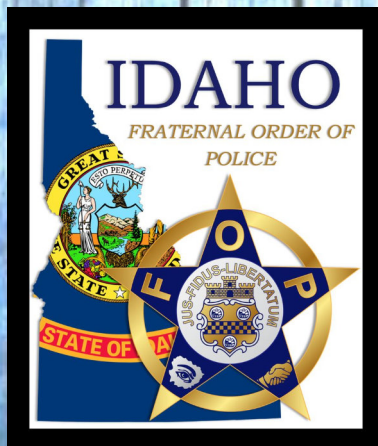


Idaho's Courageous Survival Everyday Heroes Guide to Better Health and Wellness

Sponsored by:



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!

1-866-CS4Idaho (274-4324)

CourageousSurvival.org

Courageous Survival

Advocacy, Consulting, Training, Peer Support & Events

CONNECTING IDAHO'S EVERYDAY HEROES & THEIR FAMILIES
WITH RESOURCES FOR MENTAL HEALTH & WELLNESS

To learn more or get
involved
FREE Resource Guide
Peer Support & Outreach
Teams
Info on Idaho legislation &
laws pertaining to first
responders' & veterans'
mental health



Who are these
Everyday Heroes?

Law Enforcement Officers,
Firefighters, EMS,
Dispatchers, Corrections,
Coroners, Chaplains,
Healthcare Workers,
Clinicians, Active Military,
Veterans & their Families!

Exposure to or experiencing trauma can cause Post-Traumatic Stress
Injuries. Learn how to recognize the signs in yourself & others, then
don't be afraid to reach out for help! You are worth it...your life, your
family, & your story matters!

Contact our Confidential Peer Support & Outreach Teams

Empowering HOPE...to THRIVE, not just SURVIVE!
www.CourageousSurvival.org
1-866-CS4Idaho (274-4324)

Courageous Survival

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

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Thank you!

Special Thanks to Elevate Mind Body Studios, Professional Fire Fighters of Idaho, Idaho State
Fraternal Order of Police & FOP Foundation, Deer Hollow Recovery & Wellness Centers, Brothers In
Healing, Johnny Urrutia & Intensive Healing Therapy, Code 3 to 1 Retired Law Enforcement
Association, Blaine Tewell - SERVPRO (Boise), HomeBrewStuff, Nampa Police Department, The
American Legion Idaho Chapter, Meridian Post #113 & Nampa Post #18.

You have made this Resource Guide, our Peer Support & Outreach Teams possible with your
donations!

ELEVATE ^{MIND} _{BODY}

FITNESS & WELLNESS STUDIO

314 CALDWELL BLVD. NAMPA, ID 83651

208-467-0343

INFO@ELEVATEMINDBODYSTUDIOS.COM

WWW.ELEVATEMINDBODYSTUDIOS.COM



ELEVATE AMBASSADOR - JACKI BRIGGS

COURAGEOUSSURVIVAL@GMAIL.COM

WWW.COURAGEOUSSURVIVAL.COM

WE ARE PROUD TO PROVIDE ROTATING, COMPLIMENTARY SERVICES ON THE 11TH OF EVERY MONTH TO LAW ENFORCEMENT OFFICERS, FIRE FIGHTERS, EMS, DISPATCHERS, CORRECTIONS, CORONERS, CHAPLAINS, RETIRED 1ST RESPONDERS, HEALTHCARE WORKERS, CLINICIANS, OUR MILITARY/VETERANS, & THEIR SPOUSES

*ID Required

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 50 minutes, 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. The Dreamwave adjusts to your personal pressure points to create the ultimate relaxation and stress relief massage.

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 meditate during your 30 minute session.

RED LIGHT THERAPY

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



SAVE A WARRIOR
WE CAME BACK FOR YOU

OUR MISSION

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

PROGRAMMING

Through our peer-to-peer programming, Save A Warrior works to help our nation's heroes heal their deep wounds from Complex Post-Traumatic Stress. Our 3 ½ day intensive integrative experience is the original, Warrior-led solution to the suicide epidemic among these communities. Warriors leave our 75-hour program with the pathway laid for a new way of life, and an entire community of support through our alumni network.

COMPLEX PTS

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

TESTIMONIAL

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

-Larry Turner, Cohort 058

ABOUT SAVE A WARRIOR™

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

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

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

HOW TO APPLY

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



PO Box 218117
Columbus, OH 43221



Social accounts: @saveawarrior
Instagram: @save_a_warrior_saw



saveawarrior.org
sawnation@saveawarrior.org

SAVE A WARRIOR IS A REGISTERED 501(C)3 NON-PROFIT • FEDERAL TAX ID 45-5571507



Photo credit: Ma it Pidgeon



Photo credit: Jerry Hughes

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



WWW.PFFI.ORG

(208) 573-4706

INFO@PFFI.COM



DEER HOLLOW



Deer Hollow specializes in first responder wellness. We understand how to apply the most effective and comprehensive treatments, and therapies, to help first responders heal the invisible wounds brought on by the trauma of their profession. First responders can feel secure knowing Deer Hollow is confidential, safe, and private.

We Specialize in Treating:

- PTSD
- Anxiety
- Cumulative Stress
- Behavioral Addictions
- Substance Abuse



CALL NOW 888-5WE-KNOW

WWW.DEERHOLLOWRECOVERY.COM

BROTHERS IN HEALING



More First Responders die by suicide than by in the line of duty deaths... PTSD is real, let's do something together to changed this!

www.BrothersinHealing.com

Montel Williams @Montel_Williams 1m
Encourage anyone who can to consider donating - the group focussed on First Responder Wellness! See brothersinhealing.com for more info...



"I admire and respect these guys for what they were able to do in the face of disaster, the pieces of themselves those incidents took or tried to take, their fight to stay whole, and their emphatic willingness to help others grow stronger from their experiences!"
~ First Responder



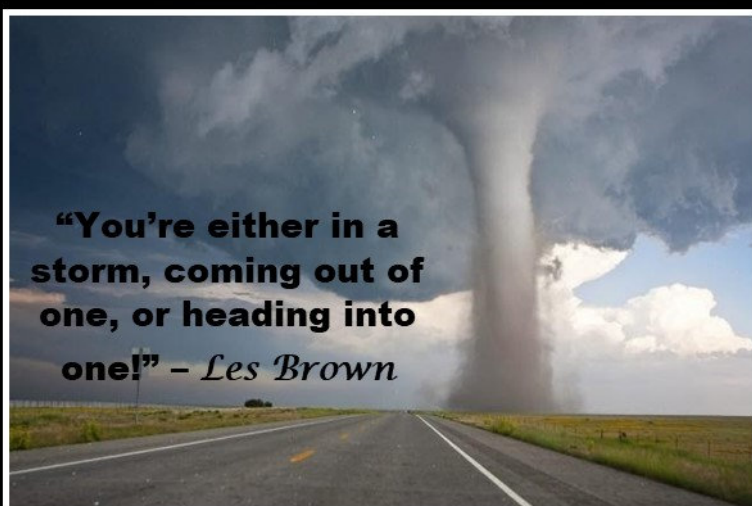
Chris Sutherland: Chris has worked in full time law enforcement for 20 yrs. He served as a State Trooper, School Resource Officer, Patrol Officer, Field Training Officer & on his department's SWAT team.

Jeremy Wood: Jeremy has worked for 22 years In Law Enforcement. He served as a School Resource Officer, Major Crimes Detective, Undercover Narcotics Detective, Field Training Officer, Defense Tactics Instructor & served on the department's SWAT team for 12 years.

Both Chris & Jeremy completed treatment for their own struggles with PTSD. As Ret. LE Officers, they are committed to breaking the mental health stigma by sharing their personal experiences & letting others know that they are not alone, that professional help is available. They speak across the US, educating others about PTSD & inspiring those suffering to seek treatment. Brothers In Healing believes that together as a family we are stronger.

Together, Chris & Jeremy cofounded the organization *Brothers In Healing LLC* & the 501c3 Non-Profit *Bigger Than Us*. Their focus is on reducing the growing trend of First Responder suicide & helping others heal.

They offer financial scholarships to those seeking PTSD related treatments & training.



EXPERTS IN CHRONIC PAIN

"We know how easy it can be to lose hope when you are living in agony day after day, and there seems to be no end in sight. But, we want you to know there is hope and help. Our focus is YOU!"

DR. TRACI PATTERSON



OUR APPROACH

Holistic Centered Treatment is redefining the healing experience through the integration of holistic modalities with cutting edge science. A 360° individualized approach to treating chronic pain.

MULTI-MODALITIES

- Laser
- PEMF
- EMDR
- Neuroplasticity Training
- Clinical Hypnosis
- Biofeedback
- Microcurrent
- NeuroSage
- and more...

TESTIMONIAL

"Traci has helped me when I thought there was no hope. She cares. She understands what we are going through when the medical world looks at us as though we are a mental case and dismisses us with pain killers and Tens units. Those of us who have chronic pain have an option now. It works!"

~ D.P



TESTIMONIAL

"After 4 years of suffering - I was able to get my life back. Absolutely speechless! Cannot say enough positive things about this treatment. It works!"

~ Sierra K.

Schedule a Presentation or apply for financial assistance

brothersinhealing@gmail.com

Let's work together to inspire others to seek help for PTSD!

www.HolisticCenteredTreatment.com | 844-994-0999

CONFIDENTIAL ★ TRUSTED ★ EFFECTIVE



FIRST RESPONDER WELLNESS SERVICES

BY SIMPLE

ALCOHOL, POST TRAUMATIC STRESS,
SUBSTANCE ABUSE, ANXIETY & DEPRESSION

Detoxification • Inpatient • Intensive Outpatient

FIRSTRESPONDER-WELLNESS.COM ★ 888.732.5731



Tanner Volkens

Your loved one's are WARRIORS
AND THEY ARE HERO'S

They were fighting a battle they
felt they could not win

Suicide

**DOES NOT DEFINE YOUR
LOVED ONE**



"IDAHO VETERANS GARDEN IS A
PLACE OF HONOR, AND PEACE

*If you are struggling please come to
the garden, play in the dirt, plant a
flower or just take in the peace.*

*You will never be left to fight the
battle you are fighting alone.*

*TOGETHER WE WILL HELP YOU FIND
YOUR WAY OUT OF THE DARKNESS."*

June Pugmire

At 305 W. Belmont Caldwell,
Idaho

Contact:

Danny Pugmire 208-713-3167



PTSD, Mental Illness, Depression

We are here for you



Our mission is to promote
Veterans understanding and
preventing suicide and to
support those who have lost
their hero

WA22IORSNEVERFORGOTTEN@yahoo.com

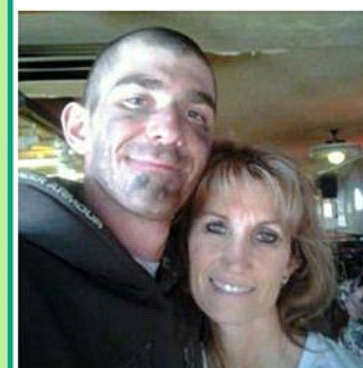
June Pugmire - Founder

208 - 412 - 8520



*"This is my passion to honor those
lost to suicide and to honor my
son Bryan Gene Kelly"*

June Pugmire



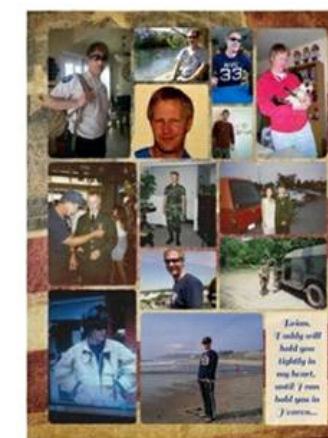
Bryan Gene Kelly & June Pugmire (Mom)

"Blankets of Honor"

To lose a child, a spouse or a
friend to PTSD, mental illness or
depression, there are no words.
First you go through denial then
you go through anger and then
you just become numb. You find
yourself being in a place you
never could have imagined
being.

Your Child, Your loved one,
Your friend is gone.

David Biehl



Brian Peterson

The one thing that we all want is
to hold our child or our loved one
again and through our *Honor
Blankets*, my hope is to give the
families a way of holding their
loved one again.

Their Warrior
They Are Our Hero's

NAMI Idaho provides trainings and resources to help first responders in their professions as well in maintaining personal mental wellness. Learn more at namiidaho.org/cit.

Throughout the country, people with mental illness are overrepresented in our nation's jails and prisons. We are here as a resource for support, in the field, in the community and throughout Idaho, unclogging the justice system with people who struggle with mental illness.

About **2 million** times each year, people with serious mental illness are booked into jails.



About **2 in 5** people who are incarcerated have a **history of mental illness** (37% in state and federal prisons and 44% held in local jails).

66% of women in prison reported having a history of mental illness, **almost twice the percentage of men** in prison.



Nearly **1 in 4** people shot and killed by police officers between 2015–2020 had a mental health condition.



Suicide is the **leading cause of death** for people held in local jails.



An estimated **4,000 people** with serious mental illness are held in solitary confinement inside U.S. prisons.



COMMUNITIES



70% of youth in the juvenile justice system have a diagnosable mental health condition.

Youth in detention are **10x more likely** to suffer from psychosis than youth in the community.

About **50,000 veterans** are held in local jails — 55% report experiencing mental illness.



Among incarcerated people with a mental health condition, **non-white individuals** are more likely to be held in solitary confinement, be injured and **stay longer in jail**.

ACCESS TO CARE

About **3 in 5 people** (63%) with a history of mental illness do not receive mental health treatment while incarcerated in state and federal prisons.



45% Less than half of people with a history of mental illness **receive mental health treatment** while held in local jails.

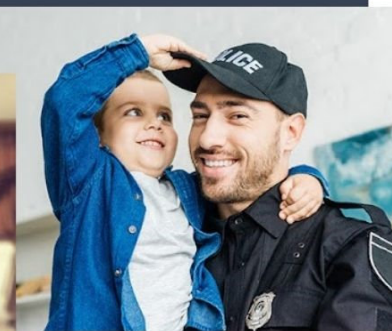
People who **have health care coverage** upon release from incarceration are more likely to **engage in services that reduce recidivism**.



OPTIMAL BRAIN CENTER OF IDAHO

Micro-Current Neurofeedback

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



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

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

VISIT US AT

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

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

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

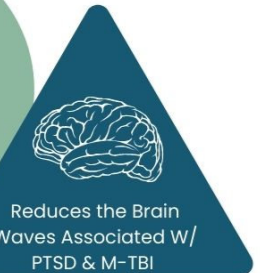
Optimal Brain Center Burley
optimalbraincenterburley.com
(208) 260-0119
Burley, Idaho

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

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

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

85%–90%
Success Rate



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



1st Completed Study
Representing
Image-Based
Evidence



Benefits

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

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

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

**Many of these resources have virtual services or telehealth available, please check their websites.*

Idaho (Ntnl.) Suicide Prevention Hotline

1-800-273-8255

or text 208-398-4357



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

Region 1 (Benewah, Bonner, Kootenai, Shoshone)

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

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

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

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

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

Region 4 (Ada, Boise, Elmore, Valley)

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

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

- ♦ Mobile Crisis Unit 208-736-2177
- ♦ Crisis Center of South-Central Idaho (Crisis Center & Detox) (Twin Falls) 1-866-737-1128 OR 208 772-7825 ccosci.org/ (1st Responder & Veteran Liaison) Jason Echavez jchavez@crisisidaho.com

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

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

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

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

24/7 Crisis Lines & Assistance (Suicide Prevention):

First Responders:

- ♦ **Code 4 Northwest** (WA & ID only) 425-243-5092 code4nw.org
- ♦ **COPLINE** 1-800-COPLINE (267-5463) copline.org
- ♦ **Law Enforcement Chaplaincy of Idaho** *24 - Hour Hotline (208) 471-8111 chaplainsofidaho.org
- ♦ **Next Rung** CALL or TEXT 1-833-NXT-RUNG (698-7864) nextrung.org or INFO@NEXTRUNG.ORG

Military/Veterans:

- ♦ **Combat Call Center** 1-877-927-8387 chaplainsofidaho.org
- ♦ **Military One Source** 1-800-342-9647 militaryonesource.mil/health-wellness/suicide
- ♦ **Vet Center Call Center** 1-877-WAR-VETS (927-8387)
- ♦ **Vets4Warriors** 1-855-838-8255 vets4warriors.com (Call, text, email or chat)
- ♦ **Veteran's Crisis Line** 1-800-273-8255 (Press 1 for Veterans)

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

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

**Check with your employer's EAP program or the VA for more resources*

Mental Health Practitioners: (*Check with your employer's EAP program or the VA for more resources)

All Regions:

- ♦ **A.R.T. (Accelerated Resolution Therapy) Certified Therapist Locator:** is-art.org/directory artherapyinternational.org/find-art-therapists

Region 1 (Northern Idaho Locations):

- ♦ **At Your Service Psychiatry** atyourservicepsychiatry.com/provider/carrie-kralicek-pmhnp Carrie Kralicek, MSN, ARNP, PMHNP-BC (Board Certified Psychiatric Mental Health Nurse Practitioner & Telemedicine Provider practicing in ID, OR & WA)

Regions 3-4 (SW Idaho-Treasure Valley Locations):

- ♦ **A Body & Mind Health Services, LLC** 208-683-8320 abmhealthservices.com
- ♦ **ACTS (Advanced Clinical Trauma Services)** actsidaho.org 208-600-2184 info@ACTSIDaho.com
- ♦ **Beyond the Yellow Ribbon Counseling** (Idaho National Guard-Family Services Affiliate) Case Manager, Brice Hensing 208-272-8802
- ♦ **CARE Counseling Clinic** carecounselingclinic.com Angie Sherwood 208-816-7378
- ♦ **Canyon Counseling Center Inc.** 208-454-1576 Michelle Drinkwine, LCPC canyoncounseling@yahoo.com
- ♦ **Connections Counseling Center** cccboise.com Laurisa Rogers, LCSW 208-921-3501 laurisa@cccboise.com
- ♦ **Emergency Responders Health Center** (Mental Health & Massage Satellite Center) er-hc.org 208-639-0005 Ari Brooks, Mental Health Director, LCSW; Rebecca Houston, LCPC, & Richard T. Brown, LPC
- ♦ **Emergency Responders Health Center - ERHC 360 Health Resource Guide** erhc360.org/directory
- ♦ **Inspirational Counseling** 208-398-1067 Linda K. Rogers, LCSW linda.rogers.lcsw@gmail.com (Region 4, Star)
- ♦ **Lisa Johnson Counseling and Consulting, LLC** 208-484-1797 lisajohnsonlcpc@yahoo.com
- ♦ **Limitless Life Counseling** LimitlessLifeCounseling.com 208-807-2877 Becky Waggaman, LCSW, CCFC, CLC, HNCC (Region 4, Meridian)
- ♦ **Northwest Wellness Center** idahonwc.com Stephen Ammann; LMSW, CSAT 208-615-0583
- ♦ **Prism Ranch** (Equine & Counseling Services) prismranch.org Dr. Janet Benjamin, LMFT, Psy.D. 208-971-2474
- ♦ **Rachael Hall Counseling** Rachael Hall, LCPC 208-297-7973 or 208-830-7781 rachaelhallcpc@gmail.com
- ♦ **RK Counseling** rkwellness.com Rikki Davlin, LCSW 208-505-6951
- ♦ **Sheepdog Counseling and Wellness** sheepdogcounseling.com 208-918-0697 Eric Fieldstad, LCSW, QSUDP
- ♦ **Resilient Pathways** resilientpathways.net Tami Thorne, LCPC 208-412-4502 tamaracthorne@gmail.com
- ♦ **Teen HOPE of Idaho** 208-991-4649 teenhopeidaho.org
- ♦ **Vet Center-Boise** 208-342-3612 vetcenter.va.gov
- ♦ **Wells Counseling**, Ken Wells, LCSW, CCTP 208-219-5727 kwells counseling@gmail.com

Region 5 (South Central Idaho Locations):

- ♦ **Huberta Phipps, LCPC** (208) 420-7488 hubertaphipps.com (Twin Falls) hubertaphipps@gmail.com
- ♦ **AJ Counseling** 208-312-0798 Anita Engstrom Jones, LCPC, LMFT, NCC-MAC aejones546@gmail.com (Region 5, Burley)

Region 6 (South Eastern Idaho Locations):

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

Region 7 (Eastern Idaho Locations):

- ♦ **America Health** americanhealthurgentcare.com 208-681-0323 Teriann Parker, LCSW, Masters Level Certified Accelerated Resolution Therapist (ART), Complex Trauma Specialist Teriann@ahchealth.org
- ♦ **Creekside Counseling** creeksidecounselingidaho.com 208-529-5777 Dr. Janet O. Allen, Doctor of Education; Counselor Education and Counseling (Multiple therapists specialize in first responders)
- ♦ **East Idaho Vet Center** 208-522-5712 va.gov/directory/guide/facility.asp?id=5084
- ♦ **Integrated Counseling & Wellness** 1-844-907-0749 integratedcounselingandwellness.com Rachel Adams, DNP, Psychiatric Mental Health Nurse Practitioner, ANCC 208-314-1540
- ♦ **Mt. View Hospital Center of Wellness** 208-523-3857 Megan Brown, LCSW, TRAUMA/RESILIENCY

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

Mental Health & Wellness Treatment Programs or Facilities:

- ♦ **Bella Monte Recovery Center** 1-800-974-1938 bellamonterecovery.com
- ♦ **Breathe Life Healing Centers** 1-888-983-8933 breathelifehealingcenters.com
- ♦ **Cottonwood Creek Behavioral Hospital** (Adolescent Treatment) 208-996-8449 cottonwoodcreekboise.com
- ♦ **Deer Hollow Recovery & Wellness Centers** 801-679-6669 deerhollowrecovery.com
- ♦ **Emergency Responders Health Center** www.er-hc.org Triage Nurse Line 208-576-1695 or Office 208-229-3742 (Medical Care & Physical Therapy)
- ♦ **First Responder Support Network - West Coast Post-Trauma Retreat** (For First Responders with additional retreats for Spouses or Significant Others-SOS) 415-721-9789 frsn.org
- ♦ **First Responder Wellness by Simple Recovery** 1-888-443-4898 www.firstresponder-wellness.com
Devin O'Day 714-586-7593 devin.oday@simplerecovery.com
- ♦ **FORTITUDE at The Recovery Village Columbus** (Fire, EMS, Law Enforcement and ER Personnel) 888-573-0763
firstresponderfortitude.com POC: Myrrhanda Jones 352-538-0377
- ♦ **Genesis House Residence Recovery Center, Inc.** 1-800-737-0933 genesishouse.net
- ♦ **IAFF Center of Excellence** (Exclusive to active and retired IAFF Members) 844-439-8445 iaffrecoverycenter.com POC:
Myrrhanda Jones 352-538-0377
- ♦ **Imagine by Northpoint** (Adolescent Treatment) 208-954-6626 www.boiseimagine.com Danielle Fanopoulos
dfanopoulos@northpointrecovery.com
- ♦ **Intensive Healing Therapy** www.intensivehealingtherapy.com Johnny Urrutia 208-352-2686 info@IHTmethod.com
- ♦ **Project Sanctuary** projectsanctuary.us info@projectsanctuary.us
- ♦ **Save A Warrior** (3 ½ day Intensive Cohort with Aftercare for Veterans & First Responders) saveawarrior.org/home
- ♦ **USA Re-Boot Resort & Id. Horse Therapy** 208-570-5724 idahohorsetherapy.com usarebootresort.org/about

Non-Profits providing access to FREE Confidential Counseling, Treatment, Services, or Peer Support:

First Responders, Spouses & Families:

- ♦ **911 At Ease International** 1-888-AT-Ease -4 (888-283-2734) 911aei.org Nick Edwards 208-805-0825 nedwards@911aei.org
- ♦ **Brothers in Healing** brothersinhealing.com brothersinhealing@gmail.com
- ♦ **Next Rung** CALL or TEXT 1-833-NXT-RUNG (698-7864) nextrung.org/INFO@NEXTRUNG.ORG

Military/Veterans & Families:

- ♦ **America's Mighty Warriors** americasmightywarriors.org 1-623-537-5322 americasmightywarriors@gmail.com
- ♦ **Beyond the Yellow Ribbon Counseling** (Idaho National Guard-Family Services Affiliate) Case Manager - Brice Hessing
208-272-8802 brice.e.hessingctr@armyl.mil
- ♦ **Eagle Field of Honor** (Annual Flag Memorial Honoring All Military & Veterans) eaglefieldofhonor.org 208-573-7793 Heather Paredes
info@eaglefieldofhonor.org
- ♦ **Idaho State Family Programs** (ALL branches of Military) *Resource Manual upon request 1-800-479-7006
- ♦ **Legacy Corps** (Caregiver respite and companionship for military families) agingstrong.org/legacy-corps-caregiver-support
208-947-4284 Lisa Underwood lunderwood@jannus.org
- ♦ **Military Order of the Purple Heart – Idaho Dept. & Chief Joseph Chapter 509** purpleheart.org 208-841-8448
mophidaho@gmail.com
- ♦ **U.S. Vet Centers & Mobile Vet Centers** 1-877-WAR-VETS (927-8387) vetcenter.va.gov
- ♦ **VEA - Veterans Entrepreneur Alliance (NPO)** www.vealliance.org & The Vetaverse (Social Media Platform for Veterans)
www.vetaverse.org 208-314-1776 Isaac Beldelin isaac@vealliance.com (All Idaho)

Both:

- ♦ **Courageous Survival** 1-866-274-4324 Ext. 1 courageoussurvival.org (Peer Support & Access to Resources)
- ♦ **Elevate Mind Body Studios** elevatemindbodystudios.com (Contact Courageous Survival)
- ♦ **Mission Ready Finances** missionreadyfinances.com (Financial Coaching)
- ♦ **Project Welcome Home Troops** (Free Power breath_workshops) pwht.org
projectwelcomehometroops.org/power-breath-workshop

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

Alternative Therapy, Wellness programs:

- ♦ **Agape Integrative Medicine** (Chiropractic, Functional Medicine, Applied Kinesiology, Acupuncture Metabolic Reset)
agapeintegrativemedicine.com 208-994-2931 Dr. Kari Willfarht & Dr. Jordan Robertson
- ♦ **Ageless Men's Health** 208-906-9128 agelessmenshealth.com Kevin Zakielarz, PA-C, Clinic Director
- ♦ **Ahhhesome Relaxation** 208-523-1209 ahhhsomerelaxation.com (Region 7 Idaho Falls & Bountiful Utah locations)
- ♦ **Alpha Stim** (Electromedical Products International, Inc.) alpha-stim.com/first-responders 1.800.FOR.PAIN
- ♦ **Cache Valley Brain Center** (Micro Current Neurofeedback) cvbraincenter.com 208-969-1062 Brinley Solosabal & Whitney Parks (Logan, Utah)
- ♦ **Current Physical Therapy** (Outpatient Orthopedic PT, Spine Specialists, Dry Needling Pain & Function Treatment)
currentphysicaltherapy.com 208-452-0303 (Nampa, Kuna, Weiser & Fruitland)
- ♦ **Elevate Mind Body Studios** (Wellness & Fitness Center) elevatemindbodystudios.com 208-467-0343
- ♦ **Float Magic** (Wellness Center & Float Therapy) www.floatmagicvalley.com 208-933-2620 floatmagicvalley@gmail.com
(Region 5, Twin Falls)
- ♦ **Holistic Centered Treatment** HolisticCenteredTreatment.com 1-844-994-0999 Dr. Traci Patterson, World Renowned Chronic Pain Specialist
- ♦ **Kerry Davis Yoga** (FREE Yoga for first responders, veterans & spouses) kerrydavis.org kerrydavisyoga208@gmail.com
- ♦ **Meditation Studio App** (1st Responders & Veterans) meditationstudioapp.com
- ♦ **Moluntian Air** (Rapid Eye Technician, Life Coach) <https://mountainairretreats.com/about/facilitators/> 801-718-5051 Marnae Hobson (Region 5, Malta)
- ♦ **Nampa Naturopathic Health Clinic** nampa-naturopathic-health-clinic.business.site 208-960-0454 Dr. Brett Butterfield
- ♦ **Nouveau Med Spa & Salon** (Float Therapy, Red Light, Massage, & Skincare) nouveaumedspaandsalon.com 208-232-7546
nouveauspasalon@gmail.com (Region 6, Chubbuck)
- ♦ **Optimal Brain Center of Idaho** (Micro Current Neurofeedback) optimalbraincenterofidaho.com 208-590-2671 Joni & Joe Solosabal optimalbraincenter@yahoo.com (Region 5, Twin Falls)
- ♦ **Optimal Brain Center Burley** (Micro Current Neurofeedback) optimalbraincenterburley.com 208-260-0119 Abrey Watterson
(Region 5, Burley)
- ♦ **Treasure Valley Brain Center** (Micro Current Neurofeedback) treasurevalleybraincenter.com 208-204-9114 Jim & Katie Solosabal tvbraincenter@yahoo.com (Region 3, Nampa)
- ♦ **True North Brain Center** (Micro Current Neurofeedback) truenorthbraincenter.com
801-631-5486 Charlotte Nebeker (Bountiful, Utah)



**This resource guide is updated & reprinted quarterly. Please visit our website for those updates or use the QR code provided.*

The above list is also on the Resource page of the website with hyperlinks, along with a PDF copy to download.

www.CourageousSurvival.org



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

First Responder Specific Resources

- ◆ 1st H.E.L.P. (All 1st Responders) 1sthelp.org; Blue H.E.L.P. (LE) wearebluehelp.org and Red H.E.L.P. redhelp.org
- ◆ Back the Blue Idaho backtheblueidaho.org
- ◆ Bonner County Chaplains (N Idaho) facebook.com/groups/1381275552023727 Dave Lotze 208-597-1959 & Robert Whitt 208-290-2873
- ◆ Code 3 to 1 – Idaho Fraternal Order of Retire Law Enforcement Officers code3to1.com
- ◆ Firefighter Behavioral Health Alliance (Fire/EMS/Dispatch) ffbha.org 847-209-8208 jdill@ffbha.org
- ◆ Firefighter Cancer Support Network firefightercancersupport.org 866-994-FCSN (3276)
- ◆ First Responder Support Network frsn.org 415-721-9789 info@frsn.org
- ◆ Honoring the Heroes honoringtheheroes.com 208-550-1322 Jon Polanco, Id. Chapter President jon.polanco@honoringtheheroes.com (Emotional Survival Tactical Bag Full of Resources)
- ◆ How2loveourcops how2loveourcops.org
- ◆ Idaho Chiefs of Police Association icopa.org 208-861-0801
- ◆ Idaho Dept. of Health & Welfare Suicide Prevention Program 208-334-4953
- ◆ Idaho Retired Law Enforcement Association – A Gathering of the Badges irlea.org
- ◆ Idaho Sheriffs Association dahosheriffs.org 208-287-0001
- ◆ Idaho State Fraternal Order of Police fopidaho.com
- ◆ Idaho State Fraternal Order of Police Foundation fopidaho.com/foundation
- ◆ Law Enforcement Chaplains of Idaho chaplainsofidaho.org 208-471-8111 Tim Rupp, Executive Director, Ret. LEO, Veteran, Chaplain & Christa Trinchera, Senior Chaplain
- ◆ The Strong Blue Line Ministries thestrongblueline.org 208-206-1215 office@TheStrongBlueLine.org
- ◆ Yoga For First Responders yogaforfirstresponders.org

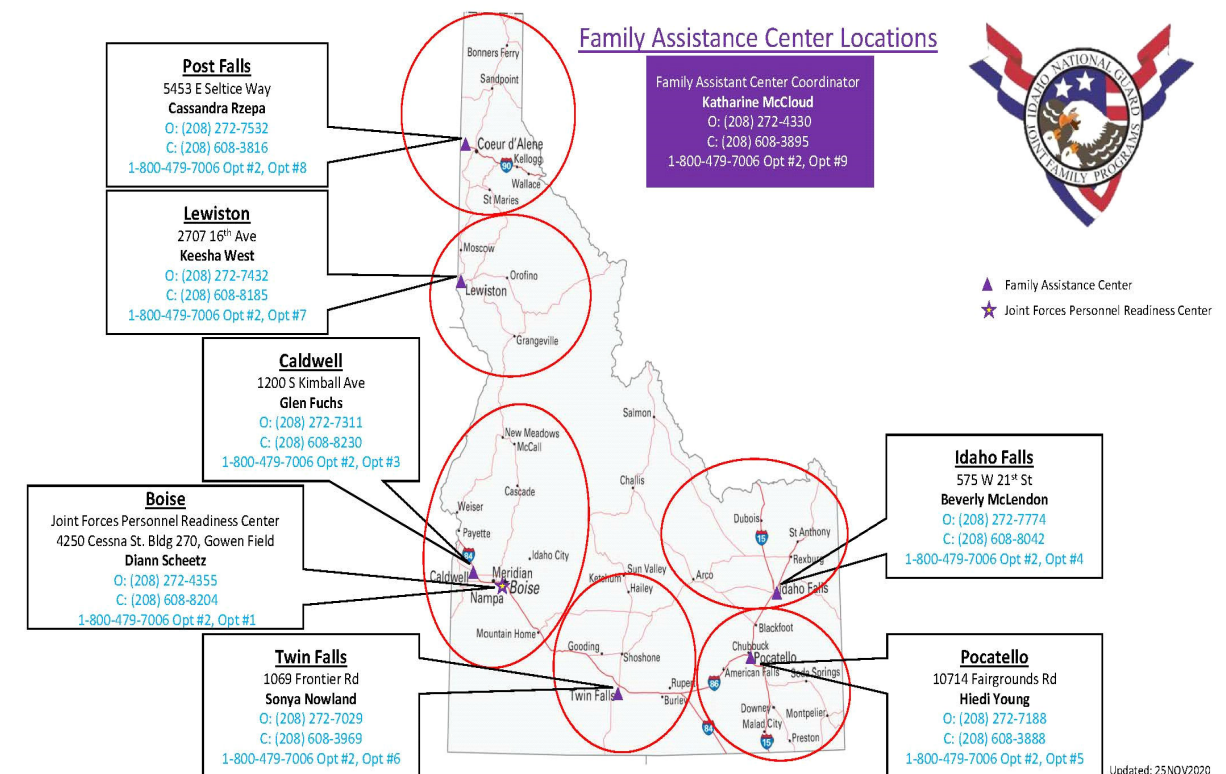
Military and Veteran Specific Resources

- ◆ The American Legion Department of Idaho 208-342-7061 legion.org/idaho
- ◆ Eagle Field of Honor (Annual Flag Memorial Honoring All Military & Veterans) eaglefieldofhonor.org 208-573-7793 Heather Paredes info@eaglefieldofhonor.org
- ◆ Glanders Restoration - Master Craftsman, Equine Therapy & Mentor 208-731-4042 (Region 5) Darryl A. Glanders Darryl.glanders@gmail.com
- ◆ Grand Canyon University gcu.edu 602-247-4602 Jeremy POC: jeremy.goto@gcu.edu
- ◆ Higher Ground highergroundusa.org 208-726-9298
- ◆ Idaho Backcountry Veterans backcountryveterans.org 208-402-5640
- ◆ Idaho County Veteran's Outreach & Community Center 208-507-2035 (VSO Lucky Gallego) idcovets@gmail.com
- ◆ Idaho Division of Veterans Affairs veterans.idaho.gov
- ◆ Idaho Veteran's Chamber of Commerce 208-917-9977 idahoveterans.org
- ◆ Joining Forces for Treasure Valley Veterans & Resource Manual veterans.idaho.gov/publications/joining-forces-treasure-valley-veterans-community-services-guide
- ◆ Joining Forces Task Force for Magic Valley Veterans & Resource Manual joiningforcesmv.org
- ◆ Legacy Corps (Caregiver respite and companionship for military families) agingstrong.org/legacy-corps-caregiver-support 208-947-4284 Lisa Underwood lunderwood@jannus.org
- ◆ Mission43 mission43.org
- ◆ Objective Zero Foundation objectivezero.org (mobile app technology for connecting the military community to peer support, wellness, and mental health resources) 202-573-9660 contactus@objectivezero.org
- ◆ Operation Grateful Hearts operationgratefulhearts.us 208-870-9055
- ◆ Treasure Valley Blue Star Mothers of America treasurevalleybsma@gmail.com 208-274-0007
- ◆ Warrior Rock Annual Idaho Event @ City of Rocks warriorsrockclimb.com
- ◆ Veteran's Garden facebook.com/idahoveteransgarden Danny Pugmire 208-713-3167 sebring2001@yahoo.com
- ◆ VEA - Veterans Entrepreneur Alliance (NPO) vealliance.org & The Vetaverse (Social Media Platform for Veterans) vetaverse.org 208-314-1776 Isaac Beldelin isaac@vealliance.com (All Idaho)

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

Mental Health & Wellness Training/Tools:

- ◆ 911 Training Institute 911training.net 231-622-1600 Ryan Dedmon info@911Training.net
- ◆ Brotherhood in Training (FF Group) Frank Beauvais 208-989-9460 beauvaisf@cityofnampa.us
- ◆ Brothers in Healing brothersinhealing.com Chris Sutherland & Jeremy "Woody" Woods (National speakers & financial assistance for those who need treatment for PTSD) brothersinhealing@gmail.com
- ◆ The Cornelius Project thecorneliusproject.com Jimmy Meeks 817-437-9693 info@thecorneliusproject.com
- ◆ Courageous Survival CourageousSurvival.org 1-866-274-4324 (Various Trainings, Peer Support, Outreach Teams, Wellness Tools & Resource Guides)
- ◆ Emotional Survival for the First Responder (All First Responders & Spouses) Nampa Police Dept., Patrol Corporal Tonna Marek 208-468-5733 marekt@cityofnampa.us
- ◆ Wishes For Warriors/Howitzer – Project Blue Lion (free firearms training for active-duty law enforcement) wishes4warriors.org/project-blue-lion
- ◆ International Critical Incident Stress Foundation, Inc. (CISM Training) www.icisf.org 410-750-9600
Idaho Instructor: Ret. LEO Ron Winegar 208-573-0303 cophrive@gmail.com
- ◆ LivingWorks - ASIST Suicide Prevention Training livingworks.net/asist
Idaho Master Trainer: Tyson McAlindin tyson.mcalindin@teamrubicon.org
Idaho Instructor: Christina Ceransky christinasky@gmail.com
- ◆ Project Welcome Home Troops (Free Power breath workshops) www.pwht.org
projectwelcomehometroops.org/power-breath-workshop
- ◆ QPR (Question, Persuade, Refer) Suicide Prevention centerforhopeif.org/services
Idaho Instructors: Andra Smith Hansen 208-589-7759 or Nancy Espeseth nancye@rhscare.com
- ◆ TIP of the Treasure Valley (Trauma Intervention Program) & E-TIP (All Emergency Responders Training) tipofthetreasurevalley.org 208-999-2081 info@tipofthetreasurevalley.org
- ◆ Trauma Focused Mental Health & Wellness Training by Deer Hollow Recovery deerhollowrecovery.com/first-responders
Jared Nesary 801-819-1249 jaredn@deerhollowrecovery.com



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

Injured/Fallen/Survivor (Family) Resources:

- ♦ Blue H.E.L.P. (LE-Honor boxes & support for survivors) wearebluehelp.org
- ♦ Blue Line Bears – Helping Children of Fallen LEOs bluelinebears.org
- ♦ Boise Rescue Mission/Lighthouse/City Light Women & Children's Shelter 208-389-9840 (SW Idaho)
- ♦ Center for Hope centerforhopeif.org 208-538-1888 Nancy Espeseth nancye@rhscare.com (E Idaho)
- ♦ Firefighter Behavioral Health Alliance (Fire, EMS & Dispatch) ffbha.org
- ♦ Homes for Heroes homesforheroes.com
- ♦ Idaho Veteran's Cemetery- John Sword Veteran Urns veterans.idaho.gov
- ♦ Idaho Fallen Firefighters Foundation idahofff.com idahofff.com@gmail.com
- ♦ Idaho Fraternal Order of Police Foundation fopidaho.com/foundation
- ♦ Idaho Peace Officers' Memorial 208-489-6500 idahopeaceofficersmemorial.com
- ♦ Idaho Veteran's Garden & Photo-Memory Quilts 208-649-6008 idahoveteransgarden.org
- ♦ My Grief Connection mygriefconnection.org
- ♦ National Alliance for Mental Illness – Idaho Chapter (NAMI) namiidaho.org
- ♦ Patriot Guard Riders patriotguard.org
- ♦ Ride For 22 – Honor the Fallen ridefor22.org
- ♦ Upper Valley Child Advocacy Center 208-745-2612 uppervalleycac.org (Eastern Idaho)
- ♦ The Wounded Blue thewoundedblue.org 725-222-3967
- ♦ Warriors22 Never Forgotten (Photo blankets for the Fallen) June Pugmire sebring2001@yahoo.com
facebook.com/Wa22iors
- ♦ Wishes For Warriors/Life After War 855-W4W-HERO (949-4376) wishes4warriors.org



First responders & healthcare workers
experiencing, or in recovery for,
burnout and PTSD

**Come enjoy a weekend of
transformation & breakthroughs!**
**Beautiful, calm mountain retreat with
home cookin' and fireside discussion that will
allow you to relax and reconnect to yourself
and others on a path of growth and healing.**

July 14-16, 2022

**What if your "impossible"
became POSSIBLE!**

Horseman and Human Neuroscience expert
West Taylor will walk you through a combination
of instruction and embodiment practices. He
will demonstrate how the brain works to keep
you safe and in turn keeps you stuck, living less
than the life your soul is calling for.

Claim your spot at
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\$845

**Accommodations & country fresh
dutch oven meals included**

**Co-Presenter - Dr. Trent Burrup
Master Fire Walk Trainer**
**will guide you through processes that invite you to
move past your comfort zone and expanding your
edge. Leave this retreat with a deeper understanding
and tools to get you where you desire to go.**

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Your Rest and Recovery Sanctuary

THANK YOU!



**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 **Courage22!** Discount only available to active military, veterans,
1st responders and their immediate spouse/significant other only. ID will be required.

www.FloatMagic.com

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

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(208) 846-8328

Call to schedule your FREE evaluation.



**AGELESS
MEN'S HEALTH**

SYMPTOMS OF LOW TESTOSTERONE

DIFFICULTY CONCENTRATING
TROUBLE SLEEPING
WEIGHT GAIN
MOODINESS

DEPRESSION
DECLINING LIBIDO
ERECTILE DYSFUNCTION
LOSS OF ENERGY/FATIGUE

COMMIT TO LIFE. BE A SAFE CONNECTION.

QPR

SUICIDE PREVENTION TRAINING

99%

of trainees say they
are more likely to help
someone after completing
a QPR training provided by
Center for Hope



Learn more about QPR: <https://qprinstitute.com>

90 MINUTES. CHOOSE LIFE. BE PART OF THE SOLUTION.

Every **21 hours**, someone in Idaho dies by suicide.

2nd leading cause of death ages **10-34**
3rd leading cause of death ages **35-44**
4th leading cause of death ages **45-54**

Would you recognize signs?
Would you ask about suicide?
Would you refer to help?

American Foundation for Suicide Prevention 2020 stats sheet

"I had a friend complete suicide in 2018. He was an amazing, kind-hearted, brave, successful person. A week before he died, there was a big sign that I missed. I know I don't carry his decision, however, I wish I would have been more aware of his indirect signal. "

--recent QPR trainee

HAVE QUESTIONS? ASK

Nancy Espeseth
Center for Hope Director
nancye@rhscare.com

Andra Smith Hansen
Certified QPR & ASIST Trainer
208.589.7759

TRAINING FUNDED BY



THANK YOU!



The American Legion

Department of Idaho
Veterans Serving Veterans and our Community

Some of our Newest Programs



The Idaho American Legion is committed to ending Veteran suicide. As partners with several local organizations, our effort goes to equipping and empowering community leaders, Veterans, Active Military, Guard and Reserve members here in Idaho with invaluable Suicide Prevention skills. We are also in the process of training and equipping our Veteran Dispatch teams to respond to Veterans in crisis while we conduct training sessions in Idaho and continue to expand and educate those concerned about our Veterans well-being.

Born during the pandemic, American Legion Post 101's Off Road Riders is the 1st of its kind program in the nation and offers camaraderie, public service, mental well-being and family adventure, all in Idaho's high country. Read all about this new program in the August 2021 issue of The American Legion Magazine, available online.



What we've always been doing



The American Legion has accredited Service Officers to help you file a claim or appeal. Veteran Service Officers (VSOs) are trained and certified in the VA process and can help answer all your VA questions. The VA website has detailed information on death benefits and how to prepare before an emergency arises.

American Legion baseball has been in existence since 1925 but in 2019 and 2021 (no season in 2020), the Idaho Falls Bandits were the first, and only, Idaho team ever to win the American Legion World Series which is held in Shelby, NC.



The American Legion provides flag education materials to schools and we help teach today's youth about how to properly display and care for our national flag. We visit schools and let the kids raise and lower the flag and learn how to properly fold the flag. They take a lot of interest because they get actual hands-on training.

Idaho American Legion.... Something for Everyone
To participate or answer your questions, contact the State Office at 208-342-7061

The Power of the Breath

Learn to be “Present” & Just Breathe



Struggling with anxiety, fear, depression, insomnia, chronic pain, post-traumatic stress injury or PTSD? Learn an incredible Breathwork exercise/tool that you can use to regulate or reset your autonomic nervous system.

Diaphragmatic Breathing Exercises & Mindfulness (DBEM):

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

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

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

*Click above, go to Elevate Mind Body Studio's YouTube Channel or Courageous Survival website to access sessions

Featuring Breathwork Instructor, Equine Specialist, Veteran, Founder & Director of the Intensive Healing Therapy Program, "Cowboy Buddha" Johnny Urrutia.



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

www.IntensiveHealingTherapy.com

www.CourageousSurvival.org



*Healing yesterday's traumas
for wellness today and
reclaiming hope for tomorrow*



208-352-2686
Info@IHTMethod.com

Intensive Outpatient Program

Intensive Healing Therapy offers multi-modality treatment programs that are individually-tailored to your needs. The IHT Method is always trauma-informed, active, integrative, non-medicated and solution-based, but your experience is built specifically around enabling positive changes in your life. If you have struggled with any of the following challenges, we can help.

The Focus:

- ♦ Depression, Anxiety, Suicide ideation, Self-harm, Addiction, Insomnia, Hyper-vigilance, and more.
- ♦ Post Traumatic Stress Injuries, Psychological and Cumulative Trauma
- ♦ Co-occurring Disorders
- ♦ Undesired impacts and outcomes from serving as First Responders and Veterans

The Modalities:

- ♦ Eye-Movement Desensitization and Reprocessing (EMDR)
- ♦ DeTUR Protocol (Substance Abuse/Addiction)
- ♦ Diaphragmatic Breathing Exercise and Mindfulness (DBEM)
- ♦ Neuro Science and Brainwave Feedback
- ♦ Equine Assisted Psychotherapy (EAP)
- ♦ Emotional Link
- ♦ Elevate Mind Body Studios (Wellness Services)

**Rewire Your Brain ~ Reprocess Your Past
Reclaim Your Life**



www.IntensiveHealingTherapy.com



www.FOPIdaho.com

[Facebook.com/IdahoStateFOP](https://www.facebook.com/IdahoStateFOP)

MEMBER BENEFITS

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

OFFICER WELLNESS

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

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

www.FOP.net/officer-wellness

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

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

www.FOPIdaho.com

THE VOICE OF IDAHO'S LAW ENFORCEMENT

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

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

Show your support by donating to the Idaho FOP Foundation:

DONATE TODAY

www.fopidaho.com/foundation



Keeping our first responders strong.

911 At Ease International (911AEI) exists to support first responders and their immediate family members, so they can be at their best to serve their community. Support services are **free**, **confidential**, and provided through **professional, trauma-informed** counselors.

SERVICES

Confidential Counseling

Marital & Family Problems Stress/Burnout Anger Management
Separation/Divorce Parenting Challenges Grief/Bereavement
Post Traumatic Stress Anxiety/Panic Attacks Depression

Career Concerns Nightmares

Spiritual Care and Chaplaincy

Peer to Peer Support

CONFIDENTIAL

911AEI is a nonprofit 501(c)(3) organization, providing direct services to **individual first responders and their immediate family members**. 911AEI services are not rendered on behalf of any city, county, medical, tribal, or government agency. First responders are not required to inform their agency or managers when they request services through 911AEI.

All counseling services are 100% confidential, except when disclosure is required by law. Counseling sessions remain confidential between clients and the clinicians.



Request an Appointment

Request an Appointment

911AEI.org

888-AT-EASE-4 (888-283-2734)



You can support first responders in our community by making a donation at:

www.911aei.org/give-now and select "Idaho" as the Chapter.

For more information about our **Idaho Chapter**, please contact: nedwards@911aei.org

Building on a Proud Tradition

Courageous Survival, an Idaho Non-Profit, works collaboratively with many businesses, other non-profits, networking groups, leaders, volunteers, and other professionals to accomplish our goals of assisting first responders, military service members, veterans, and their families.

Join the efforts by Volunteering!

Help with:

- ♦ *Networking & Events*
- ♦ *Research: Resources*
- ♦ *Research: Funding Options*
- ♦ *Fundraising & Grant Writing*
- ♦ *Marketing & Graphic Design*
- ♦ *Photography & Videography*
- ♦ *Social Media*
- ♦ *Lobbying & Legislation*
- ♦ *Enhanced Peer Support Teams*

- ♦ *Become a Valued Resource Partner*
- ♦ *Ask about Sponsorship Options*
- ♦ *Consider Donating*



*To Access the most current copy of
this Resource Guide Online or to
Download use the QR code above*

1-866-CS4Idaho (274-4324)

www.CourageousSurvival.org

CourageousSurvival@gmail.com