

# EVERYDAY HEROES GUIDE TO BETTER HEALTH AND WELLNESS



# COURAGEOUS SURVIVAL

★ USA ★  
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, FLOAT MAGIC, IDAHO STATE FRATERNAL ORDER OF POLICE & FOP FOUNDATION, OREGON FRATERNAL ORDER OF POLICE, IRLEA - IDAHO RETIRED LAW ENFORCEMENT ASSOCIATION, QRU NONPROFIT ORGANIZATION, G3 PACKAGING PARTNERS, COREY TAYLOR FOUNDATION, DEER HOLLOW RECOVERY, HELP 4 HEROES, STEPS RECOVERY, ZERO DARK THIRTY COFFEE & FOUNDATION, STEELE-N-JO'S BONE, AMANDA EDELMAYER & FAMILY, BECKY ROGERS, BRAD PIKE, RICK MCCOY, GARY & CHARLENE MILLER, CITY OF HAILEY POLICE & FIRE DEPARTMENTS, BLAINE COUNTY SHERIFFS OFFICE, KARL MALONE FORD - HAILEY, GUFFY'S GUN & PAWN, BISHOP SYLVESTER TREINEN ASSEMBLY 2751 OF THE HOLY APOSTLES KNIGHTS OF COLUMBUS, MERIDIAN AMERICAN LEGION POST #113, VALOR TECHNICAL CLEANING, BUILDING STRONGER VETERANS, FIESTA GUADALAJARA - MERIDIAN, & 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)**

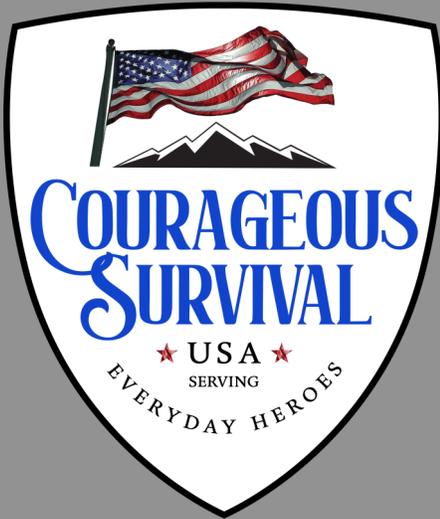
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**\*THIS RESOURCE GUIDE IS UPDATED & REPRINTED BIANNUALLY. VISIT OUR WEBSITE FOR UPDATES OR USE THE QR CODE. THE ABOVE LIST IS ALSO ON THE RESOURCE PAGE OF OUR WEBSITE WITH HYPERLINKS, ALONG WITH A PDF COPY TO DOWNLOAD.**

**[WWW.COURAGEOUSSURVIVAL.ORG](http://WWW.COURAGEOUSSURVIVAL.ORG)**



# Critical Incident Stress Management CISM & Peer Debriefs for 1st Responders



## Benefits:

- Helps the brain process trauma
- Helps fill in the blanks
- Process emotions
- Prevent trauma symptoms
- Build coping skills
- Address signs & symptoms
- PTSI vs PTSD
- Biological & moral injuries
- Normalizes what you're feeling
- Kick starts the healing process
- Builds resilience
- Assurance you're not alone
- Maintains normalcy
- Connection to Peer Support & resources

Schedule a CISM Debrief:  
Tom Briggs, CISM Team Leader  
1-866-274-4324 Ext. #2  
[CISMTeam@CourageousSurvival.org](mailto:CISMTeam@CourageousSurvival.org)

## Personalized Tree Ornaments to Honor our Heroes Lost to Suicide

We wish to honor the lives of our Everyday Heroes lost, too soon, to suicide.  
This Christmas, you can order a tree ornament to honor your loved one.



FRONT

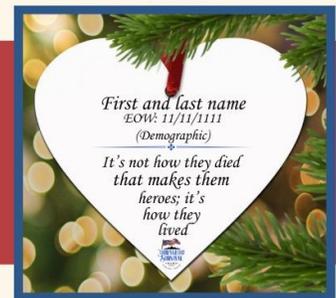
The front of the ornament will be customized with the heart color to match the service field of the person being honored

- Blue: Police
- Red: Fire
- Gray: Corrections
- Green: Military/Veteran
- Yellow: Dispatch
- White: EMS

The back will be personalized with the full name, end of watch date, demographic, and this inspirational quote:

“It’s not how they died that makes them heroes; it’s how they lived.”

BACK



ORDER HERE



These ornaments are available to order now. \$25. All proceeds go toward the mission of suicide prevention for our service men and women.

# We See You



## Placing Resources in the Hands of Heroes

The "We See You" initiative emerged in 2024 with a resolute mission: to provide steadfast support and essential resources to our local emergency responders grappling with PTSD/PTSI and mental health challenges.



### Resource Boxes & Elements

Distributing critical resources through Department Boxes, Business Boxes, and Residential Boxes. Boxes available for purchase and sponsorship.



### Emergency Responder Focus

With every box distributed, every QR code scanned, and every conversation sparked, we're forging a path toward greater awareness and wellness for all our local heroes.



### Turn the Sky Teal

June 27th is PTSD Awareness Day, and we want to turn the sky teal to show our local responders that We See Them and value their mental health. Teal lights are in every resource box distributed.



### Funding Available

We aim to raise awareness and funds, channeling them into tangible solutions that directly benefit those who dedicate their lives to safeguarding our communities.



An ongoing collaboration with Courageous Survival

### Contact Us

208-316-3808

WWW.QRUFUNDRAISER.ORG

QRUFUNDRAISER@GMAIL.COM



## HELPING FUND THOSE WHO ANSWER THE CALL

### QRU NONPROFIT ORGANIZATION

Formed in 2008 with the mission to create awareness & raise funds for rural emergency responders; helping to ensure they have the equipment, training, and personnel to answer the call.

### ANNUAL FUNDRAISER

Our annual event takes place the first Sunday after Memorial Day and includes activities for the entire family! Funds raised are distributed to local responder organizations through participation and our Grant Program.



### WE SEE YOU INITIATIVE

Collaborative effort with Courageous Survival with a resolute mission: to provide steadfast support, funding, & essential resources to our local emergency responders grappling with PTSD/PTSI and mental health challenges.



WWW.QRUFUNDRAISER.ORG



## 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.





## OUR MISSION

Save A Warrior® provides a transformative experience aimed at healing Veterans nationwide and Ohio first responders from Complex Post-Traumatic Stress and suicidal ideation through a holistic, integrative approach that fosters resilience, recovery, and lifelong community support.

### PROGRAMMING

Save A Warrior® provides a 72-hour intervention to heal Veterans and Ohio first responders from childhood trauma, moral injury, and suicidal ideation. Combining neuroscience, storytelling, and Warrior Meditation™, SAW fosters profound healing. Lifelong support through the 500-Day Plan and Community of Practice ensures resilience and emotional sobriety.

### COMPLEX PTS

Complex Post-Traumatic Stress (C-PTS) stems from prolonged exposure to trauma, often beginning in childhood, compounded by military or service-related experiences. Unlike single-event trauma, C-PTS involves deep emotional and moral injuries that affect the body, mind, and spirit. Save A Warrior® addresses these challenges by helping process unresolved trauma, restore emotional balance, and reclaim their lives through holistic, integrative healing practices.

### TESTIMONIAL

"Save a warrior gave me access. Access to a new and improved relation to myself and the experiences I had growing up and how they led to my experiences in the marine corps and ultimately in combat. The way of relating offered by SAW is so much more compassionate now than it was before, and the feelings of closure and peace with the past are tied up, stamped and let go."

-Joshua L USMC Infantry

## ABOUT SAVE A WARRIOR®

Save A Warrior® was founded in 2012, inspired by a heartfelt conversation between Jake Clark and his father, a Vietnam-era Marine, who said,

**"If you Just Save One, it will all be worth it."**

Those words became the guiding mantra for our mission. Rooted in hope and resilience, SAW has grown into a heroic invitation for healing, empowering participants to reclaim their lives and connect with a deeply resonant purpose.

*\*First Responders from out of state will be considered and must have a sponsored funding source. Ohio First Responders receive priority seats.*

## HOW TO APPLY

Scan this QR Code with your phone's camera and scroll down to start your application.



PO Box 218117  
Columbus, OH 43221



Social accounts: @saveawarrior  
Instagram: @save\_a\_warrior\_saw



saveawarrior.org  
development@saveawarrior.org

# OREGON

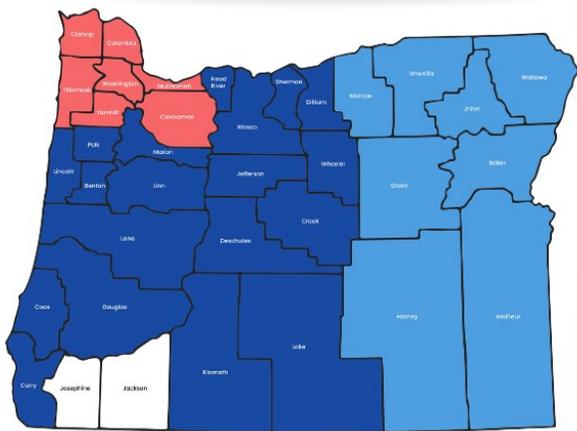
## FRATERNAL ORDER OF POLICE



### MEMBER BENEFITS

- ✓ Protecting Oregon Law Enforcement
- ✓ Legal Protection
- ✓ Bargaining Representation for Labor Groups
- ✓ Membership Site
- ✓ [www.foplegal.com](http://www.foplegal.com)

### OREGON LODGES



- Willamette Valley Lodge #7
- Southern Oregon Lodge #15
- Central Valley Lodge #16
- Eastern Oregon Lodge #18

### CONTACT US

-  [info@oregonfop.com](mailto:info@oregonfop.com)  
[orfoppresident@gmail.com](mailto:orfoppresident@gmail.com)
-  (503) 372-6450
-  [www.oregonfop.com](http://www.oregonfop.com)
-  6 Centerpointe Drive Ste. 450  
Lake Oswego, OR 97035



[www.oregonfop.com](http://www.oregonfop.com)



# IDAHO

## Fraternal Order of Police

### BECOME A MEMBER

- Legal Defense
- College Discounts
- Education Opportunities
- Insurance Programs
- Financial Services

Find out more at:

[www.FOPIdaho.com](http://www.FOPIdaho.com)

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 through the Idaho FOP Foundation support these efforts along with emergency officer & family assistance, scholarships, and charity projects supported by the Idaho FOP.

**Show your support by donating**



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

## NEED HELP?

### Reach out:

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



**The Largest Voice of Law Enforcement in Idaho**  
*2800 members, 30 local lodges statewide*



# Idaho Retired Law Enforcement Association

Connecting Idaho's Retired Law Enforcement Community

Are you a retired commissioned or non-commissioned law enforcement officer in Idaho? Join the Idaho Retired Law Enforcement Association (IRLEA) and become part of a supportive community that offers a range of valuable benefits.

## Membership Benefits

- Networking Opportunities
- In Person Events
- Retirement Insights
- Exclusive Content
- Historical Archive Access

For membership information, please  
 visit [irlea.org](http://irlea.org)  
 or contact Myrna Harris  
 208-484-8530 [myrna@irlea.org](mailto:myrna@irlea.org)



24/7 Emergency Line:  
**208-747-0633**



**After Death Cleanup**  
**Biohazard Remediation**  
**Crime Scene Cleanup**  
**Homicide Cleanup**  
**Suicide Cleanup**  
**Decomposition**  
**Unattended Death**



Photo credit: Matt Pidjeon



## 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](http://WWW.PFFI.ORG)

(208) 573-4706

INFO@PFFI.COM

# E-Well LIFELINE

Emotional & Mental Wellness

HELPING FIRST RESPONDERS HEAL

FIRST  
RESPONDERS



HONOR COURAGE SACRIFICE



## About Us

E-Well Lifeline offers a revolutionary approach to trauma recovery by combining Accelerated Resolution Therapy (ART) with self-care healing services. Through certified partners, this proven, **non-verbal, and confidential** therapy helps first responders process both recent incidents and cumulative trauma. ART empowers individuals to resolve trauma quickly, without needing to discuss the details, ensuring a safe and supportive environment for healing.

## Our Mission

Our mission is to enhance the mental health and trauma resilience of emergency responders by providing comprehensive support, education, and funding. We are dedicated to equipping law enforcement, firefighters, EMS personnel, and search & rescue teams with the mental health tools they need to navigate the challenges of their roles and maintain their well-being.

## Industries We Serve

- ✓ EMS
- ✓ Firefighters
- ✓ Law Enforcement
- ✓ Serving Region 5
- ✓ Quick Response Units
- ✓ Search & Rescue
- ✓ Emergency Responder



### Accelerated Resolution Therapy (ART)

ART assists by helping create new images of past trauma by rescripting the distressing events. It differs from other forms of psychotherapy by not requiring people to express traumatic memories aloud.



### Self-Care Services with Float Magic

- 60 minute Floatation Therapy Session
- 15 minute NovoTHOR light session
- 20 minute Massage Chair session

These services are most effective when combined, with 3 full treatments recommended. However, independent appointments are also available and can still be beneficial. Funding to cover the cost of E-Well Lifeline services may be available.

## How to Access

+208-933-2620

lifeline@idahoewell.org

Get Involved  
Donate Now

Program Funding Partner  
We See You Initiative



# 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](http://www.FloatMagic.com)

152 2<sup>nd</sup> 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](mailto: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](http://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](mailto:help4veterans@stepsrc.com)  
[www.stepsrc.com](http://www.stepsrc.com)

## 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: Ntnl. 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

### \*Expansion of Coverage Regarding Veterans Benefits:

**PACT ACT (Promise to Act Comprehensive Toxins Act)**

**TERA ACT (Toxic Exposure Risk Assessment)**

**Gulf War Illness (NEW CDC Recognition & Medical Coding)**



### **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)

To learn more about the VA's own study on PTSD and Autoimmune Disorders, the PACT Act/Burn Pit Registry, TERA Act & New CDC Recognition of Gulf War Illness: 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!

\*Please follow the link below or use QR code to learn more about the COMPACT Act.  
<https://courageoussurvival.org/va-benefits>



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.

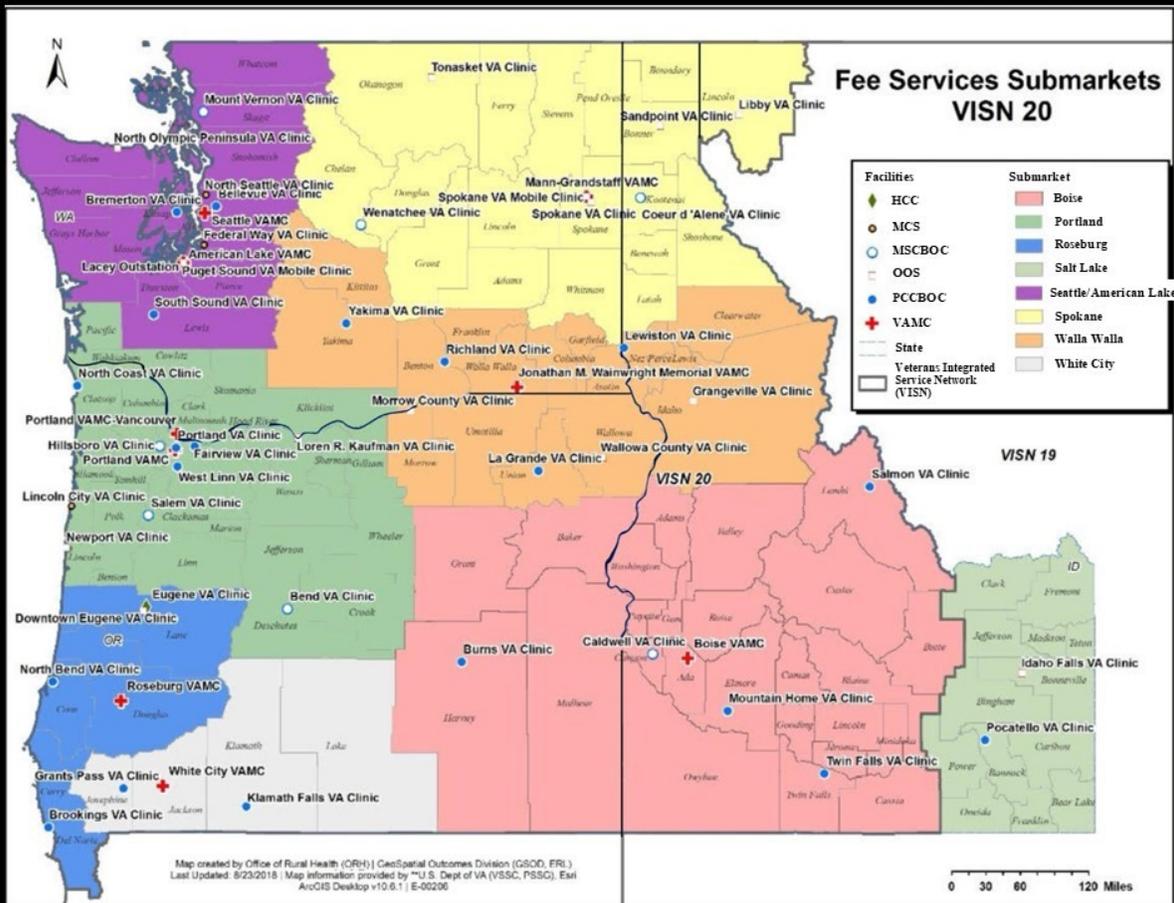
**VA 72-Hour Notification Hotline**  
**844-72HRVHA (844-724-7842)**

**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.

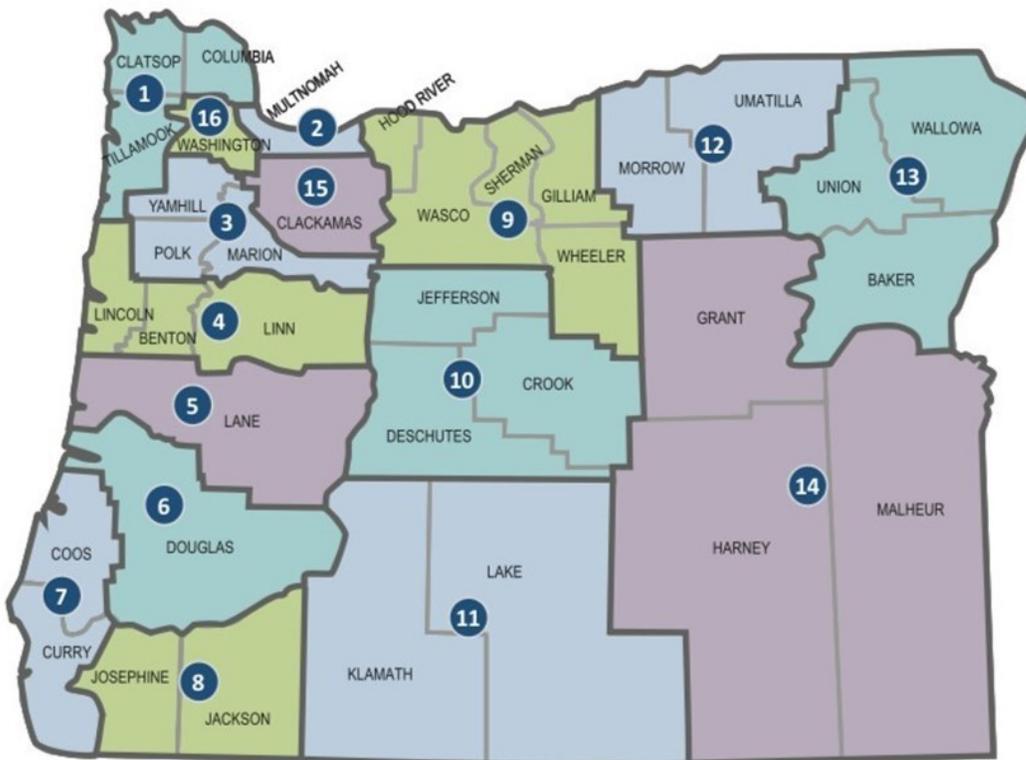
## Who is covered?

- ♦ **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



**\*National 24/7 Crisis & Suicide Hotline**  
**Call or text 988, when you have an urgent mental health need.**  
You can also chat online at [988lifeline.org](https://988lifeline.org)



## Oregon Department of Human Services Districts Map

- District 1: Clatsop, Columbia, Tillamook
- District 2: Multnomah
- District 3: Marion, Polk, Yamhill
- District 4: Benton, Lincoln, Linn
- District 5: Lane
- District 6: Douglas
- District 7: Coos, Curry
- District 8: Jackson, Josephine
- District 9: Gilliam, Sherman, Wasco, Wheeler
- District 10: Crook, Deschutes, Jefferson
- District 11: Klamath, Lake
- District 12: Morrow, Umatilla
- District 13: Baker, Union, Wallowa
- District 14: Grant, Harney, Malheur
- District 15: Clackamas
- District 16: Washington



**Oregon Crisis Resources by County:**  
<https://tinyurl.com/OR-Crisis-Resources-by-County>

### Oregon State Crisis Resources:

**\*To access Crisis resources in Oregon call or text 988 (Crisis Centers, Mobile Crisis, & other), then let them know which county you are in & they will direct you.**  
You can also chat online at [988lifeline.org](https://988lifeline.org)

**Crisis Resolution Center for the State of Oregon**  
**1-541-474-5360** (Serving all of Oregon via phone w/ in-person community outreach & wraparound services in Jackson & Josephine Counties)

### National & State Crisis Lines for First Responders: (24/7)

**Chaplains of Idaho** 208-980-0101 [www.ChaplainsOfIdaho.com](http://www.ChaplainsOfIdaho.com)

**COPLINE** 1-800-COPLINE (267-5463) [www.copline.org](http://www.copline.org)

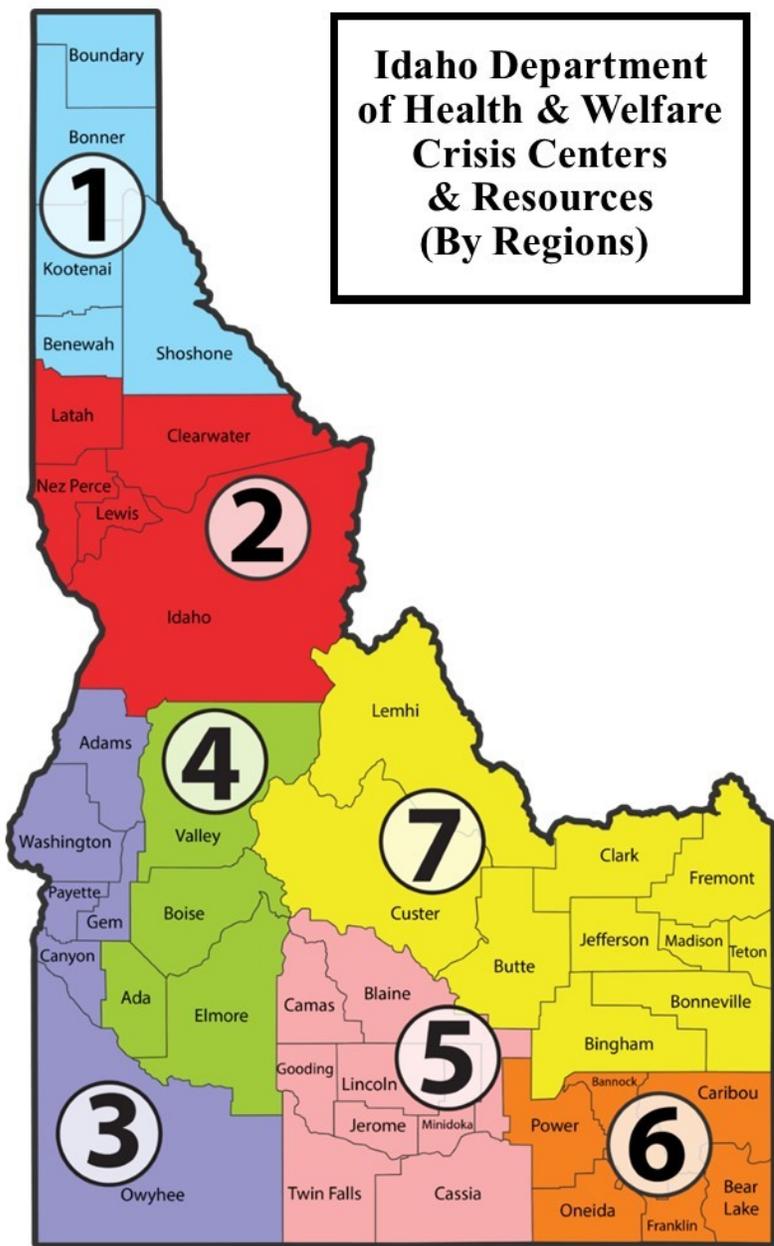
### 7 days/wk. – NOT 24/7 Crisis Lines:

**Next Rung** (7 days/wk. – NOT 24/7) CALL or TEXT 1-833-NXT-RUNG (698-7864)  
[www.nextrung.org](http://www.nextrung.org) [INFO@NEXTRUNG.ORG](mailto:INFO@NEXTRUNG.ORG)

**Responder Life (Oregon):** 503-308-1082 [www.responderlife.org](http://www.responderlife.org)

**\*National 24/7 Crisis & Suicide Hotline**  
**Call or text 988, when you have an urgent mental health need.**  
 You can also chat online at [988lifeline.org](http://988lifeline.org)

**Idaho Department  
 of Health & Welfare  
 Crisis Centers  
 & Resources  
 (By Regions)**



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

♦ North Idaho Crisis Center (Coeur d'Alene) 208-625-4884 [www.nicrisiscenter.org](http://www.nicrisiscenter.org)

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

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

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

♦ Western Idaho Community Crisis Center (Caldwell) 208-402-1044 [www.widccc.org](http://www.widccc.org)

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

♦ Clarvida Community Crisis Center (Boise) 1-833-5-CRISIS (27-4747) [www.clarvida.com](http://www.clarvida.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

♦ Crisis Center of South-Central Idaho (Crisis Center & Detox) (Twin Falls) 1-866-737-1128 OR 208 772-7825

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

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

♦ South East Idaho Behavioral Crisis Center (Pocatello) 208-909-5177 [www.seibcc.com](http://www.seibcc.com)

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

♦ Behavioral Health Crisis Center of East Idaho (Idaho Falls) 208-522-0727

[www.eastidahocrisis.com](http://www.eastidahocrisis.com)

**National Crisis Lines for Military/Veterans: (24/7)**

\*See above for Idaho or opposite page for Oregon specific crisis resources

**Veterans Crisis Line 988** (Press 1 for Veterans)

**Combat Call Center 1-877-927-8387**

**Military One Source 1-800-342-9647** [www.militaryonesource.mil/health-wellness/suicide](http://www.militaryonesource.mil/health-wellness/suicide)

**Vets4Warriors 1-855-838-8255** (Call, text, email or chat) [www.vets4warriors.com](http://www.vets4warriors.com)

**VA Ntl. Call Center for Homeless Veterans 1-877-424-3838**

## **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.

### **Ntnl. & Idaho: All Regions**

- ◆ **A.R.T. (Accelerated Resolution Therapy) Certified Therapists:** [www.is-art.org/directory](http://www.is-art.org/directory) (Locator link)
- ◆ **IDNG Behavioral Wellness Team (Active National Guard, Family Members, & Veterans)** 1-800-479-7006 (ID)
- ◆ **National Fraternal Order of Police - Vetted & Approved Providers** [www.fop.net/officer-wellness/providers](http://www.fop.net/officer-wellness/providers) (Locator Link)
- ◆ **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](mailto:salvarez05@icloud.com) (ID)
- ◆ **U.S. Vet Centers & Mobile Vet Centers** 1-877-WAR-VETS (927-8387) [www.va.gov/landing2\\_locations.htm](http://www.va.gov/landing2_locations.htm) (Locator link)

### **ID Region 1 (Benewah, Bonner, Boundary, Kootenai, & Shoshone)**

- ◆ **Anchored Support, LLC** [www.anchoredsupport.com](http://www.anchoredsupport.com) Laura Taylor, MSW, LCSW, CSAT-C, Individual and Family Therapist [ltaylorlcsw@gmail.com](mailto:ltaylorlcsw@gmail.com) 208-818-2619 (Coeur d'Alene)
- ◆ **Christen Kishel, PhD** [christenkishelphd.com](http://christenkishelphd.com) 509-993-8301 [drkishel@gmail.com](mailto:drkishel@gmail.com) (ID & WA)
- ◆ **First Responder Clinician Support Team of North Idaho** (Specialized Counseling for 1st Responders, Military/Veterans & Families, CISM Teams & trainings) [www.firstresponderhelpidaho.com](http://www.firstresponderhelpidaho.com) POC Nicole Nestor-Gray 951-751-7175 (N ID)
- ◆ **JCarter Counseling, PLLC** [www.jcartercounseling.com](http://www.jcartercounseling.com) Jessica Carter, MSC, LPC [jess@jcartercounseling.com](mailto: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** [www.susanbeglinger.com](http://www.susanbeglinger.com) 702.521.3222, 208.777.5510 [beglinsm@yahoo.com](mailto:beglinsm@yahoo.com) (Coeur d'Alene)
- ◆ **Responders1st** [www.responders1st.net](http://www.responders1st.net) 208-699-4696 Carrie Kralicek, MSN, ARNP, PMHNP-BC Board Certified Psychiatric Mental Health Nurse Practitioner, Medication Mngt. & Telemedicine Provider (ID, MT, OR, UT, & WA)
- ◆ **Vet Center - Spokane** (Free services outside the VA) 509-444-8387 [www.va.gov/spokane-vet-center](http://www.va.gov/spokane-vet-center) (Spokane, Coeur d'Alene, Post Falls, Sandpoint locations & Mobile Outreach in Region 1)

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

- ◆ **McIntosh Mental Health, LLC** [www.mcintoshmentalhealth.com](http://www.mcintoshmentalhealth.com) Brandon McIntosh, LCSW, ACS 208-413-9973 (Lewiston)
- ◆ **Bohnenkamp Behavioral Health, LLC** [www.bohnenkampbh.com](http://www.bohnenkampbh.com) Rebecca A. Bohnenkamp, LCSW (208) 553-3776 [bohnenkampbh@gmail.com](mailto: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](mailto:kindrahibbard@kindrahibbardcounseling.hush.com) (Lewiston/Clarkston Valley, ID & WA)

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

- ◆ **ACTS (Advanced Clinical Trauma Services)** [www.actsidaho.org](http://www.actsidaho.org) 208-600-2184 [info@ACTSIDaho.com](mailto:info@ACTSIDaho.com) (Caldwell, Nampa, Boise & Meridian)
- ◆ **Allied Health** [www.alliedmentalhealthservices.org](http://www.alliedmentalhealthservices.org) Malissa McCulloch 208-468-0850 [malissa.mcculloch@alliedmentalhealthservices.com](mailto:malissa.mcculloch@alliedmentalhealthservices.com) (Nampa)
- ◆ **Arbor Counseling, LLC** 208-204-0014 LaVelle Gardner, LCPC (Nampa)
- ◆ **Canyon Counseling Center Inc.** 208-454-1576 Michelle Drinkwine, LCPC [canyoncounseling@yahoo.com](mailto:canyoncounseling@yahoo.com)
- ◆ **Empowering Choices Counseling** 208-803-0883 Lori Farrens, LCPC [ecc@empoweringchoicescounseling.net](http://ecc@empoweringchoicescounseling.net) (Nampa & Duck Valley Indian Reservation)
- ◆ **Halcyon Infusions & Therapeutics** [www.halcyoninfusions.com](http://www.halcyoninfusions.com) (208)546-3650 Suzy Albert, LCSW [info@halcyoninfusions.com](mailto:info@halcyoninfusions.com) (Nampa)
- ◆ **Insight Counseling & Therapy** [www.insightcounselingtherapy.com](http://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](http://www.idahonwc.com) Stephen Ammann; LMSW, CSAT 208-615-0583 (Nampa)
- ◆ **Prism Ranch (Counseling & Equine Therapy)** [www.prismranch.org](http://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](mailto:rachaelhalllcp@gmail.com) (Middleton)
- ◆ **Vet Center-Boise** (Free services outside the VA) 208-342-3612 [www.va.gov/boise-vet-center](http://www.va.gov/boise-vet-center) (Mobile Outreach, Region 3)

### **ID Region 4 (Ada, Boise, Elmore, & Valley)**

- ◆ **Abundant Serenity, LLC** [www.abundantserenitywp.com](http://www.abundantserenitywp.com) Wendy Perez, LCSW, ACADC, RPT-S, SAP, SAE 208-918-0380 [wendyperez@abundantserenity.com](mailto:wendyperez@abundantserenity.com) (Meridian)
- ◆ **ACTS (Advanced Clinical Trauma Services)** [www.actsidaho.org](http://www.actsidaho.org) 208-600-2184 [info@ACTSIDaho.com](mailto:info@ACTSIDaho.com) (Caldwell, Nampa, Boise & Meridian)

## Mental Health Practitioners: (Cont.)

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

- ◆ **Brown Counseling Services** [www.browncounselingservices.org](http://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](http://www.carecounselingclinic.com) Angie Sherwood 208-816-7378 (Telehealth only)
- ◆ **Connections Counseling Center** [www.cccboise.com](http://www.cccboise.com) Laurisa Rogers, LCSW 208-921-3501 [laurisa@cccboise.com](mailto:laurisa@cccboise.com) (Boise)
- ◆ **Ellie Mental Health** [www.elliementalhealth.com/locations/meridian-id/](http://www.elliementalhealth.com/locations/meridian-id/) 208-405-0812 (Meridian)
- ◆ **Emergency Responders Health Center** (Mental Health & Massage Satellite Center) [www.er-hc.org](http://www.er-hc.org) 208-639-0005 (Boise)
- ◆ **Emergency Responders Health Center - ERHC 360 Health Resource Guide** [erhc360.org/directory](http://erhc360.org/directory) (ID)
- ◆ **Fortius Counseling & Consulting** [www.erhc360.org/directory/ari-brooks-lcsw](http://www.erhc360.org/directory/ari-brooks-lcsw) Ari Brooks, LCSW (208) 495-4317 (Meridian)
- ◆ **Hearts to Horses, LLC Equine Assisted Psychotherapy** 208-615-9488 [www.heartstohorses.org](http://www.heartstohorses.org) Dan Ault, LCSW, EAGALA I & OK Corral Certified [hearts2horses@gmail.com](mailto:hearts2horses@gmail.com) (Kuna)
- ◆ **IDNG Behavioral Wellness Team** (Active National Guard, Family Members, & Veterans ) 1-800-479-7006 \*In-person or telehealth available statewide. (Formerly Beyond the Yellow Ribbon Counseling)
- ◆ **JCarter Counseling, PLLC** [www.jcartercounseling.com](http://www.jcartercounseling.com) Jessica Carter, MSC, LPC [jess@jcartercounseling.com](mailto:jess@jcartercounseling.com) 480-269-1413 (Coeur d'Alene & Boise/Meridian in person, telehealth for all ID & AZ)
- ◆ **Limitless Life Counseling** [www.LimitlessLifeCounseling.com](http://www.LimitlessLifeCounseling.com) 208-807-2877 Becky Waggaman, LCSW, CCFC, CLC, HNCC & multiple other counselors (Meridian)
- ◆ **Rebecca Houston, LCPC** (First Responders & Military exclusively) 208-615-3538 [rhoustonlcpc@gmail.com](mailto:rhoustonlcpc@gmail.com) (Boise)
- ◆ **Recovery Ways** [www.idahobehavior.com](http://www.idahobehavior.com) 208-343-2737 (Boise)
- ◆ **Resilient Pathways** [www.resilientpathways.net](http://www.resilientpathways.net) Tami Thorne, LCPC 208-412-4502 [tamaracthorne@gmail.com](mailto:tamaracthorne@gmail.com) (Meridian)
- ◆ **RK Counseling** [www.rkwellness.com](http://www.rkwellness.com) Rikki Davlin, LCSW 208-505-6951 (Meridian & Oregon telehealth)
- ◆ **Sheepdog Counseling & Wellness** [www.sheepdogcounseling.com](http://www.sheepdogcounseling.com) 208-918-0697 (Text) Eric Fieldstad, LCSW, QSUDP (Boise)
- ◆ **Treasure Wellness Counseling & Training Center** [www.treasurewellness.com](http://www.treasurewellness.com) Kerry Davis, Graduate Student Intern (All ages) 208-515-7661 [kerry@treasurewellness.net](mailto:kerry@treasurewellness.net) (Eagle)
- ◆ **Vet Center-Boise** (Free services outside the VA) 208-342-3612 [www.va.gov/boise-vet-center](http://www.va.gov/boise-vet-center) (Boise & Mobile Outreach)
- ◆ **Wells Counseling**, Ken Wells, LCSW, CCTP 208-219-5727 [kwells counseling@gmail.com](mailto:kwells counseling@gmail.com) (Boise)

### ID 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](mailto:aejones546@gmail.com) (Burley)
- ◆ **Alliance Family Services** [www.alliancefamilyservices.net](http://www.alliancefamilyservices.net) J.P. "Pete" Espil, LCSW 208 737 0572  
\*Ask about FREE counseling sessions for fellow USMC Veterans (Twin Falls)
- ◆ **Be Inspired Therapy** 208-731-5260 Lynn Rice, LCSW [Irricearoni@gmail.com](mailto:Irricearoni@gmail.com) (Twin Falls)
- ◆ **Healthier Bodies Inc.** [www.healthierbodies.org](http://www.healthierbodies.org) 208-339-1756 Denise Jensen, LPC, QSUDP, CSS, A.R.T. Certified [hbd.dr.deni@gmail.com](mailto:hbd.dr.deni@gmail.com) (Burley & Twin Falls)
- ◆ **Huberta Phipps**, LCPC [www.hubertaphipps.com](http://www.hubertaphipps.com) (208) 420-7488 [hubertaphipps@gmail.com](mailto:hubertaphipps@gmail.com)  
\*Does not take Workers Comp Claims) (Twin Falls)
- ◆ **Proactive Behavioral Health** [www.proactiveadvantage.com](http://www.proactiveadvantage.com) & [www.proactiveadvantage.com/veterans-services](http://www.proactiveadvantage.com/veterans-services) (208) 934-5880 Jennifer Crumrine, LSW & Certified Advanced Accelerated Resolution Therapist (A.R.T.), (Burley, Gooding, & Twin Falls)
- ◆ **Resolutions Therapy Plus** [www.resolutionstherapy.clientsecure.me](http://www.resolutionstherapy.clientsecure.me) 208-654-0134 Tammy Felps, PhD, SE, LCPC, & Master A.R.T. Certified [resolutionstherapy@restprc.com](mailto:resolutionstherapy@restprc.com) (Jerome, ID)
- ◆ **Trena Peckham Therapy Place LLC.** (Relationship trauma, Equine Therapy & Intensives) [www.trenapecckham.com](http://www.trenapecckham.com) 208-352-6449 Trena Peckham, LMFT & Natural Lifemanship Certified [trena@trenapecckham.com](mailto:trena@trenapecckham.com) (Buhl)

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

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

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

- ◆ **Centerpoint Counseling** [www.centerpointcounseling.com](http://www.centerpointcounseling.com) 208-359-4840 Julie Moody, PMHNP (Rexburg)
- ◆ **Creekside Counseling** [www.creeksidecounselingidaho.com](http://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](http://www.nctsidaho.com) 208-557-3336 Rachel Adams, PMHNP-BC, Psychiatric Mental Health Nurse Practitioner & Carly Romney, LCPC (Idaho Falls)
- ◆ **Teriann Ness** LCSW, Complex Trauma, Clinician, Masters Level Certified Accelerated Resolution Therapist (A.R.T.), Community Resiliency Model Trainer (CRM), 208-681-0323 [Teriannjness@gmail.com](mailto:Teriannjness@gmail.com) (Idaho Falls)
- ◆ **Vet Center - East Idaho** (Free services outside the VA) 208-522-5712 [www.va.gov/east-idaho-vet-center](http://www.va.gov/east-idaho-vet-center) (Idaho Falls & Pocatello)

## **Oregon Resources: (Many resources in this guide are National or Regional, not limited to states or counties.)**

**Mental Health Practitioners:** The majority of therapists 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.

### **Oregon: All Regions**

- ◆ **A.R.T. (Accelerated Resolution Therapy) Certified Therapists** [www.is-art.org/directory](http://www.is-art.org/directory) (Locator link)
- ◆ **National Fraternal Order of Police - Vetted & Approved Providers** [www.fop.net/officer-wellness/providers](http://www.fop.net/officer-wellness/providers) (Locator Link)
- ◆ **U.S. Vet Centers & Mobile Vet Centers** 1-877-WAR-VETS (927-8387) [www.va.gov/landing2\\_locations.htm](http://www.va.gov/landing2_locations.htm) (Locator link)

### **OR District 2: (Multnomah County)**

- ◆ **Drew Prochniak, LPC, LLC** [www.dprochniak.com](http://www.dprochniak.com) 503-308-9408 [dprochniak@hushmail.com](mailto:dprochniak@hushmail.com) (Portland)

### **OR District 5: (Lane County)**

- ◆ **Kendra Brott, LPC LLC, Adv. A.R.T Certified, QPR Trainer** [www.kendra-brott.clientsecure.me](http://www.kendra-brott.clientsecure.me) 541-351-8752 (Eugene)
- ◆ **Viresco Counseling & Consulting, LLC** [www.virescocounseling.com/about](http://www.virescocounseling.com/about) 541-902-3638 Katy Ainslie-Wallace, LPC, SADC, LMHP [info@virescocounseling.com](mailto:info@virescocounseling.com) (Eugene)

### **OR District 10: (Crook, Deschutes, & Jefferson Counties)**

- ◆ **Cline Falls Counseling** [www.clinefallscounseling.com](http://www.clinefallscounseling.com) 541-699-2915 Nadine Dody, LPC [ndodylpc@gmail.com](mailto:ndodylpc@gmail.com) (Redmond)

### **OR District 14: (Grant, Harney, & Malheur Counties)**

- ◆ **Insight Counseling & Therapy** [www.insightcounselingtherapy.com](http://www.insightcounselingtherapy.com) Becky Wolery, Executive Director PsyD, LCSW Call/text: Ontario, OR 208-741-3336 Nampa, ID 208-606-0469 Payette, ID 208-405-0020 (Ontario, OR, Payette & Nampa, ID)
- ◆ **Lifeways** [www.lifeways.org](http://www.lifeways.org) 541-889-9167 Andrea Recla MS, LPC Associate, LPC, NCC, Clinical Director (Intensive Outpatient Services) [arecla@lifeways.org](mailto:arecla@lifeways.org) & Ron Van Ausdal, LCSW (Director Outpatient Services) [rvanausdal@lifeways.org](mailto:rvanausdal@lifeways.org) (Ontario)

### **OR District 15: (Clackamas County)**

- ◆ **Weitman Psychological Services, LLC** (First Responders & Their Families only) [www.drweitman.com](http://www.drweitman.com) 503-684-1483 Dr. Garen Weitman, PsyD [garen@drweitman.com](mailto:garen@drweitman.com) (West Linn)

### **OR District 16: (Washington County)**

- ◆ **First Responder Psychology** [www.firstresponderpsychology.com](http://www.firstresponderpsychology.com) (971) 250-1519 or 971-727-5769 Dr. Stephanie Conn, PhD & Team [firstresponderpsych@gmail.com](mailto:firstresponderpsych@gmail.com) (Hillsboro)

### **Idaho Locations or Oregon Telehealth:**

- ◆ **Responders1st** 208-971-3660 Carrie Kralicek, MSN, ARNP, PMHNP-BC Board Certified Psychiatric Mental Health Nurse Practitioner, Medication Mngt. & Telemedicine Provider (ID, MT, OR, UT, & WA)
- ◆ **RK Counseling** [www.rkwellness.com](http://www.rkwellness.com) 208-505-6951 Rikki Davlin, LCSW (Meridian, ID & Oregon telehealth)

### **Nonprofits providing access to FREE Confidential Counseling, Treatment, Services, or Peer Support: (\*See next page for more)**

- ◆ **Warriors Impact** (Healing Through Outdoor Recreation Rafting, Fishing, Other Modalities & Peer to Peer) [www.warriorimpact.org](http://www.warriorimpact.org) POC: Toby Rey 707-321-4322 or Mark Morzov 307-690-7799
- ◆ **Weekly Breathwork/Meditation for First Responders & Veterans** (Friday mornings w/ Save A Warrior Alumni) Time & Location: Fridays at 7am PST in Bend. POC: Toby Rey 707-321-4322 or Mark Morzov 307-690-7799

### **Alternative Therapy & Wellness Programs:**

- ◆ **The Studio (NeuGenesis - 1 day Trauma Intensive)** [www.thestudiolapine.com](http://www.thestudiolapine.com) 541-876-2100 Stacia Ash [stacia.thestudio@gmail.com](mailto:stacia.thestudio@gmail.com) (La Pine)

### **First Responder Specific:**

- ◆ **CITCOE - Crisis Intervention Teams Center of Excellence** [www.ocbhji.org/cit-center-of-excellence](http://www.ocbhji.org/cit-center-of-excellence)
- ◆ **High Desert CIT Team** (CIT Trainings & Networking for Eastern Oregon) Kailee Evans, CIT Coordinator, CISM Team Lead & Lead Correctional Counselor 541-216-3672 [Kailee.r.evans@doc.oregon.gov](mailto:Kailee.r.evans@doc.oregon.gov)
- ◆ **Oregon Fraternal Order of Police** [www.oregonfop.com](http://www.oregonfop.com) 503-372-6450 [info@oregonfop.com](mailto:info@oregonfop.com) [orfoppresident@gmail.com](mailto:orfoppresident@gmail.com)
- ◆ **Oregon State FireFighters Council** [www.osffc.org](http://www.osffc.org) 503-540-0648
- ◆ **Responder Life (Oregon)** [www.responderlife.org](http://www.responderlife.org) 503-308-1082 (First Responder Peer support, Chaplains, CISM, resources, & more)

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

- ◆ **Department of Veterans' Affairs (OR Statewide Veteran Services Map)** [www.oregon.gov/odva/Pages/default.aspx](http://www.oregon.gov/odva/Pages/default.aspx) 1-800-692-9666 or 503-373-2085
- ◆ **Department of Veterans' Affairs - Veteran Service Officers (OR Locator link)** [www.oregon.gov/odva/Services/Pages/County-Veteran-Services-Offices.aspx](http://www.oregon.gov/odva/Services/Pages/County-Veteran-Services-Offices.aspx) 1-800-692-9666 or 503-373-2085
- ◆ **Vet Centers** (Free services outside the VA) 208-342-3612 [www.vetcenter.va.gov](http://www.vetcenter.va.gov) (Mobile Outreach in Eastern Oregon)

### **Injured/Fallen/Survivor (Family) Resources:**

- ◆ **Greater Oregon Behavioral Health, Inc.** (Rural/Frontier Behavioral Health & Social Services Network) [www.gobhi.org](http://www.gobhi.org)
- ◆ **Oregon Fallen Badge Foundation** [www.oregonfallenbadge.com](http://www.oregonfallenbadge.com) On-call Board Member: 503-498-8501 (24 hours a day, 365 days a year) [info@oregonfallenbadge.com](mailto:info@oregonfallenbadge.com)
- ◆ **Ride for 22 (Oregon Chapter)** (Fighting the War on Veteran Suicide) [www.ridefor22.org](http://www.ridefor22.org) 541-784-7638 Linda Exceen

# Nonprofits offering access to FREE Confidential Counseling, Treatment, Services, & Peer Support: (Ntnl. & ID)

## First Responders, Spouses & Families:

- ◆ **Brothers in Healing** [www.brothersinhealing.com](http://www.brothersinhealing.com) (Assistance for treatment of PTS/PTSD) [brothersinhealing@gmail.com](mailto:brothersinhealing@gmail.com)
- ◆ **Compassion Alliance** (Pays for free, confidential counseling for up to 5 sessions for first responders & their significant other) [www.compassion-alliance.org](http://www.compassion-alliance.org) 602-857-9667
- ◆ **E-Well Lifeline Passes** (A.R.T. Clinical Session, Sensory Deprivation/Float, Photobiomodulation Therapy & Day Pass for use w/ other wellness services) ID Region 5 First Responders & Spouses POC: Janice Degner 208-933-2620  
\*Outside of R5 POC: Courageous Survival 1-866-274-4324
- ◆ **Keep 'n' Safe** (PTSD Resources & Financial Assistance for 1st Responders seeking treatment) [www.keepnsafe.com](http://www.keepnsafe.com)  
POC: Dave Sorenson 425.308.8129 [info@keepnsafe.com](mailto:info@keepnsafe.com) (ID, OR & WA)
- ◆ **Next Rung** [www.nextrung.org](http://www.nextrung.org) CALL or TEXT 1-833-NXT-RUNG (698-7864) [INFO@NEXTRUNG.ORG](mailto:INFO@NEXTRUNG.ORG) (7 days/wk. – NOT 24/7)
- ◆ **Red & Blue Foundation** (Kootenai County, ID & surrounding - Counseling & Assistance) [www.redbluefoundation.org/mental-health](http://www.redbluefoundation.org/mental-health) Heather Schmitz 509-994-0526 [mentalhealth@redbluefoundation.org](mailto:mentalhealth@redbluefoundation.org) (Formerly Coeur d'Alene Police Foundation)

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

- ◆ **America's Mighty Warriors** [www.americasmightywarriors.org](http://www.americasmightywarriors.org) 1-623-537-5322 [americasmightywarriors@gmail.com](mailto:americasmightywarriors@gmail.com)
- ◆ **Benewah County Veteran's Outreach Center** [www.benewahveterans.org](http://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](mailto:idcovets@gmail.com) (Region 2 - Grangeville)
- ◆ **Military Order of the Purple Heart – Idaho Dept. & Chief Joseph Chapter 509** [www.purpleheart.org](http://www.purpleheart.org) 208-841-8448 [mophidaho@gmail.com](mailto:mophidaho@gmail.com)
- ◆ **Ride for 22 (Idaho & Oregon Chapters)** (Fighting the War on Veteran Suicide) [www.ridefor22.org](http://www.ridefor22.org) Debbie Knehr 208-921-2854 [info@ridefor22.org](mailto:info@ridefor22.org) (ID) & Linda Exceen 541-784-7638 Linda [Lindae.ridefor22@gmail.com](mailto:Lindae.ridefor22@gmail.com) (OR)
- ◆ **U.S. Vet Centers & Mobile Vet Centers** (Free services outside the VA) 1-877-927-8387 [www.vetcenter.va.gov](http://www.vetcenter.va.gov) [www.va.gov/landing2\\_locations.htm](http://www.va.gov/landing2_locations.htm) (Locator link)
- ◆ **Veterans Talking to Veterans** (Trauma Coaching) & **Veteran Homebuilders** (Apprenticeship Opportunities w/ VHB & Building Stronger Veterans POC: Adam Arriero 208-488-2052 [info@veteran-home-builder.com](mailto:info@veteran-home-builder.com) (Caldwell & Boise, ID)
- ◆ **ID Service Member & Family Support Specialists (ID)** (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](http://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](mailto:cassandra.k.rzepa.nfg@army.mil)

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

**1. Post Falls, Brandi Stordahl** [brandi.s.stordahl.nfg@army.mil](mailto:brandi.s.stordahl.nfg@army.mil)

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

**2. Lewiston, Keesha West** [keesha.l.west.nfg@army.mil](mailto:keesha.l.west.nfg@army.mil)

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

**3. Caldwell, Glenn Fuchs** [glen.w.fuchs2.nfg@army.mil](mailto:glen.w.fuchs2.nfg@army.mil)

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

**3. Boise, Diann Scheetz** [diann.l.scheetz.nfg@army.mil](mailto:diann.l.scheetz.nfg@army.mil)

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

**4. Twin Falls, Sonya Nowland** [sonya.d.nowland.nfg@army.mil](mailto:sonya.d.nowland.nfg@army.mil)

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

**5. Pocatello, Hiedi Young** [hiedi.b.young.nfg@army.mil](mailto:hiedi.b.young.nfg@army.mil)

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

**6. Idaho Falls, Beverly McLendon** [beverly.l.mclendon.nfg@army.mil](mailto:beverly.l.mclendon.nfg@army.mil)

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



## MILITARY & FAMILY READINESS SPECIALISTS (MFRS)

**POST FALLS**  
Brandi Stordahl  
5455 E Seltice Way  
Office: 208-272-7580  
Cell: 208-608-3895  
[Brandi.Stordahl.nfg@gmail.com](mailto:Brandi.Stordahl.nfg@gmail.com) (temp)

**LEWISTON**  
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2707 16th Ave  
Office: 208-272-7430  
Cell: 208-608-8185  
[keesha.l.west.nfg@army.mil](mailto:keesha.l.west.nfg@army.mil)

**CALDWELL/BOISE**  
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Cell: 208-608-8230  
[glen.w.fuchs2.nfg@army.mil](mailto:glen.w.fuchs2.nfg@army.mil)

**BOISE**  
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Cell: 208-608-8204  
[diann.l.scheetz.nfg@army.mil](mailto:diann.l.scheetz.nfg@army.mil)

**STATE LEAD**  
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Cell: 208-608-3816  
[cassandra.k.rzepa.nfg@army.mil](mailto:cassandra.k.rzepa.nfg@army.mil)

**TWIN FALLS**  
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1069 Frontier Rd  
Office: 208-272-7029  
Cell: 208-608-3969  
[sonya.d.nowland.nfg@army.mil](mailto:sonya.d.nowland.nfg@army.mil)

**POCATELLO**  
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Office: 208-272-7188  
Cell: 208-608-3888  
[hiedi.b.young.nfg@army.mil](mailto:hiedi.b.young.nfg@army.mil)

**IDAHO FALLS**  
Beverly McLendon  
575 W 21st St  
Office: 208-272-7774  
Cell: 208-608-8042  
[beverly.l.mclendon.nfg@army.mil](mailto:beverly.l.mclendon.nfg@army.mil)

## Both:

- ◆ **Courageous Survival** (Peer Support, CISM Debriefs & Access to Resources) [www.courageoussurvival.org](http://www.courageoussurvival.org) 1-866-274-4324 [peersupport@courageoussurvival.com](mailto:peersupport@courageoussurvival.com)
- ◆ **Elevate Mind Body Studios** [www.elevatemindbodystudios.com](http://www.elevatemindbodystudios.com) (Contact Courageous Survival Freedom Ambassadors for access to Free Services) (Nampa, ID)
- ◆ **Project Welcome Home Troops** (Free Power breath workshops) [www.pwht.org](http://www.pwht.org) [www.projectwelcomehometroops.org/power-breath-workshop](http://www.projectwelcomehometroops.org/power-breath-workshop) 202-642-4248 [info@pwht.org](mailto:info@pwht.org) (Boise, ID & Online options)
- ◆ **The Wild Courage** [www.thewildcourage.life](http://www.thewildcourage.life) (Peer Support & Podcasts) 307-696-5431 [info@thewildcourage.life](mailto:info@thewildcourage.life) (Region 3-4)
- ◆ **Warriors Anonymous ~ AA 12 Step meeting** (Active duty military personnel, veterans & first responders ONLY Wed. noon & Thursday evenings. Billy Carroll 541-786-3343 [eaglewarriorsanonymous@gmail.com](mailto:eaglewarriorsanonymous@gmail.com) (Boise, Eagle, ID & Zoom options)
- ◆ **Zero Dark Thirty Coffee Foundation** [www.zerodarkthirtycoffee.org](http://www.zerodarkthirtycoffee.org) Jarad & Jessica Webb 208-989-1343 (Boise & Meridian, ID)

## Mental Health & Wellness Treatment Programs, Facilities or Intensives: (Ntnl., ID & OR)

### Inpatient or Intensive Outpatient (Partial Hospitalization - PHP or Intensive Outpatient Programs - IOP):

- ◆ **Cottonwood Creek Behavioral Hospital** (Adult & Adolescent Acute Care) [www.cottonwoodcreekboise.com](http://www.cottonwoodcreekboise.com) 208-996-8449
- ◆ **Deer Hollow Recovery & Wellness Centers** 801-679-6669 [www.deerhollowrecovery.com](http://www.deerhollowrecovery.com)
- ◆ **Eagle Creek Ranch Recovery** [www.idahorecoverycenter.com](http://www.idahorecoverycenter.com) (888) 681-4152 (Treatment for Men)
- ◆ **IAFF Center of Excellence** (Exclusive to active and retired IAFF Members) 844-439-8445 [www.iaffrecoverycenter.com](http://www.iaffrecoverycenter.com)  
POC: Myrrhanda Jones 352-538-0377
- ◆ **Imagine by Northpoint (Adolescent Treatment)** [www.boiseimagine.com](http://www.boiseimagine.com) 208-954-6626 Danielle Fanopoulos  
[dfanopoulos@northpointrecovery.com](mailto:dfanopoulos@northpointrecovery.com)
- ◆ **Intermountain Hospital** [www.intermountainhospital.com](http://www.intermountainhospital.com) 208-377-8400 or 1-800-321-5984 (Serving Adult & Adolescents: Intensive Inpatient, & Outpatient, PHP– Partial Hospitalization Programs) \*Courageous Survival Peer Support Outreach teams approved for in-patient peer support
- ◆ **Northpoint Recovery** [www.northpointrecovery.com](http://www.northpointrecovery.com) (208) 225-8667
- ◆ **Recovery Ways - Valor Healing Program** [www.recoveryways.com/vhp](http://www.recoveryways.com/vhp) Tomi Robie 208-571-8498  
[trobie@recoveryways.com](mailto:trobie@recoveryways.com)
- ◆ **STEPS Recovery Center** [www.stepsrc.com](http://www.stepsrc.com) 24 hour Hotline 801-332-9993 POC: Julie Jackson 801-427-0416  
[juliej@StepsRC.com](mailto:juliej@StepsRC.com) Sean Dalton, Director of Peer Support 801-717-9149 [help4veterans@StepsRC.com](mailto:help4veterans@StepsRC.com)
- ◆ **Tactical Recovery** (National Mental Health and Substance Abuse Treatment Centers) [www.tacticalrecovery.com](http://www.tacticalrecovery.com) Veteran & First Responder Support Line 1-877-636-5016 POC: Christina Rogers 405-788-9959 [Christina.Rogers@summitbhc.com](mailto:Christina.Rogers@summitbhc.com)
- ◆ **Unified Wellness Center** (PTSD & SUD Treatment for first responders, military & veterans) [www.UnifiedWellnessCenter.com](http://www.UnifiedWellnessCenter.com)  
855-955-3617 POC: Matty Fiorenza 714-917-9395 [Matty@unifiedwellnesscenter.com](mailto:Matty@unifiedwellnesscenter.com) or Eric Bengali 949-400-5308  
[eric@unifiedwellnesscenter.com](mailto:eric@unifiedwellnesscenter.com)
- ◆ **Warriors Heart** (Primary Substance Abuse/PTSD & Multiple Secondary Co-Occurring Issues)  
[www.warriorsheart.com](http://www.warriorsheart.com) 1-888-598-4895 or text 830-200-0134

### Medical, Clinical & Physical Therapy (1st Responders & Families in Idaho):

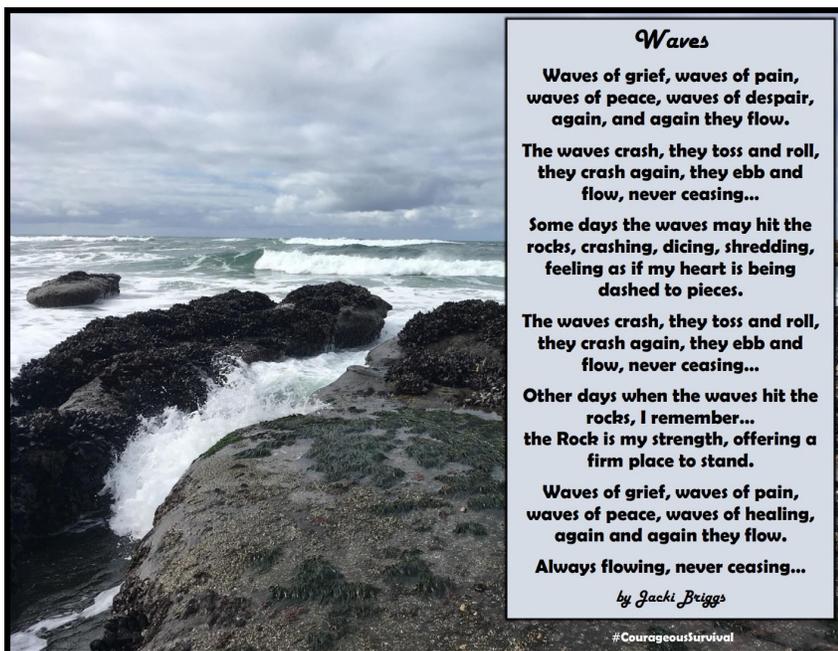
- ◆ **Emergency Responders Health Center** (Medical Care, Clinical & Physical Therapy) [www.er-hc.org](http://www.er-hc.org)  
Triage Nurse Line 208-576-1695 or Office 208-229-3742
- ◆ **Defenders of Freedom Brain Clinic** (Post 9/11 Veterans w/ traumatic brain injury treatment) [www.defendersoffreedom.us](http://www.defendersoffreedom.us)  
214-601-2995 POC: Donna Cranston 214-232-4962 [info@defendersoffreedom.us](mailto:info@defendersoffreedom.us)

### Intensives or Retreats (Not Hospitalization):

- ◆ **Homeward for Heroes** [www.homewardforheroes.org](http://www.homewardforheroes.org) 406-471-0513 (3-10 day treks to reconnect, heal & meet other veterans, active duty military & first responders & their spouses.)
- ◆ **Mighty Oaks Foundation** (Faith-based 5-day intensive peer-based legacy program for military, veterans & first responders. Alumni spouses eligible.) [www.mightyoaksprograms.org](http://www.mightyoaksprograms.org) (\*Apply online) 832-521-7323 [info@mightyoaksprograms.org](mailto:info@mightyoaksprograms.org)
- ◆ **First Responder Support Network - West Coast Post-Trauma Retreat** (For First Responders with additional retreats for Spouses or Significant Others-SOS) [www.frsn.org](http://www.frsn.org) 415-721-9789
- ◆ **Mission 43 - Operation Resilient Path** (HBOT, Counseling, & more) [www.mission43.org/operation-resilient-path](http://www.mission43.org/operation-resilient-path) Brad Blair 208-424-2642  
[info@mission43.org](mailto:info@mission43.org) (Boise, Hailey & Pocatello) \*Idaho Vets & First Responders only
- ◆ **NeuGenesis: Quiet Monkeys** (1 day Intensive Trauma Recovery) [www.Quietmonkeys.com](http://www.Quietmonkeys.com) Barbera Bashan, Practitioner 208-866-5769 (Boise, ID)
- ◆ **NeuGenesis: The Studio** (One-day Intensive Trauma Recovery) [www.thestudiolapine.com](http://www.thestudiolapine.com) Stacia Ash, Practitioner 541-876-2100 (La Pine, OR)
- ◆ **Project Sanctuary** (1 wk. Family Retreat/Outdoors Adventures) [www.projectsanctuary.us](http://www.projectsanctuary.us) contact: [info@projectsanctuary.us](mailto:info@projectsanctuary.us)
- ◆ **Save A Warrior** (3 ½ day Intensive Cohort with Aftercare for Veterans & Limited First Responders) [www.saveawarrior.org/home](http://www.saveawarrior.org/home) (FREE for Veterans, Alumni Spouses/Significant Other. Apply online.)

\*Minor cost or possible scholarships for First

Responders & Alumni Spouses in ID & OR \*Contact Courageous Survival for details



#### *Waves*

Waves of grief, waves of pain,  
waves of peace, waves of despair,  
again, and again they flow.

The waves crash, they toss and roll,  
they crash again, they ebb and  
flow, never ceasing...

Some days the waves may hit the  
rocks, crashing, dicing, shredding,  
feeling as if my heart is being  
dashed to pieces.

The waves crash, they toss and roll,  
they crash again, they ebb and  
flow, never ceasing...

Other days when the waves hit the  
rocks, I remember...  
the Rock is my strength, offering a  
firm place to stand.

Waves of grief, waves of pain,  
waves of peace, waves of healing,  
again and again they flow.

Always flowing, never ceasing...

*by Jacki Briggs*

#CourageousSurvival

# VALOR HEALING PROGRAM

for responders, veterans, military

Recovery Ways is committed to providing integrated treatment specifically designed for veterans and first responders dealing with co-occurring mental health and substance use disorders. Our mission is to facilitate healing through compassion, understanding, and high-quality, integrative care tailored to the unique challenges faced by those who have served.

**Levels of Care: Detox | RTC | PHP | IOP**

## Tomi Robie

Referral Relations  
 Trobie@recoveryways.com  
 Mobile: 208-571-8498  
 recoveryways.com/VHP



## NeuGenesis: Exploring the Neurobiology of Change for Trauma Recovery

Are you experiencing any of the following?

- PTSD symptoms
- Suicidal thoughts or ideations
- Anxiety or feelings of being splintered or numb
- Issues resulting from work/service or childhood abuse
- Disconnection and inability to engage
- Depression, grief or exhaustion

**Are you ready to move past feelings limiting you from the effects of past trauma? You are not alone. There is a solution through this transformational trauma recovery modality.**



### How NeuGenesis Works:

During the one-day NeuGenesis session, your practitioner works directly with you one-on-one. Sessions typically last between 5 and 8 hours. Following a single session, one is able to observe and detach from difficult situations and emotions by recognizing patterns of behavior and responses in oneself and others. This process allows one to feel capable, grounded and better able to separate work and home life. Many report they are equipped with a new ability to respond to life's circumstances in a healthy way with new clarity and presence.



**Barbera Bashan**  
 PRACTITIONER  
 Boise Idaho  
 208-866-5769  
 bbashan@gmail.com  
 quietmonkeys.com

**Contact a NeuGenesis Practitioner for more information for yourself, your family or staff members(s) in need.**

**Stacia Ash**  
 PRACTITIONER  
 La Pine, Oregon  
 541-876-2100  
 stacia.thestudio@gmail.com  
 thestudiolapine.com



## Alternative Therapy & Wellness Programs: (ID, Other States, & Ntnl.)

### All Regions: (Ntnl)

- ◆ **Alpha Stim** (Electromedical Products International, Inc.) [www.alpha-stim.com/first-responders](http://www.alpha-stim.com/first-responders) 1.800.FOR.PAIN  
POC: McKenzie Koenig 218.443.5446 or Todd Burke 602.214.7911

### ID Region 1 (Benewah, Bonner, Boundary, Kootenai, Shoshone)

- ◆ **Tendril Herbal Apothecary & Healing Center** [www.Tendrilapothecary.com](http://www.Tendrilapothecary.com) 208-597-7944 Ext. 1001 [info@tendrilapothecary.com](mailto:info@tendrilapothecary.com) (Sandpoint, ID)
- ◆ **Faith of Five Ministries** (Faith-based non clinical marriage & family counselor w/ background of 13 yrs. in LE) [www.faithoffiveministries.com](http://www.faithoffiveministries.com) Jared Reid 425.280.4435 [faithoffive@outlook.com](mailto:faithoffive@outlook.com) (Sandpoint, ID)

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

- ◆ **Elevate Mind Body Studios (Wellness & Fitness Center)** [www.elevatemindbodystudios.com](http://www.elevatemindbodystudios.com) 208-467-0343 (Nampa, ID)
- ◆ **Halcyon Infusions & Therapeutics (Ketamine and Wellness Infusions, Therapy)** [www.halcyoninfusions.com](http://www.halcyoninfusions.com) (208) 546-3650  
Matt & Suzy Fowler [Info@halcyoninfusions.com](mailto:Info@halcyoninfusions.com) (Nampa, ID)
- ◆ **Kingswood Ranch Inc. ~ A place for Heroes (Equine, Animal Therapy, Gardening, Camping & more)**  
[www.kingswoodranch.org](http://www.kingswoodranch.org) 208-741-2772 [kingswood.ranch.id@gmail.com](mailto:kingswood.ranch.id@gmail.com) (New Plymouth, ID)
- ◆ **Namaste in the Country** (Yoga, Educational Classes & Goat Yoga) [www.goatyoganamaste.com](http://www.goatyoganamaste.com) 208-866-2329 (Caldwell)
- ◆ **Nampa Naturopathic Health Clinic** [www.nnhealthclinic.com](http://www.nnhealthclinic.com) 208-960-0454 Dr. Brett Butterfield (Nampa, ID)
- ◆ **Willow Tree Restorative Center (Wellness, Ortho-Bionomy, RN Case Management & Healing Center)**  
[www.willowtreerc.com](http://www.willowtreerc.com) 208-740-7333 [willowtreerc@gmail.com](mailto:willowtreerc@gmail.com) (Payette, ID)

### ID Region 4 (Ada, Boise, Elmore, Valley)

- ◆ **Agape Integrative Medicine (Chiropractic, Functional Medicine, Applied Kinesiology, & Acupuncture)**  
[www.agapeintegrativemedicine.com](http://www.agapeintegrativemedicine.com) 208-994-2931 Doctors Kari & Jordan Robertson (Boise, ID)
- ◆ **Ageless Men's Health** 208-906-9128 [www.agelessmenshealth.com](http://www.agelessmenshealth.com) Kevin Zakielarz, PA-C, Clinic Director (Meridian, ID)
- ◆ **Holistic Centered Treatment** (Wellness, Healing & Pain Management) [www.HolisticCenteredTreatment.com](http://www.HolisticCenteredTreatment.com) 1-844-994-0999  
Dr. Traci Patterson, World Renowned Chronic Pain Specialist (Boise, ID)
- ◆ **Neptune Warrior** (Healing Heroes One Dive at a Time) [www.neptunewarrior.org](http://www.neptunewarrior.org) Rob Anderson 208-254-0436
- ◆ **NeuroBalanced** [www.neurobalancedlife.com](http://www.neurobalancedlife.com) Ron & Lisa Kern 208-254-1077 [ronald@neurobalancedlife.com](mailto:ronald@neurobalancedlife.com) (Nampa, ID)
- ◆ **Sally Brunk, LLC** (Region 3-4 Mobile Nutritional IV Infusions) 208-869-7979 Sally Brunk, RN of 34 yrs. [Stram68@aol.com](mailto:Stram68@aol.com)
- ◆ **Stillwater Float Center** [www.stillwaterboise.com](http://www.stillwaterboise.com) 208-939-1615 (Eagle, ID)
- ◆ **The Natural Path** (Faith-Based Holistic Wellness & Restoration) [www.thenaturalpath-id.com](http://www.thenaturalpath-id.com) 888-298-0828  
Kelly Murray, CTN, BSP, Traditional Naturopath & Certified Brainspotting Practitioner [hello@thenaturalpath-id.com](mailto:hello@thenaturalpath-id.com) (Boise, ID)

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

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

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

- ◆ **Nouveau Med Spa & Salon (Float Therapy, Red Light, Massage, & Skincare)** [www.nouveaumedspaandsalon.com](http://www.nouveaumedspaandsalon.com) 208-232-7546  
[nouveauspasalon@gmail.com](mailto:nouveauspasalon@gmail.com) (Chubbuck, ID)
- ◆ **Idaho Hyperbarics** [www.idahohyperbarics.com](http://www.idahohyperbarics.com) 208-237-1151 [jeff@idahohyperbarics.com](mailto:jeff@idahohyperbarics.com) (HBOT & QEEG for Concussions, PTSD & Traumatic Brain Injuries. Special programs & lodging for Veterans & 1st Responders) (Pocatello, ID)

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

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

### Other Nearby Locations: (ID, OR, & UT)

- ◆ **Current Physical Therapy** (Outpatient Orthopedic PT, Spine Specialists, Dry Needling Pain & Function Treatment)  
[www.currentphysicaltherapy.com](http://www.currentphysicaltherapy.com) 208-452-0303 (Nampa, Kuna, Weiser & Fruitland, ID)
- ◆ **Ahhhsome Relaxation** 208-523-1209 [www.ahhhsomerelaxation.com](http://www.ahhhsomerelaxation.com) (Idaho Falls & Bountiful Utah locations open 24/7)
- ◆ **Cache Valley Brain Center** (Microcurrent Neurofeedback) [www.cvbraincenter.com](http://www.cvbraincenter.com) 208-969-1062 Brinley Solosabal & Whitney Parks (Logan, Utah)
- ◆ **Mission 43 - Operation Resilient Path** (HBOT, Counseling & more) [www.mission43.org/operation-resilient-path](http://www.mission43.org/operation-resilient-path)  
Brad Blair 208-424-2642 [info@mission43.org](mailto:info@mission43.org) (Boise, Hailey & Pocatello, ID) \*Serving Idaho Vets & First Responders ONLY

## ◆ Course Overview:

- Maintaining Confidentiality
- Positive Psychology Concepts
- Active Listening & De-Escalation
- Identifying & Engaging Peers in Need
- Non-Critical Incidents & Other Stressors
- Supporting Peer Mentors & Stress Management
- Critical Incident Stress Management & Response
- Assessing Suicide Ideation & 'Hand-up' to Services
- Self-Care & Follow-up for the Supporting Peer Mentor
- Experiential Exercises & Effective Use of Skills (Scenarios)

## ◆ This Course Will:

- Guide the Development of Peer Support Teams
- Create a National Standard for Peer Support Training
- Provide Access to a Nationwide Network of Trained Mentors

## ◆ Power in Peers is For:

- Active or Retired Sworn Law Enforcement Officers
- Police Chaplains
- Civilian Staff Employed by a Law Enforcement Agency
- Mental Health Clinicians & Others Serving Law Enforcement Populations



## Power In Peers

is a standardized curriculum in peer support designed by Law Enforcement for Law Enforcement. The course provides a national certification and is a comprehensive course for both beginners and those with previous peer support experience.

Courageous Survival now has several certified Power in Peers trainers. Please contact [director@courageoussurvival.org](mailto:director@courageoussurvival.org) to request a training event, or visit [fop.net/officer-wellness/power-in-peers](http://fop.net/officer-wellness/power-in-peers) to find a training in your area.



# COURAGEOUS SURVIVAL RESILIENCY, RESOURCES, & PEER SUPPORT TRAINING

## Empowering Hope...Not Just to Survive, but to THRIVE!

## TRAINING TOPICS:

- Peer Support & Navigating Resources
- The Resilient Mindset
- Complex Post-Traumatic Stress
- PTSD vs PTSI & The Nature of Trauma
- Critical Incident & Crisis Response (During & After)
- Veterans Mental Health & Crisis Benefits
- Compassion Fatigue & Self-Care
- Interactive Breathwork
- And More!



[WWW.COURAGEOUSSURVIVAL.ORG](http://WWW.COURAGEOUSSURVIVAL.ORG)

CONTACT JACKI BRIGGS [DIRECTOR@COURAGEOUSSURVIVAL.ORG](mailto:DIRECTOR@COURAGEOUSSURVIVAL.ORG)  
FOR MORE INFO OR TO SCHEDULE A TRAINING

## **Mental Health & Wellness Training/Tools: (Ntnl., ID & OR)**

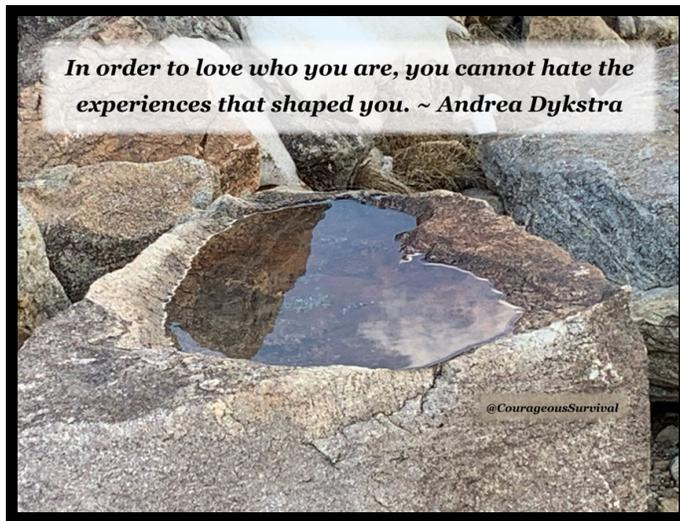
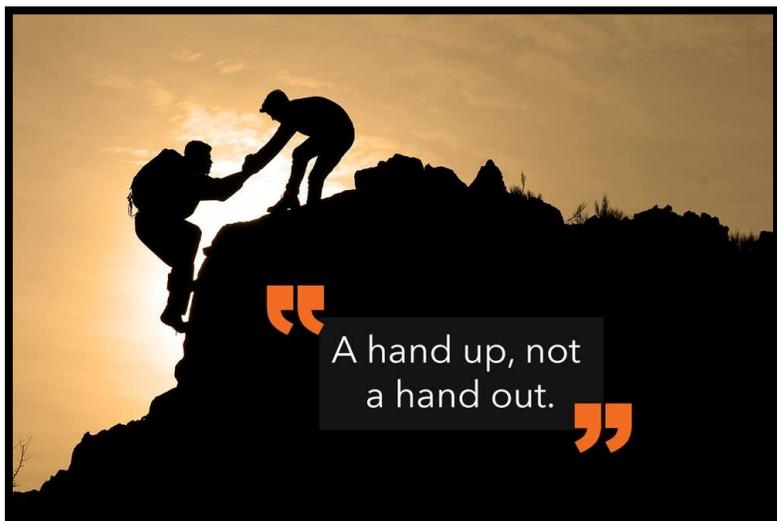
- ◆ **Courageous Survival** [www.CourageousSurvival.org](http://www.CourageousSurvival.org) 1-866-274-4324 (Various Trainings: Power in Peers, QPR Suicide Intervention, Resiliency, Resources & Peer Support, CISM, Outreach Teams, Wellness Tools & Resource Guides) [courageoussurvival@gmail.com](mailto:courageoussurvival@gmail.com)
- ◆ **Fraternal Order of Police - National** [www.fop.net/officer-wellness](http://www.fop.net/officer-wellness) Division of Wellness Services, Officer Wellness, Power in Peers & other Trainings, Resources, etc. POC: Officer Wellness Division: (615) 878-2620
- ◆ **Idaho Dept. of Health & Welfare Suicide Prevention Program** 208-334-4953
- ◆ **I Married the War** [www.imarriedthewar.com](http://www.imarriedthewar.com) 208-340-8324
- ◆ **International Critical Incident Stress Foundation, Inc. (CISM Training)** [www.icsif.org](http://www.icsif.org)
- ◆ **Living Works - ASIST Applied Suicide Intervention Skills Training** [www.livingworks.net/asist](http://www.livingworks.net/asist)
- ◆ **Project Welcome Home Troops (Free Power Breath Workshops)** [www.pwht.org](http://www.pwht.org) [www.projectwelcomehometroops.org/power-breath-workshop](http://www.projectwelcomehometroops.org/power-breath-workshop) (202) 642-4248 [info@pwht.org](mailto:info@pwht.org)
- ◆ **Protecting the Guardian** [www.protectingtheguardian.com](http://www.protectingtheguardian.com) 407-670-5279 Mark DiBona [mark@protectingtheguardian.com](mailto:mark@protectingtheguardian.com) (FL)
- ◆ **PTSD911 Documentary** [www.ptsd911movie.com](http://www.ptsd911movie.com)
- ◆ **QPR Institute (Question, Persuade, Refer) Suicide Prevention** [www.qprinstitute.com](http://www.qprinstitute.com)
- ◆ **Stronger Families** [www.strongerfamilies.com](http://www.strongerfamilies.com) 425-679-5671 [hello@strongerfamilies.org](mailto:hello@strongerfamilies.org)
- ◆ **The Strong Blue Line Ministries** [www.thestrongblueline.org](http://www.thestrongblueline.org) 208-206-1215 [office@TheStrongBlueLine.org](mailto:office@TheStrongBlueLine.org)
- ◆ **TIP of the Treasure Valley (Trauma Intervention Program) & E-TIP (All Emergency Responders Training)** [www.tipofthetreasurevalley.org](http://www.tipofthetreasurevalley.org) 208-999-2081 [info@tipofthetreasurevalley.org](mailto:info@tipofthetreasurevalley.org) (Ada, Canyon & Valley Counties, ID)
- ◆ **First Watch Wellness (Confidential Wellness Services, Clinical Support, CISM Response, Trainings & more for First Responder Agencies)** [www.1stwatchwellness.com](http://www.1stwatchwellness.com) 877.225.5443

## **First Responder Specific Resources: (Ntnl., ID & OR)**

- ◆ **Back the Blue Idaho** [www.backtheblueidaho.org](http://www.backtheblueidaho.org)
- ◆ **Back the Blue LCV** [www.facebook.com/groups/2201860919959922](https://www.facebook.com/groups/2201860919959922) POC: Nick Woods [nwoods@backtheblueidaho.org](mailto:nwoods@backtheblueidaho.org) (Region 2: Lewiston/Clarkston Valley)
- ◆ **Bonner County Chaplains** Dave Lotze 208-597-1959 [www.facebook.com/groups/1381275552023727](https://www.facebook.com/groups/1381275552023727) (Region 1: N Idaho)
- ◆ **Chaplains of Idaho** 208-980-0101 [www.ChaplainsOfIdaho.com](http://www.ChaplainsOfIdaho.com)
- ◆ **CISM - Critical Incident Stress Mngt. Debriefs & Response Teams (Courageous Survival)**  
POC: Tom Briggs 1-866-274-4324 [cismteam@courageoussurvival.org](mailto:cismteam@courageoussurvival.org)
- ◆ **Firefighter Behavioral Health Alliance (Fire/EMS/Dispatch)** [www.ffbha.org](http://www.ffbha.org) 847-209-8208 [jdill@ffbha.org](mailto:jdill@ffbha.org)
- ◆ **First Responder Support Network** [www.frsn.org](http://www.frsn.org) 415-721-9789 [info@frsn.org](mailto:info@frsn.org)
- ◆ **How2loveourcops** [www.how2loveourcops.org](http://www.how2loveourcops.org)
- ◆ **Idaho Chapter of APCO/NENA (Public Safety Communication Specialists)** [www.idahoapconena.weebly.com](http://www.idahoapconena.weebly.com)  
[Idahoapconena@gmail.com](mailto:Idahoapconena@gmail.com)
- ◆ **Idaho Chiefs of Police Association** [www.icopa.org](http://www.icopa.org) 208-861-0801
- ◆ **Idaho Retired Law Enforcement Association – A Gathering of the Badges** [www.irlea.org](http://www.irlea.org) 208-484-8530 Myrna Harris [myrna@irlea.org](mailto:myrna@irlea.org)
- ◆ **Idaho Sheriffs Association** [www.idahosheriffs.org](http://www.idahosheriffs.org) 208-287-0001
- ◆ **Idaho State Fraternal Order of Police** [www.fopidaho.com](http://www.fopidaho.com)
- ◆ **Idaho State Fraternal Order of Police Foundation** [www.fopidaho.com/foundation](http://www.fopidaho.com/foundation)
- ◆ **Life Coaching (Spouses & Significant Others)** [www.andelinprice.com](http://www.andelinprice.com) Andelin Price, Certified Life Coach [info@andelinprice.com](mailto:info@andelinprice.com)
- ◆ **National Volunteer Fire Council (Fire/EMS Resources)** [www.nvfc.org](http://www.nvfc.org) 1-888-ASK-NVFC (275-6832)
- ◆ **Oregon Fraternal Order of Police** [www.oregonfop.com](http://www.oregonfop.com) 503-372-6450 [info@oregonfop.com](mailto:info@oregonfop.com) [orfoppresident@gmail.com](mailto:orfoppresident@gmail.com)
- ◆ **Oregon State FireFighters Council** [www.osffc.org](http://www.osffc.org) 503-540-0648
- ◆ **Professional Fire Fighters of Idaho** [www.pffi.org](http://www.pffi.org) (208) 283-2672
- ◆ **Protector's Peak at Shiloh Ranch** [www.protectorspeak.com](http://www.protectorspeak.com) Nate & Becky Harder 817-501-7325 [protectorspeak@gmail.com](mailto:protectorspeak@gmail.com)
- ◆ **QRU Nonprofit Organization & #WeSeeYou Boxes** [www.qrufundraiser.org](http://www.qrufundraiser.org) Mandy Jo Archer 208-316-3808  
[qrufundraiser@gmail.com](mailto:qrufundraiser@gmail.com)
- ◆ **Responder Life (Oregon)** [www.responderlife.org](http://www.responderlife.org) 503-308-1082 (First Responder Peer Support, Chaplains, CISM, resources, & more)
- ◆ **The Soup Ladies** (Feeding 1st Responders nationwide, on scene at critical incidents & natural disasters for over 18 yrs.)  
[www.soupladies.org](http://www.soupladies.org) 'Mama' Ginger Passarelli 206-459-8477 [mamapassarelli@msn.com](mailto:mamapassarelli@msn.com)
- ◆ **The Taylor Foundation** (Corey Taylor) [www.wearettf.org](http://www.wearettf.org)
- ◆ **The Wounded Blue** (LE Support, Education, Assistance and Legislation) [www.thewoundedblue.org](http://www.thewoundedblue.org) (725)222-3967  
Peer Support Phone: 702-290-5611
- ◆ **Thin Blue Line Foundation** (Supporting Active & Retired LE Families) [www.thinbluelinefoundation.org](http://www.thinbluelinefoundation.org) POC: 208-625-8796  
[Info@tblfoundation.org](mailto:Info@tblfoundation.org)
- ◆ **Wildland Firefighter Foundation** (Ntnl. Resources & Support for Wellness) [wffoundation.org](http://wffoundation.org) 208-336-2996 [info@wffoundation.org](mailto:info@wffoundation.org)
- ◆ **Yoga For First Responders** [www.yogaforfirstresponders.org](http://www.yogaforfirstresponders.org)

## **Military & Veteran Specific Resources: (Ntnl., ID, & OR \*See pg. 22 for additional OR resources)**

- ◆ **American Warfighters** [www.american-warfighters.com](http://www.american-warfighters.com) POC: [operations@american-warfighters.com](mailto:operations@american-warfighters.com) (Region 2, ID)
- ◆ **Backcountry Veterans** [www.backcountryveterans.org](http://www.backcountryveterans.org) 208-794-3174 [info@backcountryveterans.org](mailto:info@backcountryveterans.org) (ID & OR)
- ◆ **Benewah County Veteran's Outreach Center** [www.benewahveterans.org](http://www.benewahveterans.org) 208-582-4330 (Region 1 - St. Maries, ID)
- ◆ **Blue Star Mothers of America (ID)** [www.treasurevalleybluestarmothers.org](http://www.treasurevalleybluestarmothers.org) 208-391-3071 [president.id3@bluestarmothers.us](mailto:president.id3@bluestarmothers.us)
- ◆ **Blue Star Mothers of America (OR)** [www.bluestarmothersoforegon.org](http://www.bluestarmothersoforegon.org) (503) 569-6650 [bsmoforegon@yahoo.com](mailto:bsmoforegon@yahoo.com)
- ◆ **Brave Hearts Idaho (Assistance for Veterans & their families in financial crisis)** [www.braveheartsidaho.org](http://www.braveheartsidaho.org) (208) 867-9277 [braveheartsidaho08@gmail.com](mailto:braveheartsidaho08@gmail.com)
- ◆ **Building Stronger Veterans** [www.buildingstrongerveterans.org](http://www.buildingstrongerveterans.org) 208-488-2052 [info@buildingstrongerveterans.org](mailto:info@buildingstrongerveterans.org) (ID)
- ◆ **Department of Veterans' Affairs (ID)** [www.mirecc.va.gov/visn20/Locations/Veterans-Medical-Centers-Outpatient-Clinics-Idaho-Locations.asp](http://www.mirecc.va.gov/visn20/Locations/Veterans-Medical-Centers-Outpatient-Clinics-Idaho-Locations.asp)
- ◆ **Department of Veterans' Affairs (OR Statewide Veteran Services Map)** [www.oregon.gov/odva/Pages/default.aspx](http://www.oregon.gov/odva/Pages/default.aspx) 1-800-692-9666 or 503-373-2085
- ◆ **Department of Veterans' Affairs - Veteran Service Officers (OR Locator link)** [www.oregon.gov/odva/Services/Pages/County-Veteran-Services-Offices.aspx](http://www.oregon.gov/odva/Services/Pages/County-Veteran-Services-Offices.aspx) 1-800-692-9666 or 503-373-2085
- ◆ **Division of Veterans' Services - Veteran Service Officers (ID Locator link)** 208-780-1300 or 208-780-1380 [www.veterans.idaho.gov/advocacy/service-officers](http://www.veterans.idaho.gov/advocacy/service-officers)
- ◆ **Eagle Field of Honor (Annual Flag Memorial Honoring All Military & Veterans)** [www.eaglefieldofhonor.org](http://www.eaglefieldofhonor.org) 208-573-7793 Heather Paredes [info@eaglefieldofhonor.org](mailto:info@eaglefieldofhonor.org) (Located in Eagle, ID, but open to all US Veterans & Military)
- ◆ **Grand Canyon University** [www.gcu.edu](http://www.gcu.edu) 602-247-4602 Jeremy POC: [jeremy.goto@gcu.edu](mailto:jeremy.goto@gcu.edu)
- ◆ **Hearts For Heroes** [www.heartsforheroesidaho.org](http://www.heartsforheroesidaho.org) (Serving Military, Veterans, Law Enforcement & their families) POC: Jessi Sams 208-880-2897 [heartsforheroes22@gmail.com](mailto:heartsforheroes22@gmail.com) (ID)
- ◆ **Higher Ground** [www.highergroundusa.org](http://www.highergroundusa.org) 208-726-9298
- ◆ **Idaho County Veterans Outreach & Community Center** 208-507-2035 POC: Lucky Gallego [idcovets@gmail.com](mailto:idcovets@gmail.com) (Region 2 - Grangeville, ID)
- ◆ **Idaho Veteran's Chamber of Commerce** 208-917-9977 [www.idahoveterans.org](http://www.idahoveterans.org)
- ◆ **Idaho Veterans Garden** [www.facebook.com/idahoveteransgarden](http://www.facebook.com/idahoveteransgarden) Danny Pugmire 208-713-3167 [sebring2001@yahoo.com](mailto:sebring2001@yahoo.com)
- ◆ **Idaho Veterans Network** [www.idvetnet.org](http://www.idvetnet.org) POC: [support@idvetnet.org](mailto:support@idvetnet.org)
- ◆ **I Married the War** [www.imarriedthewar.com](http://www.imarriedthewar.com) 208-340-8324
- ◆ **Legacy Corps (Caregiver respite and companionship for military families)** [www.agingstrong.org/legacy-corps-caregiver-support](http://www.agingstrong.org/legacy-corps-caregiver-support) 208-947-4284 Lisa Underwood [lunderwood@jannus.org](mailto:lunderwood@jannus.org)
- ◆ **Marine Corps Scholarship Foundation** [www.mcsf.org](http://www.mcsf.org) 703-549-0060
- ◆ **Mission43 (Serving Veterans, First Responders & Families)** [www.mission43.org](http://www.mission43.org) POC: [info@mission43.org](mailto:info@mission43.org)
- ◆ **Leapfox Learning** [www.leapfox.net](http://www.leapfox.net) 208-898-9036 Barb Lewis [Barb@leapfox.net](mailto:Barb@leapfox.net)
- ◆ **Operation Grateful Hearts** [www.operationgratefulhearts.us](http://www.operationgratefulhearts.us) 208-870-9055 (ID)
- ◆ **Ride For 22 – Honor the Fallen (ID & OR)** [www.ridefor22.org](http://www.ridefor22.org)
- ◆ **River of Life & Lighthouse – Boise Rescue Mission Ministries** 208-343-2389 [www.boiserm.org/services/veterans](http://www.boiserm.org/services/veterans) POC: Veterans Ministry Program (Boise, ID)
- ◆ **VEA - Veterans Entrepreneur Alliance** [www.vealliance.org](http://www.vealliance.org) & the **FOB Forward Operating Base VEA** (Social Media Platform for Veterans) [www.fobvea.org](http://www.fobvea.org) 208-314-1776 POC: Isaac Belden [isaac@vealliance.com](mailto:isaac@vealliance.com) (All Idaho)
- ◆ **Veterans Talking to Veterans (Trauma Coaching) & Veteran Homebuilders (Apprenticeship Opportunities w/ VHB & Building Stronger Veterans)** POC: Adam Arriero 208-488-2052 [info@veteran-home-builder.com](mailto:info@veteran-home-builder.com)
- ◆ **Wyakin Foundation** [www.wyakin.org](http://www.wyakin.org) 208.853.6001 [Info@wyakin.org](mailto:Info@wyakin.org)



## Injured/Fallen/ Survivor (Family) Resources: (Ntnl., ID & OR)

- ◆ **512 Fund (Serving Injured & L.O.D.D. for LE families all across ID, N Nevada & E Oregon)** [www.512fund.org](http://www.512fund.org) Detective Guy McKean (208) 577-1385 [info.512fund@gmail.com](mailto:info.512fund@gmail.com) (Contact via phone 1st for immediate needs)
- ◆ **American Foundation for Suicide Prevention** [www.afsp.org](http://www.afsp.org) Idaho Chapter [idaho@afsp.org](mailto:idaho@afsp.org) [www.afsp.org/chapter/idaho](http://www.afsp.org/chapter/idaho)
- ◆ **Behind the Badge (WA Resource)** [www.behindthebadgefoundation.org](http://www.behindthebadgefoundation.org) 425-654-4786 [info@behindthebadgefoundation.org](mailto:info@behindthebadgefoundation.org)
- ◆ **Blue H.E.L.P. (LE - Honor boxes & support for survivors)** [www.wearebluehelp.org](http://www.wearebluehelp.org)
- ◆ **Blue Line Bears – Helping Children of Fallen LEOs (L.O.D.D. & Suicides only)** [www.bluelinebears.org](http://www.bluelinebears.org)  
Ray Schwabe 614-288-7022 [rschwabe@bluelinebears.org](mailto:rschwabe@bluelinebears.org)
- ◆ **Blue Star Mothers of America (Idaho)** [www.bluestarmothers.org/index.php?option=com\\_content&view=article&id=62](http://www.bluestarmothers.org/index.php?option=com_content&view=article&id=62)  
POC: [president.id3@bluestarmothers.us](mailto:president.id3@bluestarmothers.us)
- ◆ **Blue Star Mothers of America (Oregon & SW WA)** [www.bluestarmothersoforegon.org](http://www.bluestarmothersoforegon.org) 503-569-6650
- ◆ **Blue Wives Matter (Supporting Surviving Families of LE)** [www.bluewivesmatter.net](http://www.bluewivesmatter.net) 714-350-3984  
[bluewivesmatter@gmail.com](mailto:bluewivesmatter@gmail.com)
- ◆ **Boise Rescue Mission/Lighthouse/City Light Women & Children’s Shelter** 208-389-9840 (SW Idaho)
- ◆ **Center for Hope** [www.centerforhopeif.org](http://www.centerforhopeif.org) 208-538-1888 Nancy Espeseth [nancye@rhscares.com](mailto:nancye@rhscares.com) (E Idaho)
- ◆ **Firefighter Behavioral Health Alliance (Fire, EMS & Dispatch)** [www.ffbha.org](http://www.ffbha.org)
- ◆ **Firefighter Cancer Support Network** [www.firefightercancersupport.org](http://www.firefightercancersupport.org) 866-994-FCSN / 866-994-3276
- ◆ **First H.E.L.P. (All 1st Responders)** [www.1sthelp.org](http://www.1sthelp.org) POC: [contact@1sthelp.org](mailto:contact@1sthelp.org)
- ◆ **First Responders Children’s Foundation** [www.1strcf.org](http://www.1strcf.org) **Emergency Hardship Grant: (646) 822-4236** [info@1stRCF.org](mailto:info@1stRCF.org)  
**Financial assistance application:** [www.1strcf.org/financial-assistance](http://www.1strcf.org/financial-assistance) **Bereavement assistance application:**  
[www.1strcf.org/bereavement-assistance](http://www.1strcf.org/bereavement-assistance) **Toy Express application:** [www.1strcf.org/toy-express](http://www.1strcf.org/toy-express)
- ◆ **Folds of Honor** [www.oldsofahonor.org](http://www.oldsofahonor.org) 918-274-4700 or Apply online
- ◆ **Homes for Heroes** [www.homesforheroes.com](http://www.homesforheroes.com)
- ◆ **Idaho Concerns of Police Survivors (C.O.P.S.)** [www.idahocops.org](http://www.idahocops.org) Jerry Miller [jerry\\_miller@idahocops.com](mailto:jerry_miller@idahocops.com)  
Ntnl. C.O.P.S. 573-346-4911
- ◆ **Idaho Fallen Firefighters Foundation** [www.idahoff.com](http://www.idahoff.com) POC: [idahoff.com@gmail.com](mailto:idahoff.com@gmail.com)
- ◆ **Idaho Fraternal Order of Police Foundation** [www.fopidaho.com/foundation](http://www.fopidaho.com/foundation)
- ◆ **Idaho Peace Officers’ Memorial** 208-489-6500 [www.idahopeaceofficersmemorial.com](http://www.idahopeaceofficersmemorial.com)
- ◆ **Idaho Veterans Cemetery** [www.veterans.idaho.gov/cemeteries](http://www.veterans.idaho.gov/cemeteries)
- ◆ **Idaho Veterans Garden & Photo-Memory Quilts** 208-649-6008 [www.idahoveteransgarden.org](http://www.idahoveteransgarden.org)
- ◆ **Jesse Tree** [www.jesstreeidaho.org](http://www.jesstreeidaho.org) (208) 383-9486 [office@jesstreeidaho.org](mailto:office@jesstreeidaho.org) (Treasure Valley)
- ◆ **JW Memorial Foundation** (1st Responder & family support directly after catastrophic injury or L.O.D.D.)  
[www.jwmfidaho.com](http://www.jwmfidaho.com) POC: Sue Welch 208-664-2330 [swelch@jwmfidaho.com](mailto:swelch@jwmfidaho.com)
- ◆ **My Grief Connection** [www.mygriefconnection.org](http://www.mygriefconnection.org)
- ◆ **National Alliance for Mental Illness (NAMI)** [www.nami.org](http://www.nami.org) 703-524-7600
- ◆ **National Fallen Firefighters Foundation** [www.firehero.org](http://www.firehero.org) 301-447-1365 \*All Public Safety Officer Benefits  
POC: Ian Bennett 540-820-1255 [ibennett@firehero.org](mailto:ibennett@firehero.org) \*Reporting a L.O.D.D. call 1-866-736-5868
- ◆ **Oregon Fallen Badge Foundation** [www.oregonfallenbadge.com](http://www.oregonfallenbadge.com) On-call Board Member: 503-498-8501  
(24 hours a day, 365 days a year) [info@oregonfallenbadge.com](mailto:info@oregonfallenbadge.com)
- ◆ **Patriot Guard Riders** [www.patriotguard.org](http://www.patriotguard.org)
- ◆ **Progress LLC** (Professional Organizer, Chronic Disorganization Specialist®, ADHD Specialist, Hoarding Specialist & Time Mngt. & AAIFM Certified Budgeting Specialist) [www.progressid.com](http://www.progressid.com) POC: Tiffany Williams 208-994-3168 (Regions 3-4)
- ◆ **Ride For 22 – Honor the Fallen (ID & OR)** [www.ridefor22.org](http://www.ridefor22.org)
- ◆ **Semper Fi & America's Fund** (Financial assistance & emergency hardship grants: Service Member & Family Support, Transition Assistance, & Integrative Wellness) [www.thefund.org/about-us/what-we-do/](http://www.thefund.org/about-us/what-we-do/) \*Online applications 760-725-3680
- ◆ **The Thin Blue Line of Hope – Canyon County Deputies’ Association**  
POC: Nick Whittier 208-631-1614 [canyoncountydlsa@gmail.com](mailto:canyoncountydlsa@gmail.com)
- ◆ **Tunnels to Towers** (Financial Assistance for 1st Responders & Military/Veterans Catastrophically Injured or LODD) [www.t2t.org](http://www.t2t.org) POC: Mandie 208-366-9334
- ◆ **Warriors 22 Never Forgotten** (Photo blankets for the Fallen) [facebook.com/Wa22iors](https://www.facebook.com/Wa22iors) POC: June Pugmire [sebring2001@yahoo.com](mailto:sebring2001@yahoo.com)
- ◆ **Wishes For Warriors / Life After War** [www.wishes4warriors.org](http://www.wishes4warriors.org)  
855-W4W-HERO / 855-949-4376
- ◆ **The Wounded Blue** (LE Support, Education, Assistance & legislation)  
[www.thewoundedblue.org](http://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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Strains

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Soft Tissue Injuries

Concussions

Brain Fog

Stress & Anxiety

*"Absolutely life changing. This was a completely different experience. Everything was individualized to me, and it actually helped. I felt heard, cared for and I met my goals. I never thought I would be pain free, but I am now! Dr. Traci has changed my life and I'm so thankful." ~ M.E.*

## State of the Art Services

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Biofeedback & Neurofeedback

Brain Training

Neuroplasticity

EMDR

Clinical Hypnosis

# ADDITIONAL RESOURCES



## Zero Dark Thirty Coffee

[zerodarkthirtycoffee.com](http://zerodarkthirtycoffee.com)

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!



Jarad and Jessica

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.



### PTSD Peer and Spousal Support Meetings

For information about how to participate in ZDT's weekly peer support meetings, please contact

**Jarad Webb (208) 989-1343**

[jarad@zerodarkthirtycoffee.com](mailto:jarad@zerodarkthirtycoffee.com)

## The Power of the Breath

Breathwork is more than an exercise of breathing correctly or with intent. Breathing techniques are tools for major transformation and healing. PTSD, PTSI, and depression live in the past. Fear and anxiety live in the future. Breathwork brings your mind into the present. By harnessing the power of the breath, you learn to manage stressors in your life, calm your nervous system baseline, and improve overall wellbeing.



## Try it!

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

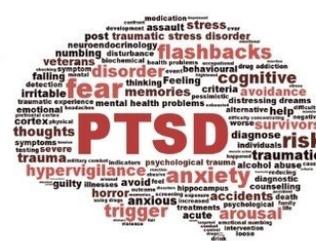


<https://tinyurl.com/CS-Breathwork>

## 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 PTSD. 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>



# 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

# STRESS SURVIVAL SKILLS



## 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



# COURAGEOUS SURVIVAL

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**1-866-274-4324 (CS4IDAHO)**

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**ADVOCACY**

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**TRAINING**

**EVENTS**



**AN IDAHO BASED NONPROFIT 501C3 ORGANIZATION ESTABLISHED TO CONNECT EVERYDAY HEROES WITH MENTAL HEALTH RESOURCES AND TANGIBLE TOOLS FOR BUILDING RESILIENCE. OUR HOPE IS THAT ALL FIRST RESPONDERS, MILITARY SERVICE MEMBERS, VETERANS AND THEIR FAMILIES CAN LEARN TO RECOGNIZE THE SIGNS OF TRAUMA EXPOSURE AND POST-TRAUMATIC STRESS INJURIES IN THEMSELVES AND OTHERS; AND THEN HAVE THE COURAGE TO REACH OUT FOR HELP**