

Rockcastle County Resource Guide



Clothing and Household Resources



CAP Grateful Threadz

Clothing, books, and household items

Phone Number: (606) 256-3035

Address: 3095 Richmond Street Mt. Vernon KY 40456

Email: sbarnett@chrisapp.org

Phone: 606.386.0004



Employment Resources



Daniel Boone Community Action Agency - Employment Opportunities

Daniel Boone Community Action Agency, Inc. is soliciting applications for licensed, insured contractors to perform Energy System repairs or replacements for its Weatherization Program.

Phone Number: 606-598-5127

Address: 105 E. Main Street, Mt. Vernon, KY 40456

Email: info@danielboonecaa.org

Link: [DBCAA Employment Opportunities](#)

Job Application Link: [DBCAA Job Application](#)



Rockcastle County Chamber of Commerce

The Chamber's mission is to work every day to make our community a place where businesses can grow and prosper and where people want to raise their families.

Phone Number: (606) 256-0070

Address: PO Box 778 Mt. Vernon, KY 40456

Email: info@rockcastlecountychamber.com

Link: [Rockcastly County Chamber](#)



Kentucky Career Center - Job Seeking Assistance in Cumberland Area

The Kentucky Career Center helps employers find and train productive employees, and job seekers explore and prepare for new careers.

Phone Number: (606)-348-0075

Address: 150 E. Main Street, Mt. Vernon, KY 40456

Email: larryh@lcadd.org

Link: [Job Seeking Assistance - Kentucky Career Center](#)



Kentucky Career Center - Employer Assistance in Cumberland Area

The Kentucky Career Center Employer Assistance is dedicated to providing employers in our 13 county region with a qualified, skilled workforce and the people of the region with career, job training and educational opportunities.

Address: 103 Northside Plaza, Corbin, KY 40701

Email: sandy.birkholz@ky.gov

Link: [Employer Assistance- Kentucky Career Center](#)



[Educational Resources](#)



Rockcastle County Public Library

Pulaski County Public Library offers genealogy information, children's book service, library book and DVD movies, bookmobile, loans, and internet access.

Phone Number: (606) 256-2388

Address: 60 Ford Drive Mt. Vernon, KY 40456

Link: [Rockcastle County Public Library](#)



Rockcastle County Adult Education

Adult education to help connect Kentuckians to opportunity, jobs, and self-sufficiency in addition to gaining essential skills, reducing dependence on public assistance, supports reentry for formerly incarcerated individuals, and expands our workforce at a time when its needed most.

Phone Number: 606-256-2001

Email: susand@lcadd.org

Address: 150 Main Street, Mt Vernon, KY 40456

Hours: Monday and Wednesday 8am - 4:30pm

Kentucky Head Start - Lake Cumberland Community Action

Federal program that promotes school readiness of children from birth to age 5 from low-income families.

Link to website containing addresses: [Rockcastle Head Start Locations](#)



Food Resources



Kentucky SNAP - Supplemental Nutrition Assistance Program

Program to help low-income people buy food for healthy meals at participating stores..

Phone Number: (606) 763-6585

Address: 275 E. Main Street. 3E-I Frankfort, KY 40621

Link: [Kentucky SNAP](#)



Kentucky Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

Provides supplemental foods, nutrition education, and referrals to health care to low-income pregnant, breastfeeding, and postpartum women, infants, and children up to age 5 who are determined to be at nutritional risk.

Phone Number: 502-564-3827

Address: 275 E. Main St. HS2-EE Frankfort, KY 40621

Link: [Kentucky WIC Program](#)



Christian Appalachian Project - Grateful Bread Food Pantry

Provides free and nutritious food to eligible families in Rockcastle County each month.

Phone Number: 606-256-3035

Address: 3095 Richmond St. Mount Vernon, KY 40456

Email: capinfo@chrisapp.org

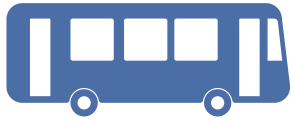
Link: [Grateful Bread Food Pantry](#)



Kentucky Farmers' Market and Food Bank Locator

Link: [Food Bank and Farmers' Market Locator](#)





[Transportation Resources](#)



R-Tec Medical Transportation

Public Transportation company that strives to provide affordable and available transportation in the Southeastern Kentucky area. Services include: demand response trips to medical appointments, shopping, employment, and intercity; as well as, Veteran trips to medical facilities.

Phone Number: 800-321-7832

Address: 100 Main Street, Mt. Vernon, KY 40456

Link: [R-Tec Transportation](#)



[Housing Resources](#)



Daniel Boone Community Action Agency Housing

Comprehensive homeownership services for low-income families in our four county service area made up of Clay, Jackson, Laurel, and Rockcastle Counties. We not only arrange for and manage the construction of homes, but also finance them, developing unique financing options - making homes affordable for low-income families.

Phone Number: 606- 256-5315

Address: 105 E. Main Street, Mt. Vernon, KY 40456

Link: [Daniel Boone Community Action Agency - Housing](#)



Kentucky Low Income Home Energy Assistance Program (LIHEAP)

Program to help low-income households meet home heating and/or cooling needs.

Phone Number: (800) 456-3452

Link: [Low Income Home Energy Assistance Program \(LIHEAP\)](#)



Daniel Boone Community Action Agency LIHEAP Appointment

Schedule, view, cancel appointment and upload related documents using the information below.

Phone Number: 606-729-400

Address: 105 E. Main Street, Box 7, Mt. Vernon KY 40456

Link: [LIHEAP Appointment](#)



Tenant Based Rental Assistance - DBCAA

Provides security and utility deposit assistance for eligible households. Utility deposit assistance may be provided only in conjunction with security deposit assistance. The program is offered to low income and fixed income families.

Phone Number: 606- 256-5315

Address: 105 E. Main Street, Mt. Vernon, KY 40456

Link: [Tenant Based Rental Assistance](#)



[Utility and Waste Resources](#)



Rockcastle Recycling

Pulaski County's Regional Recycle Center processes material for several other Kentucky communities. Drop off locations include Pulaski County Recycling Center, Walmart Parking Lot, and the City of Somerset Maintenance Garage

Phone Number: (606) 256-1388

Address: 10536 N Wilderness Rd, Berea, KY 40403

Link: [Pulaski County Regional Recycling Center](#)



Western Rockcastle Water Association

Address: 371 New Brodhead Road, Mt. Vernon, KY 40456

Phone Number: 606-256-8283

Link: [Western Rockcastle Water Association](#)



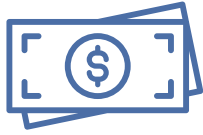
Kentucky Weatherization Assistance Program

Program to reduce cost of energy for low-income families by making homes more energy efficient.

Phone Number: (606) 679-6203

Link: [Kentucky Weatherization Assistance](#)





Financial Resources



Kentucky Transitional Assistance Program (KTAP)

Provides financial and medical assistance to dependent children in need in Kentucky and the parents or relatives with whom the children live.

Phone Number: (502) 564-3440

Link: [Kentucky Transitional Assistance Program](#)



Kentucky Financial Empowerment Commission

Links to free, online resources for financial literacy tools and programs for aging Kentuckians, Commonwealth employees, emerging adults, Kentuckians with disabilities, low-income families, student strategies, and veterans and military personnel.

Phone Number: (502) 564-8823

Link: [Kentucky Financial Empowerment Commission](#)



Public Health Resources



Rockcastle County Health Department

Offers comprehensive healthcare services, including Title X clinics, same-day appointments, walk-ins, and extended or weekend hours.

Phone Number: 606-256-2242

Fax: 606-256-5482

Address: 120 Richmond Street

Link: [Rockcastle County Health Department Services](#)



Cumberland Valley District Health Department

Offers comprehensive healthcare services, including Title X clinics, same-day appointments, walk-ins, and extended or weekend hours.

Phone Number: 606-598-5564

Fax: 606-598-6615

Address: 470 Manchester Square Shopping Center, Suite 212 P.O Box 158 Manchester, KY

Link: [Cumberland Valley District Health Department](#)





[Mental Health, Substance Use, and Recovery Resources](#)

Rockcastle Family Wellness Behavioral Health Services

Psychiatrist and licensed counselors available.

Phone Number: (606) 256-7466

Address: 140B Newcomb Avenue Mt. Vernon, KY 40456 - 3rd Floor

Link: [Rockcastle Family Wellness Behavioral Health Services](#)



Cumberland Valley Domestic Violence Services

A safe and secure environment with food, clothing, basic necessities, a 20-bed emergency shelter and advocacy center for victims of domestic violence and their children in the Cumberland Valley Area.

Phone Number: 606-843-2022

Link: [Cumberland Valley Domestic Violence Services](#)



Cumberland River Behavioral Inpatient Health

Cumberland River Behavioral Inpatient Health is a treatment center in Rockcastle County, KY provides treatment for dual diagnosis and residential treatment for substance use. It provides relapse prevention treatment, anger management and dialectical behavior therapy.

Phone Number: 606-256-9511

Address: 260 Old U.S. Highway 25 South, Mt Vernon, Ky 40456

Link: [Cumberland River Behavioral Inpatient Health](#)



Cumberland River Behavioral Outpatient Health

Cumberland River Behavioral Outpatient Health consists of a variety of services including Assessment, Education, Individual, Group and Family Therapy as well as DUI services. Dual Disorder Services are also offered for people diagnosed with both Mental Illness and Substance Use Disorders. Referrals can also be made to Vocational Services and Self Help Groups.

Phone Number: 606-256-2129

Address: 260 Valley View Road, Mt Vernon, Ky 40456

Link: [Cumberland River Behavioral Outpatient Health](#)



KY Help Call Center

Review and referrals to public and private treatment options and resources.

Phone Number: 1-833-8KY-HELP (1-833-859-4357)

Text: HOPE to 96714

Link: [KY Help Call Center](#)



Operation Unite

Treatment referral line for anyone seeking treatment or in need of support. Voucher program to cover cost of residential treatment for qualifying individuals in Kentucky's Fifth Congressional District

Phone Number: 1-866-90-UNITE (1-866-908-6483)

Link: [Operation Unite](#)



Kentucky Opioid Response Effort (KORE)

Overview of locations and descriptions of services for prevention, treatment, and recovery programs.

Link: [Kentucky Opioid Response Effort](#)



[Medical and Health Insurance Resources](#)



State Health Insurance Assistance Program - Cumberland Valley Area Agency on Aging and Independent Living

Provides information, counseling, and assistance to seniors and individuals with disabilities, their families, and caregivers.

Phone Number: (800) 795-7654

Email: mgoodin@cvadd.org

Link: [Cumberland Valley Area Agency on Aging and Independent Living](#)



State Health Insurance Assistance Program (SHIP, Medicare)

Provides information, counseling, and assistance to seniors and individuals with disabilities, their families, and caregivers.

Phone Number: 606-564-7084

Link: [Kentucky SHIP](#)



Kentucky Medical Program (Medicaid)

Medical and health-related assistance for low-income individuals and families who have no medical insurance or inadequate medical insurance.

Phone Number: 502-564-5472

Link: [Kentucky Medicaid](#)



Kentucky Prescription Assistance Program

Helps qualifying Kentuckians and/or their families locate free or reduced-cost prescription drugs through assistance programs offered by drug manufacturers, discount drug programs, and discount pharmacy programs.

Phone Number: 1-800-633-8100

Lake Cumberland Community Consultant: 502-562-5536

Consultant Email: Jennifer.ToribioNass@ky.gov

Link: [Prescription Assistance Program](#)



Kentucky Children's Health Insurance Program (KCHIP)

Free health insurance for children younger than 19 without health insurance whose families have income less than 213% the federal poverty level.

Phone Number: 1-877-KCHIP-18 (1-877-524-4718)

Hispanic interpreter: 1-800-662-5397

Link: [Kentucky KCHIP](#)



[Social Service Resources](#)



Family Support Office Rockcastle County

Family Support Office Rockcastle County is the local county office where you can apply for your EBT Card. Applications are provided for Social Services such as: Food Stamps SNAP and cash TANF assistance (welfare)

Phone Number: 606-256-2481

Email: kyadvocacy@gmail.com

Address: P.O. Box 1019, Mt. Vernon, KY 40456

Link: [Family Support Office Rockcastle County](#)



National Domestic Violence Hotline

Provides 24/7 confidential support, crisis intervention, safety planning, and resources for individuals experiencing domestic violence through call, text, and online chat services.

Phone Number: 1-800-799-SAFE or text "START" to 88788

Link: [National Domestic Violence Hotline](#)



Child Care - Daniel Boone Community Action Agency

Daniel Boone Child Care has been providing quality child care to the general public since 1996. The center is located in Manchester, KY. The child center is housed in approximately 2,500 square feet and licensed to care for 37 children. Services includes infant care, toddler care, and school age children (Age 0-12). The center operates on fees paid by the parents for service and subsidized payments from the state.

Phone Number: 606-598-5093

Child Care Service Location: 33 Marcum Hill Road, Manchester, KY 40962

Mailing Address: 1535 Shamrock Road, Manchester, KY 40962

Link: [Daniel Boone Child Care Services](#)



Protection and Permanency

Adult and Child Protection Services and Foster Home/Adoption Services

Address: P.O. Box 1407, 125 West Main Street, Mt. Vernon, KY 40456

Phone Number: 606 356-2138

Fax: 606-256-2188



[Cooperative Extension Office](#)



Rockcastle County Cooperative Extension

Offers educational programs and resources in areas such as 4-H youth development, agriculture, natural resources, family and consumer sciences, horticulture, and community economic development, aiming to connect residents with research-based knowledge.

Phone Number: (606) 256-2403

Email: rockcastle.ext@uky.edu

Address: 1050 W. Main Street Mt. Vernon KY 40456

Link: [Rockcastle County Cooperative Extension](#)



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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Rockcastle County Resource Guide

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