

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

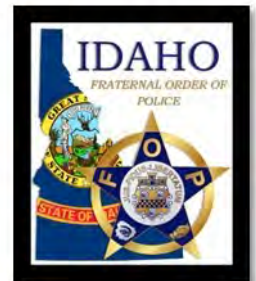


COURAGEOUS SURVIVAL

★ IDAHO ★
SERVING
EVERYDAY HEROES

1-866-274-4324 (CS4IDAHO)

COURAGEOUSSURVIVAL.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, MERIDIAN AMERICAN LEGION POST #113, KUNA HIGH SCHOOL JROTC, WEBBEX INC. (MIKE WEBB), IRON WARRIORS, EAGLE FIELD OF HONOR & HOMEBREWSTUFF. YOU HAVE MADE THIS RESOURCE GUIDE, OUR OUTREACH & PEER SUPPORT TEAMS POSSIBLE!



COURAGEOUS SURVIVAL

COURAGEOUS SURVIVAL PEER SUPPORT TEAMS ARE HERE TO HELP YOU NAVIGATE THESE RESOURCES & PROVIDE CONFIDENTIAL SUPPORT.

1-866-274-4324 (CS4IDAHO)

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



WWW.COURAGEOUSSURVIVAL.ORG



OUR EVERYDAY HEROES

WE ARE PROUD TO PROVIDE ROTATING, COMPLIMENTARY SERVICES ON THE 11TH OF EVERY MONTH TO VETERANS, MILITARY, LAW ENFORCEMENT OFFICERS, FIRE FIGHTERS, EMS, DISPATCHERS, CORRECTIONS, CORONERS, CHAPLAINS, CLINICIANS, RETIRED 1ST RESPONDERS, AND SPOUSES OR SIGNIFICANT OTHERS

*ID Required

PRESENTED BY
ELEVATE MIND
BODY

314 CALDWELL BLVD. NAMPA, ID 83651
208-467-0343
INFO@ELEVATEMINDBODYSTUDIOS.COM
WWW.ELEVATEMINDBODYSTUDIOS.COM



LEAD FREEDOM AMBASSADOR - JACKI BRIGGS
1-866-274-4324 (CS4IDAHO)
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HEROES RESILIENCY PACKAGES

1
FREEDOM
Wellness Complete
Non-Contracted
Membership
\$79.95
Limited to 2
Float sessions
per month

2
LIBERTY
4 Float
sessions
\$99
or
15% off 1 Intro
Float session

FLOAT THERAPY

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

MASSAGE CHAIRS

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

WELLNESS COCOON

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

PAIN LIGHT

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

HALOTHERAPY

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

RED LIGHT THERAPY

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





OUR MISSION

Save A Warrior 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: Matt Pidjeon



Photo credit: Jerry Hughes

PFFI MISSION:

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



WWW.PFFI.ORG

(208) 573-4706

INFO@PFFI.COM



SMASH

THE STIGMA

ENOUGH SUFFERING ENOUGH HIDING

Shame and stigma prevent first responders from seeking help for trauma from the job.
Your pain is real and your mental health is important.

Call us. We are available 24/7.
888.5WE.KNOW

Confidential | Understanding | Lifesaving

We understand the stigma first responders feel about needing help to heal wounds the world doesn't see. You carry so much. We are experts in providing the most comprehensive and deeply caring treatment for the core trauma that causes these wounds, and the daily struggles that manifest from it. You don't need to carry this any longer.

PTSD | Depression | Suicidal Thoughts | Anxiety | Behavioral Addiction

CALL US 24/7 888.5WE.KNOW | Info@DeerHollowRecovery.com



Deer Hollow is the leading mental health center in the country providing deeply caring, comprehensive treatment to individuals struggling with the devastating impacts and overwhelming challenges of trauma.

In-Network with Most Major Insurance Providers.

DeerHollowRecovery.com



DEER HOLLOW



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



Schedule a Presentation or apply for financial assistance
brothersinhealing@gmail.com

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

A HOLISTIC APPROACH TO HEALING



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

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Let Horses Lead You to a Better Way

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.

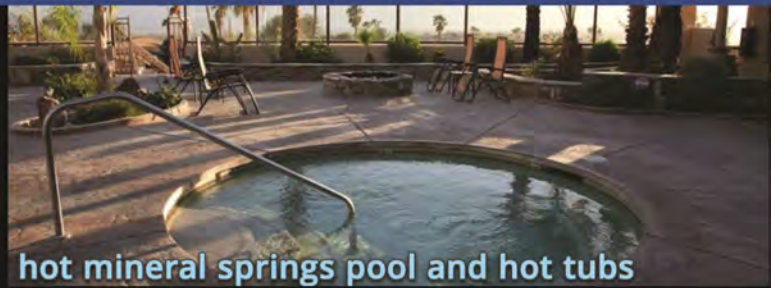
We specialize in treating Trauma, PTSD, Depression and Anxiety.

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.



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



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Flexible Cash Rate
Payment Plans
Financing Programs Available

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Your Rest & Recovery Sanctuary

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**Energize with 25% off
a cold water plunge!**



**Breathe easier with 25%
off halotherapy!**

Get Great Deals On Our Flagship Services!



**Manage stress with 25%
off all float services!**



**Repair your muscles with
50% off NovoTHOR!**



**Detox your body with 25%
off all sauna services!**

Book online with code **Courage23!** Discount only available to active military, veterans, 1st responders and their immediate spouse/significant other only. ID will be required.

www.FloatMagic.com

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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
- Innovative and clinically proven treatments
- PTSD, OCD, Depression, Anxiety, Suicidal Ideation
- CRPS, Fibromyalgia, Migraines, Phantom Limb, Neuropathic Pain, Lumbar Pain, and more!



Vitamin Wellness Infusions

- The most effective way to get essential vitamins and nutrients.
- Aid and support in recovery, immune response, weight loss, skin and hair quality, peak performance enhancement, stress relief, pain relief, migraines, and more!



Booking Now
208-546-3650

info@halcyoninfusions.com

www.halcyoninfusions.com

What Is Honoring The Heroes?

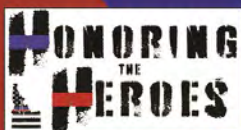
Honoring The Heroes is here to honor and help law enforcement and first responders across the nation, win their spiritual, mental, and emotional fight. With an added focus on our Veterans that go on to serve in their communities.

Donate A Bag Today

Sponsor This Bag



Sponsor This Bag



(208) 576-4340

honoringtheheroesid@gmail.com



@HonoringtheHeroesID

honoringtheheroes.com



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.

VA Study: Elevated Risk for Autoimmune Disorders in Veterans Diagnosed with PTSD



October 21, 2014: VA Study

“A study of more than 666,000 Veterans of Iraq and Afghanistan, those with PTSD were more likely to have autoimmune disorders such as rheumatoid arthritis, multiple sclerosis, lupus, inflammation of the thyroid, and inflammatory bowel disease...”

*Source: Ntl. Library of Medicine

Veterans: Have you been diagnosed with or received a VA disability rating for PTSD?

If Yes: Have you been diagnosed with an autoimmune disorder?

If YES to both of the above:

- ◆ You may be eligible for additional VA disability benefits.

Contact a Veteran Service Officer:

- ◆ Idaho Division of Veterans Services
208-780-1380 or go to:

<https://veterans.idaho.gov/advocacy/service-officers/>

- ◆ Disabled American Veterans (DAV) Service Officers at 208-429-2140

PACT ACT (Promise to Act Comprehensive Toxics Act) Expansion of Coverage

New law expanding VA healthcare coverage and benefits for Veterans who were exposed to burn pits, Agent Orange, and other toxic substances. A presumptive condition list has been added that may allow a veteran to be eligible for care based on current medical conditions. This law helps us provide generations of Veterans—and their survivors—with the care and benefits they’ve earned and deserve.

Why Register?

This is a tool to build a presumptive conditions list that may help you, or others Veterans access additional benefits in the future.

Burn Pit Registry

1-800-698-2411 (TTY 711)

*Source: US Dept. of Veterans Affairs website & briefs



To learn more about the VA's own study on PTSD and Autoimmune Disorders or the PACT Act/Burn Pit Registry Info:

Follow the link or use QR code
<https://courageoussurvival.org/va-benefits>



Attention! Crisis Care for Veterans

Experiencing a mental health or suicidal crisis?
Call 911 or 988 then press #1 for the Veteran's Crisis Line
OR go to the nearest Emergency Department immediately!



Inform the emergency care provider to report your emergency treatment to the VA Centralized Emergency Care Reporting Center as soon as possible after your treatment begins.

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

As of January 17, 2023, VA will provide, pay for or reimburse emergency care for qualifying Veterans and individuals – including ambulance transportation, follow-up inpatient or residential care related to the event for up to 30 days and outpatient care for up to 90 days (including social work). Notifying VA of an emergency event allows covered Veterans to have their emergency treatment authorized by VA. Failure to report emergency care to VA within 72 hrs. of the start of the emergency treatment may impact your eligibility for VA to cover the cost of treatment.



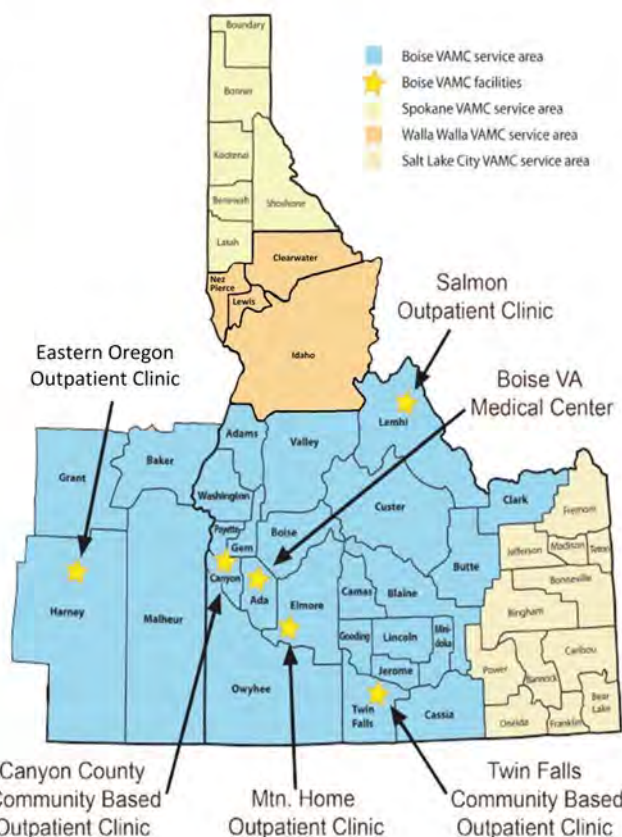
Please follow the link below or use QR code to learn more about the COMPACT Act.

<https://courageoussurvival.org/va-benefits>

Who is covered?

- ♦ **Military service:** Active duty and discharged either honorably or other than honorably after 24 months.
- ♦ **Reserve or Guard:** Minimum of 100 days and were deployed under a combat excursion (Including drone pilots).
- ♦ **Other:** Individuals subject to unwarranted physical assault of a sexual nature, a battery of a sexual nature, or sexual harassment while serving in the armed forces.

*Source: US Dept. of Veterans Affairs website & briefs



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

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



***24/7 Idaho Crisis & Suicide Hotline (Ntnl. & State)**
Call or text 988 when you have an urgent mental health need.

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 (27-4747) www.pcccsi.com

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

- ♦ The Crisis Hotline (Serving all of Idaho) 208-788-3596 (Bilingual Support) 208-578-4114
- ♦ Mobile Crisis Unit 208-736-2177
- ♦ Crisis Center of South-Central Idaho (Crisis Center & Detox) (Twin Falls) 1-866-737-1128 OR 208 772-7825 www.ccosci.org

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)

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

24/7 Crisis Lines & Assistance (Suicide Prevention)

Military/Veterans: (24/7)

Veterans Crisis Line 988 (Press 1 for 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

(Call, text, email or chat)

www.vets4warriors.com

First Responders: (24/7)

Chaplains of Idaho (208) 471-8111

www.chaplainsofidoaho.org

COPLINE 1-800-COPLINE (267-5463) www.copline.org

Cop 2 Cop 1-866-267-2267

Next Rung (7 days/wk. – NOT 24/7)

CALL or TEXT 1-833-NXT-RUNG (698-7864)

www.nextrung.org INFO@NEXTRUNG.ORG

Mental Health Practitioners:

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

*Also, check with your employer's EAP program or the VA for more resources

Idaho: All Regions

- ◆ **A.R.T. (Accelerated Resolution Therapy) Certified Therapist Locator:** www.is-art.org/directory
- ◆ **IDNG Behavioral Wellness Team (Active National Guard, Family Members, & Veterans)** 1-800-479-7006 Gordon Meade, Case Mngr. o 208-272-8802 or c 208-996-9622 (ID) *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 (ID)

Region 1 (Benewah, Bonner, Kootenai, Shoshone)

- ◆ **Anchored Support, LLC** www.anchoredsupport.com Laura Taylor, MSW, LCSW, CSAT-C, Individual and Family Therapist ltaylorlcsw@gmail.com 208-818-2619 (Coeur d'Alene)
- ◆ **Christen Kishel**, PhD christenkishelphd.com 509-993-8301 drkishel@gmail.com (Idaho & Washington)
- ◆ **JCarter Counseling, PLLC** <https://www.jcartercounseling.com/> Jessica Carter, MSC, LPC jess@jcartercounseling.com (480) 269-1413 (Coeur d'Alene & Boise/Meridian in person, telehealth for all ID & AZ)
- ◆ **Susan M. Beglinger**, MS, LCADC, AAMFT Approved Supervisor <https://www.susanbeglinger.com> (702) 521-3222, (208) 777-5510 beglinsm@yahoo.com (Coeur d'Alene)
- ◆ **Responders1st** 208-699-8949 Carrie Kralicek, MSN, ARNP, PMHNP-BC Board Certified Psychiatric Mental Health Nurse Practitioner, Medication Mngt. & Telemedicine Provider (Idaho, Montana, Oregon & Washington)
- ◆ **Thrive Counseling** (208) 518-6400 George Smiledge, LPC thrivecounselingsvs@outlook.com (Hayden)
- ◆ **Vet Center - Spokane** 509-444-8387 <https://www.va.gov/spokane-vet-center/> (Spokane, Coeur d'Alene, Post Falls, Sandpoint locations & Mobile Outreach in Region 1)

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

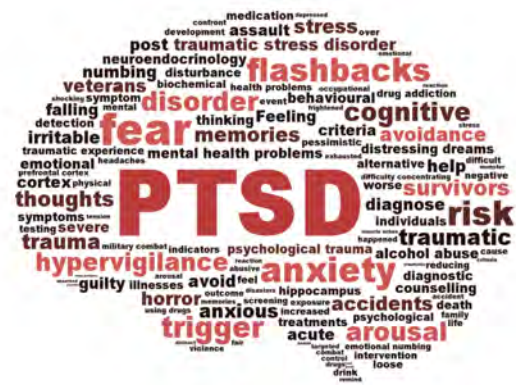
- ◆ **McIntosh Mental Health, LLC** <https://www.mcintoshmentalhealth.com/> Brandon McIntosh, LCSW, ACS 208-413-9973 (Lewiston)
- ◆ **Bohnenkamp Behavioral Health, LLC** <https://www.bohnenkampbh.com> Rebecca A. Bohnenkamp, LCSW (208) 553-3776 bohnenkampbh@gmail.com (Lewiston & surrounding areas - via tele-psych)
- ◆ **Kindra Hibbard Counseling** 208-750-1802 Kindra Hibbard, ART certified, LCPC, LMHC, IMHP kindrahibbard@kindrahibbardcounseling.hush.com

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

- ◆ **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
- ◆ **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 Suzy Albert, LCSW info@halcyoninfusions.com (Nampa)
- ◆ **Northwest Wellness Center** www.idahonwc.com Stephen Ammann; LMSW, CSAT 208-615-0583 (Nampa)
- ◆ **Prism Ranch (Counseling & Equine Therapy)** www.prismranch.org 208-971-2474 Dr. Janet Benjamin, LMFT, Psy.D. (Nampa & New Plymouth)
- ◆ **Rachael Hall Counseling Rachael Hall**, LCPC 208-297-7973 or 208-830-7781 rachaelhalllpc@gmail.com (Middleton)
- ◆ **Vet Center-Boise** 208-342-3612 www.vetcenter.va.gov (Mobile Outreach in Region 3)



In order to love who you are, you cannot hate the experiences that shaped you. ~ Andrea Dykstra



Mental Health Practitioners: (Cont.)

Region 4 (Ada, Boise, Elmore, Valley)

- ◆ **Abundant Serenity, LLC** www.abundantserenitywp.com Wendy Perez, LCSW, ACADC, RPT-S, SAP, SAE 208-918-0380 wendyperez@abundantserenity.com (Meridian)
- ◆ **ACTS (Advanced Clinical Trauma Services)** www.actsidaho.org 208-600-2184 info@ACTSIDaho.com (Caldwell, Nampa, Boise & Meridian)
- ◆ **Aspiring Hearts** <https://www.aspiringheartscounseling.com/> Trina Allen, LCSW 208-695-8779 (Boise)
- ◆ **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; Richard T. Brown, LPC (Boise)
- ◆ **Emergency Responders Health Center - ERHC 360 Health Resource Guide** 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)** 1-800-479-7006 POC Gordon Meade, Case Mngr. o 208-272-8802 or c 208-996-9622 *In-person or telehealth available statewide. (Formerly Beyond the Yellow Ribbon Counseling)
- ◆ **JCarter Counseling, PLLC** <https://www.jcartercounseling.com/> Jessica Carter, MSC, LPC jess@jcartercounseling.com (480) 269-1413 (Coeur d'Alene & Boise/Meridian in person, telehealth for all ID & AZ)
- ◆ **Lisa Johnson Counseling and Consulting, LLC** 208-484-1797 Lisa Johnson, LCPC, EMDR, ART lisajohnsonlcpc@yahoo.com (Eagle)
- ◆ **Limitless Life Counseling** www.LimitlessLifeCounseling.com 208-807-2877 Becky Waggaman, LCSW, CCFC, CLC, HNCC (Meridian)
- ◆ **Rebecca Houston, LCPC (First Responders & Military exclusively)** 208-615-3538 rhoustonlcpc@gmail.com (Boise)
- ◆ **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)
- ◆ **Sheepdog Counseling and Wellness** www.sheepdogcounseling.com 208-918-0697 Eric Fieldstad, LCSW, QSUDP (Boise)
- ◆ **Vet Center-Boise** 208-342-3612 <https://www.va.gov/boise-vet-center/> (Boise & Mobile Outreach)
- ◆ **Wells Counseling**, Ken Wells, LCSW, CCTP 208-219-5727 kwells counseling@gmail.com (Boise)

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

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

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

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

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

- ◆ **Centerpoint Counseling** www.centerpointcounseling.com 208-359-4840 Julie Moody, PMHNP (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)
- ◆ **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)
- ◆ **Teriann Parker** LCSW, Complex Trauma, Clinician, Masters Level Certified Accelerated Resolution Therapist (A.R.T.), Community Resiliency Model Trainer (CRM), 208-681-0323 Teriannjness@gmail.com (Idaho Falls)
- ◆ **Vet Center - East Idaho** 208-522-5712 www.va.gov/east-idaho-vet-center (Idaho Falls & Pocatello)

Mental Health and Wellness Treatment Programs or Facilities:


- ◆ **Bella Monte Recovery Center** 1-800-974-1938 www.bellamonterecover.com
- ◆ **Breathe Life Healing Centers** 1-888-983-8933 www.breathelifehealingcenters.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** (Medical Care & Physical Therapy) www.er-hc.org
Triage Nurse Line 208-576-1695 or Office 208-229-3742
- ◆ **First Responder Support Network - West Coast Post-Trauma Retreat** (For First Responders with additional retreats for Spouses or Significant Others-SOS) www.frsn.org 415-721-9789
- ◆ **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.geneshouse.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)** www.boiseimagine.com 208-954-6626 Danielle Fanopoulos
dfanopoulos@northpointrecovery.com
- ◆ **Mission 43 - Operation Resilient Path** www.mission43.org/operation-resilient-path Brad Blair 208-424-2642
info@mission43.org
- ◆ **Project Sanctuary** www.projectsanctuary.us contact: info@projectsanctuary.us
- ◆ **Save A Warrior** (3 ½ day Intensive Cohort with Aftercare for Veterans & Limited First Responders)
www.saveawarrior.org/home (FREE for Veterans, minor cost for First Responders)
- ◆ **Warriors Heart** (Primary Substance Abuse/PTSD & Multiple Secondary Co-Occurring Issues)
<https://www.warriorsheart.com/> 1-888-598-4895 or text 830-200-0134




MILITARY & FAMILY READINESS SPECIALISTS (MFRS)

POST FALLS
Brandi Stordahl
5453 E Seltice Way
Office: 208-272-7580
Cell: 208-608-3895
Brandi.s.stordahl.nfg@gmail.com (temp)

1




STATE LEAD
Cassandra Rzepa
Office: 208-272-7532
Cell: 208-608-3816
cassandra.k.rzepa.nfg@army.mil




LEWISTON
Keesha West
2707 16th Ave
Office: 208-272-7430
Cell: 208-608-8185
keesha.l.west.nfg@army.mil

2




TWIN FALLS
Sonya Nowland
1069 Frontier Rd
Office: 208-272-7029
Cell: 208-608-3969
sonya.d.nowland.nfg@army.mil

4




CALDWELL/BOISE
Glen Fuchs
1200 S Kimball Ave
Office: 208-272-7311
Cell: 208-608-8230
glen.w.fuchs2.nfg@army.mil

3




POCATELLO
Hiedi Young
10714 Fairgrounds Rd
Office: 208-272-7188
Cell: 208-608-3888
hiedi.b.young.nfg@army.mil

5




BOISE
Diann Scheetz
4250 Cessna St. BLDG 270
Office: 208-272-4355
Cell: 208-608-8204
diann.l.scheetz.nfg@army.mil

3



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

6



Nonprofits providing access to FREE Confidential Counseling, Treatment, Services, or Peer Support:

First Responders, Spouses & Families:

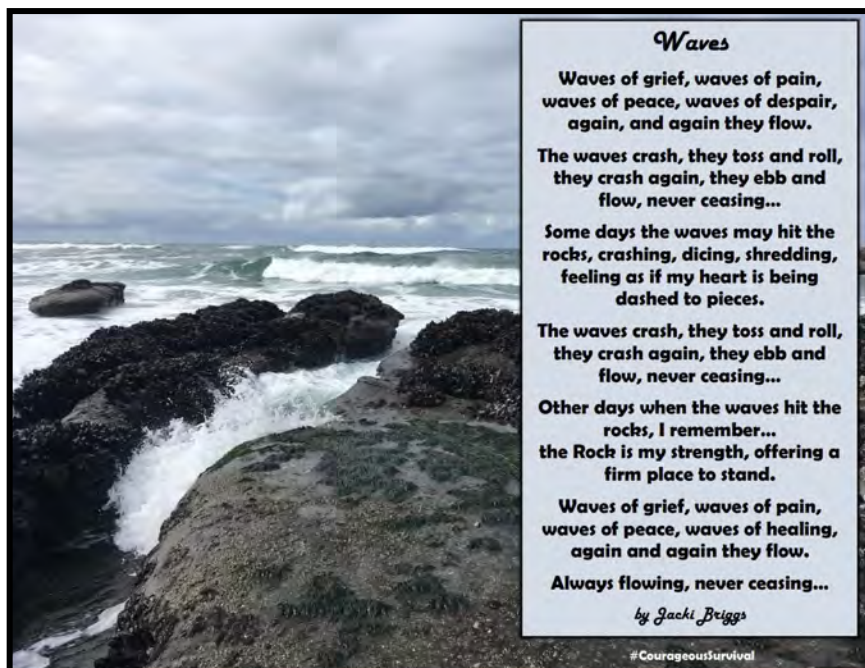
- ◆ **Brothers in Healing** www.brothersinhealing.com (Assistance for treatment of PTS/PTSD) brothersinhealing@gmail.com
- ◆ **Coeur d'Alene Police Foundation** (Region 1 - Kootenai County - Counseling & Assistance) <https://www.cdapdfoundation.org/> (509) 994-0526 cdapdfndtn@gmail.com
- ◆ **Next Rung** www.nextrung.org CALL or TEXT 1-833-NXT-RUNG (698-7864) INFO@NEXTRUNG.ORG (7 days/wk. – NOT 24/7)
- ◆ **The Wounded Blue** (LE Support, Education, Assistance and Legislation) www.thewoundedblue.org (725)222-3967
Peer Support Phone: 702-290-5611

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

- ◆ **America's Mighty Warriors** www.americasmightywarriors.org 1-623-537-5322 americasmightywarriors@gmail.com (Region 2)
- ◆ **Idaho County Veterans Outreach & Community Center** 208-507-2035 POC Lucky Gallego idcovets@gmail.com (Region 2 - Grangeville)
- ◆ **Idaho State Family Programs (ALL branches of Military)** <https://www.imd.idaho.gov/idaho-national-guard/family-programs/> *Resource Manual 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 (927-8387) www.vetcenter.va.gov
- ◆ **Service Member & Family Support Specialists** (See below for contact info) <https://www.imd.idaho.gov/idaho-national-guard/family-programs/service-and-family-readiness-program/>

Both:

- ◆ **Courageous Survival** (Peer Support, CISM Debriefs & Access to Resources) www.courageoussurvival.org 1-866-274-4324 Ext. 1 peersupport@courageoussurvival.com
- ◆ **Elevate Mind Body Studios** www.elevatemindbodystudios.com (Contact Courageous Survival Freedom Ambassadors for access to Free Services)
- ◆ **First Responder Wives Online Community and Book Club (Military/Veteran Spouses Included)** www.facebook.com/groups/619980392917030 *Join us to learn how to support yourself, your spouse, and each other (FREE) Andelin Price, Certified Life Coach info@andelinprice.com
- ◆ **Mission Ready Finances** www.missionreadyfinances.com (Financial Coaching)
- ◆ **Project Welcome Home Troops** (Free Power breath workshops) www.pwht.org www.projectwelcomehometroops.org/power-breath-workshop (202) 642-4248 info@pwht.org
- ◆ **The Wild Courage** www.thewildcourage.life (Peer Support & Podcasts) 307-696-5431 info@thewildcourage.life (Region 3-4)
- ◆ **Zero Dark Thirty Coffee Foundation** (PTSD Peer and Spousal Support meetings held every 2nd and 4th Thursday of the month) www.zerodarkthirtycoffee.org Jarad & Jessica Webb 208-989-1343 (Boise)



Alternative Therapy & Wellness Programs:

All Regions: (Ntnl.)

- ◆ **Alpha Stim** (Electromedical Products International, Inc.) www.alpha-stim.com/first-responders 1.800.FOR.PAIN

Region 1 (Benewah, Bonner, Kootenai, Shoshone)

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

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

- ◆ **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 (Ketamine and Wellness Infusions, Therapy)** www.halcyoninfusions.com (208) 546-3650 Matt & Suzy Fowler Info@halcyoninfusions.com (Nampa)
- ◆ **Kingswood Ranch Inc. ~ A place for Heroes (Equine, Animal Therapy, Gardening, Camping & more)** <https://www.kingswoodranch.org/> 208-741-2772 kingswood.ranch.id@gmail.com (New Plymouth)
- ◆ **Nampa Naturopathic Health Clinic** www.nampa-naturopathic-health-clinic.business.site 208-960-0454 Dr. Brett Butterfield (Nampa)
- ◆ **Treasure Valley Brain Center (Microcurrent Neurofeedback)** www.treasurevalleybraincenter.com 208-204-9114 Jim & Katie Solosabal tvbraincenter@yahoo.com (Nampa)
- ◆ **Willow Tree Restorative Center (Wellness, Ortho-Bionomy, RN Case Management & Healing Center)** <https://www.willowtreerc.com/> 208-740-7333 willowtreerc@gmail.com (Payette)

Region 4 (Ada, Boise, Elmore, Valley)

- ◆ **Agape Integrative Medicine (Chiropractic, Functional Medicine, Applied Kinesiology, & Acupuncture)** 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 <https://www.psychologytoday.com/us/therapists/healing-by-fire-art-glass-therapy-boise-id/956563>
- ◆ **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)
- ◆ **Neptune Warrior** (Healing Heroes One Dive at a Time) <http://neptunewarrior.org/> Rob Anderson 208-254-0436
- ◆ **NeuroBalanced** www.neurobalancedlife.com Ron & Lisa Kern 208-254-1077 ronald@neurobalancedlife.com (Nampa)
- ◆ **Sally Brunk, LLC** (Region 3-4 Mobile Nutritional IV Infusions) 208-869-7979 Sally Brunk, RN of 34 yrs. Stram68@aol.com

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

- ◆ **Float Magic (Wellness Center)** www.floatmagicvalley.com 208-933-2620 floatmagicvalley@gmail.com (Twin Falls)
- ◆ **Hiatus Ranch** www.hiatusranch.org (208) 204-9987 Joshua Burnside connect@HiatusRanch.org
- ◆ **Hyperbarics of Sun Valley (Hyperbaric Oxygen Therapy)** <https://hyperbaricsofsunvalley.com/> Phil Raney 208-928-7477 philrrainey@gmail.com (Hailey)
- ◆ **Mountain Air (Rapid Eye Technician, Life Coach)** <https://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 (Bannock, Bear Lake, Caribou, Franklin, Oneida, Power)

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

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

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

Other Nearby Locations: (Utah)

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

Injured/Fallen/ Survivor (Family) Resources:

- ◆ **512 Fund (Serving Injured & LODD for LE families all across ID, N Nevada & E Oregon)** <https://512fund.org> Detective Guy McKean (208) 577-1385 info.512fund@gmail.com (Contact via phone 1st for immediate needs)
- ◆ **American Foundation for Suicide Prevention** <https://afsp.org/> D'Arcy Valverde, Idaho Area Director dvalverde@afsp.org
- ◆ **Behind the Badge (WA Resource)** <https://behindthebadgefoundation.org/> (425) 654-4786 info@behindthebadgefoundation.org
- ◆ **Blue H.E.L.P. (LE - Honor boxes & support for survivors)** www.wearebluehelp.org
- ◆ **Blue Line Bears – Helping Children of Fallen LEOs (LODD & Suicides only)** www.bluelinebears.org Ray Schwabe 614-288-7022 rschwabe@bluelinebears.org
- ◆ **Blue Star Mothers of America (Idaho)** https://www.bluestarmothers.org/index.php?option=com_content&view=article&id=62 POC: president.id3@bluestarmothers.us
- ◆ **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
- ◆ **First H.E.L.P. (All 1st Responders)** www.1sthelp.org POC: contact@1sthelp.org
- ◆ **First Responders Children's Foundation** <https://1strcf.org/> **Emergency Hardship Grant:** (646) 822-4236 info@1stRCF.org
Financial assistance application: <https://1strcf.org/financial-assistance/> **Bereavement assistance application:** <https://1strcf.org/bereavement-assistance/> **Toy Express application:** <https://1strcf.org/toy-express/>
- ◆ **Homes for Heroes** www.homesforheroes.com
- ◆ **Idaho Concerns of Police Survivors (C.O.P.S.)** <https://www.idahocops.org/> Jerry Miller jerry_miller@idahocops.com
Ntnl. C.O.P.S. # 573-346-4911
- ◆ **Idaho Fallen Firefighters Foundation** www.idahofff.com POC: 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 Veterans Cemetery** - www.veterans.idaho.gov/cemeteries/
- ◆ **Idaho Veterans 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
- ◆ **The Thin Blue Line of Hope – Canyon County Deputies' Association** Nick Whittier 208-631-1614 canyoncountydasa@gmail.com
- ◆ **Warriors 22 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



Mental Health & Wellness Training/Tools:

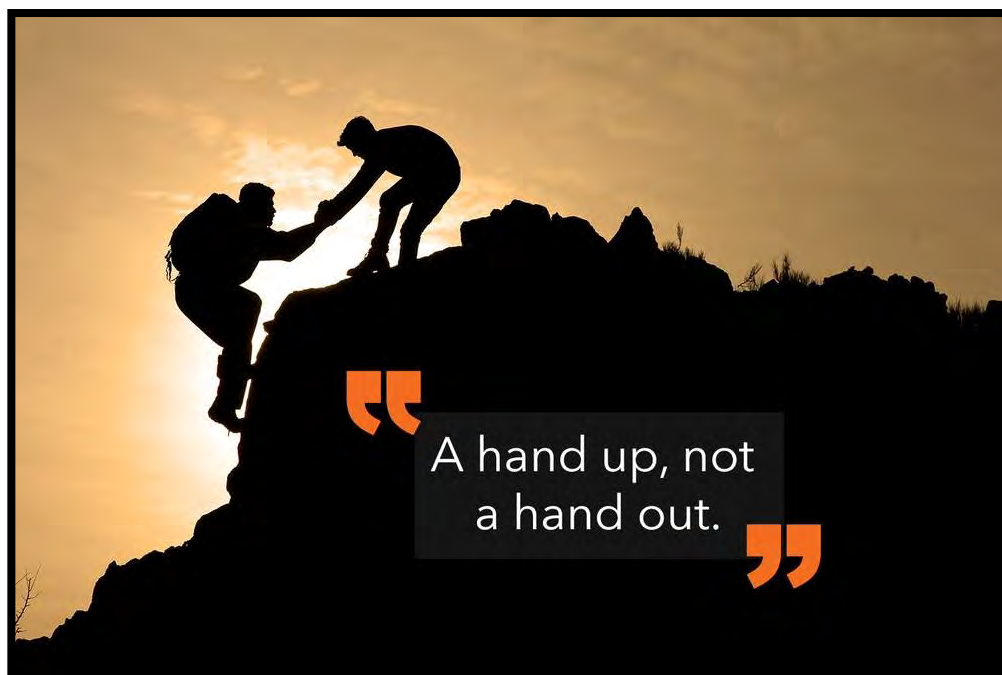
- ◆ **911 Training Institute** www.911training.net 231-622-1600 RyanDedmoninfo@911Training.net
- ◆ **Brotherhood in Training (FF Group)** Frank Beauvais 208-989-9460 beauvaisf@cityofnampa.us
- ◆ **Brothers in Healing** www.brothersinhealing.com Chris Sutherland & Jeremy "Woody" Woods (National speakers & financial assistance for those who need treatment for PTSD) brothersinhealing@gmail.com
- ◆ **Courageous Survival** www.CourageousSurvival.org 1-866-274-4324 (Various Trainings: ASIST & QPR Suicide Intervention, Resiliency, Resources & Peer Support, CISM, Outreach Teams, Wellness Tools & Resource Guides) courageoussurvival@gmail.com
- ◆ **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
- ◆ **Living Works - ASIST Applied Suicide Intervention Skills Training** www.livingworks.net/asist
- ◆ **Project Welcome Home Troops** www.pwht.org (Free Power breath workshops) www.projectwelcomehometroops.org/power-breath-workshop (202) 642-4248 info@pwht.org
- ◆ **Protecting the Guardian** <https://protectingtheguardian.com/> 407-670-5279 Mark DiBona mark@protectingtheguardian.com
- ◆ **QPR Institute (Question, Persuade, Refer) Suicide Prevention** www.qprinstitute.com Andra Smith-Hansen 208-589-7759 www.centerforhopeif.org/services
- ◆ **Shift Wellness Behavioral Health Training for First Responders** 1-888-732-5741 info@shiftwellness.com
- ◆ **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@tiptreasurevalley.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
- ◆ **The Wounded Blue (LE Support, Education, Assistance and Legislation)** www.thewoundedblue.org 725-222-3967

First Responder Specific Resources:

- ◆ **Back the Blue Idaho** www.backtheblueidaho.org
- ◆ **Back the Blue LCV (Region 2: Lewiston/Clarkston Valley)** <https://www.facebook.com/groups/2201860919959922>
POC: Nick Woods nwoods@backthebluelcv.org
- ◆ **Bonner County Chaplains (Region 1: N Idaho)** Dave Lotze 208-597-1959 <https://www.facebook.com/groups/1381275552023727>
- ◆ **Chaplains of Idaho** www.chaplainsofidaho.org 208-471-8111 Executive Director, Ret. LEO, Chaplain Christa Trinchera
- ◆ **Code 3 to 1 – Idaho Fraternal Order of Retired Law Enforcement Officers** www.code3to1.com
- ◆ **Firefighter Behavioral Health Alliance (Fire/EMS/Dispatch)** www.ffbha.org 847-209-8208 jdill@ffbha.org
- ◆ **First Responder Support Network** www.frsn.org 415-721-9789 info@frsn.org
- ◆ **Honoring the Heroes - Idaho** www.honoringtheheroes.com 208-576-4340 Jon Polanco, Id. Chapter President honoringtheheroesid@gmail.com (Emotional Survival Tactical Bag Full of Resources)
- ◆ **How2loveourcops** www.how2loveourcops.org
- ◆ **Idaho Chapter of APCO/NENA (Public Safety Communication Specialists)** <https://idahoapconena.weebly.com/>
Idahoapconena@gmail.com
- ◆ **Idaho Chiefs of Police Association** www.icopa.org 208-861-0801
- ◆ **Idaho Retired Law Enforcement Association – A Gathering of the Badges** www.irlea.org
Myrna Harris 208-484-8530 myrna@irlea.org
- ◆ **Idaho Sheriffs Association** www.Idahosheriffs.org 208-287-0001
- ◆ **Idaho State Fraternal Order of Police** www.fopidaho.com
- ◆ **Idaho State Fraternal Order of Police Foundation** www.fopidaho.com/foundation
- ◆ **Life Coaching (Spouses & Significant Others)** www.andelinprice.com Andelin Price, Certified Life Coach info@andelinprice.com
- ◆ **National Volunteer Fire Council (Fire/EMS Resources)** <https://www.nvfc.org/> 1-888-ASK-NVFC (275-6832)
- ◆ **Professional Fire Fighters of Idaho** <https://pffi.org/> (208) 283-2672
- ◆ **Protecting the Guardian** <https://protectingtheguardian.com/> Mark DiBona 407-670-5279 mark@protectingtheguardian.com
- ◆ **Protector's Peak at Shiloh Ranch** www.protectorspeak.com Nate & Becky Harder 817-501-7325 protectorspeak@gmail.com
- ◆ **The Soup Ladies (Feeding 1st Responders nationwide, on scene at critical incidents & natural disasters for over 18 yrs.)** www.soupladies.org 'Mama' Ginger Passarelli 206-459-8477 mamapassarelli@msn.com
- ◆ **Yoga For First Responders** www.yogaforfirstresponders.org

Military & Veteran Specific Resources:

- ◆ **American Warfighters** www.american-warfighters.com POC: operations@american-warfighters.com (Region 2)
- ◆ **Blue Star Mothers of America (Idaho)** https://www.bluestarmothers.org/index.php?option=com_content&view=article&id=62 POC: president.id3@bluestarmothers.us
- ◆ **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 Veterans Outreach & Community Center** 208-507-2035 POC: Lucky Gallego idcovets@gmail.com (Region 2 - Grangeville)
- ◆ **Idaho Division of Veterans Affairs** www.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
- ◆ **Idaho Veterans Network** <https://idvetnet.org/> POC: support@idvetnet.org
- ◆ **Joining Forces for Treasure Valley Veterans & Resource Manual** www.veterans.idaho.gov/resources/veterans-organizations/
- ◆ **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
- ◆ **Marine Corps Scholarship Foundation** <https://www.mcsf.org/> 703-549-0060
- ◆ **Mission43** <https://www.mission43.org/> POC: info@mission43.org
- ◆ **New Horizons (Formerly Leapfox Learning)** www.boisenewhorizons.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 POC: Keith Millar, Veterans Program Manager, keithm@boiserm.org 208-803-2595
- ◆ **The American Legion Department of Idaho** 208-342-7061 www.legion.org/idaho
- ◆ **Warrior Rock Annual Idaho Event @ City of Rocks** www.warriorsrockclimb.com
- ◆ **VEA - Veterans Entrepreneur Alliance** 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)
- ◆ **Veterans & Patriots Association Chapter 43-1 (Veteran & First Responder Support & Community Group)** <https://veteransandpatriotssassociation.org/>



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

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THANK YOU!



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.

CONFIDENTIAL ★ TRUSTED ★ EFFECTIVE



FIRST RESPONDER WELLNESS SERVICES

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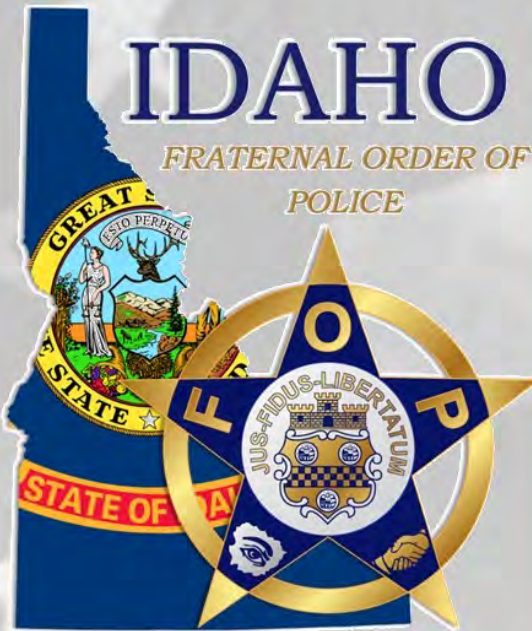
PROFESSIONALS WE SERVE

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

FRATERNAL ORDER OF
POLICE

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

www.FOPIdaho.com

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

MEMBER BENEFITS

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

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)

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

Building on a Proud Tradition



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



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

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

85%-90% Success Rate

1st Completed Study Representing Image-Based Evidence

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

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.

VISIT US AT

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

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

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

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

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

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 Idaho Horse Therapy Program, “Cowboy Buddha” Johnny Urrutia. (Based off the Wim Hoff Method)



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.



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YOU MATTER

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EVENTS



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