

IDAHO'S COURAGEOUS SURVIVAL EVERYDAY HEROES GUIDE TO BETTER HEALTH AND WELLNESS

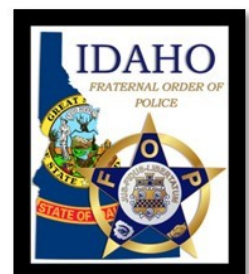


COURAGEOUS SURVIVAL

★ IDAHO ★
SERVING
EVERYDAY HEROES

1-866-274-4324 (CS4IDAHO)

COURAGEOUSURVIVAL.ORG



**IN HONOR OF THOSE WHO HAVE GIVEN THE ULTIMATE SACRIFICE,
AS WELL AS THOSE WHO ARE STILL IN THE BATTLE,
WE THANK YOU AND YOUR FAMILIES,
YOU ARE NOT FORGOTTEN!**



THANK YOU!!!

SPECIAL THANKS TO ELEVATE MIND BODY STUDIOS, IDAHO STATE FRATERNAL ORDER OF POLICE & FOP FOUNDATION, CODE 3 TO 1 RETIRED LAW ENFORCEMENT ASSOCIATION, PROFESSIONAL FIRE FIGHTERS OF IDAHO, EAGLE FIELD OF HONOR, STEPS RECOVERY, DEER HOLLOW RECOVERY, ZERO DARK THIRTY COFFEE & FOUNDATION, FLOAT MAGIC, MERIDIAN AMERICAN LEGION POST #113, WEBBEX INC. (MIKE WEBB), QUAD COUNTY FIRE CHIEFS ASSOCIATION, ASOTIN & LEWISTON FIRE DEPARTMENTS, GRANGEVILLE ELKS LODGE #1825, IDAHO COUNTY VETERANS CENTER, KETCHUM FIREFIGHTERS LOCAL #4758, IRON WARRIORS, MARTIN HOENISCH, JOHNSON MAY ATTORNEYS, GOOD APPLE TAPHOUSE, & HOMEBREWSTUFF. YOU HAVE MADE THIS RESOURCE GUIDE, OUR OUTREACH & PEER SUPPORT TEAMS POSSIBLE!



COURAGEOUS SURVIVAL

COURAGEOUS SURVIVAL PEER SUPPORT TEAMS ARE HERE TO HELP YOU NAVIGATE THESE RESOURCES & PROVIDE CONFIDENTIAL SUPPORT.

1-866-274-4324 (CS4IDAHO)

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***THIS RESOURCE GUIDE IS UPDATED & REPRINTED BIANNUALLY. VISIT OUR WEBSITE FOR UPDATES OR USE THE QR CODE. THE ABOVE LIST IS ALSO ON THE RESOURCE PAGE OF OUR WEBSITE WITH HYPERLINKS, ALONG WITH A PDF COPY TO DOWNLOAD.**





OUR EVERYDAY HEROES

WE ARE PROUD TO PROVIDE ROTATING, COMPLIMENTARY SERVICES ON THE 11TH OF EVERY MONTH TO VETERANS, MILITARY, LAW ENFORCEMENT OFFICERS, FIRE FIGHTERS, EMS, DISPATCHERS, CORRECTIONS, CORONERS, CHAPLAINS, CLINICIANS, RETIRED 1ST RESPONDERS, AND SPOUSES OR SIGNIFICANT OTHERS

*ID Required

PRESENTED BY
ELEVATE MIND
BODY

314 CALDWELL BLVD. NAMPA, ID 83651
208-467-0343
INFO@ELEVATEMINDBODYSTUDIOS.COM
WWW.ELEVATEMINDBODYSTUDIOS.COM



LEAD FREEDOM AMBASSADOR - JACKI BRIGGS
1-866-274-4324 (CS4IDAHO)
COURAGEOUSSURVIVAL@GMAIL.COM
WWW.COURAGEOUSSURVIVAL.ORG

HEROES RESILIENCY PACKAGES

1
FREEDOM
Wellness Complete
Non-Contracted
Membership
\$79.95
Limited to 2
Float sessions
per month

2
LIBERTY
4 Float
sessions
\$99
or
15% off 1 Intro
Float session

FLOAT THERAPY

You will effortlessly float for 1 hour, allowing the quietness you need to unplug from an overstimulated world.

MASSAGE CHAIRS

Our Brio uses an "L-Track" design that mimics your body's shape to provide a full body massage from the neck through the glutes. Our Brio Sport has additional features such as a "Hot Rocks" style pinpoint heat application as well as focused sessions that target the neck and shoulders, lower back, or glutes and IT bands.

WELLNESS COCOON

This full body service utilizes infrared heat, vibratory massage and pink Himalayan salt. By increasing circulation, any damaged or stiff muscles receive the oxygen filled blood needed to begin the body's healing process.

PAIN LIGHT

This light will increase your body's circulation, accelerating its natural recovery process to help temporarily relieving minor muscle and joint pain.

HALOTHERAPY

Halotherapy is an alternative treatment for respiratory and skin conditions that involves breathing in salty air created by a halogenerator. Focus on your breathing as you relax or mediate during your 30 minute session.

RED LIGHT THERAPY

Red light therapy is a restoring light that stimulates down to the bottom layer of the skin's dermis. This helps boost the production of collagen and reduces inflammation.





SAVE A WARRIOR
WE CAME BACK FOR YOU



OUR MISSION

Save A Warrior is committed to ending the staggering suicide rate plaguing our Veteran, Active-Duty Military, and First Responder communities.

PROGRAMMING

Through our peer-to-peer programming, Save A Warrior works to help our nation's heroes heal their deep wounds from Complex Post-Traumatic Stress. Our 72 hour intensive integrative experience is the original, Warrior-led solution to the suicide epidemic among these communities. Warriors leave our 72-hour program with the pathway laid for a new way of life, and an entire community of support through our alumni network.

COMPLEX PTS

For those suffering from Complex Post-Traumatic Stress, everyday interactions and situations that are otherwise normal and safe can elicit significant emotional responses, triggering extreme fear and anxiety. Save A Warrior works to help our Warriors heal their limbic system and work through their traumas using Warrior Meditation and various other forms of C-PTS biopsychosocial/spiritual education through our peer-led program.

TESTIMONIAL

"Save A Warrior ended the lifelong nightmare I was in with Complex Post-Traumatic Stress. I changed from hating myself, to feeling like one of the most blessed people on the planet. I wasn't even aware that I couldn't feel things like love and happiness before. Save A Warrior is the best thing that I have experienced in life. It changed my way of being and my life from something I hated, to something I now enjoy."

-Larry Turner, Cohort 058

ABOUT SAVE A WARRIOR™

Save A Warrior was founded in 2012 in Malibu, CA, by Ronald "Jake" Clark, a U.S. Army Veteran and former LAPD Police Officer, Secret Service, and FBI Special Agent.

SAW's Mission: To end the suicide epidemic among our Veterans, Active-Duty Military, and First Responders.

Through partnerships with clinicians and holistic health providers alike, a novel and carefully curated intensive integrative model was developed that is fast-becoming the gold standard in accelerated healing for Complex Post-Traumatic Stress (C-PTS).

HOW TO APPLY

- ◆ Visit our website (www.saveawarrior.org) and click on the "Apply" page at the top, under "Our Program."
- ◆ Begin the application process and fill out the application as honestly as possible.
- ◆ You will be directed to schedule a rostering call to determine if SAW is a good fit for what you are struggling with.
- ◆ If SAW is a good fit for your journey, you will be scheduled for a Cohort during your call. Otherwise, our team will work to connect you with other available resources.



PO Box 218117
Columbus, OH 43221



Social accounts: @saveawarrior
Instagram: @save_a_warrior_saw



saveawarrior.org
sawnation@saveawarrior.org



Photo credit: Matt Pidgeon



PFFI MISSION:

- ◆ PROMOTE FRATERNAL BROTHERHOOD AMONG MEMBERS THROUGHOUT THE STATE OF IDAHO
- ◆ ENCOURAGE EDUCATION AND RESEARCH RELATED TO LABOR, UNIONS AND THE FIRE SERVICE
- ◆ ESTABLISH AND PROTECT A LIVABLE STANDARD OF WAGES, BENEFITS AND SAFETY FOR FIREFIGHTERS
- ◆ CONTINUE TO IMPROVE THE RELATIONSHIPS OF THE FIRE SERVICE WITH THE GENERAL PUBLIC
- ◆ PROVIDE A POWERFUL, DEMOCRATIC, COLLECTIVE AND UNIFIED VOICE FOR ITS MEMBERS
- ◆ PROMOTE LEGISLATION TO BENEFIT THE FIRE AND EMS COMMUNITIES AND THE CITIZENS WE SERVE



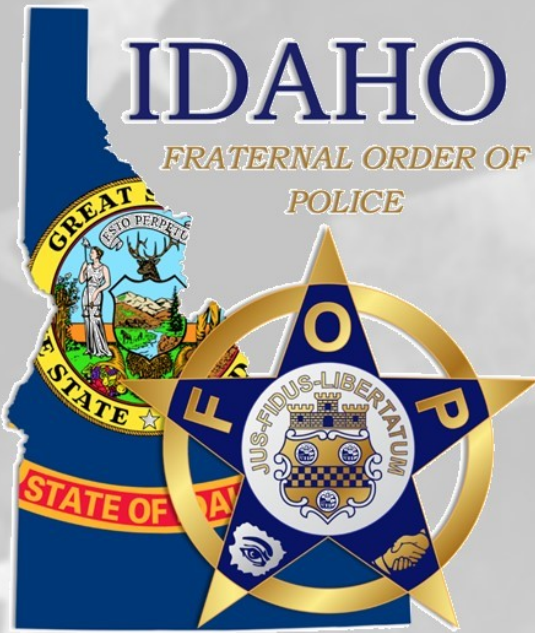
Photo credit: Jerry Hughes

WWW.PFFI.ORG

(208) 573-4706

INFO@PFFI.COM





IDAHO

FRATERNAL ORDER OF
POLICE

The Idaho Fraternal Order of Police (FOP), at over 2400 members in 30 local lodges statewide, is the largest organization of Law Enforcement Professionals in Idaho, dedicated to the safety and protection of those whose job it is to protect the communities they serve.

Visit our website and follow us on Facebook to learn more about the many benefits of the FOP how to **BECOME A MEMBER:**

www.FOPIdaho.com

THE VOICE OF IDAHO'S LAW ENFORCEMENT

www.FOPIdaho.com

 Facebook.com/IdahoStateFOP

MEMBER BENEFITS

- Legal Defense— Insurance Discounts
- NFOP University—Free College Benefit
- Financial Services—Planning
- Health and Wellness Resources

The Idaho FOP is proud to partner with **Courageous Survival**, connecting Idaho's First Responders and their families with resources for mental health and wellness.

Donations collected through the Idaho FOP Foundation go toward these efforts along with emergency officer & family assistance, disabled, injured, or fallen officers, scholarships, and various charity projects supported by the Idaho FOP.

Show your support by donating to the Idaho FOP Foundation:

DONATE TODAY

[www.fopidaho.com/
foundation](http://www.fopidaho.com/foundation)

OFFICER WELLNESS

We take officer wellness seriously. Visit the National FOP Officer Wellness page for crisis hotlines, resources, training, webinars, and a list of vetted wellness providers who understand Law Enforcement and can help you, your family, or your co-workers.

**NEVER BE AFRAID TO REACH OUT
FOR HELP**

[www.FOP.net/officer-
wellness](http://www.FOP.net/officer-wellness)

Building on a Proud Tradition

In this family



No one fights alone

www.Code3to1.com



Code 3 to 1 is a Fraternal Club for retired law enforcement personnel living in Idaho. We exist to bring the camaraderie we all enjoyed while working the beat. Our members are retired police officers, federal agents, civilian employees, and fire fighters. Our only requirement is that you have been honorably retired from your agency.



LIVEWELL

PSYCHIATRY

Psychiatrists & TMS Specialists
located in Meridian, ID

 208-898-8999



**Free TMS Consults
for
First Responders
and Veterans**



Our Mission

We desire to strengthen first responders to help them deal with the daily issues and stressors the job brings with it. Honoring the Heroes finds and identifies those first responders that could benefit from a pick me up. We provide a tactical backpack filled with resources for mental, emotional, and spiritual health. We believe that if we strengthen the first responder it will, in turn, strengthen the entire community.

Contact: honoringtheheroes@gmail.com OR Call 352-263-9383
HonoringTheHeroes.com



RECOVERY FIRST FIRST RESPONDERS TREATMENT CENTERS



Detox and residential Substance Abuse Treatment Program, specifically designed by first responders for first responders



A treatment team made up of primarily former first responders who are in recovery themselves, allowing for a stronger therapeutic alliance

Their shared understanding fosters trust, enhances rapport, and creates a safe space for first responders to openly discuss their experiences and emotions



Small groups, individualized one on one attention.



Comprehensive trauma-based treatment.

- Confidential
- Personal
- Private
- Safe

Accepting
Major Insurance Plans
and Workers Comp

- ◆ EVIDENCE BASED TREATMENT INTERVENTIONS
- ◆ DETOX ◆ MEDICALLY ASSISTED TREATMENT
- ◆ INPATIENT/RESIDENTIAL
- ◆ GROUP THERAPY ◆ INDIVIDUAL THERAPY
- ◆ COGNITIVE BEHAVIORAL THERAPY
- ◆ TRAUMA THERAPY ◆ HYPNO THERAPY
- ◆ EQUINE THERAPY ◆ BRAIN MAPPING
- ◆ FAMILY/MARITAL/COUPLES THERAPY
- ◆ EMDR (Eye Movement Desensitization Reprocessing)
- ◆ ANGER MANAGEMENT ◆ RELAPSE PREVENTION
- ◆ INTRODUCTION TO SELF-HELP GROUPS
- ◆ MINDFULNESS and MEDITATION
- ◆ YOGA, TAI CHI, ACUPUNCTURE
- ◆ ART & MUSIC PROCESSING GROUPS
- ◆ TREATMENT PLANS INDIVIDUALLY TAILORED TO MEET EACH CLIENTS UNIQUE NEEDS

Exclusivly For First Responders



A Lion Leads The Way And Shows Others What's Possible.
Asad Meah

Don't wait any longer to seek the help you deserve. Contact us today and take the first step towards a healthier, happier future. You've served your community selflessly; now let us serve you and guide you to a brighter tomorrow.

CALL or TEXT: **866.99.FIRST** ◆ **INFO@RECOVERYFIRST.COM**
WWW.RECOVERYFIRST.COM

Licensed and Certified by:

HCS
CALIFORNIA DEPARTMENT OF
HEALTH CARE SERVICES
License # 330199AP
Expires 11/30/2024





info@unifiedwellnesscenter.com
Tel: (855) 955-3617
www.UnifiedWellnessCenter.com

SERVING THOSE WHO SERVE

Providing comprehensive substance abuse treatment tailored to the unique needs of military personnel, veterans and first responders.

We are committed to helping them overcome the challenges of addiction while addressing underlying trauma with the ultimate goal of reintegration into their families and communities.

TREATMENT MODALITIES

CBT/DBT	EMDR
Anger Management	Stress Management
Individual Therapy	Family Therapy
Relapse Prevention	Grief and Loss

All services provided in a confidential manner by active or retired first responders and military



MEDICAL • KETAMINE • HYDRATION
IV THERAPY

DEPRESSION

ANXIETY

PTSD/SUICIDAL

PAIN



Veteran Owned

HYDRATION

WELLNESS

MEDICAL

PRIMARY CARE

20% off hydration/wellness infusions

Phone: 208-244-0021

Website: infusedhealth.org

Address: 1411 Falls Ave E#207 Twin Falls, ID



Life can get overwhelming, we offer some relief.

What is E-Well?

We have combined (ART) alongside self-care services which include a 60 min float, 20 min massage chair session and 15 min NovoTHOR light session to provide relief during life's storms. Value: \$400

Who can access it?

- First Responders
- Teens

When to access:

- Anytime
- Following a critical/traumatic experience
- When you feel stuck/overwhelmed

How:

Email ewelllifeline@unitedwayscid.org
Facebook.com/EWellLifeline

How to Access

Email: ewelllifeline@unitedwayscid.org

Visit us on the Web:



facebook.com/EWellLifeline
unitedwayscid.org



Float Magic

floatmagicvalley.com
208-933-2620

Like us on

Facebook

Art helped me become the best version of myself by releasing anxiety, depression and fear of medical treatment. Make an appointment today! You will be so glad you did.

-Search and Rescue Member

Recently a good friend introduced me to Float Magic. I've truly been impressed by the health services they offer and have returned there twice. Relaxing in the Salt Cave was invigorating as I reclined and breathed in the "salt" air. The calm and quiet of the softly lit chamber was relaxing and conducive to meditation. Most of all I valued the saltwater float. You can float effortlessly on your back. With nothing to distract me in the dark, quiet of the float pool, I was able totally relax and let my mind wander. It also took the weight off my lower back and provided significant pain relief. I felt like I'd slept for hours and woke to feel well rested, as if I'd had an uninterrupted night's sleep. I plan to return on a regular basis to float and to try their other services!

-First Responder

FLOAT
MAGIC



Get Involved / Donate Now

unitedwayscid.networkforgood.com/projects/193005-emotional-wellness-lifeline



FLOAT MAGIC

Your Rest & Recovery Sanctuary

THANK YOU!

Try Our New Services!



**Energize with 25% off
a cold water plunge!**



**Breathe easier with 25%
off halotherapy!**

Get Great Deals On Our Flagship Services!



**Manage stress with 25%
off all float services!**



**Repair your muscles with
50% off NovoTHOR!**



**Detox your body with 25%
off all sauna services!**

Book online with code **Courage23!** Discount only available to active military, veterans, 1st responders and their immediate spouse/significant other only. ID will be required.

www.FloatMagic.com

152 2nd Ave S, Twin Falls • 208-933-2620

SMASH

THE STIGMA

ENOUGH SUFFERING
ENOUGH HIDING

Shame and stigma prevent first responders from seeking help for trauma from the job.
Your pain is real and your mental health is important.

Call us. We are available 24/7.
888.5WE.KNOW

Confidential | Understanding | Lifesaving

We understand the stigma first responders feel about needing help to heal wounds the world doesn't see. You carry so much. We are experts in providing the most comprehensive and deeply caring treatment for the core trauma that causes these wounds, and the daily struggles that manifest from it. You don't need to carry this any longer.

PTSD | Depression | Suicidal Thoughts | Anxiety | Behavioral Addiction

CALL US 24/7 888.5WE.KNOW | Info@DeerHollowRecovery.com



Deer Hollow is the leading mental health center in the country providing deeply caring, comprehensive treatment to individuals struggling with the devastating impacts and overwhelming challenges of trauma.

In-Network with Most Major Insurance Providers.

DeerHollowRecovery.com



DEER HOLLOW



Steps Recovery Centers

WHAT WE DO

- Medical Detox
- Residential Treatment
- Day Treatment
- Intensive Outpatient
- Family Support
- Alumni Aftercare
- Sober Living
- Veteran Peer Support Program



Director of Peer Support

Sean Dalton
*USMC / Lieutenant Colonel
RET.*

HOW WE DO IT

90% of our military participants at Steps Recovery Centers have served on active duty. We specialize in treating active duty, retired military and veterans who have experienced the traumas of fighting for our country. Our program is designed to treat individuals at the core of the issues that cause them to fall into the struggles of life after their service. At Steps Recovery Centers our main focus is getting our clients ready to take their life back. We understand the difficulty of returning to civilian life, and we want to be there to assist in that transition. In some cases the trauma associated with active service will manifest into self medicating with substances, such as drugs and alcohol. Our goal is to address the true problems that lead to these unfortunate outlets, and help our clients to cope with these difficulties appropriately.

THERE IS ALWAYS HOPE

OUR MISSION is helping those who may be clinging to the last bit of hope, or even lost all hope, regain a life in which they can find true joy and happiness. Our culture is centered on helping each of our clients and family members remember and realize that there is always **HOPE**.

PLEASE CALL US TODAY

801-332-9993

help4veterans@stepsrc.com
www.stepsrc.com



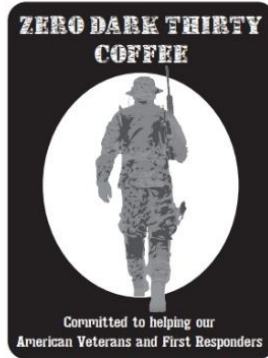
ADDITIONAL RESOURCES



Zero Dark Thirty Coffee

zerodarkthirtycoffee.org

Zero Dark Thirty Coffee is dedicated to helping veterans and first responders reclaim their lives from service-related injuries, primarily focusing on PTSD. A big part of our mission is to reduce the stigma of PTSD in the warrior community. Zero Dark Thirty Coffee's vision is to one day fund every Idaho Veteran and First Responder PTS treatment with the money Americans spend on great coffee!



PTSD Peer and Spousal Support Meetings

"The War at Home" is held every 2nd and 4th Thursdays, 6 to 8 PM. Airport Plaza in Boise
*online option coming soon!
For more information contact:
Jarad Webb (208)989-1343



Jarad was a Marine and a Police Officer for two decades. His untreated PTSD led to an opiate addiction and alcoholism, which led to him being arrested inside his own department. He refused to admit PTS existed until he was sitting alone with a pistol in his lap and a timely phone call from a friend opened his eyes.

Once he admitted it and opened himself up to help, he found he was not alone. He got into Ada County Veteran's Treatment Court and with the help of others in the warrior PTS community, he learned how to live with PTS and start the process of healing.

Since getting help, he and his wife Jessica have brought their relationship back from the brink of divorce. Today, they run a support group for warriors with PTS and a separate support group for spouses.

Books

- [The Body Keeps The Score](#), Bessel Van der Kolk. MD
- [Emotional Survival for Law Enforcement](#), Kevin Gilmartin, PhD
- [Complex PTSD: From Surviving to Thriving](#), Pete Walker
- [The 5 Love Languages](#), Gary Chapman
- [The Power of Now](#), Eckhart Tolle
- [The Untethered Soul](#), Michael Singer
- [No Bad Parts](#), Richard C Schwartz
- [Love Is A Choice: Recovery for Codependent Relationships](#), Robert Hemfelt, Frank Minirth, et al.

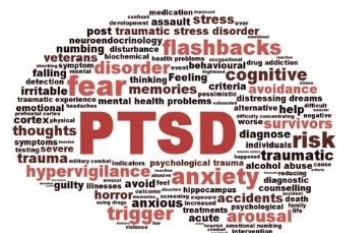
Podcasts

- Proud Police Wife Podcast
- The Marriage Bites! Podcast
- Finding Strength Podcast
- A Home That Heals Podcast

Understanding the difference between PTSD and PTSI

PTSD is defined as a psychiatric disorder that can happen in people who have witnessed or experienced a traumatic event. In essence, PTSI is the alternate name – Post-Traumatic Stress Injury – and refers to the same set of symptoms. The main differences are the conceptualization of what caused the symptoms. PTSD refers to a disorder, while PTSI refers to a biological injury. There is a division in the nervous system, which is likely to play the dominant role in developing and maintaining PTSI. PTSI is a biological trauma and researchers cite the physical changes that happen in the nervous system with this condition. Mental health experts have already understood and acknowledged physical changes with PTSD and some argue that changing the name would also change people's perception of the condition. Learn More at:

<https://www.firstrespondersfirst.com/post/ptsi-vs-ptsd-whats-the-difference>



VA Study: Elevated Risk for Autoimmune Disorders in Veterans Diagnosed with PTSD



October 21, 2014: VA Study

“A study of more than 666,000 Veterans of Iraq and Afghanistan, those with PTSD were more likely to have autoimmune disorders such as rheumatoid arthritis, multiple sclerosis, lupus, inflammation of the thyroid, and inflammatory bowel disease...”

*Source: Ntl. Library of Medicine

Veterans: Have you been diagnosed with or received a VA disability rating for PTSD?

If Yes: Have you been diagnosed with an autoimmune disorder?

If YES to both of the above:

- ◆ You may be eligible for additional VA disability benefits.

Contact a Veteran Service Officer:

- ◆ Idaho Division of Veterans Services
208-780-1380 or go to:

<https://veterans.idaho.gov/advocacy/service-officers/>

- ◆ Disabled American Veterans (DAV) Service Officers at 208-429-2140

PACT ACT (Promise to Act Comprehensive Toxics Act) Expansion of Coverage

New law expanding VA healthcare coverage and benefits for Veterans who were exposed to burn pits, Agent Orange, and other toxic substances. A presumptive condition list has been added that may allow a veteran to be eligible for care based on current medical conditions. This law helps us provide generations of Veterans—and their survivors—with the care and benefits they’ve earned and deserve.

Why Register?

This is a tool to build a presumptive conditions list that may help you, or others Veterans access additional benefits in the future.

Burn Pit Registry

1-800-698-2411 (TTY 711)

*Source: US Dept. of Veterans Affairs website & briefs



To learn more about the VA's own study on PTSD and Autoimmune Disorders or the PACT Act/Burn Pit Registry Info:

Follow the link or use QR code
<https://courageoussurvival.org/va-benefits>



Attention! Crisis Care for Veterans

Experiencing a mental health or suicidal crisis?
Call 911 or 988 then press #1 for the Veteran's Crisis Line
OR go to the nearest Emergency Department immediately!



Inform the emergency care provider to report your emergency treatment to the VA Centralized Emergency Care Reporting Center as soon as possible after your treatment begins.

VA 72-Hour Notification Hotline
844-72HRVHA (844-724-7842)

As of January 17, 2023, VA will provide, pay for or reimburse emergency care for qualifying Veterans and individuals – including ambulance transportation, follow-up inpatient or residential care related to the event for up to 30 days and outpatient care for up to 90 days (including social work). Notifying VA of an emergency event allows covered Veterans to have their emergency treatment authorized by VA. Failure to report emergency care to VA within 72 hrs. of the start of the emergency treatment may impact your eligibility for VA to cover the cost of treatment.



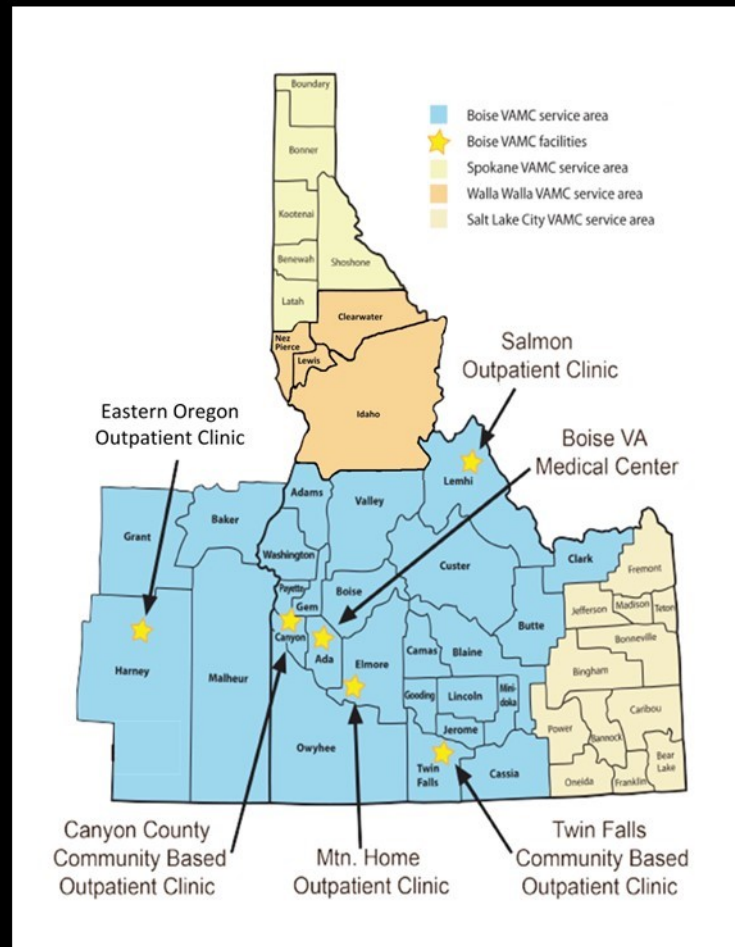
Please follow the link below or use QR code to learn more about the COMPACT Act.

<https://courageoussurvival.org/va-benefits>

Who is covered?

- ♦ **Military service:** Active duty and discharged either honorably or other than honorably after 24 months.
- ♦ **Reserve or Guard:** Minimum of 100 days and were deployed under a combat excursion (Including drone pilots).
- ♦ **Other:** Individuals subject to unwarranted physical assault of a sexual nature, a battery of a sexual nature, or sexual harassment while serving in the armed forces.

*Source: US Dept. of Veterans Affairs website & briefs



Idaho's Courageous Survival Everyday Heroes Guide to Better Health & Wellness

Courageous Survival Peer Support Team Members are available to help you navigate these resources & provide confidential peer support at 1-866-274-4324 (CS4Idaho)



***24/7 Idaho Crisis & Suicide Hotline (Ntnl. & State)
Call or text 988 when you have an urgent mental health need.**

Idaho Department of Health & Welfare Mobile Crisis Units & Crisis Centers (By Regions)

Region 1 (Benewah, Bonner, Boundary, Kootenai, & Shoshone)

- ♦ Mobile Crisis Unit 208-769-1406
- ♦ North Idaho Crisis Center (Coeur d'Alene) 208-625-4884 www.nicrisiscenter.org

Region 2 (Clearwater, Idaho, Latah, Lewis, & Nez Perce)

- ♦ Mobile Crisis Unit 208-799-4440
- ♦ Rural Crisis Center Network (3 Locations: Lewiston, Orofino & Moscow) 1-877-897-9027

Region 3 (Adams, Canyon, Gem, Owyhee, Payette, & Washington)

- ♦ Mobile Crisis Unit 208-459-0092
- ♦ Western Idaho Community Crisis Center (Caldwell) 208-402-1044 www.widccc.org

Region 4 (Ada, Boise, Elmore, & Valley)

- ♦ Mobile Crisis Unit 208-334-0808
- ♦ Pathways Community Crisis Center (Boise) 1-833-5-CRISIS (27-4747) www.pcccsi.com

Region 5 (Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka, & Twin Falls)

- ♦ The Crisis Hotline (Serving all of Idaho) 208-788-3596 (Bilingual Support) 208-578-4114
- ♦ Mobile Crisis Unit 208-736-2177
- ♦ Crisis Center of South-Central Idaho (Crisis Center & Detox) (Twin Falls) 1-866-737-1128 OR 208 772-7825 www.ccosci.org

Region 6 (Bannock, Bear Lake, Caribou, Franklin, Oneida, & Power)

- ♦ Mobile Crisis Unit 208-234-7900
- ♦ South East Idaho Behavioral Crisis Center (Pocatello) 208-909-5177 www.seibcc.com

Region 7 (Bingham, Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, & Teton)

- ♦ Mobile Crisis Unit 208-528-5700
- ♦ Behavioral Health Crisis Center of East Idaho (Idaho Falls) 208-522-0727 www.eastidahocrisis.com

24/7 Crisis Lines & Assistance (Suicide Prevention)

Military/Veterans: (24/7)

Veterans Crisis Line 988 (Press 1 for Veterans)

Combat Call Center

1-877-WAR-VETS/1-877-927-8387

Military One Source 1-800-342-9647

www.militaryonesource.mil/health-wellness/suicide

Vets4Warriors 1-855-838-8255

(Call, text, email or chat)

www.vets4warriors.com

VA Ntnl. Call Center for Homeless Veterans

1-877-424-3838

First Responders: (24/7)

Chaplains of Idaho (208) 471-8111

www.chaplainsofidaho.org

COPLINE 1-800-COPLINE (267-5463) www.copline.org

Next Rung (7 days/wk. – NOT 24/7)

CALL or TEXT 1-833-NXT-RUNG (698-7864)

www.nextrung.org INFO@NEXTRUNG.ORG

Mental Health Practitioners:

Many of the resources in this guide have virtual services or telehealth available, please check their websites.

*Also, check with your employer's EAP program or the VA for additional resources.

Idaho: All Regions

- ◆ **A.R.T. (Accelerated Resolution Therapy) Certified Therapist Locator:** www.is-art.org/directory
- ◆ **IDNG Behavioral Wellness Team (Active National Guard, Family Members, & Veterans)** 1-800-479-7006 Gordon Meade, Case Mngr. o 208-272-8802 or c 208-996-9622 (ID) *Formerly Beyond the Yellow Ribbon Counseling
- ◆ **Stephanie R. Alvarez** (Ret. Military), LMFT, LPC, NCC, Marriage & Family Therapist (Gottman Method Couples Therapy, & Military Family Life Counselor (MFLC) 208-371-3306 salvarez05@icloud.com (ID)
- ◆ **U.S. Vet Centers & Mobile Vet Centers** 1-877-WAR-VETS (927-8387) www.vetcenter.va.gov (Locator link)

Region 1 (Benewah, Bonner, Boundary, Kootenai, & Shoshone)

- ◆ **Anchored Support, LLC** www.anchoredsupport.com Laura Taylor, MSW, LCSW, CSAT-C, Individual and Family Therapist ltaylorlcsw@gmail.com 208-818-2619 (Coeur d'Alene)
- ◆ **Christen Kishel**, PhD christenkishelphd.com 509-993-8301 drkishel@gmail.com (ID & WA)
- ◆ **JCarter Counseling, PLLC** <https://www.jcartercounseling.com/> Jessica Carter, MSC, LPC jess@jcartercounseling.com (480) 269-1413 (Coeur d'Alene & Boise/Meridian in person, telehealth for all ID & AZ)
- ◆ **Susan M. Beglinger**, MS, LCADC, AAMFT Approved Supervisor <https://www.susanbeglinger.com> (702) 521-3222, (208) 777-5510 beglinsm@yahoo.com (Coeur d'Alene)
- ◆ **Responders1st** 208-971-3660 Carrie Kralicek, MSN, ARNP, PMHNP-BC Board Certified Psychiatric Mental Health Nurse Practitioner, Medication Mngt. & Telemedicine Provider Chanda@secureemails.us (ID, MT, OR, UT, & WA)
- ◆ **Thrive Counseling** (208) 518-6400 George Smiledge, LPC thrivecounselingsvs@outlook.com (Hayden)
- ◆ **Vet Center - Spokane** 509-444-8387 <https://www.va.gov/spokane-vet-center/> (Spokane, Coeur d'Alene, Post Falls, Sandpoint locations & Mobile Outreach in Region 1)

Region 2 (Clearwater, Idaho, Latah, Lewis, & Nez Perce)

- ◆ **McIntosh Mental Health, LLC** <https://www.mcintoshmentalhealth.com/> Brandon McIntosh, LCSW, ACS 208-413-9973 (Lewiston)
- ◆ **Bohnenkamp Behavioral Health, LLC** www.bohnenkampbh.com Rebecca A. Bohnenkamp, LCSW (208) 553-3776 bohnenkampbh@gmail.com (Lewiston & surrounding areas - via tele-psych)
- ◆ **Kindra Hibbard Counseling** 208-750-1802 Kindra Hibbard, ART certified, LCPC, LMHC, IMHP kindrahibbard@kindrahibbardcounseling.hush.com

Region 3 (Adams, Canyon, Gem, Owyhee, Payette, & Washington)

- ◆ **ACTS (Advanced Clinical Trauma Services)** www.actsidaho.org 208-600-2184 info@ACTSIDaho.com (Caldwell, Nampa, Boise & Meridian)
- ◆ **Arbor Counseling, LLC** 208-204-0014 LaVelle Gardner, LCPC (Nampa)
- ◆ **Canyon Counseling Center Inc.** 208-454-1576 Michelle Drinkwine, LCPC canyoncounseling@yahoo.com
- ◆ **Empowering Choices Counseling** 208-602-0885 Lori Farrrens, LCPC ecc@empoweringchoicescounseling.net (Nampa & Duck Valley Indian Reservation)
- ◆ **Halcyon Infusions & Therapeutics** www.halcyoninfusions.com (208)546-3650 Suzy Albert, LCSW info@halcyoninfusions.com (Nampa)
- ◆ **Insight Counseling & Therapy** www.insightcounselingtherapy.com Locations - call or text: Nampa: 208-606-0469 Payette: 208-405-0020 Ontario: 208-741-3336 Becky Wolery, Executive Director PsyD, LCSW (ID & OR)
- ◆ **Northwest Wellness Center** www.idahonwc.com Stephen Ammann; LMSW, CSAT 208-615-0583 (Nampa)
- ◆ **Prism Ranch (Counseling & Equine Therapy)** www.prismranch.org 208-971-2474 Dr. Janet Benjamin, LMFT, Psy.D. (Nampa & New Plymouth)
- ◆ **Rachael Hall Counseling Rachael Hall**, LCPC 208-297-7973 or 208-830-7781 rachaelhalllcp@gmail.com (Middleton)
- ◆ **Vet Center-Boise** 208-342-3612 www.vetcenter.va.gov (Mobile Outreach in Region 3)

Region 4 (Ada, Boise, Elmore, & Valley)

- ◆ **Abundant Serenity, LLC** www.abundantserenitywp.com Wendy Perez, LCSW, ACADC, RPT-S, SAP, SAE 208-918-0380 wendyperez@abundantserenity.com (Meridian)
- ◆ **ACTS (Advanced Clinical Trauma Services)** www.actsidaho.org 208-600-2184 info@ACTSIDaho.com (Caldwell, Nampa, Boise & Meridian)
- ◆ **Aspiring Hearts** www.aspiringheartscounseling.com/ Trina Allen, LCSW 208-695-8779 (Boise)

Mental Health Practitioners: (Cont.)

Continued: Region 4 (Ada, Boise, Elmore, & Valley)

- ◆ **Brown Counseling Services** www.browncounselingservices.org 208-600-2072 Courtney Brown, LMFT (ID & CA), Nick Faber, LPC, Amy Lunstrum, LPC, & Jeanne Anderson, LAMFT (Boise & Meridian)
- ◆ **CARE Counseling Clinic** www.carecounselingclinic.com Angie Sherwood 208-816-7378 (Meridian)
- ◆ **Connections Counseling Center** www.cccboise.com Laurisa Rogers, LCSW 208-921-3501 laurisa@cccboise.com (Boise)
- ◆ **Ellie Mental Health** www.elliementalhealth.com/locations/meridian-id/ 208-405-0812 (Meridian)
- ◆ **Emergency Responders Health Center** (Mental Health & Massage Satellite Center) www.er-hc.org 208-639-0005 Ari Brooks, Mental Health Director, LCSW; Richard T. Brown, LPC (Boise)
- ◆ **Emergency Responders Health Center - ERHC 360 Health Resource Guide** erhc360.org/directory (Boise)
- ◆ **Hearts to Horses, LLC Equine Assisted Psychotherapy** 208-615-9488 www.heartstohorses.org Dan Ault, LCSW, EAGALA I & OK Corral Certified hearts2horses@gmail.com (Kuna)
- ◆ **IDNG Behavioral Wellness Team** (Active National Guard, Family Members, & Veterans) 1-800-479-7006 POC Gordon Meade, Case Mngr. o 208-272-8802 or c 208-996-9622 *In-person or telehealth available statewide. (Formerly Beyond the Yellow Ribbon Counseling)
- ◆ **JCarter Counseling, PLLC** www.jcartercounseling.com Jessica Carter, MSC, LPC jess@jcartercounseling.com 480-269-1413 (Coeur d'Alene & Boise/Meridian in person, telehealth for all ID & AZ)
- ◆ **Limitless Life Counseling** www.LimitlessLifeCounseling.com 208-807-2877 Becky Waggaman, LCSW, CCFC, CLC, HNCC & multiple others (Meridian)
- ◆ **Live Well Psychiatry** www.livewellpsychiatry.com 208-898-8999 Psychiatrists & (TMS) Transcranial Magnetic Stimulation (Meridian)
- ◆ **Rebecca Houston, LCPC** (First Responders & Military exclusively) 208-615-3538 rhoustonlcpc@gmail.com (Boise)
- ◆ **Resilient Pathways** www.resilientpathways.net Tami Thorne, LCPC 208-412-4502 tamaracthorne@gmail.com (Meridian)
- ◆ **RK Counseling** www.rkwellness.com Rikki Davlin, LCSW 208-505-6951 (Meridian)
- ◆ **Sheepdog Counseling & Wellness** www.sheepdogcounseling.com 208-918-0697 (Text) Eric Fieldstad, LCSW, QSUDP (Boise)
- ◆ **Vet Center-Boise** 208-342-3612 www.va.gov/boise-vet-center/ (Boise & Mobile Outreach)
- ◆ **Wells Counseling**, Ken Wells, LCSW, CCTP 208-219-5727 kwells counseling@gmail.com (Boise)

Region 5 (Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka, & Twin Falls)

- ◆ **AJ Counseling** 208-312-0798 Anita Engstrom Jones, LCPC, LMFT, NCC-MAC aejones546@gmail.com (Burley)
- ◆ **Healthier Bodies Inc.** www.healthierbodies.org 208-339-1756 Denise Jensen, LPC, QSUDP, CSS, ART hbdn.deni@gmail.com (Burley & Twin Falls)
- ◆ **Huberta Phipps**, LCPC www.hubertaphipps.com (208) 420-7488 hubertaphipps@gmail.com (Does not take Workers Comp Claims) (Twin Falls)

Region 6 (Bannock, Bear Lake, Caribou, Franklin, Oneida, & Power)

- ◆ **Cognitive Restructuring** www.cognitiverestructuring.org 208-242-3044 Kenneth J. Taylor, LMSW, CADC, ART; Shellie Waterman, LCSW (Multiple therapists specialize in first responders) (Pocatello)
- ◆ **Hope Tree Family Services** www.hopetreeofidaho.com 208-234-HOPE (4673) Mike Stevens, LCSW (Pocatello)
- ◆ **Pathway Counseling** www.pathway-counseling.com 208-427-5891 Tandice Peterson, LCPC (Pocatello)

Region 7 (Bingham, Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, & Teton)

- ◆ **Centerpoint Counseling** www.centerpointcounseling.com 208-359-4840 Julie Moody, PMHNP (Rexburg)
- ◆ **Creekside Counseling** www.creeksidecounselingidaho.com 208-529-5777 Dr. Janet O. Allen, Doctor of Education; Counselor Education and Counseling (Multiple therapists specialize in first responders) (Idaho Falls)
- ◆ **Mt. View Hospital Center of Wellness** 208-523-3857 Megan Brown, LCSW, Trauma/Resiliency (Idaho Falls)
- ◆ **Nurturing Connections Therapeutic Services** www.nctsidaho.com 208-557-3336 Rachel Adams, PMHNP-BC, Psychiatric Mental Health Nurse Practitioner & Carly Romney, LCPC (Idaho Falls)
- ◆ **Teriann Parker** LCSW, Complex Trauma, Clinician, Masters Level Certified Accelerated Resolution Therapist (A.R.T.), Community Resiliency Model Trainer (CRM), 208-681-0323 Teriannjness@gmail.com (Idaho Falls)
- ◆ **Vet Center - East Idaho** 208-522-5712 www.va.gov/east-idaho-vet-center (Idaho Falls & Pocatello)
*Certified Accelerated Resolution Therapists (A.R.T.),

Nonprofits providing access to FREE Confidential Counseling, Treatment, Services, or Peer Support:

First Responders, Spouses & Families:

- ◆ **Brothers in Healing** www.brothersinhealing.com (Assistance for treatment of PTS/PTSD) brothersinhealing@gmail.com
- ◆ **Coeur d'Alene Police Foundation** (Region 1 - Kootenai County - Counseling & Assistance) www.cdapdfoundation.org (509) 994-0526 cdapdfndtn@gmail.com
- ◆ **Compassion Alliance** (Pays for free, confidential counseling for up to 5 sessions for first responders & their significant other) www.compassion-alliance.org 602-857-9667
- ◆ **Next Rung** www.nextrung.org CALL or TEXT 1-833-NXT-RUNG (698-7864) INFO@NEXTRUNG.ORG (7 days/wk. – NOT 24/7)
- ◆ **The Wounded Blue** (LE Support, Education, Assistance and Legislation) www.thewoundedblue.org (725)222-3967
Peer Support Phone: 702-290-5611

Military/Veterans & Families: (Statewide support unless otherwise noted)

- ◆ **America's Mighty Warriors** www.americasmightywarriors.org 1-623-537-5322 americasmightywarriors@gmail.com (Region 2 –Lewiston)
- ◆ **Benewah County Veteran's Outreach Center** www.benewahveterans.org 208-582-4330 (Region 1 - St. Maries)
- ◆ **Idaho County Veterans Outreach & Community Center** 208-507-2035 POC Lucky Gallego idcovets@gmail.com (Region 2 - Grangeville)
- ◆ **Idaho State Family Programs (ALL branches of Military)** www.imd.idaho.gov/idaho-national-guard/family-programs
*Resource Manual upon request 1-800-479-7006
- ◆ **Integrative Behavioral Health (Service Member & Family Support)** 1-800-479-7006 POC Gordon Meade, Case Mngr. 208-272-8802 *In-person or telehealth available statewide. (Formerly Beyond the Yellow Ribbon Counseling)
- ◆ **Military Order of the Purple Heart – Idaho Dept. & Chief Joseph Chapter 509** www.purpleheart.org 208-841-8448 mophidaho@gmail.com
- ◆ **U.S. Vet Centers & Mobile Vet Centers** 1-877-WAR-VETS (927-8387) www.vetcenter.va.gov
- ◆ **Service Member & Family Support Specialists** (See below for contact info based on Armory/Region) 1-800-479-7006 www.imd.idaho.gov/idaho-national-guard/family-programs/service-and-family-readiness-program

Idaho State Lead Cassandra Rzepa cassandra.k.rzepa.nfg@army.mil

(208) 272-7532 c. 208-608-3816

1. Post Falls, Brandi Stordahl brandi.s.stordahl.nfg@army.mil

O: 208-272-7580 C: 208-608-3895

2. Lewiston, Keesha West keesha.l.west.nfg@army.mil

(208) 272-7432 c. 208-608-8185

3. Caldwell, Glenn Fuchs glen.w.fuchs2.nfg@army.mil

(208) 272-7311 c. 208-608-8230

3. Boise, Diann Scheetz diann.l.scheetz.nfg@army.mil

(208) 272-4355 c. 208-608-8204

4. Twin Falls, Sonya Nowland sonya.d.nowland.nfg@army.mil

(208) 272-7029 c. 208-608-3969

5. Pocatello, Hiedi Young hiedi.b.young.nfg@army.mil

(208) 272-7188 c. 208-608-3888

6. Idaho Falls, Beverly McLendon beverly.l.mclendon.nfg@army.mil

(208) 272-7774 c. 208-608-8042



MILITARY & FAMILY READINESS SPECIALISTS (MFRS)

POST FALLS
Brandi Stordahl
2403 E Selma Way
Office: 208-272-7580
Cell: 208-608-3895
Brandi.s.stordahl.nfg@gmail.com (temp)

LEWISTON
Keesha West
2707 16th Ave
Office: 208-272-7430
Cell: 208-608-8185
keesha.l.west.nfg@army.mil

CALDWELL/BOISE
Glenn Fuchs
1200 S Kimball Ave
Office: 208-272-7311
Cell: 208-608-8230
glen.w.fuchs2.nfg@army.mil

BOISE
Diann Scheetz
4350 Osborn St, BLDG 270
Office: 208-272-4355
Cell: 208-608-8204
diann.scheetz.nfg@army.mil

STATE LEAD
Cassandra Rzepa
Office: 208-272-7532
Cell: 208-608-3816
cassandra.k.rzepa.nfg@army.mil

TWIN FALLS
Sonya Nowland
1009 Frontier St
Office: 208-272-7029
Cell: 208-608-3969
sonya.d.nowland.nfg@army.mil

POCATELLO
Hiedi Young
10714 Fairgrounds Rd
Office: 208-272-7188
Cell: 208-608-3888
hiedi.b.young.nfg@army.mil

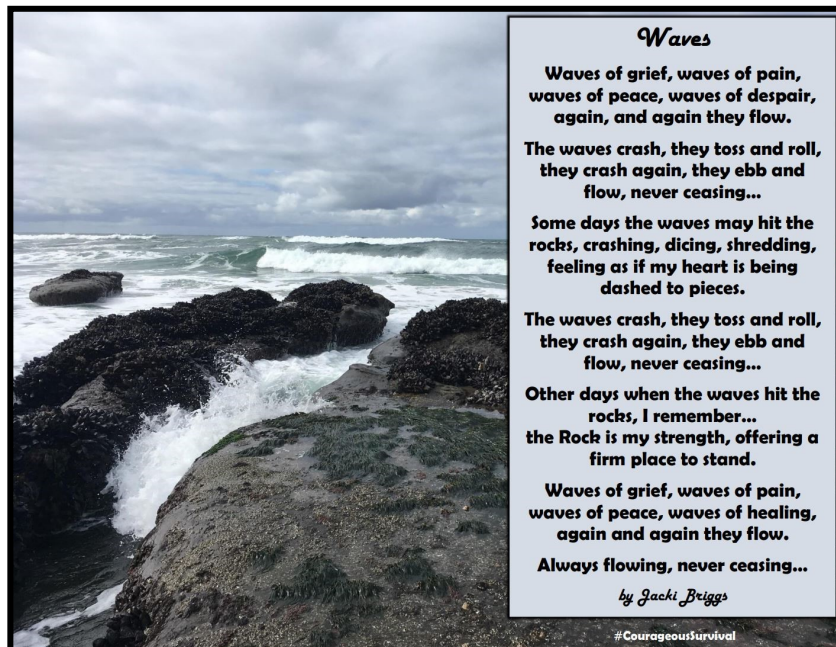
IDAHO FALLS
Beverly McLendon
579 W 2nd St
Office: 208-272-7774
Cell: 208-608-8042
beverly.l.mclendon.nfg@army.mil

Both:

- ◆ **Courageous Survival** (Peer Support, CISM Debriefs & Access to Resources) www.courageoussurvival.org 1-866-274-4324 peersupport@courageoussurvival.com
- ◆ **Elevate Mind Body Studios** www.elevatemindbodystudios.com (Contact Courageous Survival Freedom Ambassadors for access to Free Services)
- ◆ **First Responder Wives Online Community and Book Club (Military/Veteran Spouses Included)** www.facebook.com/groups/619980392917030 *Join us to learn how to support yourself, your spouse, and each other (FREE)
Andelin Price, Certified Life Coach info@andelinprice.com
- ◆ **Mission Ready Finances** www.missionreadyfinances.com (Financial Coaching)
- ◆ **Project Welcome Home Troops** (Free Power breath workshops) www.pwht.org www.projectwelcomehometroops.org/power-breath-workshop (202) 642-4248 info@pwht.org
- ◆ **The Wild Courage** www.thewildcourage.life (Peer Support & Podcasts) 307-696-5431 info@thewildcourage.life (Region 3-4)
- ◆ **Zero Dark Thirty Coffee Foundation** (PTSD Peer and Spousal Support meetings held every 2nd and 4th Thursday of the month) www.zerodarkthirtycoffee.org Jarad & Jessica Webb 208-989-1343 (Boise)

Mental Health & Wellness Treatment Programs, Facilities or Intensives:

- ◆ **Bella Monte Recovery Center** 1-800-974-1938 www.bellamonterecovery.com
- ◆ **Cottonwood Creek Behavioral Hospital** (Adolescent Treatment) 208-996-8449 www.cottonwoodcreekboise.com
- ◆ **Deer Hollow Recovery & Wellness Centers** 801-679-6669 www.deerhollowrecovery.com
- ◆ **Emergency Responders Health Center** (Medical Care & Physical Therapy) www.er-hc.org
Triage Nurse Line 208-576-1695 or Office 208-229-3742
- ◆ **First Responder Support Network - West Coast Post-Trauma Retreat** (For First Responders with additional retreats for Spouses or Significant Others-SOS) www.frsn.org 415-721-9789
- ◆ **First Responder Wellness** 1-888-443-4898 www.firstresponder-wellness.com Devin O'Day 714-586-7593
devin.oday@firstresponder-wellness.com
- ◆ **FORTITUDE at The Recovery Village Columbus** (Fire, EMS, Law Enforcement and ER Personnel) 888-573-0763
www.firstresponderfortitude.com POC: Myrrhanda Jones 352-538-0377
- ◆ **Homeward for Heroes** www.homewardforheroes.org 406-471-0513 (3-10 day treks to reconnect, heal & meet other veterans, active duty military & first responders & their spouses.)
- ◆ **IAFF Center of Excellence** (Exclusive to active and retired IAFF Members) 844-439-8445 www.iaffrecoverycenter.com
POC: Myrrhanda Jones 352-538-0377
- ◆ **Imagine by Northpoint (Adolescent Treatment)** www.boiseimagine.com 208-954-6626 Danielle Fanopoulos
dfanopoulos@northpointrecovery.com
- ◆ **Intermountain Hospital** www.intermountainhospital.com 208-377-8400 or 1-800-321-5984 (Serving Adult & Adolescents)
- ◆ **Mighty Oaks Foundation** (Faith-based 5-day intensive peer-based legacy program for military, veterans & first responders. Alumni spouses eligible.) www.mightyoaksprograms.org (*Apply online) 832-521-7323 info@mightyoaksprograms.org
- ◆ **Mission 43 - Operation Resilient Path** www.mission43.org/operation-resilient-path Brad Blair 208-424-2642
info@mission43.org
- ◆ **Northpoint Recovery** www.northpointrecovery.com (208) 225-8667
- ◆ **Project Sanctuary** www.projectsanctuary.us contact: info@projectsanctuary.us
- ◆ **Recovery First Treatment Center** (Serving First Responders) www.recoveryfirst.com 1-866-993-4778
info@recoveryfirst.com POC: Matty Fiorenza matty@recoveryfirst.com
- ◆ **Save A Warrior** (3 ½ day Intensive Cohort with Aftercare for Veterans & Limited First Responders)
www.saveawarrior.org/home (FREE for Veterans, minor cost for First Responders)
- ◆ **Steps Recovery Center** www.stepsrc.com 24 hour Hotline 801-332-9993 POC: Julie Jackson juliej@StepsRC.com
Director of Peer Support Sean Dalton 801-717-9149 seand@stepsrc.com
- ◆ **Unified Wellness Center** (SUD Treatment for first responders, military & veterans) www.UnifiedWellnessCenter.com
855-955-3617 info@unifiedwellnesscenter.com
- ◆ **Warriors Heart** (Primary Substance Abuse/PTSD & Multiple Secondary Co-Occurring Issues)
www.warriorsheart.com 1-888-598-4895 or text 830-200-0134
- ◆ **Warriors Rest** www.warriorsrest.co (Serving Military, Veterans, First Responders, Missionaries, Faith Leaders & Their Families) POC: Josh Rasmussen 760-315-5771 josh@warriorsrest.co



Alternative Therapy & Wellness Programs:

All Regions: (Ntnl.)

- ◆ **Alpha Stim** (Electromedical Products International, Inc.) www.alpha-stim.com/first-responders 1.800.FOR.PAIN

Region 1 (Benewah, Bonner, Kootenai, Shoshone)

- ◆ **Tendril Herbal Apothecary & Healing Center** www.Tendrilapothecary.com (208) 597-7944 Ext. 1001 info@tendrilapothecary.com (Sandpoint)

Region 3 (Adams, Canyon, Gem, Owyhee, Payette, Washington)

- ◆ **Current Physical Therapy (Outpatient Orthopedic PT, Spine Specialists, Dry Needling Pain & Function Treatment)** www.currentphysicaltherapy.com 208-452-0303 (Nampa, Kuna, Weiser & Fruitland)
- ◆ **Elevate Mind Body Studios (Wellness & Fitness Center)** www.elevatemindbodystudios.com 208-467-0343 (Nampa)
- ◆ **Halcyon Infusions & Therapeutics (Ketamine and Wellness Infusions, Therapy)** www.halcyoninfusions.com (208) 546-3650 Matt & Suzy Fowler Info@halcyoninfusions.com (Nampa)
- ◆ **Kingswood Ranch Inc. ~ A place for Heroes (Equine, Animal Therapy, Gardening, Camping & more)** www.kingswoodranch.org 208-741-2772 kingswood.ranch.id@gmail.com (New Plymouth)
- ◆ **Namaste in the Country** (Yoga, Educational Classes & Goat Yoga) www.goatyoganamaste.com 208-866-2329 (Caldwell)
- ◆ **Nampa Naturopathic Health Clinic** www.nnhealthclinic.com 208-960-0454 Dr. Brett Butterfield (Nampa)
- ◆ **Treasure Valley Brain Center (Microcurrent Neurofeedback)** www.treasurevalleybraincenter.com 208-204-9114 Jim & Katie Solosabal tvbraincenter@yahoo.com (Nampa)
- ◆ **Willow Tree Restorative Center (Wellness, Ortho-Bionomy, RN Case Management & Healing Center)** www.willowtreerc.com 208-740-7333 willowtreerc@gmail.com (Payette)

Region 4 (Ada, Boise, Elmore, Valley)

- ◆ **Agape Integrative Medicine (Chiropractic, Functional Medicine, Applied Kinesiology, & Acupuncture)** www.agapeintegrativemedicine.com 208-994-2931 Dr. Kari Willfarht & Dr. Jordan Robertson (Boise)
- ◆ **Ageless Men's Health** 208-906-9128 www.agelessmenshealth.com Kevin Zakielarz, PA-C, Clinic Director (Meridian)
- ◆ **Current Physical Therapy (Outpatient Orthopedic PT, Spine Specialists, Dry Needling Pain & Function Treatment)** www.currentphysicaltherapy.com 208-452-0303 (Nampa, Kuna, Weiser & Fruitland)
- ◆ **Exhale Boise - Somatic Breathwork** www.exhaleboise.com
- ◆ **Healing by Fire Art Glass Therapy** 208-615-9488 Dan Ault, LCSW healingbyfireartglasstherapy@gmail.com www.psychologytoday.com/us/therapists/healing-by-fire-art-glass-therapy-boise-id/956563
- ◆ **Holistic Centered Treatment** (Wellness, Healing & Pain Management) www.HolisticCenteredTreatment.com 1-844-994-0999 Dr. Traci Patterson, World Renowned Chronic Pain Specialist (Boise)
- ◆ **Live Well Psychiatry** www.livewellpsychiatry.com 208-898-8999 Psychiatrists & (TMS) Transcranial Magnetic Stimulation (Meridian)
- ◆ **Neptune Warrior** (Healing Heroes One Dive at a Time) www.neptunewarrior.org Rob Anderson 208-254-0436
- ◆ **NeuroBalanced** www.neurobalancedlife.com Ron & Lisa Kern 208-254-1077 ronald@neurobalancedlife.com (Nampa)
- ◆ **Sally Brunk, LLC** (Region 3-4 Mobile Nutritional IV Infusions) 208-869-7979 Sally Brunk, RN of 34 yrs. Stram68@aol.com

Region 5 (Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka, Twin Falls)

- ◆ **Float Magic (Wellness Center)** www.floatmagicvalley.com 208-933-2620 floatmagicvalley@gmail.com (Twin Falls)
- ◆ **Hyperbarics of Sun Valley (Hyperbaric Oxygen Therapy)** www.hyperbaricsofsunvalley.com Phil Raney 208-928-7477 philrrainey@gmail.com (Hailey)
- ◆ **Infused Health (Ketamine, Wellness & Medical Infusions, Care Clinic)** www.infusedhealth.org 208-244-0021 admin@infusedhealth.org *Discount for military, first responders and medical providers. (Twin Falls)
- ◆ **Mountain Air (Rapid Eye Technician, Life Coach)** www.mountainairretreats.com 801-718-5051 Marnae Hobson (Malta)
- ◆ **Optimal Brain Center of Idaho (Microcurrent Neurofeedback)** www.optimalbraincenterofidaho.com 208-590-2671 Joni & Joe Solosabal optimalbraincenter@yahoo.com (Twin Falls)
- ◆ **Optimal Brain Center Burley (Microcurrent Neurofeedback)** www.optimalbraincenterburley.com 208-260-0119 Abrey Watterson (Burley)

Region 6 (Bannock, Bear Lake, Caribou, Franklin, Oneida, Power)

- ◆ **Nouveau Med Spa & Salon (Float Therapy, Red Light, Massage, & Skincare)** www.nouveaumedspaandsalon.com 208-232-7546 nouveauspasalon@gmail.com (Chubbuck)

Region 7 (Bingham, Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, Teton)

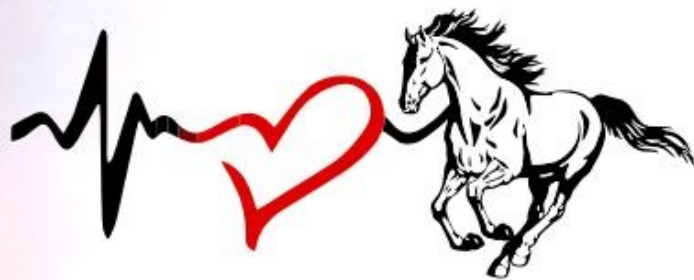
- ◆ **Ahhhsome Relaxation** 208-523-1209 www.ahhhsomerelaxation.com (Idaho Falls & Bountiful Utah locations open 24/7)

Other Nearby Locations: (Utah)

- ◆ **Ahhhsome Relaxation** 208-523-1209 www.ahhhsomerelaxation.com (Idaho Falls & Bountiful Utah locations open 24/7)
- ◆ **Cache Valley Brain Center (Microcurrent Neurofeedback)** www.cvbraincenter.com 208-969-1062 Brinley Solosabal & Whitney Parks (Logan, Utah)
- ◆ **True North Brain Center (Microcurrent Neurofeedback)** www.truenorthbraincenter.com 801-631-5486 Charlotte Nebeker (Bountiful, Utah)

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Equine Assisted Psychotherapy creates real opportunities for honest feedback in real time, helping you uncover problems and find real solutions so you can experience life in a whole new way.

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Equine Assisted Psychotherapy gives families, groups and individuals of any age the chance to get to the root of their problems, find better ways to communicate, build healthier relationships, and return to a healthy happy lifestyle.

For Any Problem

Equine Assisted Psychotherapy is an increasingly popular method of treating addictions, trauma, social and behavioral disorders, depression, anxiety, life transitions, our ever changing world and more. Clients have reported that they have been able to change and grow more effectively and quickly than through traditional approaches.

Dan Ault, LMSW

EAGALA I and O.K. Corral Certified
Kuna, Idaho

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Website: HeartstoHorses.org

Facebook: Hearts to Horses

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- Men's Health
- Teens
- Law Enforcement and First Responders
- Trauma
- Behavioral Health Disorders
- Families and Building Healthy Relationships
- Corporate Trainings



Mental Health & Wellness Training/Tools:

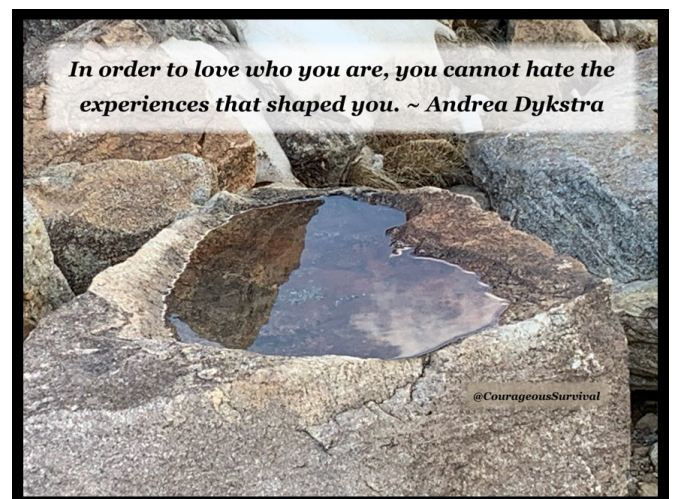
- ◆ **911 Training Institute** www.911training.net 231-622-1600 RyanDedmoninfo@911Training.net
- ◆ **Brothers in Healing** www.brothersinhealing.com Chris Sutherland & Jeremy “Woody” Woods (National speakers & financial assistance for those who need treatment for PTSD) brothersinhealing@gmail.com
- ◆ **Courageous Survival** www.CourageousSurvival.org 1-866-274-4324 (Various Trainings: ASIST & QPR Suicide Intervention, Resiliency, Resources & Peer Support, CISM, Outreach Teams, Wellness Tools & Resource Guides) courageoussurvival@gmail.com
- ◆ **Emotional Survival for the First Responder (All First Responders & Spouses) Nampa Police Dept.**, Patrol Corporal Tonna Marek 208-468-5733 marekt@cityofnampa.us
- ◆ **Idaho Dept. of Health & Welfare Suicide Prevention Program** 208-334-4953
- ◆ **I Married the War** www.imarriedthewar.com 208-340-8324
- ◆ **International Critical Incident Stress Foundation, Inc. (CISM Training)** www.icisf.org
- ◆ **Living Works - ASIST Applied Suicide Intervention Skills Training** www.livingworks.net/asist
- ◆ **Project Welcome Home Troops** www.pwht.org (Free Power breath workshops) www.projectwelcomehometroops.org/power-breath-workshop (202) 642-4248 info@pwht.org
- ◆ **Protecting the Guardian** www.protectingtheguardian.com 407-670-5279 Mark DiBona mark@protectingtheguardian.com
- ◆ **PTSD911 Documentary** www.ptsd911movie.com
- ◆ **QPR Institute (Question, Persuade, Refer) Suicide Prevention** www.qprinstitute.com
- ◆ **Shift Wellness Behavioral Health Training for First Responders** 1-888-732-5741 info@shiftwellness.com
- ◆ **Stronger Families** www.strongerfamilies.com 425-679-5671 hello@strongerfamilies.org
- ◆ **The Strong Blue Line Ministries** www.thestrongblueline.org 208-206-1215 office@TheStrongBlueLine.org
- ◆ **TIP of the Treasure Valley (Trauma Intervention Program) & E-TIP (All Emergency Responders Training)** www.tipofthetreasurevalley.org 208-999-2081 info@tiptreasurevalley.org
- ◆ **Trauma Focused Mental Health & Wellness Training by Deer Hollow Recovery** www.deerhollowrecovery.com/first-responders Jared Nesary 801-819-1249 jaredn@deerhollowrecovery.com
- ◆ **Wishes For Warriors / Howitzer–Project Blue Lion (free firearms training for active-duty law enforcement)** www.wishes4warriors.org/project-blue-lion
- ◆ **The Wounded Blue (LE Support, Education, Assistance and Legislation)** www.thewoundedblue.org 725-222-3967

First Responder Specific Resources:

- ◆ **Back the Blue Idaho** www.backtheblueidaho.org
- ◆ **Back the Blue LCV (Region 2: Lewiston/Clarkston Valley)** www.facebook.com/groups/2201860919959922
POC: Nick Woods nwoods@backthebluelcv.org
- ◆ **Bonner County Chaplains (Region 1: N Idaho)** Dave Lotze 208-597-1959 www.facebook.com/groups/138127552023727
- ◆ **Chaplains of Idaho** www.chaplainsofidaho.org 208-471-8111 Executive Director, Ret. LEO, Chaplain Christa Trinchera
- ◆ **CISM (Critical Incident Stress Mngt.) Debriefs & Response Teams (Courageous Survival)**
POC: Tom Briggs 1-866-274-4324 cismteam@courageoussurvival.org
- ◆ **Code 3 to 1 – Idaho Fraternal Order of Retired Law Enforcement Officers** www.code3to1.com
- ◆ **Firefighter Behavioral Health Alliance (Fire/EMS/Dispatch)** www.ffbha.org 847-209-8208 jdill@ffbha.org
- ◆ **First Responder Support Network** www.frsn.org 415-721-9789 info@frsn.org
- ◆ **Honoring the Heroes** www.honoringtheheroes.com 352-263-9383 honoringtheheroes@gmail.com
(Emotional Survival Tactical Bag Full of Resources)
- ◆ **How2loveourcops** www.how2loveourcops.org
- ◆ **Idaho Chapter of APCO/NENA (Public Safety Communication Specialists)** www.idahoapconena.weebly.com
Idahoapconena@gmail.com
- ◆ **Idaho Chiefs of Police Association** www.icopa.org 208-861-0801
- ◆ **Idaho Retired Law Enforcement Association – A Gathering of the Badges** www.irlea.org
Myrna Harris 208-484-8530 myrna@irlea.org
- ◆ **Idaho Sheriffs Association** www.Idahosheriffs.org 208-287-0001
- ◆ **Idaho State Fraternal Order of Police** www.fopidaho.com
- ◆ **Idaho State Fraternal Order of Police Foundation** www.fopidaho.com/foundation
- ◆ **Life Coaching (Spouses & Significant Others)** www.andelinprice.com Andelin Price, Certified Life Coach info@andelinprice.com
- ◆ **National Volunteer Fire Council (Fire/EMS Resources)** www.nvfc.org 1-888-ASK-NVFC (275-6832)
- ◆ **Professional Fire Fighters of Idaho** www.pffi.org (208) 283-2672
- ◆ **Protecting the Guardian** www.protectingtheguardian.com Mark DiBona 407-670-5279 mark@protectingtheguardian.com
- ◆ **Protector’s Peak at Shiloh Ranch** www.protectorspeak.com Nate & Becky Harder 817-501-7325 protectorspeak@gmail.com
- ◆ **The Soup Ladies** (Feeding 1st Responders nationwide, on scene at critical incidents & natural disasters for over 18 yrs.)
www.soupladies.org ‘Mama’ Ginger Passarelli 206-459-8477 mamapassarelli@msn.com
- ◆ **Yoga For First Responders** www.yogaforfirstresponders.org

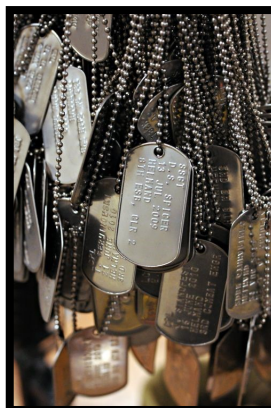
Military & Veteran Specific Resources:

- ◆ **American Warfighters** www.american-warfighters.com POC: operations@american-warfighters.com (Region 2)
- ◆ **Benewah County Veteran's Outreach Center** www.benewahveterans.org 208-582-4330 (Region 1 - St. Maries)
- ◆ **Blue Star Mothers of America (Idaho)** www.bluestarmothers.org/index.php?option=com_content&view=article&id=62
POC: president.id3@bluestarmothers.us
- ◆ **Brave Hearts Idaho (Assistance for Veterans & their families in financial crisis)** www.braveheartsidaho.org
(208) 867-9277 braveheartsidaho08@gmail.com
- ◆ **Eagle Field of Honor (Annual Flag Memorial Honoring All Military & Veterans)** www.eaglefieldofhonor.org 208-573-7793
Heather Paredes info@eaglefieldofhonor.org
- ◆ **Glanders Restoration - Master Craftsman, Equine Therapy & Mentor** 208-731-4042 (Region 5) Darryl A. Glanders
darryl.glanders@gmail.com
- ◆ **Grand Canyon University** www.gcu.edu 602-247-4602 Jeremy POC: jeremy.goto@gcu.edu
- ◆ **Higher Ground** www.highergroundusa.org 208-726-9298
- ◆ **Idaho Backcountry Veterans** www.backcountryveterans.org 208-402-5640
- ◆ **Idaho County Veterans Outreach & Community Center** 208-507-2035 POC: Lucky Gallego idcovets@gmail.com
(Region 2 - Grangeville)
- ◆ **Idaho Division of Veterans Affairs - Veteran Service Officers** 208-780-1300 or 208-780-1380
www.veterans.idaho.gov/advocacy/service-officers
- ◆ **Idaho Veteran's Chamber of Commerce** 208-917-9977 www.idahoveterans.org
- ◆ **Idaho Veterans Garden** www.facebook.com/idahoveteransgarden Danny Pugmire 208-713-3167 sebring2001@yahoo.com
- ◆ **Idaho Veterans Network** www.idvetnet.org POC: support@idvetnet.org
- ◆ **I Married the War** www.imarriedthewar.com 208-340-8324
- ◆ **Joining Forces for Treasure Valley Veterans & Resource Manual**
www.veterans.idaho.gov/resources/veterans-organizations/
- ◆ **Joining Forces Task Force for Magic Valley Veterans & Resource Manual** www.joiningforcesmv.org
- ◆ **Legacy Corps (Caregiver respite and companionship for military families)**
www.agingstrong.org/legacy-corps-caregiver-support 208-947-4284 Lisa Underwood lunderwood@jannus.org
- ◆ **Marine Corps Scholarship Foundation** www.mcsf.org 703-549-0060
- ◆ **Mission43** www.mission43.org POC: info@mission43.org
- ◆ **New Horizons (Formerly Leapfox Learning)** www.boisenewhorizons.com Barb Lewis 208-898-9036 barb.lewis@nhb.com
- ◆ **Objective Zero Foundation** www.objectivezero.org (mobile app technology for connecting the military community to peer support, wellness, and mental health resources) 202-573-9660 contactus@objectivezero.org
- ◆ **Operation Grateful Hearts** www.operationgratefulhearts.us 208-870-9055
- ◆ **River of Life & Lighthouse – Boise Rescue Mission Ministries** 208-343-2389 www.boiserm.org/services/veterans
POC: Keith Millar, Veterans Program Manager, keithm@boiserm.org 208-803-2595
- ◆ **The American Legion Department of Idaho** 208-342-7061 www.legion.org/idaho
- ◆ **VEA - Veterans Entrepreneur Alliance** www.vealliance.org & the **FOB Forward Operating Base VEA (Social Media Platform for Veterans)** www.fobvea.org 208-314-1776 POC: Isaac Belden isaac@vealliance.com (All Idaho)
- ◆ **Wyakin Foundation** www.wyakin.org 208.853.6001 Info@wyakin.org



Injured/Fallen/ Survivor (Family) Resources:

- ◆ **512 Fund (Serving Injured & LODD for LE families all across ID, N Nevada & E Oregon)** www.512fund.org Detective Guy McKean (208) 577-1385 info.512fund@gmail.com (Contact via phone 1st for immediate needs)
- ◆ **American Foundation for Suicide Prevention** www.afsp.org D'Arcy Valverde, Idaho Area Director dvalverde@afsp.org
- ◆ **Behind the Badge (WA Resource)** www.behindthebadgefoundation.org (425) 654-4786 info@behindthebadgefoundation.org
- ◆ **Blue H.E.L.P. (LE - Honor boxes & support for survivors)** www.wearebluehelp.org
- ◆ **Blue Line Bears – Helping Children of Fallen LEOs (LODD & Suicides only)** www.bluelinebears.org
Ray Schwabe 614-288-7022 rschwabe@bluelinebears.org
- ◆ **Blue Star Mothers of America (Idaho)** www.bluestarmothers.org/index.php?option=com_content&view=article&id=62
POC: president.id3@bluestarmothers.us
- ◆ **Blue Wives Matter (Supporting Surviving Families of LE)** www.bluewivesmatter.net 714-350-3984
bluewivesmatter@gmail.com
- ◆ **Boise Rescue Mission / Lighthouse / City Light Women & Children's Shelter** 208-389-9840 (SW Idaho)
- ◆ **Center for Hope** www.centerforhopeif.org 208-538-1888 Nancy Espeseth nancye@rhscares.com (E Idaho)
- ◆ **Firefighter Behavioral Health Alliance (Fire, EMS & Dispatch)** www.ffbha.org
- ◆ **Firefighter Cancer Support Network** www.firefightercancersupport.org 866-994-FCSN / 866-994-3276
- ◆ **First H.E.L.P. (All 1st Responders)** www.1sthelp.org POC: contact@1sthelp.org
- ◆ **First Responders Children's Foundation** www.1strcf.org **Emergency Hardship Grant:** (646) 822-4236 info@1stRCF.org
Financial assistance application: www.1strcf.org/financial-assistance **Bereavement assistance application:** www.1strcf.org/bereavement-assistance **Toy Express application:** www.1strcf.org/toy-express
- ◆ **Folds of Honor** www.oldsofhonor.org 918-274-4700 or Apply online
- ◆ **Homes for Heroes** www.homesforheroes.com
- ◆ **Idaho Concerns of Police Survivors (C.O.P.S.)** www.idahocops.org Jerry Miller jerry_miller@idahocops.com
Ntnl. C.O.P.S. 573-346-4911
- ◆ **Idaho Fallen Firefighters Foundation** www.idahofff.com POC: idahofff.com@gmail.com
- ◆ **Idaho Fraternal Order of Police Foundation** www.fopidaho.com/foundation
- ◆ **Idaho Peace Officers' Memorial** 208-489-6500 www.idahopeaceofficersmemorial.com
- ◆ **Idaho Veterans Cemetery** www.veterans.idaho.gov/cemeteries
- ◆ **Idaho Veterans Garden & Photo-Memory Quilts** 208-649-6008 www.idahoveteransgarden.org
- ◆ **Jesse Tree** www.jesstreeidaho.org (208) 383-9486 office@jesstreeidaho.org (Treasure Valley)
- ◆ **JW Memorial Foundation (1st Responder & Family Support)** www.jwmfidaho.com POC: Sue Welch 208-664-2330
swelch@jwmfidaho.com
- ◆ **My Grief Connection** www.mygriefconnection.org
- ◆ **National Alliance for Mental Illness – Idaho Chapter (NAMI)** www.namiidaho.org
- ◆ **Patriot Guard Riders** www.patriotguard.org
- ◆ **Ride For 22 – Honor the Fallen** www.ridefor22.org
- ◆ **River of Life & Lighthouse – Boise Rescue Mission Ministries** 208-343-2389 www.boiserm.org/services/veterans
POC: Keith Millar, Veterans Program Manager, keithm@boiserm.org 208-803-2595
- ◆ **Upper Valley Child Advocacy Center** 208-745-2612 www.uppervalleycac.org (Eastern Idaho)
- ◆ **The Wounded Blue** www.thewoundedblue.org 725-222-3967
- ◆ **The Thin Blue Line of Hope – Canyon County Deputies' Association** Nick Whittier 208-631-1614
canyoncountydasa@gmail.com
- ◆ **Warriors 22 Never Forgotten** (Photo blankets for the Fallen)
facebook.com/Wa22iors
June Pugmire sebring2001@yahoo.com
- ◆ **Wishes For Warriors / Life After War**
www.wishes4warriors.org
855-W4W-HERO / 855-949-4376
- ◆ **The Wounded Blue**
(LE Support, Education, Assistance & legislation)
www.thewoundedblue.org Main: 725-222-3967
Peer Support: 702-290-5611



SHOWING UP FOR THOSE THAT ARE HURTING



Faith & spirituality can be a huge anchor for many people during life's struggles, as well as part of someone's healing journey. Unfortunately, well-meaning religious-based leaders or individuals, can often hinder or cause more harm. So, how do you know how to 'Show Up' for those that are hurting?

What NOT to do:

- Tell them you know how they feel**
- Try to take away their pain**
- Use your personal experiences to 'fix it'**
- Project feelings onto them** (It's not about you)
- Dismiss their feelings**
- Give unsolicited advice**
- Over-identify with their reactions** and begin to experience the crisis on a personal level
- Assume they share your worldview**
- Push a religious viewpoint**
- Don't try to handle it alone** Know when to refer them to another professional.
- Never say things like:**
 - They are in a better place
 - It could be worse
 - It was God's will
 - How are you doing?
 - If you had done X, it wouldn't have happened
 - What you need to do is...
 - You'll be fine
 - "At least..." statements

What TO DO instead:

- Show them you care** (not tell them)
- Be honest and purposeful** Be willing to say "I don't know"
- Help connect them with support** Remember: you are only one piece of an entire support system for them.
- Ask open-ended questions**
- Find ways to empower them to make decisions**
- Pay attention to their body language**
- Watch for signs of Post-Traumatic Stress**
- Everyone grieves differently** There is no right or wrong
- "Show up, Shut up, and Listen"** Practice Active Listening
- Hold Space for whatever they are experiencing**
- Be willing to sit in silence**
- W.A.I.T.: Why Am I Talking?**
- Try to normalize their feelings** ALL feelings are valid
- Say things like:**
 - I'm listening
 - I'm here for you; how can I support you?
 - That sounds really tough, I can't imagine how you feel
 - How are you holding up?
 - Would you like my perspective or would you like me to just listen?

SAFER-R



HOLDING SPACE

- S - Stabilize
- A - Acknowledge crisis
- F - Facilitate Understanding
- E - Encourage Effective Coping
- R - Recovery
- R - Referral

The SAFER-R model is a form of Psychological first aid that was developed for use in law enforcement.



Holding space is: being willing to walk alongside another person in whatever journey they're on without judging them, making them feel inadequate, trying to fix them, or trying to impact the outcome. When we hold space for other people, we open our hearts, offer unconditional support, let go of judgment and control.

"You can help rescue someone, provide lifesaving resources, such as CPR, etc. However, you can't stop the initial trauma from happening. What you CAN do is learn to help mitigate some of the secondary trauma that can happen while you are responding to or involved in the traumatic situation." ~Trauma Intervention Program of the Treasure Valley



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- Biofeedback & Neurofeedback
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Holistic Centered Treatment offers a full range of services to help to restore, rejuvenate and heal. Our premiere facility offers the latest in cutting-edge science that is geared towards healing. Whether you are dealing with chronic pain, back pain, strains, sprains, orthopedic injuries, or you just need to rejuvenate - we're here to help.

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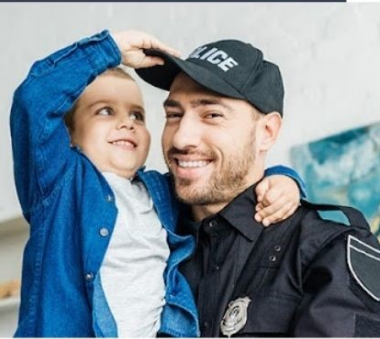




OPTIMAL BRAIN CENTER OF IDAHO

Micro-Current Neurofeedback

The military & first responders who risk their lives every day to protect us now have a way of relief from symptoms caused by Traumatic Brain Injury or Post-Traumatic Stress Disorder. Micro Current Neurofeedback is an effective treatment that is safe and does not require any surgery or medications



Iasis MCN is a safe and non-invasive therapy that can:

1. Reduce Anxiety
2. Reduce Depression
3. Improve Sleep
4. Aid in PTSD & ADHD
5. Enhance Memory Function
6. Improve Ability to Regulate Emotions
7. Lessen Feelings of Anger, Frustration, and Irritability
8. Increase Quality of Life
9. Help with Panic Attacks

85%-90% Success Rate

1st Completed Study Representing Image-Based Evidence

Reduces the Brain Waves Associated W/ PTSD & M-TBI

What formally took 30-60 sessions with traditional neurofeedback, can now be achieved in 10-20 sessions with enduring sustainability!

MCN stimulates the brain waves with low intensity pulses using transcranial electrical stimulation. When we suffer emotional and physical traumas, the brain "freezes" in a dysfunctional homeostasis that leads to dys-regulation. MCN brief stimulation allows the brain to reorganize itself and release itself from frozen, stuck patterns.

Benefits

- MCN treats the source of the problem, not the symptoms.
- MCN alleviates PTSD & TBI symptoms for military and first responders.
- MCN therapy is gentle, safe, effective, and enduring.

We proudly offer a 50% discount for all military, veterans, and first responders.

VISIT US AT

Optimal Brain Center of Idaho
optimalbraincenterofidaho.com
(208) 590-2671
Twin Falls, Idaho

True North Brain Center
truenorthbraincenter.com
(801) 631-5486
Bountiful, Utah

Cache Valley Brain Center
cvbraincenter.com
(208) 969-1062
Logan, Utah

Optimal Brain Center Burley
optimalbraincenterburley.com
(208) 260-0119
Burley, Idaho

Treasure Valley Brain Center
treasurevalleybraincenter.com
(208) 204-9114
Nampa, Idaho

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FIRST RESPONDERS

As a Frontline Worker, First Responder, Active-Duty Military, or Veteran, you have given and continue to give when others need you the most.

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Join Exhale Boise to experience a guided 90-minute Somatic Breathwork session so that you can let go of the weight you've been carrying for too long.

Somatic Breathwork is a simple yet powerful way to reset your nervous system. You will be guided by certified Somatic Breathwork practitioners to release stress, physical tension, or past trauma from your body.

By clearing the body, you will naturally become clear mentally. Allowing you to show up more clearly and fully for those you serve.

Give your body what it needs.

Exhale Boise honors you and the service you give to our community every day. Let us return the favor and help you feel ALIVE again!

Exhale Boise is a Veteran owned business, so we understand the sacrifice you make everyday to serve your community and we appreciate you!

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EXHALEBOISE.COM

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Learn to be “Present” & Just Breathe

Struggling with anxiety, fear, depression, insomnia, chronic pain, post-traumatic stress injury or PTSD?

Learn an incredible Breathwork exercise/tool that you can use to regulate or reset your autonomic nervous system.

Diaphragmatic Breathing Exercises & Mindfulness (DBEM):

[Beginning Breathing-\(1 Session\)](#)

[Intermediate Breathing—\(2 Sessions\)](#)

[Advanced Breathing-\(3 Sessions\)](#)

*Use QR code or go to Elevate Mind Body Studio’s YouTube Channel or Courageous Survival website to access sessions

**Featuring Breathwork Instructor, Equine Specialist, Veteran, Founder & Director of the Idaho Horse Therapy Program, “Cowboy Buddha” Johnny Urrutia.
(Based off the Wim Hoff Method)**



Breathwork is more than an exercise of breathing correctly or with intent. Breathing techniques are tools for major transformation and healing. Post-traumatic Stress Injury or Post-traumatic Stress Disorder (PTSD) & depression live in the past. Fear & Anxiety live in the future. You can’t breathe in the past or the future, you can only breathe in the present. You can practice being “Present” by harnessing the power of the breath, therefore learning to manage the stressors in your life.

REACTIONS FOLLOWING A CRITICAL INCIDENT



During the next few days, weeks or months, you may at some time experience one or more of these normal reactions to trauma. The key to managing stress is to recognize these common reactions.

Physical

- Fatigue/Exhaustion
- Insomnia/Sleep Disturbances
- Nightmares/Night Sweats
- Changes in Appetite
- Digestive Problems/Nausea
- Headaches/Migraines
- Back, Neck, or Shoulder Pain
- Grinding Teeth
- Muscle Tremors/Twitches
- *Difficulty Breathing/Chest Pain
- *Elevated Blood Pressure
- *Rapid Heart Rate/Panic Attack

Cognitive

- Hypervigilance
- Lack of Concentration/Alertness
- Flashbacks/Intrusive Images
- Difficulty making Decisions
- Memory Problems
- Forgetfulness/Confusion
- Poor Problem-Solving
- Disturbed Thinking
- Over-Critical or Over-Sensitive
- Blaming Others
- Guilt/Self Blame

Behavioral

- Changes in Activity Level
- Communication Changes
- Withdrawal/Antisocial Acts
- Suspiciousness/Hyper-Alertness
- Exaggerated Startle Reflex
- Changes in Sexual Function
- Inability to Relax/Rest
- Addictive Behaviors
- Excessive Alcohol Consumption
- Avoidant Behaviors/Isolation
- Phobias/Paranoia
- Pacing/Restlessness

*requires immediate medical intervention

Emotional

- Fear/Anxiety/Excessive Worry
- Grief/Depression
- Emotionally Numb/Flat
- Over or Under Reactive
- Feeling Helpless/Powerless
- Anger/Irritability/Rage
- Frustration
- Overwhelm/Emotional Outbursts
- Emotional Shock



Spiritual

- Acceptance/Rejection of Beliefs
- Anger/Confusion Toward Higher Power
- Sense of Betrayal/Abandonment
- Loss of Faith/Spiritual Isolation
- Sense of Meaninglessness
- Changes in Religious Observance
- Deepened Spiritual Awareness
- Hyper-Repentance
- Feeling Hopeless

Taking care of your mental, emotional, spiritual and physical needs helps speed your recovery. If symptoms don't subside, seek additional help from a trained professional.

If you have experienced a traumatic event, it is very taxing on the body. Your body may be physically or emotionally depleted and needs to be replenished. Things as simple as drinking water and taking deep breaths can help reset your systems and flush out cortisol, adrenaline, etc.



If you or anyone you know is in crisis,
please call or text 988

For Peer Support, Please Call: 1-866-274-4324 (CS4Idaho)
CourageousSurvival.org



Tips For the First Few Weeks After a Critical Incident

- Daily moderate exercise, alternated with rest
- Limit caffeine intake
- Maintain a healthy diet
- Avoid alcohol or other depressants
- Get as much rest as possible
- Do not label yourself as crazy!
- Give yourself permission to feel any and all emotions.
- Maintain your daily routine as much as possible
- Reach out to a trusted friend or peer support
- Spend time with family and friends. Share your feelings.
- Community is healing. Accept help from others.
- Avoid making any big life changes while in crisis
- Do make daily decisions that help you feel in control.
- Spend time each day doing something you enjoy
- Listen to soothing music, journal, or meditate

In order to cope with what you have experienced, there are many things you can do to help lessen or alleviate stress.

Tips For Long-Term Success

- Develop a support system--family, friends, colleagues, mental health providers, etc.
- Have a communication plan; be able to communicate to your spouse or others what you need or want
- Integrate breathwork and/or other grounding practices into your regular self care routine
- Learn about and practice setting healthy boundaries
- Remember that recovery is not linear; sometimes it feels like “2 steps forward, 1 step back.”
- Continue to get enough rest, moderate exercise, eat healthy foods, and spend time doing things you enjoy, pay attention to your body’s needs
- Learn about the differences between PTSD and Post-Traumatic Stress Injuries
- Practice mindfulness; avoid ruminating on the traumatic incident, the “what-ifs” or self-blame.
- Maintain an identity beyond work; friends, hobbies/interests, goals, values, spirituality, etc.
- Develop strategies to make sure no family member gets left behind in the healing journey

The Uncomfortable Truth

75-80% of all Military, Veterans, and First Responders have had some sort of childhood trauma. This leaves them more predisposed to developing PTSD. Utilizing resources can help build resilience and healing, allowing you and your family to thrive.



“5 Minutes to Calm” Exercise

- Place your hand over your heart
- Slow your breathing to about 5 seconds in, 5 seconds out
- Think of something that makes you feel appreciation, care, gratitude and/or compassion
- Continue for 3-5 minutes



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