

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

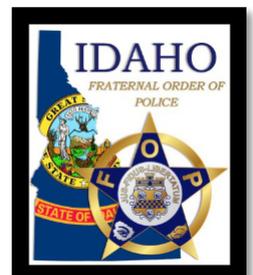


COURAGEOUS SURVIVAL

★ IDAHO ★
SERVING
EVERYDAY HEROES

1-866-274-4324 (CS4IDAHO)

COURAGEOUSURVIVAL.ORG



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



THANK YOU!!!

SPECIAL THANKS TO THE JEROME FIRE FIGHTERS LOCAL 4589, ELEVATE MIND BODY STUDIOS, PROFESSIONAL FIRE FIGHTERS OF IDAHO, IDAHO STATE FRATERNAL ORDER OF POLICE & FOP FOUNDATION, CODE 3 TO 1 RETIRED LAW ENFORCEMENT ASSOCIATION, AMERICAN LEGION DEPARTMENT OF IDAHO, MERIDIAN POST #113, NAMI IDAHO, BROTHERS IN HEALING, DEER HOLLOW RECOVERY & WELLNESS CENTERS, & 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 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



Elevate



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

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208-467-0343

INFO@ELEVATEMINDBODYSTUDIOS.COM
WWW.ELEVATEMINDBODYSTUDIOS.COM



LEAD FREEDOM AMBASSADOR – JACKI BRIGGS

1-866-274-4324 (CS4IDAHO)

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HEROES RESILIENCY PACKAGES

1

FREEDOM

Wellness Complete
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Membership
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Limited to 2
Float sessions
per month

2

LIBERTY

4 Float
sessions
\$99

or
15% off 1 Intro
Float session

FLOAT THERAPY

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

MASSAGE CHAIRS

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

WELLNESS COCOON

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

PAIN LIGHT

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

HALOTHERAPY

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

RED LIGHT THERAPY

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





SAVE A WARRIOR

WE CAME BACK FOR YOU



OUR MISSION

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

PROGRAMMING

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

COMPLEX PTS

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

TESTIMONIAL

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

-Larry Turner, Cohort 058

ABOUT SAVE A WARRIOR™

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

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

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

HOW TO APPLY

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



PO Box 218117
Columbus, OH 43221



Social accounts: @saveawarrior
Instagram: @save_a_warrior_saw



saveawarrior.org
sawnation@saveawarrior.org



Photo credit: Ma tt Pidgeon



PFFI MISSION:

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



Photo credit: Andy Bright

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

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BROTHERS IN HEALING



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.

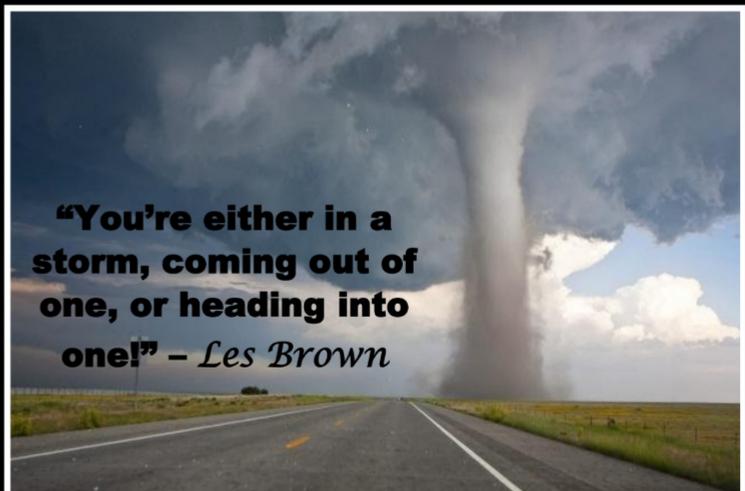
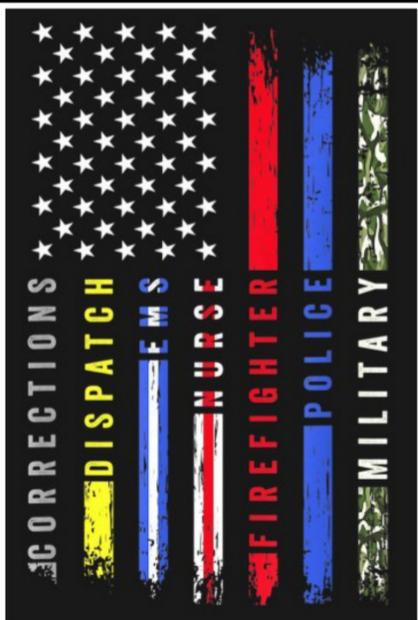
More First Responders die by suicide than by in the line of duty deaths... PTSD is real, let's do something together to changed this!

www.BrothersinHealing.com

 **Montel Williams** @Montel_Wil... · 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



"You're either in a storm, coming out of one, or heading into one!" - Les Brown

Schedule a Presentation or apply for financial assistance

brothersinhealing@gmail.com

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



CONDITIONS TREATED:

- CRPS / RSD
- Fibromyalgia
- Neuropathic Pain
- Phantom Limb Pain
- CSS
- Chronic aches/pain
- Dysautonomia
- Other forms of chronic pain



THE PREMIERE HOLISTIC CENTER FOR CHRONIC PAIN

INDIVIDUALIZED TREATMENT TO MEET YOUR NEEDS AND GOALS

Holistic Centered Treatment takes a new look at chronic pain. The days of just treating the symptoms are over. Chronic pain conditions are complex diagnoses that can lead to uncertainty and suffering for millions of people around the globe. Our individualized treatment will help you go from merely surviving to thriving.

Our approach is scientifically designed. We take a whole-body approach - working with the biology and physiology of the body. Utilizing the newest medical technology and layering in holistic treatments - you can regain function and reach your goals.

Holistic Centered Treatment

7669 W. Riverside Dr., #102
Garden City, ID 83714

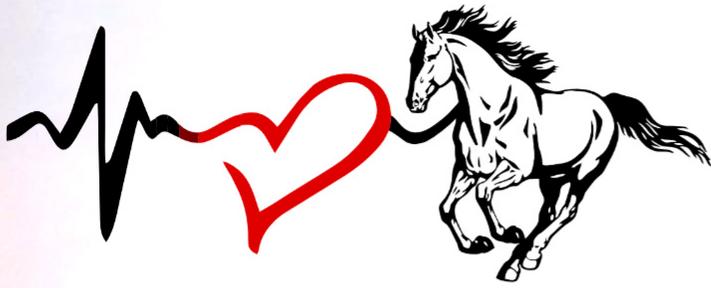
844-994-0999

Info@HolisticCenteredTreatment.com
www.HolisticCenteredTreatment.com



Hearts to Horses LLC

Equine Assisted Psychotherapy



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

Engaging, Active, Effective.

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

For Any Problem

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



Dan Ault, LMSW

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

Phone: 208-615-9488

E-mail: Hearts2Horses@gmail.com

Website: HeartstoHorses.org

Facebook: Hearts to Horses

Specializing in working with

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





DO YOU OR A LOVED ONE STRUGGLE WITH ALCOHOL ABUSE OR ADDICTION?

We treat the underlying causes with our compassionate care.

We specialize in treating Trauma, PTSD, Depression and Anxiety.

We are a 32 bed Residential Treatment Facility with Detox for Men, Women, All Genders.

We offer a Family Program, Dedicated Aftercare Management and Alumni Support.



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hot mineral springs pool and hot tubs



comfortable rooms



natural mineral springs jacuzzi tubs

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- Couples
- EAP & Union Workers
- 1st Responders & Veterans Program
- Native American Program
- Business Professionals

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Most Major Insurance Accepted
Flexible Cash Rate
Payment Plans
Financing Programs Available

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**.



Data from the U.S. Department of Justice and other select sources. Find citations for this resource at nami.org/mhstats

For more information on Crisis Intervention Team (CIT) training, Applied Suicide Intervention Skills Training (ASIST), or Community Resiliency Model (CRM), and our support groups for peers and family members visit namiidaho.org/cit

HALCYON INFUSIONS & THERAPEUTICS

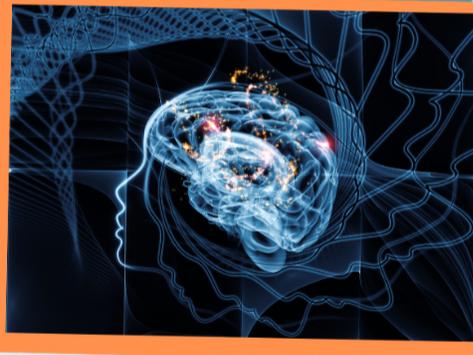
Refresh
Revitalize
Renew

ASK ABOUT OUR
**EVERYDAY
HEROES
DISCOUNT**



Psychotherapy

- Now providing individual psychotherapy services
- Also offering individual Ketamine Assisted Psychotherapy (KAP) services to those who qualify.
- Telehealth available throughout Idaho



Ketamine Infusions

- Effective improvement of symptoms of various mental health and pain conditions
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Vitamin Wellness Infusions

- The most effective way to get essential vitamins and nutrients.
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www.halcyoninfusions.com

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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.

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INPATIENT · INTENSIVE OUTPATIENT

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PROFESSIONALS WE SERVE

LAW ENFORCEMENT - FIRE SERVICE - EMS - DISPATCH - CORRECTIONS - PUBLIC SAFETY PROFESSIONALS



First Responder Wellness offers substance abuse and mental health treatment designed by our experienced, culturally competent team. Our comprehensive curriculum integrates substance abuse treatment with post-traumatic stress, anxiety, and depression treatment, and includes family system support, sobriety tools, and healthy coping mechanisms to ensure our clients a safe and successful transition back to their careers and personal lives. You don't need to have a substance abuse diagnosis to qualify for our program.

@FIRSTRESPONDERWELLNESS



IDAHO VETERANS GARDEN

Honoring the past while planting, growing and healing our future and community.

At the garden you will never be left to fight the battle alone. Together, we will help you find your way out of the darkness!



While scars may remain, minds and hearts can heal surrounded by generations of veterans and their families who share in the same appreciation of camaraderie and service. Come see what some 'dirt therapy' can do for you.



The future home of the Idaho Women Veterans Memorial

**305 W Belmont St
Caldwell, ID 83605**

For information on the memorial, upcoming events or how to get involved, please visit

www.idahoveteransgarden.com



Artist rendering of future statue, by Benjamin Victor Studios.

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

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

Idaho Crisis & Suicide Hotline (Ntnl. & State)
Call or Text 988 (24/7) when you have
an urgent mental health need.
OR Call 1-800-273-8255



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 www.nicrisiscenter.org

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

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

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

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

Region 4 (Ada, Boise, Elmore, Valley)

- ◆ Mobile Crisis Unit 208-334-0808
- ◆ Pathways Community Crisis Center (Boise) 1-833-5-CRISIS / 1-833-527-4747 www.pcccsi.com

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

- ◆ The Crisis Hotline (serving all of Idaho) 208-788-3596 or 208-578-4114 (bilingual support)
- ◆ Crisis Center of South-Central Idaho (Crisis Center & Detox) (Twin Falls) 1-866-737-1128 OR 208 772-7825 www.ccosci.org (1st Responder & Veteran Liaison) Jason Echavez jechavez@crisisidaho.com
- ◆ Mobile Crisis Unit 208-736-2177

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

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

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

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

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

First Responders:

- ◆ Chaplains of Idaho (24/7) 208-471-8111 www.chaplainsofidaaho.org
- ◆ COPLINE (24/7) 1-800-COP-LINE / 1-800-267-5463 www.copline.org
- ◆ Next Rung (7 days/wk.) CALL or TEXT 1-833-NXT-RUNG / 1-833-698-7864 www.nextrung.org info@nextrung.org

Military/Veterans:

- ◆ Combat Call Center 1-877-WAR-VETS / 1-877-927-8387
- ◆ Military One Source 1-800-342-9647 www.militaryonesource.mil/health-wellness/suicide
- ◆ Vets4Warriors 1-855-838-8255 www.vets4warriors.com (Call, text, email or chat)
- ◆ Veterans' 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)***

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:**
www.is-art.org/directory or www.artherapyinternational.org/find-art-therapists
- ◆ **IDNG Behavioral Wellness Team (Active National Guard, Family Members, & Veterans)** Gordon Meade, Case Mngr. 1-800-479-7006, 208-272-8802, 208-996-9622 *In-person or telehealth available statewide. (Formerly Beyond the Yellow Ribbon Counseling)
- ◆ **Stephanie R. Alvarez:** (Ret. Military), LMFT, LPC, NCC, Marriage & Family Therapist (Gottman Method Couples Therapy, & Military Family Life Counselor (MFLC) 208-371-3306 salvarez05@icloud.com

Region 1 (Northern Idaho Locations):

- ◆ **At Your Service Psychiatry** www.atyourservicepsychiatry.com/meet-our-team Carrie Kralicek, MSN, ARNP, PMHNP-BC Board Certified Psychiatric Mental Health Nurse Practitioner & Telemedicine Provider (Idaho, Oregon & Washington)
- ◆ **Christen Kishel, PHD** www.christenkishelphd.com 509-993-8301 drkishel@gmail.com (Idaho & Washington)

Region 3 (Southwest Idaho & Treasure Valley):

- ◆ **Abundant Serenity, LLC** www.abundantserenitywp.com Wendy Perez, LCSW, ACADC, RPT-S, SAP, SAE 208-918-0380 wendyperez@abundantserenity.com (Nampa)
- ◆ **ACTS (Advanced Clinical Trauma Services)** www.actsidaho.org 208-600-2184 info@ACTSIDaho.com (Caldwell, Nampa, Boise & Meridian)
- ◆ **Arbor Counseling, LLC** 208-204-0014 LaVelle Gardner, LCPC (Nampa & Duck Valley Indian Reservation)
- ◆ **Canyon Counseling Center Inc.** 208-454-1576 Michelle Drinkwine, LCPC canyoncounseling@yahoo.com (Caldwell)
- ◆ **Empowering Choices Counseling** 208-602-0885 Lori Farrens, LCPC ecc@empoweringchoicescounseling.net (Nampa & Duck Valley Indian Reservation)
- ◆ **Halcyon Infusions & Therapeutics** www.halcyoninfusions.com 208-546-3650 info@halcyoninfusions.com Suzy Albert, LCSW (Nampa)
- ◆ **Northwest Wellness Center** www.idahonwc.com Stephen Ammann; LMSW, CSAT 208-615-0583 (Nampa)
- ◆ **Prism Ranch** (Equine & Counseling Services) www.prismranch.org Dr. Janet Benjamin, LMFT, Psy.D. 208-971-2474 (Nampa & New Plymouth)
- ◆ **Rachael Hall Counseling** Rachael Hall, LCPC 208-297-7973 or 208-830-7781 rachaelhalllcpc@gmail.com (Middleton)
- ◆ **Vet Center-Boise** 208-342-3612 www.vetcenter.va.gov (Mobile Outreach in Region 3)

Region 4 (South Central Idaho):

- ◆ **ACTS (Advanced Clinical Trauma Services)** www.actsidaho.org 208-600-2184 info@ACTSIDaho.com (Caldwell, Nampa, Boise & Meridian)
- ◆ **CARE Counseling Clinic** www.carecounselingclinic.com Angie Sherwood 208-816-7378 (Meridian)
- ◆ **Connections Counseling Center** www.cccboise.com Laurisa Rogers, LCSW 208-921-3501 laurisa@cccboise.com (Boise)
- ◆ **Emergency Responders Health Center** (Mental Health & Massage Satellite Center) www.er-hc.org 208-639-0005 Ari Brooks, Mental Health Director, LCSW; Rebecca Houston, LCPC, & Richard T. Brown, LPC (Boise)
- ◆ **Emergency Responders Health Center - ERHC 360 Health Resource Guide** <https://erhc360.org/directory> (Boise)
- ◆ **Hearts to Horses, LLC Equine Assisted Psychotherapy** 208-615-9488 www.heartstohorses.org Dan Ault, LCSW, EAGALA I & OK Corral Certified hearts2horses@gmail.com (Kuna)
- ◆ **IDNG Behavioral Wellness Team (Active National Guard, Family Members, & Veterans)** Gordon Meade, Case Mngr. 1-800-479-7006, 208-272-8802, 208-996-9622 *In-person or telehealth available statewide. (Formerly Beyond the Yellow Ribbon Counseling)
- ◆ **Inspirational Counseling** 208-398-1067 Linda K. Rogers, LCSW linda.rogers.lcsw@gmail.com (Star)
- ◆ **Lisa Johnson Counseling and Consulting, LLC** 208-484-1797 lisajohnsonlcpc@yahoo.com (Eagle)
- ◆ **Limitless Life Counseling** www.LimitlessLifeCounseling.com 208-807-2877 Becky Waggaman, LCSW, CCFC, CLC, HNCC (Meridian)
- ◆ **Morgan Mental Health** www.morganmentalhealth.com Lisa Bayes, LPC, 208-890-7165 lisabayes@morganmentalhealth.com (Meridian)
- ◆ **Resilient Pathways** www.resilientpathways.net Tami Thorne, LCPC 208-412-4502 tamaracthorne@gmail.com (Meridian)
- ◆ **RK Counseling** www.rkwellness.com Rikki Davlin, LCSW 208-505-6951 (Meridian)

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

- ◆ **Sheepdog Counseling and Wellness** www.sheepdogcounseling.com 208-918-0697 Eric Fieldstad, LCSW, QSUDP (Boise)
- ◆ **Vet Center-Boise** 208-342-3612 www.vetcenter.va.gov (Boise & Mobile Outreach)
- ◆ **Wells Counseling**, Ken Wells, LCSW, CCTP 208-219-5727 kwells counseling@gmail.com (Boise)

Region 5 (South Central Idaho Locations):

- ◆ **AJ Counseling** 208-312-0798 Anita Engstrom Jones, LCPC, LMFT, NCC-MAC aejones546@gmail.com (Burley)
- ◆ **Healthier Bodies** Denise Jensen LPC, QSUDP, CSS 208-339-1756 www.healthierbodies.org hbrd.deni@gmail.com (Twin Falls)
- ◆ **Huberta Phipps, LCPC** 208-420-7488 www.hubertaphipps.com hubertaphipps@gmail.com (Twin Falls)

Region 6 (South Eastern Idaho Locations):

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

Region 7 (Eastern Idaho Locations):

- ◆ **America Health** www.americanhealthurgentcare.com 208-681-0323 Teriann Parker, LCSW, Masters Level Certified Accelerated Resolution Therapist (ART), Complex Trauma Specialist Teriann@ahhealth.org (Idaho Falls)
- ◆ **Centerpoint Counseling** www.centerpointcounseling.com Julie Moody, PMHNP 208-359-4840 (Rexburg)
- ◆ **Creekside Counseling** www.creeksidecounselingidaho.com 208-529-5777 Dr. Janet O. Allen, Doctor of Education; Counselor Education and Counseling (Multiple therapists specialize in first responders) (Idaho Falls)
- ◆ **East Idaho Vet Center** 208-522-5712 www.va.gov/east-idaho-vet-center
- ◆ **Integrated Counseling & Wellness** 1-844-907-0749 www.integratedcounselingandwellness.com Rachel Adams, DNP, Psychiatric Mental Health Nurse Practitioner, ANCC 208-314-1540 (Idaho Falls)
- ◆ **Mt. View Hospital Center of Wellness** 208-523-3857 Megan Brown, LCSW, TRAUMA/RESILIENCY (Idaho Falls)

Mental Health & Wellness Treatment Programs or Facilities:

- ◆ **Bella Monte Recovery Center** 1-800-974-1938 www.bellamonterecovery.com
- ◆ **Breathe Life Healing Centers** 1-888-983-8933 www.breathelifeh healingcenters.com
- ◆ **Cottonwood Creek Behavioral Hospital** (Adolescent Treatment) 208-996-8449 www.cottonwoodcreekboise.com
- ◆ **Deer Hollow Recovery & Wellness Centers** 801-679-6669 www.deerhollowrecovery.com
- ◆ **Emergency Responders Health Center** Triage Nurse Line 208-576-1695 or Office 208-229-3742 (Medical Care & Physical Therapy) www.er-hc.org
- ◆ **First Responder Support Network - West Coast Post-Trauma Retreat** (For First Responders with additional retreats for Spouses or Significant Others-SOS) 415-721-9789 www.frsn.org
- ◆ **First Responder Wellness** 1-888-443-4898 www.firstresponder-wellness.com Devin O'Day 714-586-7593 devin.oday@firstresponder-wellness.com
- ◆ **FORTITUDE at The Recovery Village Columbus** (Fire, EMS, Law Enforcement and ER Personnel) 888-573-0763 www.firstresponderfortitude.com POC: Myrrhanda Jones 352-538-0377
- ◆ **Genesis House Residence Recovery Center, Inc.** 1-800-737-0933 www.genesishouse.net
- ◆ **IAFF Center of Excellence** (Exclusive to active and retired IAFF Members) 844-439-8445 www.iaffrecoverycenter.com POC: Myrrhanda Jones 352-538-0377
- ◆ **Imagine by Northpoint** (Adolescent Treatment) 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
- ◆ **Mission43 - Operation Resilient Path** www.mission43.org/operation-resilient-path POC: Brad Blair 208-424-2642 info@mission43.org
- ◆ **Project Sanctuary** www.projectsanctuary.us info@projectsanctuary.us
- ◆ **Save A Warrior** (3 ½ day Intensive Cohort with Aftercare for Veterans & First Responders) www.saveawarrior.org/home
- ◆ **USA Re-Boot Resort & Id. Horse Therapy** 208-570-5724 www.idahohorsetherapy.com www.usarebootresort.org/about

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

Nonprofits Providing Access to FREE Confidential Counseling, Treatment, Services, & Peer Support:

First Responders, Spouses & Families:

- ◆ **Brothers in Healing** www.brothersinhealing.com (Assistance for treatment of PTS/PTSD) brothersinhealing@gmail.com
- ◆ **Next Rung** (7 days/wk.) CALL or TEXT 1-833-NXT-RUNG / 1-833-698-7864 www.nextrung.org info@nextrung.org

Military/Veterans & Families:

- ◆ **America's Mighty Warriors** www.americasmightywarriors.org 1-623-537-5322 americasmightywarriors@gmail.com
- ◆ **Idaho State Family Programs** (ALL branches of Military) *Resource manual available upon request 1-800-479-7006
- ◆ **Integrative Behavioral Health (Service Member & Family Support)** 1-800-479-7006 POC: Gordon Meade, Case Mngr. 208-272-8802 *In-person or telehealth available statewide. (Formerly Beyond the Yellow Ribbon Counseling)
- ◆ **Military Order of the Purple Heart – Idaho Dept. & Chief Joseph Chapter 509** www.purpleheart.org 208-841-8448 mophidaho@gmail.com
- ◆ **U.S. Vet Centers & Mobile Vet Centers** 1-877-WAR-VETS / 1-877-927-8387 www.vetcenter.va.gov
- ◆ **Service Member & Family Support Specialists** (See below for Regional Contacts)

Both:

- ◆ **Courageous Survival** 1-866-274-4324 Ext. 1 www.courageoussurvival.org (Peer Support & Access to Resources)
- ◆ **Elevate Mind Body Studios** www.elevatemindbodystudios.com (Contact Courageous Survival)
- ◆ **Mission Ready Finances** www.missionreadyfinances.com (Financial Coaching)
- ◆ **Project Welcome Home Troops** www.pwht.org (202) 642-4248 info@pwht.org
www.projectwelcomehometroops.org/power-breath-workshop (Free Power breath workshops)
- ◆ **The Wild Courage** www.thewildcourage.life (Peer Support & Podcasts - Region 3-4) 307-696-5431 info@thewildcourage.life



Service Member & Family Support Specialists

Post Falls



5453 Seltice Way
Cassandra Rzepa
O. 208-272-7532
C. 208-608-3816
cassandra.k.rzepa.nfg@army.mil

Lewiston



2707 16th Ave
Keesha West
O. 208-272-7432
C. 208-608-8185
keesha.l.west.nfg@army.mil

Caldwell



1200 S. Kimball Ave
Glen Fuchs
O. 208-272-7311
C. 208-608-8230
glen.w.fuchs2.nfg@army.mil

Idaho Falls



575 W 21st St
Beverly McLendon
O. 208-272-7774
C. 208-608-8042
beverly.l.mclendon.nfg@army.mil

Boise



4250 Cessna St.
Bldg 270
Diann Scheetz
O. 208-272-4355
C. 208-608-8204
diann.l.scheetz.nfg@army.mil

Pocatello



10714 Fairgrounds Rd
Hiedi Young
O. 208-272-7188
C. 208-608-3888
hiedi.b.young.nfg@army.mil

Twin Falls



1069 Frontier Rd
Sonya Nowland
O. 208-272-7029
C. 208-608-3969
sonya.d.nowland.nfg@army.mil

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

Alternative Therapy & Wellness Programs:

All Regions:

- ◆ **Alpha Stim** (Electromedical Products International, Inc.) www.alpha-stim.com/first-responders 1-800-FOR-PAIN / 1-800-367-7246

Region 1 (Northern Idaho Locations):

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

Region 3 (Southwest Idaho & Treasure Valley Locations):

- ◆ **Current Physical Therapy** (Outpatient Orthopedic PT, Spine Specialists, Dry Needling Pain & Function Treatment) www.currentphysicaltherapy.com 208-452-0303 (Nampa, Kuna, Weiser & Fruitland)
- ◆ **Elevate Mind Body Studios** (Wellness & Fitness Center) www.elevatemindbodystudios.com 208-467-0343 (Nampa)
- ◆ **Halcyon Infusions & Therapeutics** www.halcyoninfusions.com 208-546-3650 Matt & Suzy Fowler info@halcyoninfusions.com (Nampa)
- ◆ **Nampa Naturopathic Health Clinic** nampa-naturopathic-health-clinic.business.site 208-960-0454 Dr. Brett Butterfield
- ◆ **NeuroBalanced** www.neurobalancedlife.com Ron & Lisa Kern 208-254-1077 ronald@neurobalancedlife.com (Nampa)
- ◆ **Treasure Valley Brain Center** (Microcurrent Neurofeedback) www.treasurevalleybraincenter.com 208-204-9114 Jim & Katie Solosabal tvbraincenter@yahoo.com (Nampa)

Region 4 (South Central Idaho Locations):

- ◆ **Agape Integrative Medicine** (Chiropractic, Functional Medicine, Applied Kinesiology, Acupuncture Metabolic Reset) www.agapeintegrativemedicine.com 208-994-2931 Dr. Kari Willfarht & Dr. Jordan Robertson (Boise)
- ◆ **Ageless Men's Health** 208-906-9128 www.agelessmenshealth.com Kevin Zakielarz, PA-C, Clinic Director (Meridian)
- ◆ **Current Physical Therapy** (Outpatient Orthopedic PT, Spine Specialists, Dry Needling Pain & Function Treatment) www.currentphysicaltherapy.com 208-452-0303 (Nampa, Kuna, Weiser & Fruitland)
- ◆ **Healing by Fire Art Glass Therapy** 208-615-9488 Dan Ault, LCSW healingbyfireartglasstherapy@gmail.com (Boise)
- ◆ **Holistic Centered Treatment** www.HolisticCenteredTreatment.com 1-844-994-0999 Dr. Traci Patterson, World Renowned Chronic Pain Specialist (Boise)
- ◆ **Kerry Davis Yoga** (FREE Yoga for first responders, veterans & spouses) www.kerrydavis.org kerrydavisyoga208@gmail.com (Boise)
- ◆ **Sally Brunk, LLC** (Region 3-4 Mobile Nutritional IV Infusions) Sally Brunk, RN of 34yrs. 208-869-7979 stam68@aol.com

Region 5 (South Central Idaho Locations):

- ◆ **Float Magic** (Wellness Center & Float Therapy) www.floatmagicvalley.com 208-933-2620 floatmagicvalley@gmail.com (Twin Falls)
- ◆ **Hiatus Ranch** www.hiatusranch.org (208) 204-9987 Joshua Burnside connect@HiatusRanch.org
- ◆ **Mountain Air** (Rapid Eye Technician, Life Coach) www.mountainairretreats.com/about/facilitators 801-718-5051 Marnae Hobson (Malta)
- ◆ **Optimal Brain Center of Idaho** (Microcurrent Neurofeedback) www.optimalbraincenterofidaho.com 208-590-2671 Joni & Joe Solosabal optimalbraincenter@yahoo.com (Twin Falls)
- ◆ **Optimal Brain Center Burley** (Microcurrent Neurofeedback) www.optimalbraincenterburley.com 208-260-0119 Abrey Watterson (Burley)

Region 6 (South Eastern Idaho Locations):

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

Region 7 (Eastern Idaho):

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

Nearby Utah Locations:

- ◆ **Cache Valley Brain Center** (Microcurrent Neurofeedback) www.cvbraincenter.com 208-969-1062 Brinley Solosabal & Whitney Parks (Logan, Utah)
- ◆ **True North Brain Center** (Microcurrent Neurofeedback) www.truenorthbraincenter.com 801-631-5486 Charlotte Nebeker (Bountiful, Utah)

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

Mental Health & Wellness Training/Tools:

- ◆ **911 Training Institute** www.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** www.brothersinhealing.com Chris Sutherland & Jeremy "Woody" Woods (National speakers & financial assistance for those who need treatment for PTSD) brothersinhealing@gmail.com
- ◆ **The Cornelius Project** www.thecorneliusproject.com Jimmy Meeks 817-437-9693 info@thecorneliusproject.com
- ◆ **Courageous Survival** www.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
- ◆ **Idaho Dept. of Health & Welfare Suicide Prevention Program** 208-334-4953
- ◆ **International Critical Incident Stress Foundation, Inc.** (CISM Training) www.icisf.org 410-750-9600
Idaho Instructor: Ret. LEO Ron Winegar 208-573-0303 copthrive@gmail.com
- ◆ **LivingWorks - ASIST Suicide Prevention Training** www.livingworks.net/asist
- ◆ **Project Welcome Home Troops** www.pwht.org (202) 642-4248 info@pwht.org
www.projectwelcomehometroops.org/power-breath-workshop (Free Power breath workshops)
- ◆ **QPR (Question, Persuade, Refer) Suicide Prevention** www.centerforhopeif.org/services
Idaho Instructors: Andra Smith Hansen 208-589-7759
- ◆ **Shift Wellness** Behavioral Health Training for First Responders info@shiftwellness.com or 888-732-5741
- ◆ **The Strong Blue Line Ministries** www.thestrongblueline.org 208-206-1215 office@TheStrongBlueLine.org
- ◆ **TIP of the Treasure Valley** (Trauma Intervention Program) & E-TIP (All Emergency Responders Training) www.tipofthetreasurevalley.org 208-999-2081 info@tipofthetreasurevalley.org
- ◆ **Trauma Focused Mental Health & Wellness Training** by Deer Hollow Recovery www.deerhollowrecovery.com/first-responders Jared Nesary 801-819-1249 jaredn@deerhollowrecovery.com
- ◆ **Wishes For Warriors/Howitzer – Project Blue Lion** (free firearms training for active-duty law enforcement) www.wishes4warriors.org/project-blue-lion



What Is Honoring The Heroes?

Honoring The Heroes is here to honor and help law enforcement and first responders across the nation, win their spiritual, mental, and emotional fight. With an added focus on our Veterans that go on to serve in their communities.

Donate A Bag Today

Sponsor This Bag



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☎ (208) 576-4340

✉ honoringtheheroesid@gmail.com

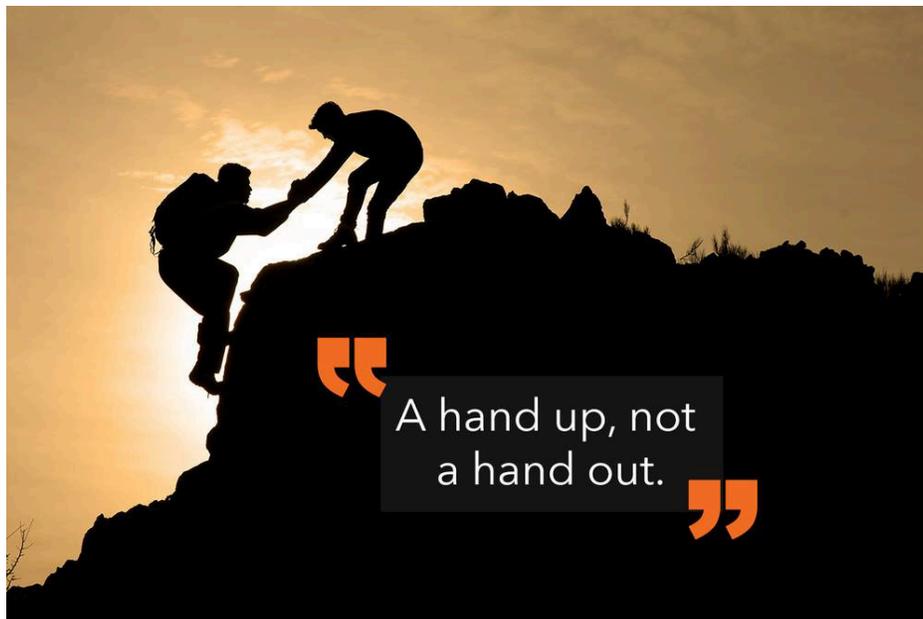
📱 @HonoringtheHeroesID

honoringtheheroes.com

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

Military and Veteran Specific Resources

- ◆ The American Legion Department of Idaho 208-342-7061 legion.org/idaho
- ◆ American Warfighters www.american-warfighters.com operations@american-warfighters.com (Region 2)
- ◆ Eagle Field of Honor (Annual Flag Memorial Honoring All Military & Veterans) www.eaglefieldofhonor.org 208-573-7793
Heather Paredes info@eaglefieldofhonor.org
- ◆ Glanders Restoration - Master Craftsman, Equine Therapy & Mentor 208-731-4042 (Region 5) Darryl A. Glanders
darryl.glanders@gmail.com
- ◆ Grand Canyon University www.gcu.edu 602-247-4602 Jeremy POC: jeremy.goto@gcu.edu
- ◆ Higher Ground www.highergroundusa.org 208-726-9298
- ◆ Idaho Backcountry Veterans www.backcountryveterans.org 208-402-5640
- ◆ Idaho County 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 www.idahoveterans.org
- ◆ Idaho Veterans Garden www.facebook.com/idahoveteransgarden Danny Pugmire 208-713-3167 sebring2001@yahoo.com
- ◆ Joining Forces for Treasure Valley Veterans & Resource Manual www.joiningforcesmv.org/wp-docs/tvresource.pdf
- ◆ Joining Forces Task Force for Magic Valley Veterans & Resource Manual www.joiningforcesmv.org
- ◆ Legacy Corps (Caregiver respite and companionship for military families) www.agingstrong.org/legacy-corps-caregiver-support
208-947-4284 Lisa Underwood lunderwood@jannus.org
- ◆ Mission43 www.mission43.org/operation-resilient-path info@mission43.org
- ◆ New Horizons (Formerly Leapfox Learning) www.boisewhorizons.com Barb Lewis 208-898-9036 barb.lewis@nhb.com
- ◆ Objective Zero Foundation www.objectivezero.org (mobile app technology for connecting the military community to peer support, wellness, and mental health resources) 202-573-9660 contactus@objectivezero.org
- ◆ Operation Grateful Hearts www.operationgratefulhearts.us 208-870-9055
- ◆ River of Life & Lighthouse - Boise Rescue Mission Ministries 208-343-2389 www.boiserm.org/services/veterans Keith Millar,
Veterans Program Manager, KeithM@BoiseRM.org 208-803-2595
- ◆ Treasure Valley Blue Star Mothers of America treasurevalleybsma@gmail.com 208-274-0007
- ◆ Warrior Rock Annual Idaho Event @ City of Rocks www.warriorsrockclimb.com
- ◆ Veteran's Garden www.facebook.com/idahoveteransgarden Danny Pugmire 208-713-3167 sebring2001@yahoo.com
- ◆ VEA - Veterans Entrepreneur Alliance (NPO) www.vealliance.org & the FOB Forward Operating Base VEA (Social Media Platform for Veterans) www.fobvea.org 208-314-1776 Isaac Belden isaac@vealliance.com (All Idaho)



Injured/Fallen/Survivor (Family) Resources:

- ◆ Blue H.E.L.P. (LE-Honor boxes & support for survivors) www.wearebluehelp.org
- ◆ Blue Line Bears – Helping Children of Fallen LEOs www.bluelinebears.org
- ◆ Boise Rescue Mission/Lighthouse/City Light Women & Children's Shelter 208-389-9840 (SW Idaho)
- ◆ Center for Hope www.centerforhopeif.org 208-538-1888 Nancy Espeseth nancye@rhscares.com (E Idaho)
- ◆ Firefighter Behavioral Health Alliance (Fire, EMS & Dispatch) www.ffbha.org
- ◆ Firefighter Cancer Support Network www.firefightercancersupport.org 866-994-FCSN / 866-994-3276
- ◆ Homes for Heroes www.homesforheroes.com
- ◆ Idaho Fallen Firefighters Foundation www.idahofff.com idahofff.com@gmail.com
- ◆ Idaho Fraternal Order of Police Foundation www.fopidaho.com/foundation
- ◆ Idaho Peace Officers' Memorial 208-489-6500 www.idahopeaceofficersmemorial.com
- ◆ Idaho Veteran's Cemetery veterans.idaho.gov/cemeteries/
- ◆ Idaho Veteran's Garden & Photo-Memory Quilts 208-649-6008 www.idahoveteransgarden.org
- ◆ JW Memorial Foundation (1st Responder & Family Support) www.jwmfidaho.com Sue Welch 208-664-2330 swelch@jwmfidaho.com
- ◆ My Grief Connection www.mygriefconnection.org
- ◆ National Alliance for Mental Illness – Idaho Chapter (NAMI) www.namiidaho.org
- ◆ Patriot Guard Riders www.patriotguard.org
- ◆ Ride For 22 – Honor the Fallen www.ridefor22.org
- ◆ Upper Valley Child Advocacy Center 208-745-2612 www.uppervalleycac.org (Eastern Idaho)
- ◆ The Wounded Blue www.thewoundedblue.org 725-222-3967
- ◆ Warriors22 Never Forgotten (Photo blankets for the Fallen) facebook.com/Wa22iors June Pugmire sebring2001@yahoo.com
- ◆ Wishes For Warriors/Life After War 855-W4W-HERO / 855-949-4376 www.wishes4warriors.org



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...**

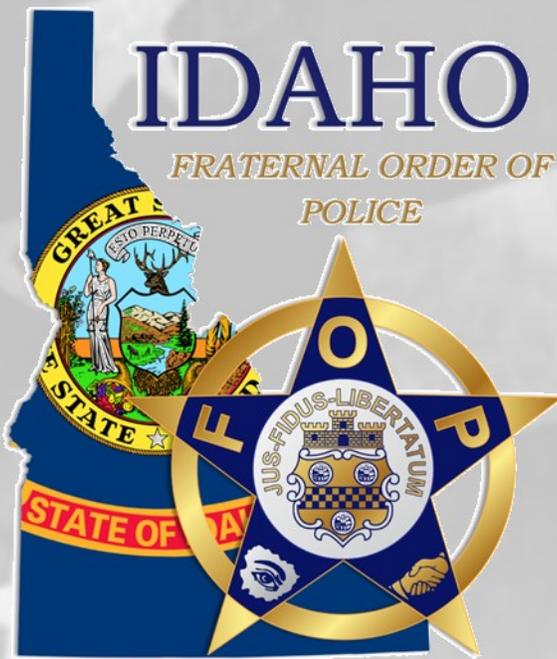
**Other days when the waves hit the
rocks, I remember...
the Rock is my strength, offering a
firm place to stand.**

**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



www.FOPIdaho.com

 Facebook.com/IdahoStateFOP

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

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

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

Show your support by donating to the Idaho FOP Foundation:

DONATE TODAY

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

Building on a Proud Tradition

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@rhscares.com
Andra Smith Hansen
Certified QPR & ASIST Trainer
208.589.7759

TRAINING FUNDED BY



THANK YOU!

In this family



No one fights alone

www.Code3to1.com



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

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-\(3 Sessions\)](#)

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

Featuring Breathwork Instructor, Equine Specialist, Veteran, Founder & Director of the 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

Intensive Outpatient Program

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

Shelly's story...

I shot myself in the head today. It started the same as any other day. I got up, helped my son get ready for school, gave him a hug, sent him off with his dad, got back in bed and shot myself in the head. It was several different times in several different settings. My depression is forcing me to watch a video on repeat of me killing myself!

Those are the words I wrote to express exactly how I was feeling and what I was thinking before discovering and connecting with the IHT team. Being raised by a drug addict mother, child molesting drug addict stepfather and an alcoholic father with undiagnosed PTSD I never knew the things I encountered from that life were causing trauma. I continued into my adulthood with all my unhealed wounds and added to the list of traumas in a very abusive marriage. I had been in talk therapy on and off my whole life with little to no relief from my severe anxiety and PTSD symptoms. As a matter of fact, my symptoms were getting worse with cognitive behavioral talk therapy. I was essentially opening pandoras box in every session and then leaving the therapist office with no tools on how to deal with all those emotions. In my mind IHT was my last hope.

When I showed up to IHT, I felt completely dead inside

and had major doubts that this program could help someone as damaged as me; someone who had spent thousands and thousands of dollars on copays and doctor bills desperate for help. I decided to take a leap of faith and was absolutely floored at how I started to feel and continue to feel! IHT uses a combination of different modalities that are tailored to individual needs. My experience included Equine Therapy, Accelerated Resolution Therapy (A.R.T), Neurofeedback, and the Emotional Link with Dr. Colafranceschi.

Ron, Lisa, Johnny and Dr. Cola are the most amazing people I have ever met. They genuinely cared about me and my well-being. I couldn't believe that these three people devoted so much of their time, energy and effort into my healing process. I've never had anyone in this profession care that much about my well-being. They make you feel like family. And I can't forget to mention the horses. The quiet teacher who is powerful, doesn't judge, focuses on actions instead of words, who encourages accountability, is loyal and helps with making connections. Collectively the tools I received at IHT are going to continue to help me throughout my life.

Thank you so much Johnny, Ron, Lisa, Dr. Cola and the pretty ponies I was able to work with. IHT literally saved me! ~ Shelly, wife and mother of 3.

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208-352-2686

Info@IHTMethod.com



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.

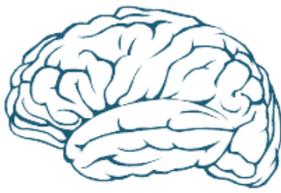
American Legion baseball has been in existence since 1925 but in 2019 and 2021 (no season in 2020), the Idaho Falls Bandits were the first, and only, Idaho team ever to win the American Legion World Series which is held in Shelby, NC.



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



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



lasis 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

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

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

Benefits

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

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

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AN IDAHO NONPROFIT 501C3 ORGANIZATION ESTABLISHED TO CONNECT IDAHO'S 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