



BANNOCK COUNTY

R E S O U R C E G U I D E 2 0 1 1



- Counseling for Parents, Children and individuals.
- Parenting classes
- Community Resources for shelter, health, disability services etc.

INTRODUCTION TO THE BOOK

The purpose of this resource book is to provide information and links for those living in the Idaho Sixth District Community to available services in their area. In the following pages you will find information on counseling services, health & disability services, legal aide, community resources, nutritional programs, child development programs, public school information and more. There is information on the community, state and national level for all these categories.

Family Court Services

130 N. 6th Ave Suite F Pocatello, Idaho 83201

Phone # (208) 236-7432 Fax # (208) 236-7431

<http://www.familycourtservices.org/>

EMERGENCY NUMBERS .

Table of Contents

- Bannock County** 4
 - Pocatello
 - McCammon
 - Arimo
 - Inkom
 - Lava Hot Springs
- Bear Lake** 48
 - Bloomington
 - Georgetown
 - Montpelier
 - Paris
 - St. Charles
- Caribou County** 51
 - Bancroft
 - Soda Springs
- Oneida County** 55
 - Samaria
 - Stone
 - Pleastview
 - Holbrook
 - Malad City
- Power County** 57
 - American Falls
 - Arbon Valley
 - Pauline
 - Rockland
- Franklin County** 60
 - Dayton Preston
 - Franklin Oxford
 - Mink Creek Thatcher
 - Clifton Weston
 - Whitney

Bannock County

Pocatello Police Department

Emergency

911

Non-emergency 234-6100

Neighborhood Watch 234-6117

Youth Services 234-6115

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

Sponsors Crime Prevention, Neighborhood Watch & Youth Services.

Pocatello Fire Department

Station #1 - 408 East Whitman 234-6201

Station #2 - 1539 N. Hayes 234-6206

Station #3 - 1101 Pocatello Creek Road 234-46209

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 education as well as station tours. The Fire Department has a smoke detector campaign, which is to get smoke detectors to all residences – for those unable to install a smoke detector, one is installed for them. We host an open house usually during the month of May and do demos at farmers market.

Chubbuck Police Department - City police department – investigates criminal complaints, provides tours, fingerprinting for adults & children. Licenses for Daycare Providers, Taxi, Massage Therapists, Private Investigators and Behavioral/Mental Health Providers in Chubbuck.

Contact ~ (208) 237-7172; 238-2376 for background information for licenses; 5160 Yellowstone, P.O. Box 5604.

National Eye Care Project - The Eye Care American National Eye Care Project provides medical and surgical eye care for seniors. In order to qualify one must be: 65 or older, a citizen or legal resident, without access to an ophthalmologist seen in 3 years or more. 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. Not an Eyeglass Program.

Contact ~ 1-800-222-3937 –or- 877-887-6327; P.O. Box 429098, San Francisco, CA

www.eyecareamerica.org

Cost ~ Insurance is billed but there is no penalty if you don't have insurance.

Job Corps - 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.

Contact ~ (208) 375-9414; 2323 S. Vista, Boise; 8am-5pm, Monday-Friday.

MADD - Mothers Against Drunk Driving, 511 E. John Carpenter Freeway, Suite 700, Irving TX 75062, 214-744-6233. National Hotline 800-438-6233.

Victim Services 1-877-MAD-HELP.

Contact ~ 1-800-GET-MADD

Boys Town National Hotline - This hotline is open 24 hours a day, 365 days a year and staffed by specially trained counselors. Parents, teens and families can find help for a variety of issues.

Contact ~ (800) 448-3000; <http://www.boystown.org/national-hotline>

National Runaway Switchboard - 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, referrals for shelter, counseling and therapy. Available 24 hours.

Contact ~ 1-800-RUN-AWAY (1-800-786-2929)

Cost ~ Free

Drug, Alcohol & Behavior Modification

Addiction Counseling Associates – Treats people 18 and older. Offers Drug/Alcohol Counseling, Individual and Couples Counseling. Art Phelps, LCSW, ACADC.

Contact ~ (208) 234-2512; 333 N 18th Ave # B1

Eastern Idaho Regional Behavioral Health Center - An inpatient facility for those with mental health issues. Counseling services are offered for patients in an individual, group and family setting.

Contact ~ (208)236-7318; Crisis Line (208) 227-2260

Cost~ Charges for services vary. Medicaid and other insurances are accepted.

Healthy Place Counseling - 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.

Contact ~ (208) 233-1276; 1023 Yellowstone, Suite J, Pocatello –or- 524-4818; 255 B. St, Suite 300, Idaho Falls

Cost ~ Fees are applied for services but select insurance and Medicaid are accepted. A sliding fee scale is also used.

Alcoholic & Narcotic Anonymous – Provides daily meetings for alcoholism support. The Friendship Club of Pocatello offers a safe supportive environment. There are over 25 various meetings held at the club each week. The opportunity to share time, talent, and resources provides the mainstay of early recovery.

Contact ~ Friendship Club 745 S 1st St (208) 235-1444

For daily meetings - <http://www.idahoarea18aa.org/main/meetings.htm>

Cost ~ Free

Drug, Alcohol & Behavior Modification

Pocatello Vet Center - 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.

Contact ~ (208) 232-0316; 1800 Garrett Way

Road to Recovery, Inc. - 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 Recognition Therapy), After Care, Intensive Outpatient Treatment and has specialized Women's and Children's day program (Discovery House).

Contact ~ (208) 233-9135; 600 E. Oak St

Discovery House ~ (208) 478-6150; 151 N. 3rd Suite 112

Residential services at the following location: Pocatello, (208) 233-6341; 343 E. Bonneville

Behavioral Reform - Provides counseling for all types of addictions, victims of sex crimes and those with mental health issues.

Contact ~ (208) 252-4669; 1150 N. Arthur

Cost ~ There are fees for services provided but only select insurances are accepted, excluding Medicaid.

Idaho Parents Unlimited – This state funded program assists families all over Idaho. Their goal is to provide information, education, and parent-to-parent support to families who have children with disabilities, via telephone, workshops, and providing resource information about disabilities.

Contact ~ (208) 342-5884; 1878 W. Overland, Boise, ID 83705.

Outside Treasure Valley: 1-800-242-4785

www.ipulidaho.org/

Cost ~ Free

Idaho Federation of Families for Children's Mental Health - A statewide family-run organization that provides support, information and training for families with youth with mental health needs.

Contact ~ 1-800-905-3436; 704 N. 7th, Boise, ID 83702.

www.idahofederation.org

Idaho's Heart ~ Statewide Child Abuse Prevention Center -

The mission of Idaho's Heart is to provide support and expand services to ensure our children are safe from abuse in all its forms throughout the state of Idaho.

Contact ~ (208) 424-0943; PO Box 4941, Boise, ID 83711

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

Contact ~ (630) 577-1330

National Eating Disorder Association – Learn about different types of eating disorders and how to get help.

Contact ~ 1-800-931-2237; 603 Stewart St., Suite 803, Seattle WA; (206) 382-3587; Monday-Friday 8:30am-4:30pm

www.nationaleatingdisorders.org

Children & Family Counseling

Contact ~ Call these local offices for more information on services provided

Bannock County - (208) 233-7348 825 E. Bridger, Pocatello

Bear Lake County - (208) 847-1462 680 4th N., Suite #3, Montpelier

Franklin County - (208) 852-1515; 16 S. 1st Street, Preston

Caribou County - (208) 547-4257; 159 S. Main, Rm 102, Soda Springs

Oneida County - (208) 766-2737; 30 N. 100 W., Malad

Power County - (208) 226-7330; 505 N. Oregon Trail, American Falls

<http://www.seicaa.org/>

Bannock Youth Foundation - This organization has a variety of services offered to youth and adults. All services are free. <http://www.byfhome.com/>

Square One – provide shelter, counseling and transitional living programs to youth that are homeless or have runaway from home.

Contact~ (208) 478-1333 @ 735 N Main

Cost~ Free

MK Place – For adolescents dealing with substance abuse problems. This program provides continued counseling for those overcoming drug addictions by helping them make changes in their lifestyle, attitude and behavior.

Contact~ (208) 234-4722; 110 S 19th St.

Cost~ Free

Bright Tomorrows - The Child Advocacy Center provides counseling for children who are victims of sexual abuse.

Contact~ (208) 234-2646; 409 Washington

<http://www.brighttomorrowscac.org/>

Cost~ Fees apply to services but vary case to case.

Family Counseling Services – Provides counseling for marriage issues, parenting, anxiety, depression and child abuse.

Contact~ (208) 233-9709; 4960 Hawthorne, Chubbuck

Cost~ Charges for services apply but financial aide is available to those that need it

Family Services Alliance Counseling Program – Individual and group settings are available to adults and children who are victims of domestic or sexual violence. Parenting classes, family needs assessments and support groups are also offered. Counseling is done by appointment only so please contact their office.

Contact~ (208) 232-0742; 355 N. Arthur, Pocatello

http://familyservicesalliance.com/?page_id=62

Cost~ Fees are applied to services depending on individual need.

Children & Family Counseling

Franciscan Family Life Center – The center provides counseling services for a wide demographic, including family, marital, individual and financial issues. Sessions are by appointment only so please contact the office first.

Contact~ (208) 233-9383; 1745 Pocatello Cr. Rd

Familylifecenter@qwestoffice.net

Cost~ Fees do apply to services but select insurances and Medicaid are accepted.

Idaho State University Psychology Clinic - Offers counseling services for members of the community on various issues. The scope of services offered varies so please contact the office first for an appointment and additional information.

Contact~ (208) 282-2129; 921 South 8th Avenue

<http://www.isu.edu/psych/psychologyclinic.shtml>

Cost~ The initial consultation is free but additional appointments are based on individual need. Medicaid and other insurances are not accepted.

LDS Family Services – Provides a range of family and individual counseling for all demographics. Family counseling for out of wedlock pregnancy is provided free of charge. The center also offers support groups for drug and pornography addictions. Please contact the office to schedule counseling appointments and get group schedules. Services are also available in Spanish.

Contact~ (208) 232-7780; 1169 Call Creek Place Suite B

Cost~ Fees do apply to counseling services except for support groups and out of wedlock pregnancy family counseling.

Mental Wellness Center – Provides counseling services for children and adults for various issues including family, marital, depression and PSR services.

Contact~ (208) 478-9081; 1070 Hilina Suite 210

Cost~ There are fees for services but most insurance and Medicaid is accepted. Fees are determined on financial status.

Southeastern Idaho Community Action Agency – A non-profit community based service agency whose aim is to diminish the effects of poverty. Programs include community and emergency services:

G.E.D.: Educators to assist administer entry level assessment, testing, tutoring and scheduling of GED Test.

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 March 31 depending on funding.

Family Development utilizes case management to assist families in becoming self-sufficient.

Food Boxes: Emergency food boxes are available Monday-Thursday, 9am-11:30am. You can receive 4 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 4 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 Friday from 2pm-4pm. 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: (208) 232-1114, ext-148; 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 - (208) 232-1114, ext-157

Statewide & National Resources

Crime Victims Compensation Program~ If you are the innocent victim of a crime you can receive financial support from the state. The crime must have occurred in the state of Idaho and be reported to law enforcement within 72 hours and reported to the CVCP within a year or the crime in order to be eligible. Compensation for sexual assault victims for exams and forensic testing is also available.

Contact~ (800) 950-2110; P.O. Box #83720 Statehouse Mail, Boise

<http://www.crimevictimcomp.idaho.gov/>

Cost~ Free

Child Support Services~ For help with paternity, child support enforcement, orders and modifications please contact the office.

Contact~ (208) 235-2860; 1090 Hiline, Pocatello

<http://www.healthandwelfare.idaho.gov/Children/ChildSupport/tabid/76/Default.aspx>

ChildSupport/tabid/76/Default.aspx

Cost~ \$25 Application fee

Health West, Inc.

Pocatello Health West Clinic

232-6260

845 W. Center, Suite 200, Pocatello ID 83204

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. 5th W., Lava Hot Springs, ID 83246

McCammon Health West Clinic

254-9326

204 Center Street, McCammon ID 83250

Health West clinics provide quality primary & preventive medical care. Se habla Espanol.

Cost ~ Fees do apply for services but a sliding fee scale/fee based upon income is used. Medicare and Medicaid are also accepted

Children & Family Counseling

Children Supportive Services – Helps children and their families work through behavior modifications. Qualified specialists are available to help the child and family learn functional skills and management techniques. All sessions are by appointment only so please call or stop by to schedule with the office.

Contact~ (208) 237-4782; 224 E. Evans Lane Chubbuck

Watson, Vicki A., ACSW - Provides play therapy, individual psychotherapy and family therapy to children and families.

Contact ~ (208) 233-9205; 850 E. Center, Suite F

Cost ~ \$90 per hour covered by insurance companies and Idaho Victims Compensation Program

Psychological Assessment Specialists PLLC - 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, marital & child counseling services. Treatment specialties include chronic pain/headache, sleep disorders, eating disorders, anxiety and depression.

Contact ~ (208) 233-0150; 1246 Yellowstone Ave, Suite C5.

Couples Counseling

Center Counseling - Conveniently located in Chubbuck, this facility offers a wide range of counseling services for all demographics. Sessions are by appointment so please contact their office to schedule.

Contact~ (208) 237-1711; 4460 Central Way, Suite 2, Chubbuck

Cost~ Fees are applied to services but select insurance and Medicaid are accepted.

Addiction Counseling Associates – Treats people 18 and older.

Offers Drug/Alcohol Counseling, Individual and Couples Counseling. Art Phelps, LCSW, ACADC.

Contact ~ (208) 234-2512; 333 N 18th Ave # B1

Parenting Classes & Counseling

Nurturing Program through the Bannock Family Resource Center – The focus of these classes is for families with child development skills and positive family development skills. Programs run about 12 to 14 weeks.

Baby Steps – This class is for expecting families and provides prenatal education.

Developmental Playgroups – For families with children 3 years and younger

School Age Children - For families with children 6 to 12

Contact~ (208) 234-1122; 403 N. Hayes

Cost~ Programs are \$20 per family

Compassionate Friends - This support group is directed towards parents that have lost a child. Monthly meetings and newsletters help parents understand and cope with such a monumental loss.

Contact ~ (208) 237-6318

Cost ~ Free

Family Services Alliance Counseling Program – Individual and group settings are available to adults and children who are victims of domestic or sexual violence. Parenting classes, family needs assessments and various support groups are also offered. Counseling is done by appointment only so please contact their office.

Contact~ (208) 232-0742; 355 N. Arthur, Pocatello

http://familyservicesalliance.com/?page_id=62

Cost~ Fees are applied to services depending on individual need.

KinCare & Foster Parent Support Group - This group provides a setting for foster parents to meet other caretakers, provide encouragement and emotional support for each other. Speakers are also a feature of the group when available. Meetings are the first Thursday of the month at 5:30.

Contact~ (208) 234-2244 or 235-2908; 403 N. Hayes

Cost~ Free

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.

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)

Idaho District Health Department - This state funded organization provides a variety of services to a number of communities in SE Idaho. Services provided are:

*Women, Infants & Children (WIC)

*Family Health Services

*School Health

*Infant/Toddler Medical Services

*Family Planning

*STD & Communicable

*Environmental Health Services

Contact~

Pocatello~ (208) 233-9080; 1901 Alvin Ricken Drive

Soda Springs~ (208) 547-4375; 55 East 1st South

American Falls~ (208) 226-5096; 590 1/2 Gifford

Preston~ (208) 852-0478; 42 West 1 St. South

Montpelier~ (208) 847-3000; 455 Washington Suite #2

Malad~ (208) 766-4764; 175 South 300 East

<http://www.sdhdidaho.org/>

Cost~ Free; Contact your local office for specific services and to schedule appointments

Statewide & National Resources

Department of Health & Welfare Region VI -

1090 & 1070 Hiline, Pocatello. Open Monday-Friday, 8am-5pm.

421 Memorial Drive, Pocatello.

Regional Office	1-877-732-1399
Child Protection	239-6200
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

Adult Mental Health 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

Child Protection • Foster Care

Adoptions • Community Resources for Families

Self Reliance Program, 1090 Hiline

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

Child Care Cash Reimbursement

Aid for Aged, Blind or Disabled (AABD)

Regional Medicaid, 1070 Hiline

Katie Beckett • Personal Care Services

Private Duty Nursing • Certified Family Homes

Parenting Classes & Counseling

Healthy Place Counseling – 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 and offer lessons on the topics such as-

- 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, including specialized info on request

Contact ~ (208) 233-1276/1023 Yellowstone, Suite J, Pocatello –or- 524-4818; 255 B. St, Suite 300, Idaho Falls

Cost ~ Free

Title I - This is a federally funded program that is available in many of the Pocatello/Chubbuck elementary schools. The purpose of Title I is to provide intervention instruction to help students who are not working to their ability or are below grade level. Students are selected through analysis of their state testing scores as well as common assessments given to all grade-level students. Parents or teachers may bring concerns about a student to the school's STAT (Student-Teacher Assistance Team) process. Parents are encouraged to participate in volunteer activities or periodic parent training meetings

Contact ~ (208) 232-3563

Cost ~ Free

Porneuf Medical Center Community Education - Offers a few classes for new and expecting parents:

Childbirth 101 Class: This is a beginning childbirth class for first-time mothers and their support person to help prepare for childbirth. It is recommended to schedule a childbirth class at the beginning of the third trimester to be taken during the 7th or 8th month of pregnancy.

"In a Hurry" Class: This is a one-day Saturday class designed for either first-time parents who have a schedule that will not accommodate the four-week Childbirth 101 class OR parents wanting a refresher course. A one-night breastfeeding class can also be registered for separately.

Contact ~ (208) 239-2430; Community Education is located at 957 Hospital Way, Building D

Cost ~ Fees do apply to select classes, contact the office for schedule and exact fees.

Support Groups

Alzheimer's & Dementia Support Group – This group is for caregivers and patients who are feeling the impact of Alzheimer's disease or Dementia. The meetings are every 3rd Thursday of the month and open to the public.

Contact ~ Heidi Josephson (208) 233-1411; 1071 Renee Ave
Cost ~ Free

Compassionate Friends - This support group is directed towards parents that have lost a child. Monthly meetings and newsletters help parents understand and cope with such a monumental loss.

Contact ~ (208) 237-6318
Cost ~ Free

Emotional Support Group - Meetings held second Tuesday of each month at Life INC. The advocacy and support meeting is at 7pm.

Contact ~ Zina @ (208) 232-5791; 640 Pershing, Suite C
Cost ~ Free

Friendship Club – This center provides comfortable group settings for those recovering from alcohol and drug abuse. Support groups such as AA, NA and Alanon are offered.

Contact~ (208) 232-9565; 745 S 1st St
Cost~ Free

KinCare & Foster Parent Support Group - This group provides a setting for foster parents to meet other caretakers, provide encouragement and emotional support for each other. Speakers are also a feature of the group when available. Meetings are the first Thursday of the month at 5:30.

Contact~ (208) 234-2244 or 235-2908; 403 N. Hayes
Cost~ Free

Franklin County Medical Center - This medical facility offers a variety of services to the community. Laboratory, Diagnostic, Radiology, Rehabilitation, Nutritional and Emergency Services are also among the services provided at the hospital. Community education classes are offered on a regular basis as well.

Home health care services for those in Franklin County. Medical and non-medical services are provided, such as, minor medical care, bathing, toileting, feeding, housekeeping, meal preparation, and transportation to appointments. Counseling services for individuals and families. Along with after care support and links to community resources.

Contact ~

Main Line ~ (208) 852-0137

Home Health Care ~ (208) 852-1937; 44 North 100

East, Preston

<http://www.fcmc.org/home.htm>

Cost ~ Private pay, most insurance, Medicare and Medicaid all accepted.

Preston Counseling, Tim Mitchell - This counseling center offers help with substance abuse and outpatient services.
Contact ~ (208) 852-2407
Cost ~ Medicaid only accepted for substance abuse; other insurances accepted for outpatient services but call office to verify

Summit Counseling - Offering Psychosocial Rehabilitation.
Contact ~ (435) 232-6259
Cost ~ Medicaid a

Preston County School District #201
Contact ~ (208) 852-0283
<http://www.preston.k12.id.us>

Access Home Care - Home health care services offered such as hospice and nursing home facility.
Contact ~ (208) 852-1699; 155 East 3rd North, Preston
Cost ~

Support Groups

LDS Family Services – Provides a range of family and individual counseling for all demographics. Family counseling for out of wedlock pregnancy is provided free of charge. The center also offers support groups for drug and pornography addictions. Please contact the office to schedule counseling appointments and get group schedules.

Contact~ (208) 232-7780; 1169 Call Creek Place Suite B
Cost~ Fees do apply to counseling services except for support groups and out of wedlock pregnancy family counseling.

Alanon - Providing support for families & friends of Alcoholics and those with other dysfunctions. Relatives and friends of alcoholics who believe their lives have been affected by someone else's drinking come to discuss their experiences and feelings. Call for meeting times and places.

Contact~ 232-2692.
Cost ~ Free

La Leche League of Bannock County - Monthly meetings that provide information, assistance, and encouragement to mothers desiring to breastfeed their babies.

Contact ~ Kimberly 528-9196 or Heather 637-8138
Cost ~ Free

Living with Cancer Education & Support Group - This group assists patients to cope with the emotional challenges of living through cancer. Also provides prosthesis, wigs, scarves, and hats. Meetings are Monday 5:30pm at the Portneuf Cancer Center conference room.

Contact ~ Tracy Dixon at 552-4916 or (208) 239-1768
Cost ~ Free

Ulcerative Colitis Support Group

Contact ~ Cecelia Rupp @ (208) 637-8913
Cost ~ Free

Support Groups

Trauma Support Group - Support for trauma victims of domestic violence, sexual assault, and stalking. Available as needed.
Contact ~ (208) 232-0742 –or- Crisis Line 251-HELP, 251-4357
Cost ~ Free

PSR (Psychosocial Rehabilitation)

Family Pathways Cooperative – Offers psychosocial rehabilitation for children and adults in the community. Also provides programs and support groups for high functioning adults with mental health issues. Programs are geared to help adults improve their self esteem and community/social skills.

Contact~ (208) 637-1662 3607 Poleline Rd, Pocatello
(208) 785-1322 75 Lilac, Blackfoot

Cost~ There are fees for services but financial aide, private insurance and Medicaid are all accepted.

Mental Wellness Center – Provides counseling services for children and adults for various issues including family, marital, depression and PSR services.

Contact~ (208) 478-9081; 1070 Hiline Suite 210

Cost~ There are fees for services but most insurance and Medicaid is accepted. Fees are determined on financial status.

Healthy Place Counseling – This counseling center provides a wide range of services including psychotherapy. This method of treating and managing psychiatric disorders through the use of evidenced-based psychological treatment modalities is a match to the participant's specific case. The focus of the service is on behavioral, emotional, and cognitive aspects of a participant's functioning.

Contact ~ (208) 233-12761023 Yellowstone, Suite J, Pocatello –or- 524-4818; 255 B. St, Suite 300, Idaho Falls

Cost ~ Fees are applied for services but select insurance and Medicaid are accepted. A sliding fee scale is also used.

Franklin County

- County Website ~ <http://www.co.power.id.us>
- Sheriff Department ~ (208) 226-2311; 550 Gifford, American Falls
- Fire Department ~ 208-226-5477; 570 Oregon Trail, American Falls
- Police Department ~ (208) 226-5922; 540 N Oregon Trail, American Falls
- Library ~(208) 226-2335; 308 Roosevelt Street, American Falls

Cooperative Extension System – This extension of University of Idaho offers a range of services for families and individuals. The 4-H program is offered along with agricultural education. The office also offers classes and information for families on topics such as nutrition, child development, finances, housing etc. Food stamps for families and individuals in need are also available.

Contact~ (208) 852-1097; 561 Oneida, Preston

<http://www.extension.uidaho.edu/franklin/>

Cost~ Information is free but fees do apply to some workshops and events. Contact the office for details.

Adult Success Center - Offers assistance for people 16 and older who are not in school and are performing below the 12th grade graduation level in reading, writing, math, or English as a second language (ESL). Provides literacy instruction, preparation for the GED Tests & High School Equivalency, and brush-up for college entrance or employment. Internet and other distance learning options are also available for qualifying individuals.

Contact ~ (208) 852-3566

Cost ~ Free

Harms Memorial Hospital District - This hospital provides general medical and surgical care for inpatient, outpatient, and emergency room patients, and participates in the Medicare and Medicaid programs. This facility also offers CPR/AED training through the American Red Cross.

Contact ~ (208) 226-3200; 510 Roosevelt St., American Falls
<http://www.pchd.net/getpage.php?name=index>

PSR (Psychosocial Rehabilitation)

Children Supportive Services – Qualified specialists are available to help the child and family learn functional skills and management techniques. All sessions are by appointment only so please call or stop by to schedule with the office.

Contact~ (208) 237-4782; 224 E. Evans Ln., Chubbuck

Center Counseling - The program supports both adults and children who have mental health issues. We work with individuals one-on-one in the home or community; we also offer group PSR to help with sharing, supporting and learning from others, and community reintegration which helps individuals secure basic needs necessary to remain independent in the community.

Contact~ 237-3880; 4460 Central Way, suite 4, Chubbuck.

Cost~ Fees are applied to services; but some insurance and Medicaid accepted.

A to Z Family Services - A great resource for families and individuals. This center offers counseling services for those with substance abuse problems, anger management, domestic violence counseling and psychosocial rehabilitation. There are also classes for groups on these issues. A child care program is also available.

Contact ~ (208) 766-2389; 44 N. Main Malad; [mal-](mailto:malad@atozfamilyservices.com)

ad@atozfamilyservices.com

<http://atozfamilyservices.com/>

Cost ~ Contact the office.

Abuse & Violence Counseling

Crime Victims Compensation Program - If you are the innocent victim of a crime you can receive financial support from the state. The crime must have occurred in the state of Idaho and be reported to law enforcement within 72 hours and reported to the CVCP within a year. Compensation for sexual assault victims for exams and forensic testing is also available.

Contact~ (800) 950-2110; P.O. Box 83720 Statehouse Mail, Boise

<http://www.crimevictimcomp.idaho.gov/>

Cost~ Free

Abuse & Violence Counseling

Adult Protection Services - This program provides investigative services into reports of adult neglect or abuse

Contact ~ (208) 233-4032 – Local number to call during business hours; or 1-800-526-8129

(208) 221-0547 – 24 hour line to report adult neglect

Cost ~ Free

Victim of Crime Assistance (VOCA) - Provides intervention, shelter, and advocacy for victims of abuse, rape or domestic violence. Advocates provide immediate support and education for victims and work with local law enforcement.

Contact ~ (208) 478-3991 or (208) 478-3994

24 hours crisis line (208) 339-0438

Cost ~ Free

Health & Welfare Child Protect - On call workers from Health & Welfare are available to parents who have been abusive towards their children.

Contact~ (208) 239-6200/1070; Hiline Rd # 170

Cost ~ Free

Family Services Alliance Counseling Program – Individual adult and child counseling for victims of domestic or sexual violence are offered. Counseling is done by appointment only so please contact their office.

Contact~ (208) 232-0742; 355 N. Arthur, Pocatello

http://familyservicesalliance.com/?page_id=62

Cost ~ Fees are applied to services depending on individual need.

Non-Violence Programs - This 52 week course is geared towards men and women who have committed violence against their partners.

Contact ~ Family Services Alliance (208) 232-0742

A-Z Family Services 478-9822

[Bingham Crisis Center 785-1047](http://BinghamCrisisCenter.com)

Cost ~ There is a fee for the class but it is on an individual basis.

Contact the office for more details.

Health & Welfare Child Protect - On call workers from Health & Welfare are available to parents who have been abusive towards their children.

Contact~ (208) 226-5186; walk ins and appointments only available at the Pocatello office.

Cost~ Free

Comfort Keepers – Provides non medical in home care for those that need it. Services include meal preparation, light housework, companionship and basic help around the house. They also provide an emergency response system for those in need through Safety Choice.

Contact~ (208) 434-8888; 357 W. Center St. Suite 210, Rockland

www.comfortkeepers.com

Cost ~ Services are charged but depend on financial need.

A to Z Family Services - A great resource for families and individuals. This center offers counseling services for those with substance abuse problems, anger management, domestic violence counseling and psychosocial rehabilitation. There are also classes for groups on these issues. A child care program is also available.

Contact ~ (208) 226-1751; 2798 Arthur American Falls

<http://atozfamilyservices.com/>

Cost ~ Contact the office.

Solutions for Life

Contact~ (208) 226-7500; 239 Idaho Street, American Falls

Cost~

Power County

- County Website ~ <http://www.co.power.id.us>
- Sheriff Department ~ (208) 226-2311; 550 Gifford, American Falls
- Fire Department ~ 208-226-5477; 570 Oregon Trail, American Falls
- Police Department ~ (208) 226-5922; 540 N Oregon Trail, American Falls
- Library ~ (208) 226-2335; 308 Roosevelt Street, American Falls

Mental Wellness Center – Provides counseling services for children and adults for various issues including family, marital, depression and PSR services.

Contact~ (208) 478-9081; 1070 Hilina Suite 210

Cost~ There are fees for services but most insurance and Medicaid is accepted. Fees are determined on financial status.

Cooperative Extension System – This extension of University of Idaho offers a range of services for families and individuals. The 4-H program is offered along with agricultural education. The office also offers classes and information for families on topics such as nutrition, child development, finances, housing etc. Food stamps for families and individuals in need are also available.

Contact~ (208) 226-7621; 500 Pocatello, American Falls

<http://www.uidaho.edu/extension/bannock>

Cost~ Information is free but fees do apply to some workshops and events. Contact the office for details.

American Falls School District - Elementary, Middle and High Schools located in American Falls

Contact ~ (208) 226-5173; 827 Forthall Ave, American Falls

<http://www.sd381.k12.id.us/district/index.php>

Individual, Career & Educational Counseling

Center for New Directions - Located on the ISU campus, this center provides personal, career and educational counseling to students and the community. Sessions are by appointment only, M-F 8am to 5pm. Contact ~ (208) 282-2454; RF Christensen Building #48, Rm 372
www.isu.edu/cnd

Cost ~ Free

Employment Resource Center – Provides career guidance, job search help, skills training and referrals for those in the community looking for work.

Contact ~ (208) 232-2862; 580 Roosevelt

Cost ~ Free

Reliance Mental Health Services - Offering a wide range of counseling needs for the community. Individual, mental health, family, etc. Contact ~ (208) 478-2172; 720A East Lander Street

Cost ~ Sliding fee scale, insurance and Medicaid accepted, appointments with ISU interns are free of charge.

Idaho State University Psychology Clinic - Offers counseling services for members of the community on various issues. The scope of services offered varies so please contact the office first for an appointment and additional information.

Contact~ (208) 282-2129; 921 South 8th Avenue

<http://www.isu.edu/psych/psychologyclinic.shtml>

Cost~ The initial consultation is free but additional appointments are based on individual need. Medicaid and other insurances are not accepted.

Individual, Career & Educational Counseling

Franciscan Family Life Center - The center provides counseling services for a wide demographic, including family, marital, individual and financial issues. Sessions are by appointment only so please contact the office first.

Contact~ (208) 233-9383; 1745 Pocatello Cr. Rd

Familylifecenter@qwestoffice.net

Cost~ Fees do apply to services but select insurances and Medicaid are accepted.

Idaho Department of Labor - Provides assistance for those in the community searching for a job. Computer and office resources are available along with seminars and tutors for job skills.

Contact~ (208) 236-6710; 430 N 5th Ave

Cost~ Free

Mental Wellness Center - Provides counseling services for children and adults for various issues including family, marital, depression and PSR services.

Contact~ (208) 478-9081; 1070 Hilene Suite 210

Cost~ There are fees for services but most insurance types and Medicaid is accepted. Fees are determined on financial status.

Oneida County Hospital - This hospital serves Oneida County, providing inpatient and outpatient services. Laboratory services, rehabilitation services, home health services are among some of the resources for the county. General counseling services are also available.

Contact ~ (208) 766-2231; 150 North 200 West, Malad City

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

Hospice Alliance - Home health care for

Contact ~ (208) 766-5143; 215 E 50 S # 6, Malad City

Senior Citizen Center - This is an assisted living and community center located in Malad City. Providing independent living. Transportation, pools, a convenience store, bank, barber/beauty shop, resident laundry, housekeeping, and security are among the amenities offered. The Center also puts on community events for all ages.

Contact ~ 26 N Main, Malad City

Cost ~ Private Pay only

Oneida School District #351 - Offering two elementary schools, one middle school and two high schools for the county.

Contact ~ (208) 766-4701; 25 E 50 South Suite A, Malad City

A to Z Family Services - A great resource for families and individuals. This center offers counseling services for those with substance abuse problems, anger management, domestic violence counseling and psychosocial rehabilitation. There are also classes for groups on these issues. A child care program is also available.

Contact ~ (208) 766-2389; 44 N. Main Malad; [mal-](mailto:malad@atozfamilyservices.com)

[ad@atozfamilyservices.com](mailto:malad@atozfamilyservices.com)

<http://atozfamilyservices.com/>

Cost ~ Contact the office.

Oneida County

- Sheriff Office ~ (208) 766-2251; 10 W Court Street, Malad City
- Fire Department ~ (208) 766-2355; 59 Bannock, Malad
- City Hall ~ (208) 766-4010; 59 Bannock Street, Malad City
- Library ~ (208) 766-2229; 31 N. 100, Malad

Summit Counseling & Road to Recovery, Inc. - 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 Reconciliation Therapy), After Care, Intensive Outpatient Treatment and has specialized Women's and Children's day program (Discovery House).

Contact ~ (208) 766-7623; 20 N. Main #10

Oneida County Crisis Line - The mission of the Oneida Crisis Center is to educate and promote safe and healthy individuals, families, housing and a prosperous community by working to ensure peaceful family relationships and providing support to victims of violence.

Contact ~ 24 hour Crisis Line ~ 208-479-6700 -or- 208-766-3119;
Office (208) 766-4412; help@oneidacrisiscenter.com
<http://oneidacrisiscenter.com/default.aspx>

Adult Education

Adult Success Center - Offers assistance for people 16 and older who are not in school and are performing below the 12th grade graduation level in reading, writing, math, or English as a second language (ESL). Provides literacy instruction, preparation for the GED Tests & High School Equivalency, and brush-up for college entrance or employment. Internet and other distance learning options are also available for qualifying individuals.

Contact ~ ISU College of Technology, RFD Building #48, 777 Memorial Drive, 3rd Floor, Pocatello.

Cost ~ Free

Vocational Rehabilitation – This program has two elements:

A. Assists Vocational Rehabilitation clients to maximize their potential by establishing a Work Plan that matches the participant's needs and abilities; providing training needed to obtain an entry-level position in the individual's chosen career; and 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.

Contact ~ (208) 236-6333; 1070 Hilina, Suite 200

ISU Career Center - 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.

Contact ~ (208) 282-2380; Top floor of Museum Building, Room 440

Cost ~ Free

ISU Counseling and Testing Service - Offers ISU students free personal counseling, testing, and computer-based testing.

Contact ~ (208) 282-2130; Top floor Graveley Hall

Cost ~ Free

Adult Education

ISU Counseling and Testing GED Testing – The office provides GED testing for the community. Also provides compass/ placement testing and correspondence testing.
Contact ~ (208) 282-4907; Second floor Graveley Hall, Room 251
Cost~ \$85 for the test

Literacy Tutors - Services for 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 & High School Equivalency, college entrance or employment.
Contact ~ (208) 282-2468; ISU College of Technology, RFC Building #48, 777 Memorial Drive, 3rd floor
Cost ~ Free

Employment Resource Center - They may provide any of the following services: job search, skills training, career guidance, supplemental services, and referral to employment.
Contact~ (208) 232-2862; 580 Roosevelt Open 8:30am-4:30pm, Monday-Friday.
Cost~ Free

Aging Services

Idaho State Veteran's Home – This program offers 24 hour skilled nursing and professional care, utilizing a holistic approach. Eligible Idaho veterans receive care in an environment of comfort and dignity. Visit the website to download application and learn more.
Contact ~ (208) 236-6340; 1957 Alvin Ricken Dr
<http://www.veterans.idaho.gov/>
Cost ~ Contact office for different rates

American Legion Auxiliary - A volunteer organization that helps the community in anyway they can. This chapter meets on the first Wednesday of the month at 7pm
Contact ~ American Legion Building at the corner of 1st North and 1st West St, Grace

Grace Senior Citizens - A local group that puts on a monthly dinner for community residents. Different members of the community cook the meal every month along with a show. Dinners are typically the third Wednesday of each month at the American Legion Building. All are encouraged to come and participate.
Contact ~ American Legion Building at the corner of 1st North and 1st West St, Grace;
gracedistlibra@dcdi.net

Grace School District #148 ~ There are two elementary schools, a junior high and high school in this district. There is a bus services for kids to get to and from school, food programs for lunch and breakfast. The district also participates in the federal Title 1 program.
Contact ~ (208)425-3984; 710 South Main, Grace

Grace Public Library - Local library offers current materials to local residents. Story time and other events are also scheduled for the community.
Contact ~ (208) 425-3695; 204 S. Main Street, Grace; Mondays 10:00 am to 7:00 pm & Tuesdays - Fridays from 10:00 am to 5:00 pm

Aging Services

Soda Springs School District #150 - There is a middle school, elementary school and high school in this district. Transportation, food and counseling services are available to students.

Contact ~ (208) 547-3371; 250 East 2nd South, Soda Springs
<http://www.sodaschools.org/index.html>

Caribou County Senior Center ~ A local center for any member of the community to come socialize and meet others. There is a thrift shop and meals cooked for the public twice a week. Pinochle, Bingo and Bridge games are scheduled every week.

Contact ~ 60 South Main Street, Soda Springs; Monday, Wednesday and Friday from 8 a.m. to 4 p.m.

Cost ~ Free

Spring Creek Manor - Senior Assisted Living home that offers independence, safety and comfort.

Contact~ (208) 547-0257; 425 Spring Creek Dr., Soda Springs
<http://www.scmanor.com/>

Cost~ Contact the office for detailed information

Comfort Keepers – Provides non medical in home care for those that need it. Services include meal preparation, light housework, companionship and basic help around the house. They also provide an emergency response system for those in need through Safety Choice.

Contact~ (208) 234-9825; 357 W. Center St. Suite 210
www.comfortkeepers.com

Cost ~ Services are charged but depend on financial need.

U.S. Social Security Administration - 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).

Contact ~ 1-800-772-1213 –or- 1-866-613-2740; 1246 Yellowstone, Suite F; 9am-4pm, Monday-Friday
www.socialsecurity.gov

Experience Works Program – In Idaho the Senior Community Service Employment Program helps older adults get on the job training and skills to prepare them for work.

Contact~ Pocatello: Sharon Morse (208) 233-0777

Twin Falls: Margie Alexander, Employment Training Coordinator 308 Shoshone St. E. #2, Phone (208) 734-3305

Idaho Falls: Bettie Jo Cupps, (208) 201-0806; Ana Wofgramm (208) 403-5365

http://www.experienceworks.org/site/PageServer?pagename=State_Idaho_Home

Cost ~ Free

Adult Daycare -

Rosetta 1590 Delphic Way 238-9215

Rosetta 5685 Bannock Hwy 239-0480

Highland Hills 1501 Baldy 237-6866

Quail Ridge 797 Hospital Way 233-8875

Ridge Wind 4080 Hawthorne Rd 237-3000

Cost ~ Call for individual costs and services.

Aging Services

Ombudsman for the Elderly - 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. Ombudsman's are advocates and problem solvers for individuals living in a facility setting. This office services Bingham, Bannock, Power, Caribou, Franklin, Bear Lake and Oneida counties.

Contact ~ (208) 233-4032 ext-35

<http://www.idahoaging.com/IdahoCommissiononAging/ICOAProgramsandServices/Ombudsmen/tabid/134/>

Default.aspx

Cost ~ Free

Area Agency on Aging – This program is geared towards those 60 years and links individuals with assistance and 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. Case Management assists and evaluates clients' needs and abilities to function in the community; 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.

Contact ~ (208) 233-4032, ext-16; 214 E. Center

Pocatello Vet Center - 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.

Contact ~ (208) 232-0316; 1800 Garrett Way

Idaho Department of Labor – Provides assistance for those in the community searching for a job. Computer and office resources are available along with seminars and tutors for job skills.

Contact~ (208) 236-6711; 95 E. Hooper Ave, Soda Springs

Cost~ Free

Cooperative Extension System – This extension of University of Idaho offers a range of services for families and individuals. The 4-H program is offered along with agricultural education. The office also offers classes and information for families on topics such as nutrition, child development, finances, housing etc. Food stamps for families and individuals in need are also available.

Contact~ (208) 547-3205; 53 E. 1ST, Soda Springs

<http://www.uidaho.edu/extension/bannock>

Cost~ Information is free but fees do apply to some workshops and events. Contact the office for details.

Alanon – Providing support for families & friends of Alcoholics and those with other dysfunctions. Relatives and friends of alcoholics who believe their lives have been affected by someone else's drinking come to discuss their experiences and feelings. Call for meeting times and places.

Contact ~ 547-3938

Cost ~ Free

Adult Success Center - Offers assistance for people 16 and older who are not in school and are performing below the 12th grade graduation level in reading, writing, math, or English as a second language (ESL). Provides literacy instruction, preparation for the GED Tests & High School Equivalency, and brush-up for college entrance or employment. Internet and other distance learning options are also available for qualifying individuals.

Contact ~ (208) 547-3843

Cost ~ Free

Caribou County

- Sheriff's Office - (208) 547-2561; 475 E 2nd S, Soda Springs; Civil Office - (208) 547-2561
<http://www.co.caribou.id.us/departments/365/Sheriff.aspx>
- Police Department - (208) 547-3213; 159 E 2nd S # 1, Soda Springs
- Fire Department - (208) 547-3534
- Soda Springs City Hall - (208) 547-2600
- Grace City Hall - (208) 425-3533; 108 E. Center
- Bancroft City Hall - (208) 648-7648; 95 S Main St, Bancroft

Caribou County Offices ~ For information on services, county regulations and recreation activities.

Contact ~ (208) 547-4324; 159 South Main, Soda Springs
<http://www.co.caribou.id.us/>

Caribou Memorial Hospital - Offering Caribou County a wide range of health services and community education courses for all ages. Social worker is also on staff for community needs. Volunteer opportunities are also available.

Contact ~ (208) 547-3341; 300 South 3rd West; Soda Springs
<http://cariboumemorial.org/>

After School Programs

School District No. 25 - The mission is to maximize learning for all students through rigor, relevancy and relationships. 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, professional technical programs and community Education programs.

Contact ~ (208) 232-3563; 3115 Poleline Road; 7:30am-4:30pm, Monday-Thursday; 7:30am-4pm on Friday.

Cost ~ Contact the office for admission information.

Our Gathering Place - This 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.

Contact ~ (208) 233-2640; 355 W. Lander (across from Pocatello High School)

Cost ~ Free

EFNEP 4-H Program - Nutrition classes and activities are offered to low income youth through the University of Idaho Extension Program.

Contact ~ (208) 236-7311; 130 N 6th

<http://www.uidaho.edu/extension/bannock>

Cost ~ Free

After School Adventures – Quality after school care for students K-5. Two sites available: Edahow and Indian Hills, with bus available from Lewis & Clark, Tendoy and Wilcox. Safe environment, enriched curriculum, snacks and more. Every day after school excluding holidays.

Contact ~ 233-9770 ;250 N. 5th, Pocatello.

Cost ~ There is an annual registration fee and additional charges. A sliding fee scale is used so please contact the office for prices.

After School Programs

Boy Scouts of America - 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.

Contact~ (208) 233-4600; 2306 Pocatello Cr. Rd.

Girl Scouts of Silver Sage Council - 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.

Contact~ (208) 234-9076 or 1-800-846-0079

Cost~ Free

Big Brothers/Big Sisters of SE Idaho - Youth mentoring program matches children age 6-12, who live in single parent families, with adult volunteer.

Contact~ (208) 234-7315; P.O. Box 4142; Call Idaho Falls for an application or program information, 523-4842

Cost ~ Free

Child Camp Fire USA - Provides day and overnight camps for youth in Southeast Idaho. Please contact the office for current schedule or events.

Contact ~ (208) 232-8819 4155 Yellowstone Highway

Cost ~ Contact the office for details on programs and fees.

Pocatello Parks and Recreation – Activities for all ages, including Knothole Baseball, Flag Football, Kid’s Basketball, Coed Volleyball, Women’s Volleyball, Adult Softball, Men’s Basketball, Portneuf Valley Fun Run/Walk Challenge Series, Saturday Adventure on Skis. Stop by to pick up a brochure for details and pricing.

Contact ~ (208) 234-6232; 144 Wilson; Monday-Friday, 8am-5pm.

Cost ~ There are fees for classes and services, contact the office for a brochure and further information.

Bear Lake Memorial Hospital - Bear Lake Memorial Hospital is a community-based health care delivery provider in Montpelier, Idaho dedicated to providing affordable, high quality health care to the Bear Lake Valley and surrounding areas.

Counseling Services (208) 847-4464

Dialysis (208) 847-4325

Home Health (208) 847-4454

Lab (208) 847-4960

Orthopaedics (208) 847-4354

Physical Therapy (208) 847-4417

Skilled Nursing Facility (208) 847-4441

Contact ~ (208) 847-1630; 164 South 5th Street, Montpelier; info@blmhospital.com

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

Georgetown - City website ~ <http://georgetown.id.gov/>

Contact ~ (208) 847-2120 ; P.O. Box 99; 382 Main Street, Georgetown

Office Hours: Tuesday, Wednesday & Thursday - 11:00 am - 4:00 pm

Enough is Enough - Our mission is to prevent alcohol and substance abuse through providing programs and activities that address the risk factors and to educate youth to empower themselves to make educated decisions about their lives!

Contact ~ Natalie Doolin @ 208-242-7902 or [in-fo@changebearlake.com](mailto:info@changebearlake.com)

http://www.changebearlake.com/Enough_is_Enough/Home.html

Bear Lake School District #33 - Elementary, Middle and High Schools in Montpeiler, Paris and Georgetown for local students.

Food and transportation services are provided.

Contact ~ (208) 945-2891 Fax: (208) 945-2893; 39 Fielding St., Paris -or- P.O. Box 300 Paris

<http://www.blsd.net/index.html>

Bear Lake County Library - Open: Monday - Thursday 11 am - 7 pm/Friday 9 am - 5 pm/Saturday 9 am - 2 pm. The library offers a variety of resources and activities for adults, teens and children.

Contact ~ (208)847-1664; 138 North 6th Street Montpelier

<http://bearlake.lili.org/>

Veterans Office - Offering services and resources to those who are part of the armed forces.

Contact ~ (208) 945-9000; 9 North Main, Paris; Director - Ed Lyon

Child Development Programs

United Way Success By 6 – This is an early childhood initiative of the United Way of Southeastern Idaho, works to ensure that children in the seven southeastern counties of Idaho and the Fort Hall Indian Reservation are safe, healthy, well cared for, and enter school ready to learn.

Contact ~ (208) 232-1389; 275 S. 5th, Suite 243, P.O. Box 911 www.unitedwaysei.org

Cost ~ Free

Head Start - A family based child development program that gives children from limited-income families preschool experiences, family support, mental health services and health, dental and nutrition services are available. Child must be three or four on or before Sept. 1 of current program year.

Contact ~ (208) 233-6606; 330 Oakwood Dr.; Open 8:30am-4:30pm, Monday-Friday.

Cost ~ Free

Find for Infants and Toddlers - A program through the state of Idaho that provides developmental monitoring, screening, and referral for children. Early detection and care can help a child future. The program is also available to help families find appropriate community resources for their child.

Contact~ Go to any of your local Health and Welfare offices for

Child Services

Idaho Children's Trust Fund - The Idaho Children's Trust Fund is the lead agency in the State of Idaho for child abuse and neglect prevention. This organization supports and implements - advocacy, public awareness, training/education, prevention programming, coalition building, and Child Abuse Prevention Month activities.

Contact ~ (208) 386-9317; P.O. Box 2015; Boise

Child Services

Children Supportive Services – Helps children and their families work through behavior modifications. Qualified specialists are available to help the child and family learn functional skills and management techniques. All sessions are by appointment only so please call or stop by to schedule with the office.

Contact~ (208) 237-4782; 224 E. Evans Ln, Chubbuck

Child Care Resource & Referral - Idaho STARS – The goal of this program is to provide parents with resources and education on healthy early child care. Links and referrals are available to parents for quality child care options in Idaho.

Contact~ 211 –or- (800) 926-2588; 315 W. Center Suite 101

<http://www.idahostars.org/dnn/Default.aspx>

Cost~ Information provided is free but outside services and programs may have fees.

6th Judicial District CASA/GAL Program - CASA supports volunteer Guardians ad Litem 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.

Contact~ 232-2272; 836 E. Center, Suite A, Pocatello.

Custody & Divorce

Idaho Legal Aid Services - Federally mandated poverty guidelines. Represent people in cases of public benefits such as food stamps, Medicaid, Unemployment, SSI denials and County Assistance. Also handles domestic violence and child custody cases with a referral, landlord tenant disputes, mental health issues & elder law.

Contact ~ (208) 233-0079; 150 S. Arthur, Suite 203

<http://www.idaholegalaid.org/>

Cost ~ Free

Bear Lake County

- Montpelier City Hall - 534 Washington, Montpelier (208) 847-0824
- Montpelier Fire Department - 760 Clay St., Montpelier (208) 847-3008
- Juvenile Services - 534 Washington, Montpelier (208) 847-2068
- Montpelier Police Department - (208) 847-1324;
http://montpelierpd.com/wiki/Main_Page
- Montpelier Victim Assistance Unit - (208) 847-0824 Ext.112; 24-hour Crisis Line (208) 840-0807

Alanon – Providing support for families & friends of Alcoholics and those with other dysfunctions. Relatives and friends of alcoholics who believe their lives have been affected by someone else's drinking come to discuss their experiences and feelings. Call for meeting times and places.

Contact~ Lynda 847-0081

Cost ~ Free

Adult Success Center - Offers assistance for people 16 and older who are not in school and are performing below the 12th grade graduation level in reading, writing, math, or English as a second language (ESL). Provides literacy instruction, preparation for the GED Tests & High School Equivalency, and brush-up for college entrance or employment. Internet and other distance learning options are also available for qualifying individuals.

Contact ~ (208) 847-4230

Cost ~ Free

University of Idaho Extension - The extension service provides education in the areas of nutrition, food safety and preparation, consumer rights and responsibilities, crops and horticulture, pest management and animal health and production and 4-H programs.

Contact ~ (208) 847-0344 –or- (208) 847-0345; 21620 US HWY 30 Montpelier

Cindy: bearlake@uidaho.edu

<http://www.extension.uidaho.edu/bearlake/home.htm>

Community Resources

Bannock County Domestic Violence & Sexual Assault Task Force (DVSA) - The purpose of this Task Force is to provide an effective, coordinated community response to incidents of domestic violence, stalking, and sexual abuse. If you or someone you know is a victim and you need help with the next step, please don't hesitate to call. Contact ~ The 24 hour hotline is always available at 251-HELP (4357) or in Spanish at 681-8715

Custody & Divorce

Workshop Wednesdays @ the Courthouse - This workshop provides information and direct support for the paperwork involved when filing for divorce with child custody, modifications of child custody or child support. Contact ~ Sign up in Rm 218 in the Main Courthouse the day of classes
Cost ~ Free

Family Court Services - Provides mediation services, parenting assessments, divorce classes for children and parents and more. Contact ~ (208) 236-7432; 130 N. 6th Ave, Suite F
<http://www.familycourtservices.org/>
Cost ~ Most services are free with court orders and financial assistance is provided when available.

Child Support Services ~ For help with paternity, child support enforcement, orders and modifications please contact the office. Contact ~ (208) 235-2860; 1090 Hiline, Pocatello
<http://www.healthandwelfare.idaho.gov/Children/ChildSupport/tabid/76/Default.aspx>
Cost ~ \$25 Application fee

Idaho Volunteer Lawyer Program - Provides civil legal service for eligible low-income people in Idaho. Eligible case types include: custody guardianship (adult & child), 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 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. Contact ~ 1-800-221-3295 –or- (208) 334-4510
www.idahogov/isb/
Cost ~ Client is responsible for court fees.

Shelters

Aid for Friends - Emergency shelter provides for all demographics 24/7 with photo ID. Other supportive services include case management, transitional housing and financial support. Aid For Friends is a certified payee program administered through the Social Security Administration. The program ensures that the client's rent and bills are paid; and records of all the clients' expenditures are maintained.

Contact ~ Emergency Shelter # - Day Shelter - 920 E. Clark, Pocatello 232-0178; Night Shelter - (208) 232-5669 653 S. 4th Ave

Office # - (208) 232-0178 555 1st Ave

<http://aidforfriendspocatello.org/>

Cost~ Free

Runaway & Homeless Youth Program - Via the Bannock Youth Foundation, provides emergency shelter, counseling and aftercare to runaway and homeless youth and their families.

Contact ~ (208) 234-2244 or (208) 234-1122

Cost ~ Free

Bannock House - For those under the care of the state of Idaho, this program provides long term residential counseling for children and families.

Contact~ (208) 234-2244; 620 W. Fremont

Cost~ Free

Southeastern Idaho Community Action Agency (SEICAA) - This program provides a variety of community services that are detailed under the community section. One of the resources is emergency shelter.

Contact ~(208) 232-1114; 641 N. 8th Ave

Cost ~ Free

Community Resources

Southeastern Idaho Community Action Agency – A non-profit community based service agency whose aim is to diminish the effects of poverty. Programs include community and emergency services:

G.E.D.: Educators to assist administer entry level assessment, testing, tutoring and scheduling of GED Test.

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 March31 depending on funding.

Family Development utilizes case management to assist families in becoming self-sufficient.

Food Boxes: Emergency food boxes are available Monday-Thursday, 9am-11:30am. You can receive 4 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 4 per year, including diapers. Supplies limited to what's on hand.

Phone Assistance is available to individuals who qualify.

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

Market Salvage Program is available, in Bannock County only, every Friday from 2pm-4pm. 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-148; 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-157

Affordable Housing Department works closely with families to reach and maintain the goal of homeownership through SEICAA's Mutual Self-Help Housing and Acquisition Housing programs. Acquisition Housing is for 50% or below median income for homeownership within the city of Pocatello and 80% or below in other counties.

Community Resources

St. Vincent DePaul, Holy Spirit Conference - Emergency food and clothing bank for the homeless and low-income of Bannock County. Along with household items when available. Rent and utility assistance when funds are available. Financial help is dependent on income and individual circumstances.
Contact ~ (208) 233-2555; Social Services: Pat Kent (208) 406-1216; 855 S. 2nd Ave.

Salvation Army – This community outlet offers a wide range of resources and means to help others.

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, ID for each member of the dependent household, proof of residence, proof of income.

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 afternoons. Clothing Vouchers available for clothing and household goods.

Utility & Rental 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.

Seasonal Services: We coordinate Secret Santa and Christmas Food Baskets during the winter season.

Contact ~ (208) 232-5318; 400 N. 4th

Cost ~ A majority of services are free but contact office for detailed information.

Marshall Public Library - Provides books, pamphlets, CDs, cassettes, videos, DVDs for check out to residents of all ages. The library also provides internet access, art in the stacks gallery, out-reach program for shut-ins, prearranged tours, traveling book wagon, preschool story hours, summer reading program and test proctoring. The library houses the Eastern Idaho Funding Information Center, which has information for grant seekers.

Contact ~ (208) 232-1263; 113 S. Garfield; 9am-9pm, Monday-Thursday and 9am-6pm Friday-Saturday

44

Cost ~ Free

Housing

Housing Authority of Pocatello – This program offers a variety of housing options for those with low incomes, the elderly or disabled.
Section 8 Housing Choice Voucher Program: Eligibility for this program is based on income and family size. It offers rental assistance to private landlords in the community on behalf of eligible families. The waiting list is 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. Acceptance to the waiting list for all apartment projects is subject to verification of criminal history, credit history, references and previous HUD assistance.

Contact ~ (208) 233-6276/11 N. 6th, Pocatello. 9am-3:30pm, Monday-Friday.

HUD - 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.

Contact ~ (208) 334-1990 –or- 800-877-0246; 800 Park Boulevard, Suite 220, Boise

8am-4:30pm, Monday-Friday.

Housing

American Red Cross of Greater Idaho Disaster Services - 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, anything that may leave a person without food, clothing or shelter. All assistance is made possible by generous local donations and volunteers. Some of the immediate assistance available to clients, based on needs, is: food, clothing, lodging and counseling.

Contact~ 24 hour Emergency (800) 853-2570 ext. 701; 330 Shoup, Idaho Falls

www.redcrossidaho.org

Cost~ Free

Pocatello Neighborhood Housing Services (PNHS) - This 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. PNHS offers homebuyer classes, financial fitness education, foreclosure counseling and reverse mortgage counseling.

PNHS is based on a partnership of residents, business, and government which works to increase neighborhood pride and prosperity.

Contact ~ (208) 232-9468; 206 N. Arthur

Cost ~ Some services require payment, please contact office.

Idaho Housing and Finance Association ~ 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.

Contact ~ (208) 522-6002; 506 S. Woodruff, Idaho Falls Open 9am-5pm, Monday-Friday.

Cost ~ Contact office.

Transportation

Country Coach – Provides low cost transportation for those in need. Contact~ (208) 232-2551; 4613 Yellowstone Ave # B, Chubbuck
Cost~ Fees do apply but private pay and Medicaid are accepted.

Emergency Road Conditions – For road condition reports from November through March every year.

Contact~ 1-888-IDA-ROAD; 511.idaho.gov

Pocatello Cab Company - All types of delivery service including groceries and packages.

Contact ~ (208) 232-1115; 243 W. Center; 7days/week, 24-hours a day.

Cost ~ Contact office.

Amtrack Reservations - 1-800-872-7245; 300 S. Harrison, Pocatello.

www.amtrack.com

Cost ~ Visit their website for ticket price information

Pocatello Regional Airport – Conveniently located on I-84, this airport services Delta flights to other airports and destinations.

Contact ~ (208) 234-6154 –or- 1-800-221-1212 for passenger reservations & information

Pocatello Regional Transit (PRT) - Operated by the City of Pocatello. Provides fixed-route service. Provides door-to-door services for qualified disabled and senior citizens Monday-Saturday. Call for details on routes, fares and hours of service.

Contact ~ (208) 234-2287; 215 W. Bonneville

REDDI - Report Every Drunk Driver Immediately

Contact ~ 1-800-233-1212; Also *477 on cell phones.

Salt Lake Express - Shuttle service offering various stops between Pocatello, Salt Lake City, Boise and Idaho Falls.

Contact ~ (208) 232-5365; 215 W. Bonneville, Pocatello; <http://www.saltlakeexpress.com>

Hospitals

Shriners Hospital - Pediatric Orthopedics: deformities, injuries and diseases of bones, joints and muscles in children. 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.

Contact ~1-801-536-3500 –or- 1-800-313-3745; Salt Lake City, Utah

Primary Children's Hospital - Primary Children's Medical Center is the pediatric center serving five states in the Intermountain West - Utah, Idaho, Wyoming, Nevada and Montana. The 252-bed facility is equipped and staffed to treat children with complex illness and injury.

Contact ~ (801) 662-1000; 100 North Mario Capecchi Dr., Salt Lake City, Utah

Nutrition Services

Food Stamps - Verification of income, assets and social security number are requirements when applying.

Contact ~ (208) 235-2900; 1090 Hiline, Pocatello. Open 8am-5pm, Monday-Friday

Cost~ Free

Comfort Keepers – Provides non medical in home care for those that need it. Services include meal preparation, light housework, companionship and basic help around the house. They also provide an emergency response system for those in need through Safety Choice.

Contact~ (208) 234-9825; 357 W. Center St. Suite 210

www.comfortkeepers.com

Cost ~ Services are charged but depend on financial need.

Homestyle Direct - Home cooked meals delivered from our hearts to your home. Medicaid approved.

Contact ~ 1-866-735-0921

www.homestyledirect.com

Cost ~ Private Pay or Medicaid accepted

Idaho Hunger Relief Task Force - The Idaho Hunger Relief Task Force envisions that in a state as abundant as Idaho hunger will not exist and works to put public and private resources into action statewide in order to eliminate hunger and provide food security for all Idahoans.

Contact ~ Call the Idaho CareLine for more information @ 211 –or- Kathy Gardner @ (208) 447-8218; 125 E. 50th St., Garden City
info@idahohunger.org -or- www.idahohunger.org

My Brother's Table - The Trinity Episcopal Church parish hall provides weekly hot meals and drink to those in need. Food served from 1:30 to 2:30 every Sunday. All are welcome.

Contact ~ (208) 233-2640; 355 W. Lander, across the street from

Nutrition Services

ICAN Idaho Community Action Network - ICAN is a low-income empowerment group, with a local food program. The fundamental mission of ICAN is to provide a voice for Idahoans committed to progressive social change and to develop the power necessary to create those changes.

Contact ~ Annette Cornwall @ (208) 237-6638

<http://idahocan.org/index.php>

Cost ~ Membership fees do apply, please contact office.

Health Services

ALLIES Family Solutions – Helps children and adults who have learning and mental disabilities. Goals of the program are to help families work together, help individuals gain independence and confidence. Developmental Therapy, PSR services, Counseling and treatment recommendations are all offered through ALLIES.

Contact~ (208) 234-2094 or 1.877.234.2094; 850 E. Lander

<http://alakids.com/index.html>

Cost~ There are fees for services but select insurance, private pay and Medicaid are all accepted.

American Cancer Society – A great resource for those recently diagnosed with cancer or those going through any stage of the disease. The resource center at Portneuf Medical offers a wide range of services and connections for patients. Scarves, hats, books, puzzles, prosthesis and literature are all available free of charge.

Contact~ 1800-632-5934; The Cancer Center @ Portneuf Medical

<http://www.cancer.org/>

Cost~ Free

Pocatello Free Clinic - Services are by appointment only. The clinic provides basic short-term medical care, including but not limited to wellness checkups, prescription assistance, lab tests, and dental care.

Contact ~ (208) 233-6245; 429 Washington Ave; Monday-Friday, 3pm-6pm.

Cost ~ Free

Hospitals

Childbirth 101 Class: This is a beginning childbirth class for first-time mothers and their support person to help prepare for childbirth. The course covers stages of labor and birth, medical interventions, breastfeeding, and newborn care. Discussions will include breathing and relaxation techniques, medication options, postpartum care, and making the transition to parenthood. It is recommended to schedule a childbirth class at the beginning of the third trimester to be taken during the 7th or 8th month of pregnancy.

“In a Hurry” Class: This is a one-day Saturday class designed for either first-time parents who have a schedule that will not accommodate the four-week Childbirth 101 class OR parents wanting a refresher course. Topics include stages of labor and birth, medical interventions, comfort measure including breathing and relaxation, postpartum, and newborn care. A tour of the hospital is included. Due to time constraints, course material is abbreviated and breastfeeding is not included, so we recommend first-time parents take Childbirth 101 if possible. A one-night breastfeeding class can also be registered for separately.

Breastfeeding Class: This is a one-night course designed to help teach mothers what they need to know to get a good start on breastfeeding and help troubleshoot any difficulties. Ideal for first-time moms, as well as experienced breastfeeding moms who want a refresher or who struggled with breastfeeding previously. Material taught in this course is included in the Childbirth 101 class.

Maternity Social: 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.

Super Sitter: This class is designed for boys and girls at least 11 years old. It teaches how to safely care for children they baby-sit or safely care for oneself when home alone. The class includes guest speakers from the police department and social work services. Course materials include safety, discipline, basic first aid, CPR, pizza lunch and snacks!

Contact ~ (208) 239-2430; Community Education is located at 957 Hospital Way, Building D

Cost ~ Fees do apply for a majority of classes, contact the office for schedule and fees.

Hospitals

Portneuf Medical Center – This hospital is an acute care facility that has served the health care needs of Eastern Idaho since 1907. With over 1,100 employees, Portneuf Medical Center has emerged as 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.

Portneuf Medical Center is accredited by the Joint Commission and is licensed by the State Department of Health and Welfare. Our Medical Center is a 231-bed, acute care facility (plus 14 NICU bassinets and 22 well-baby nursery bassinets). Our services include 24-hour Emergency Care, LifeFlight, a Cancer Center, A Heart & Vascular Center, Physical Medicine, Women and Children's Services (Prenatal, OB/GYN, NICU, Pediatric), Rehabilitation, Behavioral Health, and a Sleep Disorder Center. Off-site hospital facilities include a Convenient Care, a Family Practice Residency Clinic, Home Health Care, and a WorkMed Occupational Health Clinic.

Contact ~ (208) 239-1000; West Campus: 651 Memorial Dr; East Campus: 777 Hospital Way

www.portmed.org

Cost ~ Most insurance accepted, along with Medicaid.

Portneuf Medical Center Community Education - This portion of the hospital, offers a variety of classes~

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

Heartsaver Pediatric First Aid: Individuals learn how to manage a pediatric injury or illness until professional help arrives. Includes 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/AED class.

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

Health Services

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.

Contact ~ (208) 239-5219

Cooperative Extension System – This extension of University of Idaho offers a range of services for families and individuals. The 4-H program is offered along with agricultural education. The office also offers classes and information for families on topics such as nutrition, child development, finances, housing etc. Food stamps for families and individuals in need are also available.

Contact~ (208) 236-7311; 130 N 6th

<http://www.uidaho.edu/extension/bannock>

Cost~ Information is free but fees do apply to some workshops and events. Contact the office for details.

Cost~ Free except for goods sold.

Physicians Immediate Care Center - No appointment necessary.

Now serving 3 locations:

#1 – 495 Yellowstone, Pocatello, 478-7422, open 7 days/week – 8am-8pm,

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

#3 – 950 Hospital Way, Ste A, Pocatello, 232-0021, open M-F, 8am-6pm.

Cost ~ Most insurances including Medicaid are accepted. Cop-pays are due at time of service.

Pocatello Children's Clinic – Specialty clinic for children from birth through adolescence.

Contact ~ (208) 232-1443; 500 S. 11th , Suite 204; Monday-Friday, 9am-9pm; Saturday, 9am-12pm.

Cost ~ Select insurances accepted including Idaho Medicaid.

Health Services

Walmart/Sam's Club \$4 RX Program - \$4 prescriptions are for up to a 30-day supply of a covered drug at a commonly prescribed dosage for \$4 prescription fill or refill. Your participation in certain prescription drug coverage plans may entitle you to pay even less than \$4 for certain prescriptions. You can get these prescription drug savings whether or not you have any prescription drug coverage through you 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, not all prescription drugs are covered by this program. Now available: 3 months for \$10, and there are a limited number of prescriptions available for \$9. Current lists are available at the pharmacy or online at walmart.com through the pharmacy link.

Contact ~ (208) 237-5091

Family Planning - 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 only.

Contact ~ (208) 234-5885; 1901 Alvin Ricken 8am-5pm, Monday-Friday.

Cost ~ Sliding scale fee.

ISU Dental Hygiene Clinic - Preventive services such as; cleaning, x-rays, fluoride, and sealants are available fall and spring semester to general public. Restorative services are also available to ISU students, employees and faculty.

Contact ~ (208) 282-3282; 9th & Martin Luther King Jr. Way

Cost~ Fees do apply for services, contact office for exact rates

Disability Services ~ Advocacy

NAMI Southeast Idaho - A nonprofit organization composed of family members and friends of persons 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.

Contact ~ (208) 232-5791; 640 Pershing, Suite C
zrmagee@cableone.net
www.nami.org.

Cost ~ Free, some fees may apply to referred services

Idaho Educational Services for the Deaf & the Blind - 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. Contact ~ (208) 934-4457; 1450 Main, Gooding ID, 83330.

Consumer Care LLC - Is a drop in center for Mental Health Consumers with a rehabilitation focus for growth in persons who are mentally ill.

Contact~ (208) 234-9361; 1133 N. Main

Cost.~ Only insurance accepted is Medicaid.

Disability Services ~ Employment Services

Deseret Industries – This thrift store helps adults with disabilities and various employment barriers by employment at the store. The thrift store offers great second hand clothing, furniture, mattresses and household items.

Contact~ (208) 232-5174; 580 Roosevelt

Idaho Vocational Rehabilitation – This state programs assists individuals with physical, mental and/or emotional vocational disabilities with services towards employment.

Contact ~ (208)236-6333; 1070 Hilina, Suite 200; 8am-5pm, Monday-Friday

<http://www.vr.idaho.gov/>

Cost ~ Fees do apply for services but are on a case by case basis.

Contact the local office for more information.

New Day Products and Resources - Provides vocational training, placement and employment services for adults with disabilities. New Day Products and Resources also provides an adult day care as well as screen printing & embroidering, trophies & plaques, and wood products.

Contact ~ (208) 232-7807; 1704 N. Main; 8am-5pm, Monday-Friday

<http://www.newdayproducts.org/>

Cost ~ Free

Disability Services ~ Advocacy

DisAbility Rights Idaho – Provides legal services, protection and advocacy for those who have mental disabilities.

Contact~ 845 W. Center Suite C107; (208) 232-0922 or 1-866-262-3462

Cost~ Free

Commission for the Blind

Contact~ (208) 2366392; 427 N Main, Suite K

Health Services

Mammogram Screening, The Drive for the Cure - This program 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 for any Idaho resident who lives within the geographic range covered. Portneuf Medical Center Affiliates and Idaho Medical Imaging are the two institutions that accept Drive for the Cure mammography certificates.

Contact ~ Teresa @ (208) 232-2707.

Cost ~ Free

La Leche League of Bannock County - Monthly meetings that provide information, assistance, and encouragement to mothers desiring to breastfeed their babies.

Contact ~ Kimberly 528-9196 or Heather 637-8138

Cost ~ Free

Pocatello Family Medicine Center - Staffed by Board Certified Family Physicians and Internist. Psychological, nutritional and health education services available. Full pregnancy, delivery care and children's services offered.

Contact ~ (208) 282-4700 & After Hours Emergency - 525-3708; 465 Memorial Dr.; Monday-Friday, 8:30am-5pm

Cost ~ Select insurances accepted

ISU Speech and Hearing Clinic - Provides evaluation and therapy services for speech, language, stuttering, voice, brain injury, stroke and/or hearing problems in children and adults. In conjunction with the University Physical Therapy Department, we also offer a full service balance/dizzy clinic.

Contact ~ (208) 282-3495; Idaho State University, 650 Memorial Drive, Pocatello; 8am-5pm Monday-Friday

Cost ~ Costs for services vary; select private insurance and Medicaid accepted

Health Services

EXCEL (Exercise and Common Sense Eating for Life) – This program is a great resource for community members to learn about nutrition, weight management, and receive support for their health issues. Exercise and educational classes are offered on topics such as: Weight Loss Solutions: Adult Weight Management Kid-Fit for Teens & After School Fitness Programs, Emotional Freedom Technique

Medicaid Preventive Health Assistance (PHA): EXCEL is an approved vendor for the Idaho PHA Benefit.

Contact~ (208) 233-0593; Weight Loss Solutions 611 Wilson Ave Suite 8

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

Cost~ Fees for classes vary but some insurances and Medicaid accepted. Please contact the office for further information.

TOPS in Idaho (Take Off Pounds Sensibly) - This program is a support group for people who are interested in weight control. Preteens & teens welcome. Yearly low cost membership, weekly meetings. New members are welcome. There are various meetings though out the week, please call the number for updated meeting times and places.

Contact ~ 1-800-932-8677

<http://www.tops.org/FindAMeeting.aspx>

Cost ~ Membership fees do apply.

Disability Services ~ Housing

Independence Home – This home is a residential and assisted living facility for developmentally disabled adults. BARC is an advocacy group for developmentally disabled individuals.

Contact ~ Marge Nelson @ (208) 234-0008; 430 Willard Ave.

Cost~ Fees apply for services, please contact office

Developmental Options - This program is geared toward adults with disabilities and helps them to live as independently as possible. Housing, adult daycare and medical support are provided through this program.

Contact~ (208) 233-6833; 415 S. Arthur

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

Cost~ Contact office

Special Education Services - 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. Contact ~ (208) 232-3563; 3115 Poleline; 7:30am-4:30pm, Monday-Thursday; 7:30am-4pm, Friday

Living Independently For Everyone - Consumer controlled non-profit 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. Offices in Idaho Falls, Blackfoot, Burley and the main office in Pocatello.

Contact ~ (208) 232-2747; 640 Pershing, Suite A; 8:30am-4:30pm Monday-Friday

<http://www.idlife.org/Default.aspx>

tracy@idlife.org

Cost ~ Free