

# IDNG J9 - SERVICE MEMBER & FAMILY SUPPORT SUPPORTING OUR MILITARY FAMILIES

## Resources of Care



## NOVEMBER 2025



## 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:

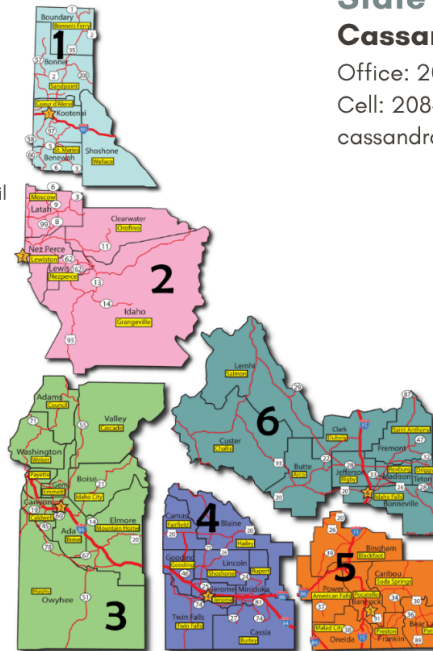
- Crisis Intervention and Referral
- Legal Resource and Referral
- Financial Resource and Referral
- TRICARE Resource and Referral
- ID Cards and Defense Enrollment Eligibility Reporting System (DEERS)
- Community Information and Outreach
- Soldier & Family Readiness Groups (SFRG)
- EFMP (Exceptional 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.**



## 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.nfg@army.mil



**State Lead**  
**Cassandra Rzepa**  
 Office: 208-272-7532  
 Cell: 208-608-3816  
 cassandra.k.rzepa.nfg@army.mil



**3**  
**Caldwell/Boise**  
**Glen Fuchs**  
 1200 S Kimball Ave  
 Office: 208-272-7311  
 Cell: 208-608-8230  
 glen.w.fuchs2.nfg@army.mil



**Lewiston**  
**Keesha West**  
 2707 16th Ave  
 Office: 208-272-7432  
 Cell: 208-608-8185  
 keesha.l.west.nfg@army.mil



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



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



**3**  
**Boise**  
**Megan Geary**  
 4250 Cessna St, BLDG 270  
 Office: 208-272-8327  
 megan.j.geary.civ@army.mil



**4**  
**Twin Falls**  
**Sonya Nowland**  
 1069 Frontier Rd  
 Office: 208-272-7029  
 Cell: 208-608-3969  
 sonya.d.nowland.nfg@army.mil



# AIRMAN & FAMILY PROGRAMS

Your Airman & Family Programs team is here to assist service members and families with questions regarding benefits, deployment preparation, navigating the reintegration process, and act as a community advocate for the local military.



## KEY SERVICES

- **Personal & Family Readiness:**
  - Deployment Support (All stages)
  - Emergency Family Assistance
- **Financial Readiness:**
  - Budgeting & Financial Planning
  - Debt Management
  - Credit Counseling
- **Employment Assistance:**
  - Resume Writing & Interview Skills
  - Job Search Strategies
  - Career Counseling
  - Spouse Employment Resources
- **Volunteer Resources:**
  - Volunteer Opportunities
  - Recognition Programs
- **Transition Assistance Program (TAP):**
  - Pre-Separation Counseling
  - VA Benefits Briefings
  - Career Skills Program (CSP) Information
- **Personal & Work Life:**
  - Relationship Enrichment Workshops
  - Parenting Classes
  - Stress Management Techniques
- **Child and Youth Resources**
  - Childcare resources
  - Youth camps
  - Youth activities

## Connect With Us!

- **Program Manager: Heather Echols**
  - Comm: 208-422-5470
  - Cell: 208-513-3430
  - Email: heather.echols@us.af.mil
- **Program Specialist: TSgt Bryant**
  - Comm: 208-422-5374
  - Cell: 229-292-1324
  - Email: rebecca.bryant.5@us.af.mil





# 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:

1-hour regional gatherings monthly 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  
 Julia Villagomez  
 julia.villagomez2.ctr@army.mil  
 idngcyp@gmail.com  
 208-272-4387

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



## FREE CHILDCARE ON DRILL WEEKENDS & ANNUAL TRAINING

**Upwards**  
**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.

# MILITARY ONESOURCE

## MOS FIELD CONSULTANT:

**Victoria Hendershot**

**(717) 216 - 1987**

**Victoria.p.hendershot@asmresearch.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 Military & Family Readiness Specialist (see page 2 for contacts).

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**

**Robert Thomas**

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**

**jennifer.m.wood26.ctr@army.mil**

**O. 208-272-8332**

**pfc.boise@magellanfederal.com**

**O. 208-912-5959**



# Mental Health Care & Counseling

## BEHAVIORAL HEALTH & WELLNESS TEAM

IDNG Behavioral Health & Wellness offers free and confidential mental health and counseling services for current service members.

**For appointments, call: (208) 272-8802.**

**ARMY DIRECTOR OF PSYCHOLOGICAL HEALTH**  
(208) 272-3786

**AIR DIRECTOR OF PSYCHOLOGICAL HEALTH**  
(208) 422-5313



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

## RISK REDUCTION PROGRAM

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.

<https://www.imd.idaho.gov/idaho-national-guard/family-programs/suicide-prevention/>

<https://www.imd.idaho.gov/substance-abuse-program/>

Suicide Prevention Coordinator

**SHAWN SMITH**



- SIO Resource
- Suicide Prevention Work Group
- Suicide Prevention, Intervention & Prevention

208-272-8522

Risk Reduction Coordinator

**ASHLEY GREEN**



- ASAP (State SAP), Substance Abuse Program
- Suicide Prevention Training
- URI's and Risk Mitigation Plans

208-272-8398

Substance Prevention Coordinator

**JOHN WAITS**



- ASAP Case Management
- Substance Abuse Prevention Training
- URI's and Risk Mitigation Plans

208-272-3276

# 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](http://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](mailto:haily.r.barley.mil@army.mil)

#### Air SARC

Amanda Nowak  
208-422-6373  
[amanda.nowak@us.af.mil](mailto:amanda.nowak@us.af.mil)

#### State Lead SARC

Julie Whirlow  
208-272-8304  
[julie.l.whirlow.civ@army.mil](mailto:julie.l.whirlow.civ@army.mil)

#### Victim Advocate

Nichole Kiesel  
208-272-8300  
[nichole.kiesel2.civ@army.mil](mailto:nichole.kiesel2.civ@army.mil)

#### Chaplain Support

208-272-4311

## 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](http://www.suicidepreventionlifeline.org)

**National Center for PTSD**  
[www.ncptsd.va.gov](http://www.ncptsd.va.gov)



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

## CHAPLAINS & RELIGIOUS AFFAIRS



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](mailto:robert.w.morris1.mil@army.mil)

**Full Time Religious Affairs NCO**  
SSG Colton Sabala | 208-272-4311  
[colton.j.sabala.mil@army.mil](mailto:colton.j.sabala.mil@army.mil)

## 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.

# YELLOW RIBBON REINTEGRATION PROGRAM

## Connecting Service Members and Families to Support - Before, During and After Deployment

The Yellow Ribbon Reintegration Program is a Department of Defense initiative that supports National Guard and Reserve Service Members and their Families through all phases of the deployment cycle.

Through in-person and virtual events hosted by the Idaho National Guard, YRRP provides valuable education and connections to resources that promote readiness, wellness, and successful reintegration. Event sessions include topics such as financial planning, communication and relationships, employment and education benefits, mental health resources, and navigating community and military support systems.

Each event offers a welcoming, family-focused environment where Service Members and loved ones can learn, ask questions, and connect with others who understand the unique challenges of military life.

Whether you're preparing to deploy, currently serving, or adjusting to life back home, YRRP ensures you have access to the tools and people who can help every step of the way.

### TO LEARN MORE CONTACT:

#### DEPLOYMENT SUPPORT CYCLE COORDINATOR:

SFC William Kaserman  
208-272-8329  
william.p.kaserman.mil@army.mil



# RETIREMENT SERVICES OFFICE

## Continuing to Serve Those Who Have Served

The Idaho National Guard Retiree Services Office (RSO) is dedicated to supporting our retired Soldiers, their Families, and surviving spouses by serving as a bridge between the retired community and the U.S. Army.

The RSO provides assistance with

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

Beyond administrative support, the RSO fosters continued connection to the Guard family by encouraging participation in retiree events and volunteer opportunities. This connection strengthens the bond between those who have served and the next generation of Soldiers still in uniform.

**Whether you're approaching retirement, newly retired, or decades beyond your last day in service, the Idaho National Guard RSO is here to help you navigate every step of the retirement journey.**

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

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



# 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

 [idngj9healthandwellnessbranch@army.mil](mailto:idngj9healthandwellnessbranch@army.mil)

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

 1-800-479-7006

 **Get social**  
idaho\_ng\_health\_and\_wellness



**Abbi Cannon**  
(Contractor)  
**Total Health Lead**

[abigail.r.cannon2.mil@army.mil](mailto:abigail.r.cannon2.mil@army.mil)  
O. 208-272-3271

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

**Leaders 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.

**Basic 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.

# Idaho National Guard Health & Wellness





## 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



## 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.\*



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 \$4,500 for 18 semester hours a federal fiscal year.

### State Education Assistance Program (SEAP)

SEAP provides up to \$8,000 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 load 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

john.e.harris4.civ@army.mil

### Or contact specific program representatives:

GI Bill Manager: 208-272-3330

Incentives Manager: 208-272-3835

Incentives Assistant: 208-272-3836

### You can also email, at:

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

## EDUCATION RESOURCES

### ArmyIgnited - Tuition Assistance

<https://www.armyignited.cce.af.mil/student/account/login>

### DoD Transferability Website (Post 9/11 GI Bill)

[https://milconnect-pki.dmdc.osd.mil/my\\_policy](https://milconnect-pki.dmdc.osd.mil/my_policy)

### VA Application

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

### CLEP Information

<https://www.dantes.mil/CLEP>



### GI Bill VA Website to include

DoD transferability Post 9/11 GI Bill/ VA Application

1-888-442-4551

[va.gov](http://va.gov) or

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

## 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](mailto:albert.j.gomez2.civ@army.mil)

[inghro.idaho.gov/hr/pocs/eo/eo.htm](http://inghro.idaho.gov/hr/pocs/eo/eo.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](http://www.wyakin.org) | 208-995-9952

### Idaho Division of Veterans Services

[www.veterans.idaho.gov](http://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](http://www.employerpartnership.org) | [www.hireheroesusa.org](http://www.hireheroesusa.org)

### Idaho Dept of Labor

**(208) 332-3275 ext. 3272** | [labor.idaho.gov](http://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](http://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](http://www.tricare-west.com)

### Idaho Division of Veterans Services

[www.veterans.idaho.gov](http://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](http://www.employerpartnership.org) | [www.hireheroesusa.org](http://www.hireheroesusa.org)

### Idaho Dept of Labor

**(208) 332-3275 ext. 3272** | [labor.idaho.gov](http://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](http://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](http://www.spokane.va.gov)

### BOISE VA MEDICAL CENTER

500 Fort St. Boise, ID 83702  
208-422-1000  
[www.boise.va.gov/](http://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](http://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](http://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](http://www.va.gov)

### HEALTH CARE

877-222-8387  
[www.va.gov/health/index.asp](http://www.va.gov/health/index.asp)

### LIFE INSURANCE

800-669-8477  
[www.insurance.va.gov](http://www.insurance.va.gov)

### NATIONAL CEMETERY ADMINISTRATION

[www.cem.va.gov](http://www.cem.va.gov)

### REPLACEMENT OF DISCHARGE DOCUMENTS | NATIONAL RECORDS CENTER

[www.vetrecs.archives.gov](http://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.centerforthestudyoftraumaticsstress.org](http://www.centerforthestudyoftraumaticsstress.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](https://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](mailto: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 an 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