IDNG J9 - SERVICE MEMBER & FAMILY SUPPORT

SUPPORTING OUR MILITARY FAMILIES

Resources of Care

SEPTEMBER 2026

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
1-986-996-7072

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.**

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MILITARY & FAMILY READINESS SPECIALISTS (MFRS)

1

Post Falls
Brandi Stordahl
5453 E Seltice Way
MS Teams: 520-853-8116
Cell: 208-608-3895
brandi.s.stordahl.nfgearmy.mil

State Lead
Cassandra Rzepa
MS Teams: 520-853-7710
Cell: 208-608-3816
cassandra.k.rzepa.nfgearmy.mil

3

Caldwell/Boise
Glen Fuchs
1200 S Kimball Ave
MS Teams: 520-853-7636
Cell: 208-608-8230
glen.w.fuchs2.nfgearmy.mil

2

Lewiston
Keesha West
2707 16th Ave
MS Teams: 520-853-7733
Cell: 208-608-8185
keesha.l.west.nfgearmy.mil

Boise
Diann Scheetz
4250 Cessna St, BLDG 270
MS Teams: 520-853-7637
Cell: 208-608-8204
diann.l.scheetz.nfgearmy.mil

3

5/6

Pocatello
Hiedi Young
10714 Fairgrounds Rd
MS Teams: 520-853-7730
Cell: 208-608-3888
hiedi.b.young.nfgearmy.mil

3

Boise
Megan Murrison
4250 Cessna St, BLDG 270
MS Teams: 928-992-1987
Cell: 208-403-2861
megan.j.geary.civearmy.mil

4

Jerome
Sonya Nowland
611 S Liberty Lane
MS Teams: 520-853-7737
Cell: 208-608-3969
sonya.d.nowland.nfgearmy.mil

Visit us here: https://www.imd.idaho.gov/idaho-national-guard/family-programs/service-and-family-readiness-program/

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

IDAHO NATIONAL GUARD
Service Member & Family Support

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.

Child and Youth Program Coordinators
IDCYP@army.mil
520-672-2197

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

FREE CHILDCARE ON DRILL WEEKENDS & ANNUAL TRAINING

MILITARY ONESOURCE

MOS FIELD CONSULTANT:
(571) 597-5293
ID-FieldConsultant@MilitaryOneSource.com

Military OneSource is a free, confidential resource available to service members, their families, and survivors, offering 24/7 support for everyday and complex challenges. Services include non-medical counseling, financial and tax guidance, relocation assistance, and access to a wide range of tools and information to support military life. It's a one-stop hub designed to strengthen readiness and overall well-being across the force.

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 zero-interest loans and grants.

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)

Personal Financial Counselors (PFC) provide 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
- Tax Information

Gowen Field
Bldg. 270

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: 986-210-4607.***

ARMY DIRECTOR OF PSYCHOLOGICAL HEALTH
(520) 853-8147

AIR DIRECTOR OF PSYCHOLOGICAL HEALTH
(208) 422-5313

MILITARY & FAMILY LIFE COUNSELOR (MFLC)
Military & Family Life Counselors provide confidential, short-term, non-medical counseling to service members and their families to help navigate everyday stressors such as relationships, deployments, transitions, and work-life challenges. MFLC services are designed to support resilience, readiness and overall well-being. No records are kept, ensuring a high level of privacy for those seeing support. ***For appointments call 208.748.8129***

988 SUICIDE & CRISIS LIFELINE

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

Drug Help Line:
800-662-HELP (4357)

National Center for PTSD
www.ncptsd.va.gov

Gambling Help Line:
800-270-7117

RISK REDUCTION PROGRAM

The Army Risk Reduction Program (RRP) identifies and addresses high-risk behaviors that can impact Soldier readiness and unit effectiveness. By analyzing trends and providing targeted resources, RRP helps leaders support Soldiers and build a healthier, more resilient force.

The Idaho National Guard Substance Abuse Program (ASAP) and its Suicide Prevention Program promote readiness and resilience by providing education, prevention, and treatment services to reduce substance misuse among Soldiers and their families. The program focuses on strengthening individual well-being and maintaining a safe, drug-free force.

If you, or someone you know, feels that turning to alcohol or drugs, or contemplating suicide, is an option to solving those problems, please contact the RRP/ASAP office.
Risk Reduction Coordinator: shawn.e.smith84.ctr@army.mil | 520-708-3809

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

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

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 Coordinators

Army SARC
Haily Barley
208-447-6166
haily.r.barley.mil@army.mil

Air SARC
Amanda Nowak
208-954-3369
amanda.nowak@us.af.mil

State Lead SARC
Julie Whirlow
986-217-6043
julie.l.whirlow.civ@army.mil

Victim Advocate
Nichole Kiesel
986-210-3971
nichole.kiesel2.civ@army.mil

Chaplain Support
520-853-8769

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 & 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 Office & Religious Affairs
520-853-8769

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:

520-853-8977

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.

Retirement Services Officer
928-998-2832

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

Health & Wellness

Total Health focuses on bringing balance and self-awareness to Service Member's health and wellbeing, to create strong and mission ready teams. Developing these dimensions is the first step towards optimizing our well-being and performance to live a healthier and happier life.

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

therese.a.willis.ctr@army.mil (208) 407-8911

TOTAL HEALTH

Integrated Cognitive Training

Recieve hands on coaching from a Cognitive Performance Specialist to help you apply mental skills that are proven to increase individual and team performance.

Total Health Workshops

Custom workshops designed based on the needs of the person, group, or unit. These workshops can be completed in 15 minutes to 1 hour and cover topics in all 8 dimensions of wellness.

Physical	Intellectual	Social	Financial	Occupational	Environmental	Emotional	Spiritual

National Guard CARES

CONNECTEDNESS AND RELATIONSHIP EDUCATION SYSTEM

Coaching Basics Course

This 3 day, mid-level leadership course builds foundational coaching and advanced communication skills. CBC supports readiness by giving leaders a better way to handle issues before they become problems, through structured conversations that build trust, promote ownership, and reinforce the organizational values.

First-Line Leaders Course

This 8-hour course, for E5 and above, is designed to build well-balanced leaders equipped with the skills that influence readiness, morale, and culture at the unit level. Course topics include communication, trust, team building, and transformational leadership.

Executive Leader Course

This 8 hour course is an immersive session designed for senior leaders in the ranks of O5-O8, E9, and CW5. The course provides senior leaders with the context and clarity needed to support CARES integration. It reinforces transformational leadership and enables decisions that align with readiness, morale, retention and long-term sustainment.

stephen.r.pyper.mil@army.mil

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)

Volunteer Support Technician (VST) - Idaho
O: 520-853-8219

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.

Scan QR code for information about:

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

and more

Visit our FB Page:
https://www.facebook.com/IDSOS/

SW Idaho: 520-672-0432, kristin.e.szofran.ctr@army.mil
East/North Idaho: 986-996-7255, carmen.l.peters.ctr@army.mil

Legal Assistance - Judge Advocate General (JAG)

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:
Idaho Military Division Office of Staff Judge Advocate
986-996-5709

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:***
  - ***208-500-5969***
- ***Air National Guard Area Defense Counsel:***
  - ***208-631-1973***

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) 520-684-6992
ng.id.idarng.list.ngid-education@army.mil

Or contact specific program representatives:

GI Bill Manager: 520-853-8161
Incentives Manager: 520-853-8636
Student Loan Repayment Program (SLRP) Manager: 520-853-8675

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

VA Application
http://vabenefits.vba.va.gov/vonapp/

CLEP Information
https://www.dantes.mil/CLEP

POST-9/11 GI BILL

GI Bill VA Website to include
DoD transferability Post 9/11 GI BIll/ VA Application
1-888-442-4551
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

Find Office Hours and Locations:
https://idco.dmdc.osd.mil/idco

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.
State EEO Manager
520-853-8622
inghro.idaho.gov/hr/pocs/eeo/eeo.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

IDAHO DEPARTMENT 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

TRICARE®

TRICARE is the Department of Defense health care program providing medical, dental and pharmacy coverage to service members, retirees, and their families. TRICARE offers a range of plans and resources to support care both on and off military installations, including preventative services, speciality care, and telehealth options, It is designed to ensure accessible, high quality health care that supports overall readiness and ramily wellbeing,

Contact a Military & Family Readiness Specialist (MFRS) for information, questions, enrollment and claims assistance (page 2)
or call/visit:

1-888-TRIWEST | www.triwest.com

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

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

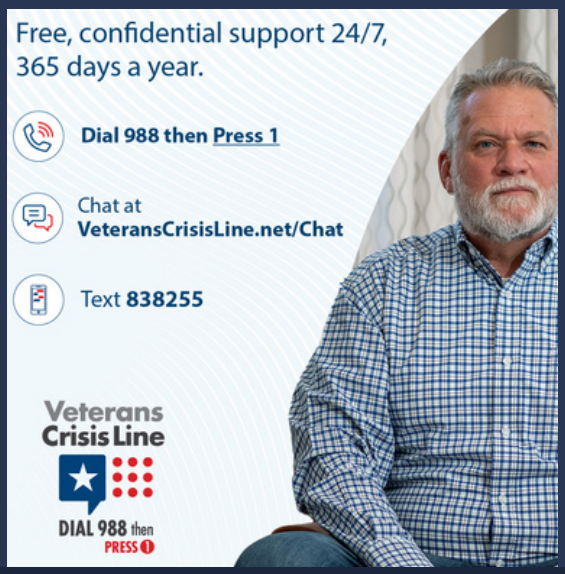
H.E.R.O.E.S. CARE

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.centerforthestudyoftraumatictress.org

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



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

Give an Hour
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/

Saving Lives – Saving Families
Camaraderie Foundation

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