



# SERVICE MEMBER & FAMILY SUPPORT NEWSLETTER

• MAY 2024

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Visit us online at:

<https://imd.idaho.gov/family-programs/>

## A Message From the Behavioral Health and Wellness Team

Throughout the month of May the Idaho Army National Guard recognizes Mental Health Awareness Month. Our goal throughout our Idaho National Guard organization is to build awareness and educate our leaders and Service Members on a variety of mental health issues and how and when to access care.

Since the J9 was established, we as an organization have worked hard to build a strong team of qualified professionals, increase confidentiality for Service Members seeking guidance and support, and reduce the stigma and myths associated with seeking help.

A primary focus of the behavioral health team has been to build our services for our Military Members, their Families and Veterans that are immediate and comprehensive.

It has been a longstanding challenge to find quality services without long wait times, costly rates and quality of care specifically tailored to the unique challenges our Service Members face.

Service Members, their Families, and Veterans can access services through our Behavioral Health and Wellness team and get linked to a qualified provider on-site or through tele-health with very minimal wait time and at no cost. We currently have a strong clinical team of licensed professionals, which consists of six full-time therapists, our Military Family Life Counselor (MFLC) and a full-time case manager. Our team of providers have specialized training and certifications in dealing with a wide array of challenges, to include depression, anxiety, relationship difficulties, anger management, conflict resolution, acute stress and trauma.

Struggles and challenges in daily living are not a "one-size fits all" situation and we take a very comprehensive approach to meet the individual needs of each person seeking services.

We are working towards educating Leadership and our Service Members to seek help and guidance before they are in crisis, which decreases the need for higher level of care and the time spent utilizing services. Our team provides psycho-education and self-help skills to reduce difficulties before they become chronic.

In addition to our services, we have established a 24/7 crisis line that can be accessed in the event a behavioral health crisis arises. We provide assistance for immediate clinical assessment and recommendations, guidance to determine best course of action, and safety planning and support. Helping one person might not change the whole world, but it could change the world for one person.

**Our on-call number is 208-272-TALK.**

- Suzi Schaefer, Director of Psychological Health (Army) Call the Case Manager for questions or to schedule an appointment at 208-272-8802

## MAY UPCOMING EVENTS

May is Mental Health Awareness Month and Military Spouse Appreciation Month!

- 1st - Gowen Field Area Beautification Day
- 2nd - National Day of Prayer Hike/North Idaho Retiree Social
- 2nd - 5th - Gowen Field Day Camp
- 9th - Joining Forces/Food Baskets
- 15th - Gowen Retiree Social
- 27th - Memorial Day Ceremony (Idaho State Veterans Cemetery)

<https://www.imd.idaho.gov/events/month/>  
for more information and registration links!

Stay up-to-date with events and opportunities by following us on social media.



COMPREHENSIVE LIST OF RESOURCES



## Spiritual Health

Look for our Total Health recaps in every drill letter. This is meant to be a refresher so you can remember to practice healthy habits in all aspects of your life.

### WHAT IS SPIRITUAL HEALTH?

Creating and preserving a space to promote optimal learning, contemplation, and/or relaxation that supports well-being. Caring for belongings by performing regular preventive services to maintain functionality and quality.



### KEY POINTS

- Religion is organized around a set of beliefs relating to a higher divine power. Spirituality is about **identifying one's purpose, core values, beliefs, identity, and life vision.**
- Spirituality creates the foundation and **provides direction** in our lives.
- Spirituality can change depending on our current life situation and experiences.
- Identifying the values that are guiding your decisions and providing direction in life **can provide support** through difficult times.
- Benefits of living out our values and defining our purpose **includes increased optimism, lower anxiety, improve relationship stability and cohesion.**

### ALL 8 PODCAST THE ULTIMATE "F" WORD

- Check out our episode of the all 8 podcast to learn about Food, fitness, and your body
- learn the difference about disordered eating and a eating disorder
- is the army height and weight standards healthy?

Idaho National Guard J9 - Service Member & Family Support  
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