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

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

Prevention Lead Organizations

**REGION 1:**
Hancock, Brooke, Ohio, Marshall, Wetzel
Dara Pond
Youth Services System, Inc.
(304) 233-2045
dpond@ysswv.com

**REGION 2:**
Pendleton, Grant, Hardy, Mineral, Hampshire, Morgan, Jefferson, Berkeley
Paige Mathias
Potomac Highlands Guild
304-257-1155
paigem@potomachighlandsguild.com

**REGION 3:**
Tyler, Pleasants, Wood, Ritchie, Jackson, Wirt, Roane, Calhoun
Shelly Mize
Westbrook Health Services
304-927-5200 ext 410
smize@westbrookhealth.com

**REGION 4:**
Monongalia, Preston, Marion, Doddridge, Harrison, Taylor, Barbour, Tucker, Gilmer, Lewis, Upshur, Randolph, Braxton
Elizabeth Shahan
West Virginia Prevention Solutions
304-423-5049
WVPSDirector@gmail.com

**REGION 5:**
Mason, Putnam, Kanawha, Clay, Cabell, Wayne, Mingo, Logan, Lincoln, Boone
Kim Shoemake
Prestera Center
304-412-7036
Kimberly.Shoemake@prestera.org

**REGION 6:**
Webster, Pocahontas, Nicholas, Fayette, Greenbrier, Raleigh, Summers, Monroe, Wyoming, Mercer, McDowell
Greg Puckett
Community Connections
304-913-4956
drugfree@strongcommunities.org
Two websites have been developed to promote the resources, services, events and trainings in our state related to substance use prevention:

**Help & Hope WV**

HelpandHopeWV.org

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

**StigmaFree WV**

StigmaFreeWV.org

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

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**GET HELP**

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

FindTreatment.gov

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

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

Find a Narcotics Anonymous Meeting Near You
https://www.na.org/meetingsearch/

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

West Virginia Poison Control
http://wvpoisoncenter.org

National Suicide Prevention Lifeline
1-800-273-8255

Prevent Suicide WV
https://preventsuicidewv.com/help/?cat=help

For 24/7 Help With a Gambling Problem
https://www.1800gambler.net/

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

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

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