



# STRENGTH IN PEERS

# SHENANDOAH COUNTY Resource Guide

Free help accessing services: **CALL 540-217-0869 to schedule an appointment.**

**9560 S. Congress St, New Market, VA 22844 | Mailing: P.O. Box 892, New Market, VA 22844**

**StrengthInPeers.org | Updated: 7/2020 | To update information, please email [services@strengthinpeers.org](mailto:services@strengthinpeers.org)**

## **Coronavirus Information**

### **What is COVID-19 and what are the symptoms:**

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

**SYMPTOMS may appear 2-14 days after exposure to the virus.** People with these symptoms may have COVID-19:

- Fever or chills
- Cough and/or sore throat
- Shortness of breath or difficulty breathing
- Fatigue and/or muscle or body aches
- Headache
- New loss of taste or smell
- Congestion or runny nose
- Nausea, vomiting and/or diarrhea

### **When to Seek Emergency Medical Attention:**

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately by calling 911 or going to your local emergency room.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

There is currently no vaccine to prevent or antiviral medication to treat COVID-19. The best way to avoid illness is preventing exposure. The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes.

**To lower the risk of respiratory germ spread, including COVID-19, the Virginia Department of Health encourages the following effective behaviors:**

- Stay at home when possible, especially if you are vulnerable to effects of COVID-19
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer only if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid contact with sick people.
- Avoid non-essential travel.

### **As Virginia enters Phase 3 of re-opening on 7/01/20, continue to follow these guidelines:**

- Wear Face coverings as they are still required in public settings
- Maintain 6-foot social distancing (All retail establishments and restaurants can now open but physical distancing will still be required if at all possible for every form of business.)
- Avoid mass gatherings and crowded places. (Note: Phase 3 allows gatherings of 250 people.)

### **Important websites for factual information on the coronavirus:**

Virginia Department of Health: [vdh.virginia.gov](http://vdh.virginia.gov)

Centers for Disease Control: [cdc.gov](http://cdc.gov)

### **Important phone numbers for more information:**

**Virginia Department of Health COVID-19 Informational Call Center:** 1-855-949-8378, Mon-Fri 8AM- 6PM.

**Shenandoah County Health Department** 494 N Main St. Suite 100, Woodstock Virginia 22664 by appointment only. Please call.

## **LOCAL Resource Information**

### **Emergency/Crisis Support**

**Medical or Mental Health EMERGENCY: 911**

**NorthWestern Community Services Board: 24/7 Mental Health Crisis Line: Shenandoah County 540-459-4742.**

**Suicide Hotline:** For ANY mental health or substance abuse concern. [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org). 800-273-8255.

**Poison Control Hotline:** Assistance in case of exposure to poisonous or hazardous substances. 800-222-1222.

**Shenandoah County Sheriff's Department: (Non-Emergency) (540) 459-6100.** 109 W. Court St., Woodstock, VA

**City of Woodstock Police Department – (540) 459-2141,** 134 N. Muhlenberg St., Woodstock, VA

**Town of Strasburg Police Department – (540) 465-5230,** 174 E. King St., Strasburg, VA

**New Market Police Department – (540) 740-3776,** 9418 John Sevier Rd., New Market, VA

**Mt. Jackson Police Department- (540) 477-2242.** 75 Main St, Mt Jackson, VA 22842

**Child Protective Services: 800-552-7096.**

**Adult Protective Services: 888-832-3858.**

### **Public Meals-Soup Kitchens/Food Pantries**

**St. Paul Lutheran Church – (540) 465-3232** (Strasburg residents only), 1st & 3rd Wednesdays 5:30-7:30pm, 156 West Washington Street Strasburg, VA; **Teaming up with united Methodist church and Strasburg rotary club for a drive through meal every Wednesday 5:30 until the meals are gone.**

**Reformation Lutheran Church – (540) 740-3239,** Every Thursday 11am, 9823 Congress Street New Market, VA; **Canceled until further notice.**

**Woodstock Presbyterian Church – (540)-459-2646,** Every Tuesday 4:30-5:30pm, 142 East Court Street Woodstock, VA

**First Baptist Church – (540)-459-3000,** Every Monday 5:30-6:30pm (except the 1st Monday of the month), 116 Lakeview Drive Woodstock, VA; **Postponed until further notice.**

**Strasburg United Methodist Church – (540) 465-8788,** 2nd & 4th Wednesdays 5:30-7pm, 114 West Washington Street Strasburg, VA; **Teaming up with St. Paul Lutheran Church for drive through meals**

**Windhaven Church – (540) 477-2765 - <https://windhavenchurch.com/>,** 2nd Wednesday 6pm, 3606 Turkey Knob Road Mt. Jackson, VA; **postponed until further notice.**

**St. Andrew's Episcopal Church - (540) 477-3335,** 2nd Thursday 11:30am - 1pm, 5890 Main Street Mt. Jackson, VA **postponed until further notice.**

**St. John Bosco Catholic Church – (540) 331-7178,** 315 N. Main Street Woodstock, VA

**Woodstock UMC – (540) 459-4144,** 156 S. Muhlenberg St. Woodstock, VA, Bread of life pantry - 3rd Tuesday and Thursday, **Open as usual.**

**Blue Ridge Area Food Bank - (540) 248-3663; Available for additional food and donations, please contact number listed.**

**Emmanuel's Table Food Pantry – (540) 477-3335, 122 E Court St., Woodstock, VA 22664 – Emmanuel Lower Church Level – Open July 14<sup>th</sup> and 28<sup>th</sup> for pantry (August hours/days coming in July).**

### **Emergency Shelter**

**Centralized Housing Intake (CHI) – (540) 271-1701; CHI provides temporary financial assistance to individuals who are homeless so they can obtain rental housing. CHI is operating under normal business hours. All intakes are done by phone. Homeless certification for those without access to a computer or internet are done by drop-box located at the CHI offices: 305 N. High Street Harrisonburg, VA 22802.**

**Shenandoah Alliance for Shelter - (540) 459-3212 or (540) 459-8395, FAX: 540-459-3235; SAS operates CHI for Shenandoah County. It currently has limited staff availability and is limiting face-to-face meetings. All case management is done through phones and email.**

**RESPONSE (Domestic Violence Shelter) – (540) 459-5161,** PO Box 287 Woodstock, VA

**Family Promise of Shenandoah County – (540) 459-4599,** 781 Spring Parkway Woodstock, VA; **Not taking any new families.**

### **Affordable Housing**

**Valley Vista Apartments** Woodstock, VA 540-459-2119.

**New Market North Apartments- 540-740-3989.**

### **Clothing and Furniture**

**Goodwill Industries: 1011 S Main St, Woodstock, VA 22664. 540-459-8194. Mon-Sat- 10:00 a.m.-8:00 p.m. Sun. 12:00 p.m. – 5:00 p.m.**

**Search Gift Shop** Mt. Jackson, VA- 5982 Main St. Mt. Jackson, 540-477-2600. Wed-Sat. 10:00 a.m. – 4:00 p.m. Must wear masks.

### **Mental Health and Substance Abuse Treatment**

**Shenandoah Memorial Hospital- 759 South Main Street, Woodstock, VA 22664, 540-459-1100.** We are offering telehealth virtual visits for patients. To make either an in-person or virtual appointment, please call Inpatient or Outpatient care.

**Inpatient Care Available- Valley Health Winchester Medical Center Inpatient Behavioral Health- 540-536-4881.**

**Out Patient Care- Valley Health Outpatient Behavioral Health Winchester- 540-536-4881.**

**Valley Health Outpatient Behavioral Health Woodstock, 540-459-1505.** You may be referred to one program based on your symptoms, lifestyle, and needs. Services include: Intake and Assessment, General adult inpatient care, Senior adult inpatient care, Outpatient care.

**North Western Community Services Board:** Mental health, substance abuse and developmental services.

**Winchester Clinic** (Winchester) will be open Monday through Friday 9:00 a.m. – 5:00 p.m.

**Warren County Clinic- (Front Royal)** will be open on Tuesday and Friday from 9:00 a.m.- 5:00 p.m.

**Shenandoah County Clinic- (Woodstock)** will be open Monday and Wednesday from 9:00 a.m. – 5:00 p.m.

**Page County Clinic (Luray)** will be open Wednesday and Thursday from 9:00 a.m. – 5:00 p.m.

**SAME DAY ACCESS: The walk-in clinic will be closed until further notice. Individuals seeking admission for services All group therapy sessions (clients) will be cancelled during this COVID-19 event. Individual therapy sessions will continue with most cases utilizing a telephone or a virtual session.**

**(This does not include individual medical appointments)**

**Winchester Community Mental Health Center- 36 Ricketts Dr. Winchester VA 22601 Phone: 540-535-1112.** Provides individuals and families of all ages high-quality, individualized, compassionate mental health services, substance abuse and early childhood services. We respect developmental, behavioral and cultural differences by recognizing the dignity inherent in all and fostering healing, hope, strength and self-determination. Accepts Medicare, Medicaid, Private Insurance and Self Pay.

**Narcotics Anonymous (NA) - 1-800-777-1515 - <https://www.shevana.org>;** Some meetings are still happening, check the meeting list online at na.org.

**Alcoholics Anonymous- [www.aavirginia.org](http://www.aavirginia.org);** AA Online Meetings: [https://www.thetokenshop.com/Online\\_AA\\_Meetings](https://www.thetokenshop.com/Online_AA_Meetings)

**SMART Recovery Online Meetings - <https://www.smartrecovery.org/community/>**

**Celebrate Recovery, Woodstock, VA – (540) 746-0482, 766 S. Main St., Woodstock, VA;** In-person meetings are currently canceled, they are looking to switch to tele-meetings. Call for more details.

**Northwestern CSB Peer Line** (Substance Use) - (833)-626-1490

**NAMI - National Treatment Referral Routing Service:** 24/7 referrals to mental health treatment. 800-662-HELP (4357).

**Strength in Peers** - Peer support services by trained individuals who are in recovery. [strengthinpeers.org](http://strengthinpeers.org). 540-217-0869. *Services offered by appt. If you are struggling with mental health, substance use and/or trauma, call and leave a message with name and phone number and a Peer Support Specialist will get in touch with you.*

**Veterans-** To speak confidentially with a Vet Center Counselor's at any time around the clock call: 877-WAR-VETS (927-8387) visit the website for more services.

[www.dvs.virginia.gov/](http://www.dvs.virginia.gov/)

### Health

**Shenandoah County Health Department:** 600 North Main St., Suite 106 Woodstock, VA - 22664(540) 459-3733 STD and HIV/AIDS screening, family planning/birth control, immunizations, WIC. By appointment only- Please call for list of services offered.

**Shenandoah Community Health Clinic-** 124 Valley Vista Drive Woodstock, VA 22664 **Dental Clinic** (540) 459-9333 **Medical Clinic** (540) 459-1700. **Please call for an appointment and detail**

**Valley Health Shenandoah Memorial Hospital** - (540) 459-1100, 759 S. Main St. Woodstock, VA; Visiting hours suspended at all Valley Health hospitals and long-term care facilities.

**Sentara Mount Jackson Health Center** - (540) 477-3185, 20 Medical Dr, Mt Jackson, VA; *Call for appointment and details.*

**New Market Family Practice Center** - (540) 740-3044, 179 E Lee Hwy, New Market, VA; *Call for appointment and details.*

**Shenandoah County Pregnancy Center** - (540) 984-4673, 28 Cedar Wood Lane, Edinburg, VA

**Strength in Peers: Free rapid HIV/HCV (HepC) testing. Call or email for appt: [testing@strengthinpeers.org](mailto:testing@strengthinpeers.org). 917 N. Main St, Ste.1. 217-0869. Don't have HepC testing right now but call for HIV testing information. Home-test kits are available.**

### Employment, Education and Financial Assistance

**Shenandoah County Department of Social Services:** Food stamps, Medicaid & other public benefits. By appointment only. 494 N Main St #200, Woodstock, VA 22664. Call 540-459-6226.

**Telamon Corporation:** Assists farmworkers & their dependents with education, training, & more. 250 East Market St Suite C-1. [telamon.org](http://telamon.org). 208-5757 x7231

**Virginia Employment Commission Winchester**-419 N. Cameron St.,Valley Workforce Center,Second Floor,Winchester, VA 22601

Phone: (540) 722-3415 Fax: (540) 722-3418. **Service Areas**-Clarke County, Frederick County, Shenandoah County, Warren County, Winchester city. Please call for more information and schedule an onsite appointment.

**Shenandoah County Public Schools and Shenandoah County Preschool Center-** (540) 459-6222, 600 N. Main St., Woodstock, VA; **limited opening of schools in August. Schools are providing breakfast and lunch to all students at each middle school, Monday-Friday 11am-1pm. Students do not have to be present to receive a meal.**

**KidsRec-** 600 North Main St. Suite 108, Woodstock, VA 22664 Phone- 540-459-6777. Please call or visit the website for registration information. [www.scpri.info](http://www.scpri.info). Provides before and after school child care during the school year and all day options only on Fridays. School Year openings for 2021-2020 are now available for registration.

### Seniors and Individuals with Disabilities

**Access Independence**-540-662-4452

**Valley Health Behavioral Health SOP**-540-4881

**Senior Center** -116 Lakeview Drive Woodstock, VA

540-984-8811

**Shenandoah Area Agency on Aging- Services-** 540-635-7174 In-Home services, Meals on Wheels, Family Caregiver Respite Centers, Transportation/WRAN, Long-Term Care Ombudsman, VICAP Insurance Counseling.

### Parenting Support

**Connected Community Inc.** - 44 S. Cameron St. Suite 2 A and B Winchester, VA 22601 540-404-5985. A community mental and physical health agency providing a variety of services including parent mentoring, supervised visitation, and out-patient counseling to the Shenandoah Valley and Northern Virginia. The goal is to provide high-quality services by knowledgeable and experienced clinicians that meet the needs of the community partners and clients. Serving Shenandoah, Winchester, Clark County, Page County, Frederick County.

**Healthy Families-** Dedicated to developing, supporting, and empowering new parents through systematic identification of families' needs for parenting support and resources, and providing weekly educational and supportive home visiting services for families with children ages birth to 5. All services are voluntary and free to county residents. Areas served: Winchester Clark County Frederick County, Page County, Shenandoah County, Warren County. 540- 459-8558. 759 South Main St. Woodstock, VA 22664.

**Infant and Toddler Connection of Shenandoah Valley.** Provides early intervention support and services to children ages birth to three and their families. A coaching approach is used by licensed providers to engage parents and caregivers in helping their child. Services are provided in the home or another natural setting. 540- 635- 2452, 621 S. Royal Avenue, Front Royal, VA 22630.

**Reading, Rhyming and Readiness** - (540) 459-6750, P.O. Box 303, Woodstock, VA

### Other Services

**WellTran-** Subsidized by a grant from the Department of Rail and Public Transportation, SAAA provides pre-arranged, fee-based transportation for persons 18 and older who have a disability and persons aged 60 and older. Rides are available throughout the planning district and beyond. Call [540 635-7141](tel:5406357141) or [800 883-4122](tel:8008834122) Enter Option #1 to schedule a ride or obtain more information.

**Department of Motor Vehicles** - 1-804-497-7100, 714 N. Main St., Woodstock, VA, <https://www.dmv.virginia.gov>, All Virginia DMV customer service centers are closed unless by appointment. Driver and vehicle credentials have been extended 60 days.

**Plan First/Cover Virginia** - 1-855-242-8282; Virginia Medicaid and FAMIS: [www.coverva.org](http://www.coverva.org). No copays during COVID-19.

### Utility Information

**Dominion Energy**-1-866-366-4357

**Shenandoah Valley Electric Cooperative-** 540-434-2200

**Holtzman Oil Company:** Oil - 540-477-3131, Propane - 540-465-9200

**Emmart Oil**-540-662-3835 or 1-800-421-3835

**H.N. Funkhouser-** 540-459-3794

**Washington Gas**-703-750-1000

**Amerigas**-540-477-9355



# STRENGTH IN PEERS

Locations in New Market, VA, Luray, VA, and Harrisonburg, VA.  
Call 540-217-0869 if you are seeking recovery from substance use, mental health or trauma-related challenges.