



**STORIES FROM NORTH IDAHO  
&  
RESOURCE GUIDE**



**Public Health**  
Prevent. Promote. Protect.  
**Panhandle Health District**

# Table of Contents

<b>About</b> .....	3
<b>Facts &amp; Figures</b> .....	4
<b>Stigma</b> .....	5
<b>Stories from North Idaho</b> .....	6
Clark's Story .....	7
Michael's Story .....	10
Lisa's Story .....	13
Ben Blessed's Story .....	15
Annie's Story .....	17
Short Stories .....	19
<b>Resources</b> .....	20
<b>Community Partners &amp; Sponsors</b> .....	29
<b>Sources</b> .....	30

## About the Call Me Campaign

Our words matter. Panhandle Health District and the Region 1 Behavioral Health Board created the Call Me Campaign to decrease stigma faced by people experiencing mental health illness, substance use disorders, and homelessness. We asked locals from North Idaho who live with these conditions to provide us with their words — their stories, their descriptors, their resources, their language — to share with those of us who may not have the same lived experiences.

Through their stories we hope you can gain thoughtful insight and remember that we are all human, and your actions and words towards others, big or small, make a difference. When you change your language, you can change a life.

In this guide you'll find three important colors used throughout: purple, blue and green. Each color has a special meaning and correlates to a national month of awareness:



**Mental Health:** Month of May



**Recovery:** Month of September



**Homelessness Rememberance:** Month of December

# Facts and Figures

## Mental Health & Substance Use

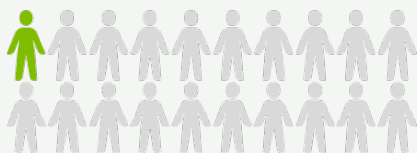
In the United States,

**1 IN 5 ADULTS**



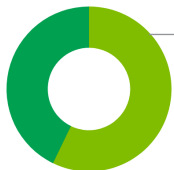
experience a mental health condition each year.

**1 IN 20 ADULTS**



experience serious mental illness.

- 3.8% of adults (9.5 million people) experienced a co-occurring substance use disorder and mental illness in 2019.
- Suicide is the second leading cause of death among people aged 10-34.



In 2020, 57.2% of adults with mental illness received no treatment.

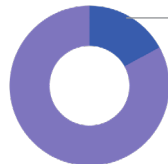
People often avoid or delay seeking treatment due to concerns about being treated differently or fear of losing their jobs and livelihood.



20% of people who are homeless also have a serious mental illness



18% of adults with mental illness also have a substance use disorder



17% of youth ages 6-17 experience a mental health disorder

50% of all lifetime mental illness begins by age 14, and 75% by age 24.

Source: [NAMI Mental Health by the Numbers](#)

## Top 5 Factors Contributing to Homelessness:

### 1. Lack of affordable housing

- Only half of Idaho's rental units are considered affordable. "Affordable" is defined as consuming 30% or less of monthly income. ([Source](#))

### 2. Unemployment

- In May 2021, **unemployment rates** in Region 1, by county, were as follows: ([Source](#))

Benewah County: 5.5%  
Boundary County: 4.0%  
Bonner County: 4.3%

Kootenai County: 3.9%  
Shoshone County: 6.2%  
United States: 5.8%

### 3. Poverty

- In 2019, the **percentage of children living in poverty** in Region 1, by county, was as follows:

Benewah County: 23%  
Boundary County: 22%  
Bonner County: 18%

Kootenai County: 13%  
Shoshone County: 26%  
United States: 14.4%

### 4. Low wages

- 42% of Idaho households are considered low- to moderate-income. ([Source](#))

### 5. Domestic violence

- Domestic violence is the leading cause of homelessness for women. In 2019, Idaho law enforcement agencies received 5,784 reports of domestic violence. ([Source](#))



### Food for thought:

Since each of these factors is a growing problem in our region, North Idaho residents continue to be at risk for experiencing homelessness.

# Stigma

## What is stigma?

**Public stigma** includes the negative or discriminatory attitudes that others hold.

**Self-stigma** refers to the negative attitudes, including internalized shame, that people have about themselves.

**Institutional stigma** includes systemic policies of government and private organizations that intentionally or unintentionally limit opportunities for specific groups of people. Examples include lower funding for mental illness research or fewer mental health services relative to other health care.

## What are the effects of stigma?

People who use drugs, have mental illness, or are unhoused are commonly stigmatized and dehumanized. Individuals facing stigma often internalize that stigma. Here are three ways studies have shown stigma can have a serious impact on people seeking recovery from mental illness, substance use disorder, or experiencing homelessness:

- 1 "Studies suggests that the words 'abuser' and 'abuse' can evoke automatic negative thoughts about individuals with substance-related problems." ([Source](#))
- 2 "Individuals with mental illness over a period of two years found that greater self-stigma was associated with poorer recovery from mental illness after one and two years." ([Source](#))
- 3 "Fear of stigma may lead some individuals, especially youth, to keep their housing status secret, hindering their ability to enroll in services or find housing among their social networks." ([Source](#))

## Why does it matter what language I use?

Making an active choice to avoid stigmatizing an individual or a group of people is more than being "kind" or "politically correct." Language can shape perceptions about someone's capacity to change. Stigmatizing language can decrease someone's hope, confidence, and willingness to seek treatment. Avoid using terms that place shame, guilt, or moral judgement on the person in front of you. Here are some easy changes you can make today:

Instead of:	Try this:
X drug abuse	→ ✓ drug use
X addict	
X junkie	→ ✓ person who uses drugs
X drug abuser	
X clean	→ ✓ not actively using drugs
X dirty	→ ✓ person who uses drugs
X crazy, disturbed	
X psycho, schizo	→ ✓ person with a mental illness / mental health condition
X lunatic	
X committed suicide	→ ✓ died by suicide / lost by suicide
X homeless person	→ ✓ person experiencing homelessness
X hobo, bum, transient	→ ✓ person who is homeless
X the homeless	→ ✓ those that are homeless
X felon, convict	→ ✓ returning citizen

When in doubt, use **person-first language**. Put the person first, then their condition or experience. This change shows that the person *has* a problem, rather than *is* the problem.

## Stories from North Idaho

The following pages contain stories of recovery from eight north Idaho residents who live or have lived with mental illness, substance use, or homelessness.

"[The purpose of] this campaign is to humanize people that can be stigmatized/dehumanized. It is important to recognize what we are to others...that we are valuable, dear, and are loved."

- **Clark**, Supportive Mental Health Specialist and Case Manager at St. Vincent de Paul of North Idaho, Call Me Campaign participant

# Clark's Story



## **What words describe you best? What do you want others to call you?**

Resilient. Community leader. Mental health professional. Facing a mental health condition.

## **Why are those words important to you?**

As this campaign is to humanize people that can be stigmatized/dehumanized, it is important to recognize what we are to others... that we are valuable, dear, and are loved.

## **Tell me your story. Where did you start and how did you get to where you are now?**

I have 4 parents so to say. Loving parents and stepparents. I have healthy relationships with all of them. I reach out to them and have meaningful regular conversations. They love me and I love them.

I have two brothers, one older and one younger. I am a bit of a family "peacemaker" as middle children can be. I value my relationships with my brothers and strive to have a healthy and supportive relationship with each of them. Just because I have a mental health

challenge does not mean that I am the one who needs to be "fixed" or is out of balance. I strive to be helpful to them and can be counted on for support as well. I am often "a voice of reason".

I am an uncle to two nieces and two nephews who are all happy, healthy, and thriving in their own way. My niece Kaia is a sophomore at Lewis and Clark College in Portland. She is becoming fluent in Spanish, and Arabic and is inspired to be an ambassador. I have no doubt she will be a bit of a world changer. My nephew Chip is a sophomore at the University of Colorado, Denver. He is extremely creative and artistic. My niece Charlotte is a junior at Ida B. Wells High School in Portland. She is a basketball and cross country star and has accepted a scholarship to play basketball at the University of Tulsa. My nephew Quinn is a

**"Just because I have a mental health challenge does not mean that I am the one who needs to be 'fixed' or is out of balance."**

sophomore at Ida B. Wells High School. He recently joined the football team which has been a dream for him. I am proud of all of them.

I was certain in high school and college I would marry and have children. That was the path that I was on. Being a father was intuitive. I'd say that having a bipolar condition and the challenges that it presents have changed that trajectory. That being said, by not having children, I have been able to contribute to the lives of my friends and their children, and of course contributing as an uncle. I have also participated in numerous young people's lives as a counselor and mentor. There was a point in my life where there was a "letting go" over the loss of being a father. All the same, it is nice not having that level of responsibility and have the time and space to do other things. Living with a mental health challenge is somewhat of a part-time job in staying balanced. Being woken up in the middle of the night would be very hard on my mental health. Having more time and space to contribute and serve the community is also a blessing.

I have always had the capacity to be a supportive and reliable friend. I maintain a circle of close friends that understand my challenges and

**"Living with a mental health challenge is somewhat of a part-time job in staying balanced."**

I understand theirs. It is a give and take. There are times that I need more extensive support. I get sensitive to that because I want to contribute and be an asset. I want to be counted on.

After graduating from the University of Colorado, Boulder, I wanted to see and understand more of the world and provide assistance in developing countries. I joined the Peace Corps and volunteered in Sierra Leone in 1993. In 1994 the Peace Corps evacuated due to a brutal war that ended up enveloping the entire country. I endured heartbreak and came home with what is best described as a neurological injury from exposure to the anti-malaria drug mefloquine. I had my first psychotic episode as a result. This is exasperating, as the mental health system diagnoses and treats with often boundless use of psychotropic drugs based on patterns of behavior vs. looking at causal roots and neurological repair.

*Continued on next page.*



I believe the mental health and psychiatric field is out of balance with the often sole reliance on psychotropic medication that can have devastating long-term impacts on one's health. I have taken a more comprehensive and harm reduction approach to treat my condition through medication, hydration, diet, exercise, and supplementation. This has resulted in a higher quality of life.

In April 2013 I had a very extensive psychiatric break that eventually resulted in criminal charges. The circumstance surrounding the episode exposed lapses in the mental health system as there was a strong effort to get emergency mental health care. After spending 202 days in Kootenai County Jail, I was fortunate to get into the Kootenai County Mental Health Court. This opportunity saved my life in many ways. I was able to accept care from mental health

**Definition: Mental Health Court**

*"Mental Health Courts hear criminal cases related to nonviolent offenses committed by people who are mentally ill and have a drug or alcohol problem. The courts' goal is to treat the underlying mental illness to prevent continued criminal behaviors."*

[Learn more.](#)

professionals and develop strong support systems using formal and informal supports. Mental Health Court also put me on the path of contributing and serving the community as well as affirming my faith.

Having such an extreme incident and the subsequent criminal charges was devastating. Like many people who face pervasive mental health issues, I lost many things over the years including a long-term relationship, a solid job, and a beautiful home. I was not sure how I would get my life back. I did not know where I would live or how I would support myself. My first residence was at Trinity Group Homes where I resided for 6 months. Bob Runke, the former Director of Trinity Group Homes, was a big support in getting me housed, reestablished, and plugged into the community at St. Luke's Episcopal Church. Bob helped me formulate the St. Luke's Community Bike project which strives to link people in recovery with reliable bike transportation. This project is still in existence after 7 years. Bob has been a mentor for nearly 8 years now.

In June 2015 I graduated from Mental Health Court, found my own apartment, and was hired as the "Life Skills Coordinator" with Trinity Group Homes, Inc. Things

shifted pretty rapidly over the next few months as Trinity Group Homes, Inc. merged with St. Vincent de Paul of North Idaho in November 2015. By December I was named the Director of the Trinity Group Homes Program.

**Learn more about  
Housing Resources in  
Region 1 on page 23.**

I have now lived in my apartment for 6 years. I am the current President of NAMI Coeur d'Alene, the Vice President of the Kootenai Recovery and Community Center, and I serve on the vestry at St. Luke's. My close friend and colleague Donna Brundage has inspired and supported me in getting more deeply involved. My life seems to have more purpose than ever. I am happy and fulfilled. Career-wise, I want to continue with St. Vincent de Paul until it is time to shift back into being a licensed mental health clinician. Working for a non-profit and helping to safely house over 50 people with mental health challenges in a semi-independent environment is both fulfilling and difficult. I have a unique perspective as a person living with his own mental health condition and know what it takes to recover

and sustain vibrant health both physically, emotionally, mentally, and spiritually. The mental health field needs professionals who are in recovery themselves and know both the strengths and weaknesses of the mental health system.

**What is your profession or what you aspire to be?**

It was clear from High School that I wanted to be in the "helping profession." Inspired by the work of the youth director and his wife at church, as well as an awesome swim coach, I wanted to help mentor and support young people.

**"I want to continue to be a voice and advocate recognizing patient rights and providing insight into developing a more long-term life-sustaining comprehensive treatment model for those that are in the mental health system and are looking for optimal health."**

*Continued on page 10.*



Call me:

"resilient"

"community leader"

"mental health  
professional"

"person with a  
mental health  
condition"

Don't call me "CRAZY"

Change your language. Change a life.



I declared a major in psychology in college and ended up with a double major in psychology and communication. I worked in numerous settings including group homes, a wilderness camp, and community-based social service agencies as a PSR working. In 2005 I got my master's degree in counseling psychology. By 2008, I was a Licensed Clinical Professional Counselor and was the lead clinician at a mental health agency.

Currently, I am a Supportive Mental Health Specialist and Case Manager at St. Vincent de Paul, of North Idaho. I help run the Trinity Group Homes Program which houses over 50 adults living with pervasive mental health challenges in a semi-independent environment. My goal is to get back into professional practice as a licensed clinician. Many mental health professionals do not have direct life experience in living with a pervasive mental health condition nor have they had to be a patient/ consumer within the system. I want to continue to be a voice and advocate recognizing patient rights and providing insight into developing a more long-term life-sustaining comprehensive treatment model for those that are in the mental health system and are looking for optimal health.

### **What you hope others will learn from your story?**

I hope others can see that persons with a mental health challenge, a substance use disorder, or those that experience homelessness, are human beings and are citizens of the community. It is easy to label and ostracize us. We are valuable and can contribute. Nobody knows what we have gone through. What has happened is not "all our fault" nor was it a simple "choice."

### **How do you help others?**

Helping others starts with self-care. I cannot help if I am not healthy. Bi-polar disorder is a sleep disorder in many ways. Maintaining "sleep hygiene" is key. Daily exercise and getting outside increases serotonin and contributes to sleeping at night. Medications are an important part of the routine at night as well as maintaining sleep and waking patterns. Psychotropic medications are also depleting and need remedying with good hydration, clean water, healthy food, minerals, pro-biotics, vitamin D, and B vitamins. There is a balance between working, serving, and taking "downtime."

My own experience with the legal system and mental health system is a foundation for helping others get

through extreme circumstances, find meaning, and getting their lives back.

### **What are some resources, people, or items that are helping or helped you on your journey?**

Close friends and family support has been key. When my life was at a very low point in 2013, I had extensive support from friends and family. I spent most of my time during incarceration isolated in my own cell. Letters, books, and video visits were lifelines. Friends showed up at every pretrial conference. At the sentencing hearing, friends and family ranging from the age of 8 to 85 showed up and filled the court room. I would not have gotten through what I did without their love, care, support, and prayers. I am really lucky to have grown up in a loving home, an engaged extended family including wonderful grandparents, aunts and uncles, and a growing up in a healthy environment with good schools, resources, and access to affordable higher education. •

## Michael's Story



### **What words describe you best? What do you want others to call you?**

Father, friend, and ally.

### **Why are those words important to you?**

I am a father of 2 young adults. This was the best thing that ever happened to me.

I am a reliable and considerate friend.

I am an ally because some people need advocacy and support.

### **Tell me your story. Where did you start and how did you get to where you are now?**

I was homeless and living outside for a long time with a mental health disability. Mental Health Court was a big boost. I was apprehensive at first. As I look

*1,173 individuals were homeless in Region 1 in 2020.*

- [State of Homelessness in Idaho](#)

*Continued on page 12.*



Call me:

"friend"

"father"

"ally"

"person who  
experienced  
homelessness"

Don't call me "DIRTY"  
Change your language. Change a life.





**"Others can learn from me that you do not have to stay stuck forever and there is a way out. Your life can get better."**

back, it had a positive impact on my life. I have been safely housed going on 5 years and have stayed stable and sober. I am on a medication that has helped me as well. My mind is working much better.

I have regular communication with my kids and am a supportive father.

**What you do as a profession? Or you aspire to be?**

I am an electrician and an auto body technician as a painter. At this stage in the game, I just want to stay healthy, and I am comfortable with where I am in

Learn more about **Employment Resources in Region 1** on page 25 and **Housing Resources** on page 23.

life right now. I stay physically active. I am in good physical and mental health.

**What you hope others will learn from your story?**

The biggest thing for me is that my kids know from my experience how to avoid pitfalls. Others can learn from me that you do not have to stay stuck forever and there is a way out. Your life can get better.

**How can you help others?**

By being a voice and telling my story.

**What are some resources, people, or items that are helping or helped you on your journey?**

Kootenai County Mental Health Court as I mentioned was a tremendous help.

**What advice would you give to others struggling?**

Stay sober and get healthy peer supports. Stay connected. •

# Lisa's Story



**What words describe you best? What do you want others to call you?**

Grateful, Passionate, Integrity. I would like to be called a person in long term recovery.

**Why are those words important to you?**

I am grateful for my life in recovery. I have a very strong passion for helping others with SUD. Integrity means to me "doing the right thing when no one is looking!"

**Tell me your story. Where did you start and how did you get to where you are now?**

My story starts at the age of 12 years old. I started drinking when my parents would have parties, I would sneak drinks and I liked the feeling it gave me. This continued for many years.

*In Idaho, 15% of high school students starting drinking before the age of 13.*

- [2019 Idaho Youth Risk Behavior Survey](#)

I started my drug use at the age of 16 years old. My drug of choice at that time was cocaine. Then I started using crank at the age of 17. Then I found crystal meth. I used crystal meth for many many years and I was still drinking almost every day. The total use of drugs were 30 years all together and I drank for 38 years.

**Definition: Types of drugs**

**Opioid:** family of drugs that can cause drowsiness, feelings of euphoria, or relieve pain; e.g. hydrocodone, oxycodone, codeine, morphine, heroin and fentanyl

**Stimulant:** type of drug that heightens or speeds up the brain and body; e.g. cocaine, methamphetamine (crank, crystal meth), amphetamines.

**Depressant:** type of drug that decreases or slows down the brain and body; e.g. barbiturates, benzodiazepines (Valium, Xanax), alcohol.

I had trauma when I was 7 years old. I found at age 12 that drinking alcohol made me feel better. I was put into mental health assistance at the age of 14. I am a child of a police officer that is now retired. As an adolescent I was out of control in my parents eyes. I was diagnosed with major depression and severe anxiety and panic disorder. I was

*Continued on next page.*

medicated at that time. Off and on through my life I have been on and off my medications so I would self-medicate.

**Definition: Self-medicate**

*The use of substances chosen by individuals to treat or cope with mental health conditions or symptoms; using unprescribed substances or using substances in a way that was not prescribed.*

I have a lot of trauma in my life. I lost an 8 month old baby and that sent me into a tail spin, spinning out of control. I had my son at the age of 25. My son still has not dealt with that loss. It has been 16 years since my son passed at 8 months old. I started some trauma counseling after about 9 months after his death. It seemed to help. I still was using. I have been in counseling off and on in my journey of life.

I had a very abusive relationship. I called a crisis line for domestic violence and they suggested I leave when he was gone at work so I did. I was safe for a few weeks and then he found me. He kicked in the door and drug me out of my apartment by my hair. My son jumped on his back and was thrown off and landed on the pavement. He drug me to his car and put me in the trunk and drove

off. There were nine 911 calls from the other tenants. The first thing he said to me when I was in the trunk is “you’re going to die.” While was in the trunk I could hear police sirens, a lot of them. Then suddenly I heard the tires pop and I knew I was not going to die. I was pretty beat up so I was put in the hospital for several days.

Shortly after that my use went out of control! I then called my parents and moved to Idaho 13 years ago. I moved here because the man that abused me was sentenced to 8 years in prison in California. His family came after

**"I am very, very grateful today for the journey that I went through...Today I am a very blessed woman! Recovery IS possible!"**

me, which led to more trauma. I thought to myself that if I moved, 1) I will be safe, and 2) I would finally be able to get sober. Moving did not help me get sober but I was safe. I found crystal meth 8 months after moving to Idaho. Then my use picked right

back up but more severe.

This might sound a little weird but it took me having a major car wreck to start my recovery journey. I went off a cliff 250 feet down a steep mountain. I was drunk and high. Finally someone driving on that dirt road saw my head lights and stopped and yelled down to me! I was screaming help! When the police arrived they had to call the fire department and ambulance. They had to cut a trail to get to me and strap me to a flat long board. They could not use the same path they used to get to me, so they then had to cut an exit path. It took 9 people to get me up this very steep mountain. The ambulance took me to our ER in my town and they then sent me to a much bigger hospital. I was drunk and high at that time. I had internal bleeding and need a plastic surgeon was called in to fix my face. I was in the hospital for a few days. I broke my leg, arm and 4 ribs. I had staples in my face for several weeks. So after this happened I was able to drive my old car because mine was totaled. I then used again and did not stop for 1 more month, wrecking 3 more times. I was sentenced to intensive outpatient and drug court. It took me a year in treatment and Alcoholics Anonymous to finally realize I

**Definition: Peer Recovery Coach**

*"A personal guide and mentor for people seeking recovery or in recovery... helps to remove barriers and obstacles, linking the recovering person to the recovery community"*

[Learn more.](#)

have a problem with alcohol and drugs.

When I was done with treatment I then volunteered at the recovery center in Lewiston, Idaho. I was trained as a volunteer. I found that helping people with SUD became my passion! I went on to take the Recovery Coach training. I am now the Director of Operations at Kootenai Recovery Community Center and a CPRC (Certified Peer Recovery Coach).

I am very, very grateful today for the journey that I went through. Here at Kootenai Recovery Community Center we are a non-profit organization and all the services we offer are FREE of charge! I get to share my journey of SUD and it helps my clients to know they are NOT alone in their journey of recovery. I am there **BIGGEST CHEERLEADER!** Today I am a very blessed woman! Recovery IS possible!

*Continued on page 15.*

Call me:

"passionate"

"aunt"

"coach"

"person in  
long-term  
recovery"

Don't call me "ADDICT"  
Change your language. Change a life.





**What is your profession or what you aspire to be?**

I am the Director of Operations and a CPRC at Kootenai Recovery Community Center in Coeur d'Alene. We are always here to help!

**What you hope others will learn from your story?**

Miracles do happen! You are not alone!

**How can you help others?**

By sharing my story of 30 years of methamphetamine use.

**What are some resources, people, or items that are helping or helped you on your journey?**

Getting arrested and almost dying! I was then mandated to do intensive outpatient treatment. I was in treatment for 2 1/2 years and was on probation for 5 years. I went to a woman's recovery retreat in Cottonwood, Idaho for a weekend and at that retreat the light came on in my heart and soul. At that moment I knew that I needed to get sober or I was going to die!

I got involved in AA meetings and got a sponsor with a lot of years. In the program of Alcoholics Anonymous people with a lot of

years of sobriety are called "old timers." My sponsor now has 43 years of long term sobriety! She has been my sponsor for 7 years and she is still my sponsor. In the beginning of my recovery journey I thought I was not an alcoholic or addict! I came to terms with the alcohol part but not the methamphetamines. My first year in treatment I was in and out of jail, and at that time I figured out that yes I have a substance use disorder also! Addiction is not a choice it is a disease! Learning to reach out when I'm struggling was the best help for me and reaching out to the right people! It's ok to ask for help!

**What advice would you give to others struggling?**

PLEASE reach out to someone! There is help available.

Reaching out for help sometimes is the hardest thing to do! Just know you are not alone in your journey. I know I felt like I was all alone but I reached out finally and started my recovery journey. •

Find a list of community organizations and support groups on page 21.

**Ben Blessed's Story**



**What words describe you best? What do you want others to call you?**

Housed. Sober. Employed. Mentor.

**Tell me your story. Where did you start and how did you get to where you are now?**

I grew up in Priest River, Idaho. I was homeless, in and out of prison, and in 2010, I was sent to the Region One State Hospital in Orofino following a suicide attempt. From there, I went to live in a clean and sober house. After about six months, I was accepted into St Vincent De Paul's (SVDP) Angel Arms program. Since my release from the State hospital, I attended community-based SUD groups and did outpatient counseling at Restored Paths. I now have my own apartment and a full-time job.

**What is your profession or what you aspire to be?**

I am currently working at SVDP Maintenance Department.

**What you hope others will learn from your story?**

If you really want something, you can get it – you have to walk the walk. Drugs and alcohol kept me homeless for 25 years. Once I was off drugs and alcohol, my life took a complete 360. It was not an easy road, but very worth it. You are not alone!

**"If you really want something, you can get it – you have to walk the walk."**

**How can you help others?**

Lead them to what worked for me.

**What are some resources, people, or items that are helping or helped you on your journey?**

SVDP, Harger House – a clubhouse for people with disabilities, meeting with people with same and like symptoms, Port of Hope, and Restored Paths. All of the community-based support groups. I would go to several meetings a day for 2.5 to 3 years until my confidence in myself reached the point where I needed less support. •



Call me:

"mentor"

"sober"

"employed"

"housed"

"person who  
experienced  
homelessness"

Don't call me "DIRTY"  
Change your language. Change a life.



# Annie's Story



## What words describe you best? What do you want others to call you?

Wife, mother, friend. Social worker. Student. Person with a substance use disorder.

## Why are those words important to you?

I have been blessed with an amazing life today, beyond what I expected would happen when getting sober. Today I have phenomenal relationships with my kids that I thought were damaged beyond repair. My husband and I have a near perfect marriage. Today, I have begun my career as a social worker, in hopes to help others out of the trenches of addiction and hopelessness. I have an opportunity to give back to my community. Today I am in my last semester of college at Lewis & Clark State College with a 4.0 GPA and a major in social work. Thanks to sobriety, I get to continue my academia and begin my master's degree this summer. I actively participate in community events and my 12-step program. I get to help other women who want to get sober. I am a functioning

member of society today that consists of a life rich with hope.

## Tell me your story. Where did you start and how did you get to where you are now?

Struggling single mom of three, survivor of child abuse & trauma. I began using some just after high school. At 21 I began to drink regularly, and in between pregnancies. I tried to quit without success many times. I would take pills or use other substances to help me stop drinking. Or I would start drinking again, to help me get off opioids or meth. My entire world revolved around what substances I could get. My ability to function was null without alcohol and drugs. I lost everything repeatedly because of my relationship with drugs and alcohol. My life was chaotic and hopeless.

**"I have been blessed with an amazing life today, beyond what I expected would happen when getting sober."**

After a relapse in 2014, I began to watch myself falling again. I saw myself losing my husband, my children and employment opportunities. I was hopeless again. Chaotic. At one point, I thought about ending my life, thinking I would never be able to "get it together." My husband offered some hope and rehab. I took it. I surrendered. And I have not looked back.

Today I am a student, happily married (to Scott Parker), case manager for a non-profit agency, active member of a 12-step program, fulfilling my dreams! I wake up and read specific readings out of a 12-step recovery book. I meditate at least 15 minutes (I try for more) and pray afterwards. I then enjoy the quiet if I can and then start my day. I then travel to work as a case manager at St Vincent de Paul of North Idaho and go to work there everyday now. I am finishing my last semester at Lewis & Clark State College and attend my classes weekly. At night, I enjoy my family and cook dinner. I end my evenings with some daily reflections and some quality time with my husband.

## What is your profession or what you aspire to be?

Social Worker. I am most proud

**"And remember, you can't heal relationships and fix the damage you've done in one day. It's a process. And it takes time. But there is hope."**

of my decision to go back to college. I am also proud of the accomplishments I have made during school. My goal is to continue learning. Learn as much as I can. Another goal of mine is to stay willing. If I stay willing, I can do anything.

## What you hope others will learn from your story?

I hope others will know that it's never too late to get sober. It may seem hopeless right now but by reaching out, you will see that there are MANY other people just like you that want to help you. There are SO many of us that struggle to reach out. And remember, you can't heal relationships and fix the damage you've done in one day. It's a process. And it takes time. But there is hope. There is light at the end of the tunnel. Just remember



Call me:

"wife, mother,  
friend"

"social worker"

"student"

"person with a  
substance use  
disorder"

Don't call me "ADDICT"  
Change your language. Change a life.



the program that I went through. I make amends when needed. I journal. I talk reach out for help when I need it and I don't try to do everything in one day. •

## Short Stories

### Barbara

**What words describe you best?  
What do you want others to call you?**

Smart, funny, and happy.

**Why are those words important to you?**

That's who I am.

**Tell me your story. Where did you start and where are you now?**

I did drugs, and it ruined my life. I had to give up my child. I regret it every day.

**What you hope others will learn from your story?**

I hope others learn to say no to drugs.

**How can you help others?**

Be an example of what not to do.

**What are resources/people/items that help or helped on your journey?**

The State.

**What advice would you give to others struggling?**

Don't wait, get help now.

### Dominic

**What words describe you best?  
What do you want others to call you?**

I am an artist.

**Why are those words important to you?**

It's what I enjoy.

**Tell me your story. Where did you start and where are you now?**

I made some bad choices when drinking and I went to jail. I graduated from Mental Health Court.

**What you do as a profession? Or you aspire to be?**

An artist.

**What you hope others will learn from your story?**

They can overcome their problems.

**How can you help others?**

Do not drink to self-medicate.

**What are resources/people/items that help or helped on your journey?**

Mental Health Court training.

**What advice would you give to others struggling?**

Drinking causes you to make bad decisions so do not drink.

### Kevin

**What words describe you best?  
What do you want others to call you?**

Smart, different, and funny.

**Why are those words important to you?**

Because I am more than my illness.

**What you hope others will learn from your story?**

To keep trying to do the best they can.

**How can you help others?**

I can encourage people to try.

**What are resources/people/items that help or helped on your journey?**

My family.

**What advice would you give to others struggling?**

Write your story out and share it with others.

### Lori

**What words describe you best?  
What do you want others to call you?**

I am a survivor.

**Why are those words important to you?**

It tells my story.

**Tell me your story. Where did you start and where are you now?**

I had a brain surgery to stop my seizures. It changed me. I started drinking when my husband was gone and then we got divorced.

**What you do as a profession? Or you aspire to be?**

Happy.

**What you hope others will learn from your story?**

Do not start drinking.

**How can you help others?**

Encourage others to keep trying.

**What are resources/people/items that help or helped on your journey?**

A.A.

**What advice would you give to others struggling?**

Ask for help.

# Mental Health, Substance Use, and Homelessness Resources in North Idaho

Resource Directory & Map .....	21
Housing Resources .....	23
How You Can Help .....	24
Employment Resources .....	25
North Idaho Connections Guide .....	26

# Resources

## Resource Map

Use this QR code or click here to visit Panhandle Health District's [Resource Map](#).

Find listings for substance use and mental health treatment, pharmacies that dispense naloxone, housing and employment resources, and more.

More information and a key is available on the next page.



## Additional Data & Resources

### Mental Health:

[Mental Health by the Numbers](#) - National Alliance on Mental Illness (NAMI)

[Prevalence of Mental Illness 2020](#) - Mental Health America

### Substance Use:

[National Survey on Drug Use and Health \(NSDUH\) Guide](#) - SAMHSA

[National Survey on Drug Use and Health \(NSDUH\) Presentation](#) - SAMHSA

### Homelessness & Housing:

[Current Statistics on the Prevalence and Characteristics of People Experiencing Homelessness in the United States](#) - Substance Abuse and Mental Health Administration (SAMHSA)

[The State of Homelessness in America](#) - The Council of Economic Advisors, Executive Office of the President of the United States

[Homelessness in America: Overview of Data & Causes](#) - National Law Center on Homelessness & Poverty

[Housing Needs by State - Idaho](#): National Low Income Housing Coalition

[State of Homelessness in Idaho](#): Idaho Housing & Finance Association

## Region 1 Resource Directory



### Table of Contents

Disabilities/Special Needs.....	1-2
Domestic Violence & Sexual Assault.....	3-4
Education.....	4-6
Employment/Temporary Employment.....	6
Family Services.....	7-10
Food Banks.....	11-13
General Assistance.....	13-15
Healthcare.....	15-18
Dental.....	18-19
Housing.....	19-20
Legal.....	21
Meal Sites.....	22-23
Mental Health.....	24-26
Senior Services.....	26-30
Senior Meal Sites.....	30-33
Shelter.....	33-34
Substance Abuse.....	34-36
Suicide.....	37
Transportation.....	38-39
Tribal.....	38-39
Veteran's Services.....	39-40

Download the [Region 1 Resource Directory](#), created by St. Vincent de Paul's of North Idaho, to find additional resources.

## Community Organizations

[Angels Over Sandpoint](#)

[CDAIDE](#)

[Community Resource EnVision Center](#)

[Kaleidoscope Community Services](#)

[Kootenai Recovery Community Center](#)

[NAMI Coeur d'Alene Support Groups](#)

[North Idaho AIDS Coalition \(NIAC\)](#)

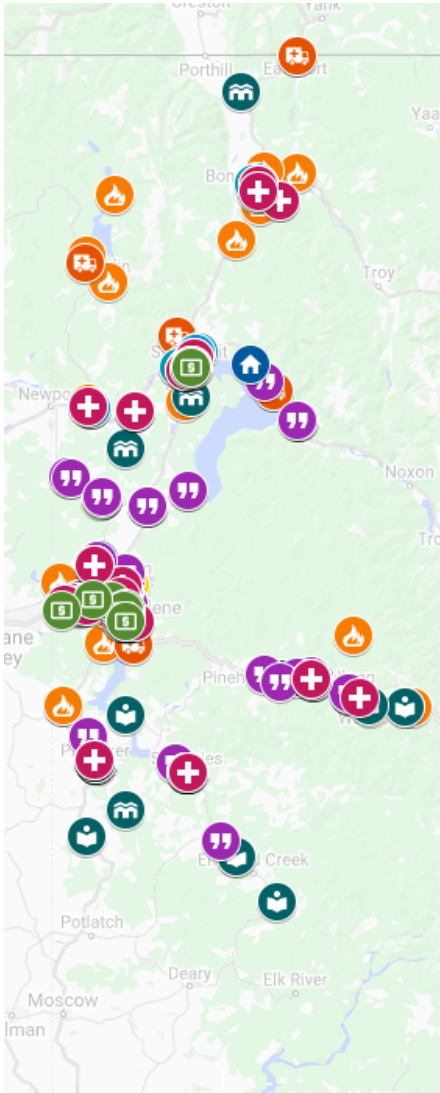
[The Phoenix](#)

[St. Vincent de Paul of North Idaho](#)
















# Northern Idaho Substance Use Resource Map

## Key & Guide



This map was created to help residents of northern Idaho find substance use treatment, support groups, employment and housing resources, and more. This map includes Boundary, Bonner, Kootenai, Benewah, and Shoshone counties.

### Key

-  Food Assistance (Pantries & Meals)
-  Employment Resources
-  Libraries
-  Colleges & Universities
-  Community Centers
-  Panhandle Health District Locations
-  Community Organizations
-  Public Transportation
-  Housing Resources (Shelters, Temporary Housing, etc.)
-  Treatment for Substance Use
-  Medication for Opioid Use Disorder
-  Emergency Psychiatric Treatment
-  Emergency Medical Services
-  Fire Departments
-  Police Departments
-  Peer Support Services & Recovery Coaching
-  Support Groups (NA, AA, Al-Anon, etc.)

For additional resources, visit [northidahoconnections.org](http://northidahoconnections.org).

Crisis lines:

**North Idaho Crisis Center:** 208-625-4884

**Ambitions of Idaho Crisis Line:** 208-699-9382

**Idaho Care Line:** 2-1-1

**National Suicide Prevention Hotline:** 1-800-273-TALK

**Medical Emergency:** 9-1-1

Last updated January 2021. Please email [kkershaw@phd1.idaho.gov](mailto:kkershaw@phd1.idaho.gov) with any questions or concerns about the information on this map.

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**Public Health**  
Prevent. Promote. Protect.  
**Panhandle Health District**



# Housing Resources in Region 1

Last updated June 2021.

## Coeur d'Alene

### Family Promise of North Idaho

501 E Wallace Ave  
Coeur d' Alene, ID 83814  
*Family & Children*

[www.familypromiseni.org](http://www.familypromiseni.org)

**Contact:**

(208) 777-4190  
info@mountainmgmt.com

### Mountain Top - Medina St.

1812 N Medina Rd,  
Coeur d'Alene, ID 83814  
*Men Only / No SOs*

1<sup>st</sup> Month's Rent: \$650  
2<sup>nd</sup> Month's Rent: \$600

[www.mountainmgmt.com](http://www.mountainmgmt.com)

**Contact:** Alyia Rushing  
(208) 770-9746

info@mountainmgmt.com

### Mountain Top - Woosley Ct.

1075 Woosley Ct. Unit A/B  
Coeur d' Alene, ID 83815  
*Men Only / No SOs*

1<sup>st</sup> Month's Rent: \$650  
2<sup>nd</sup> Month's Rent: \$600

[www.mountainmgmt.com](http://www.mountainmgmt.com)

**Contact:** Alyia Rushing  
(208) 770-9746

info@mountainmgmt.com

### Serenity House

1215 N 1st St, Coeur d'Alene, ID 83815  
*Men Only / No SOs*

1<sup>st</sup> Month's Rent: \$500  
2<sup>nd</sup> Month's Rent: \$375

**Contact:** Jordan Washington  
(208) 660-2482  
mrjboworthington@gmail.com

### St. Vincent de Paul Men's Shelter

108 E Walnut Ave,  
Coeur d'Alene, ID 83814  
*Men Only / No SOs / Short Term*

1<sup>st</sup> Month's Rent: n/a  
2<sup>nd</sup> Month's Rent: n/a

[stvincentedepaulnorthidaho.org](http://stvincentedepaulnorthidaho.org)

**Contact:** (208) 765-4741 ext. 363

### St. Vincent de Paul Women & Children's Shelter

1321 N 1st St, Coeur d'Alene, ID 83814  
*Women & Children / No SOs / Short Term*

1<sup>st</sup> Month's Rent: n/a  
2<sup>nd</sup> Month's Rent: n/a

[stvincentedepaulnorthidaho.org](http://stvincentedepaulnorthidaho.org)

**Contact:** (208) 765-4741 ext. 363

## Hayden

### Harvest House

10872 N Gouvernement Way,  
Hayden, ID 83835  
*Men Only / No SOs*

1<sup>st</sup> Month's Rent: \$400  
2<sup>nd</sup> Month's Rent: \$400

**Contact:** Brian Bassett  
(208) 819-4633  
brian.bassett@247reset.org

### Hope House

1418 E Burnham Ave, Hayden, ID 83835  
*Women Only / No SOs*

1<sup>st</sup> Month's Rent: \$450  
2<sup>nd</sup> Month's Rent: \$400

**Contact:** Brian Bassett  
(208) 819-4633  
brian.bassett@247reset.org

### Lazarus House

8809 N Chateaux Dr, Hayden, ID 83835  
*Christian Men Only / No SOs*

1<sup>st</sup> Month's Rent: \$450  
2<sup>nd</sup> Month's Rent: \$350

**Contact:** Neal McClellan  
(208) 699-7478  
nealmcclellan@yahoo.com

### Lazarus House

8809 N Reed Dr, Hayden, ID 83835  
*Christian Men Only / No SOs*

1<sup>st</sup> Month's Rent: \$450  
2<sup>nd</sup> Month's Rent: \$350

**Contact:** Neal McClellan  
(208) 699-7478  
nealmcclellan@yahoo.com

### New Horizons Hayden

1302 W Hayden Ave, Hayden, ID 83835  
*Men Only / No SOs*

1<sup>st</sup> Month's Rent: \$500  
2<sup>nd</sup> Month's Rent: \$400

[www.newhorizonsidaho.com](http://www.newhorizonsidaho.com)

**Contact:** Cameron Luna  
(208) 820-4210  
cameron@newhorizonsidaho.com

## Post Falls

### Absolute Surrender

1831 N Cecil Rd, Post Falls, ID 83854  
*Men Only / No Significant Others (SO)*

1<sup>st</sup> Month's Rent: \$525  
2<sup>nd</sup> Month's Rent: \$500

**Contact:** Tonya Estes  
(208) 964-2345  
absolutesurrenderllc@gmail.com

## Housing Resources in Region 1, continued.

### Mountain Top - Cecil St.

1755 N Cecil Rd, Post Falls, ID 83854  
*Men Only / No SOs*

1<sup>st</sup> Month's Rent: \$650  
2<sup>nd</sup> Month's Rent: \$600

[www.mountainmgmt.com](http://www.mountainmgmt.com)

**Contact:** Alyia Rushing  
(208) 770-9746  
info@mountainmgmt.com

### Mountain Top - Megan St.

615 N Megan St, Post Falls, ID 83854  
*Women Only / No SOs*

1<sup>st</sup> Month's Rent: \$550  
2<sup>nd</sup> Month's Rent: \$450

[www.mountainmgmt.com](http://www.mountainmgmt.com)

**Contact:** Alyia Rushing  
(208) 770-9746  
info@mountainmgmt.com

## Ponderay / Sandpoint

### Blue Haven

330 S Florence Ave, Sandpoint, ID 83864  
*Families & Children Okay*

[www.bonnerhomelesstransitions.org](http://www.bonnerhomelesstransitions.org)

**Contact:** (208) 265-2952  
info@bonnerhomelesstransitions.org

### Trestle Creek / The Holland House

71 Freeman Ln, Hope, ID 83836  
*Families & Children Okay*

[www.bonnerhomelesstransitions.org](http://www.bonnerhomelesstransitions.org)

**Contact:** (208) 265-2952

### Bonner Gospel Mission Shelter

762 Triangle Dr, Ponderay, ID 83852  
*Men Only / No SOs*

1<sup>st</sup> Month's Rent: n/a  
2<sup>nd</sup> Month's Rent: n/a

[www.bonnergospelmission.org](http://www.bonnergospelmission.org)

**Contact:** Corky  
(208) 263-6698  
cameron@newhorizonsidaho.com

## Domestic Violence

[Priest River Ministries Advocates for Women](#)

[Safe Shelter](#) (Domestic Violence Survivors) - Safe Passage

## Online Resources

[Emergency Rent & Utility Assistance](#) - Idaho Housing & Finance Association

## How you can help your community:

- Volunteer with your local shelters, foodbanks, soup kitchen, etc. (See a list of community organizations on pg. 29.)
- Donate hygiene items and backpacks to shelters and your county sheriff's department.
- Promote and support sober events, such as Live Streamings from [The Phoenix](#).
- Educate yourself and peers on mental health. Check [Panhandle Health District's](#) free trainings like Mental Health First Aid or QPR.
- Become involved in the [Region 1 SPAN \(Suicide Prevention Action Network\)](#) that meets monthly at Panhandle Health District.
- Advocate for fair housing.
- Participate in local community events supporting recovery.

# Employment Resources

## Returning Citizens-Friendly Employers By Industry (Region 1)

### Food Service

Applebee's  
Baskin Robbins  
Buffalo Wild Wings  
Burger King  
Carls Jr  
Chili's  
Chipotle Mexican Grill  
Dairy Queen  
Denny's  
Domino's Pizza  
Five Guys Burgers and Fries  
Fred's  
IHOP  
Jack in the Box  
Jiffy Lube  
Jimmy Johns  
KFC  
Marco's Pizza  
McDonald's  
Olive Garden

Outback Steakhouse  
Panera Bread  
Papa Johns  
Papa Murphy's Pizza  
Pizza Hut  
Qdoba Mexican Eats  
Red Lobster  
Red Robin Burgers  
Sonic  
Starbucks  
Subway  
Taco Bell  
Texas Roadhouse  
Village Inn  
Wendy's  
Wingstop

### Automotive

Advanced Auto Parts  
Bridgestone  
Firestone Auto Care

### Grocery

Albertson's  
Costco  
Safeway

### Hospitality

Hilton Hotels  
Holiday Inn  
Marriott Hotels  
Wyndham Hotels

### Retail

Ace Hardware  
AT&T  
Bed Bath & Beyond  
Best Buy  
Dollar Tree  
Exxon Mobil  
Family Dollar  
Goodwill Industries  
Holiday Stations  
Home Depot  
Kohl's  
Lowe's  
Macy's  
PetSmart  
QuickTrip  
Target  
T-Mobile  
US Cellular  
Verizon  
Walgreens  
Walmart

## Idaho Division of Vocational Rehabilitation

Vocational Rehabilitation (VR) is a state-federal program whose goal is to assist people with disabilities prepare for, secure, retain or regain employment.

### Who is eligible for IDVR services?

Eligibility is based on having a documented disability (mental health, substance use disorder,

learning disability, and/or physical issues) which create a barrier to (gaining and/or maintaining) employment that requires IDVR services to prepare for, secure, retain, or regain employment, and can benefit from an employment outcome.

Visit [vr.idaho.gov](http://vr.idaho.gov) for more information.

### Region 1 Contact Information:

#### Coeur d' Alene Office

2025 W Park Place, Ste 101,  
Coeur d' Alene, ID 83814  
(208) 769-1440

#### Coeur d' Alene Corrections Office

202 E Anton Ave, Ste 100,  
Coeur d' Alene, ID 83815  
(208) 769-1444x221

#### Lake City Mental Health Office

2195 Ironwood Court  
Coeur d' Alene, ID 83814  
(208) 769-2763

#### Post Falls School to Work Transition Office

3327 Industrial Loop  
Coeur d' Alene, ID 83815  
(208) 769-1555

#### Panhandle School to Work Transition Office

102 S Euclid Ave, Ste 211  
Sandpoint, ID 83864  
(208) 263-2911

#### Sandpoint Office

102 S Euclid Ave, Ste 211,  
Sandpoint, ID 83864  
(208) 263-2911

## STEP BY STEP GUIDE:

# North Idaho Connections

North Idaho Connections is "a robust online search and referral platform for healthcare organizations, community partners, patients and family members to access up-to-date information about over 1000 community resources in northern Idaho. The platform also contains information about free and reduced services available across the nation."

Follow this easy step-by-step guide to sign up for and use the website to find resources in Region 1.

1

Sign up via email or text.

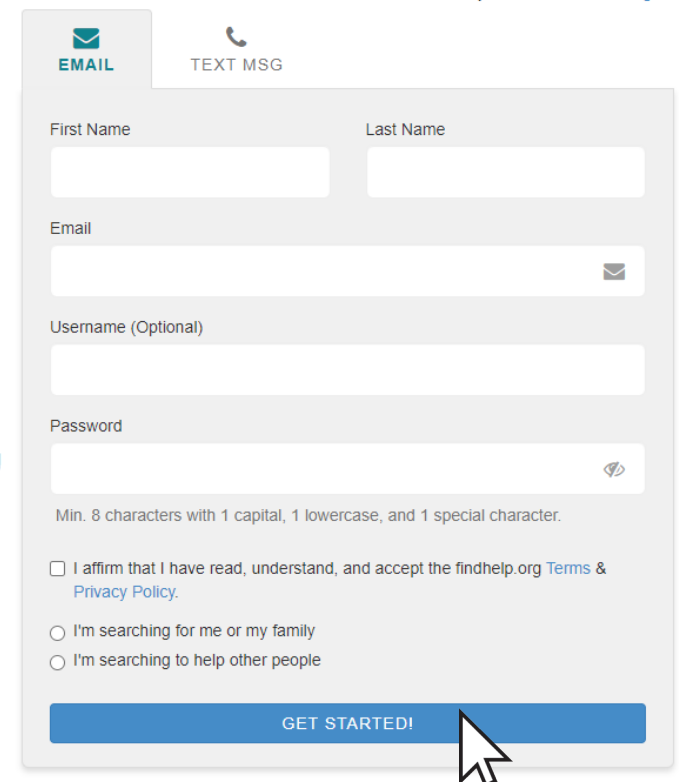
Visit [this website](#) and click Sign Up in the top right of the page to make an account.

### Reasons to sign up:

- ★ Save and share lists of your favorite programs
- 💬 Contact or refer directly to the programs you find
- 📄 Keep notes about programs and people you're helping

## Sign Up

Already have an account? [Log in!](#)



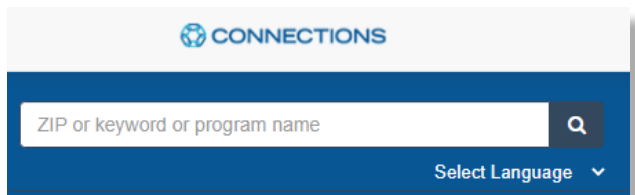
The screenshot shows a 'Sign Up' form with two tabs: 'EMAIL' (selected) and 'TEXT MSG'. The form includes fields for 'First Name', 'Last Name', 'Email', 'Username (Optional)', and 'Password'. Below the password field is a note: 'Min. 8 characters with 1 capital, 1 lowercase, and 1 special character.' There are three radio button options: 'I affirm that I have read, understand, and accept the findhelp.org Terms & Privacy Policy.', 'I'm searching for me or my family', and 'I'm searching to help other people'. A blue 'GET STARTED!' button is at the bottom, with a mouse cursor hovering over it.

2

Begin your search!

Search for services such as medical care, food, job training, and more.

Narrow your search by entering your ZIP code, keyword, or program name



You can also look for services by topic! For example...

- Food
- Money
- Housing
- Care
- Goods
- Education
- Transit
- Work
- Health
- Legal



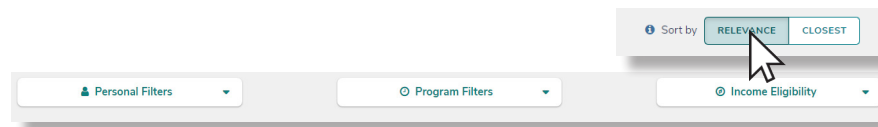
3

Narrow your search!

When searching for programs, you can filter results based on your needs. Filter results with personal, program, and income eligibility filters.

You can also sort programs based on relevance and distance.

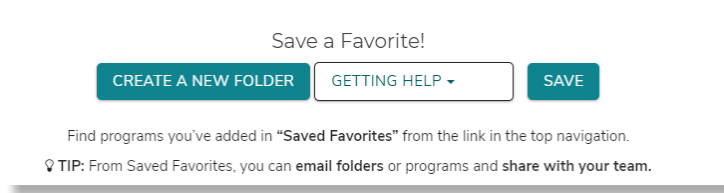
Filter programs by age group, veteran status, insurance status, disability, income, cost, language, urgency, location hours, and so many more!



4

Save programs and services that you are interested in!

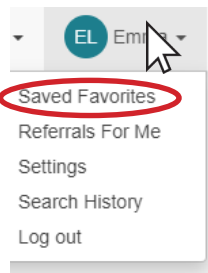
Click the "Save" Icon and make a folder. This is the only way to keep track of your favorited programs and services.



**5** Access your profile!

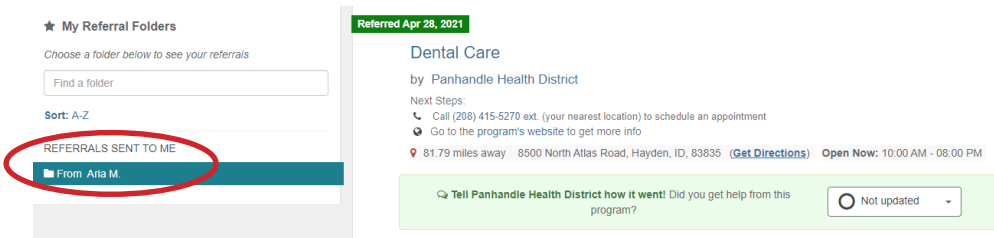
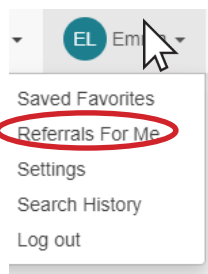
Review your account by clicking on your profile in the upper right hand corner.

Here you can see saved programs and existing referrals



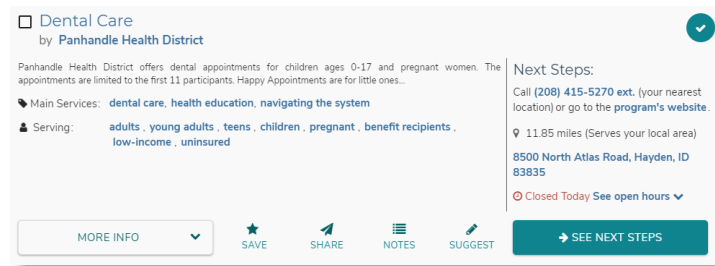
**6** Access referrals to programs in your profile!

Any referrals made for you will appear in your profile. Access the referrals by clicking on your profile in the upper right and corner.



**7** Helping someone else? Log a referral!

Want to refer a program to someone? Click "SEE NEXT STEPS" then click "LOG A REFERRAL"



To refer someone else you should have their name and email or phone number.

There is a comment section to describe your referral.

**Make your first connection today!**

**If you have any questions or see a listing that needs updating, please visit [www.northidahoconnections.org](http://www.northidahoconnections.org).**

## About the Region 1 Behavioral Health Board



Idaho Code 39-3132 establishes a Behavioral Health Board (BHB) in each Department of Health and Welfare region. The Mission of the Region 1 Behavioral Health Board is to advocate, educate, and ensure accessible care for those in need of Mental Health and Substance Abuse services, by developing and sustaining a network that promotes prevention and ready access to a full range of services.

**Thank you to our sponsors  
and community partners!**



*This campaign and resource guide was made possible by Grant Number NU17CE925017 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of, nor an endorsement by, the Centers for Disease Control & Prevention, Health and Human Services, or the U.S. Government.*

**Want to be featured in the Call Me Campaign? Have questions, concerns, or suggested revisions?** Please email [amangan@phd1.idaho.gov](mailto:amangan@phd1.idaho.gov).



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