



# Help Is Here!

*A Resource Guide for Elmore County*

Fall 2022

**Suicide Prevention, Emotional  
Mental and Behavioral Health Support**



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*In an emergency, please call 911.*

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*“Mental illness, in all its many forms, is still just an illness, not a cause for shame. There are treatments...and there is hope.” Steve Gannon*

## **Let’s Talk About It.**

If you would like assistance navigating through resources, St. Luke’s Community Health department can help. Please call 208-381-4518.

*Access this booklet online at [stlukesonline.org/help](http://stlukesonline.org/help).*

# A Message to Our Community

Mental illness can be acute or chronic, long or short term, and can vary in cause, symptoms and intensity. A person's decision to seek help for any mental health issue should be encouraged and supported. Like many illnesses, **prevention and early intervention** can reduce the impact of mental health conditions. However, symptoms of mental illness can often be painful and bewildering. Tragically, about 46% of people who die by suicide had a known mental health condition. **But there is hope.** And there is help. This guide can be a good place to start. Many resources are available in and around our community.

Source: [NAMI.org](http://NAMI.org)

*"One in five Americans suffer from a diagnosable mental disorder during any given year."*  
World Health Organization

In 2017, the devastating loss by suicide of a Mountain Home High School student greatly impacted classmates, teachers and the community. Many students channeled their grief into action; they launched projects that brought mental health and suicide prevention awareness to Mountain Home. One student-led project helped educate community members about mental health and raise funds for the Boise chapter of the National Alliance on Mental Illness. Another student-led project spearheaded by Cole Lancaster (class of '19) was the Buddy Bench Project. Developed in coordination with the Mountain Home High School Health Occupations



Students of America's (HOSA) annual community service campaign, the goal was to install bright yellow benches throughout Mountain Home to serve as "safe zones" for anyone feeling alone and in need of someone to talk to. The message is simple but effective: "If you need a buddy, sit on the bench."

Local businesses and individuals donated funds to support the project, while Mountain Home Parks and Recreation donated labor and materials to install the benches in 2019. Through the project, Cole and his classmates were dedicated to breaking down the stigma surrounding mental health and educating others about suicide prevention.



# A Message to Our Community

“Growing up in a rural town, there is a huge stigma regarding mental health needs. It is often not understood that mental health is a work in progress, not something you may need help with once and then you should be good for the rest of your life,” said Cole.

Guiding the students on their projects was Karen Brescia, HOSA advisor for the high school. Approximately \$20,000 was raised, which also funded the mural pictured on page 28 of this guide.

Mountain Home High School HOSA students also attended the annual “Out of the Darkness Community Walk” in Meridian in 2019. Event organizers note that the walk is a “journey of remembrance, hope and support to unite communities” and provides an opportunity to “acknowledge ways suicide and mental health conditions have affected our lives and those we care about.”

The school’s efforts to raise awareness for mental health and suicide prevention continues today. “The work that we started back with the Buddy Benches, and even two years before that, raising money and awareness with community projects

associated with the Boise NAMI, has made a big difference in our school culture,” Karen said. “We now address mental illness, openly talk about it, have suicide awareness and prevention on the forefront of teaching, and have hopefully broken the stigma on both.”

The Buddy Benches can be found at many Mountain Home schools, Legacy Park and Carl Miller Park. May they be an ongoing reminder that there is hope and that we are not alone in our struggles!

**PLEASE NOTE:** This booklet provides information about the many resources related to mental health in our community. However, there may be organizations that are not included and/or resources that change after this publication. If you cannot find what you need, you can call the 2-1-1 Idaho CareLine or visit [findhelpidaho.org](http://findhelpidaho.org).

*“Stigma and shame are the main reasons people do not seek treatment for mental illness.”*

Centers for Disease Control and Prevention (CDC)



# Mental Illness Facts

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Just as diabetes, asthma and epilepsy are medical conditions that can often be managed with proper care, mental illnesses are medical conditions that can be treated and managed. **The good news about mental illness is that recovery is possible.**

Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post-traumatic stress, eating disorders and borderline personality disorder. Mental health can also be affected by situations and occurrences that cause a disruption in one's ability to think, feel or function in daily life. This disruption may be temporary or long term, mild or serious.

Mental illness can affect people of any age, race, religion or income level. It is not the result of personal weakness, lack of character or poor upbringing.

**Mental illness is also treatable.** Most people diagnosed with serious mental illnesses can experience relief from their symptoms by actively participating in an individual treatment plan. If you have, or think you might have, a mental health concern, talking about it might be the first step in healing. If someone you know has, or you think they might have, a mental health concern, talking with them about it might help them get the care they need.

If you think something might be wrong—with you, with a friend, with a classmate, with a coworker, with anyone...

**Ask. Talk. Listen. Find out about services and resources. Get Help.** Do whatever it takes. You might be saving a life.

*"121 million people worldwide suffer from depression."*

World Health Organization

## Risk Factors and Warning Signs

**Indications and symptoms of mental illness may include**

- Feelings of depression or sadness that are disproportionate to circumstances in duration, intensity or expression
- Withdrawal or loss of interest in friends and family or activities
- Strong feelings of anger or rage
- Abuse of alcohol or drugs
- Feelings of being trapped, like there is no way out
- Exhibiting changes in personality
- Exhibiting actions that are reckless or impulsive
- Changes in sleeping patterns
- Declining performance at work or school
- Feelings of excessive guilt or shame
- Feelings of extreme highs or lows
- Excessive fears, worries, anxiety, panic or hopelessness

*A mental health crisis is considered an emergency. Please call 911 if you or someone else is in crisis.*

# Help Prevent Suicide

## URGENT WARNING SIGNS:

- Threatening to or talking about wanting to die and/or hurt or kill self or others.
- Looking for ways to kill self by seeking out firearms, pills or other means.
- Talking about feeling hopeless or having no reason to live.
- Talking or writing about, or having an inordinate interest in, the subject of death, dying or suicide.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.

## KEY RISK FACTORS INCLUDE:

- Prior suicide attempts
- Major depression
- Substance use disorders
- Other mental health or emotional problems
- Chronic pain
- Post-traumatic stress
- Traumatic brain injury
- Recent loss or event leading to shame, despair or humiliation.

### **Firearm access is a significant risk factor.**

There is an increased risk of suicide or suicide attempts for those who live in homes where firearms and ammunition are present.

**Keep firearms locked up, inaccessible, unloaded and separate from ammunition.**

**Communities play an important role in helping those who show warning signs.**



*“Eight out of 10 people considering suicide give some sign of their intentions.”*

Mental Health America

# Mental Health in Children



Mental health struggles can best be prevented and treated if they're detected early. Mental health challenges can start developing early in childhood due to trauma, abuse and/or other events known as Adverse Childhood Experiences (ACEs). ACEs are potentially traumatic events that occur during a person's early life, which can include violence, abuse and growing up in a family with mental health or substance use disorder challenges.

Toxic stress (the body's response to unhealthy, lasting stress) from ACEs can

*Want to learn more about preventing Adverse Childhood Experiences?*

View the Idaho Public Television Documentary on ACEs at: [idahoptv.org/shows/specials/resilientidaho](http://idahoptv.org/shows/specials/resilientidaho)

Visit the Centers for Disease Control and Prevention (CDC) website at: [cdc.gov/violenceprevention/aces](http://cdc.gov/violenceprevention/aces)

*"Preventing ACEs could reduce the number of adults with depression by as much as 44%."*

Centers for Disease Control and Prevention (CDC)

change brain development and affect how the body responds to stress. ACEs are linked to chronic health problems, mental illness and substance use disorder in adulthood. Nevertheless, ACEs can be prevented.

Potentially, preventing the occurrence of ACEs can help children and adults thrive, resulting in:

- Lower risk of depression, asthma, cancer and diabetes in adulthood
- Reduction of risky behaviors like smoking and heavy drinking
- Improved education and employment potential

It's important to stop ACEs from being passed from one generation to the next.

Source: [cdc.gov/violenceprevention/aces](http://cdc.gov/violenceprevention/aces)

# Resources and Contact Information

*Mental health 24-hour hotlines. All times presented in Mountain Standard Time.*

## **988 Suicide & Crisis Lifeline**

**Call or text 9-8-8 or chat 988lifeline.org**

Offers 24/7 access to trained crisis counselors who can help people experiencing mental health related distress. Equivalent to 911 for behavioral health crisis.

## **Elmore County Domestic Violence Council**

24/7 Domestic Abuse Crisis Hotline:

**208-587-3300**

A crisis intervention and referral phone line for domestic violence. During a crisis, the hotline offers the resources needed to safely leave. For those who do not have a safe place to go, operators can help find an emergency shelter and help individuals safely get there.

## **Idaho Crisis & Suicide Hotline**

**208-398-4357 (HELP)**

Call 24/7. Text support is available Monday through Friday, 3 p.m. to midnight.

## **Idaho Department of Health and Welfare**

### **Regional Crisis Hotlines**

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

**208-459-0092**

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

Call any time, 24 hours a day, 7 days a week (24/7). Crisis Hotlines have empathetic listeners and can provide referrals to educational programs. Anonymous and confidential.

## **LGBT National Help Center**

LGBT National Hotline: **1-888-843-4564**

LGBT National Senior Hotline:

**1-888-234-7243**

Serving the lesbian, gay, bisexual, transgender, queer and questioning community by providing free and confidential peer support and local resources. Helpline hours are Monday through Friday 2-10 p.m. and Saturday 10 a.m.-2 p.m. Find out more at: **lgbthotline.org**

## **National Alliance on Mental Illness Crisis Text Line**

**Text NAMI to 741741**

Connect with trained counselors to receive free, 24/7 crisis support via text message.

NAMI Information Helpline: **1-800-950-6264**, Monday through Friday, 8 a.m.-4 p.m.

## **National Domestic Violence Hotline**

**1-800-799-7233 or text LOVEIS to 22522**

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information.

## **National Maternal Mental Health Hotline**

**1-833-943-5746 (1-833-9-HELP4MOMS)**

Call or text. Provides 24/7, free, confidential support, resources and referrals to any pregnant and postpartum mothers, and their loved ones, facing mental health challenges. The service is available via phone and text in English or Spanish.

***If you or someone you know needs emergency mental health services, please call 911.***



# Resources and Contact Information

*Mental health 24-hour hotlines. All times presented in Mountain Standard Time.*

## **National Suicide Prevention Lifeline**

**1-800-273- 8255 (TALK)**

Your call will be routed to a member of the Suicide Prevention Lifeline network based on your area code. Suicide Prevention Lifeline is free, confidential and always available: help a loved one, a friend or yourself. It also connects callers to regional community crisis centers and resources.

## **Optum Idaho Member Crisis Line**

**1-855-202-0973**

Optum Substance Use Helpline:

**1-855-780-5955**

Both resources are available 24/7, including holidays, to provide support for Medicaid recipients.

## **Pathways Community Crisis Center of Southwest Idaho**

**1-833-527-4747 or 208-489-8311**

7192 Potomac Drive, Boise, Idaho, 83704

Website: [pcccsi.com](http://pcccsi.com)

The center helps people navigate mental health crises as well as drug or alcohol problems. Trained staff, including nurses, licensed counselors, case managers and peer support specialists, are available. The center offers free services for everyone, regardless of place of residence, race, gender or immigration status.

## **RAINN (Rape, Abuse & Incest National Network)**

National Sexual Assault Hotline:

**1-800-656-4673**

Chat support is available 24/7 at:

**[hotline.rainn.org/online](http://hotline.rainn.org/online)**

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Confidential help, regardless of immigration status.

## **The Trevor Project**

Trevor Lifeline: **1-866-488-7386**

Trevor Text: **Text START to 678-678**

Trevor Chat: **[thetrevorproject.org](http://thetrevorproject.org)**

Trained counselors provide support 24/7 and a judgment-free space to talk for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) young people under 25. If you're thinking about suicide or need immediate support, please call the lifeline or use the Trevor chat. Services are confidential.

## **Veterans Crisis Line**

**1-800-273-8255, press 1**

**Text 838255**

Online chat at:

**[veteranscrisisline.net/get-help](http://veteranscrisisline.net/get-help)**

Free support that is confidential for all veterans, service members, national guard/reserve and their family members and friends. Caring and qualified responders are ready to assist you, many of whom are veterans themselves.

***If you or someone you know needs emergency mental health services, please call 911.***

# Resources and Contact Information

*Mental health 24-hour hotlines. All times presented in Mountain Standard Time.*

## **Western Idaho Community Crisis Center**

**208-402-1044**

524 Cleveland Blvd., Suite 160, Caldwell, Idaho, 83605

Website: [widccc.org](http://widccc.org)

Support center for those experiencing mental health and/or substance use problems by providing immediate care in times of crisis. Basic medical screenings for safety and stability, mental health assessments, and immediate access to mental health and/or substance use support. Peer support specialists and recovery coaches available. Assistance and advocacy for recovery. Free of charge for all.

## **Women's and Children's Alliance**

Rape Crisis Hotline: **208-345-7273**

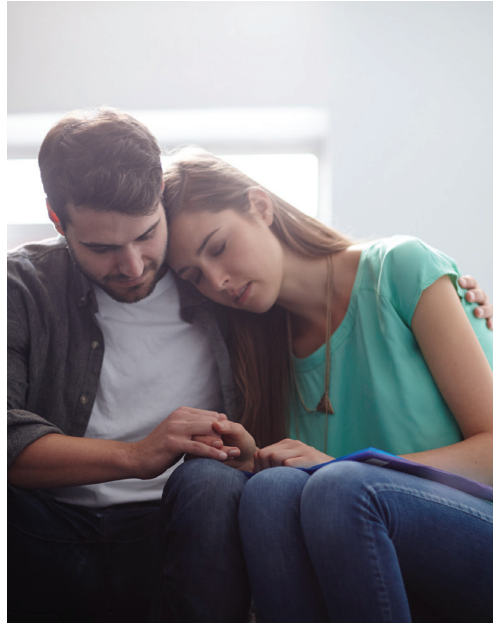
Domestic Abuse Crisis Hotline:

**208-343-7025**

TDD/TTY (for the hearing impaired):

**1-800-377-3529**

Trained client advocates answer 24-hour confidential hotlines. Interpreters available for most languages.



# Resources and Contact Information

## Education and Support

When you are with people who seem distressed, sad, depressed, or emotionally or mentally not well:

- Ask them if they're okay.
- Ask them if they need help.
- Help them find the help they need.
- Don't be afraid to call 911.

### **Empower Idaho**

208-947-4289

1607 W. Jefferson Street

Website: [empoweridaho.org](http://empoweridaho.org)

Coordinates educational activities (online and in-person) and advocates on behalf of adults with behavioral health conditions and their families to improve the behavioral health delivery system of Idaho. Among other resources and support, the organization creates awareness campaigns, advocates, provides information on mental health parity and rights, and engages in community partnership building.

### **Central District Health**

208-559-0279

Website: [cdhd.idaho.gov/hl-suicide-prevention.php](http://cdhd.idaho.gov/hl-suicide-prevention.php)

Offers education and support trainings, which include question, persuade and refer training; gatekeeper trainings; and youth mental first aid, among others. Please visit the training tab under the suicide prevention page for more information.

### **National Alliance on Mental Illness (NAMI), Treasure Valley**

208 801-1609 (call or text)

P.O. Box 9492, Boise, Idaho, 83707

Website: [namitreasurevalley.org](http://namitreasurevalley.org)

Free education, support, advocacy and empowerment for the mentally ill and their families. Provides equal access to medical, social, economic, legal, judicial and spiritual resources.

### **The Speedy Foundation**

#### **Suicide Prevention and Mental Health Advocacy**

P.O. Box 5866, Boise, Idaho, 83705

Email: [info@speedyfoundation.org](mailto:info@speedyfoundation.org)

Website: [thespeedyfoundation.org](http://thespeedyfoundation.org)

Education, advocacy and training for suicide prevention. Provides education and information on how to help people who are thinking about suicide, persuade them to seek help and refer them to the appropriate resources. Also provides tools for navigating a conversation with someone in crisis. Free educational opportunities online.



# Resources and Contact Information

## Treatment Services (Elmore County)

### **All Seasons Behavioral Health**

**208-587-2226**

Counseling for families, individuals and couples.

### **Desert Sage Health Center**

**208-587-3988**

(Servicios en español)

Offers behavioral health counseling, behavioral health integration, medication management, individual and family therapy and psychological testing.

### **Central District Health**

**208-327-7400** (weekdays)

Website: [cdhd.idaho.gov](http://cdhd.idaho.gov)

Individualized in-home mental health services for pregnant women, infants and children ages 5 and younger to help guide healthy relationships, emotions and behaviors.

Qualifying households include those with a history of neglect or abuse; a parent or household member with mental health issues or substance use disorder problems; low-birth weight infant or teen pregnancy in the household; or life events that have impacted children (divorce, violence, trauma). Serves Medicaid recipients, but also non-Medicaid individuals and households.

### **Community Partnerships of Idaho (Rise)**

Adult and Children Services:

**208-587-7626**

Behavioral Health: **208-329-8135**

(Servicios en español)

Website: [Riseservicesincid.org/behavioral-health/](http://Riseservicesincid.org/behavioral-health/)

Working for individuals with disabilities in partnership with their families,

neighborhoods and communities to promote independence and community participation. Mental health/community support program for children, adolescents and adults.

### **Creating Options/Inspiring Change**

**208-587-8095**

Offers outpatient treatment, couples/family therapy, integrated dual-diagnosis disorder treatment and cognitive behavioral therapy. Treats young adults, adults and seniors, including persons who have experienced trauma and persons with co-occurring mental and substance use disorders. Other services include court-ordered outpatient treatment, suicide prevention services and education services.

### **Easter Seals Goodwill**

**208-580-5431**

(Servicios en español)

Drug and alcohol treatment (IOP or OP), mental health counseling, life skills classes and psycho-educational groups.

### **Emma Orthel MS, LCPC**

**208-490-6900**

Provides counseling and coaching services for individuals and couples. Dealing with anxiety, depression, marital or relationship issues, motherhood struggles and parenting, among other issues, can be overwhelming. It is helpful to get an outside perspective and clinical insight on the root of the struggle.



# Resources and Contact Information

## *Treatment Services (Elmore County)*

### ***Idaho Behavioral Health***

**208-580-9525**

Offers individual and family therapy, psychiatric medication management, telehealth medication management for rural areas, psychological testing, community-based rehabilitation services and peer support.

### ***Idaho Department of Health and Welfare Behavioral Health***

Adult: **208-736-2177**

Children: **208-732-1630**

Substance Use Services (contact provider BPA Health):

**1-800-922-3406**

Website: **healthandwelfare.idaho.gov**

The State of Idaho provides community-based mental health services that are available for adults, children and families who need mental health treatment. No one will be denied services based on inability to pay. A discounted, sliding-fee schedule is available based on family size and income.

### ***L.I.F.E. Counseling***

**1-870-688-2040**

Provides telehealth services only.

Focused on providing counseling services with the highest levels of satisfaction.

Helping people talk things through, aiding in the healing of emotional wounds.

### ***Mountain Home Air Force Base Family Advocacy***

**208-828-7226**

Prevention, assessment and treatment of family violence.

### ***Mountain Home Air Force Base Mental Health Clinic***

**208-828-7580**

Mental health services for active-duty members. Alcohol and drug abuse prevention and treatment.

### ***New Hope Counseling***

**208-284-0959**

Providing individual, couples and family counseling with a wide range of emotional and behavioral issues with services that span therapy for depression, grief counseling and parenting support.

### ***Shared Path Counseling***

**208-398-3308**

Website: **sharedpathcounseling.com**

Provides telehealth services only.

Family counseling, couples and family therapy, individual counseling, Christian counseling, certified IFS therapist in Boise.

### ***Veterans Administration Clinic***

**208-580-2001**

815 North 6th East

Mountain Home, Idaho 83647

Outpatient clinic offers primary care to stay healthy and well throughout life.

# Resources and Contact Information

## Treatment Services (Nearby Counties)

### **Youth Empowerment Services (YES)**

**208-334-6997**

Toll-Free: **1-833-644-8296**

Website: **[youthempowermentservices.idaho.gov](http://youthempowermentservices.idaho.gov)**

Mental health system of care that helps youths under the age of 18 who have serious emotional disturbance (SED). This includes mental, behavioral and/or emotional issues that limit an individual's ability to participate in family, school or community activities. Services are family-centered to include parents as experts and respected equals in treatment plans.

Many employers offer Employee Assistance Programs (EAPs) to help employees access counseling and other support services. Ask your human resource department about the services available to you and your family.

Health care practitioners, NAMI, hospice, schools, churches, employers and social service organizations can also provide referrals. Many providers have sliding scale fees or can connect you to financial assistance programs.

### **Catholic Charities of Idaho**

**208-345-6031**

7255 Franklin Road, Boise, Idaho, 83709

Website: **[ccidaho.org/counseling](http://ccidaho.org/counseling)**

Counseling available for adults and children in a variety of forms: individual, family, couple and group sessions. Two bilingual, certified and licensed counselors are also available for e-counseling, regardless of place of residence. People of all races, faiths, ages—regardless of immigration status—are eligible for services. Operates on a sliding fee for those experiencing financial distress.

### **Terry Reilly Behavioral Health Services**

**208-344-3512**

Website: **[trhs.org/services](http://trhs.org/services)**

Multiple clinics in Boise, Caldwell, Middleton, Nampa, Marsing, Homedale and Melba. Offers individual, couple, family, adolescent and support-group therapy sessions as well as case management to foster strong, healthy individuals and families. Accepts Medicaid and Medicare. Mental health services may qualify for discounts, based on patient's ability to pay. More than 40% of staff are bilingual; translation services also available. *Requires a referral from your doctor.*

# Resources and Contact Information

*Treatment: St. Luke's Clinics*

Many St. Luke's physicians are trained to treat patients with mental health issues. Ask your primary care physician for help or for a referral. Visit [stlukesonline.org](http://stlukesonline.org) for more information and provider links.

## **Information and Referrals for Mental Health Needs**

Staff can help connect individuals to health care professionals, including psychiatrists, physicians, licensed counselors, social service agencies, emergency services and other resources. Mental health services include:

- Psychiatric and mental health counseling referrals
- Substance use disorder counseling and resource referrals
- Community resources
- Financial support
- Health education talks, fitness and yoga programs, and events and screenings aimed at promoting general health and well-being
- Prescription medication and other urgent needs

## **Clinics (Elmore County)**

### **St. Luke's Clinic – Trinity Mountain Medical**

**208-587-9703**

465 McKenna Drive

Mountain Home, Idaho 83647

Behavioral and mental health services for patients of all ages including adolescents and middle-aged adults.

\*Must have a referral from a primary care provider.

## **Clinics (Nearby Counties)**

### **St. Luke's Children's Center for Neurobehavioral Medicine in Boise and Nampa**

**208-381-5970**

1075 E. Park Blvd. (south entrance), Boise, Idaho 83712

9850 W. St. Luke's Drive (north entrance), Suite 270, Nampa, Idaho, 83687

Outpatient services for treatment of behavioral and mental health issues in children and adolescents. The clinical team provides compassionate and understanding care to optimize wellness and functioning of a child. Personal, family, emotional, psychiatric, behavioral and addiction-related problems are addressed through individual, family and group counseling. Spanish speaking clinician available.

### **St. Luke's Clinic – Behavioral Health**

**208-505-2222**

9850 W. St. Luke's Drive, Suite 320, Nampa, Idaho, 83686

Psychiatric and behavioral health care services for adolescents and adults. Discount fees offered for qualifying patients. The Boise clinic can schedule appointments for both sites.

### **St. Luke's Clinic – Psychiatric Wellness**

**208-706-6375**

703 S. Americana Blvd., Suite 150, Boise, Idaho, 83702

## **Private Therapy and Counseling**

For referrals and information regarding qualified mental health care professionals including psychiatrists, psychologists, licensed professional counselors, social workers and therapists contact **St. Luke's Connect at 208-706-5850**.

# Resources and Contact Information

*Treatment: Inpatient services (Nearby Counties)*



## ***Cottonwood Creek Behavioral Hospital***

### **Mental Health and Substance Use Disorder Hospital**

**208-996-8449**

2131 Bonito Way, Meridian, Idaho, 83642

Inpatient (for select addictions) and outpatient customized treatments for adolescents and adults struggling with mental health and substance use disorder. Licensed, acute-care behavioral hospital. Only accepts insured and Medicaid patients. Requires referral.

## ***Intermountain Hospital***

**1-800-321-5984 or 208-377-8400**

303 N. Allumbaugh Street, Boise, Idaho, 83704

Website: [intermountainhospital.com](http://intermountainhospital.com)

Inpatient substance use disorder rehabilitation and mental health treatment center for adolescents and adults. Provides help to those who have struggled with drug dependency, addiction and mental illness.

## ***Saint Alphonsus Mental Health Services***

**208-302-0900**

Website: [saintalphonsus.org](http://saintalphonsus.org)

Inpatient and outpatient services for children, adolescents and adults. Comprehensive evaluation and treatment of most emotional and interpersonal problems. Individual and group therapy as well as professional care from integrated team including psychiatry, clinical social work and nursing.



# Resources and Contact Information

## Support Services

### *Addiction and Substance Use Disorder Resources*

#### *Alcoholics Anonymous (AA)*

24-hour Help Line and for meeting times and venues: **208-344-6611**

Spanish answering service: **208-703-1574**

Website: **aa.org**

A fellowship of people who share their experiences, strength and hope with each other so they may solve their common problems and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees.

***Please see page 8 and above for resources that provide this service in addition to other mental health services:***

Cottonwood Creek Behavioral Hospital  
Intermountain Hospital

Pathways Community Crisis Center  
Saint Alphonsus Mental Health Services  
St. Luke's Children's Center for  
Neurobehavioral Medicine in Boise and  
Nampa

St. Luke's Clinic – Behavioral Health in  
Nampa

St. Luke's Clinic – Psychiatric Wellness in  
Boise

St. Luke's Clinic – Trinity Mountain Medical  
Western Idaho Crisis Center

### *Domestic Violence Resources*

#### *Elmore County Domestic Violence Council (24/7)*

**208-587-3300**

Other Services: Sexual assault crisis response advocacy

Dedicated to providing services including emergency shelter, crisis intervention, support services and prevention as well as information, referral and education. The mission is to provide support to the victims/survivors of domestic violence, family violence, sexual assault, human trafficking and stalking while helping the surrounding community eliminate these crimes.

#### *Faces of Hope Victim Center*

**208-577-4400**

417 S. 6th Street, Boise, Idaho, 83702

Website: **facesofhopevictimcenter.org**

Offers support services to people affected by interpersonal violence including sexual abuse and domestic violence. All services are free. The center can also help with protection orders, safety planning, forensic exams, follow-up medical care and crisis counseling.

#### *Women's and Children's Alliance*

Hotline: **208-343-7025**

Offices of WCA: **208-343-3688**

Website: **wcaboise.org**

Therapy services for adult and child survivors of emotional and physical abuse, rape and sexual assault; support for survivors with co-occurring disorders (substance use disorder and/or mental health disorders). Therapy services offered to shelter residents and members of the community. Support groups also available, currently being held virtually.

# Resources and Contact Information

## Support Services

### **LGBTQ+ Resources**

**LGBT National Help Center: Please see page 8.**

**PFLAG: Parents, Friends, Families of Lesbians and Gays**

**208-863-5831**

Website: **pflag.org**

Network of over 400 local chapters that provide support services, in-person, online or by telephone. Offers information and resources as well as peer-to-peer confidential dialogue in which participants can share concerns and ask questions in a supportive environment.

**The Community Center**

**208-336-3870**

1088 N. Orchard Street, Boise, Idaho, 83706

Website: **tccidaho.org**

Center devoted to lesbian, gay, bisexual, transgender (LGBT) and allied population. Seeks to provide resources and unite the LGBT community through education and developmental programs. Provides a safe space and a welcoming location for group meets and social activities for youth groups, LGBT support groups, and women's and transgender groups.

### **The Trevor Project**

Lifeline: **1-866-488-7386**

Support Center: Crisis intervention and suicide prevention services for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ+) young people under 25. The support center is a place where LGBTQ+ youth and their allies can find answers to frequently asked questions as well as explore resources related to sexual orientation, gender identity and more. Free educational training for educators, counselors and youth group leaders. Find out more at: **thetrevorproject.org**



# Resources and Contact Information

## Support Services

### Area School Districts

Provide trained mental health professionals to support student academic, social and emotional success. Their goal is to minimize or alleviate barriers that interfere with a student's education by providing a multitude of direct and indirect services to all students, families and school personnel.

#### ***K-12 Glens Ferry School District***

**208-366-7434 ext. 109**

#### ***K-12 Rimrock Bruneau and Grand View School District***

**208-834-2260**

#### ***Mountain Home School District***

**208-587-2580**

#### ***Lee Pesky Learning Center***

**208-333-0008**

3324 Elder Street, Boise, Idaho, 83705  
(satellite offices also located in Caldwell)

Website: **[lplearningcenter.org](http://lplearningcenter.org)**

Programs and services that help students, families and schools understand the unique needs of students with learning challenges. Integrated counseling services are provided by mental health professionals to help students improve their ability to cope with the impact of learning differently, including social challenges.

### College Counseling Services

Free counseling services available for enrolled students, faculty and staff. For specifics on the types of services offered, contact the university.

### ***School Resources Available***

Whether your child attends public or private school, or is attending college, you can find out what mental health services are available to students by contacting the school's main office.

#### ***Boise State University***

**208-426-1459**

#### ***Brigham Young University***

**208-496-9370**

#### ***College of Western Idaho***

**208-562-2200**

In person/virtual counseling.

#### ***Idaho State University***

**208-282-2130**

Requires at least one credit enrollment for free services for students.

#### ***Lewis-Clark State College***

**208-792-2111**

#### ***Northwest Nazarene University***

**208-467-8466**

#### ***The College of Idaho***

**208-429-5188**

#### ***University of Idaho***

**208-885-6716**, press #1

For crisis counselor dial #3.

In person/virtual counseling.

# Resources and Contact Information

## Other Support Services (Elmore County)

### **Alcoholics Anonymous**

**208-344-6611**

Mountain Home group. Call for details and times.

### **El-Ada Community Action Partnership**

**208-587-8407**

Website: [eladacap.org/programs](http://eladacap.org/programs)

Works to reduce poverty, revitalize low-income communities and to empower low-income families and individuals to become self-sufficient. Programs include a food pantry, utility assistance, harm reduction, veteran services and weatherization.

### **Family Advocates – Strengthening Families**

**208-345-3344**

Held at Mountain Home's First Congregational Church of Christ  
515 E. 15th N. Street  
Mountain Home, Idaho 83647

Thursdays 12:30-2 p.m.

Website: [familyadvocates.org/programs/](http://familyadvocates.org/programs/)

Works to strengthen families and keep kids safe by empowering people to protect and enrich the lives of youth. Partners with hundreds of volunteers and many businesses to make sure that Idaho families have the resources they need to build a better community.

### **Narcotics Anonymous**

**208-587-2112**

Website: [mountain-home.us/community/clubs-groups/](http://mountain-home.us/community/clubs-groups/)

795 S. 5th W Street

Mountain Home, Idaho 83647

The "Insanity to Serenity" meetings are held at the Parks and Rec building at the address and phone number listed above.

*"More than one in four adults living with serious mental health problems also has a substance use problem. Substance use problems occur more frequently with certain mental health problems including depression, anxiety disorders, schizophrenia, and personality disorders."*

U.S. Department of Health and Human Services





# Resources and Contact Information

## Other Support Services (Nearby Counties)

### ***Boise Vet Center***

**208-342-3612**

2424 Bank Drive, Suite 100, Boise, Idaho,  
83705

Website: [va.gov/boise-vet-center/](http://va.gov/boise-vet-center/)

Provides combat veterans with counseling services.

### ***Idaho Commission on Aging***

**208-736-2122 or 1-800-574-8656**

Helping older adults and people with disabilities remain independent, avoid institutionalization, and stay in their own homes and communities of choice.

### ***Idaho Division Veteran Services***

**208-780-1380**

351 Collins Road  
Boise, Idaho, 83702

Advocacy and assistance for veterans and their families in obtaining benefits and services earned while serving our country.

### ***Idaho Home Health and Hospice***

**208-887-6633**

3356 E. Goldstone Way, Suite 3360  
Meridian, Idaho, 83642

End-of-life hospice covered by Medicaid, Medicare and most private insurance companies. Other services include support for caregivers and family members of those with terminal diagnoses.

### ***Idaho 2-1-1 Care Line***

Website: [healthandwelfare.idaho.gov/services-programs/211](http://healthandwelfare.idaho.gov/services-programs/211)

Dial 2-1-1 to access information about Idaho Health and Welfare programs and for information about local or regional social services and resources, including child

protection services, WIC, family support, Medicaid, food stamps and cash assistance.

### ***Family Caregiver Navigator***

**208-426-5899**

Website: [caregovernavigator.org](http://caregovernavigator.org)

Provides support to caregivers by identifying the stress factors that impact quality of life. Offers solutions so caregivers can continue to be support systems for people in need.

### ***Findhelpidaho.org***

Visit: [findhelpidaho.org](http://findhelpidaho.org)

Provides a zip code search tool to connect to a wide variety of local support including financial assistance, food pantries, medical care and other free or reduced-cost help. Can navigate the site in variety of languages.

### ***Southwest Idaho Area Agency on Aging***

**208-898-7060 or 1-844-850-2883**

1505 S. Eagle Road, Suite 120  
Meridian, Idaho, 83642

Website: [a3ssa.com](http://a3ssa.com)

Serves Idaho seniors, people with disabilities and their caregivers by safeguarding their rights, fostering self-sufficiency, providing counseling and advocating on their behalf.

### ***St. Luke's Home Health and Hospice***

**208-381-2721**, press 3

3330 E. Louise Drive, Suite 400  
Meridian, Idaho, 83646

Medicaid-certified program for anyone in the later stages of a terminal illness who would like comfort and symptom control. Caregivers available 24/7. Services covered by Medicare, Medicaid and most health insurance companies. Assistance available for those without health insurance coverage to find other options.

# Resources and Contact Information

## *Other Support Services (Nearby Counties)*

### ***Treasure Valley Hospice***

**208-467-7423**

8 6th Street N., Suite 200

Nampa, Idaho 83687

Committed to compassionate, professional care at the end of life's journey. The team strives to ease suffering, honor wishes, offer choices, strengthen families and support grieving in hopes of making this journey a time of peace and celebration.

# Resources and Contact Information

## *Other Support Services*

### ***Elmore County Senior Centers***

#### ***Glenns Ferry Senior Citizen Center***

**208-366-2051**

492 E. Cleveland Avenue

Glenns Ferry, Idaho 83623

#### ***Mountain Home Senior Citizen Center***

**208-587-4562**

1000 N. 3rd E. Street

Mountain Home, Idaho 83647

#### ***Rimrock Senior Citizen Center***

**208-968-5430**

525 Main Street

Grand View, Idaho 83624

This senior center serves both Grandview and Bruneau residents.



# Complementary Support Services

The internet, a local phone book, a social agency service, your employer, your physician or a friend may be great resources for finding additional support for your health and well-being or for someone you care about.

- Acupuncture
- Arts
- Chronic Disease Management
- Education
- Employment
- Exercise
- Faith
- Financial Assistance
- Fitness
- Hobbies
- Massage
- Meditation
- Mindfulness
- Music
- Nutrition
- Recreation
- Support Groups
- Volunteerism
- Yoga

These are only a few ideas of how you can stay physically fit and mentally active. In our great community, many of these activities are available to you at little or no cost. Mountain Home Parks and Recreation offers free Zumba classes and an indoor walking program great for allowing you to connect and socialize, even when the weather is bad. Our community also has a great walking path near Legacy Park that gives you a safe and



*Mental health and well-being can be affected by many things, including stress from financial hardship, food insecurity, homelessness, illness, injury, family and relationship issues, and unemployment. Many programs and services are available in our community to address these and other issues. Call St. Luke's Elmore Foundation at 208-587-6290 to find out more about the resources available in and around our community.*

clean place to go for a stroll, a jog or just to get some fresh air.

For more information on no-cost, healthy activities contact Mountain Home Parks and Recreation at 208-587-2112.



# Quick Guide to Services

## ***24-Hour Hotlines***

### ***988 Suicide and Crisis Lifeline***

Call or text **9-8-8** or chat **988lifeline.org**

### ***Emergency Services: 9-1-1***

### ***Idaho Crisis & Suicide Hotline***

**1-800-273-8225**

Call or text: **208-398-4357**

### ***Idaho Department of Health and Welfare Crisis Hotlines***

Region 3: **208-459-0092**

Region 4: **208-334-0808**

### ***National Alliance on Mental Illness (NAMI)***

Crisis Textline: **Text NAMI to 741-741**

Crisis Helpline: **1-800-950-6264**

### ***Optum Idaho***

Crisis Line: **1-855-202-0973**

### ***National Maternal Mental Health Hotline***

**1-833-943-5746** (1-833-9-HELP4MOMS)

### ***National Suicide Prevention Lifeline***

**1-800-273-8255 (TALK)**

### ***Veterans Crisis Line***

Text: **838255**

Call: **1-800-273-8255**, press 1

## ***Addiction/Substance Use Disorder Resources***

### ***Alcoholics Anonymous Boise/ Mountain Home/Treasure Valley***

**208-344-6611**

Spanish: **208-703-1574**

### ***Idaho Care Line***

**2-1-1**

Website: **healthandwelfare.idaho.gov/  
services-programs/211**

### ***Idaho Department of Health and Welfare Behavioral Health Substance Use Services***

**1-800-922-3406**

### ***Idaho Division Veteran Services***

**208-577-2310**

### ***Intermountain Hospital***

**1-800-321-5984**

### ***Narcotics Anonymous:***

**208-587-2112**

Website: **mountain-home.us/community/  
clubs-groups/**

### ***Optum Idaho Substance Use Helpline***

**1-855-780-5955**

### ***Pathways Community Crisis Center of Southwest Idaho***

**1-833-527-4747** or **208-489-8311**

### ***Western Idaho Community Crisis Center***

**208-402-1044**

## ***Disability Services***

### ***Disability Rights Idaho***

**1-800-632-5125**

### ***Idaho Department of Health and Welfare***

Children: **1-208-334-6500** or

**1-877-333-9681**

Aid to the aged, blind or disabled:

**1-877-456-1233**

### ***Lee Pesky Learning Center***

**208-333-0008**

# Quick Guide to Services

## **Domestic Violence Resources**

**Child Abuse – Department of Health and Welfare**

1-855-552-5437

**Elmore County Domestic Violence Council**

Domestic Abuse Crisis Hotline:  
208-587-3300

**Faces of Hope Victim Center**

208-577-4400

**National Domestic Violence Hotline**

1-800-799-7233

**RAINN (Rape, Abuse, and Incest National Network)**

National Sexual Assault Hotline:  
1-800-656-4673

**Women’s and Children’s Alliance**

Domestic Abuse Crisis Hotline:  
208-343-7025

Rape Crisis Hotline: 208-345-7273

TDD/TTY: 1-800-377-3529

## **Emergency Financial Assistance**

**El-Ada Community Action Partnership**

208-587-8407

**Idaho Department of Health and Welfare**

1-877-456-1233

## **LGBTQ+ Resources**

**The Community Center**

208-336-3870

**GLBT National Youth Talkline**

1-888-246-7743

**LGBT National Hotline**

1-888-843-4564

**LGBT National Senior Hotline**

1-888-234-7243

**PFLAG: Parents, Friends, Families of Lesbians and Gays**

[pflag.org](http://pflag.org)

**The Trevor Lifeline**

1-866-488-7386

## **Mental Health Services (Elmore County)**

**All Seasons Behavioral Health**

208-587-2226

**Central District Health**

Infant and Early Childhood Mental Health Services: 208-327-7400

**Community Partnerships of Idaho (Rise)**

Adult and Children Services:  
208-587-7626

**Behavioral Health:**

208-329-8135

**Creating Options/Inspiring Change**

208-587-8095

**Desert Sage Health Center**

208-587-3988

**Easter Seals Goodwill**

208-580-5431

**Emma Ortel MS, LCPC**

208-490-6900

**Idaho Behavioral Health**

208-580-9525

**Idaho Department of Health and Welfare Behavioral Health**

Adult: 208-736-2177

Children: 208-732-1630

**L.I.F.E. Counseling**

1-870-688-2040

**Mountain Home Air Force Base Family Advocacy**

208-828-7226

**Mountain Home Air Force Base Mental Health Clinic**

208-828-7580

**New Hope Counseling**

208-284-0959

**Shared Path Counseling**

208-398-3308

# Quick Guide to Services

*St. Luke's Clinic – Trinity Mountain Medical*

208-587-9703

*Youth Empowerment Services (YES)*

1-833-644-8296

## *Mental Health Services (Nearby Counties)*

*Boise Vet Center*

208-342-3612

*Catholic Charities of Idaho*

208-345-6031

*Idaho Division Veteran Services*

208-780-1380

*Saint Alphonsus Mental Health Services*

208-302-0900

*St. Luke's Children's Center for Neurobehavioral Medicine*

Boise and Nampa: 208-381-5970

*St. Luke's Clinic – Psychiatric Wellness Services*

Boise: 208-706-6375

*St. Luke's Clinic – Behavioral Health*

Nampa: 208-505-2222

*Terry Reilly Health Services*

208-344-3512

## *Mental Health and Addiction In-Patient Facilities*

*Cottonwood Hospital*

208-996-8449

*Intermountain Hospital*

1-800-321-5984

*Saint Alphonsus Behavioral Health*

208-302-0900

## *Education and Support*

*Central District Health*

208-559-0279

*Empower Idaho*

208-947-4289

*National Alliance on Mental Illness (NAMI) Treasure Valley*

208-801-1609

Website: [namitreasurevalley.org](http://namitreasurevalley.org)

*The Speedy Foundation*

P.O. Box 5866

Boise, Idaho, 83705

Email: [info@speedyfoundation.org](mailto:info@speedyfoundation.org)

Website: [thespeedyfoundation.org](http://thespeedyfoundation.org)

## *Area Schools*

*Glenns Ferry School District*

208-366-7434 ext. 109

*Mountain Home School District*

208-587-2580

*Prairie School District*

208-868-3257; 208-868-3337

*Rimrock Bruneau and Grand View School District*

208-834-2260



# Quick Guide to Services

## *College Counseling Services*

*Boise State University*

208-426-1459

*Brigham Young University*

208-496-9370

*College of Western Idaho*

208-562-2200

*Idaho State University*

208-282-2130

*Lewis-Clark State College*

208-792-2111

*Northwest Nazarene University*

208-467-8466

*The College of Idaho*

208-429-5188

*University of Idaho*

208-885-6716, press #1

For crisis counselor dial #3.

## *Senior Services and Other Support Services*

*Family Advocates – Strengthening Families*

208-345-3344

*Family Caregiver Navigator*

208-426-5899

*Findhelpidaho.org*

Website: [findhelpidaho.org](http://findhelpidaho.org)

*Idaho 2-1-1 Care Line*

211

Website: [healthandwelfare.idaho.gov/services-programs/211](http://healthandwelfare.idaho.gov/services-programs/211)

*Idaho Commission on Aging*

208-736-2122 or 1-800-574-8656

*Idaho Division Veteran Services*

208-577-2310

*Idaho Home Health and Hospice*

208-887-6633

*Southwest Idaho Area Agency on Aging*

208-898-7060 or 1-844-850-2883

*St. Luke's Home Care and Hospice Services*

208-381-2721, press 3

*Treasure Valley Hospice*

208-467-7423

## *Veteran Services*

*Boise Vet Center*

208-342-3612

*Idaho Division Veteran Services*

208-780-1380

*Veterans Administration Clinic*

208-580-2001

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To access this booklet online, please visit: [stlukesonline.org/help](https://stlukesonline.org/help)

