

Mental Health Service Agencies & Resources

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Mental Health Service Agencies

Statewide

- [Idaho Mobile Crisis Unit Response Teams](#) – PDF with mobile crisis contact information for each public health district. See the *Region* sections for district-specific contact information
- [Idaho Mental Health Services Guide](#) – Website with list of clinics and crisis centers by region
- [BPA Health](#) – BPA Health delivers customized behavioral health solutions for employers, health plans, and government entities
 - How to access the [Employee Assistance Program \(EAP\)](#)
 - How to apply for a [Respite Care Voucher](#)
 - How to access [Idaho Substance Use Disorder Services](#)
 - How to access and qualify for the [SUD Housing Assistance Program](#)
 - How to access the [Student and Family Assistance Program \(SFAP\)](#) for K-12 students and families.
 - How to access the [Student Wellness Program \(SWP\)](#) for college or tech school students.
- [Empower Idaho](#) – Links to resources, including
 - [Idaho behavioral health resources](#)
 - [National behavioral health resources](#)
 - How to [navigate insurance](#)
 - How to [find a provider](#)
- [National Suicide Prevention Hotline](#) – Call (800)-273-8255; the lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources, and best practices for professionals
- [Optum](#) – Links and contact information for behavioral health resources
 - Clinical Consult: (855)-202-0983, Primary Care Provider Psychiatric Consult--opt. 1
 - Optum 24/7 Member Access & Crisis Line: (855)-202-0973 TTY711
- [Recovery Idaho Centers](#) – Locations of recovery centers throughout Idaho
- [Regional Behavioral Health Crisis Lines](#) – Regional, state, and national crisis line contact information through the Idaho Department of Health and Welfare
 - [National Behavioral Health Crisis Line](#) – Call 988
 - National Crisis Text Line – Text 741-741
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) – Website to behavioral health treatment services locator
 - [988 Suicide and Crisis Lifeline](#) – Call 988 for 24/7, free and confidential support to people in suicidal crisis or emotional distress
 - [988 Partner Toolkit](#) – Toolkit intended to facilitate partner efforts for collaborative and aligned 988 communication planning
- [Crush the Curve Idaho - Mental Health Facilities](#)

Region I

- [Region 1 Mobile Crisis Response Team](#) – Call (208)-769-2730
- [Kootenai Health](#) – Behavioral health service clinics in Coeur d’Alene
 - Kootenai Health Behavioral Health, Inpatient: Emergency room admission is required for referral; Call (208)-625-4800
 - Kootenai Clinic Psychiatry, Outpatient: Call (208)-625-4888
- [Kootenai Recovery Community Center](#) – Recovery center in Coeur d'Alene and Sandpoint that provides free [peer-based recovery support](#) services and assistance finding community resources; Call (208)-932-8005 or email joinus@kootenairecovery.org
- [Northern Idaho Crisis Center](#) – Crisis center with information on how to contact a crisis intervention specialist and access resources; Call (208)-625-4884

Region II

- [Region II Mobile Response Crisis Relief & Resolution Team](#) – Call (208)-799-4440
- [A to Z Counseling Services](#) – Crisis center services, mental health treatment services, and group respite in Orofino; Call 208-476-7483 or email atoz@orofino-id.com
- [First Step 4 Life](#) – Recovery center in Lewiston and Orofino that provides access to free services and assistance finding community resources: Call (208)-717-3881 for the Lewiston office and 208-476-1303 for the Orofino office or email info@firststep4life.org
- [Gritman Medical Center](#) – One provider offers mental health services in Latah County through Gritman Medical Center; A physician will meet with the patient first, and then they will be referred to Gritman’s mental health provider or an outside source
 - Kendrick Family Care: Call (208)-289-3841
 - Potlach Family Care: Call (208)-875-2380
 - Troy Clinic: Call (208)-835-5550
 - Moscow Family Medicine Downtown: Call (208)-882-2011
- [Latah Recovery Center](#) – Recovery center in Moscow that provides free recovery coaching and peer support, harm reduction and safe syringe exchange services, Vandals for Recovery program for University of Idaho students, and a podcast on recovery; Call (208)-883-1045 or email latahrecoverycenter@gmail.com
- [Youth Advocacy Coalition](#) – Behavioral health and social care resource list in Idaho County
- [State Hospital North](#) – Call (208)-476-4511

Region III

- [Region III Mobile Response Crisis Relief and Resolution Team](#) – Call (208)-459-0092 or (208)-642-6416
- [Advocates Against Family Violence \(AAFV\) Website](#) – Organization providing programs and resources, including a women and children’s shelter, to victims of domestic violence in Caldwell, Middleton, Nampa, and Wilder
 - 24-Hour Hotline: Call (208)-459- 4779
 - Hope’s Door Shelter: Call (208)-459- 6279
 - Administrative Office: Call (208)-459- 6330
- Canyon County Community Clinic – Recovery center in Caldwell; Email info@canyonwellness.org

- [Gem County Recovery Community Center](#) – Recovery center in Emmett; Call (208)-398-5151 or email info@gemcountyrcc.org
- [St. Luke’s Clinic: Behavioral Health, Nampa](#) – Call (208)-505-2222; No referral required
- [Treasure Valley’s National Alliance on Mental Illness](#) – Provides a comprehensive and concise directory of all mental health services in the Treasure Valley area (will be published in Fall 2022)
- [West Valley Psychiatry, Caldwell](#) – Call (208)-795-5072; Referral required
- [Western Idaho Community Crisis Center](#) – Crisis center that provides free basic medical screening, mental health evaluation, crisis intervention & brief therapy, case management & peer support, and more in District 2; Call 208-402-1044
- [Youth Advocacy Coalition](#) – Behavioral health and social care resource list in Adams County

Region IV

- [Region IV Mobile Crisis Response Team](#) – Call (208)-334-0808, option 2
 - Treasure Valley Mobile Crisis Unit – Call (208)-334-0932
- [Advocates Against Family Violence \(AAFV\) Website](#) – Organization providing programs and resources, including a women and children’s shelter, to victims of domestic violence in Boise, Eagle, Kuna, Meridian, and Star
 - 24-Hour Hotline: Call (208)-459- 4779
 - Hope’s Door Shelter: Call (208)-459- 6279
 - Administrative Office: Call (208)-459- 6330
- [Pathways Community Crisis Center of Southwest Idaho](#) – Crisis center that provides 24 hours stabilization, behavioral health services, and community linkage at no cost to people in Southwest Idaho; Call (208)-489-8311
- [PEER Wellness Center](#) – Recovery center in Boise that provides free recovery support services; Call (208)-991-3681 or email joinus@peerwellnesscenter.org
- [Saint Alphonsus Behavioral Health](#) – Provides a full range of behavioral health services
 - Inpatient Behavioral Health, Boise: Emergency room admission is required for referral
 - i. Call (208)-367-3189
 - Outpatient Behavioral Health, Boise: Referral requires a reason for referral, progress note, list of medication, and demographic information
 - i. Call (208)-302-0900
- [St. Luke’s Clinic: Behavioral Health Services](#) – No referrals required
 - Psychiatric Wellness Services, Boise: Call (208)-706-6375
 - McCall: Call (208)-630-2450
- [The Recovery Oriented Community \(ROC\)](#) – Recovery center in McCall that provides access to peer-led support groups and pro-recovery social activities
- [Treasure Valley’s National Alliance on Mental Illness](#) – Provides a comprehensive and concise directory of all mental health services in the Treasure Valley area (will be published in Fall 2022)
- [Youth Advocacy Coalition](#) – Behavioral health and social care resource list in Valley County

Region V

- [Region V Mobile Crisis Response Team](#) – Call (208)-736-2177

- [Crisis Center of South Central Idaho](#) – Crisis center that provides crisis intervention and prevention services and detox services; Call (208)-772-7825
- [Recovery in Motion](#) – Recovery community center located in and serving Twin Falls and surrounding areas by providing free peer-based recovery support services and recovery activities; Call (208)712-2173
- [St. Luke’s Clinic: Behavioral Health Services](#) – No referrals required
 - Shoup Ave W, Twin Falls: Call (208)-814-9100
 - Polk St, Twin Falls: Call (208)-814-9100
 - Canyon View, Twin Falls: Call (208)-814-7900
 - Mental Health Services, Hailey: (208)-727-8970

Region VI

- Region VI Mobile Crisis Response Team – Call (208)-234-7900
- [Southeastern Idaho Behavioral Crisis Center](#) – Crisis center that provides behavioral and medical assessments, 24-hour stabilization services, and case management services; Call (208)-909-5177
- [Southeastern Idaho Public Health](#) – Brochure with contact information for behavioral health service agencies in District 6.
- [State Hospital South](#) – Call (208)-785-1200

Region VII

- [Region VII Mobile Crisis Response Team](#) – Call (208)-528-5700
- [Behavioral Health Crisis Center of East Idaho](#) – Crisis center that provides mental health and substance use assessments, 24-hour stabilization services, and case management assistance; Call (208)-522-0727
- [Eastern Idaho Regional Medical Center \(EIRMC\)](#): Behavioral health center in Idaho Falls
 - Inpatient Services: To begin the intake process, call the crisis line 1-800-483-4762, option #3; For more information, call (208)-227-2100
 - Outpatient Services: Call (208)-227-2555 to schedule an appointment; No referral is required
- [The Center for Hope](#) – Recovery center in Idaho Falls that provides community support group services, recovery coach, peer support, social activities, re-entry services following incarceration, and more; Call (208)-538-1888

Idaho Health Insurance Exchange

Enrollment Process for Uninsured Patients

- *Your Health Idaho* - [How to Apply and Enroll](#)
 - [Create an account](#)
 - [Apply for Health Coverage Assistance](#) (online)
 - [Apply for Health Coverage Assistance](#) (paper application/[Spanish application](#))

- [Compare Plans](#)
- [Special Enrollment](#) – outside of the open enrollment

Screening Tools and Assessment Forms

Alcohol Addiction

- [AUDIT Screening Tool](#) - The Alcohol Use Disorders Identification Test (AUDIT) is a 10-item screening tool developed by the World Health Organization (WHO) to assess alcohol consumption, drinking behaviors, and alcohol-related problems

Autism

- [Pediatric Autism Screen and Diagnostic References](#) – List of screening tools
- [Autism Spectrum Quotient \(AQ-10\)](#) - Recommended for use with adults with possible autism who do not have a moderate or severe learning disability

Bipolar Disorder

- [Bipolar Spectrum Diagnostic Scale \(BSDS\)](#) – 20-question screener for bipolar spectrum diagnosis

General Mental Health

- [LabCorp's M3 Checklist](#): A multi-condition mental health screening tool for depression, anxiety, bipolar disorder, and PTSD

Insomnia

- [Epworth Sleepiness Scale Website](#) – Eight-question assessment to measure daytime sleepiness of adults

Obsessive-Compulsive Disorder

- [Yale-Brown Obsessive-Compulsive Scale \(Y-BOCS\)](#) - Questionnaire to help rule out which types of obsessions and compulsions are possibly present

Pediatrics

- [Behavioral Health Screenings in Outpatient Pediatrics \(Video\)](#) – Previous ECHO Idaho presentation by Summer Day, MD, on screening tools for pediatrics on 10/7/2020.
- [Screen for Child Anxiety Related Disorders \(SCARED\)](#) – PDF screening form
- [Seattle Children's Primary Care Principles for Child Mental Health](#) – PDF manual
- [DSM-5 Self-Rated Level 1 Cross-Cutting Symptom Measure](#) – General screening to assist clinician recognition of problems in twelve psychiatric domains
- [Strengths and Difficulties Questionnaire \(SDQ\)](#) – 25 items on psychological attributes, divided between emotional, conduct, hyperactivity/inattention, peer relationship, prosocial scales
- [Mood Disorder Questionnaire \(MDQ\)](#) – Bipolar disorder questionnaire for adolescents and teens

- [Modified Checklist for Autism in Toddlers \(M-CHAT-R/F\)](#) – Valid for children aged 16-30 months
- [Parent Observations of Social Interactions \(POSI\)](#) – 16 months to 36 months. Seven-item scoring tool
- [Ages and Stages Questionnaire \(ASQ-3\)](#) – Developmental screening tool that pinpoints developmental progress in children between the ages of one month to 5 ½ years
- [Ages & Stages Questionnaires: Social-Emotional, Second Edition \(ASQ: SE-2\)](#) – Questionnaire used to recognize young children at risk for social-emotional developmental difficulties
- [Center for Youth and Wellness \(CYW\) ACES Questionnaires](#) – an informational/ educational guide for health care professionals
- [Child Mania Rating Scale](#)
- [Center for Epidemiologic Studies Depression Scale \(CES-D\)](#)

Secondary Stress

- [Secondary Traumatic Stress Scale](#) – Tool to measure secondary trauma in persons who work with traumatized patients

Somatic Symptom Disorder

- [PHQ 15 Screening Tool \(patient handout\)](#) – Screening tool to evaluate somatic symptoms
- [PHQ 15 Screening Tool \(provider handout\)](#) – Screening tool to evaluate somatic symptoms with scoring information and other instructions
- [Somatic Symptom Scale—8 \(SSS-8\)](#) – Eight-item scale for patients to measure their somatic symptom burden, published in *JAMA Internal Medicine*, 174(3), 399–407

Interpreter Services for Patients with Limited English Proficiency

Interpreter Services

- [Albors and Alnet](#)
- [AMN Healthcare](#)
- [ASTA - USA](#)
- [Boise Interpreters](#)
- [Cyracom](#)
- [Day Translations](#)
- [Indy Translations](#)
- [Language Line Solutions](#)
- [Propio Language Services \(previously Telelanguage\)](#)
- [Sorenson Communications](#)
- [United Language Group](#)

Guidelines and Information

- [National Standards of Practice for Interpreters in Health Care](#) – Publication on national standards for medical interpretation published by the National Council on Interpreting in Health Care
 - [Healthcare Professionals FAQ](#) – FAQ for healthcare professionals on information about providing language access services from the NCIHC.
 - [Mental Health Care in Translation](#) – Mental health care resources provided in various languages
- [Appropriate Use of Medical Interpreters](#) – Article from the American Family Physician journal
- [Medical Interpreters in Outpatient Practice](#) – Article providing overview of federal requirements related to providing interpreter services in outpatient practice published in The Annals of Family Medicine.
- [How to pay for translation services](#) – Article providing tax credit information for interpreter services from the American Psychological Association
- [Farmworkers](#) – Translated infographics, videos, and audio on COVID-19 prevention and workplace safety in Spanish, Mexican and Central American Indigenous Languages, and Haitian Creole

Provider Resources

Anxiety

- [Acceptance and Commitment Therapy \(ACT\)](#) – Introductory workshop handout

Autism

- [ECHO Idaho Pediatric Autism](#) – Webpage for continuing education opportunities
- [ECHO Idaho's Pediatric Autism Resource Guide](#)

Cannabis

- [CBD Conversation Starter](#) – PDF of helpful questions to ask patients who take CBD
- [Canadian Centre on Substance Use and Addiction](#) – Webpage with Cannabis Q&A related to risks and health

Cognitive Behavioral Therapy (CBT)

- [Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry](#) by Catherine M. Pittman, PhD, and Elizabeth M. Karle, MLIS – Link to Audible page.
- [Cognitive Behavior Therapy, Second Edition: Basics and Beyond](#) by Judith Beck – Amazon page for this book.
- [Feeling Good: The New Mood Therapy](#) by David D. Burns, MD – Amazon page for this book.

Concussion

- [Academic Recovery Plan](#) – Worksheet to outline necessary school accommodations for concussion patients
- [Factors that Affect Cognitive Function](#) – Chart identifying factors
- [“Is Rest After Concussion the ‘Best Medicine?’”](#) – 2013 article from the Journal of Head Trauma Rehabilitation

Continuing Education

- [Project ECHO Idaho](#) – Virtual, educational platform empowering healthcare professionals in Idaho’s remote or underserved communities to treat complex chronic diseases with specialist-level expertise
- [Mountain West Child Life Association](#) – Networking group that provides educational and networking opportunities for Child Life professionals and programs
- [Pacific Northwest Region of the National Network of Libraries of Medicine](#) – health information services, resource sharing, community partnerships, outreach program development, and evaluation
- [PESI.com](#) – Continuing education website with a focus on behavioral health.

De-escalation Techniques

- [De-escalation | Abbey Abbondandolo, Director of Security, St. Luke's Health System | 4/15/20](#) – ECHO Idaho session recording
- [Effective ingredients of verbal de-escalation: validating an English modified version of the 'De-Escalating Aggressive Behaviour Scale'](#) – Web article on de-escalation
- [Texas Medical Liability Trust](#) – De-escalation techniques and resources

Depression

- [“Antidepressant-Resistant Depression in Patients with Comorbid Subclinical Hypothyroidism or High-Normal TSH Levels”](#) – Article by Bruce M. Cohen, MD, PhD; Barabar R. Sommer, MD; and Alexander Vuckovic, MD, published in the American Journal of Psychiatry 175:7, July 2018
- [“How electroshock therapy changed me”](#) – TED Talk on ECT (includes brief strong language)
- [See Electroconvulsive Therapy Performed](#) – Video showing ECT session in clinic
- [NeuroStar](#) – Information on Transcranial Magnetic Stimulation (TMS) therapy
- [Anxiety and Depression Association of America](#) – website for an international nonprofit membership organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.

EMDR

- [EMDR.org](#) – Website for EMDR International Association. Offers resources for training and education, research, and EMDR providers.

Geriatrics

- [Geripal](#) – A geriatrics and palliative care blog and podcast

- [Effect of citalopram on agitation in Alzheimer’s disease: the CitAD randomized clinical trial](#) – Article evaluating the efficacy of citalopram on agitation in Alzheimer’s disease
- [Pharmacologic Management for People with Dementia](#) – An infographic summarizing NICE guidance on drugs that can be offered for the treatment of people with dementia

Insomnia

- [CBT-i Coach Mobile App](#) – A mobile app for people who are engaged in Cognitive Behavioral Therapy for Insomnia (CBT-I) with a health provider, or who have experienced symptoms of insomnia and would like to improve their sleep habits.
- [Insomnia: Pharmacologic Therapy](#) – AAFP article outlining pharmacologic therapy recommendations for insomnia

LGBTQIA+ Health

- [AMA Policies on LGBTQ Issues](#) – Site containing AMA policies on LGBTQ issues
- [The Trevor Project](#) – Website for an organization providing crisis intervention and suicide prevention services for LGBTQ young people under 25
- [Q Card Project](#) – A communication tool that lets youth fill in their name, pronouns, sexual orientation, and gender identity, and provides additional space for youth to list any concerns or questions to provide to their healthcare providers.
- Trans Health
 - [Standards of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People](#) – 7th version of Standards of Care published by the World Professional Association for Transgender Health (WPATH)
 - [ALGBTIC Competencies for Counseling of Transgender Clients](#) – Article by ALGBTIC Transgender Committee, published by American Counseling Association
 - [Trans Student Educational Resources](#) - A youth-led organization dedicated to transforming the educational environment for trans and gender non-conforming students through advocacy and empowerment
 - [Endocrine Treatment of the Gender-Dysphoric/Gender-Incongruent Persons: An Endocrine Society Clinical Practice Guideline](#) – Article by Wylie C. Hembree et al., published by the Journal of Clinical Endocrinology and Metabolism, November 2017, 102(11):3869–3903
 - [Suicide Protective Factors Among Trans Adults](#) – Link to article by Chérie Moody and Nathan Grant Smith, published by Archives of Sexual Behavior
 - [Transgender Patients: Providing Sensitive Care](#) – Article with advice on how best to communicate with and treat trans patients. Written by Abbas Hyderi, MD, MPH, et al., published in the Journal of Family Practice
 - [Without This, I Would for Sure Already Be Dead!: A Qualitative Inquiry Regarding Suicide Protective Factors Among Trans Adults](#) – Link to article by Chérie Moody, et al., published by Psychology of Sexual Orientation and Gender Diversity

Migraines

- [Preventive Treatment of Migraine in Adults](#) – UpToDate webpage offering recommendations on preventing migraines (must subscribe/log in to read full article)
- [Help with Migraine Prevention](#) – Instructions for one pharmacological recommendation

Pediatrics

- [Adverse Childhood Experiences \(ACES\)](#) – Centers for Disease Control webpage
- [Center on the Developing Child \(Website\)](#) – Harvard University site that provides a guide to the science of early childhood development.
- [Think Babies Infant and Early Childhood Mental Health](#) – Site with advocacy tools and resources for infant and early childhood mental health.
- [Zero to Three](#) – Site dedicated to ensuring that babies and toddlers benefit from family and community connections by supporting parents, professionals, and policymakers with resources and knowledge.
- [Florida Center for Behavioral Health Improvements and Solutions](#) – Child Guidelines for Psychotherapeutic Medication
- [Bright Futures](#) - a national health promotion initiative dedicated to the principle that every child deserves to be healthy and that optimal health involves a trusting relationship between the health professional, the child, the family, and the community as partners in health practice
- [Atypical Antipsychotic Medications: Use in Pediatric Patients](#) (PDF)

Perinatal

- Project ECHO Idaho – Perinatal Substance Use Disorder (SUD) Program
 - [Perinatal SUD 2020](#) – Recordings of past sessions
 - [Perinatal SUD 2021](#) – Recordings of past sessions
- [MGH Center for Women’s Mental Health](#) – Provides evaluation and treatment of psychiatric disorders associated with female reproductive function
- [FDA Pregnancy Categories](#) – FDA categories of risk of medication during pregnancy.
- [Reprotox](#) – Database on the reproductive effects of chemicals, medications, physical agents, and biologics. Account creation is required.
- [Perinatal Psychiatry Consultation](#) – University of Washington provides telehealth consultation to Washington state healthcare providers caring for women with mental health needs during pregnancy and postpartum

Personality Disorders

- [“Dialectal Behavior Therapy”](#) – Short video that includes an example of someone with a personality disorder

Pharmacology/Tests

- [Anticholinergic Burden Calculator](#) – Calculates anticholinergic burden in patients over 65
 - [Anticholinergic Cognitive Burden Scale](#) – List of drugs and their anticholinergic burden score, developed by the Aging Brain Program of the Indiana University Center for Aging Research

- [Antipsychotic Chart](#) – Chart detailing the relative risk for selected adverse effects of antipsychotic medications
- [Re-evaluating the Use of Benzodiazepines Reference Guide](#) – Educational guide for providers on benzodiazepine risks and information from the US Dept of Veterans Affairs.
 - [Benzodiazepine Risks VA Reference Guide](#) – Reference guide for providers to use to educate patients on possible risks from taking benzodiazepines from the US Dept of Veterans Affairs.
- [Choosing Wisely Website](#) – Initiative of ABIM Foundation that seeks to advance the dialogue on avoiding unnecessary medical tests, treatments, and procedures. Includes recommendations from medical societies for clinicians and resources for patients
- [Clinical Pharmacology](#) – Online drug compendium
- [Crediblemeds.org](#) – Website providing reliable information on medications, including on QTc
- [Deprescribing.org](#) – Evidence-based guidelines for deprescribing appropriately (also available as an app)
- [Epocrates Online](#) – Free online resource for checking drug interactions and other things (also available as an app)
- [Wolters Kluwer: Facts & Comparisons](#) – Searchable drug information databases
- [Wolters Kluwer: Lexicomp](#) – Online resource for clear, concise point-of-care information
- [Medication Interaction Chart](#) – Informational chart about potentially harmful medication interactions
- [Overdose Death Rates](#) – Trends & Statistics from the National Institute on Drug Abuse
- [“Prevalence of Prescription Medications with Depression as a Potential Adverse Effect Among Adults in the United States”](#) – Article written by Dima Mazen Qato, PharmD, MPH, PhD, et al., published in JAMA on June 12, 2018, Volume 213, Number 22
- [Psychotropic Drug Dosage Range](#) – Excel sheet with suggested drug dosage ranges
- [Esketamine REMS Guidelines](#) – Website to help clinics become certified to prescribe esketamine.
 - See also accessdata.fda.gov
- [Therapeutic Research Center \(TRC\) Healthcare](#) – Medication learning company that offers up-to-date medication therapy information and recommendations, CME opportunities, natural medicines database, and other resources

Psychosis

- [UpToDate](#) - Selected adverse effects of antipsychotic medications for schizophrenia
- [UpToDate](#) – Substances and medications with capacity to induce psychosis
- [Educational Dose Illustrator for Long-Acting Injectables](#) (pdf)
- [National Alliance on Mental Illness \(NAMI\) – Psychosis](#)
- [RAISE Navigate Family Education Program](#) – A comprehensive treatment program for people who have experienced a first episode of non-affective psychosis (pdf)
- SAMHSA – [Family Psychoeducation Evidence-Based Practices](#) (EBP) Toolkit
- [PIER Training Institute, Family Psychoeducation](#) – An evidence-based model of practice in which clients, clinicians/facilitators and family members work together in a structured format on life issues that affect symptoms

- [National Association of State Mental Health Program Directors](#) (NASMHPD) – Information for providers
- [Early Assessment & Support Alliance](#) (EASA) – Staff trainings
- [On Track New York](#) – Provider, organization, and family resources
- [Psychosis and Cholesterol/Triglycerides/Omega](#) journal articles
- [Florida Center for Behavioral Health Improvements and Solutions](#) – Child Guidelines for Psychotherapeutic Medication

Relaxation and Mindfulness

- [“Reduce Stress through Progressive Muscle Relaxation”](#) – Video produced by Johns Hopkins Rheumatology on progressive muscle relaxation
- [Sanvello](#) – relaxation app website
- [Headspace](#) – relaxation app website
- [Calm](#) – relaxation app website
- [UMass Memorial Center for Mindfulness](#) – Website on mindfulness

Seizures

- [“Psychogenic Nonepileptic Seizures”](#) – Article by Taoufik M. Alsaadi, MD, and Anna Vinter Marquez, MD, published by the American Academy of Family Physicians

Stigma

- [“Ending Self Stigma” Manual](#) – PDF manual for 9-session class for people who want to reduce and resist self-stigma regarding mental illnesses
- [Internalized Stigma of Mental Illness Inventory \(ISMI\)](#) – Handout explaining how to use ISMI with clients
- [Lady Gaga/Oprah Interview about Mental Health](#) – Oprah interviews Lady Gaga in-depth about her experiences with mental health.

Suicide

- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) – Website to behavioral health treatment services locator
 - [988 Suicide and Crisis Lifeline](#) – Dial 988 for 24/7, free and confidential support to people in suicidal crisis or emotional distress
 - [988 Partner Toolkit](#) – Toolkit intended to facilitate partner efforts for collaborative and aligned 988 communication planning
- [QPR Institute](#) – Website for suicide prevention training
- [American Foundation for Suicide Prevention](#) – Resources for suicide prevention
- [Safety Planning Quick Guide for Clinicians](#) – PDF that walks through the process and helpful questions to ask when safety planning with a patient
- [Suicide Assessment Five-Step Evaluation and Triage \(SAFE-T\)](#) – PDF booklet that describes the steps of doing a suicide assessment
- [Suicide Prevention, Intervention, and Postvention Practice Guidelines](#) – PDF reference guide on suicide prevention, intervention, and postvention

Substance Use Disorders

- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) – Website to behavioral health treatment services locator
- [Blue Cross of Idaho Behavioral Health Management](#) – Resource for those suffering from Mental Health or Substance Abuse issues (MHSA)
- [SUD Resource Map](#) – Google map with SUD service locations

Miscellaneous

- [ICCE Outcome and Alliance Measures and Graph Examination](#) - Template for rating outcomes with mental health/behavioral health patients
- [Optum Transition-Aged Youth \(TAY\) Guide](#) – Guide to transition from youth to adult behavioral health services
- [James Fowler’s Stages of Faith](#) – Website describing the stages.
- [Services for Frontline Workers](#) – PDF flyer with information about free COVID counseling services for frontline workers.
- [Token Economy Training](#) – Slides for implementing a token economy with a reinforcement schedule in a facility
 - [Token Economy Phase 1 Point Sheet](#) – Example of a point sheet
 - [Token Economy Phase 2 Point Sheet](#) – Example of a point sheet
 - [Token Economy Outpatient Example](#) – Example of outpatient point sheet
- *Where There Is No Psychiatrist: A Mental Health Care Manual* by Vikram Patel and Charlotte Hanlon (free downloadable PDF available [here](#))
- [Park Rx](#) – Non-profit committed to educating healthcare professionals and the public on accessing nature (e.g., providing nature prescriptions).
- [Children & Nature Network](#) – Website that promotes increasing “equitable access to nature so that children . . . can thrive.”
- [National Alliance on Mental Illness](#) – website for the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness
- [Health Disparities and Racism](#) – Resource list
- [Introduction to Motivational Interviewing](#) – Video that provides an overview of motivational interviewing
- [Motivational Interviewing: A Bad Example](#) – Video provides a poor example of motivational interviewing
- [Motivational Interviewing: A Good Example](#) – Video provides a good example of motivational interviewing.
- [The Transtheoretical Model](#) – Website with detailed information on the Transtheoretical Model of Behavior Change (Stages of Change).
- [Psychogenic Non-Epileptic Seizures](#)– Website about nonepileptic seizures.
- *Building Motivational Interviewing Skills: A Practitioner Workbook, second edition*, by David Rosengren
- [ICU-Diary.org](#) – Website discussing the what, why, and how of creating a diary for the duration of a patient’s stay in the ICU to help patients’ post-hospitalization

Patient Resources

211

- [211 Idaho Careline](#) - A free, statewide community information and referral service that provides contact information for community resources to health and human services.
 - Text **898211** to get information from a 2-1-1 community resource specialist.
 - Call **2-1-1** or **800-926-2588** to get information from a 2-1-1 community resource specialist.
 - [Search online](#) for available resources.

Autism

- [ECHO Idaho's Pediatric Autism Resource Guide](#)
- Idaho Department of Health and Welfare
 - [Infant Toddler Program](#) – Program that coordinates a system of early intervention services to assist children from birth to 3 years of age who have a developmental delay or who have conditions that may result in a developmental delay.
 - [Katie Beckett Program](#) - Program for children living at home with long-term disabilities or complex medical needs
 - [Health Coverage Assistance Program Income Limits](#) - Find income limits for Health Coverage Assistance programs
 - [Children's Developmental Disabilities Program](#) - Provides a system of care that has a wide array of home and community-based services for children
 - [Developmental Disabilities Referral Form](#)
 - [Budget Route Options](#)
 - [Medicaid Services for Children](#)
 - [Enhancement Services Flyer](#) - This handout is an overview of the Children's Developmental Disability and Intervention Services available through Idaho Medicaid
- [Idaho Parents Unlimited](#) - Statewide organization which houses the Idaho Parent Training and Information Center, the Family-to-Family Health Information Center, and Idaho Family Voices and IPUL Arts
- [Autism Speaks](#)
 - [Challenging Behaviors Tool Kit](#) – Manual with guidelines on managing aggressive and challenging behaviors published by Autism Speaks
- Books
 - *Autism and the Extended Family: A Guide for Those Outside the Immediate Family Who Know and Love Someone with Autism* by Raun Melmed and Maria Wheeler
 - *Early Start Denver Model for Young Children with Autism: Promoting Language, Learning, and Engagement* by Sally Rogers and Geraldine Dawson
 - *An Early Start for your Child with Autism* by Sally Rogers, Geraldine Dawson, and Laurie Vismara

Depression

- [Anxiety and Depression Association of America](#) – Website for an international nonprofit membership organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.
- [Chronic Illness and Mental Health: Recognizing and Treating Depression](#) – Brochure

Domestic Violence

- [Advocates Against Family Violence \(AAFV\) Website](#) – Organization providing programs and resources, including a women and children’s shelter, to victims of domestic violence.

Emotional Well-being/Reducing Stress

- [The Happiness Trap: How to Stop Struggling and Start Living](#) – A guide to ACT: the mindfulness-based program for reducing stress, overcoming fear, and creating a rich and meaningful life
- [Palouse Mindfulness](#) – Website for free mindfulness-based stress reduction
- [Leisure Resource Manual](#) – ideas for recreational therapy all over Idaho, published by the Department of Health and Welfare
- [Cleveland Clinic Stress Meditations](#) – Free app that offers seven different relaxation techniques
- [CBT Worksheet](#) – Example of a Cognitive Therapy Thought Record from [IWanttoChangeMyLife.org](#)
- [Thought Record](#): Example of a simple Thought Record from [TherapistAid.com](#)

Insomnia

- [Strategies for a Good Night’s Sleep](#) – Handout about good sleep habits created by the Therapeutic Research Center

LGBTQIA+

- [LGBTQIA+ Resources](#) – Resource list from Jen Moore Counseling and Consulting
 - Idaho Suicide and Crisis Hotline: 1-800-273-8255
 - GLBT National Hotline: 1-888-843-4564
 - Trans Lifeline: 877-565-8860
- [Q Card Project](#) – A communication tool that lets youth fill in their name, pronouns, sexual orientation, and gender identity, and provides additional space for youth to list any concerns or questions to provide to their healthcare providers.
- [The Trevor Project](#) – Website for an organization providing crisis intervention and suicide prevention services for LGBTQ young people under 25
 - Trevor Project (LGTBQ+ youth): 1-866-488-7386
- [Trans Bodies, Trans Selves](#) – A book that acts as a resource guide for transgender, nonbinary, and gender-expansive populations, their partners and families, and others to look for up-to-date information on life under the trans umbrella.
- [National Center for Trans Equality](#) - Resources explaining up-to-date transgender people’s rights
- [American Civil Liberties Union \(ACLU\)](#) – Website on the latest in transgender rights
- Idaho Name Change and Documents. These are all subject to change:

- [Name Change](#) - Includes necessary forms and instructions
- [Driver's License Gender Marker](#) – Current as of March 2017
- [Idaho Birth Certificate](#) - Current as of December 2020

Pain

- [The Chronic Pain Care Workbook](#) by Michael J. Lewandowski, PhD
- [Managing Pain Before It Manages You](#) by Margaret Caudill, MD, PhD, MPH
- [Chronic Pain and the Family](#) by Julie K. Silver, MD
- [The Body Keeps the Score](#) and workbook by Bessel Van Der Kolk, MD

Perinatal/Pediatrics

- [Nurse-Family Partnership](#) – Website for a program in which registered nurses make home visits to vulnerable first-time mothers
- [IDHW Home Visiting Program](#) – Idaho Department of Health & Welfare's Home Visiting program with multiple locations.
- [Madison Cares](#) – Home visiting resource in Madison County.
- [Idaho Head Start and Early Head Start](#) – Preschool and family support program for low-income families across Idaho.
- [Infant Toddler Program](#) – Link to IDHW's Infant Toddler Program information which coordinates a system of early intervention services to assist Idaho children from birth to three years of age who have a developmental delay or conditions that may result in a developmental delay.

Psychosis

- [National Association of State Mental Health Program Directors](#) (NASMHPD)
- [Early Assessment & Support Alliance](#) (EASA)
- [Federation of Families for Children's Mental Health](#)
- On Track New York
 - [Families Webpage](#)
 - [Family Treatment and Resources Manual](#)
- [Early Psychosis Intervention – What Family Members Need to Know](#)
- [Students with Psychosis](#) – Non-profit that empowers student leaders and advocates worldwide through community building and collaboration.

Sex Addiction

- [Sexhelp.com](#) – Website with books and resources, online screening tools, find a therapist
- [SA.org](#) – Sexaholics Anonymous self-test
- [SAA-recovery.org](#) – Sex Addicts Anonymous self-assessment
- [SCA-recovery.org](#) – Sexual Compulsives Anonymous test

Suicide Prevention

- [Idaho Suicide Prevention Hotline](#) - The Hotline provides crisis intervention, emotional support, linkages to local services, and/or follow-up for persons with potential suicide risk factors, empowering callers to look at options and make their own decisions.
- [988 Suicide and Crisis Lifeline](#) – Dial 988 for 24/7, free and confidential support to people in suicidal crisis or emotional distress
- [Wallet-Sized Safety Plan](#) – A safety plan template from the Department of Health and Welfare

Stigma

- [Lady Gaga/Oprah Interview about Mental Health](#) – Oprah interviews Lady Gaga in-depth about her experiences with mental health.

Free Online Meetings and Virtual Platforms

- [The Temper](#) – An online publication/site that explores life through the lens of sobriety, addiction, and recovery
- [12 Steps.org](#) – Listing of online 12-step meetings on various platforms
- [Al-Anon Electronic Meetings](#) – This forum and recovery chatroom for Narcotics Anonymous members features voice chat, Skype, and text chat meetings connecting people from around the world
- [Alcoholics Anonymous Online Intergroup](#) – Listing of online meetings from AA Intergroup
- [Narcotics Anonymous](#) – Listing of online meetings provided by NA
- [SMART Recovery](#) – Message board, chatroom, online meetings, and online library
- [Adult Children of Alcoholics](#) – Phone and online meetings
- [In the Rooms](#) – An online platform supporting a wide range of 12-step and non-12-step meetings
- [Refuge Recovery Online Meetings](#) – Listing of daily online meetings
- [Families Anonymous Virtual Meetings](#) – Online meetings for parents, grandparents, siblings, spouses, significant others, other family members, and friends of those with a current, suspected, or former drug problem
- [Life Ring Recovery](#) – Listing of online meetings
- [My Recovery](#) – Online 12-step meetings
- [Sober Grid](#) – A free online social networking platform for people in recovery; Available in mobile app stores

Telebehavioral Health

- [Optum](#) resources:
 - Clinical Consult: 855-202-0983, Primary Care Provider Psychiatric Consult--opt. 1
 - Optum 24/7 Member Access & Crisis Line: 855-202-0973 TTY711
- [ICCE Outcome and Alliance Measures and graph Examination](#) - Template for rating outcomes with mental health/behavioral health patients

Miscellaneous

- [Idaho Medicaid](#) – Health coverage for Idaho adults, children, and individuals with disabilities
 - [Preventive Health Assistance \(PHA\) Program](#) – The Weight Management PHA is a benefit for Medicaid participants and is designed to help eligible participants and their families improve their lifestyle through physical fitness, a balanced diet, and personal health education.
- [AuntBertha.com](#) – Connects people to social services (i.e., food pantries, cash assistance, housing assistance) by city
- [North Idaho Connections](#) – An online search and referral platform for staff, community partners, patients, and family members to access information about community resources in northern Idaho.
- [National Alliance on Mental Illness](#) – Website for the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness