

CENTRAL DISTRICT HEALTH DEPARTMENT

Elmore 520 E 8th Street N, Mountain Home, ID 208 587-4407
Ada 707 N Armstrong Place Boise, ID 208 375-5211
Valley 703 1st Street McCall, ID 208 634-7194
Visit us online at cdhd.idaho.gov

WIC Nutrition Education Program **208 587-4409**

Helps families by providing: healthy supplemental foods, nutrition education, help finding healthcare & other community services, breastfeeding info & support

Reproductive Health **Elmore: 208 587-4407**

STI/HIV Screening, Wellness exams, Teen vaccines (14-18), Family Planning/Birth Control, Breast/Cervical cancer screening, Pregnancy testing, Colposcopy

Immunizations **Elmore: 208 587-4407**

Ages 0-18; Sliding scale fees; Accepts Medicaid

Tobacco Cessation **208 327-8543**

Free help to stop tobacco use and life coping skills. Free classes & resources available.

First Teeth Matter **208 587-4407**

6 mo. to 3 years; Call for appt. Patients w/ Medicaid are covered; Insured or uninsured patients are \$20; Fluoride varnish, dental screening and oral health education.

IDAHO HEALTH & WELFARE / MEDICAID

2420 American Legion Blvd., Mountain Home, ID 83647
 1-208-587-9061 | Mon – Fri | 8AM – 5PM
<http://healthandwelfare.idaho.gov>

Children’s Health Insurance Program **208 587-9061**

Bureau of Vital Records and Health Statistics **208 334-5988**

Birth certificates. 450 West State Street Boise, ID 83702

Live Better Idaho Tool *Livebetteridaho.gov*

Assistance finder tool tailored to your needs.

Your Health Idaho **1 855-YH-IDAHO**

Mon - Fri, 8AM – 6PM *www.yourhealthidaho.org*

Idaho CareLine **2-1-1 or 800-926-2588**

HOUSING / RENT / UTILITIES ASSISTANCE

Temporary Assistance to Families (TAFI) **1 877 456-1233**

Temporary grant and work preparation services for families to help pay for food, clothing, shelter, & other essentials.

Idaho Housing and Finance Hotline **1 855 505-4700**

Resources for help w/ homelessness. Advice for homebuyers.
www.housingidaho.com

Low Income Home Energy Asst. Program **1 866 674-6327**

Help low income households make home heating more affordable, avoid disconnection of utility services during winter.

EL-ADA Community Action Partnership **208 587-8407**

www.eladacap.org – 585 N. 3rd E., Mountain Home, ID 83647

Southwestern Idaho Cooperative Housing Authority

Section 8 applications may be picked up at El-Ada.

FOOD ASSISTANCE

Supplemental Nutrition Assistance Program **877 456-1233**

Helps low-income families buy the food they need in order to stay healthy – Health & Welfare 2420 American Legion Blvd.

Summer Food Service Program

Ages 0-18; Call Idaho Care Line @ 2-1-1 for available site locations. Or Text “FOOD” or “COMIDA” to 877-877.

Mountain Home Farmer’s Market **208 587-3134**

Open May – Oct on Sat 8a-12p – Railroad Park Downtown.

Food Pantry Locations

www.idahofoodbank.org/locations - use locator tool
www.foodpantries.org/st/idaho - click on your city

DENTAL CARE

Clinics with Sliding Scale and accept Medicaid

Desert Sage Health Center **208 587-3988**

2280 American Legion Blvd, Mountain Home, ID 83647

Glenns Ferry Health Center **208 366-7416**

486 West First Avenue, Glenns Ferry, ID 83623

Valley Health Center **208 834-2929**

350 Main Street, Grand View, Idaho 83624

MEDICAL CARE

Prescription Assistance

Family Wize Prescriptions Savings *www.familywize.org*

Idaho Rx Card *www.idahorxcard.com*

Clinics

St. Luke’s Clinic – Trinity Mountain Medical **208 580-9814**

Family medicine, pediatrics, obstetrics, and gynecological care – 465 McKenna Dr, Mountain Home, ID 83647

St Luke’s Clinic – Family Medicine **208 587-2450**

Minor procedures, management of chronic conditions, immunizations, and preventive care and wellness counseling – 805 N 6th East, Mountain Home, ID 83647

Clinics with Sliding Scale and accept Medicaid

Glenns Ferry Health Center **208 366-7416**

Primary care, dental, behavioral services. Ask for hours. – 486 West First Ave, Glenns Ferry, Idaho 83623

Desert Sage Health Center **208 587-3988**

Primary care. Behavioral services. Ask for hours. – 2280 American Legion Blvd, Mountain Home, Idaho 83647

Valley Health Center **208 834-2929**

Primary care and Dental Ask for hours. – 350 Main Street, Grand View, Idaho 83624

CHILD CARE – PRE-SCHOOL

Head Start / Early Head Start Mountain Home: **208 587-3192**
Glenns Ferry: **208 366-2610**
Birth-5yo; Provides meals & snacks; Early Head Start: Expectant parents & families with infants up to age 36 months.

Idaho STARS **2-1-1**
Child care provider search tool. Also online *idahostars.org*.

Child Care Assistance (ICCP) **1 877 456-1233**
Children under 13 years of age.

ABUSE AND DOMESTIC VIOLENCE

National Domestic Violence Hotline **1 800 799-7233**

Idaho Domestic Violence Hotline **1 800 669-3176**

Domestic Violence Legal Advice Line **1 877 500-2980**

Idaho Child Protective Services (24hrs) **1 800 552-5437**

Elmore County Domestic Violence Council **208 587-3300**
24/7 hotline, safety planning, crisis counseling, support groups, shelter assistance, legal referrals, & education – Stardust Plaza 540 N 2nd E, Mountain Home, ID 83647. *Walk-ins Tue – Thur.*

SUBSTANCE ABUSE

Idaho Quitline *www.projectfilter.org* **1 800 784-8669**

Tobacco Cessation **208 327-8543**
Free help to stop tobacco use and life coping skills. Free classes & resources available.

Al-Anon **208 344-1661**

Al-Ateen **1-888-425-2666**

Alcohol Drug Helpline **1-800-821-4357**

Narcotics Anonymous **208 391-3823**

RADAR - Idaho Regional Alcohol Drug Awareness Resource **208 426-3471 or 1-800-937-2327**

Drug Information Help/National Clearing House for Alcohol & Drug Information **1-800-729-6686**

BEHAVIORAL / MENTAL HEALTH

Idaho Infant Toddler Program **208 334-5514**
Up to age 3; developmental delay, physical/medical condition.

Developmental Milestones **208 334-6530**
Questionnaire and evaluation for child development.

Idaho Behavioral Health **208 580-9525**
Individual & family therapy, telehealth, case management, & CBRS. Medicaid & most insurance accepted. Sliding fees. Call for pricing. – 2420 American Legion Blvd

All Seasons Mental Health **208 587-4195**
Counseling, CBRS, and peer support services. Accepts most insurances and Medicaid/Medicare. Call for appointment. – 2390 American Legion Blvd

Idaho Suicide Prevention Hotline **208 398-4357**

OTHER RESOURCES

Public Libraries Mountain Home: **208 587-4716**
Glenns Ferry: **208 366-2045**

Mountain Home Public Library –790 N 10th E
Glenns Ferry Library

Mountain Home Parks & Rec *www.pr.mountain-home.us*
Local activities, classes, and other resources in the area.

Family Advocates **208 345-3344**
Family Strengthening Program focusing on parenting skills, child education, support groups, and financial literacy. – *www.strongandsafe.org* / First Congregational Church of Mountain Home, 515 E. 15th N.

St Luke’s Children’s Safe Kids Magic Valley **208 814-7640**
Car-seat checkups, safety workshops and sports clinics, that help parents and caregivers prevent childhood injuries. M-F 10AM-2PM; 2775 E 8th N. Mountain Home, ID 83647

Text 4 Baby
Text “BABY” to 511411. Free messages about infant care.

Center for Early Literacy Learning *earlyliteracylearning.org*
CELLcasts: audio/visual versions of CELL Parent Practice Guides.

Idaho Preferred *www.Idahopreferred.com*
Find local fresh produce of Idaho and seasonal availability.

Choose My Plate *www.choosemyplate.gov*
An online resource for healthy food options, tools for tracking diet and weight, and much more.

Super Cook *www.supercook.com*
Recipe ideas based on ingredients currently in your cabinets

Idaho Diaper Bank Drop off location **208 587-4513**
Grace Lutheran Food Pantry. Every Third Wednesday of the month from 5-7pm – 2422 American Legion Blvd.

Breastfeeding Resource Web Links
- <https://www.youtube.com/watch?v=ysntQ9g7zyo>
The Central District Breastfeeding Coalition has produced a video entitled "Nursing is Normal."
- <http://idahobreastfeeding.com>
- <http://www.cdhd.idaho.gov/WIC/breastfeeding/index.htm>
- <http://coffective.com>

Idaho Legal Aid Services **208 336-8980**
Family law, domestic violence, housing, migrant, Native American, public benefits, and seniors. *www.idaholegalaid.org*.