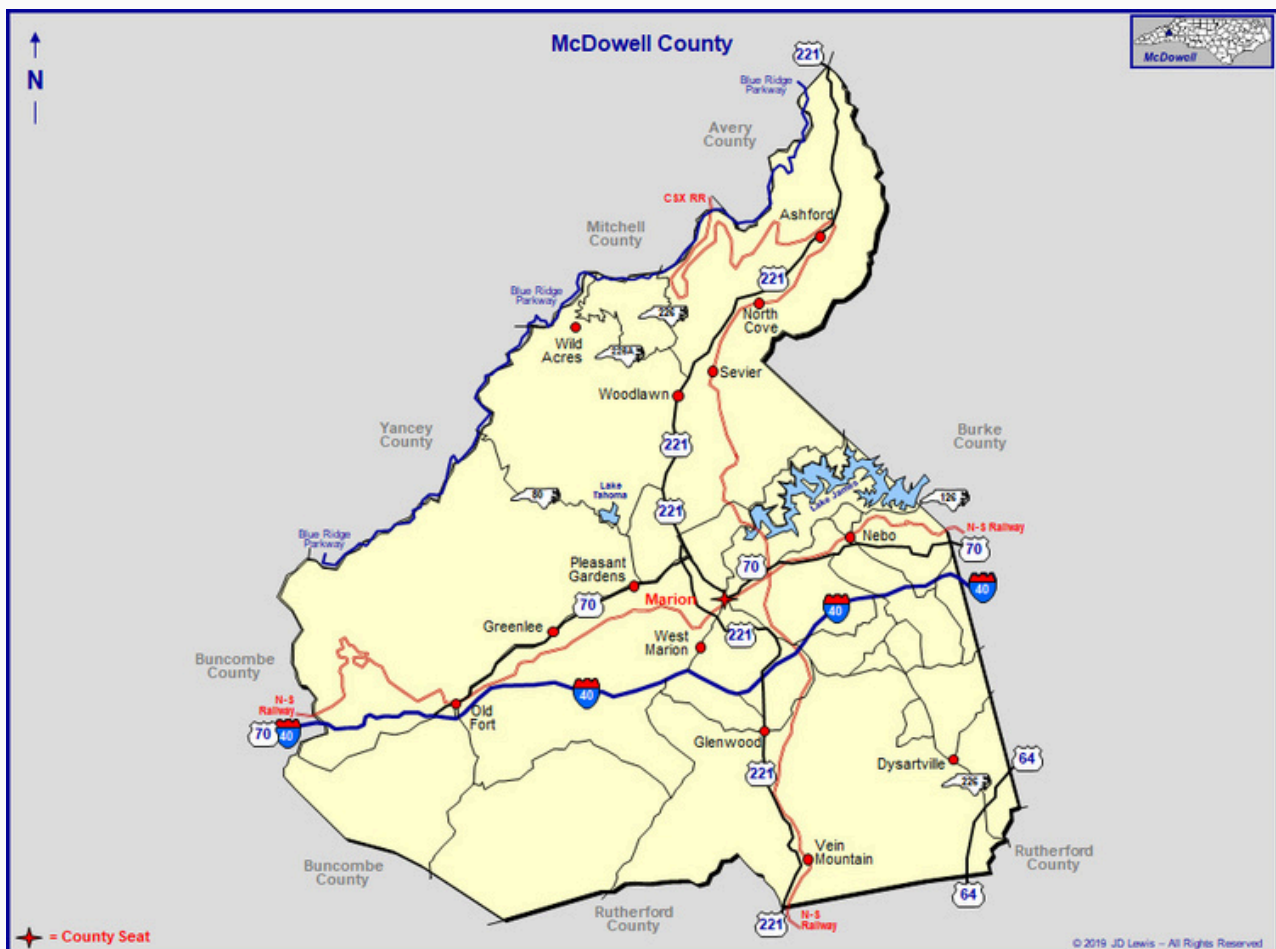
McDowell

Local Interagency

Coordinating Council (LICC)

Local Interagency Coordinating Councils (LICCs) are community-based advisory groups for the implementation of a birth-to-five interagency system of early intervention services. Local Interagency Coordinating Councils provide opportunities for service providers to be involved in activities such as child find and public awareness, community needs assessment, system evaluation, and professional development.

At the McDowell LICC, it is our desire that every parent has access to the support and resources needed to help their children thrive.



Introduction

The community-wide vision of the McDowell County Local Interagency Coordinating Council promotes interagency collaboration in supporting children birth to age five. We understand that parenting today can be challenging and many parents are often asking what services are available to help them in their important role whether their child is at risk or has a delay or disability. This “Parents and Caregivers Helpbook” is created to connect McDowell County families to services they may need to help their children reach their fullest potential in life.

McDowell County Local Interagency Coordinating Council (LICC) Agency Representation

Bayada Home Health Care	Family Support Network/HOPE	McDowell County Housing Coalition
Children’s Developmental Services Agency	Health Check/Health Choice	Medical Community
Community Care of North Carolina	Mission Family Support Network of WNC	Parent Representation
Early Learning Sensory Support Program for Children with Hearing Impairments	McDowell County Department of Social Services	Partnership for Children of the Foothills-Smart Start for McDowell, Rutherford, & Polk Counties
Early Learning Sensory Support Program for Children with Visual Impairments	McDowell County Health Department	Region 9 Child Care Resources and Referral-Healthy Social Behaviors
Family, Infant and Preschool Program	McDowell County Public Schools – Preschool Department	Southmountain Children & Family Services
		Vaya Health

Child Care

How do I choose quality childcare?

There are many child care options available to parents today.

- Child Care Centers
- Family Child Care Homes
- Church-Affiliated Centers
- Public Preschool Programs
- Part-Day Programs

In McDowell County all the options listed above are available for parents to meet their personal needs.

For more information on North Carolina's childcare licensing system, or to check the license status of a particular childcare provider, visit the N.C. Division of Child Development's website- [NC Division of Child Development Resources](#) to specifically search McDowell County's options.

You may call a regional toll-free number as well to inquire about openings. Region 9 Resource & Referral Line at **1-877-670-8735**.

What to look for when visiting a potential childcare provider

Recommendation from Childcare Aware recommends keeping the following questions in mind when visiting/choosing a potential childcare provider:

Basics

- Is the program licensed?
- Is the facility well maintained with a pleasant atmosphere? Are the toys safe and appropriate?
- Are medicines/cleaning products locked away?
- Are the hours acceptable and fees affordable?

Caregivers

- Do the caregivers enjoy playing with the children?
- Are children and parents greeted when they arrive and leave the facility? Do the caregivers respond to the children's needs gently and promptly? What is the discipline policy?
- Do the caregivers meet with parents regularly and share information about the child on a daily basis?
- Are parents' ideas and input encouraged? Could you be involved?

Activities

- Are the children engaged in interesting and age-appropriate activities?
- Are there plenty of materials in good repair for the children interact and play with?
- Do the children play outdoors each day? Is the outdoor play area safe and age-appropriate?
- Is there a clear schedule for meals, naps, & play in small groups, story time, & individual/quiet time?
- Do the caregivers follow the schedule?
- Are snacks & meals nutritious and appealing?
- Are parents welcome to visit and spend time in the facility?

Child Care Resources

Childcare Subsidy Program

McDowell County Department of Social Services

145 East Court Street, Marion, NC 28752 | 828-659-0690

One of the most important ways that McDowell County Department of Social Services helps families is through our Childcare Subsidy program. Funded by a combination of state and federal dollars, this program helps parents (and in some cases, grandparents and other legal guardians) pay a portion of the cost of childcare expenses so that they can work and/or attend school.

Contact Info - Abby Pittman abby.pittman@mcdowellcountyncdss.org

NC Division of Child Development and Early Education (DCDEE)

1-800-859-0829

Monitors and licenses all childcare programs in North Carolina. Key responsibility is to assure a safe and healthy childcare environment in licensed childcare centers and family childcare homes in NC. Website offers information on all licensed facilities here in McDowell County- [NC DCDEE Website](#)

McDowell County Schools Head Start & Early Head Start

2111 Sugar Hill Rd., Marion, NC 28752

828-652-3229 Head Start 3-5y olds

828-652-1319 Early Head Start- Infant/Toddler Program

Early Head Start & Head Start programs are designed to meet the educational, health, physical, nutritional, and social needs of children 0-5. Children of families that meet federal poverty income guidelines are served at no charge.

NC Pre-Kindergarten Program

McDowell County Schools Preschool Programs

Contact: Crystal Hamby - (828) 652-4535

NCPReK is a Pre-K program designed to prepare 4-year-olds for Kindergarten.

Acceptance is based on income eligibility and other criteria. NCPReK is a child-centered program providing the highest standard of learning available for 4-year-olds. We currently have a NC PreK classroom in all 8 of our elementary schools, 2 programs at Sugar Hill Head Start, and classrooms at McDowell Technical Community College and First Baptist Children's Center.

Contact for MTCC Child Development Center- Chelsie Arrowood at 828-652-0637

Contact for First Baptist Children's Center- Mary Lewis @ 652-3937

Family Resource Center

A part-Day preschool that serves children ages 2-4 in the communities of Glenwood, Old Fort, Nebo, North Cove, and West Marion. Our main goal for each Center is to provide each child with the opportunity to grow as an individual. Each child will discover the world and themselves through concrete hands-on experiences, developing areas of social, emotional, physical and cognitive growth while in a healthy, safe and nurturing environment.

Nebo Family Connections Nebo - Kimberly Frisbee 828-460-6932

North Cove - Jennifer Morgan 828-460-3473

Old Fort Elementary - Kimberly Frisbee 828-460-6932

Glenwood Family Resource Center - Jennifer Morgan 828-460-3473

West Marion Elementary – Jennifer Morgan 828-460-3473

I'm going to Kindergarten!

Who is eligible for Kindergarten?

By NC state law, registration in Kindergarten is open to ALL children who turn 5 years old on or before August 31.

What do I need to bring when I register my child for Kindergarten?

- A certified copy of your child's birth certificate
- Your child's Social Security Card
- Your child's immunization record
- Emergency telephone numbers, your doctor's phone number, and your telephone number at work

North Carolina requires that all children entering school receive a health assessment within **one year prior** to entering kindergarten. Kindergarten Health Assessment Report, form PPS-2K, will be distributed at kindergarten registration. These may be completed by your child's physician or the McDowell County Health Department. If you wish to have this completed before the registration day, the Health Department and local physicians already have the necessary form. Several activities are planned for you and your child on registration day. These activities include visits to kindergarten classrooms, meeting the kindergarten teachers, and touring the school. Our kindergarten screening will take place during each school's orientation or appointments will be made for you to take your child back to the school at a later date.

For more information, contact your child's elementary school or McDowell County Schools Central Office, at 652-4535.

How can you help to create a great beginning to your child's Kindergarten year?

By simply believing that your child can succeed, you are helping your child to be successful! Expect and encourage a positive attitude about going to school, and your child will follow your lead. Here are some other things you can do to help your child in this important transition to kindergarten.

- Read with your child every day! Ask questions and answer your child's questions as you read.
- Talk to your child! Listen carefully to your child's experiences, ideas, and feelings. Share stories about some of the good times you had at school when you were a child.
- Help your child learn how to make friends, share, and get along with others by organizing time for him or her to play with other children.
- Work with your child to be independent by learning to snap, zip, button, and tie so that he or she can put on shoes and coats at school.
- Start giving your child some responsibility for small jobs around the house, such as setting the table, or putting away toys and clean clothes.
- Help your child start to make decisions by giving him or her an opportunity to choose which book to read, which shirt to wear, or what activity to do next.
- Complete all of the necessary paperwork that your school requires and don't forget to call the school to get information about any Kindergarten events you should attend.
- Visit the school with your child. Meet the principal and other staff members and schedule a time to eat lunch in the school cafeteria with your child.
- Establish a good morning and bedtime routine well before the first day of school. Be sure to start with a good breakfast and end with consistent bedtime habits.

Family, Parent & Caregiver Education & Support

Family & Consumers Sciences Program –McDowell County Center:

NC Cooperative Extension Service, 60 East Court St. Room 249, Marion, NC 28752

Molly Sandfoss at 828-652-8104 <https://mcdowell.ces.ncsu.edu/>

Website: <https://fcs.ces.ncsu.edu/>

FIPP – The NCDHHS Family, Infant & Preschool Program:

NC Department of Health and Human Services, 2001 Mail Service Center, Raleigh, NC 27699-2001

Phone: 919-855-4800

Local Office:

The Family, Infant and Preschool Program (FIPP)

J. Iverson Riddle Developmental Center

Division of State Operated Healthcare Facilities

300 Enola Road, Morganton, NC 28655

828-433-2661, Teresa Wilson

828-430-7902, Darlene Cornett

Referral Coordinator: 828-430-7960, Teresa McClelland, B.S.N. RN

Website: <https://fipp.ncdhhs.gov/>

FIPP helps families help their young children learn and grow. At FIPP, every family has access to a team of experienced educators and therapists.

Our services are available for children birth to five years and their families in Alexander, Burke, Caldwell, Catawba, and McDowell counties and include early childhood education, preschool readiness activities, evaluation and assessment, family support, home visiting, nursing, nutrition, occupational therapy, physical therapy, psychology, special education, speech-language pathology – screening, evaluation, & intervention and support for child behavior.

FIPP also provides follow-up home visits for children recently released from neonatal intensive care and newborns who are at-risk for medical issues and/or developmental delays as well as supports for women who are pregnant.

Practices are based on the most current research available. We are a nationally & internationally recognized program. Early childhood & family support practices are tailored to each family's life circumstances as we focus on child, parent, & family strengths.

Services are provided at times & locations convenient for the families.

Family Resource Programs

A part-day preschool program that serves children ages 2-4 in the communities of Glenwood, Old Fort, Nebo, North Cove, and West Marion. Our main goal for each Center is to provide each child with the opportunity to grow as an individual. Each child will discover the world and themselves through concrete hands-on experiences, developing areas of social, emotional, physical and cognitive growth while in a healthy, safe and nurturing environment.

We offer support for families through family literacy, parenting classes, and lending libraries through programs such as FAST (Families and Schools Together), Family Reading Adventures, and Circle of Parents. Learn more about our programs: [Family Resource Centers](#)

Glenwood Elementary – Jennifer Morgan 828-460-3473

Old Fort Elementary - Kimberly Frisbee 828-460-6932

Nebo - Kimberly Frisbee 828-460-6932

North Cove - Jennifer Morgan 828-460-3473

West Marion Elementary – Jennifer Morgan 828-460-3473

Foster Parent Support Group

McDowell County Dept. of Social Services

145 East Court St., P.O. Box 338, Marion, NC 28752 | (828) 652-3355

DSS provides a monthly foster parent support group. Dinner and child-care are provided, and this support group can count as training hours.

McDowell County Child Support Enforcement

County Administration Building-2nd Floor

60 East Court St., Marion, NC 28752 | (828) 659-2649

Our mission is to consistently collect as much child support as possible for the benefit of North Carolina's children.

Website: [McDowell County - Child Support Resources](#)

McDowell County Public Schools:

334 South Main St., Marion, NC 28752 | (828) 652-4535

Pre-school – 12th grade education & comprehensive support services, including social workers, school nurses, counselors, and mental health; Communities in Schools and The Endowment Fund of the Public Schools of McDowell County.

Website: www.mcdowell.k12.nc.us

McDowell Technical Community College Family Literacy Program

316 Baldwin Avenue, Marion NC 28752 | (828) 659-6001 ext.137

C/o McDowell Tech Community College (Ask about basic skills classes)

McDowell Technical Community College's Family Literacy program offers Adult Basic Education, English as a second language, parenting skills classes, and classes on how to read, write, and speak English. These courses are free to anyone interested.

Website: <https://mcdowelltech.edu/ccr-home>

McDowell County Department of Social Services

145 East Court Street, P.O. Box 338, Marion, NC 28752 | (828) 652-3355

A variety of parenting classes & one-on-one instruction is offered from time to time at the Department of Social Services. Regular parenting classes please call 828-275-8895.

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

Mission Family Support Network of Western North Carolina

11 Vanderbilt Park Drive, Asheville, NC 28803 | (828) 213-0033

McDowell Contact: 828.213-1721, Samantha Parrow, DD Plus Family Navigator and Family Support & Outreach Coordinator

Mission Family Support Network of WNC provides resources, supports and system navigation assistance to families raising children with special needs through Mission Children's Olson Huff Center, the DD Plus Program at the Mission Pediatrics-McDowell office and in-patient pediatric areas (NICU, PICU, Pediatric Behavioral Health units) at Mission Children's Hospital. FSN of WNC also provides parent education opportunities with Stepping Stones Triple P Positive Parenting Program, workshops, and connection with other affiliate programs throughout NC.

Website: [Mission Health Family Support Network Resources](#)

Partnership for Children of the Foothills

338 Withrow Road Forest City, NC 28043 | (828) 245-8673

With support from NC Smart Start Initiative, Partnership for Children of the Foothills serves McDowell, Polk and Rutherford Counties, providing programs for children ages 0-5 and their families in the areas of child care, education and family support. The Partnership for Children builds and sustains relationships with community agencies and service providers, offering creative and unique programs for preschool children and their families, licensed child care centers and family child care homes. Benefits of the program include: improved child care quality, affordable care options, increased accessibility, enhanced health education and network of family support services.

For Families

- Child Care Vouchers
- Dolly Parton Imagination Library
- Circle of Parents
- Kaleidoscope Play to Learn Groups
- Growing Minds Early Childhood Resource Library
- Pop Up Play
- Library Storytime
- Finding Child Care
- Circle of Security Parenting
- Resources for Families

For Professionals

- WAGE\$
- Childcare Health Consultation
- The BEAR Program
- Growing Minds Early Childhood Resource Library
- Quality Support for Early Education
- Professional Development
- Classroom Innovation Mini-Grants

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

Safe Harbor Grief Program for Children & Youth

Hospice of McDowell County, 575 Airport Rd., Marion, NC 28752 | (828) 652-1318

The program objective is to assist children and their families in working through difficult grief and loss process due to deaths, divorce, or painful transitions. The program is offered at Hospice of McDowell County, county schools, and in the home.

Website: www.hospiceofmcdowell.org

Southmountain Children and Family Services

81 Fort Street, Marion, NC 28655

McDowell County 828-659-5565 (Melinda Norman)

Headquartered in Morganton, NC, Southmountain Children and Family Services operates the State's first and only foster community near Lake James, 4 Children's Advocacy Centers, and Evidence-based Treatment Centers serving Avery, Burke, McDowell, Mitchel, Watauga, & Yancey counties. Rotation contact number for weekend/holidays is 828-475-2949.

Website: www.southmountain.org

Home Visitation Programs for Expectant & New Moms

Bayada Pediatrics

1985 Tate Blvd., S.E. Suite 417, Hickory, NC 28602 | (828) 327-3800

Serving: Alexander, Ashe, Avery, Burke, Caldwell, Catawba, McDowell, Mitchell, and Watauga.

BAYADA Pediatrics provides home health care services that are delivered with compassion, excellence, and reliability. Bayada will coordinate with your child's physicians, case manager, or current home care provider to ensure your child will receive the best home care from highly skilled and trained health care professionals. Specializes in caring for children of all ages, from newborns to adolescents, at home and at school. BAYADA Pediatric Nurses manage diverse diagnosis and high-tech equipment, while our highly trained and caring BAYADA Pediatric Home Health Aides provide assistive personal care and support services.

Website: : www.bayada.com/services_pediatrics.asp

Care Management for At Risk Children (CMARC) (Formerly Care Coordination for Children (CC4C))

McDowell County Health Department

408 Spaulding Rd., Marion, NC 28752 | (828) 652-6811 ext. 317

CMARC (formerly CC4C) is a free and voluntary program that helps families find and use community services. The program goals are to connect families with services for children and families...to support children in reaching their developmental potential...to help ensure children are raised in healthy, safe, and nurturing environments... and to serve as a link between parents and their child's doctor.

Care Managers For High-Risk Pregnancy (CMHRP)

McDowell County Health Department

408 Spaulding Rd., Marion, NC 28752 | (828) 652-6811 ext. 321

Care management for high-risk pregnancy is a Medicaid-funded program of McDowell County Health Department, which provides assistance in utilizing available community services and support for women who are pregnant and eligible for Medicaid. Care Managers provide services for the duration of the pregnancy as well as two months of additional postpartum follow-up.

Children's Developmental Services Agency: www.bearly.nc.gov

145 West Parker Rd., Suite A, Morganton, NC 28655-4649

Phone: 828-433-5171

Fax: 828-433-1127

Children's Developmental Services agency (CDSA) is the local agency for Early Intervention in our community, which is part of the statewide [NC Infant-Toddler Program](#). We support families to help children from birth to age three who have a diagnosed condition and/or developmental delays or who are at risk for problems with their development to help them grow and learn to the best of their potential. All it takes to start a referral is a concern on the part of the parents, caregivers or child's physician. We help you meet the developmental needs of your infant or toddler.

Early Head Start Home-Based Program

McDowell Head Start - Sugar Hill Head Start (Main Office)

2111 Sugar Hill Rd., Marion, NC 28752 | (828) 652-3229

The Early Head Start Home-Based Program serves pregnant mothers, infants and toddlers by providing education and support focused on child development, parenting skills and early learning at home. Families receive weekly 1.5-hour home visits with a trained home visitor. Visits are planned with parents and use age-appropriate resources, including Creative Curriculum for infants and toddlers and Partners for a Healthy Baby for pregnant mothers and children up to 12 months old. The program also offers socialization events twice a month, giving children and families opportunities to connect, learn and build relationships.

Website: www.mcdowellheadstart.org

FIPP – The NCDHHS Family, Infant & Preschool Program

NC Department of Health and Human Services

2001 Mail Service Center, Raleigh, NC 27699-2001, Phone: 919-855-4800

Local Office:

The Family, Infant and Preschool Program (FIPP)

J. Iverson Riddle Developmental Center

Division of State Operated Healthcare Facilities

300 Enola Road, Morganton, NC 28655

828-433-2661, Teresa Wilson

828-430-7902, Darlene Cornett

Referral Coordinator: 828-430-7960, Teresa McClelland, B.S.N. RN

Website: : <https://fipp.ncdhhs.gov/>

Our program helps families support their young children's learning, growth and development. Families have access to a team of experienced educators and therapists who provide services based on each child and family's strengths, needs and daily routines.

FIPP serves children from birth to age 5 and their families in Alexander, Burke, Caldwell, Catawba and McDowell counties.

Services may include:

- Early childhood education
- Preschool readiness activities
- Evaluation and assessment
- Family support
- Home visiting
- Nursing
- Nutrition support
- Occupational therapy
- Physical therapy
- Psychology services
- Special education
- Speech-language screening, evaluation and intervention
- Support for child behavior

FIPP also provides follow-up home visits for children recently released from neonatal intensive care, newborns at risk for medical concerns or developmental delays, and support for women who are pregnant.

Services are based on current research and are tailored to each family's life circumstances. Support is provided at times and locations that are convenient for families.

Great Expectations Pregnancy-centered planning services include: Family-focused pregnancy planning; in-home supports to prepare for delivery and beyond; post-delivery planning; managing pre/post-delivery stress; establishing a medical home for the arriving infant; and breastfeeding support. **FIPP-Newborn Support:** FIPP in collaboration with area hospitals supports children & their families who have been recently discharged from neonatal & newborn nurseries to ensure a smooth transition to home. FIPP Home-based nursing services include weight/height measurements, physical examination, & home safety assessment. Newborn parenting information provided on feeding and nutrition, sleep, child development & assessment, postpartum depression screening, & sibling support.

Nurse Family Partnership (NFP):

McDowell County Health Department, 408 Spaulding Rd., Marion, NC 28752 | (828) 652-6811

NFP is a voluntary program where highly educated nurses visit women in their homes during their pregnancy and throughout the first two years of their child's life to improve pregnancy outcomes, child health, development, and the economic self-sufficiency of the family.

Special Needs & Disabilities

Autism Society of North Carolina:

5121 Kingdom Way, Suite 100, Raleigh, NC 27607 | 1-800-442-2762

Vicki Dieter at 828-256-1566 or 828-256-5202

The Autism Society of North Carolina improves the lives of individuals with autism, supports their families, and educates communities.

Website: www.autismsociety-nc.org or via email vdieter@autismsociety-nc.org

BAYADA Home Health Care:

1985 Tate Blvd. S.E., Suite 417, Hickory, NC 28602 | 828-327-3800

Serving: Alexander, Ashe, Avery, Burke, Caldwell, Catawba, McDowell, Mitchell, and Watauga.

BAYADA Pediatrics provides home health care services delivered with compassion, excellence, and reliability. Bayada will coordinate with your child's physicians, case manager, or current home care provider to ensure your child will receive the best home care from highly skilled and trained healthcare professionals. Specializes in caring for children of all ages, from newborns to adolescents, at home and at school.

BAYADA Pediatric Nurses manage diverse diagnosis and high-tech equipment, while our highly trained and caring BAYADA Pediatric Home Health Aides provide assistive personal care and support services.

Website: www.bayada.com/services_pediatrics.asp

Care Management for At Risk Children (CMARC) (Formerly Care Coordination for Children (CC4C))

McDowell County Health Department

408 Spaulding Rd., Marion, NC 28752 | 828-652-6811 ext. 317

CMARC (formerly CC4C) is a free and voluntary program that helps families find and use community services. The program goals are to connect families with services for children and families...to support children in reaching their developmental potential...to help ensure children are raised in healthy, safe, and nurturing environments...and to serve as a link between parents and their child's doctor.

Website: [CMARC Resources](#)

Children's Developmental Services Agency (CDSA):

Morganton/Hickory CDSA

145 West Parker Rd., Suite A, Morganton, NC 28655-4649 | (828)433-5171

Fax: 828-433-1127

Children's Developmental Services Agency (CDSA) is the lead agency for the Early Intervention Infant-Toddler Program. It provides evaluations and service coordination for infants and toddlers who qualify for services who have developmental delays or disabilities. CDSA offers evaluation, service coordination, and consultation services to families of children birth to 3 years of age.

Website: www.beearly.nc.gov

Children's Neurotherapy Services (CNS Clinic)

1087 13th St., SE, Hickory, NC 28602 | (828) 267-1688

Children's Neurotherapy Services has been providing Occupational, Physical, Speech Therapy, and Community Based Rehabilitative Services (CBRS) to Catawba, Caldwell and surrounding counties since 1999.

We work with children from birth to 21 years of age in our clinic setting and are contracted with the CDSA to provide early intervention services in their natural environments from ages Birth-3. We offer a playful, nurturing, and multidisciplinary approach to treating a variety of neurological, orthopedic, and developmental disorder.

Staff are trained and well educated in several specialized areas of treatment and therapy.

Website: www.cnsclinic.com

ComServ Group Home, Inc.

Laurel Wood Group Home

109 Lonon Avenue, Marion, NC 28752 | (828) 757-0209 or (828) 659-3524

Com Serv Group Home is an ICF/MR residential group home for children from birth to 21 who are developmentally disabled (i.e. autism, deafness, etc.)

Website: [Laurel Wood Group Home Info](#)

Early Learning Sensory Support Program for Children with Hearing Impairments

Social Worker and Intake Coordinator, Mandy Hice at (828) 448-9353 or via email at mandy.hice@dpi.nc.gov

NC ELSSP is a state funded direct service provider for young children with hearing impairments. Services are provided at no cost by licensed teachers and staff trained to work with children with hearing impairments. NC ELSSP serves children birth to five years of age who have hearing impairments. Services are provided in a child's natural environment, including homes, childcare settings, the community, and schools throughout North Carolina.

Early Learning Sensory Support Program for Children with Visual Impairments

Intake Coordinator, Lin Causey at (984) 292-3067 or via email at lin.causey@dpi.nc.gov

NC ELSSP is a state funded direct service provider for young children with vision impairments. Services are provided at no cost by licensed teachers and staff trained to work with children with vision impairments. NC ELSSP serves children birth to five years of age who have vision impairments. Services are provided in a child's natural environment, including homes, childcare settings, the community, and schools throughout North Carolina.

Easter Seals UCP of North Carolina:

5171 Glenwood Ave., Suite 400, Raleigh, NC 27612 | 1-800-662-7119

Easter Seals UCP North Carolina creates opportunities, promotes individual choice, and changes the lives of children and adults with disabilities by maximizing their individual potential for living, learning, and working in their communities.

Website: www.nc.eastersealsucp.com

Exceptional Children's Assistance Center (ECAC)

94 West Gate, Asheville, NC 28801 | (828) 255-1972 or 866-545-5299

Parent training & information center offering parents of children with disabilities information, assistance, and workshops on laws, IEPs, etc.

Parent newsletter available.

Website: www.ecac-parentcenter.org

FIPP – The NCDHHS Family, Infant & Preschool Program

NC Department of Health and Human Services
2001 Mail Service Center, Raleigh, NC 27699-2001 | (919) 855-4800

Local Office:

The Family, Infant and Preschool Program (FIPP)
J. Iverson Riddle Developmental Center
Division of State Operated Healthcare Facilities
300 Enola Road, Morganton, NC 28655
828-433-2661, Teresa Wilson
828-430-7902, Darlene Cornett
Referral Coordinator: 828-430-7960, Teresa McClelland, B.S.N. RN

FIPP helps families support their young children's learning, growth and development. Families have access to a team of experienced educators and therapists who provide services for children from birth to age five in Alexander, Burke, Caldwell, Catawba and McDowell counties.

Services include early childhood education, preschool readiness activities, evaluation and assessment, family support, home visiting, nursing, nutrition, occupational therapy, physical therapy, psychology, special education, speech-language screenings and intervention, and support for child behavior.

FIPP also offers follow-up home visits for children recently released from neonatal intensive care, newborns at risk for medical concerns or developmental delays, and support for women who are pregnant.

As a nationally and internationally recognized program, FIPP uses research-based practices that are tailored to each family's unique circumstances, with a focus on the strengths of the child, parent and family.

Website: <https://fipp.ncdhhs.gov/>

Family Support Network/HOPE

Email: vickiedieter@fsnhope.org or vickiefsnhope@gmail.com

PO Box 11395, Hickory, NC 28603 (mailing)
202 South Center Street, Hildebran, NC 28637 (physical)
828-256-5202

The HOPE Family Support Network provides information, support, and training for families who have children of all ages and with all types of special needs in Alexander, Burke, Caldwell, Catawba, McDowell and Lincoln Counties in the foothills area of western North Carolina. FSN/HOPE partners with parents and professionals on community, state and national levels to expand opportunities and generate resources

in order to advance positive participation of people with disabilities in all aspects of society.

Services are provided at times & locations convenient for the families.

Website: www.fsnhope.org

Foothills Industries of McDowell County

300 Rockwell Dr., Marion, NC 28752 | (828) 652-4088

Foothills Industries of McDowell County is a manufacturing company and Community Rehabilitation Program located in Marion, NC. Since 1972, it has provided vocational training, life-skills support and employment opportunities for people with disabilities. Services include the Adult Day Vocational Program, Community Alternative Program and education support through McDowell Technical Community College, helping individuals build independence, job skills and community living skills.

All donations are tax deductible.

Website: www.foothillsindustries.com

McDowell Local Interagency Coordinating Council (LICC)

Please call your local CDSA office to get current information about your county's LICC contacts: (828) 433-5171 (Burke, Caldwell, and McDowell)

This organization is comprised of representatives from various agencies and parents of children with disabilities who work together to ensure that services for children with disabilities are efficient and family-centered.

Magical Moments Therapeutic Riding Center

691 Davistown Rd., PO Box 249, Old Fort, NC 28762 at email magicalmomentstherapy@yahoo.com

Information: www.facebook.com/pages/Magical-Moments-Therapeutic-Riding-Center/179456228806843

March of Dimes

Foothills Division, 1220-G Commerce St., Conover, NC 28613 | (828) 464-8905

Community services to address maternal & infant needs; advocacy for programs and policies to improve the health of mothers and babies.

Website: www.marchofdimes.com/northcarolina

McDowell County Schools Exceptional Children's Program

172 Lukin St., P.O. Box 1024, Marion, NC 28752 | (828) 652-6580 xt. 1206

McDowell County Schools Exceptional Children's Program provides services for children ages 3-5 with disabilities. Call our office if you suspect your 3-5-year-old may have trouble with hearing, speech, learning, or other skills. Special Education Services, Preschool Services, Physical Therapy, Occupational Therapy and Speech – language Services.

Website: www.mcdowell.k12.nc.us/departments/exceptional-children/index

Mission Family Support Network of Western North Carolina

11 Vanderbilt Park Drive, Asheville, NC 28803 | (828) 213-0033

McDowell Contact: 828.213-1721, Samantha Parrow, DD Plus Family Navigator and Family Support & Outreach Coordinator

Mission Family Support Network of WNC provides resources, supports and system navigation assistance to families raising children with special needs through Mission Children's Olson Huff Center, the DD Plus Program at the Mission Pediatrics-McDowell office and in-patient pediatric areas (NICU, PICU, Pediatric Behavioral Health units) at Mission Children's Hospital. FSN of WNC also provides parent education opportunities with Stepping Stones Triple P Positive Parenting Program, workshops, and connection with other affiliate programs throughout NC.

Website: <https://missionhealth.org/member-hospitals/childrens/family-support-network/>

Mission Fullerton Genetics Center

9 Vanderbilt Park Dr., Asheville, NC 28803 | (828) 213-0022

This center offers evaluations, testing, diagnosis & counseling for individuals & families who may be affected by a genetic disorder.

Website: www.missionhealth.org/services-treatments/genetics-and-personalized-medicine/

MUMS (Mothers United for Moral Support) National Parent-to-Parent Network

Maintains extensive database of children with disabilities (including very rare disorders) so that families may contact each other for support and to share medical information. They also publish quarterly newsletter for families & professionals.

Website: [MUMS Resource site](http://MUMSResource.com)

Muscular Dystrophy Association

MDA Clinic at Carolinas Medical Center

1010 Edgehill Road North, Charlotte, NC 28207

The Muscular Dystrophy Association provides diagnostic testing, clinical services, physical and occupational therapies, summer camp, and public health education.

Website: www.mda.org

NC Assistive Technology Exchange Post (AT equipment for sale or for free)

North Carolina Assistive Technology Program: Provides assistive technology services statewide to people of all ages and abilities. Offers device demonstration, device loan, device reutilization, training and technical assistance, public awareness, coordination and collaboration.

Website: www.ncatp.org

NC Outreach Home Care

880 N. Main St., Marion, NC 28752 | (828) 652-2112 or 1-866-714-2273

NC Outreach Homecare provides CAPMR/ DD and CAP-C community-based, one-on-one services to help children with developmental disabilities be successful in their home and community.

Website: <https://www.supportsolutionsms.com/contact>

Patrick Beaver Learning Resource Center:

Mailing address: P.O. Box 225, Hickory, NC 28603

Physical Address: 926 2nd St. NE Suite 100, Hickory, NC 28601 | (828) 624-2012

Information and resources related to ADHD, dyslexia, and other learning differences.

Website: www.patrickbeaverlrc.org

Special Olympics NC

2200 Gateway Centre Blvd., Ste. 201, Morrisville, NC 27560 | 919-719-7662, 1-800-843-6276 (NC Only)

Provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a

sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Website: <https://sonc.net/local-programs/mcdowell-county/>

Summer Camps Directory:

Summer camp provides a unique opportunity for growth and development and provides a period of summertime respite for parents and caregivers. The camp experience may be especially valuable for children who have special needs, as they can be isolated from some of the social experiences that other children take for granted.

Website: www.fsp.unc.edu

TEACCH Center (Treatment and Education of Autistic and related Communication Handicapped Children):

31 College Place Building D, Suite 306, Asheville, NC 28801 | (828) 251-6319

A University-based system of community regional centers that offers a set of core services along with unique demonstration programs meeting the clinical, training, and research needs of individuals with Autism Spectrum Disorder, their families, and professionals across the state of North Carolina.

Website: www.teacch.com

NC Division of Vocational Rehabilitation Services

451 North Main St., Suite 107, Marion, NC 28752 | (828) 652-2826

The North Carolina Division of Vocational Rehabilitation Services seeks to promote employment and independence for people with disabilities through customer partnership and community leadership.

Website: www.ncdhhs.gov/dvrs/

Walkin' Roll Activities League

202 South Center Street, Hildebran, NC 28637 | (828) 446-5106 or (828) 228-0616

or via email at skmimi@charter.net

Walkin'Roll Activities League, Inc. offers individuals of all ages with developmental disabilities, family members and friends the chance to play on a t-ball team, join in game nights, sing in a choir, dance and participate in social-emotional activities that promote fun and fellowship. We are a league of abilities not disabilities.

Website: www.walkinroll.org

What is an LME-MCO?

Local Management Entities – Managed Care Organizations (**LME-MCOs**) are public managed care organizations that provide a comprehensive behavioral health services plan under the NC Medicaid 1915(b)(c) Waiver for beneficiaries who receive services for mental health, developmental disabilities or substance use disorders.

Find your Local LME-MCO: <https://www.ncdhhs.gov/providers/lme-mco-directory>

Vaya Health

200 Ridgefield Court, Asheville, NC 28806: Business telephone: 1-800-893-6246

ACCESS TO CARE (24/7): 1-800-849-6127

Serving individuals with mental health needs, substance use disorders or intellectual/developmental disabilities in Alexander, Alleghany, Ashe, Avery, Buncombe, Caldwell, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, **McDowell**, Mitchell, Polk, Rutherford, Swain, Transylvania, Watauga, Wilkes and Yancey counties in North Carolina.

What is Vaya Health? A public managed care organization serving individuals with needs related to mental health, substance use disorders and intellectual or developmental disabilities. A local government entity covering 23 counties in western North Carolina. A manager of Medicaid funding plus funding from state and local governments – for treatment services and supports for western N.C. residents who receive Medicaid, have no insurance or are underinsured.

Website: www.vayahealth.com

Access to Care - We operate a toll-free, 24/7 line available to anyone seeking information about services or experiencing a crisis at: 1-800- 849-6127. Services include: Initial assessments of needs, Information on treatment options and appointments, Help in a behavioral health crisis and Connection to mobile crisis services.

Complex Care Management

Complex care management is a free benefit available to qualifying Vaya members who receive Medicaid or are uninsured. Formerly called care coordination, complex care management is designed to help people with mental health needs, substance use disorders or intellectual or developmental disabilities (IDD) who may also need special medical and social support. Our team-based approach to healthcare and integrated treatment planning make it easier to connect with the care you need.

Website: <https://www.vayahealth.com/learn-more/care-coordination/>

What resources are available for child-serving agencies?

Our [Child and Youth Services Resource Guide](#) provides county Departments of Social Services and other stakeholders with information and resources about mental health, substance use disorder and IDD services that may be available through Vaya for children and youth who are enrolled in Medicaid. Services include community-based and residential treatment.

Website: [Child and Youth Services Resources](#)

Innovations Waiver and the Registry of Unmet Needs

The N.C. Innovations Waiver allows individuals with intellectual/ developmental disabilities to receive services and supports in their own community. This helps people live as independently as possible, rather than in an institution like a developmental center. Innovations is a [home and community-based service](#). Vaya Health manages the Innovations program in our 22 western North Carolina counties. Innovations is designed to promote independence, choice, community integration and the ability to realize life goals.

Website: <https://www.vayahealth.com/learn-more/innovations-and-the-registry-of-unmet-needs/>

What is the Registry of Unmet Needs?

The Registry of Unmet Needs is a first-come, first-serve list maintained by Vaya to keep track of people waiting for intellectual/developmental disability services in western North Carolina.

We strongly encourage parents of children who have an intellectual/developmental disability and may need Innovations Waiver services in the future to call us to add your child to the registry now. To learn more about Innovations or the Registry of Unmet Needs, call Vaya's

Access to Care Line at 1-800-849-6127.

Parent Support Groups

Difference Makers Self-Advocacy and Support www.facebook.com/groups/SNPCS

This is an online support group for parents and caregivers for children with special needs featuring group discussion, community events and posts on advocacy, education, support, disability issues, parent/caregiver questions, disability rights, school issues & support, etc.

Foster Parent Support Group

McDowell County Dept. of Social Services, 145 East Court St., P.O. Box 338, Marion, NC 28752
828-652-3355

DSS provides a monthly foster parent support group. Dinner and child-care are provided, and this support group can count as training hours.

McDowell County Public Schools Telephone Directory

Board of Education 828-652-4535

Superintendent 828-652-4535

McDowell Academy for Innovation 828-652-1040

McDowell High 828-652-7920

East McDowell Middle 828-652-7711

West McDowell Middle 828-652-3390

Eastfield Global Magnet 828-652-3730

Glenwood Elementary 828-738-4420

Marion Elementary 828-652-2141

Nebo Elementary 828-652-4737

North Cove Elementary 828-756-4342

Old Fort Elementary 828-668-7646

Pleasant Gardens Elementary 828-724-4422

West Marion Elementary 828-738-3353

Foothills Community School 828-652-3390

McDowell Early College 828-659-0411

McDowell County Head Start 828-652-3229

McDowell Early Head Start 828-652-1319

Exceptional Children's Program 828-652-6580

NC Pre-K Program 828-442-2415

Health and Safety Resources

Help prevent SIDS

Sudden Infant Death Syndrome (SIDS) is an occurrence of sudden, unexpected death in seemingly healthy infants under the age of one year. In the year 2000, SIDS was the 3rd leading cause of infant death in North Carolina.

Here are some tips to help prevent SIDS:

- Put your baby to sleep on his back - always! All caregivers of the child should follow this practice.
- Provide plenty of supervised “tummy time” where your baby can practice head control while playing and interacting
- Use a firm mattress in your baby’s crib, and remove all pillows, soft toys, and excess bedding.
- Never let your baby sleep on a waterbed or a beanbag.
- Do not allow anyone to smoke around your baby. Secondhand smoke or smoking during pregnancy can increase the risk of SIDS.
- Keep room temperatures comfortable, but not too warm (68-72° F, not over 75° F.)
- During colder weather, choose a one-piece sleeper for baby, rather than heavier or additional bedding.
-
- **For more information, call 1-800-505-CRIB or 1-800-FOR-BABY**
- **Website:** www.nichd.nih.gov/sts/Pages/default.aspx

What is a Medical Home?

A Medical Home is the one place you take your child for all their health care needs such as:

- checkups
- sick visits
- accidents
- special health needs
- immunizations (shots)

A Medical Home is a doctor’s office, a community clinic, or a local health department. The staff there knows you, your child, and your child’s health history. You want to take your child to someone you know and trust. A Medical Home offers the very best care. Because the staff knows your child, they can:

- Make sure your child gets the checkups, screenings, and shots they need to stay well
- Work with you in planning your child’s care
- Tell you about community programs and resources that may be helpful
- Help you locate the right specialists and equipment for your child

Emergencies

Poison Control

Call 911 or 1-800-222-1222

If someone ingests, inhales, or touches, a poisonous substance, or splashes something in his or her eyes:

- Don’t panic!
- If you suspect poisoning, bring the container to the phone and call 1-800-222-1222 immediately.
- Follow the poison center’s instructions.

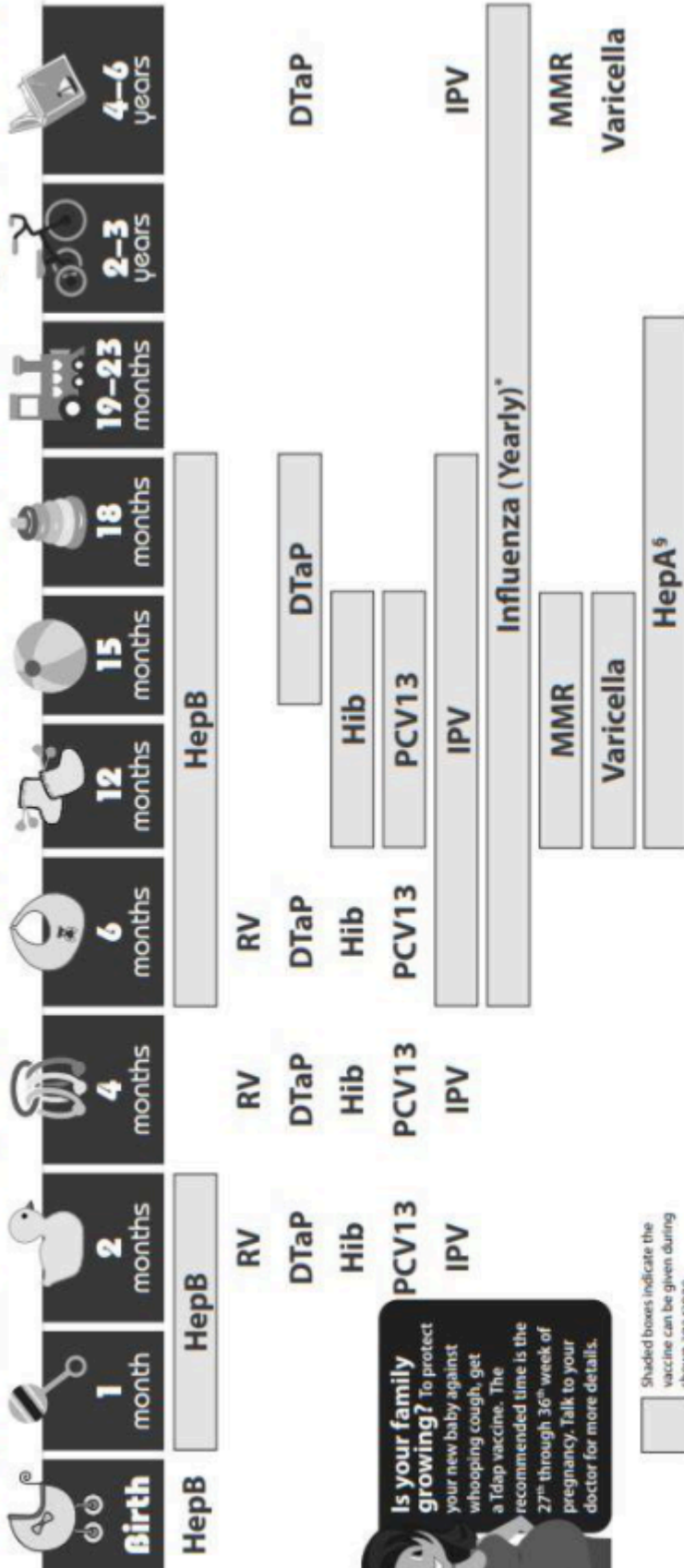
Local Hospital

Mission Hospital-McDowell

430 Rankin Dr., Marion, NC 28752 | (828) 659-5000

We offer a family-friendly environment with a caring and supportive nursing staff trained in labor and delivery, breastfeeding and infant care. Our certified instructors also teach Childbirth Preparation and Breastfeeding. Each new mother receives in-hospital post-delivery education and discharge preparation. Two staff lactation consultants offer breastfeeding support, while each newborn is given a hearing screening test.

2021 Recommended Immunizations for Children from Birth Through 6 Years Old



Is your family growing? To protect your new baby against whooping cough, get a Tdap vaccine. The recommended time is the 27th through 36th week of pregnancy. Talk to your doctor for more details.

Shaded boxes indicate the vaccine can be given during shown age range.

See back page for more information on vaccine-preventable diseases and the vaccines that prevent them.

FOOTNOTES:

- Two doses given at least four weeks apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
- Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 months after the first dose. All children and adolescents over 24 months of age who have not been vaccinated should also receive 2 doses of HepA vaccine.
- If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he or she may need.

For more information, call toll-free
1-800-CDC-INFO (1-800-232-4636)
 or visit
www.cdc.gov/vaccines/parents



U.S. Department of Health and Human Services
 Centers for Disease Control and Prevention



American Academy of Pediatrics
 DEDICATED TO THE HEALTH OF ALL CHILDREN™

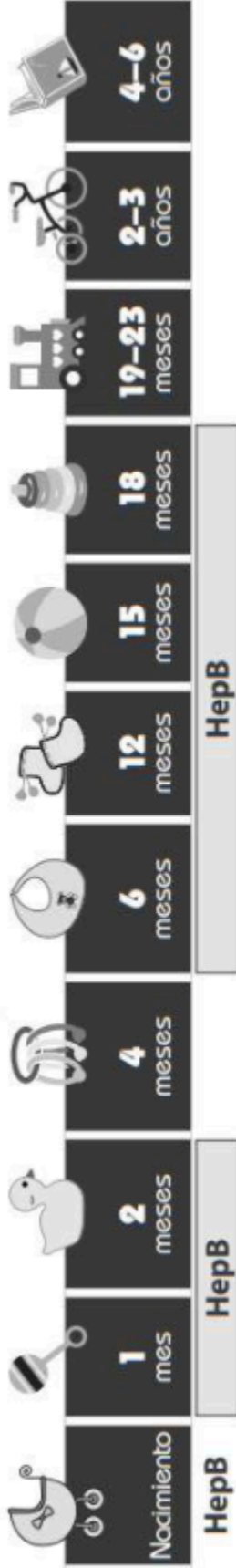
Vaccine-Preventable Diseases and the Vaccines that Prevent Them

Disease	Vaccine	Disease spread by	Disease symptoms	Disease complications
Chickenpox	Varicella vaccine protects against chickenpox.	Air, direct contact	Rash, tiredness, headache, fever	Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs)
Diphtheria	DTap* vaccine protects against diphtheria.	Air, direct contact	Sore throat, mild fever, weakness, swollen glands in neck	Swelling of the heart muscle, heart failure, coma, paralysis, death
Hib	Hib vaccine protects against <i>Haemophilus influenzae</i> type b.	Air, direct contact	May be no symptoms unless bacteria enter the blood	Meningitis (infection of the covering around the brain and spinal cord), intellectual disability, epiglottitis (life-threatening infection that can block the windpipe and lead to serious breathing problems), pneumonia (infection in the lungs), death
Hepatitis A	HepA vaccine protects against hepatitis A.	Direct contact, contaminated food or water	May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine	Liver failure, arthralgia (joint pain), kidney, pancreatic and blood disorders
Hepatitis B	HepB vaccine protects against hepatitis B.	Contact with blood or body fluids	May be no symptoms, fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain	Chronic liver infection, liver failure, liver cancer
Influenza (Flu)	Flu vaccine protects against influenza.	Air, direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs)
Measles	MMR** vaccine protects against measles.	Air, direct contact	Rash, fever, cough, runny nose, pink eye	Encephalitis (brain swelling), pneumonia (infection in the lungs), death
Mumps	MMR** vaccine protects against mumps.	Air, direct contact	Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain	Meningitis (infection of the covering around the brain and spinal cord), encephalitis (brain swelling), inflammation of testicles or ovaries, deafness
Pertussis	DTap* vaccine protects against pertussis (whooping cough).	Air, direct contact	Severe cough, runny nose, apnea (a pause in breathing in infants)	Pneumonia (infection in the lungs), death
Polio	IPV vaccine protects against polio.	Air, direct contact, through the mouth	May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
Pneumococcal	PCV13 vaccine protects against pneumococcus.	Air, direct contact	May be no symptoms, pneumonia (infection in the lungs)	Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death
Rotavirus	RV vaccine protects against rotavirus.	Through the mouth	Diarrhea, fever, vomiting	Severe diarrhea, dehydration
Rubella	MMR** vaccine protects against rubella.	Air, direct contact	Sometimes rash, fever, swollen lymph nodes	Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects
Tetanus	DTap* vaccine protects against tetanus.	Exposure through cuts in skin	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death

* DTap combines protection against diphtheria, tetanus, and pertussis.

** MMR combines protection against measles, mumps, and rubella.

2021: Vacunas recomendadas para niños, desde el nacimiento hasta los 6 años de edad



¿Está creciendo su familia?
 Para proteger a su nuevo bebé contra la tosferina, póngase la vacuna Tdap. El momento recomendado es entre las 27 y las 36 semanas del embarazo. Hable con su médico para obtener más detalles.

Las casillas coloreadas indican que la vacuna se puede dar durante el rango de edad señalado.

Edad	RV	RV	RV	RV	RV
Nacimiento	HepB				
1 mes	HepB				
2 meses	HepB				
4 meses	HepB				
6 meses	HepB				
12 meses	HepB	DTaP	Hib	PCV13	
15 meses	HepB				
18 meses	HepB				
19-23 meses	HepB				
2-3 años	HepB				
4-6 años	HepB				

NOTA: Si a su hijo no se le puso una de las dosis, no es necesario que vuelva a empezar. Solo lívelo al médico para que le apliquen la siguiente. Consulte al médico de su hijo si tiene preguntas sobre las vacunas.

NOTAS A PIE DE PÁGINA:

- * Se recomiendan dos dosis con un intervalo de por lo menos cuatro semanas para los niños de 6 meses a 8 años de edad que reciben por primera vez la vacuna contra la influenza y para otros niños en este grupo de edad.
- † Se requieren 2 dosis de la vacuna HepA para brindar una protección duradera. La primera dosis de la vacuna HepA se debe administrar entre los 12 y los 23 meses de edad. La segunda dosis debe aplicarse 6 meses después de la primera. Todos los niños y adolescentes de más de 24 meses de edad que no hayan sido vacunados también deberían aplicarse 2 dosis de la vacuna HepA. Si su hijo tiene alguna afección que lo ponga en riesgo de contraer infecciones, o va a viajar fuera de los Estados Unidos, consulte al médico sobre otras vacunas que pueda necesitar.

Más información al reverso sobre enfermedades que se pueden prevenir con vacunas y las vacunas que las previenen

Para obtener más información, llame a la línea de atención gratuita
1-800-CDC-INFO (1-800-232-4636)
 o visite
www.cdc.gov/vaccines/parents/index-sp.html



U.S. Department of Health and Human Services
 Centers for Disease Control and Prevention



American Academy of Pediatrics
 DEDICATED TO THE HEALTH OF ALL CHILDREN™

Enfermedades que se pueden prevenir con vacunas y las vacunas que las previenen

Enfermedad	Vacuna	Enfermedad transmitida por	Síntomas de la enfermedad	Complicaciones de la enfermedad
Varicela	La vacuna contra la varicela protege contra esta enfermedad.	Aire, contacto directo	Sarpullido, cansancio, dolor de cabeza, fiebre	Ampollas infectadas, trastornos hemorrágicos, encefalitis (inflamación del cerebro), neumonía (infección en los pulmones)
Difteria	La vacuna DTaP* protege contra la difteria.	Aire, contacto directo	Dolor de garganta, fiebre moderada, debilidad, inflamación de los ganglios del cuello	Inflamación del músculo cardíaco, insuficiencia cardíaca, coma, parálisis, muerte
Hib	La vacuna contra Hib protege contra la <i>Haemophilus influenzae</i> tipo b.	Aire, contacto directo	Puede no causar síntomas a menos que la bacteria entre en la sangre.	Meningitis (infección de las membranas que recubren el cerebro y la médula espinal), discapacidad intelectual, epiglottitis (infección que puede ser mortal, que puede bloquear la tráquea y causar problemas respiratorios graves), neumonía (infección en los pulmones), muerte
Hepatitis A	La vacuna HepA protege contra la hepatitis A.	Contacto directo, comida o agua contaminada	Puede no causar síntomas. Fiebre, dolor de estómago, pérdida del apetito, cansancio, vómito, ictericia (coloración amarilla de la piel y los ojos), orina oscura	Insuficiencia hepática, artralgia (dolor en las articulaciones) y trastornos de los riñones, del páncreas y de la sangre
Hepatitis B	La vacuna HepB protege contra la hepatitis B.	Contacto con sangre o líquidos corporales	Puede no causar síntomas. Fiebre, dolor de cabeza, debilidad, vómito, ictericia (coloración amarilla de los ojos y la piel), dolor en las articulaciones	Infección crónica del hígado, insuficiencia hepática, cáncer de hígado
Influenza (gripe)	La vacuna contra la influenza protege contra esta enfermedad.	Aire, contacto directo	Fiebre, dolor muscular, dolor de garganta, tos, cansancio extremo	Neumonía (infección de los pulmones)
Sarampión	La vacuna MMR** protege contra el sarampión.	Aire, contacto directo	Sarpullido, fiebre, tos, moqueo, conjuntivitis	Encefalitis (inflamación del cerebro), neumonía (infección en los pulmones), muerte
Paperas	La vacuna MMR** protege contra las paperas.	Aire, contacto directo	Inflamación de glándulas salivales (debajo de la mandíbula), fiebre, dolor de cabeza, cansancio, dolor muscular	Meningitis (infección de las membranas que recubren el cerebro y la médula espinal), encefalitis (inflamación del cerebro), inflamación de los testículos o los ovarios, sordera
Tosferina	La vacuna DTaP* protege contra la tosferina (<i>pertussis</i>).	Aire, contacto directo	Tos intensa, moqueo, apnea (interrupción de la respiración en los bebés)	Neumonía (infección en los pulmones), muerte
Poliomielitis	La vacuna IPV protege contra la poliomielitis.	Aire, contacto directo, por la boca	Puede no causar síntomas. Dolor de garganta, fiebre, náuseas, dolor de cabeza	Parálisis, muerte
Vacuna	La vacuna PCV13 protege contra la infección neumocócica.	Aire, contacto directo	Puede no causar síntomas. Neumonía (infección en los pulmones)	Bacteriemia (infección en la sangre), meningitis (infección de las membranas que recubren el cerebro y la médula espinal), muerte
Rotavirus	La vacuna RV protege contra el rotavirus.	Por la boca	Diarrea, fiebre, vómito	Diarrea intensa, deshidratación
Rubéola	La vacuna MMR** protege contra la rubéola.	Aire, contacto directo	A veces sarpullido, fiebre, inflamación de los ganglios linfáticos	Muy grave en las mujeres embarazadas: puede causar aborto espontáneo, muerte fetal, parto prematuro, defectos de nacimiento
Tétanos	La vacuna DTaP* protege contra el tétanos.	Exposición a través de cortaduras en la piel	Rigidez del cuello y los músculos abdominales, dificultad para tragar, espasmos musculares, fiebre	Fractura de huesos, dificultad para respirar, muerte

* La vacuna DTaP combina la protección contra la difteria, el tétanos y la tosferina.

** La vacuna MMR combina la protección contra el sarampión, las paperas y la rubéola.

Health Resources

American Red Cross

39 N Garden St., Marion, NC 28752 | (828) 652-6531

The American Red Cross helps keep the public prepared to respond to disasters and emergencies. They provide training in lifesaving skills such as CPR and first aid. Babysitting courses also available.

Carolina Access

Division of Medical Assistance

2501 Mail Service Center, Raleigh, NC 27699-2501 | 8:00 a.m. - 5:00 p.m. | 1-800-662-7030

Carolina ACCESS is North Carolina's Medicaid managed care program. It provides you with a medical home and a primary care provider (PCP) who will coordinate your medical care.

Website: www.ncdhhs.gov/dma/

McDowell County Health Department

408 Spaulding Dr., Marion, NC 28752 | (828) 652-6811

Offers a variety of family services, including family planning, child health clinic, WIC nutrition program, health screenings, immunizations, care coordination for children, and more.

Health Check/Health Choice - McDowell County Department of Social Services

828-652-3355

Provides access to health care for children up to age 21 who qualify for Medicaid. DSS also provides the Medication Assistance Program that provides quality pharmaceutical care at a reduced cost to people in McDowell County who are living on a limited income and are not eligible for other assistance programs.

Health Resource Navigator

McDowell County Department of Social Services

828-659-0613

The primary role of the Health Resource Navigator is to help place the uninsured and the underinsured into appropriate primary care settings. Please contact Health Resource Navigator Amanda Casillas for more information.

McDowell Pregnancy Care Center

40 South Main St. Suite 110

P. O. Box 2728

Marion, NC 28752

Hours: M-Th. 9-5 p.m. (828) 652-7676

McDowell Pregnancy Care Center provides pregnancy counseling, free pregnancy tests, limited ultrasound services, maternity and baby clothes, baby furniture, referrals, and post-abortion counseling.

Director: Denise McCormick

Website: www.mpccnc.org

NC Family Health and Childcare Resource Line

1-800-FOR-BABY (1-800-367-2229)

Information about local health resources, children's health insurance, and health/safety issues in childcare settings, and more. In English and Spanish.

Website: www.healthychildcarenc.org

Vaya Health: www.vayahealth.com

200 Ridgefield Court, Asheville, NC 28806: Business telephone: 1-800-893-6246

ACCESS TO CARE (24/7): 1-800-849-6127

Serving individuals with mental health needs, substance use disorders or intellectual/developmental disabilities in

Alexander, Alleghany, Ashe, Avery, Buncombe, Caldwell, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon,

McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, Watauga, Wilkes and Yancey counties in North Carolina.

What is Vaya Health? A public managed care organization serving individuals with needs related to mental health, substance use disorders and intellectual or developmental disabilities. A local government entity covering 23 counties in western North Carolina. A manager of Medicaid funding plus funding from state and local governments – for treatment services and supports for western N.C. residents who

receive Medicaid, have no insurance or are underinsured.

Access to Care - We operate a toll-free, 24/7 line available to anyone seeking information about services or experiencing a crisis at: 1-800- 849-6127. Services include: Initial assessments of needs, Information on treatment options and appointments, Help in a behavioral health crisis and Connection to mobile crisis services.

**DENTISTS ACCEPTING MEDICAID
DENTISTAS PARA MEDICAID**

Please call ahead to schedule an appointment and to confirm that the dentist accepts new Medicaid patients. **ALWAYS KEEP YOUR APPOINTMENTS.**

<p>Dr. Scott Murphy Morganton Pediatric Dentistry 341 E. Parker Rd. Morganton Ages 0-17 7433-1223</p>	<p>Marion Dental Group 1103 E. Court St. Marion Takes Medicaid and Health Choice Age 7 & up 659-7323</p>	<p>Growing Smiles Pediatric Dentistry 110 Juniper St. Suite 200 Morganton, NC 28655 855-3779/391-8855 Ages 0-18</p>
<p>Dr. Josh Paymich 11 Yorkshire St. Asheville Ages 0-18: 274-4744</p>	<p>Southern Dental Associates 206 Sterling St. Morganton Children & Adults 433-5800</p>	<p>Dr. Dan Kuechtel, pediatric dentist 218 Elkwood Ave, Asheville Ages 0-18: 828-575-2345 Medicaid: Ages 0-8</p>
<p>Dr. Michael Jackson 837 Thunder Rd. Spindale Ages 4-18: 287-2246</p>	<p>Dr. William Hunt 127 E Trade St. Ste 100 Forest City Tuesdays: 8-noon/ walk in Ages 10 & up: 245-3206</p>	<p>Dr. Charles Quarles 204 Reservation Dr. Spindale Ages 4 & up: 286-2962</p>
<p>Rutherford Health Center 187 W. Main St. Spindale, NC 288-2881 (also sliding fee scale)</p>	<p>Blue Ridge Community -Collins 158 White Drive Columbus, NC 894-3120</p>	<p>Dr. Michael Wimberly 1183 Fairgrove Church Rd Hickory/ M & W 9-1/ T & TH 9-6 Ages 1-22: 828-456-2488</p>
<p>Blue Ridge Community Health 2579 Chimney Rock Rd, Hendersoville -reduced fees/ emergencies 828-696-0512</p>	<p>Cleveland Cc Health Dept Dental 515 E. Grover St. Shelby Ages: 0-21 704-484-5261</p>	<p>Rutherford Co. Family & Children's Dental 1637 Hwy 74-A Bypass, Spindale All Ages: 828-375-0050</p>
<p>ECU Community Learning Center Hospital Drive Spruce Pine, NC 756-0110</p>	<p>Primary Dental Care Swannanoa Valley Medical Center Black Mountain, NC 669-4119</p>	<p>High Country Community Health - FQHC @ Good Samaritan Clinic Morganton 305 W Union St. Appt line - 828.608.9062</p>

NC Child Passenger Safety Law Summary

(G.S. 20-137.1)

<http://www.buckleupnc.org/occupant-restraint-laws/child-passenger-safety-law-summary/>

Basic Requirements

The North Carolina Child Passenger Safety Law requires children less than age 16 to be properly restrained in an age, weight, and height appropriate restraint. Passengers age 16 and older are covered by the North Carolina Seat Belt Law.

Vehicles Covered

The NC Child Passenger Safety Law applies to all vehicles required by federal standards to have seat belts. This includes all passenger cars manufactured after 1967 and vans, pickups, and SUVs manufactured after 1971.

Restraint Requirements

- Children younger than 8 years old and weighing less than 80 pounds must ride in a properly used car seat or booster seat. The law does not require a specific type of seat based on a child's age or weight, but the seat must be used according to the manufacturer's instructions and meet the Federal Safety Standards in place when it was made.
- Once a child turns 8 years old, regardless of weight, or reaches 80 pounds, regardless of age, they may use a properly fitted seat belt instead of a car seat or booster seat.
- Booster seats must always be used with both a lap and shoulder belt. They should never be used with a lap belt only. If a child weighs at least 40 pounds and no lap-and-shoulder belt is available, they may legally use a properly fitted lap belt; however, this is not considered the safest option.
- Children younger than 5 years old and weighing less than 40 pounds must ride in the back seat when the vehicle has an active passenger-side front airbag and a rear seat is available.
- Some vehicles are exempt from seat belt requirements, including certain older vehicles, large buses, ambulances and other emergency vehicles. If all available seat-belted seats are occupied, any remaining children may legally ride unrestrained, though this is not recommended as the safest choice.

Responsibility/Penalties

- Driver is responsible for all children less than sixteen
- Penalty not to exceed \$25
- Full court costs and fees (\$238 as of May, 2013) apply to failure to secure a child in an appropriate CRS or seat belt violations Two (2) driver license points
- No insurance points
- No conviction if the child is less than 8 years old and proof is presented at trial that an appropriate CRD/Booster seat has been acquired for a vehicle in which the child is normally transported since the violation.

Human Services

Care Partners

575 Airport Rd., Marion, NC 28752 | (828) 652-1318

Personal/grooming supplies donation programs, bedding/linen donation programs, clothing donation programs, special event support volunteer opportunities, and family services related volunteer opportunities, fundraising volunteer opportunities, clerical volunteer opportunities, palliative care, hospice care.

Centro Unido Latino Americano

79 Academy Street, Marion, NC 28752 | (828)652-0727

We offer: Immigration services, translation, Insurance for farm workers, Ask for Cultural Programs. Our programs seek to serve Latino families in our community by providing access to services and improving the health and well-being of each member of the family.

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

Christmas Assistance for Children

The Salvation Army provides assistance for children ages birth-12 years of age through an application process. Call the Salvation Army for more information at 828-430-8392. Foster Children's Christmas. Contact DSS at 828-652-3355--Project Christmas

Corpening Memorial YMCA

348 Grace Corpening Dr., Marion, NC 28752 | (828) 659-9622

The Maxwell M. Corpening Foundation provides emergency funds, such as heat, medical bills, and tuition for people in need. Residents in McDowell County are eligible for this once a calendar year. Please call to schedule an appointment

Website: www.ymcawnc.org

Crossroads Recovery Center, Inc.

440 East Court St., Marion, NC 28752 | (828) 659-8626 (office by appointment) or via email at

crossroadsrecoveryctr@verizon.net

Individual and family counseling for adults, children, and couples. Licensed DWI and substance abuse assessment and treatment (services available in Spanish). Domestic violence offender treatment.

Dreaded Disease Society

For more information contact the McDowell County United Fund at (828) 652-0460.

Foothills Industries of McDowell County

300 Rockwell Dr., Marion, NC 28752 | (828) 652-4088

Foothills Industries, a Community Rehabilitation Program since 1972, offers education, job training, and employment for adults who have work-related disabilities or other barriers to employment. All donations are tax deductible.

Website: www.foothillsindustries.com

Guardian Ad Litem Program

60 E. Court Street, Marion, NC 28752 | (828) 652-4632

North Carolina Guardian ad Litem (GAL) program equips community volunteers to serve abused and neglected children by advocating for their best interests in court. The role of Guardian ad Litem is to: 1.) Fulfill state and federal statutory mandates to protect and promote the best interests of juveniles in abuse and neglect court proceedings; 2.) Help the courts work efficiently toward safety and permanence for children; 3.) Conduct independent investigations to determine the facts, needs of the child, and the resources appropriate to meet those needs; 4.) Determine the wishes or expressed preferences of the child and report those to the court. Guardian ad Litem's provide a voice for abused and neglected children in every county of the state.

Habitat for Humanity

PO Box 75, Marion, NC 28752-0075 | (828) 652-6272

www.habitat.org or ***steve.davis@sdyc.com***

Habitat for Humanity International seeks to eliminate poverty housing & homelessness from the world, & to make decent shelter a matter of conscience and action.

Independent Living

8 Barbetta Drive, Asheville, N.C. 28806 | 1 (877) 832-3832

Provides assistance to make your home accessible, also provides devices needed for mobility, hearing, ramps, walk-in showers, widen doors for wheel chairs to pass and more.

Marion Section 8 Housing Assistance

29 North Garden St., #2, Marion, NC 28752 | (828) 652-8098

Administers Section 8 vouchers for McDowell County. These vouchers help low-income people with their housing and rent. From there it can step into mortgage help.

McDowell Health Coalition

408 Spaulding Dr., Marion, NC 28752 | Contact: Mary Smith, 828-659-6618 or at email msmith@rpmhd.org

Partners joining together to improve the health and wellbeing of McDowell County residents by identifying and addressing health priorities and disparities through public awareness and education, community involvement, maximizing resources, and influencing public policy. Special emphasis on tobacco prevention, access to care, nutrition, and obesity prevention (Eat Smart, Move More).

Healing Hearts Small Animal Rescue Inc.

P.O. Box 1321, Old Fort, NC 28762 **Email:** healingheartssmallanimal@yahoo.com

We specialize in the rescue and rehabilitation of small animals (hamsters, gerbils, ferrets, etc.) birds, reptiles, small exotics (sugar gliders, hedgehogs, etc.) small dogs, and a limited number of cats.

Information: <https://www.facebook.com/healingheartsanimalrescue/>

Isothermal Planning and Development Commission

111 West Court St., Rutherfordton, NC 28139 | (828) 287-2281

The Isothermal Planning and Development Commission assist the region's local governments in providing services to their citizens. It also offers Title V, a job placement program for those 55 and older.

Website: www.regionc.org

Turning Point Service Group

509 East Payne Rd, Marion, NC 28752 | (828) 738-3098

Mental Health, Behavioral Health, Psychiatry, Addiction, Substance Abuse, Domestic Sexual Violence Shelters, Crisis Centers, Transitional Housing, Support Groups, Counseling, Disabilities, Social Services.

NC-Works

316 Baldwin Ave., Marion, NC 28752 | (828) 659-6001

Joblink Career Center Vision: To improve North Carolina's workforce and strengthen our state's economy by developing a system of Joblink Career Centers that offer labor market Information, provides access to career training and job placement services, and serves as the connection between employers and qualified workers.

Juvenile Crime Prevention Council

260 State St., Marion, NC 28752 | (828) 652-5085 ext. 200

The McDowell County Juvenile Crime Prevention Council (JCPC) is a planning body of concerned community members whose mission is to: support the development and implementation of community-based programs that meet the identified needs of all children who are delinquent or are at risk of becoming undisciplined or delinquent.

McDowell County Administration

60 East Court St., Marion, NC 28752 | (828) 652-7121 ext. 354

Keep McDowell Beautiful focuses on education and awareness, litter prevention, beautification and community improvement, and waste reduction.

Legal Aid of North Carolina, Inc.

211 East Union St., Morganton, NC 28655 | 1-800-849-5195

Legal Aid of North Carolina Inc. provides life-altering solutions to critical legal issues.

Website: www.legalaidnc.org

Marion Downtown Business Association

58 Depot St., Marion, NC 28752 | (828) 652-2215

The Downtown Advisory Committee works in close association with the Downtown Business Association, the Small Business Center at McDowell Technical College, & the McDowell Economic Development Association of McDowell County to promote the growth of new & established businesses.

Marion Recovery Education Center

486 Spaulding Rd., Suite B, Marion, NC 28752 | (828) 652-2919

Comprehensive outpatient substance abuse treatment, general assessment for substance abuse, court ordered DUI evaluations, psychiatric rehabilitation, psychiatric case management, assertive community treatment, mental-health screening, psychiatric disorder counseling, & general counseling services.

Marion Police Department

270 South Main St., Marion, NC 28752 | (828) 652-5205 for Non-emergencies, In an **Emergency - Call 911**

Marion United States Postal Service

(828) 652-5838

McDowell Chamber of Commerce

1170 West Tate St., Marion, NC 28752 | (828) 652-4240

The McDowell Chamber of Commerce is a membership association of over 450 companies and individual members. The organization's mission is to provide services to the membership which support economic growth and encourage community involvement.

Website: www.mcdowellchamber.com

McDowell County Public Library

100 W. Court St, Marion, NC 28752 (828) 652-3858 (Marion) or (828) 668-7111 (Old Fort).

Children's Story Time- Ages 0-5yrs on Mondays 10:30-11:00 a.m. (Marion) or Tuesdays 10:30-11:00 a.m. (Old Fort)

Website: <https://mcdowellpubliclibrary.org/>

McDowell County Social Services

145 East Court St., Marion, NC 28752 | (828) 659-0617

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

McDowell Council on Alcohol and Drug Abuse

Substance Abuse Services

39 North Garden St., Marion, NC 28752 | (828) 652-8428

The McDowell Council on Alcohol and Drug Abuse's primary focus is substance abuse treatment services. They also provide substance abuse treatment, outpatient care, and special groups for DUI/DWI offenders.

McDowell County Animal Control

(828) 652-6643

McDowell County Child Collaborative

207 S. Main Street, Marion NC 28752 | (828) 759-2160

Meets monthly to identify and address gaps in mental health services for children and families.

McDowell County Clerk of Court

(828) 652-7717

McDowell County Government

60 East Court Street, Marion, NC 28752 | (828) 652-7121

County Manager, Tax Office, Planning/ Mapping, Building Inspector, Tag Office, Board of Elections, NC Cooperative Extension Service

Website: www.mcdowellgov.com

McDowell County Senior Center

100 Spaulding Rd., Marion, NC 28752 | (828) 659-0821

McDowell County Senior Center's mission is to enhance the quality of life for McDowell County's senior citizens. They provide home-delivered meals, transportation to medical appointments, bill paying, and essential shopping.

Website: www.mcdowellseniorcenter.org

McDowell County Sheriff's Department

593 Spaulding Rd., Marion, NC 28752 | (828) 652-4000 for Non-emergencies - **Emergency—Call 911**

McDowell County United Fund

PO Box 1563, Marion, NC 28752 | (828) 659-2462

Website: www.liveunited.org

McDowell Housing

60 East Court St., Marion, NC 28752 | (828) 659-0606

The McDowell Housing is an organization working for decent, affordable and assessable housing which promotes self-determination and stable communities for low- and moderate-income McDowell citizens. Assistance with Urgent Repairs, USDA-RD Senior Grants, 1% Home Improvement loans, low interest loans to buy or build a home; Community Action Opportunities weatherization and heating air repair/replacement applications, Foothills Credit Counseling application assistance, Foreclosure Prevention application assistance, and more.

Website: www.mcdowellgov.com

McDowell Medication Management Center

486 Spaulding Rd., Marion, NC 28752 | (828) 659-2222

McDowell Mission Ministry

804 State St., Marion, NC 28752 | (828) 659-3981

Operates the Men's Shelter, the Friendship Home for Women and Children, and the Christian Clothing Closet. Provides emergency food & limited assistance with utilities, rent, & medications.

McDowell Tech Small Business Center

54 College Dr., Marion, NC 28752 | (828) 652-0634 deank@mail.mcdowell.cc.nc.us

McDowell Tech Small Business Center provides one-on-one counseling, as well as technical assistance.

McDowell Volunteer Information Center

60 East Court St., Marion, NC 28752 | (828) 652-7121

People working together to meet community needs.

Mercy Fund Animal Rescue

PO Box 2371, Marion, NC 28752 | (828) 652-7980 mercyfund@yahoo.com

Our mission is to save the lives of animals in need and to find safe and loving homes for them. We foster pets in our own homes until permanent homes can be found.

NC Army National Guard

102 Spaulding Dr., Marion, NC 28752 | (828) 652-4595

Website: www.nc.ngb.army.mil

New Hope of McDowell County

PO Box 1572, Marion, NC 28752 | (828) 652-8538 or (828) 652-6150 (24 hour Crisis Line)

New Hope seeks to provide aid to victims of physical, emotional, and sexual violence in families and relationships by providing sanctuary; providing programs that promote prevention, healing, and empowerment; community education; forming partnerships with related agencies and local citizens who support the reduction of abuse and violence.

Website: <https://newhopeofmcdowell.org/>

North Carolina Department of Labor Phone 1-800-752-3410

Website: www.nclabor.com

NC Division of Vocational Rehabilitation Services

451 North Main St., Suite 107, Marion, NC 28752 | (828) 652-2826

The North Carolina Division of Vocational Rehabilitation Services seeks to promote employment and independence for people with disabilities through customer partnership and community leadership.

Website: <https://www.ncdhhs.gov/divisions/eipd/local-office-listing>

NC Forest Service

Hwy 226 South, Marion, NC 28752 | (828) 652-2636

North Carolina's forest land is one of the greatest influences on the state, providing economic value and adding immeasurably to the quality of life for its citizens. The NC Forest Service's primary purpose is to ensure adequate and quality forest resources for the state to meet present and future needs.

Website: ncforestservice.gov

North Carolina Military & Veteran Partnership (NCMVP)

1535 Beecher Anderson Rd., Lenoir, NC 28645 (828) 757-4365 or nancy.davis3@us.army.mil

NCMVP is a voluntary Military/community partnership organized to allow service providers to engage in multi-service networking to help connect Service Members and Families to local Military and/or community resources.

NC Highway Patrol

3975 HWY 226 S, Marion, NC 28752 | (828) 652-2181

www.nccrimecontrol.org

The North Carolina State Highway Patrol's primary mission is to reduce collisions and make the highways of North Carolina as safe as possible.

NC Employment Security Commission

(828) 652-7131 **www.esncc.com/deshome**

The mission of the Employment Security Commission is to promote and sustain the economic wellbeing of North Carolinians in the world marketplace by providing high quality and accessible workforce-related services.

Old Fort Area Crisis Ministries

24 North Spring St., Old Fort, NC 28672 | (828) 668-0002

Old Fort Area Crisis Ministries helps people get clothing and food through the use of funding by donation, and their own thrift store. They also provide a once-a-year service to the needy by helping to pay their bills (power, mortgage, etc.).

Old Fort Police Department

828-668-7474 for Non-emergencies

Emergency - Call 911

Old Fort Post Office

(828) 668-7643

Old Fort, Town of, Business Office

(828) 668-7830

Old Fort General Information

(828) 668-7112

Register of Deeds

1 South Main St., Marion, NC 28752 | (828) 652-4727

The Salvation Army

2240 Highway 221 North Business, Marion, NC 28752 | (828) 659-2522

The Salvation Army provides disaster relief services, day care centers, summer camps, holiday assistance, services for the aging, AIDS education and residential services, medical facilities, shelters for battered women and children, family and career counseling, vocational training, correction services, and substance abuse rehabilitation.

Social Security Administration

800 Centre Park Drive, Asheville, NC 28805 | (866) 572-8361

www.ssa.gov

Spaulding Woods Apartments

838 Spaulding Rd., Marion, NC 28752 | (828) 652-7203

Veteran's Affairs- (919)807-4250

Food Pantries & Soup Kitchens

The following facilities have food available to those needing it. Unless otherwise stated, a current photo ID is required. Contact individual food pantries for other restrictions. Food is available in prepackaged bags or boxes and is canned or boxed.

Dysartsville Christian Ministries

Trinity UMC, 174 Trinity Church Loop, Dysartsville, NC

Thursday 3:30 p.m.-5:30 p.m.

East Marion Baptist Church

660 Baldwin Avenue, Marion, NC

828-559-2575

Call for Days and Hours of Pantry services

Glenwood Independent Baptist Church

Highway 221 South,

Glenwood, NC

828-442-3124 or 828-803-7875

Monday-Friday 3:30 p.m.-5 p.m.

Grace Community Church

5182 US Highway 70, Pleasant Gardens, NC

828-724-9599

Monday and Wednesday 10:00 a.m.-2:00 p.m.

McDowell Mission Ministries

804 State St., Marion, NC

828-659-3981 Call for availability

Old Fort Area Crisis

(Old Fort and Crooked Creek residents only) 102

North Spring St., Old Fort, NC 828-668-0002

Monday-Friday 9:00 a.m.-5:00 p.m.

Pleasant Hill United Methodist Church

1496 Jacktown Rd., Marion, NC

828-659-2059 or 828-659-6467

Wednesdays 6:00 p.m.-7:00 p.m.

St John's Episcopal Church

319 South Main, Marion, NC

828-652-4144

Wednesday 2:00 p.m.-4:00 p.m.

Clinchfield Presbyterian

828-652-3906

Greenlee Baptist Church

828-668-6075

Clinchfield United Methodist Church

151 Ridge Rd., Marion, NC

Tuesdays and Thursdays 11:00 a.m.-1:00 p.m.

Recreation & Entertainment*

**Please see also Special Needs & Disabilities section for more Recreation & Entertainment opportunities.*

McDowell Municipal Event Center

The event center is located inside the Larry D. Miller Business Complex on 29 Logan Street, in the heart of downtown Marion. Being deemed

a multi-purpose space, indoor shopping and entertainment venue that houses many small, local businesses, dining, recreation, and fitness facilities including a new roller-skating rink, bakery, graphics and print shop, and hair salon.

The event center is available to the public to rent as a private venue for parties, shows or meetings. Call us for details and book your reservation by contacting the McDowell Chamber of Commerce at 828-652-4240.

Businesses include:

Hot Wheelz – roller-skating facility

Titan Brazilian Jiu-Jitsu – martial arts classes for all ages

Chance of Sprinkles Bakeshop

McDowell Fitness

Fab Physique

Marion Wing Factory

Pressley Made

The Hair Beautique And

more...

Corpening Memorial YMCA

348 Grace Corpening Dr., Marion, NC 28752

828-659-9622

The YMCA is a non-profit human services organization that provides children with a safe, caring environment, positive role models, and creative activities. The YMCA serves all ages, races, religions, income levels, and abilities. Scholarships are available.

McDowell County 4-H Youth Programs

NC Cooperative Extension Service, 60 East Court St, Marion, NC 28752 | (828) 652-8104

McDowell.ces.ncsu.edu Six county clubs provide educational, social, and recreational activities for young children.

McDowell Trails Association

PO Box 1325, Marion, NC 28752 | (828) 724-4036

www.mcdowelltrails.com

The McDowell Trails Association is a nonprofit corporation formed for the purpose of developing trails and greenways in McDowell County and in raising private funds for the trails. An advisory committee composed of government agencies and local citizens are involved in planning efforts. All of these groups and individuals are working together to make McDowell trails and greenways a reality.

McDowell Youth Foundation

60 East Court St., Room 226, Marion, NC 28752 | (828) 652-8104

The McDowell Agricultural Youth Foundation seeks to provide guidance and funding to maintain and expand the youth livestock and agricultural awareness education programs.

Hidden Creek Camping Resort

1210 Deacon Dr., Marion, NC 28752 | (828) 652-7208

<https://hiddencreekcampingresort.com/>

Swimming pool, waterslide, pedal boats, mini golf, nature trails, horseshoes, & volleyball court.

Mountain Paradise Campground

16823 US 221, Marion, NC 28752 | (828) 756-4085

www.facebook.com/mountainparadisecampground Outdoor swimming pool and waterslide, miniature golf, and game room.

McDowell County Parks

McDowell County Recreation Department Facility

25 Academy St., Marion, NC 28752 | (828) 652-3001

Located in the heart of Marion, the Recreation Center offers a multitude of recreational opportunities. You will find the McDowell County Skate-park, an outdoor swimming pool, & the center itself which houses a gym & multi-purpose room. Adjacent to the center is Hawkins- Waters Field, home to adult league softball and other team sports.

Glenwood Park (828) 652-3001

Glenwood Park- located in the Glenwood community. The facility is comprised of two improved baseball/softball field, a concession stand/restroom building, & two batting cages.

McDowell County Sports Complex 429 Finley Road, Marion, NC 28752 | (828) 652-3001

The McDowell County Sports Complex is the country's premier baseball/softball complex. The facility is comprised of four lighted fields & a concession stand/restroom facilities.

Sandi Andrews Park US 221 North, Marion, NC 28752 | (828) 652-3001

Sandi Andrews Park-located on 221 N. in the community of North Cove. The facility consists of one lighted baseball field, one outdoor basketball court, & a playground. There are also several picnic shelters located near the North Fork River.

Woodlawn Roadside Park US 221 North, Marion, NC 28752 | (828) 652-3001,

The facility features a restroom building & several picnic tables. In addition, the park is located adjacent to the Mountains-to-Sea Trail, as well as a small loop trail with fitness stations. (Open May 1 – October 31)

Marion City Parks

www.marionnc.org/Marion/pages/parksNRec.html

The City's Parks & Recreation Department provides for maintenance & operation of all city park & recreation facilities. The Parks & Recreation Department has no employees & all. Maintenance work is performed by Public Works Department personnel. The City of Marion does not provide recreational programming. For more information about City Parks and Recreational opportunities, please contact City Hall at 828-652-3551 or the Public Works Department at 828-652-4224. A list of rules pertaining to each facility is posted at each park location.

City of Marion Community Building Park

Located in Downtown Marion at 191 North Main St., this park contains a new accessible and inclusive playground with recycled rubber grounding, picnic shelters and tables, accessible splash pad, basketball court, tennis court, and gazebo sitting area. Restrooms are available on-site during certain hours. The Community Building Park was renovated in 2001 from generous donations of new playground equipment by individuals and businesses in the community. The park is open seven days a week, 7:00 a.m. to 11:00 p.m.

Clinchfield Neighborhood Park 20 Hill Street, Marion, NC 28752

In 2010, the City was given 10 acres of property off of Hill St. in the Clinchfield neighborhood by Mr. Frank Boldon. The property is accessed through a parking lot located on the property. The park is located on Hill St. in the Clinchfield neighborhood. It contains playground equipment, a picnic shelter, a walking track/greenway and a basketball court.

Cross Mill Neighborhood Park--Completed in 2003, located on Granby St., the park contains a walking trail, a picnic shelter and tables, a basketball court, a volleyball court, a disc golf course & playground equipment. Parking is available on site. The hours of the park will be dawn to dusk.

Downtown Marion City Stage

In 2017, the city constructed a new covered pavilion to serve as a City Stage for concerts and other performances during downtown events. When not in use for events, the City Stage serves as a place to sit in the shade while visiting downtown Marion. This location also has public restroom facilities, as well as an information kiosk and location map for downtown businesses.

Downtown Marion Gazebos

The city maintains two gazebos in the downtown area to allow people to relax and enjoy and atmosphere of Main St. One gazebo is located on North Main St. at Brown Dr., in the heart of the downtown area, and another gazebo is located on South Main St. at Morgan St., on the southern edge of downtown.

Eastfield Neighborhood Park

This neighborhood park was completed in the summer of 2010. The park is located adjacent to the Eastfield Elementary School on Perry St. and is 2 acres in size. The park includes a walking trail, basketball court, picnic shelter and tables, swing set, and jungle gym. The park is open during daylight hours.

Joseph McDowell Historic Catawba Greenway

The first leg of development includes a 1 mile corridor extending from US Highway 70 West off of Sam Philips Dr. just west of Lowe's toward US Highway 221 Bypass behind the Shopping Center. Future phases of the Greenway will extend to the McDowell House on US Highway 70 West and beyond. A canoe launch is being developed by the City off of US Highway 221 North Business. Visit www.marionnc.org for more information.

Marion Historic Train Depot

The Depot, a highlight of Marion, is a favorite site for social gatherings and events. The facility is frequently used for live music festivals and other social gatherings sponsored by the City of Marion.

Mount Ida Trail & Wilderness Area-South Main Street, Marion, NC 28752 | (828) 652-3551

Mount Ida Wilderness Area includes a gravel access road and parking lot, picnic shelter and a one-half mile moderate to strenuous trail to the top of the city property on Mt. Ida overlooking Downtown Marion.

Peavine Rail Trail

In September 2010, the city of Marion acquired from Norfolk Southern Railway 33 acres of the old Peavine Rail Line right of way from State St. to Jacktown Rd., a distance of about 2.4 miles. The trail extends for 1.5 miles from State St. to just south of the First Christian Church property on Rutherford Rd. Barricades have been installed at both ends of a dilapidated trestle behind "Mi Pueblito" Restaurant on Rutherford Rd., until such time as the trestle can be demolished or repaired, which will eventually allow the trail length to extend to the full 2.4 mile length.

West Marion Neighborhood Park

Located next to Addie's Chapel United Methodist Church on Ridley St., the West Marion Park was constructed in 2001 on land donated by Addie's Chapel. The park contains a walking trail, a picnic shelter and tables, a basketball court, and playground equipment. The hours of the park are dawn to dusk.

Old Fort Area Parks

Andrew's Geyser

Mill Creek Rd., Old Fort, NC | (828) 668-4282

Popular streamside wooded picnic area alongside national forest service lands. In 1885, a gravity-forced geyser was constructed to mark the railroad gateway to the Blue Ridge Mountains. Once occupied by a well-known hotel with visitors on their way through the Swannanoa Gap to the west.

Catawba Falls

Catawba Falls is one of Western North Carolina's exceptional Blue Ridge waterfalls - one which is along the steep escarpment where the higher mountain lands drop off to the Piedmont areas below. It's located on an isolated tract of Pisgah National Forest property near Old Fort, NC, at the southern end of the Grandfather Ranger District, just south of I-40. A new parking area and trail culminates years of effort to provide public access to this special area, which required a variety of legislation to accomplish. Today, Catawba Falls is open to visitors and a highly recommended destination.

Davidson's Fort Historic Park

173 Lackey Town Road, PO Box 1636, Old Fort, NC 28762 | (828) 668-4831

A living history site dedicated to telling the true story of the families of Western North Carolina during the 18th Century and the American Revolution. www.davidsonfort.com or davidsonfort@gmail.com - Davidson's Fort was once the western most outpost in Colonial America. The fort was originally constructed in 1776 with the assistance of troops provided by General Griffith Rutherford.

Lindley Park and Old Fort Pool | (828) 652-3001

The Town of Old Fort is home to Lindley Park & the Old Fort Pool. The facilities are leased to McDowell County by the Town of Old Fort. Lindley Park features two lighted ball fields, one small ball field, a playground area, tennis courts, two picnic shelters, and a concession stand. Across Catawba River Rd. from Lindley Park is the Old Fort Pool. This facility is open during the summer months for recreational swimming and pool parties.

The Old Fort Senior Citizens Park - located on Spring Street in Old Fort

The Sandlin Memorial Park – located on Mill Creek Road

State Parks

Lake James State Park | (828) 584-7728

Try swimming and sunbathing or enjoy a picnic along the lakeshore. Boat, water ski, or fish in Cool Mountain waters, or take a walk and enjoy an abundance of wildflowers and wildlife along park trails. *For other recreation ideas, visit the McDowell Tourism Website attractions page at www.mcdowellinc.org or ncparks.gov to find hiking trails in the area ranging anywhere from a 20 minute hike to a 16 mile hike.*

Walkways/Greenways

- BI-LO Center Walkway (3.6 Laps = 1 Mile)
- East Junior High (4 Laps = 1 Mile)
- Glenwood Elementary Trail (6 Laps = 1 Mile)
- Joseph McDowell Historical Catawba Greenway (1 Mile)
- Main St., Marion: Community Building (Curve x2 = 1 Mile)
- McDowell High (4 Laps = 1 Mile)
- Nebo Elementary (2.5 Laps A-B-C = 1 Mile)
- North Cove Elementary (3 Laps = 1 Mile)
- Old Fort Elementary (4 Laps = 1 Mile)
- Pleasant Gardens Elementary (4 Laps = 1 Mile)
- Roses Parking Lot (2.6 Laps = 1 Mile)
- Tom Johnson's Camping Center (3.5 Laps = 1 Mile)
- Wal-Mart Parking Lot (1.8 Laps = 1 Mile)
- Wal-Mart Walkway (8.6 Laps = 1 Mile)
- West Marion Elementary (4.25 Laps = 1 Mile)

Entertainment

Foothills Community Theatre

24 South Main, Marion, NC 28752 | (828) 659-7529

www.fctplays.org

Live drama theatre open to children and adults as audience or participants.

McDowell Arts Council Association

50 South Main St., Marion, NC 28752 | (828) 652-8610 www.mcdowellarts.org

The McDowell Arts Council Association, Inc. was organized on February 28, 1972 by a group interested in promoting artistic and cultural activities in McDowell County.

Mountain Gateway Museum

24 Water St., Old Fort, NC 28762 | (828) 668-9259 www.mountaingatewaymuseum.org/

The Mountain Gateway Museum and Heritage Center collects and preserves artifacts and other historical materials relating to the history and heritage of North Carolina in a local, regional, national, and international context to assist people in understanding how the past influences the present.

Surrounding Area Attractions

Catawba Science Center

243 3rd Ave. NE, Hickory, NC 28601 | (828) 322-8169 www.catawbascience.org

Provides hands-on science and technology for all ages, special programs and exhibits. Also features a special play and learning center for preschool children.

Kid-Senses Children's Museum

172 North Main St., Rutherfordton, NC 28139 | (828) 286-2120 www.kidsenses.com

Since opening in 2004, Kid-Senses has welcomed over 275,000 visitors to our 10,000 square-foot space, which features 12 different interactive exhibit areas, curriculum-based workshops for field trip groups, a 7,500 square-foot Children's Garden (open seasonally), and unique opportunities to stimulate the imagination and educate the mind.

The Orchard at Altapass

1025 Orchard Road, PO Box 245, Spruce Pine, NC 28777 | 1-888-765-9531 or (828) 765-9531 www.altapassorchard.com

The Historic Orchard at Altapass is a 104-year-old apple orchard that is also an Appalachian Cultural Center celebrating the people, music, art, and natural beauty of the Blue Ridge Mountains in North Carolina. Built by the Clinchfield Railroad in 1908, the Orchard sits right on the Parkway providing some of the most amazing scenery on the Blue Ridge Parkway. Hayrides, educational programs, and free music in a family-friendly atmosphere are available.

Pack-Place Education, Arts, & Science Center

2 South Pack Square, Asheville, NC 28801 | (828) 257-4500 www.packplace.org

Pack Place Education, Arts and Science Center is an independent, non-profit organization that is home to the Asheville Art Museum, Colburn Earth Science Museum, Diana Wortham Theater, and the YMI Cultural Center.

NC360

NC360 is an immersive experience that allows anyone across the world to virtually discover some of North Carolina's most popular natural and cultural attractions. <https://www.nc.gov/about-nc/nc360>

How to Use NC360: <https://www.nc.gov/about-nc/nc360/how-use-nc360>

For more information about resources in McDowell county



or go online to

www.nc211.org

