

A QUICK GUIDE TO LOCAL RESOURCES



United Way of Virginia's Blue Ridge invests in the education, health and financial stability of every family in every community. **NEED SOMETHING SPECIFIC?** Check out these services available in the Roanoke Valley region and beyond:

EDUCATION (SERVICES BENEFITING BIRTH - 18)



Ages & Stages Questionnaires®

Equip parents to catch developmental delays and celebrate growth milestones. Let the ASQ questionnaire guide you on what to expect at 2, 6, 12, 18, 24, 30, 36, 48, or 60 months of age.

Visit: asqonline.com/family/f51923 to access the online tool directly.



Smart2Start

Find affordable childcare and preschools that are just the right fit. Parents can complete one single application to find affordable childcare and discover if they're eligible for publicly-funded programs that may provide free or reduced cost options.

Sign up at www.smart2start.org or call **540-283-2777** for assistance.



Early Learning Collaborative

Help pregnant and existing parents and caregivers support young children's healthy development. Access physical, mental and dental services for children birth - five, and connect to adult resources to strengthen the entire family.

Contact the collaboration lead, **Dana Mabry** at **CHIP of Roanoke Valley** at **540-587-6993 ext 103** for more information.

Strengthening Youth Opportunities for Success (SYOS)

Connect school-age children to one of six partnering out-of- school programs that combines academic supports with onsite behavioral, emotional and health resources.

Contact the collaboration lead, **Jamie Starkey** at **Family Services of Roanoke Valley** at **540-563-5316** for more information.

HEALTH (SERVING ADULTS 18 AND UPWARDS)



SingleCare Prescription Discount Program, formerly Familywise, helps individuals and families save money on their prescription medications. The card can be used by anyone, including those on Medicaid or Medicare or any other insurance. Just present it when you pick up your prescriptions at a participating local pharmacy to save.

[CLICK HERE](https://www.singlecare.com/prescription-discount-card) or visit: www.singlecare.com/prescription-discount-card

Community Health Workers (CHWs)

Tear down barriers that can keep generations of families spiraling in poor health and in a cycle of poverty. CHWs can coordinate services and support care across many organizations, leading to a custom map of solutions and opportunities unique to each individual's needs and health goals.

United Way of Virginia's Blue Ridge also employs two **Certified Community Health Workers** in Franklin County, Lashara Wade and Lucas Tuning.

Lashara Wade - lwade@uwvbr.org, 540-589-4147
Lucas Tuning - ltuning@uwvbr.org, 540-588-4155

For COVID-19 RELATED ISSUES

Get help with a United Way or health department CHW working on COVID vaccinations and education throughout the region, including offices in Franklin County.

During the week, CHWs are on rotation at Franklin County Department of Social Services, Lake Christian Ministries, Support to Eliminate Poverty (STEP), Inc. and VA Department of Health – West Piedmont Health District office.

Call **540-588-4147** or **540-588-4155** to connect with a **CHW**.

FINANCIAL STABILITY (SERVING ADULTS 18 AND UPWARDS)

OnRamp

Adult Employment Project Find job training, employment services and supports to get back in the workforce earning a family sustaining wage.

Contact the collaboration lead, **John Reed** at **Total Action for Progress** at **540-283-4800** for more information or visit www.vcwblueridge.com/job-seeker-services/

Get the assistance you need to file your federal and state taxes done easily and accurately. Use of self-preparation software is completely free, and users have two options based on their income. Users who need more support filing their return can be connected to a national network of partner nonprofits who are part of the IRS' Volunteer Income Tax Assistance (VITA) program

Available in English and Spanish. Visit <https://myfreetaxes.com/> or Call **866-698-9435** 10 AM - 6 PM ET

myfree
taxes

NEED SOMETHING ELSE?

United Way also partners to connect people to existing resources whenever, wherever they are!

DIAL 2-1-1 and speak to a trained professional who will suggest sources of help using one of the largest databases of available health and human services wherever they are in Virginia. You can search for these same services on the 2-1-1 VIRGINIA website.



www.211virginia.com

Use the United Way website link to submit your request for information, and someone will follow-up within 48 hours to respond regarding local resources to everything from housing or utility assistance, to food and mental health counseling using a network of participating health and social service providers in our region and statewide.



<https://virginia.uniteus.com/get-help/>

For questions or additional information, contact Cheryl Mosley at cmosley@uwvbr.org or call 540.283.2786.

Initiatives and Programs

Healthy Roanoke Valley (HRV) is a partnership of more than 50 organizations committed to transforming the way our community thinks about and values health. HRV mobilizes partners and resources in shared problem-solving to address the vital conditions of well-being of residents in key medically underserved areas, and create pathways to improved community health outcomes.



For questions, contact: lclark@uwvbr.org, 540-777-4209

HRV Community Resource Hub is a collaboration that was developed to help our neighbors at greatest risk receive coordinated healthcare and direct services with the help of neighborhood-based Community Health Workers (CHWs). CHWs housed at key partner sites guide residents needing assistance - helping them to set goals, connect to available resources, and create a customized pathway of services leading to improved health for the entire family.



Healthy Franklin County (HFC) is the Franklin County counterpart of HRV, connecting residents with health and human services, as well as education and quality nutrition from Community Gardens and area food banks. With access to healthy food, information and partner support, Franklin County residents in traditionally medically-underserved areas are able to address barriers to health and well-being for themselves and their families.

United Way of Virginia's Blue Ridge also employs two **Certified Community Health Workers (CHWs)** in Franklin County, Lashara Wade and Lucas Tuning. Since July of 2022, Lucas and Lashara have worked with **5,355 individuals** and have supported dozens of Franklin County community initiatives and projects.



Franklin County CHWs

Lashara Wade - lwade@uwvbr.org, 540-589-4147 | **Lucas Tuning** - ltuning@uwvbr.org, 540-588-4155

Ready Region West (RRW) (RRW, formerly Smart Beginnings Greater Roanoke) is one of nine Ready Regions Hubs established in Virginia in 2022. RRW is a collaborative effort of community organizations and leaders working together to ensure that every child in our 16-county region enters kindergarten with the skills needed to succeed in school and in life by providing young children between birth and kindergarten with special support and programming.



For questions, contact: dellis@uwvbr.org, 540-777-4206

Smart2Start (S2S) provides a one-stop-shop resource for parents and caregivers to search for, and apply to early care and education programs for their children. Smart2Start utilizes a single application filled by the parent to check for eligibility and help connect families to available local early childhood resources that best fit their unique needs and preferences.



The **Ready Regions West Mixed Delivery Program** expands and strengthens access to publicly funded quality care through partnerships with private and public childcare partners across sixteen localities. It includes intensive professional development services for participating private centers; incentives for participating in quality improvement activities; and, robust two-generation supports for families enrolled at these programs.

In addition, UWVBR serves as the regional office for the following state-funded initiatives that complement the work of RRW in serving early childhood programs, children, parents and caregivers.

Ages and Stages Questionnaire (ASQ) is available for free to parents and caregivers online and on paper through the Developmental Screening Initiative (DSI) of the Virginia Department of Health. The vision of DSI is to promote the healthy development of children, encourage early detection and provide linkages to services so that children are physically, socially, and emotionally healthy and prepared to enter school.



For questions, contact: families@uwvbr.org, 540-777-4200

Infant and Toddler Specialist Network (ITSN) provides assistance to strengthen the capacity of early care and education programs serving birth – 3 years old so they can deliver high quality services to their families. ITSN offers on-site mentoring and support, training and technical assistance for caregivers, teachers and administrators, as well as professional development opportunities.



For questions, contact: families@uwvbr.org, 540-777-4200