



Wood River Valley **Get Help!**

Suicide Prevention, Emotional and Mental Health

***A Resource
Guide***

Presented to our community by

SunValley
Artist Series

In an Emergency

A mental health crisis is considered an emergency.



Call 911

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Please save this guide for reference.

care

A Message to Our Community



A message to our community,

Dex Gannon was a child of the Wood River Valley. He was my child, but in many ways he was our child, too. He attended our schools, joined our sports programs, hiked our mountains, and spread his wings here as a young adult. He grew up here, and on the final day of 2010, he ended his life here by suicide as a result of mental illness.



Dex Gannon
(1989 - 2010)

Since his death I have tried to find ways to give meaning to Dex’s loss, and possibly to spare others the bottomless grief such loss can bring. Our world, even here in the beauty of our valley, can often be painful and bewildering.

In the pages that follow is a brief summary of mental health resources and support groups in our area. If you need help—either for yourself, a friend, or a loved one—this guide is a good place to start. Remember that mental illness, in all its many forms, is still just an illness, not a cause for shame. There are treatments . . . and there is hope.

Steve Gannon, Executive Director
Sun Valley Artist Series
Sun Valley, Idaho

hope

Mental Illness Facts

What is Mental Illness?

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.

Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post traumatic stress disorder (PTSD), eating disorders, and borderline personality disorder.

The good news about mental illness is that recovery is possible.

Mental illnesses can affect persons of any age, race, religion, or income. Mental illnesses are not the result of personal weakness, lack of character, or poor upbringing. Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.



"1 in 5 Americans suffer from a diagnosable mental disorder during any given year."

~ World Health Organization

"Stigma and shame are the main reasons people do not seek treatment for mental illness."

~ Center for Disease Control and Prevention

courage
2



St. Luke's Center for Community Health

Resource for Mental Health Treatment and Referrals

Call or visit for any mental health or other health needs you may have. St. Luke's Center for Community Health staff can provide the resources necessary for treatment and/or referrals. St. Luke's assists people of all ages and provides services in Spanish.

St Luke's Center for Community Health mental health services include:

- Personalized referrals to local and regional mental health providers, physicians, and other community resources
- Free screenings for mental health
- Educational events and classes
- Financial assistance for counseling and prescriptions
- Support groups for a variety of health issues

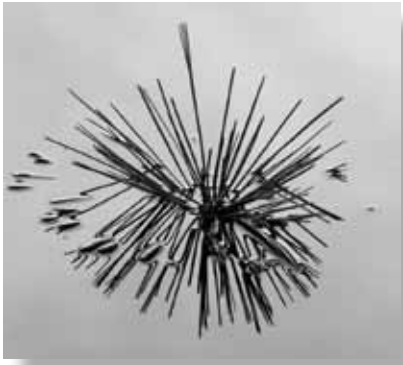
(208) 727-8733

www.stlukesonline.org

1450 Aviation Drive, Suite 200, Hailey, Idaho 83333

healing
3

Warning Signs



If someone talks or behaves in a way that makes you think he or she might commit suicide, do not leave them alone. Call 911 right away. The most important thing you can do is to get professional help as quickly as possible.

WARNING SIGNS OF SUICIDE:

- Appearing depressed or sad (Untreated depression is the number one cause for suicide.)
- Talking or writing about death or suicide
- Withdrawing from family and friends
- Feeling hopeless or anxious
- Feeling strong anger or rage
- Feeling trapped—like there is no way out
- Experiencing dramatic mood changes
- Abusing drugs or alcohol
- Exhibiting a change in personality
- Acting impulsively or recklessly
- Losing interest in activities
- Experiencing a change in sleeping habits
- Performing poorly at work or in school
- Feeling excessive guilt or shame
- Giving away possessions

It should be noted that some people who die by suicide do not show any suicide warning signs.

“Suicide is the second leading cause of death among college students.”

~ American Foundation for Suicide Prevention

OTHER SIGNS THAT ONE SHOULD SEEK HELP:

- Prolonged depression (sadness or irritability)
- Feelings of extreme highs and lows
- Excessive fears, worries, and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Delusions or hallucinations
- Growing inability to cope with daily problems and activities
- Suicidal thoughts
- Denial of obvious problems
- Numerous unexplained physical ailments
- Substance abuse
- Feelings of loss or failure

A Message to Young People

Society has unjustly placed a sense of shame on mental illness, as if something were wrong with the person who is ill. That is incorrect. Mental illness, in all its various forms, is an *illness*. And like any illness, there are treatments, and there is hope. Nevertheless, most young people struggling with mental illness—and the numbers are staggering—try to hide it from others.

Adults may not recognize the hidden signs, but you do. Young people know when something is wrong with a friend, a classmate, or maybe even someone you simply heard about. Talk with whomever it is. Find out what is going on. Then do *whatever* it takes to get help. Go to a school counselor, a teacher, or your parents. You are not betraying a trust. And you may be saving a life.

get help

Crisis Hotline



The Crisis Hotline provides free 24-hour crisis intervention and referral service.

Call anytime, 24 hours a day, 7 days a week.
Anonymous and confidential.

(208) 788-3596

www.thecrisishotline.org

Any problem, any time . . . the Crisis Hotline volunteers listen to, give referrals to, and assist callers who:

- Are considering suicide
- Are struggling with drug or alcohol dependency
- Have lost a job and/or are encountering financial problems
- Are victims of domestic violence or sexual abuse
- Need an empathetic listener simply because they are lonely or discouraged or have no one else in their lives to whom they can turn

P.O. Box 939, Ketchum, Idaho 83340

"121 million people worldwide suffer from depression."

~ World Health Organization

communicate



NAMI

National Alliance on Mental Illness

NAMI provides free support and assistance for the mentally ill and their families, including referrals to medical, social, economic, legal, and spiritual resources within our community.

NAMI programs and services include:

- **Family-to-Family** A free, 12-week course, with in-depth education for families, friends, caretakers, and employers of those diagnosed with a mental illness
- **Peer-to-Peer** A free, 10-week course, with in-depth education for those diagnosed with a mental illness
- **NAMI – Basics** A free, 6-week course for parents of children (ages 16 and under) with diagnosed mental illnesses
- **Family Support Group** This group meets twice a month and allows for the networking of families, friends, and co-workers to discuss issues surrounding the care of loved ones diagnosed with mental illness. Call NAMI for meeting time and location.
- **Connection Support Group** This group meets every week and is for people living with mental illness. Participants learn from each other's experiences, share coping strategies, and offer each other encouragement and understanding. Call NAMI for meeting time and location.

NAMI maintains a 24-Hour Telephone Help Line.

(208) 309-1987

www.nami-wrv.com

12-Step Groups

The Sun Club

The Sun Club provides individuals, organizations, and local 12-step groups with accessible, drug and alcohol-free, facilities for group meetings, individual counseling, and group events. The Sun Club has free resources and libraries filled with recovery-related literature. The Sun Club is not affiliated with any recovery group, organization, or religion.

Currently there are over 50 free group meetings in The Sun Club facilities every week. Please call, or visit The Sun Club website for a schedule of group meeting times.

These free groups include:

- Alcoholics Anonymous
- Adult Children of Alcoholics
- Alanon
- Cocaine Anonymous
- Narcotics Anonymous
- Overeaters Anonymous
- Co-dependents Anonymous
- Recovery Anonymous

The Sun Club also hosts relapse prevention classes, local DUI evaluations and classes, and several annual holiday and educational events.

(208) 726-7710

24-Hour Help Line (208) 721-0565

www.thesunclub.org

The Sun Club

571 East 2nd Street, P.O. Box 1982
Ketchum, Idaho 83340

The Sun Club South

731 1st Avenue North
Hailey, Idaho 83333



Domestic Violence



The Advocates

The Advocates' mission is to prevent domestic violence and sexual assault through free education, shelter, and supportive services.

The Advocates provides free services to past and present victims of domestic violence and sexual assault and their children. The Advocates also provides services to victims of dating violence, date rape, bullying, and stalking.

Programs and services are available in Spanish and English and include 24-hour shelter and hotline, safety planning, support groups, individual counseling, emergency financial assistance, legal assistance, assistance with filing court protection orders, job and life skills training, and general client support and advocacy.

Free prevention and education programs are also provided to local youth and the community-at-large.

The Advocates maintains a 24-Hour Telephone Hotline.

(208) 788-4191

www.theadvocatesorg.org

Toll free (888) 676-0066

safe

Treatment Centers



Canyon View

St. Luke's Magic Valley
Canyon View
Behavioral Health Services

Canyon View's inpatient program helps people with emotional, psychiatric, and stress-related problems who require 24-hour care, including those in crisis situations and individuals unable to successfully respond to outpatient services. The goal of Canyon View's program is to initially stabilize and actively treat the patient, and then upon completion of the treatment plan, to refer patients to the most appropriate level of outpatient services for continued support.

24-Hour Help Line (208) 734-6760

Toll free (800) 657-8000 www.stlukesonline.org

228 Shoup Ave. West, Twin Falls, Idaho 83301

Walker Center

The Walker Center is a drug and alcohol treatment center that serves men and women ages 18 or older, providing care at an affordable cost.

Services include:

• Residential Treatment • Family Program • Alumni Support Groups • Out-patient Programs and Relapse Prevention • DUI Evaluations and Assessments

(208) 934-8461

www.thewalkercenter.org

Toll free (800) 227-4190 24 Hours

605 11th Ave. East, Gooding, Idaho 83330

Private Therapy

Mental and/or emotional illnesses are most often treated by qualified health-care professionals including psychiatrists, psychologists, licensed professional counselors, social workers, and therapists. For more information regarding healthcare professionals available in our area, as well as their qualifications and accreditations, please contact St. Luke's Center for Community Health. Other possible sources for referrals can be your family physician, NAMI, or even your spiritual support organization.

Hospice



Hospice

& Palliative Care of the
Wood River Valley

This local Hospice provides free end-of-life care and bereavement service in the Wood River Valley.

Hospice can help if you are grieving, or if:

- You just experienced a death in your family
- You, a family member, or friend has been diagnosed with a terminal illness
- You are struggling or at your "wits' end" with caregiving
- You just had a miscarriage

Even if the above list is not quite you . . . Hospice may be able to help.

CALL (208) 726-8464 at anytime.

www.hpcwrv.org 507 1st Ave. North, Ketchum, Idaho 83340

Spiritual Support



When people are confused and troubled and unsure of where to turn for help, a possible option is to seek counsel at a local place of worship.

For a listing of religious and spiritual organizations in our area, please refer to our local telephone directory, or visit www.visitsunvalley.com

Complementary & Non-Traditional Support

In addition to medical treatment and counseling for mental illness, other approaches may prove helpful. Complementary treatments include nutrition therapy, acupuncture, hypnotherapy, exercise, meditation, and others.

If you would like to “hit the problem from all angles,” check with St. Luke’s Center for Community Health or your private physician for a qualified referral.

faith

Other Support Organizations

Listed below are other organizations that play an important role in supporting our community’s mental healthcare programs and overall wellbeing. Please call or visit their websites for more information.

Idaho Department of Health & Welfare

The State of Idaho provides mental healthcare services through Mental Health Centers located throughout the state.

The Mental Health Center located in Twin Falls provides services for Blaine County children with severe emotional disturbances and their families, and for Blaine County adults with severe and persistent mental illness. In addition, some services are available in the Wood River Valley.

Mental Health Services include:

- Crisis Screening and Intervention
- Mental Health Screening
- Psychiatric Clinical Services
- Case Management
- Individual Therapy
- Group Therapy

Eligibility Requirements:

In order to receive Department of Health and Welfare mental health services, there are certain eligibility requirements. To find out whether you are eligible for services, call the Twin Falls office, or contact St. Luke’s Center for Community Health for more information.

Twin Falls Mental Health Center

Adult Services **(208) 736-2177**

Children’s Services **(208) 732-1630**

www.healthandwelfare.idaho.gov

823 Harrison Street, Twin Falls, Idaho 83301

reach

Blaine County Community Drug Coalition

The mission of the Blaine County Drug Coalition is to improve the health and safety of our community by decreasing alcohol and other drug use among our youth. By engaging our youth, the Coalition hopes to help our young community make healthier decisions. The Coalition is advocating for the incorporation of drug, tobacco, and alcohol education/awareness curriculum in our schools.

(208) 727-8766

www.blainecountycdc.org

1450 Aviation Drive, Suite 200, Hailey, Idaho 83333

Blaine County School District

The Blaine County School District's Special Services Department supports the mental health and wellbeing of our students through the efforts of special educators, school psychologists, occupational therapists, physical therapists, speech language pathologists, reading specialists, counselors, social workers, and the many paraprofessionals, students, and parents who assist them. You can seek help by contacting your school's social worker.

(208) 578-5000

www.blaineschools.org

118 West Bullion Street, Hailey, Idaho 83333

The Hunger Coalition

The Hunger Coalition strives to end hunger in our community by providing wholesome food to those in need and by promoting solutions to the underlying causes of hunger through collaboration, education, and advocacy.

(208) 788-0121

www.thehungercoalition.org

121 Honeysuckle Street, Bellevue, Idaho 83313

Lee Pesky Learning Center



The Lee Pesky Learning Center works to improve the lives of those with learning disabilities, including ADD/ ADHD, dyslexia, and autism, through prevention, evaluation, treatment, and research. As part of its mission, the Learning Center provides emotional support to help families navigate and understand what learning disabilities are and how to deal with them.

(208) 578-1676

www.lplearningcenter.org

131 4th Street East, Suite 210, Ketchum, Idaho 83340

"Treatments currently exist that could enable most people affected by mental disorders to become functioning members of society."

~ World Health Organization

connect

Financial Assistance

Financial assistance is available for mental health treatments, and many organizations in our valley offer their services without charge. Here is a brief summary of organizations that can help.

Idaho Department of Health and Welfare

The Idaho Department of Health and Welfare provides state-funded mental health services and is an important source of financial aid. To receive Department of Health and Welfare mental health services, you must meet certain eligibility requirements. To find out whether you are eligible for services, contact our local Regional Mental Health Center at (877) 456-1233, or for more information contact St. Luke's Center for Community Health at (208) 727-8733.

St. Luke's

As a not-for-profit organization, St. Luke's maintains an "open door" policy. This means that St. Luke's will provide medically necessary care to any person. St. Luke's has a financial care policy to aid those who meet established criteria and who need assistance in paying the costs of their health care. For more information, contact St. Luke's Center for Community Health at (208) 727-8733.

Blaine County School District

(208) 578-5000
Contact your child's school social worker for information about free school-based services.

NAMI (208) 309-1987

Nami provides all of its courses, programs, and services free of charge.

The Sun Club (208) 726-7710

12-Step Groups are free. Donations are accepted to help with literature and other costs.

The Advocates (208) 788-4191

The Advocates offer more than 30 free services in English and Spanish, 24 hours a day, including a staffed shelter, crisis intervention, safety planning, support groups, and legal assistance.

Walker Center (208) 934-8461

Many insurance plans cover treatment. Call for an estimate.

Hunger Coalition (208) 788-0121

The Hunger Coalition's food assistance programs are available to anyone in Blaine County facing hunger and unable to make ends meet.

Hospice (208) 726-8464

Hospice offers end-of-life and bereavement service free of charge.

Health Insurance Policies

Most private and work-associated insurance plans provide for mental-health related treatments. If you have health insurance, check the policy for mental health treatment coverage.

For More Information



CRISIS

- National Suicide Prevention Lifeline **Toll free (800) 273-8255**
en Español **Toll free (888) 628-9454**
- Veterans Crisis Hotline **Toll free (800) 273-8255**

GENERAL INFORMATION

- Idaho Drug Free Youth www.idahodrugfreeyouth.org
- National Institute of Mental Health www.nimh.nih.gov
- American Foundation for Suicide Prevention www.afsp.org
- American Psychiatric Association www.healthyminds.org
- American Academy of Child and Adolescent Psychiatry www.aacap.org
- HelpGuide www.helpguide.org
- National Alliance on Mental Illness www.nami.org

VETERANS

- Make the Connection www.maketheconnection.net
- Department of Veterans Affairs www.mentalhealth.va.gov
- Veterans Crisis Line www.veteranscrisisline.net

"GET HELP" RESOURCE GUIDE

Presented to our community by:

Sun Valley Artist Series www.svartistseries.org

With special thanks to:

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Photography: Michael Dunning

This Guide is intended to help you in your search for mental-health support and treatment in our community. The information in this Resource Guide should not be considered medical advice, and action should not be taken based solely on the contents of this Guide.

**suicide, depression, substance
abuse, eating disorders,
domestic violence, addiction,
cutting, schizophrenia, bipolar
disease, dyslexia, attention
deficit, autism, obsessive-
compulsive disorder, post-
traumatic stress disorder,
suicide, depression, substance
abuse, eating disorders,
domestic violence, addiction,
cutting, schizophrenia, bipolar
disease, dyslexia, attention
deficit, autism, obsessive-
compulsive disorder,
post-traumatic
stress disorder**

