



RESOURCES OF CARE

SERVICE MEMBER & FAMILY SUPPORT
FEBRUARY 2024



OUR MISSION

Connecting resources to needs, and building protective factors to support readiness through happy and resilient Service Members & Families who feel their membership in the National Guard adds value to their lives.

The information in this packet includes resources provided by the IDARNG, community, and online sources to support service members, veterans and their families.

JOIN OUR IDAHO NATIONAL GUARD SERVICE MEMBER & FAMILY SUPPORT FACEBOOK & INSTAGRAM PAGES:



SCAN TO VISIT US
ONLINE AND VIEW
OUR COMPLETE LIST
OF RESOURCES:

CONTACT US

Call us for more information:
**Idaho Service Member & Family
Support**

1-800-479-7006

4250 Cessna St BLDG 270
Boise, ID 83705
Bldg Hrs: 7am-4pm

Visit us online at:
<https://www.imd.idaho.gov/ida-ho-national-guard/family-programs/>

Find our Resources of Care online:
<https://www.imd.idaho.gov/wp-content/uploads/J9-Resources-of-Care--Feb-2024.pdf>

YELLOW RIBBON PROGRAM

MISSION STATEMENT

The Yellow Ribbon Program is poised to provide sufficient information, services, referral, and proactive outreach opportunities for Service Members and their families throughout the deployment cycle.

No one should embark on a deployment or see a loved one deploy without first knowing the benefits, resources, and contacts to navigate the deployment cycle. This is the philosophy of the Yellow Ribbon Program.

The program helps service members and their families in the National Guard connect with their local support community before, during, and after deployments.



DEPLOYMENT SUPPORT CYCLE COORDINATOR:

SFC WILLIAM KASERMAN

208-272-8329

WILLIAM.P.KASERMAN.MIL@ARMY.MIL

SGT TAREYN KELLY

208-272-8306

TAREYN.L.KELLY.MIL@ARMY.MIL

YELLOW RIBBON REINTEGRATION PROGRAM

The Yellow Ribbon Reintegration Program supports service members and their families with the transition of reintegrating back into the family and community after a deployment.

IDAHO NATIONAL GUARD



YELLOW RIBBON REINTEGRATION PROGRAM

For Those Who Serve and Those Who SupportSM



MILITARY AND FAMILY READINESS SPECIALISTS

MFRS offer information and referral services to service members and their families. Professional consideration and confidentiality are fundamental elements each of the specialists adhere to; from personal issues requiring advice, to difficult challenges resulting in resource referrals.

Our offices are located throughout the state and are organized to provide regional support for families of geographically dispersed service members. Our goal is to provide information, referral and outreach to service members and their families. We may be called upon 24 hours a day to provide necessary support.

We offer the following essential services (and more) to members residing within the support area:

- Crisis Intervention and Referral
- Legal Resource and Referral
- Financial Resource and Referral
- TRICARE Resource and Referral
- ID Cards and Defense Enrollment Eligibility Reporting System (DEERS)
- Community Information and Outreach
- Soldier & Family Readiness Groups (SFRG)
- EFMP (Exceptional Family Member Program)
- EFAC (Emergency Family Assistance Center)

CHILD & YOUTH PROGRAM COORDINATORS

The Child & Youth Program provides a variety of services to military youth and their families, such as event programming, leadership opportunities, enrichment services and resources developed to strengthen resiliency, community and the family unit.

LEAD CHILD AND YOUTH COORDINATOR
CYNTHIA BALLESTEROS
CYNTHIA.BALLESTEROS.CTR@GMAIL.COM
208-272-4387

CHILD AND YOUTH COORDINATOR
KIMBERLY ROBERTS
KIMBERLY.ROBERTS.CTR@GMAIL.COM
208-272-8397



LEAD SPECIALIST

Cassandra Rzepa
5453 E Seltice Way
Post Falls, ID 83854
(208)272-7532 / (208)608-3816
cassandra.k.rzepa.nfg@army.mil

BOISE SPECIALIST

Diann Scheetz
4250 Cessna St. Bldg 270
Boise, ID 83705
(208)272-4355 / (208)608-8204
diann.l.scheetz.nfg@army.mil

CALDWELL SPECIALIST

Glen Fuchs
1200 S Kimball St.
Caldwell, ID 83605
(208)272-7311 / (208)608-8230
glen.w.fuchs2.nfg@army.mil

TWIN FALLS SPECIALIST

Sonya Nowland
1069 Frontier Rd.
Twin Falls, ID 83301
(208)272-7029 / (208)608-3969
sonya.d.nowland.nfg@army.mil

POCATELLO SPECIALIST

Hiedi Young
10714 Fairground Rd.
Pocatello, ID 83202
(208)272-7188 / (208)608-3888
hiedi.b.young.nfg@army.mil

IDAHO FALLS SPECIALIST

Beverly McLendon
575 W 21st St.
Idaho Falls, ID 83402
(208)272-7774 / (208)608-8042
beverly.l.mclendon.nfg@army.mil

LEWISTON SPECIALIST

Keesha West
2707 16th Ave.
Lewiston, ID 83504
(208)272-7432 / (208)608-8185
keesha.l.west.nfg@army.mil

POST FALLS SPECIALIST

Brandi Stordahl
(208) 272-7580 / (208) 608-3895
brandi.s.stordahl.nfg@army.mil

MILITARY ON^{ES}SOURCE

Military One Source is a confidential Department of Defense-funded program providing comprehensive information 24/7 on every aspect of military life at no cost to active duty, guard, and reserve component members and their families. Information includes, but is not limited to; deployment, reunion, relationships, grief, spouse employment and education, parenting and childhood, and more.

IDAHO MOS CONSULTANT:

Matthew Barley

matthew.barley@militaryonesource.com
(208) 590-2486



PERSONAL FINANCIAL COUNSELORS (PFC)

The PFC Program is open to current members of the armed services, family members and service members 6 months past separation or retirement. The Office of Financial Readiness program offers personal finance counselors to help you and your family manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement.

- Support and Counseling Services:
- Confidential financial consultations for individuals & families
- Referrals to military and community resources
- Help with credit management and budgeting
- Assistance with navigating benefits

PERSONAL FINANCE COUNSELOR

JENNIFER WOOD, Accredited Financial Counselor

O. 208-272-8332 **C.** 986-210-3971

jennifer.m.wood26.ctr@army.mil

RETIREMENT SERVICES OFFICE

The Idaho National Guard Retirement Services office provides assistance with processing retirement packets for non-traditional retirements. In addition, the office provides assistance with enrollment in TRICARE insurance and dental/vision plans through FEVIP. This office also assists with survivor benefits for widows/ widowers upon the passing of the retiree.

Retiree Outreach Officer

Bill Fackler

208-272-3815 | william.e.fackler.nfg@army.mil

IDAHO GUARD AND RESERVE FAMILY SUPPORT FUND

The IGRFSF provides grants and zero-interest loans for emergency and urgent situations for Idaho National Guard & Reserve members and their respective families. Contact your local Soldier and Family Readiness Specialist for more information about how to apply for the Family Support Fund. Or contact the Administrator directly.

www.igrfamilysupportfund.org

Contact your local Service Member & Family Support Specialist for more information. (Contact info can be found on Pg. 3)

TRANSITION ASSISTANCE

Direct liaison to VA health and disability benefits and Vets Center Information. Serves as a first line of support for returning veterans to help troubleshoot concerns surrounding their benefits, education assistance, employment and other issues they may encounter when they return home from deployment or transition back into civilian life.

Transition Assistance Advisor (S. Idaho)

Samantha Rex

626-345-8762 | SRex@gapsi.com

Transition Assistance Advisor (E. Idaho)

Hailey Rienstra

202-987-3906

MENTAL HEALTH CARE AND COUNSELING

IDNG Crisis/ Suicide Hotline: 208-272-TALK (8255) (After Hours Line)

BEHAVIORAL HEALTH & WELLNESS TEAM

IDNG Behavioral Health & Wellness offers free and confidential mental health care and counseling for service members of all branches of the military, veterans, retirees and families. We provide individual, couples, families and group counseling services at Gowen Field as well as Telehealth Video sessions in the privacy of your own setting. **For appointments call our Case Manager, Marina Uhlenkott Office: (208) 272-8802.**

Director of Psychological Health: Suzi Bercier, MSW, LCSW, Office: 208-272-3786

Rona Brumpton, LCPC, LMFT, Boise Office: 208-272-8393

Terry Rasmussen, LPC, Boise Office: 208-272-4300

Kelley Pierce, LPC LLPC, NCC, LSOTP, Boise Office: 208-272-8392

Chris O'Toole, MSW, LCSW, Boise Office: 208-272-4893

Ka-Sia Baumer, MSW, LCSW, Southeastern Idaho Office: 208-272-7160

Maurica Nelson, LCSW, Northern Idaho Office: 208-272-7531

Adult/ Youth Military & Family Life Counselor (MFLAC)

Provides assistance to military families with life skills information and education. We provide direct, short-term, solution-focused counseling to individuals, couples, families and groups.

MFLAC

(208) 371-3306

ngboiseidsurge@magmflc.org

TOTAL HEALTH

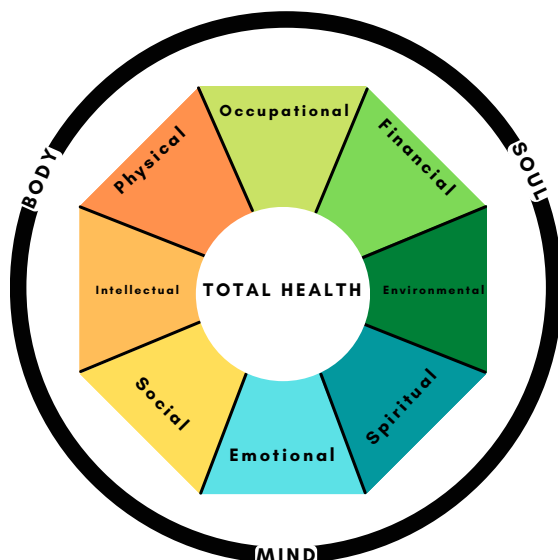
Located in Building 254

Through healthy habits, resilience training and a focus on wholistic wellness we can create a strong, mission-ready military. This new program focuses on all aspects of a Service Member's "fitness" ranging from mental, physical, spiritual and social wellness.

HEALTH & WELLNESS PROJECT OFFICER

LTC Jennifer Pate

253-310-8359 | jennifer.l.pate15.mil@army.mil



NATIONAL

**SUICIDE
PREVENTION
LIFELINE™**
1-800-273-TALK (8255)

suicidepreventionlifeline.org

BEHAVIORAL HEALTH

Assists soldiers and families in developing knowledge and skills to improve physical, behavioral and emotional health through wellness promotion and preventative measures. Provides brief solution-focused interventions utilizing evidence based educational materials. Offers support and monitoring of desired behavioral health change plans.

ARMY DIRECTOR OF PSYCHOLOGICAL HEALTH

(208) 272-3786

AIR DIRECTOR OF PSYCHOLOGICAL HEALTH

(208) 422-5313

SEXUAL ASSAULT RESPONSE COORDINATORS (SARC)

The Joint Forces Headquarters Sexual Assault Response Coordinators serve as the single point of contact with the State of Idaho Military Division to coordinate a response to sexual assault when a report is made. We assist the senior commander to ensure victims receive responsive care, and refer or assign victims to a victim advocate. The SARC tracks each individual from beginning to end to ensure that all victims receive the proper care and treatment they deserve. Additionally, the SARC ensures proper reporting and confidentiality.

24/7 HELPLINE: 208-447-6166

State Sexual Assault Prevention & Response Officer

Julie Whirlow

208-272-8304 | julie.l.whirlow.civ@army.mil

Army Sexual Assault Response Coordinator

Sean Egbert

208-272-4306 | sean.t.egbert.mil@army.mil

Wing Sexual Assault Response Coordinator

Amanda Nowak

208-422-6373 | amanda.nowak@us.af.mil

JFHQ Victim Advocate

Nichole Kiesel

208-272-8300 | nichole.r.kiesel.civ@army.mil

RESILIENCE, RISK REDUCTION, SUICIDE PREVENTION (R3SP)

Risk Reduction Coordinator

Ashley Green

ashley.e.green24.ctr@army.mil

208-272-8398

Suicide Prevention Coordinator

Anna Murrin

anna.murrin@dystech.com

(208) 272-8522

Substance Abuse Prevention Coordinator

Morgan Proud

morgan.proud@dystech.com

(208) 272-3276

IDANG R3SP Coordinator

Robert Smith

robert.b.smith319.mil@army.mil

(208) 272-2228

USEFUL HOTLINES:

DOD SAFE HELPLINE:

877-995-5247

National Domestic Violence Hotline

1-800-799-SAFE (7233)

NDVH provides crisis intervention, information and referral to victims of domestic violence, perpetrators, friends and families.

Women's and Children's Alliance

The WCA operates two 24-hour crisis hotlines. If you or someone you know needs help, call these numbers:

Domestic Violence Hotline:

(208) 343-7025

Rape Crisis Hotline:

(208) 345-7273 (RAPE)

VA Suicide Hotline

800-273-TALK (8255)

Press 1 for the veteran's line
www.suicidepreventionlifeline.org

Defense and Veterans Brain Injury Center

800-870-9244

www.dvbic.org

National Center for PTSD

www.ncptsd.va.gov

Drug Help Line:

800-662-HELP (4357)

Gambling Help Line:

800-270-7117



**American
Red Cross**

SERVICES TO ARMED FORCES

The American Red Cross provides emergency communications, access to emergency financial assistance, information and referrals for military families. Be sure to have the service member's unit information, rank, APO, and social security number as well as verifiable information readily available.

Red Cross Emergency Communications Representative: 877-272-7337

ID DEPT OF HEALTH AND WELFARE

Report abuse and/or neglect 24/7: **1-855-552-KIDS (5437)**
or within the Treasure Valley: **1-208-334-KIDS (5437)**

Child Abuse Hotline: **1-800-4-A-CHILD**

The National Child Abuse Hotline is open 24/7 and calls are anonymous.

Child Protective Service- State of Idaho: **1-800-926-2588/**
(TDD 208-332-7205) Idaho Care Line 211

The 2-1-1 Idaho Care Line is a free state-wide community information and referral service. This program is part of the Idaho Department of Health and Welfare. Our comprehensive database includes programs that offer free or low-cost health and human services or social services such as; rental assistance, energy assistance, medical assistance, food and clothing, child care resources, emergency shelter, and more.

Agents at the 2-1-1 Idaho Care Line connect people in need with government, faith-based, and community resources.

HEALTH CARE

All returning soldiers/ families have 180 days of transition health benefits. If you were enrolled in PRIME or Prime Remote during the deployment, you will need to re-enroll for the Transitional Assistance period. **1-844-866-9378 | www.tricare-west.com**



SURVIVOR OUTREACH SERVICES



The Army has a commitment to the families of our fallen warriors. Our mission is to provide support, information and services to the families of fallen warriors where those families reside for as long as they desire.

Visit our FB Page:

<https://www.facebook.com/IDSOS/>

SOS Coordinator (Boise)

208-272-3512 | 208-509-0729
ginny.e.eggleston.ctr@army.mil

SOS Coordinator (Idaho Falls)

208-272-7771 | 208-243-6342
Carmen.l.Peters.ctr@army.mil

JUDGE ADVOCATE GENERAL (JAG)

Assists with military-related issues (i.e. difficulty with creditors, POA issues, child custody, etc.)

JAG Office: LTC Stokes | **208-272-5474**
stephen.a.stokes.mil@army.mil

ID CARDS/ DEERS

- Provide information on DEERS Rapids Centers
- Assist with obtaining ID Cards

Hours: Tues-Fri 7am-4pm

ID Cards Office: **208-272-3802**



CHAPLAINS & CHAPLAIN SUPPORT

Chaplain support is provided to all members of the Idaho Army National Guard through the office of the State Chaplain. Support is extended to spouses and family members with confidential counseling available at any time. A chaplain is available through your chain of command or you may contact their office directly.

State Chaplain

CH (COL) Robert Morris
208-272-6468 | 208-608-4825
robert.w.morris1.mil@army.mil

Full Time Religious Affairs NCO

SSG Colton Sabala | 208-272-4311
colton.j.sabala.mil@army.mil



EDUCATION AND EMPLOYMENT

The IDARNG Education Office assists soldiers with pursuing their civilian higher education goals and promotes life-long learning by administering a number of different programs including GI Bill, Tuition Assistance, and CLEP testing.

IDARNG soldiers may qualify for up to four different GI Bill programs with various payment rates (dependent on their enlistment and deployments).

IDARNG Education Services Officer (ESO)

208-272-3330 | 208-272-3615

john.e.harris4.civ@mail.mil | lisa.j.rankins.civ@mail.mil

NATIONAL GUARD EMPLOYMENT SUPPORT

State Equal Employment Manager

The Idaho National Guard Equal Employment Opportunity (EEO) philosophy is based on fairness, justice, and equity. The EEO program formulates, directs, and sustains a comprehensive effort to maximize human potential and to ensure fair treatment for all persons based solely on merit, fitness, and capability in support of readiness.

Albert Gomez, State EEO Manager

208-272-4224 | albert.j.gomez2.civ@army.mil

inghro.idaho.gov/hr/pocs/eoo/eoo.htm

Employer Support for Guard & Reserve (ESGR)

Promotes cooperation and understanding between reserve component members and their civilian employers to assist in conflict resolution arising from employee's military commitment.

www.esgr.mil

ESGR, Volunteer Support Technician

Jessica Rash

jessica.l.rash2.ctrearmy.mil | 208-272-3346

Wyakin Wounded Warrior Academy

Helping severely wounded or ill Post 9/11 Veterans transition from the military to a civilian career through education, mentorship, professional development, and networking.

www.wyakin.org | 208-995-9952

EDUCATION CONTACTS

GoArmyEd - Tuition Assistance

www.goarmyed.com

eBenefits

www.ebenefits.va.gov

DoD Transferability Website (Post 9/11 GI Bill)

www.dmdc.osd.mil/identitymanagement

VA Application

<http://vabenefits.vba.va.gov/vonapp/>

CLEP Information

www.dantes.doded.mil



POST-9/11 GI BILL

***GI Bill VA Website to include DoD transferability
Post 9/11 GI Bill/ VA Application***

1-888-442-4551

www.gibill.va.gov or

<http://vabenefits.vba.va.gov/vonapp/main.asp>

GKO: Post 9/11 GI Bill Information:

<https://gkoportal.ngb.army.mil/>

BOISE STATE UNIVERSITY VETERANS UPWARD BOUND

Veterans Upward Bound is one of several TRIO programs on the Boise State University campus and is designed to help veterans prepare for and succeed in post-secondary education. We serve veterans planning to attend college, universities, technical schools, certificate programs and more.

<https://www.boisestate.edu/education-vub/>

Idaho Division of Veterans Services

www.veterans.idaho.gov

Employer Partnership of the Armed Forces

A direct link to help employers find service members and their families for employment opportunities.

1-877-450-HIRE (4473) | <https://h2h.jobs/>

www.employerpartnership.org |

www.hireheroesusa.org

Idaho Dept of Labor

(208) 332-3275 ext. 3272 | labor.idaho.gov

COMMUNITY BASED OUTPATIENT CLINICS

CALDWELL CLINIC

4521 Thomas Jefferson Dr
Caldwell, ID 83605
208-454-4820

LEWISTON IDAHO CBOC

1630 23rd Ave Lewiston, ID 83501
208-746-7784

TWIN FALLS CLINIC

260 2nd Ave East
Twin Falls, ID 83301
208-732-0959

COUER DALENE CBOC

915 W. Emma Ave
Couer d'Alene, ID 83814
208-665-1700

POCATELLO CBOC

444 Hospital Way Suite 801
Pocatello, ID 83201
208-232-6214

IDAHO FALLS CLINIC

3544 E 17th St Suite 104
Ammon, ID 83406
208-522-2922

GRANGEVILLE CLINIC

711 West North St
Grangeville, ID 83850
208-983-4671

BURNS CLINIC

271 N. Egan Ave Burns, OR 97720
541-573-3331

MOUNTAIN HOME CLINIC

815 N 6th St E
Mt. Home, ID 83647
208-580-2001

SALMON OUTREACH CLINIC

705 Lena St Salmon, ID 83467
208-756-8515

MEDICAL AND HEALTH



VETERANS HEALTH ADMINISTRATION

Provides a full range of healthcare for veterans, to include prescription, surgery, counseling and rehabilitation. Soldiers may take advantage of this benefit for a 5 year period, following deployment, for an illness potentially related to service in a contingency operation. To receive care, veterans must first enroll by submitting a VA form 10-10EZ. Visit our website or call for more information.

www.va.gov | 800-827-1000

SPOKANE VA MEDICAL CENTER

4815 N. Assembly St. Spokane,
WA 99205-6185
509-434-7000
www.spokane.va.gov

BOISE VA MEDICAL CENTER

500 Fort St. Boise, ID 83702
208-422-1000
www.boise.va.gov/

JOHNATHAN M WAINWRIGHT VA MEDICAL CENTER

77 Wainwright Dr.
Walla Walla, WA 99362
888-678-8863 | 509-525-5200
www.wallawalla.va.gov

VETERAN CENTER

Vet centers are a national program that provide resources and readjustment counseling to active duty service members & veterans who served in a hostile or combat area. Services are provided at no cost to veterans or their families and are private and confidential. These centers are staffed with veterans who can help you connect with community resources for jobs and networking.

www.vetcenter.va.gov for more information and a list of services

- Boise | 208-342-3612
- Boise Mobile | 208-342-3612
- Spokane | 509-444-8387
- Pocatello | 208-232-0316
- Walla Walla | 509-525-9034

OTHER RESOURCES

US DEPT OF VETERAN AFFAIRS

800-827-1000
www.va.gov

HEALTH CARE

877-222-8387
www.va.gov/health/index.asp

LIFE INSURANCE

800-669-8477
www.insurance.va.gov

NATIONAL CEMETERY ADMINISTRATION

www.cem.va.gov

REPLACEMENT OF DISCHARGE DOCUMENTS | NATIONAL RECORDS CENTER

www.vetrecs.archives.gov



H.E.R.O.E.S. CARE

A national network of mental health care providers who give an hour of their time each week to help members of the military and their families cope with the unseen wounds associated with military service. With over 5,000 member, these caring professionals can provide tens of millions of dollars in free mental health services each month.

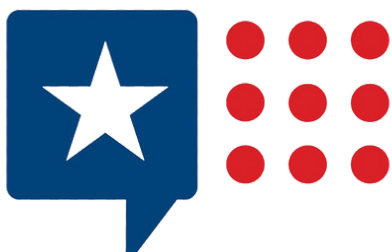
COURAGE TO CARE UNIFORMED SERVICES UNIVERSITY

Courage to Care provides electronic fact sheets on timely health topics relevant to military life. Content is developed by leading military health experts from Uniformed Services University of Health Sciences, your nation's federal medical school.

www.centerforthestudyoftraumaticstress.org

IT'S OK TO ASK FOR
HELP ON AND OFF THE
BATTLEFIELD.

Veterans Crisis Line



1-800-273-8255
PRESS 1

Give and Hour is a 501 (c)(3) organization with the mission "to develop a national network of volunteers capable of responding to both acute and chronic conditions that arise within our society." GAH's focus is to meet the mental health needs of troops who served in Iraq and Afghanistan, as well as their families. Their services are free of charge and insurance information is not needed to receive help.

<http://heroescare.org/partners/>



PSYCHOLOGICAL HEALTH CENTER OF EXCELLENCE

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury runs a resource center that provides information and resources about psychological health, post-traumatic stress disorder, and traumatic brain injury. The center can be contacted 24/7 by phone, email, or live chat.

866-966-1020

resources@dcoeoutreach.org

DCoE Outreach Center Live Chat

WOUNDED WARRIOR RESOURCE CENTER

An online partnership for wounded, ill and injured service members, veterans and their families. Services include benefits and compensation, education, training, employment, caregiver support, health, housing and transportation.

<https://www.woundedwarriorproject.org/programs/www-resource-center>



Qualified service and family members will receive 100% free counseling services as a supplement to what is offered by the military. Private counseling with licensed professionals.

<https://comraderiefoundation.org/>

407-841-0071