

School Readiness with Head Start

Our early childhood education - Pre-K services

are provided at no cost to you or your family.

To qualify your child must be 3 or 4 years old by September 1st of this year, and your family must meet the Federal Income Guidelines.

FEDERAL INCOME GUIDELINES***			
Family Size	* Total Allowable Yearly Income	** 130 % Poverty Guidelines	
2	15,930	20,709	
3	20,090	26,117	
4	24,250	31,525	
5	28,410	36,933	
6	32,470	42,341	
7	36,730	47,749	
8	40,890	53,157	

* Families with more than 8 persons, add \$4,160 for each additional person.

** Families within these guidelines will be accepted after all eligible families within first set (s) of guidelines have been placed, as allowed by Federal Guidelines.

To APPLY to our program . . .

Please call 233-6606 to set an application appointment.

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GUIDE TO HUMAN SERVICES

&

COMMUNITY RESOURCES



2015

Compiled by:

Pocatello/Chubbuck SD#25 Head Start
Lincoln Early Childhood Center
330 Oakwood Drive, Pocatello, ID 83204
ph(208)233-6606 fax(208)232-4906
website: www.pochs.org

Prescription Assistance for Idaho <https://id.pparx.org/>
 Helps qualifying patients without prescription drug coverage get medicines by matching them with the right assistance programs. Many will get their medications free or nearly free. This services is free of charge.

Provident Produce

New to the area, but backed by years of quality and experience that shows in how they do things, Provident Produce supplies local families with produce from local growers. You pick from a variety of choices each time you participate and may choose a small basket for 12.00 or a large basket for 20.00. Visit their website at www.providentproduce.com to set up a free account, order and/or learn more.

State of Idaho Website <http://www.accessidaho.org/>

Online services such as:

- Where is my state tax refund?
- Renew your motor vehicle registration
- Search jobs in Idaho
- Search Idaho State Sex Offender Registry
- Pay property taxes by county
- Pay child support
- Request birth certificates
- Next of Kin Registry
- Election Results
- Health Insurance Exchange

U.S.D.A. Choose My Plate.gov <http://www.choosemyplate.gov/>

Popular topics such as:

- Daily Food Plans
- MyPlate Videos
- Healthy Eating on a Budget
- SuperTracker Lesson Plans
- 10 Tips Nutrition Education Series
- Recipes, Cookbooks, and Menus
- Partnering Programs

Pocatello/Chubbuck Resources

Pages 4-51

Fort Hall Resources

Pages 52-55

Misc. & Online Resources

Pages 56-58

Important Numbers

Emergency	911
Suicide Prevention	211 or 1-800-784-2433
Idaho State Suicide Prevention Hotline	1-800-273 TALK (8255)
Runaway Hotline	1-800-786-2929
Pocatello Police	234-6100
Chubbuck Police	237-7172
Bannock County Sheriff	236-7111
BIA Child Protection	1-800-633-5155
Caribou County Domestic Violence	208-251-4357
Fort Hall Police	478-4001
Idaho State Police	236-6066
Child Protection	239-6200
24 hours	1-800-600-6474
Adult Protection	233-4032
Women's Advocates/24 hour Crisis line	251-HELP
Search & Rescue	236-7114
Portneuf Medical Center	239-1000
Idaho Poison Center	1-800-222-1222
Alcoholics Anonymous	235-1444

4-H Program**236-7312**

10560 N. Fairgrounds Rd, Bldg. A, Pocatello. This program is sponsored by the University of Idaho Cooperative Extension system and Bannock County. 4-H is a community of young people across America learning leadership, citizenship and life skills for youth ages 5-19.

- **Bingham County** 583 W. Sexton, Blackfoot **785-8060**
- **Caribou County** 53 East 1st South, Soda Springs **547-3205**
- **Franklin County** 561 W. Oneida, Preston **852-1097**
- **Power County** 500 Pocatello Ave, American Falls **226-762 1**

6th Judicial District CASA/GAL Program**232-2272**

836 E. Center, Suite A, Pocatello. The 6th Judicial District Court Appointed Special Advocate Program, Inc. (better known as "CASA"), supports volunteer Guardians ad Litem (frequently called "GALs"), who are appointed by a Magistrate Judge. The CASA/Gals protect the best interest of abused, neglected and abandoned children who are placed under the protection of the court by a police officer or social worker.

Adult Daycare

- Ashley Manor Care Center, 4826 Hawthorne Rd. **637-1200**
- Ashley Manor Care Center, 1525 E. Cedar **478-2094**
- Spring Creek Manor 425 S. Spring Creek Dr., Soda Springs **547-0257.**

Adult Protection Services**233-4032**

Area Agency on Aging, 214 East Center, Pocatello. Investigates reports of abuse, neglect, and exploitation of vulnerable adults, (18 years of age and older). In substantiated cases, a protective action plan is developed on behalf of the vulnerable adult to reduce risk in the least restrictive setting.

Adult Success Center ABE/GED/ESL**282-2468**

ISU College of Technology, RFC Building #48, 777 Memorial Drive, 3rd Floor, Pocatello. Open 8am-5pm, Monday-Friday, and 6:30pm-9:30pm Monday, Wednesday and Thursday nights. Offers free assistance for people 16 and older who are not in K-12 and are performing at or below the 12th grade level in reading, writing, math, or English as a second language (ESL). Provides literacy instruction, preparation for the GED Tests, and brush-up for college entrance or employment. Internet and other distance learning options are also available for qualifying individuals. Outreach centers are available in the following areas:

- American Falls**, 226-1009
- Blackfoot**, 785-1848
- Montpelier**, 847-4230
- Preston**, 852-3566
- Soda Springs**, 547-3843

FREE Computers for Kids<http://www.cfkidaho.org/>**208-345-0346**

Refurbished computers are distributed to K-14 students for their home use to assist them in improving their studies. Every student is eligible for a computer. Program is NOT income-based. Must complete an application and pay 35.00 processing fee. Students can re-apply and receive a computer yearly.

Idaho Supreme Court Self-Help Center <http://www.courtselfhelp.idaho.gov/>

This website provides tools and information for people who want to represent themselves in court, or who are unable to afford an attorney and would otherwise be unable to get their day in court. You can find:

- Free court-approved forms for civil court matters (non-criminal), such as family-related issues, landlord/tenant, domestic violence, etc.
- Videos and brochures to help you become informed about your legal situation
- Helpful links to other legal resources, organizations, and advocates
- Contact information for your local court assistance office

Grandparents Raising Grandchildren Resources

http://www.aarp.org/relationships/grandparenting/info-12-2010/more_grandparents_raising_grandchildren.html

The number of children being raised by extended family has increased over the past decade according to the U.S. Census Bureau. AARP has online resources for Grandparents raising their grandchildren, resources, and articles to help grandparents more effectively do this important service for their families, while building their own security for the future.

KidsHealth<http://kidshealth.org/>

The #1 visited website for children's health and development. Information on General Health, Growth & Development, Infections, Diseases & Conditions, Pregnancy & Baby, Nutrition & Fitness, Emotions & Behavior, School & Family Life, First Aid & Safety, Doctors & Hospitals, Recipes, and En Espanol. Knowledge, advice and comfort for Parents. Homework help and how the body works for Kids. Answers, advice and straight talk for Teens. Educator link.

Money Smart - A Financial Education Program

<https://www.fdic.gov/consumers/consumer/moneysmart/mscbi/mscbi.html>

An easy-to-use tool to learn more about basic personal financial management. Using this computer-based instruction tool, learners can complete modules at their own pace in the privacy of their own home. Successful completion of each module will earn the user a certificate of completion for that module. Available in English and En Espanol. Classes include introduction to bank services, credit, checking accounts, savings, consumer rights, credit history, borrowing, homeownership, and recovering from a financial setback.

MISC. & ONLINE RESOURCES

ABCYA.com

<http://www.abcya.com/>

An award winning website offering hundreds of fun, engaging learning activities for children K-5. ABCya is the leader in free educational computer games and mobile apps for kids. Apple, The New York Times, USA Today, Parents Magazine, and Scholastic have featured ABCya's popular educational games. Free and ad-free versions offered.

Bannock County Website

<http://www.co.bannock.id.us/>

Online services and information such as:

- Make online court related payments or post a bond for someone in jail online
- Pay property taxes online
- Register your cell phone for the Citizen Emergency Notification System
- Search Bannock County jobs
- Search addresses for courthouse, motor vehicle registration, drivers license division, detention center, and other county offices

Bountiful Baskets Food Co-op

Bountiful Baskets is a not-for-profit food coop for families that want to have more fresh produce for less money. In order to participate you must set up a free account on their website at www.bountifulbaskets.org. Once your account is set up you may select a pick up site, group A or B, and order baskets and add-on items; payment is made online and you must bring your receipt with you when you pick up your order. The amount per basket is 15.00 (25.00 for organic) and a 1.50 processing fee is charged on each order, as well as a fuel surcharge of 4.00 for Idaho. You may like to go in together with family or friends to order multiple baskets so you can share the processing and fuel fees to make your order more affordable. You may also choose to volunteer occasionally with Bountiful Baskets, to help families fill their baskets when they come to pick up their orders.

City of Pocatello Website

<http://www.pocatello.us/>

Online services and information such as:

- Online Bill pay for City Utility bill
- Register online for recreational activities & team sports
- Reserve a Park Shelter online
- Search City of Pocatello Jobs
- Report a Crime online
- Search Pocatello City Council Meeting video archive
- View several community calendars
- Search for information on city departments, city budget, public notices, city code, current projects, citizen alerts, public records, and more

Aid For Friends (Administration Office)

232-0178

Aid For Friends (Emergency Shelter)

232-5669

Aid For Friends provides emergency shelter, transitional housing, and other supportive services to individuals and families experiencing or facing homelessness.

Emergency Shelter, located at 653 S. 4th, Pocatello, is open 24 hours a day, 7 days a week. Single adults and families are welcome. A photo ID is required for overnight stay. Showers, laundry facilities and evening meals are provided.

Administration Office is located at 210 E. Center, Pocatello.

AIDS INFO

1-800-448-0440

P.O. Box 4780, Rockville, MD 20849-6303. Hours: 1-4pm, EST. Information on federally approved HIV, AIDS treatment and prevention guidelines, clinical trials and research.

AIDS Counseling & Information Hotline

1-800-448-0440

CDC Info, a service of the Centers for Disease Control and Prevention & ATSDR.

ALANON

Support for Families & Friends of Alcoholics & Other Dysfunctions

232-2692

A fellowship of relatives and friends of alcoholics who believe their lives have been affected by someone else's drinking. FREE OF CHARGE. Call for meeting times and places. www.al-anon-idaho.org/

CONTACTS: Myrna, 237-0766; Marilyn, 232-6334; Shirley, 237-2195; Jean, 244-2397 or Renee, 201-7018..

Alcoholics Anonymous

235-1444

Pocatello Friendship Club, 745 S. 1st. Meetings everyday of the week, call for meeting times. area18aa.org

Blackfoot, call for meeting times & places at 785-3169.

ALLIES Family Solutions

(208) 234-2094

818 E. Lander, Pocatello. ALLIES Family Solutions is a community-based,, fully credentialed, mental health clinic (MHC) and developmental disabilities agency (DDA). ALLIES offers a wide range of services to children and families with an emphasis on evidence-based practices. All psychological services are either provided by or supervised by our licensed clinical psychologist, Cheri L. Atkins, PhD. Dr. Atkins works closely with service extenders, psychology interns and externs to provide the highest level of care through our MHC. She also works closely with DDA staff regarding case conceptualization and

extensive needs. *ALLIES provides the following services:* Habilitative Intervention Services (formerly known as IBI, ages 3-17), Habutative Support (HS, ages 3-17), Psychological Assessment, Individual Psychotherapy, Family Therapy/Parent Training, Couples Counseling, Psychosocial Rehabilitation, and Family Education. ALLIES offers Spanish speaking service.

American Cancer Society (Boise office) **1-800-632-5934**
Normal business hours: Monday-Friday, 8:30am-5:00pm. Provides the most current information about resources for cancer patients and their families. Volunteers connect patients with available services including counseling, patient education, support groups, visitation, home care, and patient transportation. Can answer many questions about cancer and treatment.

American Cancer Society Programs **239-1768**

Breast of Friends, Breast Cancer Support Group meets the 1st Thursday of each month from noon to 1:00 at the Portneuf Cancer Center Conference Room, 777 Hospital Way, Pocatello ID, 83201.

Look Good ... Feel Better is a free ACS program that teaches beauty techniques to women cancer patients in active treatment to help them combat the appearance-related side effects of cancer treatment. It meets the second Monday of each month at 2:00pm at the Portneuf Cancer Center Conference Room, 777 Hospital Way, Pocatello ID 83201.

ACS Cancer Resource Center provides information, wigs, hats, scarves, and other nice things for cancer patients. Monday-Friday, Portneuf Cancer Center, 777 Hospital Way, Pocatello ID 83201

Living with Hope: For people living with advanced cancer. 1st and 3rd Wednesday from 2:00-3:30pm, Portneuf Cancer Center.

H.O.P.E. (Helping Other People Endure): For anyone whose life has been touched by cancer. Mondays from 5:00 to 6:30, Portneuf Cancer Center.

American Civil Liberties Union **208-344-9750**
P.O. Box 1897, Boise, ID 83701. ACLU handles Constitutional issues and individual freedoms such as; freedom of speech, religion, equal protection and due process. Complaints should be in writing and should be made online at <http://acluidhao.or/file-a-complaint/> or sent in by mail. No phone calls except as a reasonable accommodation.

American Heart Association of Idaho **800-242-8721**
Call to make donations, for information on heart disease or stroke, and for information about CPR training.
www.heart.org; www.strokeassociation.org

assistance may be allowed, assists Native Americans to get job skills for employment, improve their education, and prepare them for GED.

Tribal Employment Rights Office **478-3848, 478-3847**

Tribal Health & Human Services Department

- **Contract Health Service** **238-5417/5418/5419/5421**
- **Community Health Nursing** **238-5435**
(WIC, Diabetes Project, Public Health Nursing, Well Child, Women's Health & Prenatal Clinic)

Tribal Social Services **478-3863**

Offers a variety of services to assist families and children. Meet the needs of individuals, families, and children (socially, financially, emotionally). Program is to protect the safety and well-being of children and youth, and promote self-sufficiency. Services include: General Assistance, Supervised Accounts,

Child Protection, Welfare Checks, Foster Care, Home Studies, Indian Child Welfare, and the Child Protection Team.

Tribal Youth Education **478-3851, 478-4092, 478-4018**
Work with Indian youth grades K-6 and 7-12 and summer youth program.

Victim of Crime Assistance (VOCA) **478-3991**
Crisis Line: 339-0438

VOCA helps victims of domestic violence, rape and abuse. Offers 24 hours crisis intervention, shelter, community advocate, advocacy at court, education, support groups, and individual counseling. It is designed to work in conjunction with local law enforcement. The advocates provide immediate support and information for victims at the secured scene of a domestic dispute.

Vocational Rehabilitation **239-4047 or 478-4050**
Clients are assisted with vocational rehabilitation services. Helps Native Americans who have mental or physical disabilities get a job.

Women's, Infant, & Children (WIC) **238-5435**
WIC program offers special supplemental food program providing nutritious food to infants up to one year, pregnant and nursing women and children up to five years. Provides health screenings, health and nutrition information, registered dietician assistance, breast feeding information and support at no cost to eligible families.

Fort Hall Police Dispatch **478-4000**
(First Responder Program) helps at the scene of an accident, First Aid and CPR Training.

Four Directions Treatment Center & Native Youth Visions **478-3993**
Eligible patients are registered with HIS. Residential Treatment Center for alcohol and drug abuse, individual and group counseling for alcohol and drug abuse. Individual counseling sessions as well as group sessions available. Native Youth Visions offers Assessments, counseling, prevention, aftercare, and referrals.

4-H Program **in-patient: 478-3776 out-patient: 236-1007**
Cooperative Extension System sponsored by the University of Idaho and Fort Hall. 4-H is a hands-on educational program available to Fort Hall youth. Youth can participate in a number of projects and activities that are designed to give "learning by doing" experiences.

NOT-TSOO-GAH-NEE-HEALTH CENTER **238-2400**
This Health Care Center is a primary care provider for federally recognized Native Americans on the Fort Hall Indian Reservation and surrounding areas. Primary outpatients care is provided as well as a wide range of specialty and preventive services. Listed services are: administration, patient registration, medical records, dental, medical, optometry, pharmacy, audiology, women's clinic, x-ray, laboratory, STD testing, and support services. In addition Not-Tsoo-Gah-Nee works very closely with the Shoshone-Bannock Tribal Health and Human Service Department to ensure that quality health care is received.

Patient Cancer Navigator **238-5435**
Work with all patients who have cancer, help people with screening tests or symptoms that may indicate cancer. They have training in helping people with their health care. Clients meet with the navigator to help make decisions and solve problems in their cancer journeys.

Recreation **478-3770**
Coordinates a large variety of basketball and baseball tournaments offered throughout the year. Computer room access and Boy's & Girl's Clubs are well as youth programs during the summer. Daily access to a variety of exercise equipment and facilities are also available. The facility is frequently used by the community for Pow-Wows and special events.

TANF/EET Program **478-3855, 478-3739, 478-3737**
(Temporary Assistance to Needy Families and the Employment, Education, and Training) assist Native Americans to obtain and keep a job, financial

American Red Cross Blood Services **237-8468**
1-800-Red Cross
4155 Yellowstone, Pine Ridge Mall, Chubbuck. **Blood Drives:** Monday, 1pm-6pm, Friday, 8:30am-2:30pm. Whole blood collections to maintain southeast Idaho's blood supply. To make an appointment call 237-9445.

American Red Cross of Greater Idaho Disaster Services
24 HR EMERGENCY # 800-853-2570

330 Shoup, Idaho Falls, or call 1-800-853-2570, ext. 701. First aid and CPR training Red Cross Disaster Services has volunteers on call to respond to a disaster at any time, day or night. This includes single and multi-family home fires, floods, and road closures due to weather, earthquakes, and tornados, any disaster that may leave a person without food, clothing or shelter. All assistance is **FREE** and is made possible by generous local donations and volunteers. Some of the immediate assistance available to clients, based on needs, is:

- Food
- Clothing
- Lodging
- Counseling

Referrals to other helpful agencies <http://www.redcross.org/id/boise>

Amtrack Reservations **1-800-872-7245**
www.amtrack.com

Area Agency on Aging **233-4032, www.sicog.org**

Southeast Idaho Council of Governments (SICOG) (- 800-526-8129)

214 East Center, Pocatello. The Area Agency on Aging provides information on services and resources available for persons 60 years of age and older in order to keep elderly living in their own homes. **Information and Assistance** is designed to link individuals needing assistance with the appropriate community and social service agencies. **The Ombudsman for the Elderly** receives, investigates, mediates and attempts to resolve complaints pertaining to the health, safety, welfare and rights of individuals in nursing homes, assisted living facilities and long-term care settings. An Ombudsman is an advocate and problem solver for individuals living in a facility setting. **Service Coordination** identifies and develops needed community resources to benefit clients; and works with the family and the service providers to assure the needs of the frail elderly are met. **Assistive Technology Lending Closet** provides individuals a place to locate or donate handicapped equipment.

Assisted Living Facilities

Aspen Grove 2043 E. Center St., Ste 212	678-2152
Ashley Manor 1525 E. Cedar St.	478-2094
Caring Hearts Assisted Living 3840 E. Center	232-0287
Elegant, 1256 Wright Ave. Bldg. A	478-9400
Emeritus @ Highland Hills 1501 Baldy	237-6866
Emeritus @ Ridge Wind 4080 Hawthorne Rd	237-3000
Gables of Pocatello, 2805 S. Grant	232-1091
Highland Hills 1501 Baldy Ave.	237-6866
Juniper Grove 2520 S. 5th Ave.	239-0480
Quail Ridge 797 Hospital Way	233-8875
Rosetta 1590 Delphic Way	238-9215

Assistive Technology Lending Closet **233-4032**

Area Agency on Aging, 214 East Center, Pocatello. This service provides individuals a place to locate or donate gently used items, such as manual wheel chairs, walkers, canes, bathing equipment and other items to assist someone with a disability. Donations are always welcome and appreciated.

Attorney General of Idaho **(208) 334-2400**

700 W. Jefferson Street, Suite 210, P.O. Box 83720, Boise ID, 83720-0010; fax: (208) 854-8071.

The Attorney General's Office provides legal representation to the State of Idaho and its agencies. Although the Attorney General cannot advise or represent individual citizens, the office publishes educational materials and directs citizens to other resources to help them better understand their legal rights and options.

Bannock County Board of Community Guardians **237-8032**

P.O. Box 901, Pocatello Idaho 83204-0901. The Board is appointed by the county commissioners, it provides guardianship for adults with developmental disabilities or incapacitated adults. The current Chair of the Board is Deanna Rosen.

Bannock County Indigents Services **236-7347**

624 E. Center, Bannock County courthouse, Room 106, Pocatello. 8-5, Monday-Thursday. Bannock County Indigents Services assists with medical bills and county burials for residents within the county. Residents must meet program guidelines in order to qualify and are required to reimburse the county.

Bannock County Sheriff **236-7111**
5800 S. 5th, Pocatello. Administration Office 236-7123**Counseling and Family Service** **237-5631**

Provides outpatient mental health services to anyone registered with IHS: individual, couples, child & family therapy, psychological evaluations, psychiatric consultations, child assessment team, group therapy, anger management, parent-child interaction therapy, 24 hour crisis intervention, education & prevention services. Crisis # 238-4000

Diabetes Program **478-5435**

Provides Nutritional Education, group classes, monthly support groups, home visits, community activities, self-management skills, shoe, denture, and eyeglasses program for eligible patients.

Elderly Nutrition Program for Tribal Members **478-3858**

Provides hot meals for people 55 years and older. Provides home food delivery for shut-ins.

Head Start/Early Childhood (ECDC) **239-4500, 239-4501**

A federally-funded child development program which gives children from limited-income families preschool experience, family services, health and dental care, nutritious breakfast, lunch, and snacks.

Health Education **478-3965**

Proper physical exercise, HIV/AIDS training, proper diet, and substance abuse counseling.

Fort Hall Fire Department **478-3782, 478-3784****Fort Hall Housing Authority** **237-1174****Fort Hall Indian Health Service Numbers**

• Medical	238-5427 or 5428
• Pharmacy	238-5429/5428/5415
• Dental	238-5446
• Optometry	238-5441
• Benefits Coordinator	238-5442
• Medical Records	238-5424
• Administration	238-5412

Fort Hall Police Department **478-4001**

Law Enforcement for Native American and non-Indians living on or near the Fort Hall Reservation.

**Shoshone-Bannock Services
Fort Hall**

BIA Child Abuse Hotline 1-800-633-5135

To report suspected incidents of child abuse or neglect, call your local Law Enforcement or the Bureau of Indian Affairs Child Abuse Hotline.

Bureau of Indian Affairs (BIA) 238-2301

Provides services to Shoshone-Bannock Tribes & Northwest Band Shoshone-Bannock Tribes.

Commodities 478-3918

Community Access 478-3866, 478-3952, 478-3879

Provides various emergency services: emergency clothing, homeless shelter, emergency food/gasoline, energy assistance, weatherization and other community projects: household budgeting, community food bank, and household goods.

Community Health Nursing 238-5435

Community Health Nursing consists of the Maternal Child Health, and Public Health Nursing programs. Services available: Pediatric Clinic, Women's Clinic, Immunizations, Prenatal and Postpartum Education, Health, Home Visits, Discharge Planning, Elderly Surveillance.

Community Health Representatives (CHR) 478-3968

Transports eligible Native American patients for medical treatment, Health Education and information, within boundaries of reservation. CHR is the transporter of last resort.

Cooperative Extension System 208-236-1046

Programs sponsored by the University of Idaho and Fort Hall. Provides educational services for agricultural producers and the Fort Hall Indian Reservation as a whole. Services pertain to all facets of agriculture including livestock, farming, gardening, tree and lawn care, financial management, etc. The extension office designs and provides beef, range and forage, cereal and crops schools and programs to provide up-to-date useful information that will improve or benefit individual farm/ranch operations. Also designs and provides programs related to animal and pest control, safe use of pesticides. Individuals can receive information regarding soil preparation, irrigation, fertilization, planting, management, harvesting, storage and control of weeds, insects and diseases of crops, home horticulture and livestock.

Bannock County Veteran Services 282-4245

ISU's Veterans Sanctuary (3rd floor of the Student Union bldg.) 921 S. 8th Ave, Stop 8095, Pocatello, ID 83209-8095. Monday-Thursday, 7:00am-5pm, closed for lunch 12-1pm. (Summer hours 7:30-4:00 M-F) Assisting veterans and dependents with obtaining benefits that they may be eligible to receive. Please call for an appointment or if you have any questions. Walk-ins welcome, hours are Monday from 2:30pm to 4:30pm and Thursday from 8:00am to 9:30am. For your convenience there is a computer lab available to veterans and their dependents that are in need of accessing their benefits electronically. These are available without an appointment; however, if assistance is needed, it is best to call ahead of time to confirm someone will be available to help you. There are conferencing capabilities available to veteran's organizations and advocates for webinar services and video teleconferencing, by appointment only.

E-mail: melissah@bannockcounty.us

Bannock Transportation 232-0537

Pocatello, ID. For Medicaid and private pay.

Bannock Youth Foundation 234-1122

P.O. Box 246, 83204.

Bannock House – 620 West Fremont 234-2244

Crisis Housing – provides emergency shelter, counseling, and aftercare to youth and families in crises.

Family Counseling – provides crisis intervention, individual, and family counseling to at-risk youth and their families

Family Resource Center – 403 North Hayes 234-1122

Nurturing Parent Program – a 14-16 week parenting workshop designed to improve family functioning and reduce risk behaviors in youth.

Baby Steps – prenatal education and incentive program to promote healthier pregnancies, babies and families.

Development Playgroups – any family with a child under the age of 4 is welcome to participate.

Square One – 735 North Main 478-1333

Independent Living Program – provides transitional living for homeless youth 18-21 years of age. The program teaches independent living skills; self-care, educational development, employment skills, communication skills.

MK Place – 110 South 19th 234-4722

Outpatient and residential drug/alcohol treatment for youth.

Behavioral Reform INC**208-339-6834**

310 N. Shilling, Blackfoot or 1156 N. Arthur, Pocatello. Behavioral Reform Inc. is a practice in psychology and counseling. The counselors are extensively trained in trauma and sexual abuse treatment. The modality most used is cognitive/behavioral and EMD-R.

Behavioral Treatment Center**(208) 234-2600**

210 East Center, Suite B, Pocatello. A full service counseling agency to help with all your mental health issues. Our staff includes Dr. Deric Ravsten, Board Certified Psychiatrist; clinical counselors and social workers, and other mental health specialists with the education and experience to help you and your children with issues such as anxiety, depression, behavioral changes, grief and loss, divorce adjustment, ADHD, anger management and PTSD. We provide: **COUNSELING** – individual, marriage, couples, and family. This includes grief counseling, play therapy and Christian counseling. **COMMUNITY BASED REHABILITATION SERVICES (CBRS)** – assists children, adults and families in acquiring life-skills in order to better cope with their specific situations. Plans are designed **WITH YOU** to target the behaviors you want to change. **SERVICE COORDINATION** – assists you in qualifying and dealing with Medicaid, Social Security, housing, food, medical services and more. **PARENTING CLASSES** – FREE ongoing parenting class incorporating Love and Logic techniques and Positive Parenting. Parents will learn a variety of skills, share information and develop self-esteem in themselves and their children. **OTHER CLASSES AND GROUPS** – we offer a variety of cognitive behavioral classes at various times including CBT, MRT, DBT, Mind over Mood, and Anger Management. We are also currently offering a Domestic Violence Offender's group. Additionally, we offer rotating classes to inmates at the Bannock County Jail including Anger Management, Mind over Mood, Parenting and Emotional regulation. We accept Medicaid, Medicare, many other insurance plans, and individual payments based on a sliding scale fee.

Bingham County Indigent Services**782-3097**

501 N. Maple St., Blackfoot. (physical- if mailing, 201 N. Maple St.) Monday-Friday. Bingham County Indigent services may assist with medical bills, county burials and emergency rent and utilities for residents within the county. Residents must meet program guidelines in order to qualify. Bingham County is to be the last resource.

Bingham County Sheriff's Office**785-4440**

501 N. Maple #405, Blackfoot, Idaho.

Bingham County Veteran's Service Officer**782-3096**

Assists Veteran's with questions and filing for Veteran Benefits Programs available to them. By appointment only.

Vocational Rehabilitation**236-6333**

1070 Hilene, Suite 200, Pocatello. **A.** Assists Vocational Rehabilitation clients to maximize their potential by (1) establishing a Work Plan that matches the participant's needs and abilities; (2) providing training needed to obtain an entry-level position in the individual's chosen career; and (3) giving the participant support to assist him/her in maintaining the job for an extended length of time. **B.** Provides Case Management services including needs assessment and case management plan, for eligible Medicaid clients. Blackfoot office: 490 N. Maple, Blackfoot ID 83221, 785-6649. Preston office: 30 S. State, Preston ID 83263, 852-0092.

Wal-Mart/Sam's Club \$4 RX Program**237-5091**

\$4 for a 30-day supply of a covered drug at a commonly prescribed dosage for fill or refill. Participation in some plans may entitle you to pay even less than \$4 for certain prescriptions. You can get these savings whether or not you have any prescription drug coverage through your company, under Medicare or any other plan. Only prescriptions initially filled in person at a participating pharmacy are eligible for the \$4 rate; refills must also be picked up in-store, but may be ordered in person, online or by phone. This program is not available for prescriptions filled by mail order. The list of covered drugs is subject to change. Now available: 3 months for \$10, and a limited number of prescriptions for \$9. Current lists are available at the pharmacy or online at walmart.com through the pharmacy link.

WIC – Women, Infant, and Children**239-5263**

1901 Alvin Ricken Dr., Pocatello. Special supplemental nutrition program for Women, Infants and Children. The WIC program is a supplemental food and nutrition education program for low-income, nutritionally at-risk, pregnant, postpartum and breast feeding women, infant and children under the age of five years.

Women's Health Check**239-5290**

1901 Alvin Ricken Dr., Pocatello. This is a program that offers free mammograms and pap tests to low-income or uninsured women. If you are 50-64 years old; or age 30-49 and have not had a pap test in 5 years, you are eligible for this program. Women that are 65 years old and do not have Medicare Part B are also eligible.

Trauma Support Group **232-0742**
Crisis Line **251-HELP, 251-4357**
Support for trauma victims of domestic violence, sexual assault, and stalking.
Available as needed.

Ulcerative Colitis Support Group **637-8913**
Cecelia Rupp.

United Way of Southeastern Idaho **232-1389**
275 S. 5th, Suite 243, P.O. Box 911, Pocatello, ID 83201.
www.unitedwaysei.org

United Way focuses donor investments on the issues of Education, Income & Health. They provide a safety net of human services and identify underlying causes to target with preventative programs & initiatives, making a positive impact in the lives of residents in seven counties.

USDA Rural Development **785-5840, Ext. 4**
725 Jensen Grove Dr., Suite 1, Blackfoot. **Rural Development Programs** provides homeownership loans for eligible low and moderate income households. Also provides 1% loans to help very low-income homeowners repair their homes and grants to very low-income homeowners, 62 years of age or older for repair and removal of health and safety hazards.. **Rural Rental Housing Programs** makes loans to eligible entities to provide affordable multi-family rental housing for very-low, low and moderate income families, the elderly and persons with disabilities. Loan funds may be used to build and/or purchase facilities. Deep subsidy rental assistance is available to eligible families. **Community Programs** provides financial assistance for community facilities and infrastructure construction or improvement loans to public bodies and not for profit corporations in rural areas. **Business Programs** works in partnership with the private sector and community-based organizations to provide financial assistance and business planning. Business Programs helps fund projects that create or preserve quality jobs, help agricultural producers and rural small businesses reduce energy costs and help meet the nation's energy need, increase income to agricultural producers through facilitating value-added activities and promote a clean rural environment.

U.S. Social Security Administration **1-800-772-1213**
861 Jefferson Ave, Suite F, Pocatello. 9am-3pm, Monday 9am-12pm, Tuesday, 9am-3pm, Wednesday--Friday. www.socialsecurity.gov
For direct calling, 1-866-613-2740. The following programs are administered by Social Security: Retirement Benefits, Disability Benefits, Survivors Benefits, Medicare and Supplemental Security Income for the Blind, Disabled and Aged (65 & older). General inquiries and routine changes can be reported by calling the toll free number.

Bingham Crisis Center **785-1047**
24 hour hotline 681-8712
24 hour Spanish hotline 681-8715
288 N. Shilling, Blackfoot. Offer shelter and services to victims of domestic & sexual violence. IMMINENT DANGER ONLY

Boy Scouts of America **233-4600**
2306 Pocatello Cr. Rd. Grand Teton Council. It is the mission of the Boy Scouts to instill values based on character, citizenship, physical and mental fitness in young people to help them throughout their lifetimes. Various programs for boys age 6-20 and girls age 14-20.

The Boys Town National Hotline **1-800-448-3000**
24 hour service available free of charge to parents and children. Trained counselors cover topics such as abusive relationships, depression, and parent/child conflict. Also a suicide prevention line.

Bright Tomorrows Child Advocacy Center **234-2646**
409 Washington Ave., Pocatello. Nationally accredited Child Advocacy Center providing child forensic interviews, caregiver support/education, crisis counseling, and mental health counseling for children and families affected by child abuse. Specialize in sexual abuse mental health treatment for victims of abuse and prevention education. Bill most insurances and Medicaid, also funded by grants and donations. www.brightcac.org

Camp Fire USA **232-8819**
A nonprofit coed youth sports organization for kids 3rd through 6th grade. Provides noncompetitive soccer, T-ball, flag football and basketball leagues. Builds caring, confident youth and future leaders.

Cancer Information & Referral **1-800-424-6724**
Literature and research available. Can refer information about physicians.

Cancer Information and Counseling Line **1-800-525-3777**
13001 E. 17th Place, F519, Aurora, Co. 80054. Hours: Monday-Friday, 8:30am-4:30pm, MST. Provides up-to-date facts about all aspects of cancer as well as personal assistance from counselors trained and experienced in dealing with the fear, confusion and conflicts. Can connect people with resources.

Center Counseling **237-1711**
265 E. Chubbuck Rd., Chubbuck. We accept Medicare, Medicaid, EAP, and most types of insurance. We provide counseling services for depression, and other mental illnesses, Anger Control, PTSD, adult survivors of childhood trauma. We see individuals, adults, children, teens,

couples, and families by appointment only. William McKee, LCPC, LeeAnn Turpin, LCPC, Shawn Akina, LCPC, Michael Stevens, LCSW, LaVon Cole, LCPC, David Covey, LCPC, VerRonica Harper, LCPC, Calleen Cannon, LCPC, Kathy Brydon, LPC, Trent Turner, LCSW, Whitney Warr, LPC, Diane Michel, LCPC, Kim Rasmussen, LPC, Paula Smith, LMSW, Ben DeGuilio, LPC, Greg Hunsaker, LPC, Robb Dye, LCSW, Cody Evans, LPC. We also offer psychiatric and medication management services through Dr. Manuel Sierra for children and Dr. J'Dee Wilson, and Liz Kinghorn, PA for adults..

Center Counseling: Case Management and Developmental

Disabilities

237-3907

4460 Central Way, Suite 4, Chubbuck. Case Management for adults with mental illness helps individuals to locate and obtain needed community based services to improve their independence and reduce the need for more costly services. **Developmental Disabilities Services** are provided by two different programs. **Adult Day Care** is a service provided to adults with Developmental Disabilities to provide safe appropriate care and social interaction. Center Adult Day provides this service in a home like setting that mirrors our clients home environments. The Adult Day provides activities that are stimulating and entertaining, it is located at 140 Evans Lane, Chubbuck. **Residential Habilitation** provides care with developmentally disabled adults to ensure they remain in either their own home, or their least restrictive environment.

Center Counseling- PSR Services

237-3880

265 E. Chubbuck Rd., Chubbuck. The program is a Medicaid program that serves both adults and children who have mental health issues. We work with individuals one-on-one in the home and/or community. The main focus of PSR is to provide skill building, and behavioral interventions to increase independence in the community. This program is overseen by clinicians and the services are provided by bachelors level professionals.

Center for New Directions

282-2454

RF Christensen Bldg. #48, Room 372, ISU College of Technology, Pocatello. Monday-Friday, 8am-5pm. CND provides career and personal counseling for College of Technology students and community members who have an employment or education goal. Services are free and confidential. Phone for information or to make an appointment. Email at www.isu.edu/cnd.

Child Abuse Reporting

1-855-552-KIDS (1-855-552-5437)

In Idaho, if you have "reasonable cause to believe" a child is being abused or neglected, you must report that suspicion to the Idaho Department of Health and Welfare or law enforcement – and you are required by law to do it immediately. When you call to make a child abuse report, you will be asked

Summit Apartments

232-5580

1724 So. Von Elm, Pocatello. 48 Units. Accepts vouchers from the Housing Authority of Pocatello.

Tax Return Preparation

211 or 1-800-926-2588

FREE through AARP & VITA

Call the Idaho CareLine to find the site nearest you. Sites are available February 1st –April 15th each year.

Teen Parenting Program

237-2233

The teen parenting program is offered through New Horizon Center. The teen parenting program is located at 955 W. Alameda Rd, Pocatello, Idaho. Services are for pregnant and parenting teens currently enrolled in school. Grades 7-12 served. Contact Brad Wallace, principal. The teen parent program offers childcare for students while working towards educational goals.

Title I

232-3563

Title I is a federally funded program that is available in many of the Pocatello/Chubbuck elementary schools. The Title I program is different from the special education programs. The purpose of Title I is to provide intervention instruction to help students who are not working to their ability and are below grade level. The majority of Pocatello/Chubbuck's Title I schools are now operating under a School-Wide model. This allows greater flexibility to help students at any grade level with either reading or math. Students are selected through analysis of their state testing scores as well as common assessments given to all grade-level students. Progress monitoring assessments help to track students' gains and determine the need to continue interventions. Parents or teachers may bring concerns about a student to the school's STAT (Student-Teacher Assistance Team) process. Parents are a vital part of the Title I program and are encouraged to participate in volunteer activities or periodic parent training meetings.

TOPS in Idaho

Area Captain- Linda DeLashmutt 232-4524

TOPS (Take Off Pounds Sensibly) is a support group for people who are interested in stopping dieting and making real changes to reach weight-loss goals. TOPS can help you reach your weight-loss goals by providing you with the tools, information, support, and accountability you need to be successful. You can choose to join a local chapter or become an online member. Weekly meetings provide a supportive, educational environment where people are encouraged and not judged. Annual membership fee of \$32, plus nominal chapter dues. New members are welcome.

- First United Methodist Church, Thurs. 6pm/6:45pm
- Pocatello Senior Citizen's Center, Tues. 5pm/6pm
- Gate City Baptist Church, Mon. 6:30pm/7pm
- Flamingo Courts, Wed. 9am/10am

Public Health Preparedness works with community partners to increase their preparedness and the capabilities of communities to respond to bioterrorism, other outbreaks of infectious disease, other public health threats and emergencies, and to improve regional preparedness and response. Call 239-5275.

HIV/AIDS offers HIV testing, case management and resource services, as well as HIV/AIDS prevention programs. Call 233-9080.

STD and Communicable Disease Programs: The STD and Communicable Disease Programs provide confidential testing, investigation, treatment and education to individuals who are affected by the diseases, or who have concerns about the nature of communicable disease.

Special Education Services **232-3563**
3115 Poleline, Pocatello. Offices open 7:30am-4:30pm, Monday-Thursday; 7:30am-4pm, Friday. The special services department oversees a variety of special education programs and/or related services to meet the unique needs of students with disabilities. Contact the director of special services or your building principal for more information.

St. Vincent DePaul, Holy Spirit Conference **Store: 233-2555**
Social Services: 406-1216
855 S. 2nd Ave., Pocatello. Tues. 2pm-5pm, Wed. 10am-1pm, Thurs. 2pm-5pm, Fri. 10am-1pm. Food and clothing bank for the low-income, homeless, and those of need in SE Idaho. Rent/utility assistance for Bannock County residents **when funds are available; apply in person at Social Services office to be placed on waiting list.** Household items and furniture assistance **when items are available.**

Successful Transitions and Retention Track: START **282-4359**
ISU College of Technology, RFC Building #48, 777 Memorial Drive, 3rd floor, Pocatello. The program is for high school graduates or those who have achieved or are working toward a certificate of General Education Development (GED®) and wish to further their education. During Phase I, participants enroll in the College Success Course for 1 credit. This class covers topics such as attitudes, values, self-awareness, study skills, social networking, group work, and financial aid. Participants attend regular counseling sessions for academic, career, and personal assistance, as well as Math and English workshops. Throughout this first semester, students take the COMPASS Test two times to ensure accurate class placement. In Phase II of START, participants begin coursework as degree seeking students. START staff, tutors, and counselors maintain regular contact with Phase II enrollees to ensure sustainable futures. START tracks students from the time of acceptance into the program, throughout their educations in the interest of providing opportunities for success.

for any contact information you have for the child. You will be asked to describe your specific concerns about abuse and/or neglect, as well as if the child is in immediate danger. Any information you can provide about the child will be helpful. This number takes all reports of abuse and/or neglect statewide, 365 days per year, 24 hours per day.

Child Care Resource & Referral, IdahoSTARS **211 or 800-926-2588**
275 S. 5th, Suite 141, Pocatello, ID 83201. Open Monday-Friday, 8am-6pm. The IdahoSTARS Child Care Resource and Referral Office serves as a resource center for child care providers offering child care information, books, videos, and equipment on loan. Our Lending Library hours are Monday-Friday, 9am-4pm. Additional hours are available upon request. In addition, we provide information on child care provider licensing requirements, training and accreditation. Monthly Idaho Child Care Program (ICCP) orientations are given. A quality child care consultant is available to provide onsite visits and assistance for family owned or center child care facilities. For more information call the Idaho Careline.

Child Find of America INC. **1-800-426-5678 (845)883-6060**
P.O. Box 277, New Paltz, NY 12561-0277. Hours: M-F 9am-5pm (EST), answering machine 24/7. Child Find of American is a national not-for-profit organization whose mission is to locate missing children through active investigation; prevent child abduction through education; and resolve parental conflicts over child support, custody, access & visitation through mediation. All of Child Find's telephone-based services are risk-free, unimpeded, uninterrupted, convenient, safe and confidential: Location Service; Crisis Intervention; Conflict Skill Building, Mediation; Runaway Intervention; Parenting Education; Information & Referral. 1-800-426-5678 (1-800-I Am Lost): abductions, runaways, location services 1-800-293-9688 (1-800-A Way Out): child abductions prevention, support services
No fees, all services are free of charge. www.childfindofamerica.org.

Child Support Services **235-2860**
Or 1-800-356-9868
1090 Hiline, Pocatello. Child support enforcement, locate services, establishment and modification of child support order, establishment of paternity. \$25 application fee.

Children's Supportive Services **237-4782**
Chubbuck, 224 E. Evans Lane
Blackfoot, 207 S. Broadway
Idaho Falls, 1600 E. Lincoln
785-8550
524-8996

We specialize in treating children, adults and families who have anger, behavioral, emotional and social issues. We provide Master level counselors, Bachelor's level psychosocial rehabilitation specialists, and other qualified professionals who teach children, adults and their families strategies for behavioral modification. Through the use of our therapy based behavior management program involving all aspects of the child's life, the child can learn skills to function at higher levels. We offer Individual Psychosocial Rehabilitation, Psychotherapy, Pharmacological Management. We accept Medicaid. Now providing service coordination. Children's Supportive Services is dedicated to the wellness of children, their families, and our community through prevention intervention and treatment. *Now accept private insurance & have a sliding fee scale.

Christian Children's Ranch

208-888-5235

2421 W. Duck Alley Rd. Eagle, ID 83616. The Christian Children's Ranch cares for needy and mildly troubled children in a home atmosphere. Call for more information or access our website at christianranch.org. (application online-not a treatment center) Fax: 208-888-3481.

Chubbuck Police Department

237-7172

5160 Yellowstone, P.O. Box 5604. City police department – investigates criminal complaints, provides tours, fingerprinting for adults & children. Licenses for Daycare Providers, Taxi, Private Investigators and Behavioral/Mental Health Providers in Chubbuck. Call 238-2376 for background information for licenses.

City of Pocatello, Housing RENEWAL Program

234-6186

911 N. 7th Ave., Pocatello. This is a federally funded program that provides affordable financial assistance, contingent on income qualification, for homeowners needing to make improvements to their homes. This program may assist with emergency repairs, Lead Based Paint Reduction, and accessibility needs. For more information call 234-6185.

Comfort Keepers

234-9825

275 S. 5th #280, Pocatello, ID 83201. Cell #: 251-7825. Providing comforting solutions for in-home care. We offer an extensive range of in-home care services tailored to the unique needs of each individual we serve. Companionship, meal preparation, light housekeeping, grocery shopping, laundry and linen washing, grooming and dressing guidance, personal care services and much more! Rates are based on client assessment. Personal emergency response systems available through Safety Choice by Comfort Keepers. www.comfortkeepers.com.

Family and Community Health Services

Southeastern Idaho Public Health, 1901 Alvin Ricken Dr., Pocatello.

Women, Infants, Children (WIC): The WIC program is a supplemental food and nutrition education program for low income, nutritionally at-risk, pregnant, postpartum and breast feeding women, infants and children under five.

Immunization: The immunization program provides a full range of immunization services for infants, children, and adults.

School Health: The school health programs focus on age-appropriate health education, and risk reduction services for students, faculty, & staff. Key components of the school health program include scoliosis and vision screening, maturation classes, and other health and safety programs.

Tobacco Cessation Services: Cessation classes available free of charge. Please call 478-6316.

Tobacco Prevention & Control includes policy development (e.g., smoke-free campuses) as well as education to youth through school and community presentations, and also peer education. Call 478-6316.

Family Planning: The family planning program provides clinical examination and education to women and men who request birth control information. Family planning services promote positive health behaviors, as well as pregnancy and STD (sexually transmitted diseases) prevention.

Adolescent Pregnancy Prevention focuses on reducing teen pregnancies by teaching a comprehensive sex education curriculum called "Reducing the Risks" to teens in high school settings. The program also is a great resource for parents, caregivers, and educators who are looking for sexual health education resources. Call 478-6316.

Prenatal Ancillary Care PAC: PAC services are provided to pregnant women who are on the Medicaid program only. Services include nursing and nutritionist prenatal education and case management services for at-risk, low-income pregnant women.

Comprehensive Cancer Control works with community partners to increase and integrate activities designed to prevent and control cancer in southeast Idaho. Focus is on colon cancer and skin cancer (prevention, screening, and early detection). Call 239-5207.

Arthritis Foundation Exercise Program is a class held twice a week to provide people with regular, free opportunities to exercise to reduce or manage their arthritis pain. Call 239-5250.

Oral Health provides fluoride, varnish and sealants to schools and community. Also provides dental health education, and conducts regular oral health screenings for residents of assisted living centers. Call 478-6314.

Physical Activity & Nutrition works with community partners to move towards a culture of health and wellness by encouraging and enabling people to be physically active and make good food choices through education, policy development, and environmental change. Call 239-5207

Homebuyer Essentials Financial Literacy Program **232-1114, ext-114**

641 N. 8th Avenue, Pocatello. This program offers pre-purchase education, financial management courses, post-purchase education; and one on one credit counseling is offered at no fee. Financial training is available. This program is available for all individuals and families.

Retired Senior Volunteer Program (RSVP) **233-1114, ext-141**

641 N. 8th, Pocatello. Recruits and places adults (55+ years of age) interested in providing volunteer assistance in non-profit organizations throughout Southeast Idaho. Also operates Youth Mentoring program for children grades K-12, matching a volunteer mentor with a child in need of a positive adult role model.

Veterans Services **232-1114, ext-146**

825 E. Bridger, Pocatello. Veterans Services operates a homeless shelter and a transitional housing facility for Veterans. Information and referral services to other Veteran and supportive organizations are available to assist the veterans to identify their goals, attain employment, and become self-sufficient.

Weatherization **237-0991**

1261 Wilson, Suite E, Pocatello. Provides insulations, minor repairs to keep the cold out, and furnace repairs. Applications must meet low-income requirements and be eligible to receive energy assistance.

SEICAA Office in outlying areas

Bingham , 206 S. Spruce, Blackfoot	785-1583
Bear Lake , 680 N. 4 th , Suite 2, Montpelier	847-1462
Caribou , 159 E. 2 nd S., #4, Soda Springs	547-4257
Franklin , 16 S. 100 W., Suite B ,Preston	852-1515
Oneida , 175 S. 300 E., Malad	766-2737
Power , 505 N. Oregon Trail, American Falls	226-7330

Southeastern Idaho Public Health **233-9080**

American Falls	226-5096
Arco	527-3463
Blackfoot	785-2160
Malad	766-4764
Montpelier	847-3000
Preston	852-0478
Soda Springs	547-4375

1901 Alvin Ricken Dr., Pocatello. 8am-6pm, Monday-Wednesday, 8as-7pm, Thursday. Services offered are: Special supplemental nutrition program for women infants children (**WIC**), School Health Nurse, Immunization Clinic, Communicable-Disease Control, Dental Health, Family Planning, STD (sexual transmitted diseases) testing and treatment, Prenatal Ancillary Care (PAC).

Environmental Health Services include: child care inspections, food safety and sanitation, and on-site sewage disposal system permits.

Commission for the Blind **236-6392**

427 N. Main, Suite K, Pocatello, 83201.
341 W. Washington St. PO Box 83720, Boise, ID 83720. 1-800-542-8688 within Idaho.

ICBVI is a state agency which has been serving Idahoans since 1967. The agency assists blind and visually impaired persons to achieve independence by providing education, developing work skills, increasing self-confidence, and helping them remain employed or prepare for employment. Vocational Rehabilitation Services, School-to-work transition (ages 14+), Assessment & training center, Business enterprise program, Independent living services, Sight restoration services, low-vision clinic, ICBVI store, braille services.

Community Cancer Information Center **239-1754**

Portneuf Cancer Center, 777 Hospital Way, Pocatello.

Comprehensive and Integrated Patient Care Patients in Southeast Idaho can receive state of the art and integrated cancer care at the Portneuf Cancer Center. Medical and Radiation oncology in one center. Out-care team is available to meet with patients and their families to answer all questions and concerns; from diagnosis, chemotherapy, radiation therapy, financial counseling, emotional and social support, nutrition, and cancer education.

Cancer Support Groups

H.O.P.E. (Helping Other People Endure) For anyone who has had their life effected by cancer. Mondays 5:00pm to 6:30pm, Portneuf Cancer Center. Call Robb Dye, LCSW (208)239-1754.

Living with Hope For those who are dealing with a long term cancer battle. 1st and 3rd Wednesday of each month. 2:00pm to 3:30pm. Cancer Center Conference Room. Call Robb Dye, LCSW (208)239-1754

Counselling is provided by Robb Dye, LCSW for patients and loved ones whose lives are impacted by cancer. www.portmed.org/clinics/cancer

Community Council of Idaho **785-6390**

745 W. Bridge, Suite H, Blackfoot ID 83221. 8:30-5:30, Monday-Friday. Employment and Training programs, Emergency Services and Adult Basic Education (GED). Primary Medical Care is available at the clinic located at 625 W. Pacific St, Suite 5, 782-0500.

Community Mental Health Services **478-2172**

We provide services to Southeast Idaho with offices at 720 E. Lander, Pocatello and at 3480 Washington Parkway., Idaho Falls.
We provide services to adults with severe persistent mental illness and to children with severe emotional disturbance. We also have a family care clinic. Our services include evaluations, treatment, skills training (Psychosocial Rehabilitation), Service Coordination (Case Management), Counseling, Medication Management and other mental health services.

We accept any insurance and have a sliding fee scale. We offer free counseling services. We provide free groups (with lunch) weekly with a variety of topics. Our staff includes, Licensed Professional Counselors, Licensed Clinical Professional Counselors, Licensed Marriage and Family Counselors, Licensed Clinical Social Workers, Licensed Social Workers, 2 Nurse Practitioners and Healthy Connections providers through Health & Welfare. We help adults and children with mental health issues including Post Traumatic Stress Disorder, Depression, Anxiety, Attention Deficit Disorder, Schizo-affective Disorder, Schizophrenia, and other behavioral disorders.

Community Recreation Center

232-3901

144 Wilson, Pocatello. Open to the Public.-Memberships and daily fees available. Hours: Monday-Friday, 6am-10pm, Saturday, 9am-6pm, Sunday (Oct-April) 1pm-5pm. Enjoy our Pool, Hot Tub, Weight room, Sauna, Steam room, Climbing wall and more. Visit our on-line brochure at www.pocatello.us to check out: Swim Lessons, Dance, Cheer and Gymnastics, Yoga, Aerobics, Aquacise and much more.

Compassion and Hope Pregnancy Center (208) 478-HOPE (4673)

845 S. 9th, Suite B, Pocatello. 24-hour emergency line: 1-877-791-5475.

Hours: Monday: 3pm-8pm, Wednesday & Thursday: 12pm-5pm.

Our services include the following:

- Free Pregnancy tests
- Baby and Me classes (Tues. 6:00 to 7:00pm)
- Caring, confidential, one to one mentoring
- Pregnancy options, education and support
- Information on sexual health and STDs
- Community referrals
- Maternity and baby supplies
- Adoption information and support
- Abortion education
- Post-abortion support
- Nutrition, parenting, Bible and other classes

www.pocatellopregnancycenter.com.

Compassionate Friends chapter #1090

237-6318 or 705-0504

The Compassionate Friends is a self-help organization offering friendship and understanding to bereaved parents who have experienced the grief of losing a child. They are a support group whose meetings are once a month. Meetings are held the 2nd Tuesday of each month, 7:00pm, at Quail Ridge, 797 Hospital Way. They also send out a monthly newsletter to aid in dealing with the death of your child. Periodically they have activities that include friends and family so that siblings can have understanding friends and contacts. No fees. tazlvr3@cablone.net

Emergency Services available to assist individuals with emergency needs.

The following services are available.

G.E.D.: Educators to administer entry level assessment of GED Test. Pay for cost of testing.

Energy Assistance available to low-income individuals. Each household can receive a benefit amount once a year for their major heat source. Income guidelines change from year to year. Call the appropriate county for current guidelines. November 1 thru June 30 depending on funding.

Volunteer Income Tax Assistance (VITA) Free tax assistance through online tax software. Volunteers/or staff will assist with tax questions and guidelines for completing tax returns. January-April by appointment only,

Family Development utilizes case management to assist families in becoming self-sufficient through identifying and achieving goals.

Food Boxes: Emergency food boxes are available Monday-Thursday, 8am-12pm (noon). You can receive 6 food baskets per year, at least 30 days between each food basket.

Information and Referral services available to help find various community resources.

Personal Hygiene Products: Each household may receive 6 per year, including diapers. Supplies limited to what's on hand.

School Supplies: A school supply list is needed. Supplies limited to donations received.

Market Salvage Program is available, in Bannock County only, every Thursday from 1pm-5pm. You are required to bring your own boxes/sacks for carrying.

USDA Food Commodities are distributed on different days, depending on the county you live in. Please call your county for information on distribution day.

Working Closet is a resource for people who are looking for work clothing (at no cost) or have an interview and need appropriate clothing.

Affordable Housing Service

232-1114 , ext-147

641 N. 8th, Pocatello. Offers low-income and elderly housing. Operates five different apartment complexes, including: St. Anthony Place, Station 1938, Fountain Court, South Oak Apartments and SEICAA Manor.

Homeownership Opportunities

232-1114, ext-101

SEICAA's Affordable Housing Department works closely with families to reach and maintain the goal of homeownership through SEICAA's Self-Help Housing program. This program is intended for qualifying families that are required to limited sweat equity to buy down closing cost (up to \$2,500.00). Families must meet the eligibility requirements. More information about requirements and applications available at SEICAA or online www.seicaa.org

Meals on Wheels

232-1114

825 E. Bridger, Pocatello. Provides a mid-day meal to eligible, homebound individuals. Subsidized and Medicaid funded meals available for eligible individuals.

School District No. 25**232-3563**

3115 Poleline Road, Pocatello. Office hours are 7:30am-4:30pm, Monday-Thursday; 7:30am-4pm on Friday. The Pocatello/Chubbuck School District mission is to Maximize Learning For all Students Through Rigor, Relevancy and Relationships: Whatever It Takes. The District operates three high schools, three middle schools, and thirteen elementary schools. It also operates an alternate high school and alternate middle school, a Teen Parent Center, a Head Start Program, Montessori Pre-3rd grade school and Early Intervention Preschool. In addition it provides Title 1 programs, a Family Treatment Cooperative Program, and professional technical programs. Students in grades K-6 attend the elementary schools (some 6th grades are housed in the middle schools), grades 7 & 8 attend middle schools and grades 9-12 attend high schools. The elementary schools with 6th grades include Edahow, Gate City, Greenacres, Indian Hills, Lewis & Clark, Tendoy and Washington. The elementary schools without 6th grades include Chubbuck, Ellis, Jefferson, Syringa, Tyhee and Wilcox. The administrative office, food services and transportation departments are located at this address.

School Health

The school health program focuses on age-appropriate health promotion, health education, and risk reduction services for students, faculty and staff. Key components of the school health program include scoliosis and vision screening, maturation classes, and other health and safety programs.

Shriners Hospital for Children**1-801-536-3500**

Toll free 1-800-313-3745
1275 E. Fairfax Rd., Salt Lake City, Utah. Pediatric Orthopedics: deformities, injuries and diseases of bones, joints and muscles in children. Referral for burn care for scars. Cerebral palsy, rheumatoid arthritis, scoliosis, limb length abnormalities, osteogenesis imperfecta, club foot, etc. Patient services include: inpatient care, surgery, outpatient care, physical therapy, occupational therapy, laboratory services, diagnostic, radiology, nutritional counseling, dental services, social services, bracing, casting, and artificial limbs. Volunteers are provided to patients so that they may keep up on schoolwork. All care is provided regardless of ability to pay. ONLY for children; pediatric hospital.

www.shrinershospitalsforchildren.org**Southeastern Idaho Community Action Agency**

Open 7am-3:30pm, Monday-Thursday. **SEICAA** is a non-profit community based service agency whose aim is to diminish the effects of poverty. SEICAA's programs include:

Community Services**232-1114, ext-100**

825 E. Bridger, Pocatello. Provides the following services to low-income individuals in communities throughout Southeast Idaho.

Consumer Care LLC**234-9361**

1133 N. Main, Pocatello. Is a referral center for Mental Health Consumers with a rehabilitation focus for growth in persons who are mentally ill. For information about the center call 234-9361.

Consumer Response Center**1-877-382-4357**

www.ftc.gov. Call to submit complaints or ask consumer related questions.

Cooperative Extension System**236-7311**

Bannock County 10560 N. Fairgrounds Rd. Bldg. A. Open 8am-5pm, Monday-Friday. <http://www.uidaho.edu/extension/bannock>. Programs sponsored by the University of Idaho and Bannock County. Extension Educator in **Agriculture** to answer questions about agriculture, home horticulture, control of weeds, insect problems. Extension Educator in **4-H Program**, a program for school age youth. Extension Educator in **Family & Consumer Science** available for classes and to answer questions about food safety, nutrition, food preservation, clothing and textiles, child development, family relations, youth at risk issues, and family economics.

Bingham County, 583 W. Sexton, Blackfoot 785-8060

Caribou County, 53 East 1st South, Soda Springs 547-3205

Franklin County, 561 Oneida, Preston 852-1097

Power County, 500 Pocatello Ave, American Falls 226-7621

Dawn Enterprises, Inc.**785-5890**

280 N. Cedar, Blackfoot. Assists individuals of Southeast Idaho with mental, physical or social disabilities through training. <http://dawnent.org>.

Department of Health & Welfare Region VI

1090 Hilene, Pocatello. Open Monday-Friday, 8am-5pm.

1070 Hilene, Pocatello. Open Monday-Friday, 8am-5pm.

421 Memorial Drive, Pocatello.

Regional Office 1-877-732-1399

Child Abuse Reporting 1-855-552-KIDS (5437)

Children & Family Services 239-6200

Developmental Disabilities Services 234-7900

Regional Medicaid Service 239-6260

Food Stamps 235-2900

Child Support 1-800-356-9868

Self Reliance 235-2900

Mental Health Services 234-7900

Children's Health Insurance Program 235-2900

Verification of income, assets and social security number is required when applying.

Children & Family Services, 1070 Hiline 239-6200
 Child Protection • Foster Care
 Adoptions • Community Resources for Families

Self Reliance Program, 1090 Hiline 235-2900
 Verification of income, assets and social security number is required when applying.

Cash Assistance • Food Assistance Work Programs
 Health Coverage • Child Support services
 Telephone service Assistance
 Idaho Child Care Program "ICCP"
 Aid for Aged, Blind or Disabled (AABD)

Licensing & Certification 236-6273
 Certified Family Home • Survey and Certification-DDAs/Rehab

Regional Medicaid, 1070 Hiline 239-6260
 Katie Beckett • Personal Care Services
 Private Duty Nursing • Certified Family Homes

Early Periodic Screening Diagnosis & Testing Service Coordination
 Home and Community-Based Services (HCBS) for the Elderly and Physically Disabled
 Nursing Facility (NS)/Intermediate Care Facility for the Mentally Retarded (ICF/MR)

Developmental Disabilities, 421 Memorial Drive 234-7900
 Infant/Toddler Program

Mental Health, 421 Memorial Drive 234-7900
 Mental Health Services to adults • 24 hour crisis line
 Crisis Intervention • Children's Mental Health

Blackfoot, 701 E. Alice 785-5826
Preston, 223 N. State 852-0634

Montpelier and Soda Springs call Preston office

Department of Veterans Affairs Out Clinic 232-6214
 444 Hospital Way, Suite 801, Pocatello. Community based Veterans outpatient Primary Care Clinic. Appointments only, not a walk-in clinic. Limited services. Fax:233-3416.

Deseret Industries 232-5174
 580 Roosevelt, Pocatello. Provides training & rehabilitation for individuals with disabilities and/or barriers to employment through operating a thrift shop. Mostly LDS, but not required.

Thrift Shop: 580 Roosevelt, Pocatello. 10am-6pm Monday, 10am-9pm Tuesday-Saturday. A variety of good second hand clothing, furniture, an miscellaneous household items. Also new clothing, furniture and mattresses are available.

REDDI 1-800-233-1212
 Report Every Drunk Driver Immediately Also *477 on cell phones.

Reflections 5 LLC Apartments 237-2644
 150 N. Main Street, Suite 17. Hours: Tuesday-Thursday, 12pm-5pm.
 Multi-family low income housing.

Road to Recovery, Inc. 233-9135
 This agency offers a wide range of chemical dependency programs across Southeast Idaho. Road to Recovery, Inc. offers Alcohol/Drug Assessments, Alcohol/Drug Education Series, Group and Individual Therapy, Alcohol and Family Counseling, Referrals, Drug Court, MRT (Moral Reconation Therapy), After Care, Intensive Outpatient Treatment and has specialized Women's day program. These types of services are found at the following locations:
 Pocatello, 343 E. Bonneville 233-9135
 Blackfoot, 490 N. Maple 785-6688
 Malad, 20 N. Main #10 766-7623
 Boise (Garden City), 4483 Dresden, Suite 103 208-384-4234

Salt Lake Express 232-5365
 Comfortable high-back seating, 24 hour online reservations. Wheelchair access provided upon request for any scheduled routes (must complete reservation by phone at least 48 hours prior to scheduled travel, to complete an accessible vehicle request form). Additional fees for pets (hard carrier required, unless service animal).

- Maverick, exit 69 2100 East Center Street
- Pocatello Regional Transit- 5815 S. 5th Avenue

www.saltlakeexpress.com

Salvation Army 232-5318
 400 N. 4th, Pocatello. **Soup Kitchen:** Our kitchen serves nutritious meals, 11-11:30am, Monday-Saturday. **Social Services:** Business hours for social service program interviews are generally Monday-Friday, 1pm-4pm. The following documentation is needed: personal ID. **Food Boxes** available up to 4 times a year to supplement what a family or individual already has. **Bread Run** (day-old products) may be available Monday-Friday at 1pm.. **Clothing Vouchers** available for clothing and household goods. **Utility Assistance** generally available October-April, or until funds are depleted, and upon meeting pre-determined qualifications. Call as close to the beginning of the month as possible. By Appointment only. **Rental Assistance** depending upon receipt of FEMA grant, and upon meeting pre-determined qualifications. Call as close to the beginning of the month as possible. By appointment only. **Seasonal Services:** We coordinate Secret Santa and Christmas Food Baskets during the winter season. For Blackfoot information call 785-0423.

Prenatal Ancillary Care (PAC)**233-9080**

1901 Alvin Ricken Dr., Pocatello. Prenatal Ancillary Care provides pregnancy education, social and emotional support. Services available to low-income pregnant women in conjunction with WIC nutritional education. Nursing and nutritional education available. Post-partum home visits provided.

Primary Children's Medical Center**801-662-1000**

100 North Mario Capecchi Dr., Salt Lake City, Utah 84113. Primary Children's Hospital ranks among the best children's hospitals in the United States. Located in scenic Utah, our hospital is focused on providing the best care for children. The Food and Nutrition Services Department provides comprehensive nutrition services for infants and children of all ages in both the in-patient and outpatient settings. While the children we serve have many different and complex medical conditions, we work to nurture each child's nutrition state to ensure good health, as well as healthy eating and balanced nutrition practices for a lifetime.

To schedule an appointment with one of the Out-patient registered Dietitians at Primary Children's Hospital campus or at one of the satellite offices, please call 801-662-1601. Healthcare Professionals – Nutrition Referrals can be faxed to 801-662-5300.

Registered Dietitians are available in these PCH Clinics:

- Allergy Clinic
- Behavioral Clinic (inpatient or residential/day treatment program)
- Cystic Fibrosis Clinic
- Diabetes Clinic
- Dysphagia Clinic
- Elimination Disorder Clinic (EDDI Clinic)
- Gastrointestinal Clinic
- Follow-Up Nutrition Clinic (FUN Clinic)
- Ketogenic Clinic
- Spina Bifida Clinic

Psychological Assessment Specialists PLLC**233-0150**

Psychological Assessment Specialists PLLC (PAS). 1246 Yellowstone Ave, Suite C5, Pocatello, Idaho 83201. Clinical staff consists of PhD Psychologists & Licensed Clinical Professional Counselors. Services available include psychological & neuro-psychological evaluations to assist in the diagnosis & treatment of learning disabilities & difficulties related to brain/head injuries (memory loss, problem solving, personality changes, etc.); individual, family & child counseling services. Treatment specialties include chronic pain/headache, sleep disorders, eating disorders, anxiety and depression.

Developmental Options**233-6833**

415 South Arthur, Pocatello. Developmental Options is dedicated to supporting persons with developmental and other disabilities in creating and maintaining residential, recreational, educational and other community options. Programs are designed to support individuals in making choices that allow them to live as independently as possible. Programs include ICFs/ID (intermediate care facilities for persons with intellectual disabilities), and Residential Habilitation Services.

DisAbility Rights Idaho**232-0922**

1246 Yellowstone Ave., Suite A3, Pocatello. 1-866-262-3462 (toll free). State protection and advocacy system for Idahoans with disabilities. Provides advocacy and legal services to individuals with mental illness, developmental disabilities or traumatic brain injury, past and present clients and/or applicants of Vocational Rehabilitation or Commission For The Blind and beneficiaries of Social security Administration seeking employment. Will provide information, referral and representation if disability related issue fits within current year priority.

Early Intervention**232-2994**

Lincoln Early Childhood Center - School District No. 25. Provides instruction at no cost for children ages 3-5 years that are identified as meeting special education eligibility criteria according to the State of Idaho guidelines. For more information please call or email myersam@sd25.us. Screenings are conducted multiple times per school year. Contact Amy Myers.

Eastern Idaho Regional Behavioral Health Center**227-2100**

800-209-8405. Inpatient mental health services for children, adolescents and adults. Individual, group and family counseling for inpatients only. Inpatient services only. Accepts Medicaid. Crisis line 227-2260.

Eat Smart Idaho**236-7318**

10560 N. Fairgrounds Rd. Bldg. A, Pocatello. Sponsored by University of Idaho Extension. Offers education to limited income people at no charge. Nutrition advisors are available to give lessons and teach small groups in Bannock, Bingham, Bonneville, Caribou, Franklin, Fremont, Jefferson, Madison and Power Counties. Basic hands-on nutrition education classes include meal planning and smart shopping, Choose MyPlate, getting active, choosing whole grains, fresh fruits and vegetables and being food safe among others. Eat Smart Idaho combines two federally funded nutrition education programs: Supplemental Nutrition Assistance Education Program (SNAP-ED) and the Expanded Food and Nutrition Education Program (EFNEP).

www.uidaho.edu/extension/eatsmartidaho

Emergency Road Conditions **1-888-Ida-road**
1-888-432-7623. Only working in late fall and winter. November-March.
Internet access at 511.idaho.gov.

Emotional Support Meeting **232-5791**
Meetings held second Tuesday of each month at Life INC., 640 Pershing, Suite C. The advocacy and support meeting is at 7pm. No fees. Contact person, Zina Magee.

Employment Resource Center **232-2862**
580 Roosevelt, Pocatello. Open 8:00am-5:00pm, Monday-Friday. They are a free service. They may provide any of the following services: job search, skills training, career guidance, supplemental services, and referral to employment.

EXCEL **233-0593**
(Exercise & Common Sense Eating for Life) Weight Loss Solutions, 611 Wilson Ave., Suite 8, Pocatello ID 83201. www.excelweightloss.com. **Karen Donaldson, M.S., R.D.** provides weight management services, exercise classes, nutrition counseling and support groups for adults, kids, teens and families. Education on insulin resistance and diabetes, stress management, and fitness. Classes from beginners to more advanced such as: Life Movement Exercise classes, Fitness on the Ball, Step and Strength, aerobic classes, weight loss circuit, and Senior fitness and balance. Some insurances and Medicaid may cover.

Experience Works Program **380-5242**
Contact Persons:
Twin Falls: Margie Alexander, State Program Manager
308 Shoshone St. E. #2, Twin Falls ID, 83301 Phone (208) 734-3305
Pocatello: Sharon Morse (208) 380-5242
www.experienceworks.org

Eye Care America **1-877-887-6327**
P.O. Box 429098, San Francisco, CA 94142-9098. The Eye Care America provides medical and surgical Eye Care for seniors. In order to qualify one must be: **65 or older**, a citizen or legal resident, not seen an Ophthalmologist in 3 years or more. To see if you qualify visit the website at www.eyecareamerica.org. The qualified patient is sent a letter of referral to an ophthalmologist in the local area for a medical eye examination and follow-up care for whatever condition is found. The patient's insurance may be billed. The patient is not billed. Those with access to care in others ways (an HMO, VA hospital, etc.) are not eligible. Nor do we provide funding for hospital costs, an anesthesiologist, medication, etc. **Not an Eyeglass Program.** For more information, 877-887-6327.

Portneuf Valley Family Center: Community Based Rehabilitation Services (CBRS)

Pocatello Office: 233-7832

Blackfoot Office: 785-7832

Soda Springs Office: 547-4470

353 N. 4th, Suite 110, Pocatello. 1495 Parkway Drive, Suite C, Blackfoot. 15 W. Center, Suite 1, Soda Springs. This is a Medicaid program serving both adults and children with mental health issues. PSR is a one on one community and home-based treatment service. The goal of PSR services is to teach participants skills needed to be successful in work, school, family, community, or other issues related to their mental health issues. Our approach is to partner with the consumer and develop a treatment protocol that will teach skills to lead a more independent life in the community. www.pvfcinc.com.

Portneuf Valley Family Center: Psychotherapy

Pocatello Office: 233-7832

Blackfoot Office: 785-7832

Soda Springs Office: 547-4470

353 N. 4th, Suite 110, Pocatello. 1495 Parkway Drive, Suite C, Blackfoot. 15 W. Center, Suite 1, Soda Springs. We accept Medicaid, Medicare, most private insurance and private pay on sliding fee scale. Some of the areas addressed through this service are: symptom management, anxiety, depression, suicide ideation, conflict resolution, relationship problems, social phobias, eating disorder, emotion regulation, behavior management, and other emotional, cognitive, and behavioral problem areas.

Pocatello: Sara Aguilar, LCPC,NCC; Jude Walsh, LMSW; Joe Andersen, LPC.; Cherity Potter, LCPC; Rolo DeWall, LCPC., Adam Nickell, LMSW, Katie Mulalley, LPC.

Blackfoot: Ann Preston, LCSW; Jude Walsh, LMSW.

Soda Springs: Katie Mulalley, LPC.; Chester Mardis, LPC. ; Adam Nickell, LMSW; Brock Golightly, LCSW.
www.pvfcinc.com.

Portneuf Valley Family Center: Service Coordination

Pocatello Office: 233-7832

353 N. 4th, Suite 110, Pocatello. This is a Medicaid program serving both adults with mental health issues and children with mental health issues and developmental disabilities. The Service Coordination program involves linking children and adults with community support programs that will address the needs of the individual. Service Coordination is a distinct benefit available to people who require access to various services and supports to participate fully in their community. www.pvfcinc.com.

Super Sitter & Safe Kids: This class is designed for boys and girls at least 11 years old. It teaches how to safely care for children they babysit and how to be safe when home alone. The class includes guest speakers from the police and fire departments. Course topics include home safety, positive discipline techniques, basic CPR, and First Aid, proper hand washing, basic infant care and more. Pizza lunch is provided.

Red Hot Mamas: Menopause can be confusing...but it doesn't have to be! This FREE class is designed to help women outsmart menopause! Each class offers a fun "RED HOT" activity, an informative presentation from an expert physician, the latest in women's health information, great food, great giveaways and lots of FUN! Seating is limited so please visit our website at www.portmed.org/classes/special-events or call 239-1401 to register.

Childbirth 101: This is a beginning childbirth class for first-time mothers and support person to help prepare for the strenuous demands of labor and delivery (includes breastfeeding class). The course covers stages of labor, birth, medical interventions including cesarean birth and medication options, breathing and relaxation techniques, postpartum, and baby care basics. A labor and birth book is supplied with the class and a tour is offered.

In a Hurry: This one-day Saturday class is not only for first-time parents who need to complete a childbirth class quickly, but great as a refresher course for returning parents. Topics include all those covered in Childbirth 101 except breastfeeding. Couples may want to register separately for the breastfeeding class.

Breastfeeding for Success: This class is designed to prepare for a successful and rewarding breastfeeding experience. The course covers the techniques for breastfeeding, proper positioning, and returning to work.

Maternity Social: This free class allows expecting parents the opportunity to tour the birthing facility and have last minute questions or concerns answered. Participants should bring insurance information to complete hospital pre-registration. Refreshments are provided.

Portneuf Valley Family Center: Pharmacological Management

Pocatello Office: 233-7832

353 N. 4th, Suite 110, Pocatello. We accept Medicaid, Medicare, and most private insurance. This program provides Medication Management and Psychiatric/Diagnostic Evaluation to children ages 3-18 with mental health issues and adults with mental health issues, counseling, case management, and community based rehabilitation services. Kelly Palmer, D.O.; Renee Katter, PA-C. www.pvfcinc.com.

Family Counseling Program

234-2244

Bannock Youth Foundation, Pocatello. Family counseling Program. Provides crisis intervention, individual and family counseling, and family mediation services to at-risk youth and their families.

Family Planning

233-9080

Provides individuals the information and means to exercise personal choice in determining the timing, number and spacing of their children. Services provided include physical examination, a broad range of acceptable and effective birth control methods and education. Counseling is provided on birth control, prescription and non prescription supplies. Pregnancy testing and options counseling. Appointments available. Walk in clinics, Thursdays from 1:30pm-7pm. Sliding scale fee.

Family Services Alliance

208- 232-0742

355 S. Arthur, Pocatello, Idaho, 83204.

Crisis Line: 208-251-HELP (4357)

Open 9am-4pm, Monday-Thursday, by appointment only on Fridays. Group services available at night. Crisis line available 24 hours per day. FSA offers assistance to families throughout Southeastern Idaho with offices in Bannock, Caribou and Power Counties. Bilingual services available. An organization committed to service families in the community through advocacy, education, vital social services, and opportunities for individual development. FSA provides free assistance to victims/survivors of domestic violence, sexual assault and stalking. Services include 24 hour crisis intervention, shelter, support groups, counseling, play therapy, case management, advocacy in court and with law enforcement, legal assistance, and resources and referral to other agencies.

Other fee-based services available include supervised visitation, safe exchange. For further information, please contact FSA at 208-232-0742.

First Congregational Church

232-3056

United Church of Christ. 309 N. Garfield, Pocatello. Office hours 9am-1pm, Monday-Friday. We cooperate with the Pocatello Interfaith Fellowship Fund. Thrift store is open 10am-3pm, Tuesday and Saturday.

Food Stamps

235-2900

1090 Hilene, Pocatello. Open 8am-5pm, Monday-Friday. The Food Stamp Program helps people in need buy food required for good health. The amount of assistance you receive each month is based on many factors, including your income, housing costs, and the size of your family.

www.healthandwelfare.idaho.gov

Foster Grandparents of S.E. Idaho**785-8454**

P.O. Box 400, Blackfoot, ID 83221. 785-8454. Lori Murdock, Project Director. Through our program, we recruit low-income folks 55 or better to serve as tutors and mentors in our community. These folks are eligible for a stipend for their volunteer service, which is a *minimum* of 15 hours each week. Children ages 0 to 20 with special needs or challenges receive these services on a one-on-one basis or in small groups. Our foster grandparent volunteers serve in mental health facilities, juvenile correction centers, elementary schools and Head Start programs.

Friendship Club**232-9565**

745 S. 1st, Pocatello. Friendly social setting for people involved in recovery from alcohol and drug dependency, their family and friends.

The Friendship Club offers a hand up, a place where lives are transformed through:

- Daily alcohol and chemical addiction meetings
- Referrals to community resources
- Adult and family activities such as dances, picnics and potlucks
- N.A. and A.A. meetings

The Friendship Club of Pocatello offers a safe supportive environment. There are over 34 various meetings held at the club each week. The opportunity to share time, talent, and resources provides the mainstay of early recovery.

Girl Scouts of Silver Sage Council**234-9076**

Girl Scouts are girls of courage, confidence and character who make the world a better place. There are six levels of Girl Scouting ages K-12. For more information call, 234-9076 or 1-800-846-0079.

Head Start pre-school**233-6606**

Lincoln Early Childhood Center, 330 Oakwood Drive. Open 8:00AM-4:00PM, Monday-Friday. A federally-funded, family-based child development program provides a quality preschool education to children in limited-income families. Other services include family support, mental health, health & dental, and nutrition. Child must be three or four on or before September 1 of the current program year. Must call for an application appointment. www.pochs.org Volunteers welcome.

Portneuf Medical Center**239-1000**

777 Hospital Way, Pocatello. Visit us at www.portmed.org.

Portneuf Medical Center opened a new state-of-the-art regional referral center in May 2011. PMC has served the health care needs of Eastern Idaho since 1907. With over 1,150 employees, PMC is the second largest employer in Bannock County. Our mission, vision and value statements reflect that we believe in providing compassionate, quality health care to every patient. Our Medical Center is a 187 bed acute care facility. Services include: 24-hour Emergency Care; Neurosurgery and Trauma Services; Life Flight; a new Cancer Center; a Heart and Vascular Center; Orthopedic, General, Robotic and Bariatric Surgery; Behavioral Health Services; Neurosciences & Rehabilitation; a Sleep Lab; Women's and Children's Services; a Wound and Hyperbaric Center and more. Off-site hospital facilities include: Portneuf Convenient Care, the Family Practice Residency Clinic, Physical Medicine, Portneuf Home Health Care, Idaho Vein Center and Idaho Medical Imaging.

Portneuf Medical Center Community Education**239-1403**

Portneuf Medical Center is focused on your family's health. The Community Education Department provides educational programs for Heart Disease, Childbirth Education, CPR and First Aid, Super Sitters & Safe Kids and Red Hot Mamas-Outsmarting Menopause. Community Education is located at 777 Hospital Way, Pocatello, Idaho 83201. Participants may register for classes online at www.portmed.org or by calling 239-1401.

Community Health Education classes include:

Heartsaver CPR: This class is taught by American Heart Association (AHA) certified healthcare professionals and covers adult/child and infant CPR, choking and the Heimlich maneuver, the use of a barrier device, AED training and hands only CPR training. This course meets the requirements for daycare providers if taken in conjunction with the Heartsaver Pediatric First Aid Course.

Heartsaver Pediatric First Aid: Individuals learn how to manage a pediatric injury or illness until professional help arrives. Topics include first aid basics, medical emergencies, injury emergencies and environmental emergencies. The class is designed to meet regulations for daycare centers if taken in conjunction with the Heartsaver CPR Course

Heartsaver Basic Adult First Aid: Individuals learn how to manage an adult injury or illness until professional help arrives. Topics included are first aid basics, medical emergencies, injury emergencies and environmental emergencies.

Healthcare Provider Basic Life Support: The American Heart Association course provides training for infant, child and adult CPR and AED (Automated External Defibrillator). This class is appropriate for those who work directly with patients or are involved in a healthcare profession.

Pocatello Vet Center**232-0316**

1800 Garrett Way, Pocatello. Readjustment counseling for veterans who served in combat during recognized war periods/conflicts and/or areas of hostile fire, Vietnam era veterans regardless of duty station, and sexual trauma victims of all eras. Free individual, group and family counseling with emphasis on Post-Traumatic Stress Disorder. Substance abuse counseling. VA benefits assistance. Services are extended to vets of the Persian Gulf, Operation Iraqi Freedom, and the Global War on Terrorism.

Poison Center**800-222-1222**

Call this number if someone in your household is suspected of having eaten or drank any dangerous material. Drug or poison information offered.

Portneuf Behavioral Health Clinic**239-1710**

Office hours: 8am-5:00pm, Monday-Thursday, 8am-12pm, Friday. We provide med management, and counseling. We have 1 Psychiatrist and 2 PAs. Richard Batterton, PA-C joined the Portneuf Medical Center Behavioral Health team in April 2011. A graduate of Idaho State University's PA program, he worked in Internal Medicine before coming to behavioral health. Even while in Internal Medicine, maintained an interest in behavioral health, attending psychiatric training programs whenever possible. Rick is happy to be working with the Portneuf Medical Center Behavioral Health team and feels it is his true calling. Karl Letko, PA-C is a native of Pocatello and has recently returned to the area to join the Portneuf Medical Center Behavioral Health team. After completing his graduate training at Idaho State University's Physician Assistant Program in 2010, he worked in a rural health clinic where he developed an increasing interest to care for patients in the field of Psychiatry. Prior to attending PA school Karl was employed by PMC's Laboratory Services and worked as a Medical Technologist. He is professional, empathic, compassionate and caring. Other staff member: Dr. Morairty, MD.- Psychiatrist **All of our providers are accepting new patients.** Please call Deedra or Brittany to schedule at 239-1710.

Portneuf Library**237-2192**

5210 Stuart, Chubbuck. Open Monday-Thursday, 10am-8pm; Friday & Saturday, 10am-6pm. (summer hours 10am-6pm, Monday-Saturday) We have lots of preschool and children's activities during the day, and young adult activities in the afternoons. We have all the latest fun reading, as well as movies, games, and more. We have free Wi-Fi, Internet computers with word processing software, and lots of online databases. Come in and check us out! <http://portneuflibrary.org>

Health West, Inc.**232-7862**

Administrative Office-500 S. 11th, ste. 400, Pocatello

Health West clinics provide *quality* primary & preventive medical care for the whole family at a reduced rate (sliding fee scale/fee based upon income), discounted prescriptions, OB, family planning, health education, Medicare and Medicaid welcome. Se habla Espanol. Closed from 12:30-1:30pm.

Aberdeen Health West Clinic	397-4126
330 N. Main, Aberdeen ID 83210	
American Falls Health West Clinic	226-2822
823 Reed Street, American Falls ID 83211	
Downey Health West Clinic	897-5600
79 N. Main, Downey ID 83234	
Lava Health West Clinic	776-5202
85 S. 5 th W., Lava Hot Springs, ID 83246	
McCammon Health West Clinic	254-9326
204 Center Street, McCammon ID 83250	
Pocatello Health West Clinic	232-6260
1000 N. 8th, Pocatello ID 83204	
Pocatello Family Medicine (M-Th, 8am-6:30pm, Fri 8am-5pm)	
465 Memorial Drive, Pocatello ID 83201	234-4700
Chubbuck (has dental)	
880 W. Quinn Road, Chubbuck	238-2000
Preston	
655 S. 4th E., ste. 600	(no phone)

Healthy Place Counseling**233-1276**

1023 Yellowstone, Suite J, Pocatello 83201

255 B. St, Suite 300, Idaho Falls ID 83401

524-4818

9452 W. Fairview Ave, Boise ID 83704

We accept Medicaid, private pay, payment based on a sliding scale and private insurance. We are accepting new participants for PSR services. We can help with: depression and ADHD, tantrums and defiance, anxiety, behavioral modification, problem solving skills, coping skills, social skills, confidence building, sexuality awareness, drug education, independent living skills, accountability, sexual assault recovery, anger management, 24 hour crisis intervention, bipolar and more.

We provide the following services:

Skill Training: Assistance in gaining and utilizing skills necessary for managing personal finances, living arrangements, and daily home care duties. Social skill training to improve community functioning and to facilitate appropriate interpersonal behavior. Assistance in gaining and utilizing cognitive skills for problem-solving everyday dilemmas, listening, symptom management, and self-regulation. Assistance for gaining and utilizing communications skills for the participant to be able to express himself coherently to others including other service providers.

Community Reintegration: Assisting the participant with self-administration of medications by face to face verbal prompts according to the direction of the prescribing physician. The targeted skills must be necessary to maintain his status in the home or community. Working with the participant's legal guardian immediately following the delivery of a mental health service in order to provide follow-up and support actions that facilitate the participants' positive response to the services.

Group Skill Training: Community Living skills groups that focus on occupation-related symptom management, symptom reduction, and skills related to appropriate job or school-related behaviors; Communication and interpersonal skills groups, the goals of which are to improve communication skills and facilitate appropriate interpersonal behavior; Symptom management groups to identify mental illness symptoms which are barriers to successful community integration, crisis prevention, problem identification and resolution, coping skills, developing support systems and planning interventions with teachers, employers, family members and other support persons; and Activities of daily living groups which help participants learn skills related to personal hygiene, grooming, household tasks, use of transportation, socialization, and money management.

Crisis Intervention Service: Crisis support includes intervention for a participant in crisis situations to ensure his health and safety or to prevent his hospitalization or incarceration. A crisis may be precipitated by loss of housing, employment or reduction of income, risk of incarceration, risk of physical harm, family altercation or other emergencies.

Psychotherapy: A method of treating and managing psychiatric disorders through the use of evidenced-based psychological treatment modalities that match the participant's ability to benefit from the service. The focus of the service is on behavioral, emotional, and cognitive aspects of a participant's functioning.

Positive Parenting Class: An ongoing class that is open to the community and free of charge. Classes are every Thursday from 6:30 pm-7:30pm. Free child care during the class.

- Building Positive parenting skills to help strengthen your family
- Improving communication
- Developing self-esteem as a parent and in your child
- Any topics of interest to the group, including specialized info on request

Raising as family is challenging, but it should also be enjoyable!

Homestyle Direct

1-866-735-0921

Home cooked meals delivered from our hearts to your home. Medicaid approved. www.homestyledirect.com.

detectors to all residences – for those unable to install a smoke detector, one will be installed for them. We host an open house usually during the month of May. We make visits to Revive at 5/Farmer's Market during the summer months and encourage fire prevention.

Pocatello Free Clinic

233-6245

429 Washington Ave. The Pocatello Free Clinic makes sure that everyone in the community has access to medical and dental care regardless of their ability to pay. The clinic provides urgent and chronic care including yearly physicals, disease management, prescription assistance, injury, lab testing, dental cleanings, fillings and extractions. All services are completely free. Office hours are Monday-Friday, 3-6pm. Call us at 208-233-6245 or visit our website at www.pocatellofreeclinic.com.

Pocatello Parks and Recreation

234-6232

144 Wilson, Pocatello. Office hours: Monday-Friday, 8am-5pm. Visit our on-line brochure at www.pocatello.us to check out and register for Adult and youth team and individual sports, outdoor programs, swimming lessons, Fun Run Series, and much more. Brochures are available at the office.

Pocatello Police Department

Emergency

911

Non-emergency

234-6100

Pocatello Police Department

234-6100

Support Services

234-6117

911 N. 7th. Police services available to the public 24 hours/day, 7days/week.

Pocatello Regional Airport

234-6154

Delta

Passenger reservations & information

1-800-221-1212

www.iflypocatello.com.

Pocatello Regional Transit (PRT)

234-A-BUS (234-2287)

5815 S. 5th Avenue, Pocatello. Pocatello Regional Transit is the primary mass transportation provider in Southeast Idaho. Urban bus routes run Monday through Friday, with limited weekend service. Seamless transportation is offered throughout the rural areas of seven counties. Provides fixed-route services, fixed route fares and passes, a Free Fare Zone, door-to-door services for qualified disabled and senior citizens Monday-Saturday. Call for details on routes, fares and hours of service, or visit www.pocatellotransit.com email: prrt@pocatello.us

Fixed route fares:

General Public --1.00

Senior Citizen/Disabled-- 1.00

Children-- Free

Students-- .50

Routes F, H, & J free M-F

- Math Science and Technology – Chris Guthrie
- Transportation – Ken Bullock
- IRS Tax Prep (Vita Program)-- Serena Henson
- Financial Ed-- Shalynn Peirsol

For information about these projects, please contact our main office in Blackfoot at (208) 785-0059 or visit our website at www.p4pidaho.org.

PATH 241-5059 (Boise, 208-336-5533 x276)

PATH (Projects for Assistance in Transition from Homelessness) is a program, federally funded by a grant managed by Mountain States Group through a contract with the Department of Health and Welfare. The program is staffed by Peer Support Specialists, who provide outreach, guidance and support to individuals who are homeless or at risk for being homeless. The PATH peer specialists assist individuals to find housing, and engage or re-engage with mainstream services such as food stamps, SSI benefits, schooling and jobs. Sometimes there are funds available to assist with a security deposit or first month's rent. Our target populations is those individuals who are homeless or at risk for homelessness with a mental illness or a mental illness with a co-occurring substance abuse issue. For further information please call 241-5059 or 241-5194.

www.consumerandfamilyaffairs.org/path-project/

Physicians Immediate Care Center 478-7422

No appointment necessary. Now serving 2 locations:

#1 – 495 Yellowstone, Pocatello ID, open 7 days/week – 8am-11:30pm.

#2 – 134 W. Chubbuck Rd, Chubbuck ID, 237-7911, open M-F, 8am-6pm.

Pocatello Children's Clinic 232-1443

24hours/day – 208-232-1443 fax-239-3434

1151 Hospital Way, Building F. Office hours: Monday-Friday, 9am-9pm; Saturday, 9am-12pm. Specializing in children from birth through adolescence. Serving Well checks, acute and chronic illnesses and minor injuries.

Pocatello Fire Department

Station #1 - 408 East Whitman 234-6201

Station #2 - 1539 N. Hayes 234-6206

Station #3 - 1101 Pocatello Creek Road 234-6209

Station #4 - 1523 Flight Line Road 234-6211

Station #5 - 5424 S. Bannock Highway 234-6213

The main business office is at 408 East Whitman. The Fire Department contracts the Ambulance Service through Bannock County; and runs the ambulance district. We offer fire prevention presentations as well as station tours.

The Fire Department has a smoke detector campaign, which is to get smoke

Housing Authority of Pocatello 233-6276

711 N. 6th, Pocatello. 9am-3:30pm, Monday-Thursday.

Section 8 Housing Choice Voucher Program: Eligibility for this program is based on income and family size and offers rental assistance to private landlords in the community on behalf of eligible families. The waiting list is currently open and applications are being accepted. Acceptance to this program is subject to verification of criminal history and previous participation in HUD assisted programs.

Christensen Courts and Portneuf Towers: Elderly/Disabled housing; eligibility for assistance is based on income and age/disability. Applications are currently being accepted. Acceptance to the waiting list for all apartment projects is subject to verification of criminal history, credit history, references and previous HUD assistance.

McKinley Manor, Maple West Apartments, Pinewood Apartments and Katsilometes Courts: Eligibility for acceptance is based on income. There is no rental assistance which means you pay your own rent. However, the rent, which may vary depending on income, is very reasonable (much lower than the current market rents in the community) and all utilities are included only at McKinley Manor and Maple West Apartments. Acceptance to the waiting list for all apartment projects is subject to verification of criminal history, credit history, references and previous HUD assistance.

HUD 800-877-0246

Fair Housing Discrimination Complaints 208-334-1990

800 Park Boulevard, Suite 220, Boise, ID 83712.

8am-4:30pm, Monday-Friday. HUD is the nation's housing agency committed to increasing homeownership, particularly among minorities; creating affordable housing opportunities for low-income Americans; and supporting the homeless, elderly, people with disabilities, and people living with AIDS. The Department also promotes economic and community development and enforces the nation's fair housing laws.

Human Development Center 234-7900

Dept. of Health & Welfare, 421 Memorial Dr.

Adult Mental Health provides services to adults with a serious and persistent mental illness, which includes evaluations, treatment, skills, training, medications, and vocational. We provide a 24-hour crisis line, which responds to those individuals experiencing suicidal thoughts or other psychiatric problems. We provide crisis intervention and stabilization services and short term treatment. We also provide case management services to people who are mentally ill and homeless.

Children's Mental Health provides services to children with a Serious Emotional Disturbance (SED). Children's services include evaluation, clinical case management, medication management, residential treatment, and traditional

outpatient mental health services. Crisis response, wraparound case management and parent training are also available as needed.

The Crisis Prevention Team: Provides information, training, technical assistance and clinical case management to assist families and support providers with prevention strategies to maintain people with developmental disabilities in their homes and communities.

Developmental Disabilities Program

Children's Access Unit: Assists families in identifying and obtaining appropriate services to meet the needs of their child who has a developmental disability.

Infant/Toddler Program

Early Intervention for young children, birth to three years old: Provides supports to families within the context of their child's natural learning environments; the family home or community settings. Intervention is based on a family-centered capacity-building, coaching approach. Children, birth to three years of age, may be eligible for early intervention services if they have delays, disabilities or an established medical condition. As the child nears 3 years of age, assistance with transitions into the school district or community-based services is provided.

Idaho CareLine **2-1-1 or 1-800-926-2LUV (2588)**

T.D.Y. for the Deaf 1-208-332-7205. 24-hour per day on line, 211.idaho.gov, information and referral line. 8am-6pm, Monday-Friday with personal coverage. Nights and weekends a recorded message will be answered personally as a return call or after hours emergency option available. This service is designed to provide information and referral support on behalf of the residents of Idaho. It is a program of Idaho Department of Health & Welfare.

Idaho Crime Victim Compensation Program **800-950-2110**

P.O. Box 83720 Statehouse Mail Boise ID 83720-0041. Provides payment for medical, mental health and lost wage expenses related to injuries sustained as an innocent victim of crime. To be eligible you must report the crime to law enforcement within 72 hours, cooperate in efforts to apprehend and prosecute the offender, and you must file a claim with the program within one year of the crime. Also provides payment for sexual assault forensic examinations for crimes committed in the state of Idaho. Victims of sexual assault should not be charged for the cost of the sexual assault examination. Forensic exam no longer needs to be authorized by law enforcement.

www.crimevictimcomp.idaho.gov.

partnership of residents, business, and government which works to increase neighborhood pride and prosperity.

New Day Products and Resources **(208) 232-7807**

1704 N. Main, Pocatello, 83204. Fax: (208) 232-7809. 8am-5pm, Monday-Friday. NDP&R provides vocational training, placement and support services for people with disabilities. NDP&R also provides an Adult Living Center as well as many other services including screen printing and embroidery, trophies and plaques, wood products and automobile detailing. Our mission here at New Day is to serve persons with disabilities thereby enabling each individual to reach their highest economic, social, and personal potential. This is achieved through vocational, personal, and employment services in cooperation with private and public community organizations and businesses. Employment services now funded by Medicaid.

Night L.I.F.E. **232-2747**

(Because Life is a 24 hour adventure)

Tuesday. Every Tuesday, Coffee and Conversation, 2pm-4pm.

Thursday. Every Thursday, Coffee and Conversation, 2pm-4pm.

All activities are at LIFE Inc, 640 Pershing. For information call 232-2747, ask for Tracy.

Ombudsman for the Elderly **233-4032**

An Ombudsman is an advocate and problem solver for individuals living in a facility setting. An Ombudsman receives, investigates, mediates and attempts to resolve complaints pertaining to the health, safety, welfare and rights of individuals in nursing homes, assisted living facilities and long term care settings.

Our Gathering Place **233-2640**

355 W. Lander, Pocatello. Our Gathering Place is across the street from Pocatello High School. It is a loosely structured and adult supervised place for all high school youth to gather to visit, do homework or just hang out. The doors open at 3:30pm and close at 5pm. Free snacks and beverages are provided.

Partners for Prosperity (P4P) **785-0059**

625 W. Pacific, Suite 1, Blackfoot ID, 83221. Open Monday-Friday, 8:30am-5pm. Partners for Prosperity is a nonprofit organization whose mission is to reduce poverty in the 16 counties of Eastern Idaho and the Fort Hall Indian Reservation. Areas of focus include education, entrepreneurship/economic development, workforce development and transportation.

Current programs/initiatives and staff lead include:

- Latino Economic Development – Jessica Sotelo
- Adult Education and Workforce Development – Chris Guthrie

NAMI Southeast Idaho, Inc.**232-5791**

Is a nonprofit 501©(3) organization primarily made up of family members and friends of person with disabling and severe mental illness, and others concerned about their issues. Members are dedicated to protecting their interest, promoting awareness of mental disorders, and being spokespersons for their ill relatives. Peer-led support meeting is regularly held 7-8pm every second Tuesday at Life INC, 640 Pershing, Suite C, Pocatello. For information about the organization or other NAMI chapters in Idaho, email to zrmagee@cableone.net; or visit www.nami.org.

National ANAD**630-577-1330**

Association of Anorexia Nervosa and Associated Disorders. www.anad.org or e-mail address for information and referrals, anadhelp@anad.org.

National Eating Disorder Association (NEDA)

165 West 46th Street, Suite 402, New York, NY 10036

Business office: 212-575-6200 (regular business hours)

Fax: 212-575-1650

Website: www.nationaleatingdisorders.org

Toll free: 1-800-931-2237, Monday-Thursday 9am-9pm EST & Friday 9am-5pm EST.

NEDA supports individuals and families affected by eating disorders and serves as a catalyst for prevention, cures and access to quality care. Our information and referral Helpline provides necessary support and resources to help those find treatment, support groups and research studies as well and providing support for individuals and family member through our many programs. These include public online forums, online chat services, Parents Family and Friends Network, quarterly newsletters and of course our national Helpline. Contact via email at info@myneda.org

National Runaway Safe Line**1-800-RUN-AWAY
(1-800-786-2929)**

Hotline counseling, encourages the child to phone home or return home. Conference call with shelter and parents. Message service for children or parents to leave messages. Home Free Program provides tickets for returning home. Crisis intervention also available. Also provides referrals for shelter, counseling and therapy. Available 24 hours/day and 7days/week.

NeighborWorks Pocatello**232-9468**

206 N. Arthur, Pocatello. NWP is a private non-profit organization that works to revitalize neighborhoods and provide affordable housing opportunities through programs to assist families or individuals in buying a home or fixing up property. NWP offers homebuyer classes, financial fitness education, foreclosure counseling and reverse mortgage counseling. NWP is based on a

Idaho Department of Correction**237-9194**

1135 Yellowstone, Suite K, Pocatello. 8am-5pm, Monday-Thursday, 8am-12pm, Friday. Supervision of adults on felony Probation or Parole. Goal of public safety through offender change. Includes: substance abuse counseling, financial, relationship, anger management and cognitive-self change groups. Aftercare for Therapeutic Communities. Pre-sentence investigations provided to the District Court as part of our operations.

Idaho Department of Labor – Pocatello**236-6710**

430 N. 5th, Pocatello. 9am-5pm, Monday-Thursday, 9am-12pm, Fridays.

One Stop Career Center features the Employment Resource Center with personal computers, faxing and copying for your job search needs at no cost; convenient self-registration through Idaho Works; Internet access for job search worldwide; state and federal listings; labor market information; resume programs; computer typing test and typing tutor; Career Information System to help choose a career, scholarship, financial aid and self-employment information. Professional Job Seeking seminars presented at no cost. Call for dates and times of seminars. Assistance is available for military veterans. **Workforce Investment Act (WIA)** provides youth, adult, and dislocated worker's assistance with employment and training opportunities.

Blackfoot Office**236-6713**

155 N. Maple, Blackfoot, 83221

Soda Springs Office**236-6711**

95 E. Hopper Ave, Soda Springs, 83547

Idaho Dept of Insurance/State Fire Marshall**208-334-4250**

Idahoans who have problems with insurance matters, especially denial of claims should call this office or visit www.doi.idaho.gov.

Idaho Educational Services for the Deaf & the Blind**208-934-4457**

www.IESDB.org , 1450 Main, Gooding ID, 83330.

The goal of the Idaho Bureau of Educational Services for the deaf and the blind is to assist school districts and state agencies in providing accessibility, quality and equity to students in the state with sensory impairments through a continuum of service and placement options.

Idaho Elks Rehabilitation Hospital**208-489-4444**

600 N. Robbins, Boise.

or 800-835-4514

Idaho Federation of Families for Children's Mental Health**1-800-905-3436**

704 N. 7th St., Boise, ID 83702.

IFFCMH is a statewide family-driven advocacy organization providing support, information/referral and training to families with youth diagnosed with a mental illness or emotional disturbance. We offer monthly support

and education groups to parents and youth, a program for youth called Youth "MOVE", a program for siblings, respite care training and listing of respite care providers. Family Support Specialists are available in the seven regions of the state. www.idahofederation.org Like us on Facebook

Idaho Housing and Finance Assoc.

522-6002

506 S. Woodruff, Idaho Falls, ID 83401. Open 9am-5pm, Monday-Friday. Provides funding for affordable housing in Idaho communities. IHFA is not a state agency under state law, and uses no state funds or state employees to support its operations. Section 8 rental assistance.

Idaho Human Rights Commission

208-334-2873

Department of Labor, 317 W. Main St., Boise ID, 83735-0660. They listen to complaints about employers, sexual harassment, and civil rights violations.

Idaho Hunger Relief Task Force

211

Call the Idaho CareLine for more information. www.idahohunger.org

Idaho Legal Aid Services, Inc.

233-0079

150 S. Arthur, Suite 203, Pocatello. Federally mandated poverty guidelines. Represent people in cases of public benefits such as food stamps, Medicaid, Claims of Exemptions, and County Assistance. Also handles domestic violence and child custody cases **ON REFERRAL**, collections & garnishments, landlord tenant disputes, and elder law. For more information please call.

Idaho Parents Unlimited

208-342-5884

500 S. 8th Street, Boise, ID 83702. Fax: 208-342-1408. M-F, 9am-5pm
Idaho Parents Unlimited, Inc. (IPUL) is a statewide organization which houses the Idaho Parent Training and Information Center, the Family to Family Health Information Center, Idaho Family Voices, the Creative Access Art Center and VSA Idaho, an affiliate of VSA, the international organization on arts and disability.

The Parent Training and Information Center ensures that parents of children with disabilities receive training and information on their rights, responsibilities, and protections under the Individuals with Disabilities Education Act (IDEA) in order to develop the skills necessary to cooperatively and effectively participate in planning and decision making relating to early intervention, educational, and transitional services.

As the State Family Voices Affiliate and the Family to Family Health Information Center, IPUL assists families in making informed choices about health care; provide training, information and resources to families of children with special health care needs.

The mission of VSA arts of Idaho is to empower and engage people with disabilities in the creative process through opportunities which are fully

Mammogram Screening, The Drive for the Cure

239-1500

The Drive for the Cure is dedicated to providing Breast Cancer Awareness and Free Mammograms to women who may not otherwise be screened. In order to qualify for a mammogram, a woman must be uninsured or unable to meet her deductible. The Portneuf Medical Center Mobile Mammography Coach will provide mammograms at certain facilities. Portneuf Medical Center Affiliates and Idaho Medical Imaging are the two institutions that accept Drive for the Cure mammography certificates. For more information about getting a mammography certificate call Portneuf Med. Center, 239-1500. For ladies 50 and over, please check on eligibility with the Health Department (Women's Health Check) prior to calling Drive for the Cure.

Marshall Public Library

232-1263

113 S. Garfield, Pocatello. Monday-Thursday 9am-9pm and Friday-Saturday 9am-6pm. December: Monday-Saturday 10am-6pm. Provides books, e-books, CDs, videos, DVDs, story kits, puppets, and pamphlets for check out to residents of all ages. Free Internet & Wi-Fi access. Art in the stacks gallery, prearranged tours, traveling book wagon, outreach for homebound, preschool story hours, book groups, young adult activities, test proctoring, summer reading program and more. (www.marshallpl.org).

Meals on Wheels

232-1114

825 E. Bridger, Pocatello. Provides a mid-day meal to eligible homebound individuals. Subsidized and Medicaid funded meals available for eligible individuals.

Medicare Specialist

233-4032

Senior Medicare Patrol assisting Medicare beneficiaries with enrollment and fraud prevention.

Mental Wellness Centers, Inc.

208-478-9081

1070 Hilene, Suite 210, Pocatello, ID 83201. Offering adult/children/family counseling services, parenting classes, mental health case management, community based rehabilitation services for children/adults, psychiatric medication management, and certified drug and alcohol treatment for children / adults. All services are nationally accredited through the Commission on Accreditation of Rehabilitation Facilities (CARF International). We accept Medicaid, most insurance plans, and private pay. We also offer a reduced rate/sliding scale fee schedule.

My Brother's Table

233-2640

355 W. Lander, across the street from Pocatello High School, at the Trinity Episcopal Church parish hall. A hot meal and drink served from 1:30 to 2:30 every Sunday. All are welcome.

Kirkwood Meadows**232-5580**

1222 Freeman Lane, Pocatello. Apartment rentals: 1,2,3 bedroom apartments. Accepts vouchers from the Housing Authority of Pocatello. Kirkwoodmeadowsapts@gmail.com

La Leche League of Pocatello**208-252-5075**

Provides information, assistance, and encouragement to mothers desiring to breastfeed their babies. Alexis 221-6458. lllofpocatello@gmail.com.

L.D.S. Family Services**232-7780**

1169 Call Creek Place, Suite B, Pocatello. 8am-5pm, Monday & Friday; 8am-8pm, Tuesday, Wednesday & Thursday. Provides professional licensed services including personal, marriage, and family counseling for a basic fee. Options counseling for out-of-wedlock pregnancy situations (females, males and their families) is provided free of charge for all denominations. Addiction Recovery Program (ARP) and Pornography Addiction Support Groups (PASG). Support groups are held weekly in the evening at no charge and no referral required. Services available in Spanish.

Literacy Tutors**282-2468**

ISU College of Technology, RFC Building #48, 777 Memorial Drive, 3rd floor, Pocatello. Free services to adults 16 years and older who are not enrolled in school. Services include one-on-one tutoring in reading, writing, math, and English as a second language (ESL). Tutors can help students improve their basic skills or prepare for the GED Test, college entrance, or employment.

Living Independently For Everyone**232-2747**

Life, INC. 640 Pershing, Suite A, Pocatello. Open 8:30am-4:30pm, Monday-Friday. Consumer controlled nonprofit agency that assists people with disabilities in overcoming barriers and having the same choices and opportunities within the community and home as people without disabilities. Services are provided at no cost to consumers and agencies. Payee Services. Offices in Idaho Falls, Blackfoot, Burley and the main office in Pocatello.

MADD**1-800-GET-MADD**

5501 Kendall, Boise ID, 83706, 208-853-3700.
Hours: Monday-Friday, 8:30-4:30 CST. Mothers Against Drunk Driving, 511 E. John Carpenter Freeway, Suite 700, Irving TX 75062, 1-877-275-6233.
National Hotline 1-877-ASK-MADD.
Victim Services 1-877-MAD-HELP.

inclusive, educational and participatory. VSA Idaho creates opportunities by providing professional training and workshops, developing state initiated projects and implementing successful national programs. VSA Idaho in cooperation with funding through various sources such as the State Department of Education and the Idaho Commission on the Arts provide opportunities for artists to work alongside teachers in special education classrooms throughout the state.

The Creative Access Art Center is located within our office space located in the cultural district of Boise at 500 South 8th Street. This Center was made possible through a Medicaid Infrastructure Grant via the State Independent Living Council which also has supported the creation of a Master/Artist Apprentice Program in which apprentice artists with disabilities are paired with a master artist in order to hone a new skill or improve upon an emerging skill allowing for meaningful future employment opportunities in a field of one's own choice.

Programs include parent training workshops, support group meetings, exhibits and educational classes.

As an agency that is focused on inclusion and opportunities for individuals and families of children with disabilities, accessibility is inherent to the work we do. We have an accessible entrance on the east side of the building and accessibility is also built into not only the space but our programs as well. The Creative Access Art Center and the programs at Idaho Parents Unlimited fulfill a mission to educate, empower, support and advocate for individuals with disabilities and their families.

Idaho State Veteran's Home**236-6340**

1957 Alvin Ricken Dr., Pocatello. 24 hour skilled nursing care. Provides quality professional care, utilizing a holistic approach. Eligible Idaho veterans receive care in an environment of comfort and dignity.

Idaho Vocational Rehabilitation**236-6333**

1070 Hiline, Suite 200, Pocatello. 8am-5pm, Monday-Friday. Assist individuals who have physical, mental and/or emotional vocational disabilities with services towards employment.

Idaho Volunteer Lawyer Program**1-800-221-3295**

Provides civil legal service for eligible low-income people in Idaho. Eligible case types include: custody guardianship (adult & child), foreclosure issues, modifications re: parenting plans, divorce for victims of domestic violence (if Legal Aid is not available), will for single parents, and non-profit groups. There is an application process (via telephone, days or on line @ <http://www.isb.idaho.gov/ilf/ivlp/seekinglegalassistance.html> which may take several weeks to complete. The acceptance of any case depends on the

circumstances of the case and the availability of volunteer lawyers. Client is responsible for court costs only. 208-334-4510. mhobson@isb.idaho.gov

Idaho Youth Ranch Thrift Store **478-8141**
720 Yellowstone Ave., Pocatello. Thrift Store is open Monday-Saturday 9am-8pm and Sunday 12pm-5pm. Donation hours are Monday-Saturday 9am-7pm and Sunday 12pm-4pm. The store sells discounted clothing, furniture and miscellaneous items.

Immunization Clinic **233-9080**
Southeastern Idaho Public Health. 1901 Alvin Ricken Dr., Pocatello. The immunization program provides a full range of immunization services for infants, children and adults.

Independence Home **234-0008**
430 Willard Ave., Pocatello. A residential and assisted living facility for developmentally disabled adults. BARC is an advocacy group for developmentally disabled individuals. Contact Marge Nelson, Administrator.

ISU Career Center **282-2380**
Top floor of Museum Building, Room 418. Career counseling, personality assessments, job search guidance and an extensive resource library are just a few of the services offered. We serve ISU students, alumni, and community members. Call to see how we can meet your career needs.

ISU Counseling and Testing Service, Room 351 **282-2130**
Top floor Graveley Hall south wing, on Pocatello campus. Offers a variety of testing services to the community and to students. Also provides free personal counseling to ISU students.

ISU Counseling and Testing Service, Room 251 **282-4907**
Second floor Graveley Hall south wing, on Pocatello campus. Offers COMPASS placement, ACT Residual, correspondence testing, and more. The GED will be 100% computer-based starting in January 2014. We will still administer it, but it will be through our PEARSON Vue lab in our top floor testing center and no longer offered in the paper-based format. The cost is also different, so please refer your students to the PEARSON Vue website for more information.

ISU Dental Hygiene CLINIC **282-3282**
9th & Martin Luther King Jr. Way. Preventive services (cleaning, x-rays, fluoride, and sealants) are available fall and spring semester to general public at a nominal charge. Restorative services (fillings) are available to ISU students, employees, faculty and general public.

ISU Financial Aid Office **282-2756**

ISU Scholarship Office **282-3315**
ISU Museum Building, Room 337. Office hours: 8am-5pm. Summer: 7:30am-4pm. Provides students help with scholarships and federal financial aid. This financial aid includes College Work Study, Pell Grants,, Perkins Loans, Federal Direct Loans, non-resident fee waivers and scholarships.

ISU Psychology Clinic **282-2129**
Clinical services are limited to the area of expertise of the faculty. Currently, the Clinic offers services for:

- Reluctance/unwillingness to speak
- Child behavior problems of pre-adolescents
- Family therapy
- Emotional disorders of adults and children (depression, anxiety and anger)
- Difficulty attending school/distress while at school
- Trauma treatment
- Psychological testing

There is no charge for your initial consultation. Fees are based on a sliding fee scale similar to that used by public sector agencies, although separate fees have been established for special services (e.g.. assessments). Clients are expected to pay half of their initial evaluation fee when services commence. ISU students, faculty and staff receive a fee reduction. The interim clinical director is Mark Roberts, PHD.

ISU Speech and Hearing Clinic **282-3495**
Idaho State University, 650 Memorial Drive, Bldg. 68, Pocatello 83201. 8am-5pm, Monday-Friday. (summer hours 7:30-4:00 M-T) Provides evaluation and therapy services for speech, language, stuttering, voice, brain injury, stroke and/or hearing problems in children and adults.

Job Corps **208-375-9414**
2323 S. Vista, Room 203, Boise ID, 83705. 8am-5pm, Monday-Friday. Provides training for youth (16-24 years of age) in 10 centers with 27 vocational training programs. All Job Corps Centers emphasize education, skill training and employment after completion. Ties together realistic, educational and job training experience with commitment.

KinCare/Foster Parent Support Group **235-2809**
The KinCare/Foster Parent Support Group offers caregivers the opportunity to find help and support and provides them with the atmosphere to meet other caretakers who can provide encouragement and emotional support. We schedule speakers on a monthly basis to speak to the group about the services available for caretakers! For more information please contact Tricia Bonman at 235-2809.