

## **ECHC Substance Use/ Nicotine Related Resources:**

### SUD

1. Resources
  - a. [Idaho Drug Free Youth](#): Statewide program that aims to foster connection in youth, so they don't seek that connection in substances. Idaho Youth Summit 2024 is June 11th-14th! Know a teen between 8th-12th grade who would benefit from making connections with positive influences or who is ready to be a positive influence to others? Learn more and apply for Idaho Youth Summit [here](#), by May 31st!
  - b. [Mountain Home Behavioral Health](#): Located in Mountain Home and able to accept new patients covered by Medicaid, BPA Funding, or self pay. Specializing in: Mental Health Counseling, Group Counseling, Case Management, Substance Abuse Treatment, Co-Occurring Treatment
  - c. Doyel Ray Hope Center: (Link?) Hosting Celebrate recovery sessions.....
  - d.

### Nicotine

1. Resources for Teens/ Young Adults
  - a. [KNOW VAPE](#): Youth informed anti-vape campaign hosted by Idaho Public Television
  - b. [Behind the Haze](#): National vape education campaign for youth
  - c. [My Life My Quit](#): Confidential, text- based quit vaping program for youth
  - d. [This is Quitting](#): Text-based quit vaping program for youth and young adults
2. Resources for Adults
  - a. [KICK! Your Cravings: Know Your Nicotine](#): Information and resources available to Elmore County residents related to nicotine education, prevention, and cessation
  - b. [Project Filter](#): State tobacco control program where adults can get behavioral support and medication to help them quit nicotine
  - c. [Catch My Breath Parent Toolkit](#): Toolkit to help parents recognize vape devices, signs of vaping in kids, and how to talk to their child about vaping and nicotine

#### Free Trainings/Webinars

- d. [American Lung Association \(INDEPTH\)](#): Alternative to suspension, nicotine education program for youth in school. Interested in becoming a facilitator? Learn more and get trained for FREE
- e. [Parents Against Vaping E-Cigarettes](#): Grassroots, national, parent driven organization to stop vaping and tobacco use in children

- f. [Operation Parent](#): Parent education helping to prevent drug use in children

**ECHC Nutrition Related Resources:**

1. Nutrition Access

- a. [Idaho Food Bank: Food Assistance Locator](#): Find food pantry locations, community meal locations, and learn more about the Backpack Program
- b. [Southwest Idaho Area Agency on Aging](#): Contact them to learn where congregate meals are served for seniors, and/or to get senior meals delivered
- c. Elmore County Specific Food Bank Locations:



MOUNTAIN HOME	Address	Hours	Contact Information	Type of Food Service
Bennett Mountain Community School Pantry	560 E Jackson Street, Mountain Home, ID	2nd Wednesday of the month, 3:30 - 5:00 pm	(208) 587-3837	Food pantry
Calvary Chapel Fellowship of Mountain Home	405 N Main Street, Mountain Home, ID	3rd Monday of the month, 4:00 - 6:00 pm; 3rd Tuesday of the month, 10:00 - 11:00 am (senior boxes only)	(208) 580-0662	Food pantry Senior boxes
El-Ada CAP - Mountain Home	585 N 3rd East, Mountain Home, ID	Monday - Friday, 8:00 am - 12:00 pm and 1:00 - 4:30 pm	(208) 587-8407	Food pantry
Mountain Home Mobile Pantry - Optimist Park	N 23rd Street, Mountain Home, ID	Monthly	208-577-2699; mobilepantry@idahofoodbank.org	Mobile pantry
St. Vincent de Paul - Our Lady of Good Counsel	342 East Jackson Street, Mountain Home, ID	4th Tuesday of the month 4:00 - 5:30 pm; Community dinners given during drive thru	(208) 331-2208	Food pantry Feeding site
The Rock Church- Soup On Sunday	315 S 4th E, Mountain Home, ID	Sunday at 1:00 pm	(208) 587-3632	Hot soup meal served
GLENN'S FERRY	Address	Hours	Contact Information	Type of Food Service
Glenns Ferry Mobile Pantry - Veterans of Foreign Wars Hall	132 E 5th Street, Glenns Ferry, ID	4th Tuesday of the month, 10:00 - 11:00 am	mobilepantry@idahofoodbank.org	Mobile pantry TEFAP
Three Island Pantry	468 E Cleveland Road, Glenns Ferry, ID	2nd Monday, Tuesday, and Thursday of month 9:00 - 11:00 am	(208) 366-2051	Food pantry Senior boxes
PINE	Address	Hours	Contact Information	Type of Food Service
South Fork Boise River Senior Center	350 N Pine-Featherville Rd, Pine, ID	3rd Monday of the month 11:00 am - 1:00 pm (pantry); Tuesdays 12:00 - 1:00 pm (feeding site)	(208) 653-2595	Food pantry Feeding site

¿NECESITAS COMIDA?



**OBTENGA COMIDA GRATIS CERCA DE USTED EN EL CONDADO DE ELMORE**



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[IDAHOFOODBANK.ORG/GETFOOD](http://IDAHOFOODBANK.ORG/GETFOOD)

MOUNTAIN HOME	Dirección	Horas	Información del contacto	Tipo de servicio de comida
Bennett Mountain Community School Pantry	560 E Jackson Street, Mountain Home, ID	2do miércoles del mes, 3:30 - 5:00 pm	(208) 587-3837	Dispensa de alimentos
Calvary Chapel Fellowship of Mountain Home	405 N Main Street, Mountain Home, ID	3er lunes del mes, 4:00 - 6:00 pm; 3er martes del mes, 10:00 - 11:00 am (solo palcos para adultos mayores)	(208) 580-0662	Dispensa de alimentos Cajas para personas mayores
El-Ada CAP - Mountain Home	585 N 3rd East, Mountain Home, ID	Lunes a viernes, de 8:00 a 12:00 horas y de 13:00 a 16:30 horas.	(208) 587-8407	Dispensa de alimentos
Mountain Home Mobile Pantry - Optimist Park	North 23rd Street, Mountain Home, ID	Mensual	(208) 577-2699; mobilepantry@idahofoodbank.org	Dispensa móvil
St. Vincent de Paul - Our Lady of Good Counsel	342 East Jackson Street, Mountain Home, ID	4º martes del mes 4:00 - 5:30 pm; Cenas comunitarias ofrecidas durante el drive thru	(208) 331-2208	Dispensa de alimentos Sitio de alimentación
The Rock Church- Soup On Sunday	315 S 4th E, Mountain Home, ID	Domingo a las 13:00 horas	(208) 587-3632	Comida de sopa caliente servida
GLENN'S FERRY	Dirección	Horas	Información del contacto	Tipo de servicio de comida
Glenns Ferry Mobile Pantry - Veterans of Foreign Wars Hall	132 E 5th Street, Glenns Ferry, ID	4to martes del mes, 10:00 - 11:00 am	mobilepantry@idahofoodbank.org	Dispensa móvil TEFAP
Three Island Pantry	468 E Cleveland Road, Glenns Ferry, ID	2do lunes, martes y jueves del mes 9:00 - 11:00 am	(208) 366-2051	Dispensa de alimentos Cajas para personas mayores
PINE	Dirección	Horas	Información del contacto	Tipo de servicio de comida
South Fork Boise River Senior Center	350 N Pine-Featherville Rd, Pine, ID	3er lunes del mes 11:00 am - 1:00 pm (dispensa); martes 12:00 - 1:00 pm (sitio de alimentación)	(208) 653-2595	Dispensa de alimentos Sitio de alimentación

2. Nutrition Education

- a. Mountain Home Parks and Rec: Nutrition education and cooking classes for community members are hosted here. Including Freezer Frenzy and Little Chefs. Review the seasonal resource guide to sign up!
- b. Cooking Matters: A 6 week nutrition education and cooking class that can be modified for families, teens, children, or adults! See the ECHC Calendar to find a class happening near you!

**ECHC Mental and Behavioral Health Related Resources:**

### Mental/ Behavioral Health Resources (Elmore County)

1. [Yellow Bench Project](#): ECHC is working to rekindle this project that focuses on breaking down the stigma surrounding mental health and suicide. Start reading about it on pg. 3 of St. Luke's Elmore County Resource Guide (2022).
2. [Free Naloxone/ Prescription Safety Supplies](#): Order naloxone, and FREE prescription safety supplies, drug deactivation kits and more! Can be shipped to you or picked up at the Mountain Home CDH Office!
3. [List of Mental and Behavioral Health Services and Support Groups in Elmore County](#)

### Mental Health Resources (Idaho)

1. [Idaho Crisis and Suicide Hotline](#): For mental health crises, call or text 988 anytime (available 24/7).
2. [Region Four Crisis Centers](#)
  - o [Adult \(Pathways of Idaho\)](#): call 1-833-527-4747 or visit the center at 7192 Potomac Dr. Boise, Idaho 83704
  - o [Youth \(Pathways of Idaho\)](#): call 1-833-427-4747 or visit the center at 9196 W Emerald Suite 100 Boise, Idaho 83704
3. [Gun Locks and Medication Lock Boxes](#): Contact your local public health district (208-327-8592)
4. [Department of Health and Welfare Behavioral Health Resources](#).

### Mental Health Resources (National)

1. [The Trevor Project](#): Suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people.

### Free Trainings

- [Virtual Question Persuade Refer \(QPR\) Suicide Gatekeeper Training](#).
- [ECHO Idaho Training: Youth Suicide Prevention Series](#)
- [St. Luke's Health Talk: Helping Youth Improve Mental Health and Prevent Suicide](#)
- [QPR and Youth Mental Health First Aid trainings](#)

- [Overdose Prevention and Response Training:](#)

# Overdose Prevention & Response Training



**Training Participants Will:**

- Learn how to prevent, recognize, and respond to an opioid overdose, including the administration of two forms of naloxone
- Gain an understanding of Idaho's Good Samaritan Law.
- Learn where to access naloxone, other overdose prevention tools, and recovery support services.
- Receive a certificate of attendance.

**Who Should Attend?**

- This free training is designed for all community members, including bystanders, first responders, and support services professionals.
- Training content and format are tailored to meet the needs of participants.





Request your training [HERE](#)

 [DOPP@cdh.idaho.gov](mailto:DOPP@cdh.idaho.gov)

Free opioid overdose rescue supplies are distributed to eligible organizations in Idaho that actively treat or serve individuals at high risk for an overdose. These resources in addition to education and training provide organizational and staff support to appropriately respond to an overdose.



This is a grant funded by the CDC through the Center for Disease Control and Prevention for the purpose of the research and development of the program. The program is not intended to be used for the purpose of the program. The program is not intended to be used for the purpose of the program. The program is not intended to be used for the purpose of the program.

## Grief Resources

- [Touchstone: Grief and Loss Group at Children's Home Society of Idaho](#)
- [St. Lukes Grief Support Group](#)
- [Coping with Grief article](#)
- [Holidays and Grief article](#)
- [Coping with Loss and Honoring Loved Ones](#)