

Boise VA Medical Center
500 West Fort Street Unit 114
Boise, ID 83702

All VA Medical Centers Provide PTSD care. The mental health service at Boise VAMC provides consultation, evaluation and treatment for PTSD. They have both inpatient (Anne Flickinger 208-422-1125) and outpatient (Maggie Blandford 208-422-1110, Vicki Teigue 208-422-1110) programs <http://www.boise.va.gov/>

Trauma Symptom Management (PTSD) Group held at the Boise VA Medical Center on Mondays from 2:30-4. This cognitive-behavioral skills development class teaches veterans how to better manage common signs and symptoms associated with exposure to traumatic events. Their goals are to facilitate understanding of what happens to the mind, body, and spirit when exposed to trauma and the application of that understanding to "do something" about reactions to trauma which most often take the form of psychiatric signs and symptoms. Learn more at http://www.boise.va.gov/docs/Group_Guide4-15.pdf

Idaho Horse Therapy, Inc.
838 West 520 North
Shoshone, ID 83352

<http://idahohorsetherapy.com/>

Equine Assisted Psychotherapy is among the most successful treatments for PTSD.

Re-Boot Camp® is a program for veterans suffering from PTSD. The camp takes place in beautiful Fairfield, Idaho at the base of Soldier Mountain. Lodging, food and snacks are provided for the veterans during their week-long intensive treatment program, using proven and evidenced-based methods. This service is provided **at no cost to them** and is completely supported by your donations. Learn more at <http://idahorebootcamp.com/>.

Ride for Joy Therapeutic Riding Program

Contact: Teri Argo at 208-365-0671 or Lauren Hull at 208-365-0671

This program is specifically for Veterans and active duty service members who are seeking to improve their physical, mental and emotional well-being. They partner with Boise VA and Wyakin Warriors to provide services to those struggling with PTSD.

http://www.rideforjoy.org/?page_id=35

Healing Partners Equestrian Program- Non Profit

Contact: 208-263-5393 or 208-290-6360

A program that utilizes equine assisted psychotherapy at no cost, to those who qualify, as a means of giving back to the community. <http://equinepartnersinhealing.com/hpep-non-profit/>

Genesis Service Dogs is an Idaho-based, non-profit organization that breeds, raises and trains dogs to assist children and adults with special needs, including PTSD.

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

Yoga for Wellness
Southshore Wellness Center
1175 East Parkcenter Boulevard Suite 102
Boise, ID 83706

Yoga for Wellness is a community-oriented Yoga studio that emphasizes the integration of awareness, breath, and postures to help each student return to his/her innate True Nature. Individual Yoga Therapy for PTSD is available by appointment and they also offer meditation classes on a regular basis.

Boise Vet Center
2424 Bank Drive
Boise, ID 83705

Pocatello Vet Center
1800 Garrett Way
Pocatello, ID 83201

Vet Centers help with the transition from military to civilian life.

PTSD Coach mobile app is a free download for iPhone or Android devices to help Veteran's manage PTSD symptoms.

Veterans Crisis Line: Veterans are able to receive confidential support 24/7
Chat online at <http://www.VeteransCrisisLine.net>
Call 1-800-273-8255 (Press 1)
Text 838255

Veteran Combat Call Center: Call the 24/7 line to talk to another combat Veteran
1-877-927-8387

DoD's Defense Centers of Excellence
24/7 Outreach Center for Psychological Health & Traumatic Brain Injury provides information and helps locate resources.
Call 866-966-1020
Live Chat: realwarriors.net/livechat
Email: resources@dcoeoutreach.

National Center for PTSD Website
<http://www.ptsd.va.gov/>

This website is a great source to be educated about PTSD and the research being done for trauma and PTSD.

PTSD Consultation Program
<http://www.ptsd.va.gov/professional/consult/index.asp>

This consultation program is for providers who treats Veterans with PTSD. Any provider can ask a question or request consultation about PTSD-related issues

VA campaigns:

Make the Connection is a public awareness campaign by VA that provides personal testimonials and resources to help Veterans with PTSD discover ways to improve their lives. <http://maketheconnection.net/conditions/ptsd>

Strong at the Broken Places aims to break the pervasive stereotypes about the downtrodden Veteran that have persisted since the Civil War. When we're in uniform, we're considered heroes—often thanked for our service—but once we take off the uniform, the world sometimes views us differently. Given this environment, Veterans can be resistant to speaking openly about their military experiences. The idea is to convey to civilians and Veterans that success—and healing—after leaving the military is possible. <http://www.blogs.va.gov/strongatbrokenplaces/>

About Face Here Vets can learn about PTSD, explore treatment options and, most importantly, hear stories from other Vets who have faced PTSD and regained control of their lives. It is an online video gallery where you can learn about PTSD from Veterans who live with it every day.