

CENTRAL DISTRICT HEALTH DEPARTMENT

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

WIC Nutrition Education Program	208 327-7488
Clinics in Meridian, Garden City, Mountain Home, Glenns Ferry, McCall, Cascade, Horseshoe Bend, Garden Valley, Idaho City, and Kuna; Please call for more info about outlying clinics	
Reproductive Health	Boise: 208 327-7400
STI/HIV Screening, Wellness exams, Teen vaccines (14-18), Family Planning/Birth Control, Breast/Cervical cancer screening, Pregnancy testing, Colposcopy	
Immunizations	Boise: 208 327-7450
Ages 0-18; Sliding scale fees; Accepts Medicaid	
Parents As Teachers	208 327-8629
Free Service; Ada County residents who are pregnant or parents with children age 0-3; peer support, Vision; hearing; developmental screenings, in-home visits.	
First Teeth Matter	208 327-7450
6 mo. to 3 years; Call for appointment. Patients w/ Medicaid are covered; Insured or uninsured patients are \$20; Fluoride varnish, dental screening and oral health education	

IDAHO HEALTH & WELFARE / MEDICAID

Westgate Office - 1720 Westgate Drive Boise, Idaho 83704
 1-877-456-1233 | Mon – Fri | 8AM – 5PM

Children’s Health Insurance Program	<i>See above</i>
Temporary Assistance to Families	<i>See above</i>
Bureau of Vital Records and Health Statistics	208 334-5988
Birth certificates. 450 West State Street Boise, ID 83702	
Live Better Idaho Tool	<i>Livebetteridaho.gov</i>
Assistance finder tool tailored to your needs.	
Your Health Idaho	1-855-YH-IDAHO
Mon - Fri, 8AM – 6PM	<i>www.yourhealthidaho.org</i>
Idaho CareLine	2-1-1 or 800-926-2588

FOOD ASSISTANCE

Supplemental Nutrition Assistance Program	208 334-6700
Helps low-income families buy the food they need in order to stay healthy – Health & Welfare 1720 Westgate Dr. Ste. A	
Cooking Matters	208 336-9643
Idaho Food Bank offers food prep / budgeting courses (all ages) – 3562 South TK Ave, 83704	
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.	
Farmer’s Market Double Ups	<i>www.idahofma.org/doubleup</i>
Some farmer’s markets throughout Idaho accept food stamps and some participate in program to double your money.	
Food Pantry Locations	
<i>www.idahofoodbank.org/locations</i> - use locator tool	
<i>www.foodpantries.org/st/idaho</i> - click on your city	

MEDICAL CARE

Prescription Assistance	
Family Wize Prescriptions Savings Idaho Rx Card	<i>www.familywize.org</i> <i>www.idahorxcard.com</i>
Clinics	
Primary Health Walk-in Clinics	Admin - 208-955-6500
Various locations	
Family Medicine Health Centers	208 514-2500
777 N Raymond	208 375-2217
6565 W Emerald St	208 514-2510
121 E Fort St	208 514-2525
2275 S Eagle Rd #120	208 514-2520
708 E Wythe Creek Ct #103	208 922-5130
925 NW 1st St	208 514-2527
Garden City Community Clinic	208 384-5200
Terry Reilly Medical Boise Clinic	208 344-3512
St Alphonsus Express Care	208 367-7264
St Lukes Internal Medicine	208 381-6400
<i>** Financial plans available thru St Alphonsus and St Lukes **</i>	

DENTAL CARE

Free clinics	
Carrington College	208 947-6821
Free dental hygiene exams, cancer screenings, blood pressure, cleanings, & x-rays. – 1122 N Liberty	
Boise Schools District Dental Clinic	208 854-6627
Children only. Must be student of Boise School District with referral from BSK school nurse; by appointment. Basic dental.	
Meridian School Based Health Center	208 514-2527x5050
Only students of West Ada School District; ages 3-18; uninsured only; no walk-ins; Free screenings, cleanings, sealants, fluoride.	
Garden City Community Clinic uninsured only	208 854-3932
Clinics with Sliding Scale and accept Medicaid	
Terry Reilly Medical	Boise Clinic 208 336-8801 Latah Clinic 208 344-0086
ISU Family Dentistry	208 373-1855
Caring Smiles children under 14	208 893-5000

CHILD CARE – PRE-SCHOOL

Head Start / Early Head Start	208 344-9187
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 <i>idahostars.org</i> .	
Child Care Assistance (ICCP)	1 877 456-1233
Children under 13 years of age.	
Preschool developmental Screenings	
Boise School District	208 854-5520
West Ada School District	208 855-4400
3-5 yr olds. Call for appt. For delays with self-help skills, speech, language, social & motor skills, concepts, & hearing.	

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	1 877 438-4472
Resources for help w/ homelessness. Advice for homebuyers.	
Charitable Asst. to Community's Homeless	208 246-8830
503 S. Americana Blvd; catch@catchprogram.org	
Low Income Home Energy Asst. Program	208 322-1242
Help low income households make home heating more affordable, avoid disconnection of utility services during winter.	
El-Ada Community Action Partnership	208 345-2820
Emergency utility and weatherization assistance, food pantry, school supply help, counseling, and referrals – 2250 S Vista Ave	

ABUSE AND DOMESTIC VIOLENCE

Women's & Children's Alliance	208 343-3688
Counseling & resources to men & women. – 720 W Washington	
<i>Domestic Violence Hotline (24 hrs)</i>	208 343-7025
<i>Rape Crisis Hotline (24 hrs)</i>	208 345-7273
City Light for Women and Children	208 368-9901
Safe place for victims of domestic violence, or any kind of violence, to go for protection. – 1404 W Jefferson	
Idaho Domestic Violence Hotline	1 800 669-3176
Idaho Child Protective Services (24hrs)	208 334-5437
FACES of Ada County	208 577-4403
One-stop triage center for victims of abuse, sexual assault, and domestic violence – 417 S 6 th Street, Boise	

SUBSTANCE ABUSE

Idaho Quitline	<i>www.projectfilter.org</i>	1 800 784-8669
Al-Anon		208 344-1661
Al-Ateen		1-888-425-2666
Alcohol Drug Helpline		1-800-821-4357
Alcoholics Anonymous		208 344-6611
Narcotics Anonymous		208 391-3823
RADAR (Alcohol & Other Drug Resources)		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.	
Access Behavioral Health	208 338-4699
All ages; Accepts Medicaid or sliding fee. <i>www.accessbhs.com</i> . – 1276 W River St #100 <u>or</u> 3307 Caldwell Blvd #104	
About Balance	208 342-6300
Trauma Focused-Cognitive Behavior Therapy. Accepts Medicaid <i>www.aboutbalance.net</i> – 6550 Emerald St #108	
Idaho Suicide Prevention Hotline	208 398-4357

PARENT RESOURCES

Text 4 Baby	
Text “BABY” to 511411. Free messages about infant care.	
Family Advocates	208 345-3344
Family Strengthening Program focusing on parenting skills, child education, support groups, and financial literacy. Call to make an appointment. – <i>www.strongandsafe.org</i>	
Center for Early Literacy Learning	<i>earlyliteracylearning.org</i>
CELLcasts: audio/visual versions of CELL Parent Practice Guides.	
St Luke's Children's Safe Kids Treasure Valley	208 381-3033
Reduced cost convertible, combination and booster car seats for purchase with proof of WIC, Medicaid, or CHIP. By appt.	
Custom Rx Pharmacy	208 922-4400
Free vitamins for children 2+ years. 173 W 4 th Street, Kuna, ID. <i>www.customrxidaho.com</i> .	
Bountiful Baskets Food Co-op	<i>www.bountifulbaskets.org</i>
Food co-operative that provides fresh produce and bread at very low costs to participants. Please visit site for details.	
Choose My Plate	<i>www.choosemyplate.gov</i>
An online resource for healthy food options, tools for tracking diet and weight, and much more.	
Super Cook	<i>www.supercook.com</i>
Recipe ideas based on ingredients currently in your cabinets	
Idaho Diaper Bank Drop off locations	208 996-3575
<i>These resources offer diapers when available and other great assistance. Many food banks may also to provide diapers.</i>	
Clothed By Grace Kid's Closet	208 939-0661
A community organization set up to distribute free clothing and diapers to families in need.	
Baby Needs Closet	208 343-7511
Available once per month, per family. Bring ID for each child (birth certificate, SS card, vaccination record, etc) - Cathedral of the Rockies First United Methodist Church, 717 N. 11th St	
Birthright Boise	208 342-1898 / 1 800 550-4900
Maternity clothes, baby clothes to size 12 months, size 1 & 2 diapers when available. Call for times. <i>www.birthright.org</i>	
Baby Steps	208 342-5601 x 212
Program assists w/ diapers, clothing and baby furnishings. – 518 N 8th St, Boise ID, Tue 1-3pm & Thur 4-6pm.	
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	