

IDNG J9 - SERVICE MEMBER & FAMILY SUPPORT

SUPPORTING OUR MILITARY FAMILIES

Resources of Care



November 2024



Our Mission

The Idaho National Guard J9, Service Member & Family Support, offers a comprehensive range of services to support military personnel, retirees, veterans, and their families.

Our programs include confidential counseling, financial guidance, transition assistance, and more.

This packet includes information on these resources, as well as additional support from the Idaho National Guard, community organizations, and online sources.

CONTACT US

Call us for more information:
**IDNG J9 - 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/idaho-national-guard/family-programs/>

Join our Idaho National Guard Service Member & Family Support Facebook Group & Instagram:



Scan QR code to visit us online:



Visit the Idaho National Guard app:



For Service Members, Families & More

- Request Free Counseling
- Request MFRS Assistance
- Make a SHARP Report
- Find Upcoming Events
- Crisis Response Numbers
- Resources of Care and More

Military & Family Readiness Specialists (MFRS)

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)

STAY INFORMED WITH MILITARY & FAMILY READINESS UPDATES!

Get updates on benefits, events, resources, and more! Scan the QR code to **join the Military & Family Readiness contact list**.



INDG J9 - SERVICE MEMBER & FAMILY SUPPORT

MILITARY & FAMILY READINESS SPECIALISTS (MFRS)

1



Post Falls
Brandi Stordahl
5453 E Seltice Way
Office: 208-272-7580
Cell: 208-608-3895
brandi.s.stordahl.nfgearmy.mil



State Lead Cassandra Rzepa

Office: 208-272-7532
Cell: 208-608-3816
cassandra.k.rzepa.nfgearmy.mil



3



Caldwell/Boise
Glen Fuchs
1200 S Kimball Ave
Office: 208-272-7311
Cell: 208-608-8230
glen.w.fuchs2.nfgearmy.mil



Lewiston Keesha West

2707 16th Ave
Office: 208-272-7430
Cell: 208-608-8185
keesha.l.west.nfgearmy.mil



2

Boise

Diann Scheetz
4250 Cessna St, BLDG 270
Office: 208-272-4355
Cell: 208-608-8204
diann.l.scheetz.nfgearmy.mil



3



Idaho Falls Beverly McLendon

575 W 21st St
Office: 208-272-7774
Cell: 208-608-8042
beverly.l.mclendon.nfgearmy.mil



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3



Boise
Megan Geary
4250 Cessna St, BLDG 270
Office: 208-272-8327
megan.j.geary.civarmy.mil



Twin Falls Sonya Nowland

1069 Frontier Rd
Office: 208-272-7029
Cell: 208-608-3969
sonya.d.nowland.nfgearmy.mil

Pocatello Hiedi Young

10714 Fairgrounds Rd
Office: 208-272-7188
Cell: 208-608-3888
hiedi.b.young.nfgearmy.mil



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CHILD & YOUTH PROGRAM



OUR MISSION

The mission of the Child and Youth Program is to promote and sustain the quality of life and resilience of dependent children and youth by providing secure, timely, flexible, high-quality support service and enrichment programs.

GET INVOLVED

Join as many, or as few events, as you want! We offer in-person and virtual opportunities for military youth to meet each other and form a community together while learning useful life skills to help youth navigate military life. Some events that occur throughout the year include:

- Summer & Winter Camps:** 3-5 day overnight camps for youth ages 9 and up.
- Youth Groups:** one hour regional gatherings every month that allow youth to meet and learn more about what we have going on.
- Teen Retreats:** a weekend retreat and training for our teen leaders.

BECOME A CHAPERONE

Join us as an adult chaperone for an enriching camp experience! You'll play a crucial role in ensuring the safety and engagement of our youth while supporting camp directors.

Requirements:

- Must be 19 years old by camp start date
- Pass a background check
- Complete 30 minutes of training before camp

Key Responsibilities:

- Assist with check-in and camper orientation.
- Facilitate activities and ensure youth participation.
- Maintain a safe environment and support youth in need.



Lead Child and Youth Coordinator
Cynthia Ballestros
cynthia.a.ballestros.ctr@army.mil
idngcyp@gmail.com
208-272-8397

Child and Youth Coordinator:
Julia Villagomez
julia.villagomez.ctr@gmail.com
208-272-4387

Scan QR code to visit our website, with links to get involved!



FREE CHILD CARE OPTIONS ON DRILL WEEKENDS

IDNG Drill Weekend Child Care Program
Available at Gowen Field - Child & Youth Center



Scan to complete a general interest form and to receive monthly registration links

Available during the following Drill Dates:

6-8 Sep 2024	1-2 Feb 2025	2-3 Aug 2025
13-15 Sept 2024	22-23 Feb 2025	16-17 Aug 2025
21-22 Sep 2024	8-9 Mar 2025	13-14 Sep 2025
2-3 Nov 2024	5-6 Apr 2025	
9-10 Nov 2024	3-4 May 2025	
7-8 Dec 2024	7-8 Jun 2025	
25-26 Jan 2025	12-13 Jul 2025	

*Dates may change based on drill schedules and availability of funding

Military Childcare Assistance Program
Available across Idaho through civilian providers



Military Childcare Assistance Program

✓ Get childcare solved for your service duty needs!

- 1 Sign up takes less than 2 min!**
Use the QR code to find out if you're in an eligible region and branch.
- 2 Share your needs with Upwards**
Meet your personal Childcare Navigator and answer a few short questions about your family needs.
- 3 Match & enroll with caregivers**
Upwards helps you find, tour, and enroll in care your children will love while you focus on serving our country.



For more information on these programs, contact: megan.j.geary.civ@army.mil | 208-272-8327

MILITARY ONESOURCE

IDAHO MOS CONSULTANT:

Matthew Barley

(208) 590-2486

matthew.barley@militaryonesource.com

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.

IDAHO GUARD AND RESERVE FAMILY SUPPORT FUND

The Idaho Guard & Reserve Family Support Fund provides emergency financial support to Idaho Guard and Reservist Service Members in the form of grants and zero-interest loans. Since 2004 the Fund has distributed over \$2,000,000 to more than 1,900 service members and their families.

Scan the QR code to access
the IGRFSF Application
Form



Learn more or get assistance with an application by contacting your local Family Readiness Specialist (see page 2 for contacts) or contact the fund administrator directly at 208-801-4225.

The Idaho Guard & Reserve Family Support Fund, Inc. is a 501(c)(3) nonprofit organization. The Fund is an independent organization closely affiliated with the Idaho Military Division of the Office of the Governor, a political subdivision of the State of Idaho and is recognized under Idaho State Code.

Like us on Facebook: Idaho Guard & Reserve Family
Support Fund

PERSONAL FINANCIAL COUNSELOR (PFC)

Accredited Financial Counselor
Jennifer Wood

Personal Financial Counselor (PFC) provides financial literacy and education across the military lifecycle to Service Members and Families, enabling them to achieve financial readiness in support of mission readiness. The no-cost financial counseling services ensure military consumers receive the consumer protections afforded to them by Congress, and reduces the risk of financial challenges and associated stress that may impact individual performance and mission readiness.

Financial education includes but is not limited to:

- ✓ Money Management
- ✓ Budgeting
- ✓ Retirement Planning & the TSP
- ✓ Consumer Debt & Credit Cards
- ✓ Credit Building & Repair
- ✓ Military Pay & Benefits
- ✓ Homebuying
- ✓ Taxes

Gowen Field
Bldg. 270

O. 208-272-8332

jennifer.m.wood26.ctr@army.mil



Mental Health Care & Counseling

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:
Tammy Haugland, Case Manager at (208) 272-8802.

Rona Brumpton, LCPC, LMFT, Boise: 208-272-8393
Kelley Pierce, LPC, LCPC, NCC, LSOTP, Boise: 208-272-8392
Chris O'Toole, MSW, LCSW, Boise: 208-272-4893
Ka-Sia Baumer, MSW, LCSW, S.E. Idaho: 208-272-7160
Maurica Nelsen, LCSW, N. Idaho: 208-272-7531

ARMY DIRECTOR OF PSYCHOLOGICAL HEALTH
(208) 272-3786

AIR DIRECTOR OF PSYCHOLOGICAL HEALTH
(208) 422-5313

Visit the Idaho National Guard app to schedule a
free counseling appointment!



In the event of a
critical emergency,
call **911**
or
call the Suicide &
Crisis Lifeline at **988**
for
Veteran Crisis Line,
dial **988** then press **0**

Locate a crisis
response center
near you:



Service Member &
Family Support
Resources:



USEFUL HOTLINES:

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

RESILIENCE, RISK REDUCTION, SUICIDE PREVENTION (R3SP)

The Idaho National Guard Substance Abuse Program, and its Suicide Prevention Program, aim to strengthen the overall fitness and effectiveness of its workforce and to enhance the combat readiness of its Service Members.

We do this by providing resources of help to our Service Members and their Family Members that may be struggling with life's difficulties and challenges.

If you, or someone you know, feels that turning to alcohol or drugs, or contemplating suicide, is an option to solving those problems, please call our office.

- **ASAP, Substance Abuse Program**
- **URI's and Risk Mitigation Plans**
- **Suicide Prevention Training and more**



**Risk Reduction
Coordinator**

Ashley Green
ashley.e.green24.ctr@army.mil
(208) 272-8398



**IDANG R3SP
Coordinator**

Robert Smith
robert.b.smith319.civ@army.mil
(208) 272-2228

SEXUAL ASSAULT RESPONSE COORDINATORS (SARC)

Our Mission

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.

**In the event of a critical
emergency, call 911**

**Idaho National Guard 24/7 Sexual
Assault Response Line:
208-447-6166**

DoD Safe Helpline:
1-877-995-5247
www.safehelpline.org

CRITICAL RESPONSE STEPS

1. Ensure the survivor's and your own safety.
2. Get medical aid if needed for any injuries.
3. Contact the SARC or Victim Advocate.
4. Protect the Survivor's options and privacy.

Sexual Assault Response Coordinator

Army SARC
Haily Barley
208-272-8400
haily.r.barley.mil@army.mil

Air SARC
Amanda Nowak
208-422-6373
amanda.nowak@us.af.mil

State Lead SARC
Julie Whirlow
208-272-8304
julie.l.whirlow.civ@army.mil

Victim Advocate

Nichole Kiesel
208-272-8300
nichole.kiesel2.civ@army.mil

Chaplain Support

208-272-4311

SEXUAL ASSAULT REPORTING OPTIONS

Available to service members, adult dependents, and Title 5 civilians

Unrestricted

- Medical, advocacy, legal, and counseling services are available.
- Chain of Command with a legitimate need to know and local law enforcement are notified.
- Eligible for an expedited transfer, military and/or civilian protective orders.
- Confidential LOD determination.
- Cannot be changed to a restricted report.

Restricted

- Medical, advocacy, legal, and counseling services are available.
- No criminal investigation.
- Confidential LOD determination.
- Survivor may choose to change to unrestricted at any time.
- Available to any survivor who has not directly reported to law enforcement.

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)

Suicide & Crisis Lifeline
988

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

National Center for PTSD
www.ncptsd.va.gov



**Visit the Idaho
National Guard app to
make a SHARP report.**

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

YELLOW RIBBON PROGRAM



Our Mission

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 Rebecca Jaillett
rebecca.f.jaillett.mil@army.mil

RETIREMENT SERVICES OFFICE

- ✓ Processing Retirement Packets
- ✓ TRICARE Enrollment Assistance
- ✓ Insurance/Dental/Vision Plans through FEVIP
- ✓ Survivor Benefits for Widows/Widowers and More

To be added to our retiree contact list, scan the QR code

Retiree Outreach Officer
Bill Fackler
208-272-3815
william.e.fackler.nfg@army.mil



TRANSITION ASSISTANCE



Our Purpose

The purpose of the Transition Assistance Advisor (TAA) program is to provide a professional in each state/territory to serve as the statewide point of contact to assist Service Members in accessing Department of Veterans Affairs' health care services and benefits. Each TAA also provides assistance in obtaining entitlements through the Military Health System and access to community resources. The program is designed to serve National Guard members and their families. Additionally, we gladly provide services to member in all components.

OUR SERVICES

- Healthcare Referral
- Medical Facilities
- TRICARE Benefits
- VA Dental Care Programs
- Referral for Counseling Services
- SGLI, TSGLI, FSGLI
- Unemployment Needs
- Pre-separation Counseling
- Rehabilitative Care
- Assistance with Veterans Benefits
- Veterans Service Organizations
- Financial Hardships
- Compensation Claims
- Locating DD214s
- Locating Medical Records

TRANSITION ASSISTANCE ADVISORS

	CENTRAL IDAHO Samantha Rex SRex@gapsi.com 208-272-4408
	NORTH IDAHO Angel Smith angel.smith@gapsi.com 202-987-3877
	EAST IDAHO Hayley Rienstra HRienstra@gapsi.com 202-987-3906

Interested in learning more or getting help with transition assistance? Simply scan the QR code to complete our Transition Assistance Digital Intake form, and we will reach out to you shortly.



Health & Wellness


Balancing all aspects of your health to help you thrive

Total Health focuses on bringing balance and self-awareness to Service Member's health and wellbeing, to create strong and mission ready teams. This model focuses on all aspects of health & wellness, to the eight dimensions of wellness that integrate fitness of the mind, body and soul. Creating self-awareness within these dimensions is the first step towards optimizing our well-being and performance to live a health and happy life.

Gowen Field, BLDG 254
Hours: Mon. - Fri. 7 am - 4 pm

 idngj9healthandwellnessbranch@army.mil

 <https://www.imd.idaho.gov/total-health/>

 1-800-479-7006



 **Get social**
idaho_ng_health_and_wellness



8 Dimensions of Total Health	
Physical	
Intellectual	
Social	
Financial	
Occupational	
Environmental	
Emotional	
Spiritual	

Basic Course

This 5-day course, is for E4(P) and above, focuses on coaching through motivational interviewing and organizational change. This course is for those that want to grow as a leader and learn how to create lasting change with those they lead.

Leaders Course

This 10-day course, in lieu of AT, focuses on behavior change and self-awareness. Students take a deep dive into each dimension of Total Health. Students gain a better understanding of their strengths and areas for growth. This self-awareness can contribute to the overall improvement of the team as individuals become more effective in their roles.

Total Health Workshops

1-2 hour workshop are available upon request and focus on any of the Total Health dimensions: Spiritual, Emotional, Social, Intellectual, Physical, Occupational, Financial, or Environmental. These workshops can be tailored to meet the needs of your unit.

First-Line Leaders Course

This 8-hour course, for E5 and above, is designed to build well-balanced leaders equipped with the skills and tools necessary to build cohesive and ready teams. *A Total Health workshop is available for Junior Enlisted during this time, if requested.

PERSONALIZED NUTRITION COUNSELING

TRANSFORM YOUR LIFE WITH PERSONALIZED EDUCATION AND COUNSELING IN:

- Eating behaviors
 - Sustainable habits
 - Basic nutrition
 - Performance nutrition
- Emotional eating
 - Chronic dieting
 - Weight cycling
 - Body dissatisfaction

SESSIONS AVAILABLE:

- One-on-one (in-person or virtual)
- Unit-level (in-person)
 - Group (in-person)

Jordan Seward is a registered dietitian with experience in nutrition services, specializing in disordered eating, weight cycling, and intuitive eating. Her experience as a part-time Guardsman gives her unique insight into the nutritional needs and challenges of service members.

JORDAN SEWARD
REGISTERED DIETITIAN
(CONTRACTOR)

(O.) 208-272-8310 | (C.) 208-917-2898

jordan.j.seward.mil@army.mil

Gowen Field | Bldg 270, Rm 109





EMPLOYER SUPPORT OF THE GUARD AND RESERVE

Idaho Employer Support of the Guard and Reserve (ESGR) is a Department of Defense program that develops and promotes supportive work environments for service members in the Reserve components through outreach, recognition, and educational opportunities that increase awareness of applicable laws.

What we do:

- **Educates:** ESGR informs and educates service members and their civilian employers regarding their rights and responsibilities under the Uniformed Services Employment and Reemployment Rights Act (USERRA).
- **Advocates:** ESGR advocates relevant initiatives on behalf of employers, service members and their families.
- **Recognize:** ESGR recognizes and awards employers who practice human resource personnel policies that support employee participation in the Guard and Reserve with a series of DoD employer awards.
- **Mediate:** Trained ombudsmen provide information and mediation concerning the USERRA law.

Do you have a supportive employer that you would like to recognize? **Scan the QR code to nominate your employer for one of the following:**

- Patriot Award
- Spouse Patriot Award
- Secretary of Defense Employer Support Freedom Award 2025 (Oct 1-Dec 31)

Shelly Bates
Volunteer Support Technician- Idaho
O: 208-272-3346
shelly.l.bates.ctr@army.mil

For more info, visit:
<http://www.esgr.mil>



SURVIVOR OUTREACH SERVICES



Our Commitment:

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/>

Scan QR code for information about:

- National Survivor Outreach Services
- Survivor Resources
- VA Survivor Assistance
- Education & Scholarship Opportunities and more



SOS Coordinator (Idaho Falls)

208-272-7771 | 208-243-6342

carmen.l.peters.ctr@army.mil

Legal Assistance



The Idaho National Guard provides legal assistance to current Service Members, Retirees, and their Family members through judge advocates serving in the Idaho Air and Army National Guard. This legal assistance is provided at no cost to qualifying individuals. Individuals requesting legal assistance are encouraged to contact the Military Division Office of Staff Judge Advocate, Idaho Air National Guard 124th Wing Judge Advocate, and/or the Idaho Army National Guard 116th CBCT Brigade Judge Advocate. Service members who may be facing allegations of misconduct, who are under investigation, or are facing involuntary separation, must contact Army National Guard Trial Defense Services or Air National Guard Area Defense Counsel.

To schedule a legal assistance appointment, please call or email the Office of the General Counsel. Prior to your appointment, please download and complete the Intake Form and either email it in before your appointment or bring it with you when you meet with a legal assistance attorney.

Lt Col Lauren Tschamp
State Staff Judge Advocate
Idaho National Guard
208-422-5389

124th Fighter Wing Judge Advocate
4474 S. Dehavenland St., BLDG 400
Gowen Field, Boise, ID
208-422-5399

116TH CBCT Operational Legal Team
4551 W. Ellsworth St., BLDG 950
Gowen Field, Boise, ID

**Scan QR code
for Idaho OSJA
Client Intake
Form**



EDUCATION RESOURCES

IDARNG EDUCATION OFFICE

“Providing a legacy of education...
without a future of debt.”



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).

Federal Tuition Assistance (FTA)

Federal Tuition Assistance provides up to \$250 per tuition semester hour and up to \$4,000 for 16 semester hours a federal fiscal year.

State Education Assistance Program (SEAP)

SEAP provides up to \$4,000 for tuition and registration fees for schools in Idaho.

GI Bill

The GI Bill provides education benefits directly to eligible students who serve in the armed services. There are several different types of GI Bills and eligibility requirements, but most benefits can be used to pay for college, a trade or apprenticeship program, or other professional licensing programs. Some benefits can be transferred to your spouse and children.

Student Loan Repayment

Some Soldiers are eligible for student loan repayment plans. Ask your recruiter if you qualify.

Scan the QR Code for more info on:

- Soldier Education Benefits (FTA, GI Bill, SEAP)
- U.S. Department of Education Database-Search for Accreditation
- GI Bill-VA School Search
- CAP for College
- Idaho Division of Veterans Services



INCENTIVES OFFICE

The Re-enlistment Incentive Program and the Student Loan Repayment Program are incentives for our Soldiers. It is critical in the execution of these incentives for Soldiers that the right contracts and documentation are provided, and information given to the Soldier.

IDARNG Education Services Officer (ESO)

(O) 208-272-3615 | (C) 208-850-4494
john.e.harris4.civ@mail.mil

Or contact specific program representatives:

GI Bill Manager: 208-272-3330

Education Services Specialist: 208-272-3549

Education Services Technician: 208-272-3612

Education Services Officer: 208-272-3615

Incentives Manager: 208-272-3835

Incentives Assistant: 208-272-03836

You can also email, at:

ng.id.idarng.list.ngid-education@mail.mil

EDUCATION RESOURCES

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



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/>

ADDITIONAL RESOURCES

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**

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

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

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

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
www.redcrossidaho.org

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

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



**American
Red Cross**

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

COEUR D'ALENE 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.centerforthestudyoftraumatics.tress.org

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

Free, confidential support 24/7,
365 days a year.



Dial 988 then Press 1



Chat at
VeteransCrisisLine.net/Chat



Text 838255

**Veterans
Crisis Line**



DIAL 988 then
PRESS 1



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/wwp-resource-center>



Giving help and hope since 2005

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/>



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