

# **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!



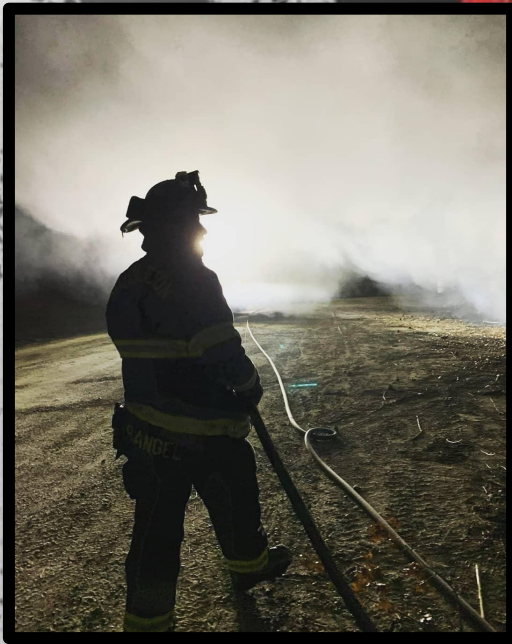


Photo credit: Matt Pidgeon

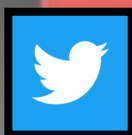


## PFFI MISSION:

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



Photo credit: Jerry Hughes



**WWW.PFFI.ORG**

**(208) 573-4706**

**INFO@PFFI.COM**



# **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**

**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!**

**Contact our Confidential Peer Support Teams**

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

**[www.CourageousSurvival.com](http://www.CourageousSurvival.com)**

**1-866-CS4Idaho**





## **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 Suicide Prevention Hotline call 1-800-273-8255 or text 208-398-4357**

<https://www.idahosuicideprevention.org/>

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

Region 1 (Benewah, Bonner, Kootenai, Shoshone) 208-769-1406

Region 2 (Clearwater, Idaho, Latah, Lewis, Nez Perce) 208-799-4440

Region 3 (Adams, Canyon, Gem, Owyhee, Payette, Washington) 208-459-0092

Region 4 (Ada, Boise, Elmore, Valley) 208-334-0808

Region 5 (Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka, Twin Falls) 208-736-2177

Region 6 (Bannock, Bear Lake, Caribou, Franklin, Oneida, Power) 208-234-7900

Region 7 (Bingham, Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, Teton) 208-528-5700

### **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/>
- Law Enforcement Chaplains of Idaho \*24 - Hour Hot Line (208) 471-8111 <https://chaplainsofidoaho.org/>
- 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](mailto:INFO@NEXTRUNG.ORG)
- Ntnl. Suicide Prevention Hotline 1-800-273-8255
- Vet Center Call Center 1-877-WAR-VETS (927-8387)
- 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)

### **Mental Health Practitioners:**

#### **SW Idaho (Treasure Valley) Locations:**

- A Body & Mind Health Services, LLC (208) 683-8320 <https://www.abmhealthservices.com/>
- ACTS (Advanced Clinical Trauma Services) <https://actsidaho.org/> (208) 600-2184 [info@ACTSIDAHO.COM](mailto:info@ACTSIDAHO.COM)
- Beyond the Yellow Ribbon Counseling (Idaho National Guard-Family Services Affiliate) Case Manager - Brice Hessing 208-272-8802 [brice.e.hessingctr@army.mil](mailto:brice.e.hessingctr@army.mil)
- CARE Counseling Clinic, <https://carecounselingclinic.com/> Angie Sherwood (208) 816-7378
- Canyon Counseling Center Inc. 208-454-1576 Michelle Drinkwine, LCPC [canyoncounseling@yahoo.com](mailto:canyoncounseling@yahoo.com)
- Emergency Responders Health Center (Mental Health & Massage Satellite Center) 208-639-0005 <http://www.er-hc.org/> Ari Brooks, Mental Health Director, LCSW & Rebecca Houston, LCPC
- Laurisa Rogers, LCSW & Certified EMDR Therapist [www.cccboise.com](http://www.cccboise.com) 208-921-3501 [laurisa@cccboise.com](mailto:laurisa@cccboise.com)
- Lisa Johnson Counseling and Consulting, LLC (208) 484-1797 [lisajohnsonlcpc@yahoo.com](mailto:lisajohnsonlcpc@yahoo.com)
- Northwest Wellness Center: <https://idahonwc.com/> Stephen Ammann; LMSW, CSAT (208) 615-0583
- Prism Ranch (Equine & Counseling Services) <https://prismranch.org/> Dr. Janet Benjamin, LMFT, Psy.D. (208) 971-2474 [dribenjamin.prismranch@gmail.com](mailto:dribenjamin.prismranch@gmail.com)
- Rachael Hall Counseling <https://www.psychologytoday.com/us/therapists/rachael-hall-counseling-middleton-id/290372> Rachael Hall, LCPC 208-297-7973 or 208-830-7781 [rachaelhalllcpc@gmail.com](mailto:rachaelhalllcpc@gmail.com)
- RK Counseling [www.rkwellness.com](http://www.rkwellness.com) Rikki Davlin, LCSW 208-505-6951
- Sheepdog Counseling and Wellness (208) 918-0697 [www.sheepdogcounseling.com](http://www.sheepdogcounseling.com)
- Resilient Pathways <https://resilientpathways.net/> Tami Thorne, LCPC (208) 412-4502 [tamarathorne@gmail.com](mailto:tamarathorne@gmail.com)
- Teen HOPE of Idaho (208) 991-4649 <https://www.teenhopeidaho.org/>





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

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

- Vet Center-Boise (208) 342-3612 <https://www.vetcenter.va.gov/>
- Wells Counseling, Ken Wells, LCSW, CCTP (208) 219-5727 [kwells counseling@gmail.com](mailto:kwells counseling@gmail.com)

### **Eastern Idaho Locations:**

- America Health – an Eastern Idaho Company 208-681-0323 <https://www.americahealthurgentcare.com/>  
Teriann Parker, LCSW, Masters Level Certified Accelerated Resolution Therapist (ART), Complex Trauma Specialist [Teriann@ahchealth.org](mailto:Teriann@ahchealth.org)
- Creekside Counseling (208) 529-5777 <https://creeksidecounselingidaho.com/> Dr. Janet O. Allen, Doctor of Education; Counselor Education and Counseling (Multiple therapists specialize in first responders here)
- Integrated Counseling & Wellness 1-844-907-0749 <https://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
- Redford Counseling & Family Services (208) 242-3044 Rob Redford (Pocatello/Eastern Idaho)

### **Northern Idaho Locations:**

- At Your Service Psychiatry <https://www.atyourservicepsychiatry.com/provider/carrie-kralicek-pmhnp>  
Carrie Kralicek, MSN, ARNP, PMHNP-BC (Board Certified Psychiatric Mental Health Nurse Practitioner & Telemedicine Provider practicing in Idaho, Oregon, and Washington)

### **Mental Health & Wellness Treatment Programs or Facilities:**

- Bella Monte Recovery Center 1-800-974-1938 <http://bellamonterecover.com/>
- Breathe Life Healing Centers 1(888) 983-8933 <https://breathelifehealingcenters.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/](http://www.ccosci.org/)
- Deer Hollow Recovery & Wellness Centers (801) 679-6669 <https://deerhollowrecovery.com/>
- Emergency Responders Health Center <http://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 <https://www.frsn.org/>
- First Responder Wellness by Simple Recovery 1-888-443-4898 <https://www.firstresponder-wellness.com/>  
Devin O'Day 714-586-7593 [devin.oday@simplerecovery.com](mailto:devin.oday@simplerecovery.com)
- 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](mailto:MDibona@cevera.com)
- Intensive Healing Therapy <http://www.intensivehealingtherapy.com/> Johnny Urrutia 208-352-2686 [info@IHTmethod.com](mailto:info@IHTmethod.com)
- Pathways Community Crisis Center 1-833-5-CRISIS (27-4747) <http://www.pcccsi.com/>
- Saint Alphonsus Behavioral Health (208) 367-2121
- Save A Warrior: 1 wk. Intensive Cohort with Aftercare for Veterans & First Responders <https://saveawarrior.org/home>
- USA Re-Boot Resort & Id. Horse Therapy (208) 570-5724 <http://idahohorsetherapy.com/>  
<https://usarebootresort.org/about/>

### **Alternative Therapy, Peer Support, Family Assistance, Community Groups:**

- 911 At Ease International 1-888-AT-Ease -4 (888-283-2734) <https://911aei.org/> Nick Edwards 208-805-0825 [nedwards@911aei.org](mailto:nedwards@911aei.org)
- Ahhhsome Relaxation (208) 523-1209 <https://www.ahhhsomerelaxation.com/> (E Idaho & Utah locations)
- Alpha Stim (Electromedical Products International, Inc.) 1.800.FOR.PAIN  
<https://www.alpha-stim.com/first-responders/>
- The American Legion Department of Idaho 208-342-7061 <https://www.legion.org/idaho>
- America's Mighty Warriors <https://americasmightywarriors.org/> 1-623-537-5322  
[americasmightywarriors@gmail.com](mailto:americasmightywarriors@gmail.com)





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

- Boise Rescue Mission/Lighthouse/City Light Women & Children's Shelter (208) 389-9840 (SW Idaho)
- Bonner County Chaplains (North Idaho) <https://www.facebook.com/groups/1381275552023727>  
Dave Lotze - 208-597-1959 & Robert Whitt - 208-290-2873
- Center for Hope (208) 538-1888 <https://www.centerforhopeif.org/> Director Nancy Espeseth  
[nancye@rhscare.com](mailto:nancye@rhscare.com) (Eastern Idaho)
- Courageous Stables Inc. - Certified EAL and EAP Equine Assisted Therapy [blwalburn12@icloud.com](mailto: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](mailto:info@frsn.org)
- Glanders Restoration - Master Craftsman, Equine Therapy & Mentor 208-731-4042 (Magic Valley) Darryl A. Glanders [Darryl.glanders@gmail.com](mailto: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/>
- Hyperbaric Oxygen Clinic of Idaho, call or text 208-202-4025, [hbotclinicidaho.com](http://hbotclinicidaho.com)
- Idaho Back Country Veterans 208-459-1304 [www.backcountryveterans.org](http://www.backcountryveterans.org)
- Idaho Division of Veterans Affairs <https://www.veterans.idaho.gov/>
- Idaho First Responder Wellness Collaborative <https://ifrcw.org/author/ifrcw/>
- Idaho State Family Programs (ALL branches of Military) \*Resource Manual upon request 1-800-479-7006
- Idaho Veteran's Garden Call Danny Pugmire @ (208) 713-3167 or email [sebring2001@yahoo.com](mailto:sebring2001@yahoo.com)  
<https://www.facebook.com/idahoveteransgarden>
- Idaho Veterans Wellness Center (208) 599-0287 <http://idahoveteranswellness.org/>
- 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/>
- Kerry Davis Yoga (FREE Yoga for first responders, veterans & spouses) [www.kerrydavis.org](http://www.kerrydavis.org)  
[kerrydavisyoga208@gmail.com](mailto:kerrydavisyoga208@gmail.com)
- Law Enforcement Chaplains of Idaho \*24 - Hour Hot Line (208) 471-8111 <https://chaplainsofidoaho.org/>  
Tim Rupp, Executive Director & Christa Trinchera, Senior Chaplain
- Legacy Friends LLC [www.legacyfriends.com](http://www.legacyfriends.com) 208.991.9106
- Meditation Studio App (For 1<sup>st</sup> Responders & Veterans) <https://www.meditationstudioapp.com/>
- Mission43 <https://www.mission43.org/>
- Mission Ready Finances <http://missionreadyfinances.com/>
- 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/>
- NeuroBalanced: [www.neurobalancedlife.com](http://www.neurobalancedlife.com) Ron & Lisa Kern 208-254-1077 [ronald@neurobalancedlife.com](mailto:ronald@neurobalancedlife.com)
- 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](mailto:contactus@objectivezero.org)
- Operation Enduring Warrior-Task Force Sentinel <https://www.enduringwarrior.org/>
- PT 180 Clinic (Acupuncturist) <http://pt180.com/> (208) 343-7700
- Ride For Joy (208) 454-8894 <https://www.rideforjoy.org/>
- Self-Rescue Manual <https://selfrescuemanual.com/> (Ada & Canyon Counties)
- Team RWB (Red, White & Blue) <https://www.teamrwb.org/>
- Team River Runner <https://www.teamriverrunner.org/Boise>
- Team Rubicon <https://teamrubiconusa.org/>





- Yoga For First Responders <https://www.yogaforfirstresponders.org/>
- Warrior Rock: Annual Idaho Event @ City of Rocks  
<http://warriorsrockclimb.com/>



### **Mental Health & Wellness Training/Tools:**

- 911 Training Institute <https://www.911training.net/> Ryan Dedmon [info@911Training.net](mailto: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](mailto:beauvaisf@cityofnampa.us)
- Emotional Survival for the First Responder (All First Responders & Spouses) Nampa Police Dept. – Tonna Marek 208-468-5733 [marekt@cityofnampa.us](mailto:marekt@cityofnampa.us)
- Firefighter Behavioral Health Alliance (Fire/EMS/Dispatch) [www.ffbha.org](http://www.ffbha.org) 847-209-8208 [jdill@ffbha.org](mailto:jdill@ffbha.org)
- Wishes For Warriors/Howitzer – Project Blue Lion (free firearms training for active-duty law enforcement)  
<https://www.wishes4warriors.org/project-blue-lion>
- International Critical Incident Stress Foundation, Inc. (CISM Training) <https://icisf.org/> (410) 750-9600
  - Idaho Instructor: Ret. LEO Ron Winegar 208-573-0303 [copthrive@gmail.com](mailto:copthrive@gmail.com)
- LivingWorks - ASIST Suicide Prevention Training <https://www.livingworks.net/asist>
  - Idaho Instructor: Tyson McAlindin [tyson.mcalindin@teamrubicon.org](mailto:tyson.mcalindin@teamrubicon.org)
  - Idaho Instructor: Christina Ceransky [christinasky@gmail.com](mailto:christinasky@gmail.com)
- Project Welcome Home Troops (Free Power breath workshops) [www.pwht.org](http://www.pwht.org)  
<http://www.projectwelcomehometroops.org/power-breath-workshop/>
- QPR (Question, Persuade, Refer) Suicide Prevention <https://www.centerforhopeif.org/services/> Andra Smith Hansen 208-589-7759 or Nancy Espeseth [nancye@rhscare.com](mailto:nancye@rhscare.com)
- TIP of the Treasure Valley (Trauma Intervention Program) & E-TIP (All Emergency Responders Training) <https://www.tiptreasurevalley.org/> (208) 999-2081 [info@tiptreasurevalley.org](mailto:info@tiptreasurevalley.org)
- Trauma Focused Mental Health & Wellness Training by Deer Hollow Jared Nesary 801-819-1249  
[jaredn@deerhollowrecovery.com](mailto:jaredn@deerhollowrecovery.com)

### **Advocacy, Education & Resources:**

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

### **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>
- Firefighter Behavioral Health Alliance (Fire, EMS & Dispatch) [www.ffbha.org](http://www.ffbha.org)
- Idaho Fallen Firefighters Foundation <https://idahofff.com/> [idahofff@gmail.com](mailto:idahofff@gmail.com)
- Idaho Veteran's Garden & Photo-Memory Quilts 208-649-6008 <https://www.idahoveteransgarden.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](mailto:sebring2001@yahoo.com)  
<https://www.facebook.com/Wa22iors>
- Wishes For Warriors/Life After War 855-W4W-HERO (949-4376) <https://www.wishes4warriors.org/>

*\*This Resource Guide is updated & reprinted quarterly. A PDF copy is available to download on our website. The above list is also on the Resource page with hyperlinks. Please visit our website for those updates.*

**[www.CourageousSurvival.com](http://www.CourageousSurvival.com)**





## 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](http://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

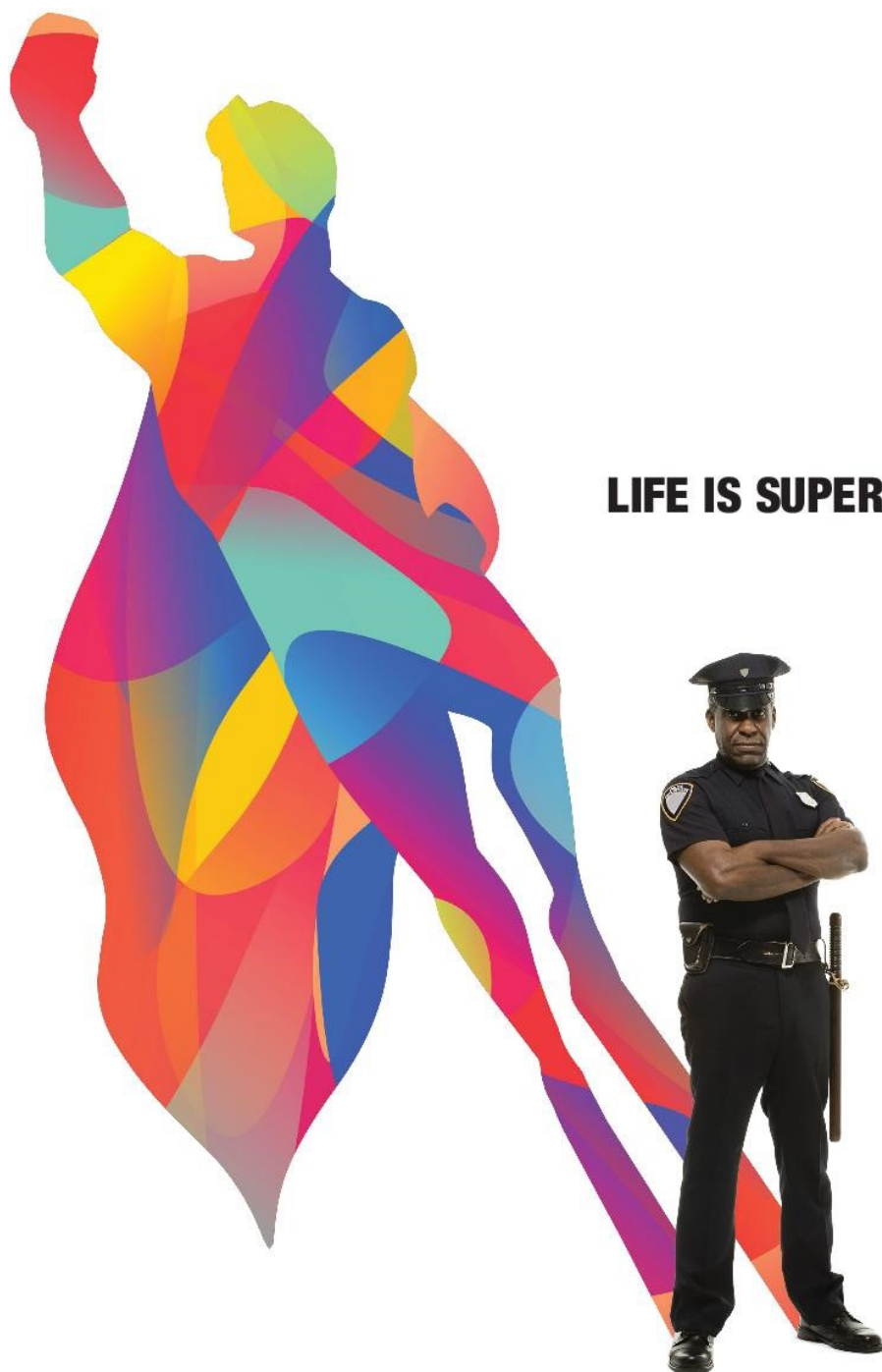


Social accounts: @saveawarrior  
Instagram: @save\_a\_warrior\_saw



[saveawarrior.org](http://saveawarrior.org)  
[sawnation@saveawarrior.org](mailto:sawnation@saveawarrior.org)





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# 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



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WE ARE PROUD TO PROVIDE ROTATING,  
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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  
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**\$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

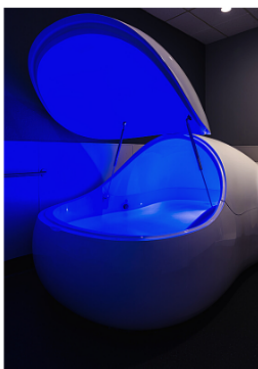
This light will increase your body's circulation, accelerating its natural recovery process to help temporarily relieving minor muscle and joint pain.

### 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.





## 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](https://www.tiptreasurevalley.org/tv_etip.php)

Contact: Kymer 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](mailto:jdill@ffbha.org)

Firefighter Behavioral Health Alliance: [www.ffbha.org](http://www.ffbha.org)



**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**



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](https://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**.







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](mailto:WA22IORSNEVERFORGOTTEN@yahoo.com)

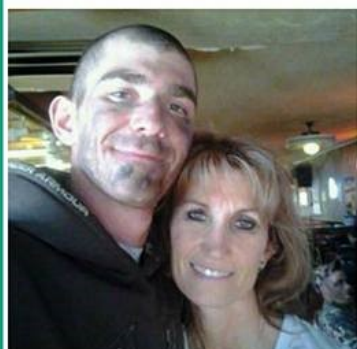
June Pugmire - Founder

208 - 412 - 8520



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

June Pugmire



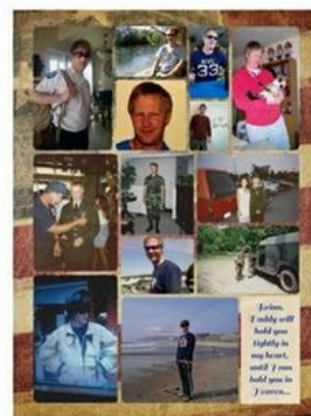
Bryan Gene Kelly & June Pugmire (Mom)

## "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**





# 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 1<sup>st</sup> 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



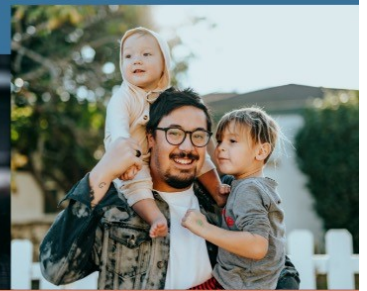
COMMIT TO LIFE. BE A SAFE CONNECTION.

# 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](mailto:nancye@rhscares.com)

**Andra Smith Hansen**  
Certified QPR & ASIST Trainer  
208.589.7759

### TRAINING FUNDED BY



**OPTUM®**

THANK YOU!





*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](http://www.IntensiveHealingTherapy.com)**





## 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**

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](http://www.911aei.org/give-now)** and select "Idaho" as the Chapter.

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

**1-866-CS4Idaho**  
**[www.CourageousSurvival.com](http://www.CourageousSurvival.com)**  
**[CourageousSurvival@gmail.com](mailto:CourageousSurvival@gmail.com)**

**Special Thanks to the Professional Fire Fighters of Idaho, Deer Hollow Recovery & Wellness Centers, Blaine Tewell, SERVPRO (Boise), Johnny Urrutia, Intensive Healing Therapy, Code 3 to 1 Retired Law Enforcement Association, & Ret. LEO Ted Todd. You have made this Guide & our Enhanced Peer Support Teams possible with your donations!**