



## Resources for Affected Workers from Coal Mining Layoffs

More job losses from the mining industry in the Ninth District are nothing less than devastating news. While there is no easy or immediate solution to cover a loss of this magnitude, my office is here to support you by providing information, resources, and tools that are available to assist individuals, families, and businesses.

I have developed this packet of information to put relevant and helpful information together in a convenient way to assist you. Below you will find information on unemployment benefits, healthcare and retirement benefits, employment training, job resources, housing resources, consumer protections, and financial planning. I hope this packet will be useful for you. \_

### **Unemployment Benefits & Questions**

**\*\*Contact your local Virginia Employment Commission Office:**

#### **Unemployment Insurance**

*US Department of Labor/Virginia Employment Commission*

The Federal-State Unemployment Insurance Program provides unemployment benefits to eligible workers who are unemployed through no fault of their own. To file a claim by telephone number call 1-866-832-2363 or you can file online by visiting <http://www.vec.virginia.gov/unemployed> . You may also contact your local Virginia employment commission office.

#### **Norton - Local Office**

1725 Park Ave SW  
Norton, VA, 24273  
PHONE: (276) 679-9413

#### **Cedar Bluff - Local Office**

761 Claypool Hill Mall Road  
Cedar Bluff, VA, 24609  
PHONE: (276) 964-4007

#### **Rapid Response Services For Laid Off Workers**

<http://www.doleta.gov/layoff/workers.cfm>

*US Department of Labor*

Tel: 1-877-US-2JOBS (1-877-872-5627)

Rapid Response teams provide assistance obtaining unemployment insurance, information on health insurance options, access to skills upgrading and training resources, and much more.

### **Healthcare and Retirement Benefit Resources and Questions**

#### 1. **Continuation of Health Coverage (COBRA)**

*US Department of Labor*

COBRA coverage affords workers and their families who lose their health benefits the right to choose to continue group health benefits provided by their group health plan at least 18 months in certain circumstances such as involuntary job loss. Since your employer is not required to pay a portion of your premium, you may pay the entire amount, but the cost is usually less than if you obtained coverage on your own

#### 2. **Retirement and Health Care Coverage Questions and Answers For Dislocated Workers**

*US Department of Labor*

To receive a free guide to COBRA benefits and consumer rights regarding COBRA

continuation coverage and retirement plans. You can call 202-693-8664, or visit the website [http://www.dol.gov/ebsa/pdf/dislocated\\_workers\\_brochure.pdf](http://www.dol.gov/ebsa/pdf/dislocated_workers_brochure.pdf) .

3. **Virginia Medical Assistance Programs**

*Virginia Department of Social Services*

To find out more about eligibility requirements for Virginia's two medical assistance programs: the Medicaid Program and the Family Access to Medical Insurance Security Plan (FAMIS).

For more information, contact your local Social Services agency or visit the Virginia Department of Social Services website at [http://www.dss.virginia.gov/contact\\_us/?Reference=1617](http://www.dss.virginia.gov/contact_us/?Reference=1617)

4. **Virginia Community Health Centers**

*Virginia Health Care Foundation*

Community Health Centers provide health care, prescription medications, and wellness outreach to Virginians across the state. Find affordable primary health care near you by visiting the website: <http://www.saveourchcs.org/find-a-health-center-near-you.cfm> or you can call one of the following local clinics:

- **Appalachia Family Health Center**  
507 W Main St  
Appalachia, VA 24216  
276-565-2760
- **COEBURN FAMILY HEALTH CENTER**  
815 Laurel Ave Unit 4A  
Coeburn, VA 24230  
276-565-2764
- **WILLIAM A. DAVIS CLINIC**  
1389 Dante Rd  
Saint Paul, VA 24283  
276-762-0770
- **HAYSI CLINIC**  
162 Medical Center Blvd  
Haysi, VA 24256  
276-865-5121

- **Hurley Family Health Center**  
10279 Hurley Rd  
Hurley, VA 24620  
276-566-4675
- **THOMPSON FAMILY HEALTH CENTER**  
1721 Lovers Gap Rd  
Vansant, VA 24656  
276-597-7081
- **Clinch River Health Services MHN Services**  
17633 Veterans Memorial Hwy Ste 101  
Dungannon, VA 24245  
276-780-0144

5. **Free Clinics.** In addition to the non-profit Community Health Centers, there are also several free clinics in the area.

**HEALTH WAGON**

Dr. Teresa O. Gardner, *Executive Director*  
PO Box 709  
Clintwood, VA 24228-5991  
Phone: (276) 926-2260  
Fax: (276) 926-2257  
Email: [tgardner@thehealthwagon.org](mailto:tgardner@thehealthwagon.org)

**REDDY TRI-COUNTY HEALTH CLINIC**

Mary Ann Sizemore, *Executive Director*

PO Box 202  
Richlands, VA 24641  
Phone: (276) 963-8505  
Fax: (276) 963-4022  
Email: [reddytrico@verizon.net](mailto:reddytrico@verizon.net)  
Serving: Buchanan County, Russell County, Tazewell County

6. **Mental Health** Being laid off can be devastating emotionally as well as financially. If you feel in need of counseling, your local community services board provides sliding scale counseling services in your community.

Community Services Boards for Mental Health Counseling (free or reduced counseling services) <http://www.cmcsb.com>

**Cumberland  
Mountain  
Community  
Services Board**

Planning District 2 HPR 3	<b>Executive Director</b> Street Address	Mr. Ronald A. Allison Route 19 near SVCC Cedar Bluff, VA 24609 (276) 964-6702 or 964-6703	Serving: Counties of Buchanan, Russell, and Tazewell
	Phone Number	(276) 964-5669	
	FAX Number	(276) 964-7013	
	TDD Number	<a href="mailto:rallison@cmcsb.com">rallison@cmcsb.com</a>	
	Email Address	Dr. Barbara Fuller P.O. Box 810 Cedar Bluff, VA 24609-6703 (276) 964-6702	
	<b>Chairperson</b> Address		
	Phone Number		

**Dickenson  
County  
Behavioral  
Health Services**

Web Site:  
<http://www.dcbhs.com>

Planning District 2 HPR 3	<b>Executive Director</b> Address	Dr. Joseph R. Fuller, Jr. P.O. Box 309 Clintwood, VA 24228 (276) 926-1682	Serving: County of Dickenson
	Phone Number		
	FAX Number		

TDD Number (276) 926-8134  
Email Address (276) 926-6691  
**Chairperson** [joseph.fuller@dcbhs.com](mailto:joseph.fuller@dcbhs.com)  
Address [hs.com](http://hs.com)  
Mr. T. J. Fryatt  
Phone Number P.O. Box 309  
Clintwood, VA  
24228  
(276) 926-1682

## Planning District One Behavioral Health Services

Planning District 1	<b>Executive Director</b>	Ms. Sandy O'Dell	Serving: Counties of Lee, Scott, and Wise and City of Norton
Health Planning Region (HPR) 3	Street Address	1941 Park Avenue, SW Norton, VA 24273	
	Phone Number	(276) 679-5751	
	FAX Number	(276) 679-5754	
	TDD Number	(276) 679-5052	
	Email Address	<a href="mailto:sodell@pd1bhs.org">sodell@pd1bhs.org</a>	
	<b>Chairperson</b>	Mr. Randy Gilmer	
	Address	P.O. Box 1130 Norton, VA 24273	
	Phone Number	(276) 679-5751	

## Education, Job Resources and Training

Think about what you want to do in your next job. Were you happy in your last job? What would you have changed? It may be time for a career change, and this is the perfect opportunity for it.

### 1. **Education and Training Opportunities**

#### a. **Career One Stop**

<http://www.careeronestop.org/studentsandcareeradvisors/studentsandcareeradvisors.aspx>

*US Department of Labor, Employment and Training Administration*

Research skills and education required for different career fields and identify local training and education opportunities. You can also visit the local One Stop Career Center in Cedar Bluff, VA at your local VEC office

#### b. **Virginia Workforce Connection**

<https://www.vawc.virginia.gov/>

Learn about education services available in Virginia such as training providers and schools, education program completers, financial aid for training, and online learning resources.

### 2. **Skills Assessment Test**

[http://www.doleta.gov/jobseekers/assess\\_yourself.cfm](http://www.doleta.gov/jobseekers/assess_yourself.cfm)

*US Department of Labor*

Use these free online resources to assess your skills and where those skills would be most applicable.

### 3. **Resources for Returning to School**

#### a. State Council on Higher Education

<http://www.schev.edu/students/undergradFinancialaidPrograms.asp>

Tel: (804)225-2600

The State Council on Higher Education offers information on scholarships, grants and aid offered to Virginia residents.

b. US Department of Education

<http://studentaid.ed.gov/prepare-for-college/checklists/adult>

Review standardized test requirements, financial aid options, and other considerations when making the decision to pursue additional education.

c. Federal Student Aid

<http://studentaid.ed.gov/fafsa>

Tel: (804) 433-3243

The office of Federal Student Aid provides grants, loans, and work-study funds for college or career school.

4. **Small Business Assistance & Training**

a. Explore training and education tools related to starting your own business by visiting the website at <http://www.sba.gov/category/navigation-structure/counseling-training>

b. Your local Small Business Development Center may also help.

[Southwest Virginia SBDC](#)

P.O. Box SVCC Route 19

Richlands, VA 24641

Phone: 276-964-7345

5. **Veterans Resources** If you are a veteran, you have some additional resources available to you in your search for your next job.

a. [Veterans Employment Services in Virginia](#)

<http://www.vec.virginia.gov/veterans>

Learn about job referral, job training and job placement assistance for veterans available at the state level.

b. [Federal Business, Education, and Career Veterans Benefits](#)

<http://www.vetbiz.gov/>

**Tel: (202) 303-3260**

US Department of Veterans Affairs

6. **Career One Stop** For information about jobs, training and career resources: call 1-877-US2-JOBS (1-877-872-5627). TTY: 1-877-889-5627

7. **Return to Roots** is a job search website for those who wish to live and work in Southwest Virginia.

[www.rtrswva.org/](http://www.rtrswva.org/)

## **Housing Resources, Consumer Protections & Financial Planning**

1. **Avoiding Foreclosure**

[http://portal.hud.gov/hudportal/HUD?src=/topics/avoiding\\_foreclosure](http://portal.hud.gov/hudportal/HUD?src=/topics/avoiding_foreclosure)

*US Department of Housing and Urban Development*

Educate yourself on important strategies to avoid foreclosure.

2. **HUD-approved housing counseling agencies.**

**Tel:** 800-842-2610.

*US Department of Housing and Urban Development*

Access free help to avoid foreclosure through HUD-approved housing counseling agencies in Virginia.

3. **[Job Hunting Scams](http://www.ftc.gov/bcp/edu/microsites/moneymatters/jobs-hunting-scams.shtml)**  
<http://www.ftc.gov/bcp/edu/microsites/moneymatters/jobs-hunting-scams.shtml> *Federal Trade Commission*  
 Educate yourself on scams that target job-seekers.
  
4. **[Business Opportunities Fraud](http://www.ftc.gov/bcp/edu/microsites/moneymatters/jobs-business-opportunities.shtml)**  
<http://www.ftc.gov/bcp/edu/microsites/moneymatters/jobs-business-opportunities.shtml>  
*Federal Trade Commission*  
 Protect against fraudulent business opportunity promoters that use the classifieds and the Internet to tout all kinds of offers.
  
5. **[Creating a Job Loss Action Plan](#)**
  - a. **Evaluate your spending habits.** It's easy to spend money on things you don't really need. Now is the time to decide what is necessary and what you can do without. It's best to have a plan and discuss it with your family members so everyone can contribute to jumpstarting your action plan.
  - b. **List your fixed monthly expenses**
  - c. **List your sources of income**
  - d. **Consider sources of additional income**
  
6. **[Job Loss Check-List](http://www.ftc.gov/bcp/edu/microsites/moneymatters/jobs-loss.shtml)**  
<http://www.ftc.gov/bcp/edu/microsites/moneymatters/jobs-loss.shtml>  
*Federal Trade Commission*  
 Review this job loss checklist for strategies to make your budget work during a time of job transition.

## **Key Contacts**

**Office of Congressman H. Morgan Griffith**  
**US Congress**

**Your resource for assisting with any matter before the federal government:**

**Abingdon District Office**  
**323 West Main Street**  
**Abingdon, VA 24210**  
**T (276) 525-1405 or F (276) 525-1444**

In addition to contacting my local office, you may wish to contact my staff during my traveling office hours. Staff will be available locally on the following dates:

**October 3:**

Richlands: 10:00am – 12:00pm  
 Richlands Town Hall

Big Stone Gap: 2:00pm – 4:00pm  
 Big Stone Gap Federal Courthouse

200 Washington Square  
 Richlands, VA

3rd Floor Room 303, 322 Wood Ave. E  
 Big Stone Gap, VA

**October 9:**

Norton: 2:00pm – 4:00pm  
 Norton City Council Chambers  
 618 Virginia Ave.  
 Norton, VA

**October 15:**

Grundy: 10:00am – 12:00pm  
Buchanan County Administration Bldg. T  
1012 Walnut Street  
4th Floor of Courthouse  
Grundy, VA

Bluefield: 2:00pm – 4:00pm  
own Hall  
112 Huffard Drive  
Bluefield, VA

**October 16:**

Big Stone Gap: 10:00am – 12:00pm  
Big Stone Gap Federal Courthouse  
Room 303, 322 Wood Ave. E  
Big Stone Gap, VA

Clintwood: 2:00pm – 4:00pm  
Dickenson Center for Education & Research  
3<sup>rd</sup> Floor  
818 Happy Valley Drive  
Clintwood, VA