

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

Sponsored by:





Special Thanks to

Professional Fire Fighters of Idaho

Blaine Tewell, SERVPRO (Boise)

Bob Tracy, Team River Runner

Johnny Urrutia, Intensive Healing Therapy

Lisa Johnson Counseling and Consulting, LLC

**You have made this Resource Guide possible
with your donations for its publication!**

Courageous Survival

Advocacy, Coaching, Consulting, Training & Events

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

To learn more or

Get involved

FREE Resource Guide

Enhanced Peer Support

**Info on Idaho legislation
& laws pertaining to first
responder & veteran's
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!**

Empowering HOPE...to THRIVE, not just SURVIVE!

www.CourageousSurvival.com



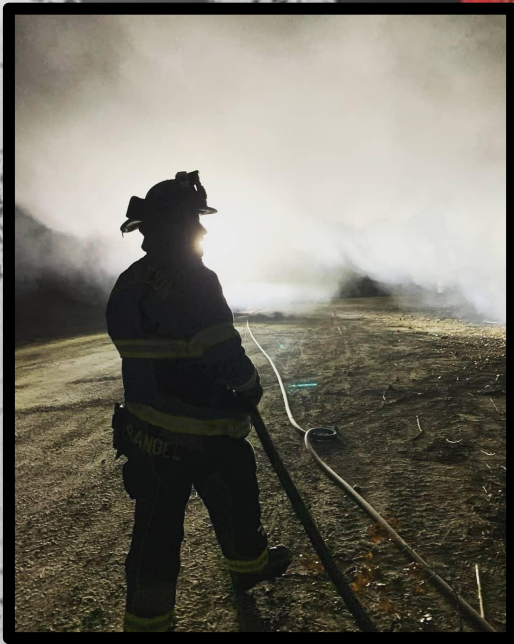


Photo credit: Matt Pidjeon



PFFI MISSION:

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



Photo credit: Jerry Hughes



WWW.PFFI.ORG

(208) 573-4706

INFO@PFFI.COM

ELEVATE ^{MIND}_{BODY}

FITNESS & WELLNESS STUDIO

314 CALDWELL BLVD. NAMPA, ID 83651

208-467-0343

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WWW.ELEVATEMINDBODYSTUDIOS.COM



ELEVATE AMBASSADOR - JACKI BRIGGS

COURAGEOISSURVIVAL@GMAIL.COM

WWW.COURAGEOISSURVIVAL.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

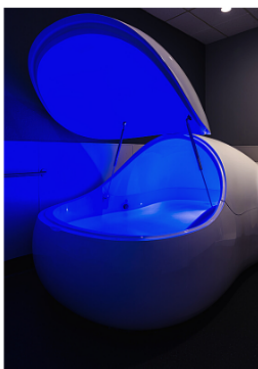
This light will increase your body's circulation, accelerating its natural recovery process to help temporarily relieving minor muscle and joint pain.

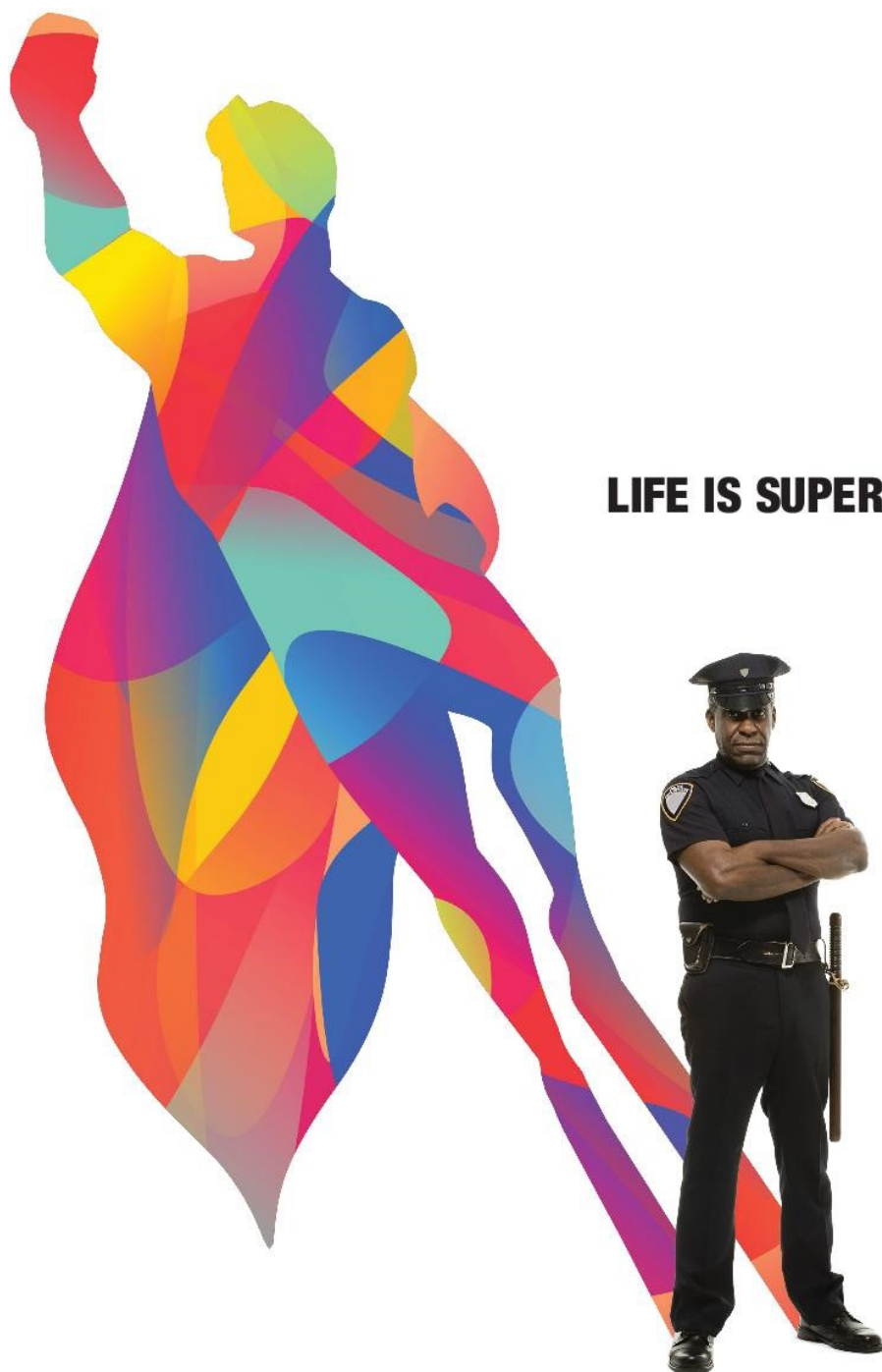
HALOTHERAPY

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.





LIFE IS SUPER WITHOUT ANXIETY.

Alpha-Stim is the drug-free, clinically proven treatment to alleviate anxiety, depression, insomnia, and pain.

Get dramatic relief fast. Alpha-Stim is an FDA-cleared, easy-to-use, handheld prescription medical device that treats anxiety without lasting side effects or risk of addiction. Get started at alpha-stim.com.

ALPHA-STIM



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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.



fountain and peaceful areas



hot mineral springs pool and hot tubs



comfortable rooms



natural mineral springs jacuzzi tubs

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

www.bellamonterecovery.com

800-974-1938



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



Blue H.E.L.P. Resource Guide

www.bluehelp.org



SIGNS IT'S TIME TO REACH OUT

- Thoughts that life is not worth living
- Feeling detached, alone
- Feeling hopeless, feeling helpless
- Getting no pleasure out of life
- Easily irritated, angry
- Self-destructive behavior, such as substance abuse
- Chronic mood changes

WHAT TO WATCH OUT FOR SIGNS & SYMPTOMS

POST-TRAUMATIC STRESS

- Experiencing a traumatic event/critical incident
- Re-experiencing the event through nightmares and flashbacks
- Avoidance reminders of the event
- Loss of interest in things you enjoy
- Feelings of numbness, irritability
- Poor sleep & Poor concentration
- Easily startled, jumpy

DEPRESSION

- Poor sleep
- Low mood, low interests feelings of guilt
- Poor concentration, low energy
- Changes in diet
- Thoughts of hurting oneself, suicidal thoughts



TAKE ACTION!

TALK TO SOMEONE YOU TRUST

**REACH OUT TO EAP, YOUR
PASTOR, PEER SUPPORT**

SEEK OUT PROFESSIONAL HELP

**CONTACT ONE OF THE
RESOURCES LISTED BELOW**

RESOURCES

SUICIDE PREVENTION HOTLINE
1-800-273-TALK

CRISIS TEXT LINE
TEXT BLUE TO 741741

COP2COP
1 866-COP-2COP

1ST HELP
WWW.1STHELP.NET

COPLINE
1-800-COP-LINE





We are Here to Help!

Cottonwood Creek provides evidence-based mental health and substance use treatment services for adults and adolescents. Customized treatment is provided in Cottonwood Creek's therapeutic environment where recovery-focused plans are created based on each patient's needs, goals and strengths.

Our Programs:

- Adolescent Inpatient
- Adolescent Intensive Outpatient
- Adult Inpatient
- Adult Intensive Outpatient
- Older Adult Inpatient
- Older Adult Intensive Outpatient
- Adult Detox

Referrals:

Referrals are being accepted 24 hours a day, 7 days a week.

- Phone assessments are available to help establish the appropriate level of care and assist in answering any questions your client may have.
- Same day, in-person assessments are available for consideration of immediate admission.

Our Specialized Programming Includes:

- Comprehensive assessments
- Individualized treatment plans
- Patient and family participation in treatment planning
- 24/7 supervised care in a therapeutic environment
- Psychiatric Medication Management for acute stabilization
- Individual and daily group therapy
- Pet and expressive therapies
- Therapeutic exercise/stress reduction
- Substance use counseling
- Discharge and aftercare planning



24/7 Admissions: Call 208-202-4701

Admissions: 208-202-4701

Fax: 208-918-4972

2131 S. Bonito Way,

Meridian, ID 83642

CottonwoodCreekBoise.com

Trauma Intervention Program of the Treasure Valley



E-TIP - Peer Support & Emotional First Aid for the Emergency Services Industry

Being in emergency services is a demanding, challenging, and emotionally-draining career. You are exposed to the most horrific tragedies on a daily basis and are required to remain calm and focused regardless of how the situation affects you – this can sometimes cause unhealthy or absent coping mechanisms that can 'bleed' into their personal life. This training will equip emergency responders or those who work in the industry with the tools needed to provide effective emotional first aid to their peers (peer-to-peer support) and better assist citizens in crisis, which can lead to a healthier career.

What We Teach

- Emotional First Aid Skills
- Death Notification Tips
- Coroner's Office Procedure
- Practical Support Skills
- Peer Support Techniques
- Self-Care Techniques
- Dealing with Someone in Crisis
- Dealing with Death
- Follow-up and long-term care

To sign up or learn more:

https://www.tiptreasurevalley.org/tv_etip.php

Contact: Kymber Jenkins 208/794/9280



Firefighter Behavioral Health Alliance

Founded in 2010-Retired Fire Captain Jeff Dill

- FBHA- tracking and validating FF, EMS and Dispatcher suicides since 2010
- Provides educational workshops on behavioral health and suicide awareness
- Avg. from 2012-2019, over 100,000 air miles annually presenting workshops to FF/EMS families
- Hold an annual weekend called "Those Left Behind" for family survivors
- Finds qualified culture counselors for FF's, EMS and Dispatchers.

**WORKSHOPS DESIGNED FOR FF'S AND EMS BY A
FIREFIGHTER**

Contact Info: Jeff Dill- jdill@ffbha.org

Firefighter Behavioral Health Alliance: www.ffbha.org



DEER HOLLOW

Recovery & Wellness Centers



Deer Hollow specializes in working with First Responders. The clinical team has extensive history and cultural competence to effectively treat the often invisible wounds brought on by their professions. We have proven outcomes showing the successful work we have done with this unique population.

We Specialize in Treating:

- PTSD & Trauma Related Disorders
- Substance Abuse
- Depression
- Anxiety Disorders
- Suicidal Thoughts
- Suicidal Ideation

Proven Useful For:

- First Responders
- Veterans
- General Population
- Professionals



CALL NOW 888-5WE-KNOW

WWW.DEERHOLLOWRECOVERY.COM



TEAM RIVER RUNNER
HELPING OUR WOUNDED VETERANS
BOISE

teamriverrunnerboise.org

Team River Runner Boise is dedicated to providing Veterans, First Responders and their families an opportunity to find health, healing, community purpose and new challenges through adventure and adaptive paddle sports!

AT NO COST:
We work with adaptive paddling experts to provide opportunities for individuals with little or no paddling experiences, as well as all levels of abilities (or disabilities). We have a strong group of volunteer instructors, and operate in cooperation with Cascade Raft and Kayak, a nationally recognized outfitter and kayak school



ARE YOU A VETERAN WITH A DISABILITY? WANT TO LEARN TO KAYAK AND ENJOY IDAHO'S AWESOME WHITEWATER?
COME SEE WHAT TEAM RIVER RUNNER IS ALL ABOUT.
CONTACT: BOB TRACY @ 208.867.2843 or tracyhouse@gmail.com



NeuroBalanced

42-acres of paradise for peace and healing

Providing evidence-based, scientific and proven therapeutic modalities including equine, neurofeedback, polychromatic & infrared light, art and other holistic methods.

NeuroBalanced is the only company that offers a combination of therapeutic modalities including equine, neurofeedback, life transformation curriculum, art expression, assessments, and coaching into one program.

WE HELP THOSE WITH

PTSD

Our techniques can help open neural pathways in the brain which activates a relaxation response that starts the healing process.

TRAUMA

All of us have suffered trauma in our lives but are rarely given the tools to fully recover. We help reduce or eliminate the trauma response.

CHRONIC PAIN

Over 100 million people in the United States suffer from pain. Through Infrared Light Therapy and brain optimization it can be reduced or eliminated.

ANXIETY/STRESS

Your brain controls personality, moods, and emotion. Stress and anxiety can be reduced by rebalancing and optimizing your brain using equine therapy and neurofeedback.

SLEEP DISORDER

When you are not getting adequate sleep everything is affected and suffers. Our methods help you regain the balance needed for optimal rest and recharging.

SELF-ESTEEM

85% suffer from lack of self-esteem or self-worth. Our assessments and programs provide a starting point and solutions to unlock your full potential, gifts, and talents.

LIFE PURPOSE

Are you lost and not sure why you are on the planet? You do have a purpose and we help you identify that through a myriad of methods.

DEPRESSION

Over a billion people in the world suffer from depression. There are many root causes but they can be addressed. We have great success using our different modalities to minimize mood disorders.

FULFILLMENT

We help you find the best version of yourself by identifying your strengths and talents which maximizes your fulfillment and contentment.

www.NeuroBalancedLife.com



*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



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

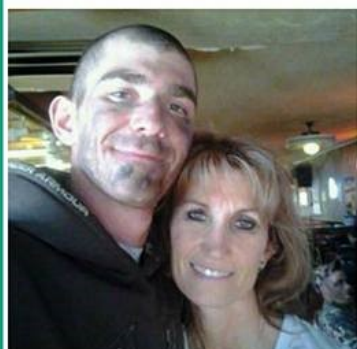
June Pugmire - Founder

208 - 412 - 8520



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

June Pugmire



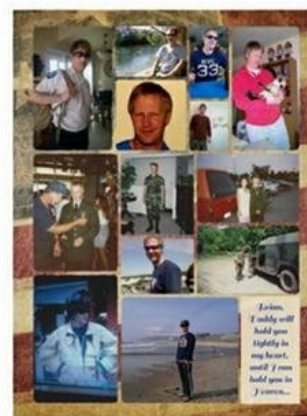
Bryan Gene Kelly & June Pugmire (Mom)

"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

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.**

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

- Code 4 Northwest (WA & ID only) 425-243-5092 <http://www.code4nw.org/>
- Combat Call Center 1-877-927-8387
- COPLINE 1-800-COPLINE (267-5463) <https://www.copline.org/>
- Idaho Office of Emergency Management (Idaho Strong) COVID Help Now Line, Call or Text (986) 867-1073 or call Toll Free (866) 947-5186 <https://ioem.idaho.gov/covidhelpnow/>
- Military One Source 1-800-342-9647 <https://www.militaryonesource.mil/health-wellness/mental-health/suicide>
- Next Rung CALL or TEXT 1-833-NXT-RUNG (698-7864) <https://www.nextrung.org/> INFO@NEXTRUNG.ORG
- Ntnl. Suicide Prevention Hotline 1-800-273-8255
- Vets4Warriors 1-855-838-8255 <https://www.vets4warriors.com/> (Call, text, email or chat)
- Veteran's Crisis Line 1-800-273-8255 (Press 1 for Veterans)

Crisis Assistance/Services:

- 2-1-1 Idaho Care Line
- Boise Rescue Mission/Lighthouse/City Light Women & Children's Shelter (208) 389-9840
- Id. Dept. of Health & Welfare Children's Mobile Crisis 1-855-552-KIDS *Monday–Friday, 8 am– 5 pm. After hrs. and on the weekend, call Mobile Crisis at 208-334-0800, option 2.*
- Id. Dept. of Health & Welfare Adult Mobile Crisis 208-334-0808



Mental Health & Wellness/Family Assistance:

- A Body & Mind Health Services, LLC (208) 683-8320 (Ada & Canyon County locations) <https://www.abmhealthservices.com/>
- Alpha Stim (Electromedical Products International, Inc.) 1.800.FOR.PAIN <https://www.alpha-stim.com/first-responders/>
- Bella Monte Recovery Center 1-800-974-1938 <http://bellamonterecovery.com/>
- Beyond the Yellow Ribbon Counseling (Idaho National Guard-Family Services Affiliate) Case Manager - Brice Hessing 208-272-8802 brice.e.hessingctr@mail.mil
- Breathe Life Healing Centers 1(888) 983-8933 <https://breathelifehealingcenters.com/>
- CARE Counseling Clinic, Meridian, Id. - Angie Sherwood & Angie Dallolio (208) 816-7378 <https://carecounselingclinic.com/>
- Cottonwood Creek Behavioral Hospital 208-996-8449 <https://www.cottonwoodcreekboise.com/>
- Crisis Center of South-Central Idaho (866) 737-1128 OR 208 772-7825 www.ccosci.org/
- Deer Hollow Recovery Center (801) 679-6669 <https://deerhollowrecovery.com/>
- Elevate Mind Body Studios <http://elevatemindbodystudios.com/>

- Emergency Responders Health Center <http://www.er-hc.org/>
Triage Nurse Line (208) 576-1695 or Office (208) 229-3742
- Emergency Responders Health Center (Mental Health & Massage Satellite Center) <http://www.er-hc.org/>
Ari Brooks, Mental Health Director, LCSW 208-639-0005
- First Responder Support Network - West Coast Post-Trauma Retreat (For First Responders with additional retreats for Spouses or Significant Others-SOS) (415) 721-9789 <https://www.frsn.org/>
- Genesis House Residence Recovery Center, Inc. 1-800-737-0933 <https://genesishouse.net/>
- Here for You Blue <https://hereforyoublue.org/> Mark DiBona, 407.670.5279 MDibona@cevera.com
- Huberta Phipps, Twin Falls Counseling; 208-734-4809 <https://www.hubertaphipps.com/>
- Id. Division of Veterans Affairs <https://www.veterans.idaho.gov/>
- Id. Veterans Wellness Center (208) 599-0287 <http://idahoveteranswellness.org/>
- Id. State Family Programs (ALL branches of Military) *Resource Manual upon request 1-800-479-7006
- Intensive Healing Therapy <http://www.intensivehealingtherapy.com/> Johnny Urrutia 208-352-2686
info@IHTmethod.com
- Laurisa Rogers, LCSW & Certified EMDR Therapist www.cccboise.com 208-921-3501 laurisa@cccboise.com
- Lisa Johnson Counseling and Consulting, LLC (208) 484-1797 lisajohnsonlcpc@yahoo.com
- Mission Ready Finances- Marco Parzych <http://missionreadyfinances.com/>
- NeuroBalanced: www.neurobalancedlife.com Ron & Lisa Kern 208-254-1077 ronald@neurobalancedlife.com
- Northwest Wellness Center: <https://idahonwc.com/> Stephen Ammann; LMSW, CSAT (208) 615-0583
- Objective Zero Foundation <https://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
- Pathways Community Crisis Center 1-833-5-CRISIS (27-4747) <http://www.pcccsi.com/>
- Prism Ranch (Equine & Counseling Services) <https://prismranch.org/> Dr. Janet Benjamin, LMFT, Psy.D. (208) 971-2474 drjbenjamin.prismranch@gmail.com
- Redford Counseling & Family Services (208) 242-3044 Rob Redford (Pocatello/Eastern Idaho)
- RK Counseling www.rkwellness.com Rikki Davlin, LCSW 208-505-6951
- Saint Alphonsus Behavioral Health (208) 367-2121
- Save A Warrior: 1 wk. Intensive Cohort with Aftercare for Veterans & First Responders
<https://saveawarrior.org/home>
- Sheepdog Counseling and Wellness (208) 918-0697 www.sheepdogcounseling.com
- Teen HOPE of Idaho (208) 991-4649 <https://www.teenhopeidaho.org/>
- USA Re-Boot Resort & Id. Horse Therapy (208) 570-5724 <http://idahohorsetherapy.com/>
<https://usarebootresort.org/about/>
- Vet Center-Boise (208) 342-3612 <https://www.vetcenter.va.gov/>
- Vet Center Call Center 1-877-WAR-VETS (927-8387)

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

Alternative Therapy, Peer Support, Community Groups:

- America's Mighty Warriors <https://americasmightywarriors.org/> 1-623-537-5322
americasmightywarriors@gmail.com
- Back Country Veterans (Idaho) 208-459-1304 www.backcountryveterans.org
- Courageous Stables Inc. - Certified EAL and EAP Equine Assisted Therapy blwalburn12@icloud.com
- Elevate Mind Body Studios (208) 467-0343 <http://elevatemindbodystudios.com/>
- First Responder Support Network <https://www.frsn.org/> (415) 721-9789 info@frsn.org



- Glanders Restoration - Master Craftsman, Equine Therapy & Mentor 208-731-4042 (Magic Valley) Darryl A. Glanders Darryl.glanders@gmail.com
- Guardian Paws Service Dogs <http://www.guardianpaws.com/>
- Grand Canyon University <https://www.gcu.edu/>
- Higher Ground <https://highergroundusa.org/> (208) 726-9298
- Homes for Heroes <https://www.homesforheroes.com/>
- How2loveourcops <https://www.how2loveourcops.org/>
- Hyperbaric Oxygen Clinic of Idaho, call or text 208-202-4025, hbotclinicidaho.com
- Idaho First Responder Wellness Collaborative <https://ifrwc.org/author/ifrwc/>
- Idaho Veteran's Garden Call Danny Pugmire @ (208) 713-3167 or email sebring2001@yahoo.com
<https://www.facebook.com/idahoveteransgarden>
- Joining Forces for Treasure Valley Veterans & Resource Manual
<http://www.veterans.idaho.gov/publications/joining-forces-treasure-valley-veterans-community-services-guide>
- Joining Forces Task Force for Magic Valley Veterans & Resource Manual <http://www.joiningforcesmv.org/>
- Kangen Water Boise www.kangenwaterboise.com 208-890-2530
- Kerry Davis Yoga (FREE Yoga for first responders, veterans & spouses) www.kerrydavis.org
kerrydavisyoga208@gmail.com
- Legacy Friends LLC www.legacyfriends.com 208.991.9106
- Meditation Studio App (For 1st Responders & Veterans) <https://www.meditationstudioapp.com/>
- Mission43 <https://www.mission43.org/>
- Nampa Naturopathic Health Clinic 208-800-9109 Dr. Brett Butterfield
<https://nampa-naturopathic-health-clinic.business.site/>
- National Ability Center 435.200.0987 <https://discovernac.org/>
- Neptune Warrior Project <https://neptunedivers.wordpress.com/>
- Operation Enduring Warrior–Task Force Sentinel <https://www.enduringwarrior.org/>
- Project Welcome Home Troops (Power breath workshops) www.pwht.org
<http://www.projectwelcomehometroops.org/power-breath-workshop/>
- PT 180 Clinic (Acupuncturist) <http://pt180.com/> (208) 343-7700
- Team RWB (Red, White & Blue) <https://www.teamrwb.org/>
- Team River Runner <https://www.teamriverrunner.org/Boise>
- Team Rubicon <https://teamrubiconusa.org/>



Joining Forces Task Force for Treasure Valley Veterans

Injured/Fallen/Survivor (Family) Resources:

- Blue H.E.L.P. (LE-Honor boxes & support for survivors) <https://wearebluehelp.org/>
- Blue Line Bears – Helping Children of Fallen LEOs <https://bluelinebears.org/>
- Idaho Veteran's Cemetery- John Sword Veteran Urns <http://www.veterans.idaho.gov/cemetery>
- Idaho Veteran's Garden & Photo-Memory Quilts 208-649-6008 <https://www.idahoveteransgarden.org/>
- Firefighter Behavioral Health Alliance (Fire, EMS & Dispatch) www.ffbha.org
- Ride For 22 – Honor the Fallen <https://ridefor22.org/>

- The Wounded Blue <https://thewoundedblue.org/> (725) 222-3967
- Warriors22 Never Forgotten (Photo blankets for the Fallen) June Pugmire sebring2001@yahoo.com
<https://www.facebook.com/Wa22iors>

Mental Health & Wellness Training/Tools:

- 911 Training Institute <https://www.911training.net/> Ryan Dedmon info@911Training.net 231.622.1600
- Blue H.E.L.P. (LE) <https://wearebluehelp.org/>
- Brotherhood in Training (FF Group) Frank Beauvais 208-989-9460 beauvaisf@cityofnampa.us
- Emotional Survival for the First Responder (All First Responders & Spouses) Nampa Police Dept. – Tonna Marek 208-468-5733 marekt@cityofnampa.us
- Firefighter Behavioral Health Alliance (Fire/EMS/Dispatch) www.ffbha.org 847-209-8208 jdill@ffbha.org
- International Critical Incident Stress Foundation, Inc. (CISM Training) <https://icisf.org/> (410) 750-9600
 - Idaho Instructor: Boise Police Dept. Deputy Chief Ron Winegar 208-573-0303 copthrive@gmail.com
- LivingWorks - ASIST Suicide Prevention Training <https://www.livingworks.net/asist>
 - Idaho Instructor: Tyson McAlindin tyson.mcalindin@teamrubicon.org
 - Idaho Instructor: Christina Ceransky christinasky@gmail.com
- Project Welcome Home Troops (Free Power breath workshops) www.pwht.org
<http://www.projectwelcomehometroops.org/power-breath-workshop/>
- TIP of the Treasure Valley (Trauma Intervention Program) & E-TIP (All Emergency Responders Training) <https://www.tiptreasurevalley.org/> (208) 999-2081 info@tiptreasurevalley.org

Advocacy, Education & Resources:

- Blue H.E.L.P. (LE) <https://wearebluehelp.org/>
- Firefighter Behavioral Health Alliance (Fire/EMS/Dispatch) www.ffbha.org 847-209-8208 jdill@ffbha.org
- Honoring the Heroes <https://honoringtheheroes.com/> 352-616-8596 info@honoringtheheroes.com
(Emotional Survival Tactical Bag Full of Resources)
- How2loveourcops <https://www.how2loveourcops.org/>
- Id. Dept. of Health & Welfare Suicide Prevention Program (208) 334-4953
- Idaho First Responder Wellness Collaborative www.ifrwc.org
- National Alliance for Mental Illness – Idaho Chapter (NAMI) www.namiidaho.org



Courageous Survival, LLC, works collaboratively with many businesses, non-profits, networking groups, leaders, volunteers, and other professionals to accomplish our goals of assisting first responders, 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*

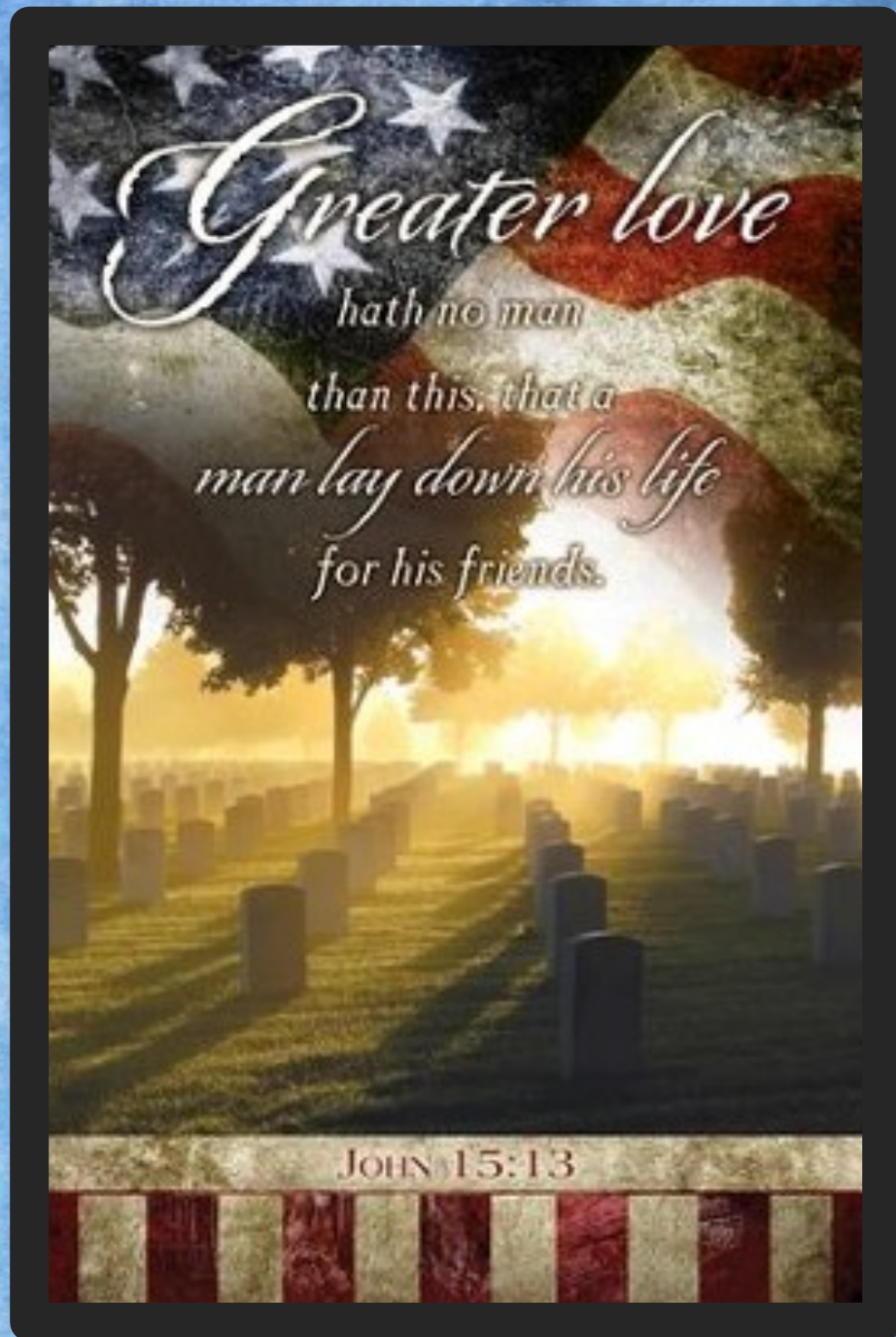


Join the collaboration:

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

www.CourageousSurvival.com

CourageousSurvival@gmail.com



Dedication:

*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!*