Accessibility matters because we, people with disabilities, want to use the web. Working towards an inclusive web helps us achieve that goal. It’s simply “good business”.

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DAC NW
Maintaining Service
Dog Training

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NW ADA CENTER
Let’s Get Legal
on You

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LINC INC
Open Virtually

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LIFE INC
Director’s Corner
LOCAL EVENTS - Please join us!

Due to COVID-19 restrictions, around the world festivals, sporting events, community workshops and celebrations are being cancelled or postponed. We support these decisions but also understand the important role these events play in community life. They serve as an emotional connection to share a common experience, and they build stronger, more resilient communities. We have moved to offering our event experiences online and in person with Social Distancing Precautions in place. Be an active part and join us in our virtual workshops, peer support groups, get togethers and gaming opportunities. If you are having trouble connecting, have difficulties with high speed internet or lack the devices that enable you to be an active part, please phone your local CIL - we can help! And be ready to return to our in person events in full force when it is safe to do so. We love our communities!

June 8   - Mental Health Mondays Youth Led Peer Support Group
         DAC NW Spokane Office via Zoom 6:00 pm
         Spokane, WA

June 20  - Let’s Go Outside! - Run, Walk and Roll
         DAC NW Post Falls Office 11:00 am
         Post Falls, ID

Idaho Independent Living Conference

September 14–18, 2020

This year’s conference is going all-virtual with online classes and workshops during the day and evening activities everyone can take part in, no matter where you are: games, karaoke and more. Stay tuned!
Disability Rights Education and Defense Fund (DREDF) released an emphatic message of solidarity in support of people of color. DREDF is one of the oldest and most impactful disability rights organizations, was a major force behind the passage of the Americans with a Disability Act, and has been and is an active advocate for equal rights of people with a disability to education, housing, and communities in general. The movement for equal rights and equal access for people with a disability has shared much with other civil rights movements, and we have worked hard to make sure that the independent living movement reaches out and embraces all groups. Disability knows no racial boundaries; disability knows no gender boundaries; it knows no national origin boundaries, religious boundaries, and it affects people young and old. Because of the “equal opportunity” nature of disability, most in the movement have tried to go the extra mile to be sensitive and inclusive of all groups.

As violence erupts in response to the initial violence of the killing in Minneapolis, and the media attention focuses on the sensational images and emotions that unfold, I sincerely hope that most reasonable people will keep attention on the very real issue of racial inequality in this country, and not go down the divisive road of sensationalized extremes. When we are distracted from the real problem, nothing gets done, and those that oppress win.
Maintaining Service Dog Training

“Half the work of keeping a service dog trained is tricking them into thinking things are a certain way.”

This is what I tend to tell people after denying their request to pet my dog. It tends to get the best responses from the public and gives them a little insight into my life. If I were to allow every stranger to pet Thor, my service dog, he’d begin to believe it was his job to seek pets in public. As much as I love seeing his tail wag when he gets an ear scratch or belly rub, I know doing so in public puts me at risk of a medical emergency that could have been caught so much sooner. So instead, I trick him. Making him believe that pets are for home and special occasions. This keeps him on track to complete his trained tasks while allowing me to participate in my community, mostly, independent.

I named him Thor because a hero dog needs a hero name. This eighty pound golden retriever saved my life. When the symptoms of my Borderline Personality Disorder and Post Traumatic Stress Disorder were increasing in severity and my meds were no longer working, I was entering a dark place. I was just finishing college and I thought, after all that hard work, it was all for nothing. How could I interact with a world that triggers panic attacks and dissociations? My meds had kept them at bay for so long but now nothing seemed to control the psychotic symptoms of my psychiatric disability.

Then Thor happened. A little butterball of a puppy, rejected by his original curls that deviated from the breed standard. The moment I saw him, I knew we were meant to be together. Training was difficult, with the transition period between him working full time and me quitting my meds restricted my independence terribly. But after a year and six months of training, he was ready to work, and my world opened up. For the first time in years, I could safely be alone. It was Thor and I, on a schedule, living the exciting life of a twenty-something who finally got the independence they craved.

That schedule came to a halt this past March. I wasn’t aware March 13th would be my last day on the schedule both Thor and I had learned to thrive in. The first week was difficult. He didn’t understand why we weren’t getting in the car after our morning walk, or why he had to sit with me in our guest bedroom (which I’ve come to call my “Covid Cave”) while our border collie puppy got run of the house. Breaking this schedule began to chip away at his interpretation of what his job was. Why work while we were only home all day? Our first trip during quarantine was to the doctor’s office to get my partner’s cough checked in person. Thor didn’t want to get into his vest. He just laid on the kitchen floor, looking at me as if asking “This sh@#? Again? Really?” After a little coaxing, he eventually got up and walked into his vest, but I was already worried. What if he didn’t follow directions in the doctor’s office? Our anxieties were already high as my partner was showing symptoms of Covid-19. The last thing I needed was a service dog off his game.

We got to the appointment and he was….adequate. To those unfamiliar with service dogs, they would recognize the excessive fidgeting and readjusting as regular movements of a normal dog. But Thor isn’t a regular dog. Though cute, he’s an expensive piece of medical equipment with thousands of hours in training under his belt and an even greater financial investment. More importantly than that, he’s my lifeline. I can’t let all of that time spent training go to waste.

This doctor’s trip was a wakeup call of how much was on the line. He had kept in training before because he practiced each day as I went about my life. Now in quarantine, there is no repetition, no schedule. Daily life is on hold. Though I can’t make up all the hours of training missed as I quarantine, I can set aside time each day for us to practice. Though it is just another thing to add to my to do list in a time where the list never seems to end, I know it’s something I must do for future me. Just as those difficult months transitioning from meds to a service dog were a past investment made for present me, I know the least I can do is pay it forward.

“I named him Thor because a hero dog needs a hero name. This eighty pound golden retriever saved my life.”
Consumer Alert for Nursing Homes

Do you or a loved one live in a nursing home or assisted living facility? Are you (or they) on Medicaid? If you said “yes” to both, please read on and prepare to get mad. Some facilities are trying to take the COVID relief stimulus payments intended for residents on Medicaid. Then they’re requiring those people to sign over those funds to the facility. Why? How? Well, they’re claiming that, because the person is on Medicaid, the facility gets to keep the payment.

But here’s the deal: those economic impact payments are, according to the CARES ACT, a tax credit. And tax law says that tax credits don’t count as “resources” for federal benefits programs like Medicaid. So - when Congress calls these payments “tax credits” that means the government can’t seize them. The Federal Trade Commission (FTC) makes clear that nursing homes and assisted living facilities may not seize stimulus payments from residents simply because they are on Medicaid. And if they took it already, get in touch with your state attorney general and ask them to help you get it back.

This is not just a horror story making the rounds. These are actual reports from states across the nation. After filing the complaint with your state attorney general’s office, then tell the FTC online (ftc.gov/complaint) or by calling 1-877-FTC-HELP (382-4357).

Need more back-up? Here’s some information for you. You can go here to print out the federal tax law that says the refunds aren’t considered a “resource” in federal benefits programs. Give this to them. You can also click this link to get the Congressional Summary that talks about the funds as tax credits not countable as resources for federal government programs. (page 3)

And here’s even more helpful information if that isn’t enough. The National Center on Law & Elder Rights for people who live in institutions has got you covered.

So if this has happened to you or a loved one, get your money back. Sometimes the residents are afraid to say anything or that they will be asked to leave. It is your money that can be use to buy things you need: tv, phone, clothing, etc.

For more information about the ADA contact

NWADACENTER.ORG/IDAHO
Dana Gover, MPA, and
ACTCP Certification
ADA Training & Technical Assistance
Email: dananwadacenteridaho@gmail.com
Phone: Voice & TTD 208-841-9422
Meet with Us Virtually!

As we grow accustomed to our new reality, here at LINC we are making adjustments as well. Our staff is continuing to find new ways to interact with consumers. We host Community Connections using Zoom and the telephone. We have different sessions of Peer to Peer Connections once a week with a different topic of discussion. Plus, we have a group of youth who play Animal Crossing together!

Our website and Facebook page are changing as well! Staff continue to post updates to our website as new information useful to our consumers is available. We strive to post quality information without being overwhelming. On Facebook we have posted several new instructional videos as well as a new feature titled “Lunch with LeAnn” where our very own LeAnn Naillon hosts a 15 minute lunch discussion with a special guest. Recent topics included accessible elections, well-being during this stressful time, and a bit about LINC’s history. Those happen Fridays at noon Mountain Time on LINC’s Facebook page.

Another project our staff has been working on are training videos. From Personal Assistant training to independent living skills, we have changed how we are providing these services. Several videos have already been posted to our Facebook page and more are in the works. In the next month or so, LINC hopes to have a YouTube channel dedicated to all of our videos.

Meeting with consumers via Zoom!
New COVID-19 Relieve Plan includes Payments for People with Disabilities

A fresh round of stimulus checks for people with disabilities are part of the new relief bill that faces an uncertain future.

The bill known as the Heroes Act, or H.R. 6800, pass the U.S. House of Representatives May 12th and now is in the Senate. Although unlikely to be taken up in its current form, it is a first step in negotiating another relief package to address the fallout from COVID-19.

This is the only major COVID-19 response so far to consider the needs of people with disabilities who have been deeply affected by the pandemic. The legislation includes $10 to $15 billion to states to pay for Medicaid home and community based services for a full year beginning in July. The money could be used to pay for recruitment and retention of direct support professionals, among other needs.

The bill also recognizes the in home care assistants that people with disabilities rely on for day to day needs as essential workers so they can access PPE, qualify for hazard pay and other extra benefits. This could be a game changer. This is recognition that these service providers are a must-have.

Meanwhile the measure also retroactively grants $500 cash payments to adults with disabilities who are claimed as dependents. These individuals were excluded from the stimulus checks in the last relief package in March. And it includes a new round of direct cash payment of $1200 per person - up to a maximum of $6000 per family - for Americans earning less than $75,000 annually. People with disabilities would qualify for the payments even if they are counted as dependent or if they receive Supplemental Security Income.

An additional $200 million is dedicated to funding for disability housing as well as siblings and grandparents to qualify for expanded paid leave if they need to take time off from work to care for an adult with a disability.

With this second stimulus bill now in the Senate, attention now turns to what aspects of the bill need some tweaking to get the Republican led Senate onboard. Their fear of long-term negative consequences on the U.S. economy, that unemployed people might be discouraged from going back to work, and the fact that noncitizen might receive a payout (even though these nonresidents are paying federal tax via a taxpayer identification number) they are not likely to approve it the way it is currently written.

Now is the time to contact your senator and explain your personal story and how the stimulus funds would help you as a person with a disability. You can contact James Risch (https://www.risch.senate.gov/public/) and Mike Crapo (https://www.crapo.senate.gov) via their emails on the website.
Making Sense of Things when our Senses don’t make Sense

By Kaylena Townsend

Have you ever met someone who seemed angered by the sound of your chewing? Have you ever been deeply irritated by the sound of someone’s breathing? Strong negative reactions to ordinary sounds that people make is called Misophonia. Misophonia is one of many conditions that can affect how our senses interpret the world around us.

People of all ages can have difficulty processing everyday sensory information. Some people may be over sensitive to sensory input. This means that fabric on clothing, sounds in the environment or food textures may be very noticeable to the point of being unpleasant or upsetting. Sensory overload can cause stress, anxiety, and possibly physical pain. A person may be under sensitive to sensory input. This means that they may seek additional sensory input, perhaps by rocking or spinning in their desk chair or by adding additional salt to their food. Our senses affect our behavior, our ability to concentrate, and our relationships. Sensory triggers can be different for everyone and are often associated with other health conditions, including autism, post-traumatic stress disorder (PTSD), or fibromyalgia. Out unique needs mean that non of us experience challenges in the same way, and the solutions that work for some won’t work for all. If you are trying to navigate sensory sensitivities, here is an idea of where to start.

Spend some time studying yourself. Try to identify what your triggers are and think of what it could look like to address those triggers. Think through when you feel the most calm. Is it drawing? Taking a bath or shower? Exercising? Find what brings you calm and then incorporate it into your regular routine. Think through what tools around your house or work space help you to regulate, they don’t have to be expensive or specifically marketed as a sensory tool. I often use paper clips or twist-ties.

Ask for what you need. Do you need a quiet place at work where you can go to find calm? Do you need a chair that rocks, or a textured air fusion on your office seat? Do you need an office space further from the bathroom so that you can’t hear the bathroom fan? Be creative in thinking through solutions, and ask for what you need. If you need help identifying what to ask for and how to ask for it contact your local Center for Independent Living, we can help!

Give yourself permission to ask for help from experts. Occupational Therapists offer a variety of resources, tools and exercises to help people work through sensory differences with a goal of improving daily function and independence. Speech Language Pathologists and Music Therapists also have resources and tools available for sensory sensitivities.

We all react to our senses in different ways. The difficulty can sometimes be acknowledging when we need help and what you can do to help ourselves. Resources are available. Please feel free to contact me with any questions. I hope this was a helpful start to making sense of your senses.

You can reach Kaylena at kaylena@dacnw.org
How Technology Can Help the Job Hunt

by Mary Wilson

Are you currently out of work or thinking about making a career move? Technology can assist people with disabilities when they are on the job hunt as well as after they land the job. Whether you have physical disabilities, hearing or vision impairment, or any number of other disabilities, a little boost from technology can be just what you need to launch your career or take a current role to the next level.

How technology can help you with the job hunt

Looking for a job isn't easy, but fortunately, you have many places to hunt. You can tap into your personal and professional networks, ask friends and former co-workers, and associates for leads. You can also search through online advertisements to find work, or you can use a job placement service to help you connect with potential employers.

Another place to look is abilityJOBS - one of several career boards for job seekers with disabilities. You can post your resume on the website, search through thousands of current job opportunities, and set up job alerts to avoid missing opportunities. They also offer live online career fairs where you can meet with potential employers and chat through video, text, or ASL.

While you are on your job hunt, it's vital to have a reliable, updated smartphone and enough data to see you through interviews, calls and so on. Medium points out newer phones have a number of accessibility features to help you along, such as text-to-speech and voice assistance.

Working remotely is an option

Many people are embracing the idea of working from home. For those with disabilities, working remotely from home may make sense because the environment is familiar and accessible. Business Insider indicates that a wide variety of jobs can be done from home, such as online data entry. Plus, if you want to use your skills as a freelancer, turning to freelancing websites like Upwork make it easy to connect with several clients who are looking for top data entry specialists to help them with their businesses.

Different types of assistive technology

Assistive technology can help those with disabilities do their jobs more effectively whether in the office or at home. These can include raised desks, special keyboards, speech synthesizers, screen readers, speech-recognition software, and many other apps, programs and technologies.

For example, TextHelp Read & Write Gold is a digital text-to-speech reading tool that helps people with dyslexia, low vision, or other reading difficulties. It works on desktops and laptops, and TextHelp also offers apps for use with smartphones and tablets. This is a great tool for searching online for employment as well as to use once you are hired.

Speaking of tablets, iPads and other tablets offer accessibility features that can be used in the workplace including voiceover and wireless Braille displays for the vision impaired, as well as captioning and other functions for the hearing impaired.

When creating your resume, applying for work online, and working on the job, you can use many of the built-in accessibility tools provided by Microsoft to make life a little easier. These tools can benefit those with autism, cognitive differences, dyslexia, hearing impairments, vision impairments and other special needs.

When you are looking for a job and when you are in the workplace, the latest technology can help you perform more effectively and productively. Do online research to find out what types of assistance is available to you and will help your unique circumstances. Then once you land that dream job, talk to your employer about implementing the tools you need to be the best you can be at work.
SELF-DIRECTED PERSONAL ASSISTANT SERVICES

The devastating and disproportionate rates of COVID-19 cases and deaths in institutional settings continues to be a part of the national crisis. It’s estimated that more than one in four COVID related deaths occurred in such a setting. The thread puts people with disabilities and others unable to maintain or manage independence in the community at increased risk. In rural areas, the threat is likely even greater.

These skilled nursing facilities can benefit from community partner support with Centers for Independent Living. We can use a whole community approach in local response and recovery in these rural areas. CILs are positioned to reach people with disabilities in both urban and rural areas and coordinate with other emergency response efforts to provide information and referral, independent living skills training, peer support and individual and systems advocacy to help people with disabilities, many of whom have needs for services and supports, to meet these needs in less restrictive and community settings.

We have historically played an important role in disaster response. And we currently have funds available for additional staff and technology to deliver these supports such as communication, transportation, equipment, and copied related supplies such as personal protective equipment, and access to life sustaining food.

Most important, we have traditionally supported transition and diversion services. We have the information necessary for nursing home residents to consider and use in moving into independent living plans within their community.

Currently 12.3 million people in the U.S. use long term services and supports to reside within the community. Another 1.7 million reside in institutions. Through the use of in-home personal assistance, direct care services, and the use of assistive technology and durable medical equipment, a person with a disability can reduce their possible exposure to COVID by being able to shelter in place.

If you know of someone who is interested in leaving an institutional setting, please contact your local CIL for an advocate trained in helping to make that switch. We all are happiest in our own homes, and now we are safest there as well!
For the visually impaired, viewing the stars is hard to do. But Harvard’s Astronomy Lab can help you see the light! A new accessibility device uses sound to allow you to envision the stars. They already produce tactile maps of star systems for people to explore with their hands. LightSound uses sensors that convert light to sound - brighter light is higher pitched.

Microsoft has four new Eyes First games. You can play them with your eyes on Windows 10 Eyecontrol. Powered by eye tracking APIs, the games are designed and optimized for an Eyes First experience, but they are still mouse and touchscreen friendly.
https://blogs.microsoft.com/accessibility/eyes-first-game/

Getting around the New York City transit system can be a Herculean effort. So they are turning a downtown Brooklyn subway stoop into a proving ground to test new accessibility measures. This includes Braille, tactile signage, interactive station maps, and multiple cell phone apps aimed at assisting visually impaired consumers.
https://nypost.com/2019/10/17/mta-testing-new-accessibility-features-at-jay-street-lab/

A new app for your phone, AIPoly identifies things in 26 different languages in real-time as you move your phone. It can recognize thousands of common objects, food, plants and animals. It even knows over 200 different colors. And it doesn't require an internet connection.
https://www.aipoly.com

Turn your hearing aids into a wireless stereo headset with ConnectClip. You can make hands-free phone calls, stream music, listen to someone speak with a remote microphone, and even chat over the computer via Skype, etc. You can even adjust your hearing aids discreetly with a remote.
https://www.oticon.com/solutions/accessories/connectclip
People with Developmental Disability Have a Civil Right to Mental Health Therapy

According to a report released last year from the ANCOR Foundation, individuals with intellectual and developmental disabilities want and deserve the same opportunities and quality of life as all Americans. Yet the report indicates that some states do much better than others in demonstrating the needed political will and implementing the sound policies and focused funding necessary to achieve this ideal.

Idaho was ranked 28th among all states in efforts to serve individuals with such disabilities. One area not scored by the ANCOR report but which needs the attention of officials and disability rights advocates in Idaho is the right of people with intellectual and developmental disabilities to mental health therapy services.

The constitution protects the right of adults to make their own medical decisions. The Americans with Disabilities Act protects the right of people with developmental disabilities to full participation in society and to equal access to health care services.

A considerable number of adults with developmental disabilities are living under an order of guardianship. Their safety and well-being is largely dependent on how their guardians take care of them.

When courts give the power to make health care decisions to guardians, these fiduciaries must be proactive. They must become aware of the need for and arrange for appropriate mental health treatment for adults under their care. For adults with disabilities not living under an order of guardianship, their care providers have a similar duty.

Many individuals with intellectual and developmental disabilities experience chronic trauma and may also have trauma-related medical conditions as a result of abuses they have experienced. They need trauma-informed therapy. Many also have a dual diagnosis due to mental health conditions arising from other causes. They, too, need appropriate and effective mental health therapy.

There are a wide range of mental health therapy options available for people with intellectual and developmental disabilities, including therapies to treat trauma, depression, anxiety, and PTSD. Many mental health professionals provide counseling and therapy for individuals with intellectual and developmental disabilities.

Individuals with intellectual and developmental disabilities have a right to prompt and appropriate medical care and treatment. As the Adult Protective Services agency in Idaho is well aware, the failure to provide such care is neglect.

Care providers who deprive necessary health care services to dependent adults in their custody or care commit dependent adult abuse. Medical care includes mental health therapy. Deliberate indifference to medical and mental health needs is unconstitutional.

People without disabilities have access to a full range of mental health therapies. It is disability discrimination for guardians or other care providers to deprive individuals with disabilities access to a full range of mental health therapy options.

Many state and national organizations have endorsed a Civil Rights Declaration acknowledging that people with intellectual and developmental disabilities have a legal right to mental health therapy. It is time for organizations and officials in Idaho to do the same. Once such a declaration is endorsed, steps should be taken to make sure it is implemented.

For a copy of the declaration and list of endorsers, go to: https://spectruminstitute.org/declaration.pdf

Thomas F. Coleman is the legal director of Spectrum Institute, a nonprofit organization advocating for the rights of people with intellectual and developmental disabilities. Email him at: tomcoleman@spectruminstitute.org

Promoting Independent Living for all Idahoans
TIDBITS!
Categorically left over but no less important

Quotes to make you think!

“Can you imagine living in the modern world and being afraid to use the telephone? ‘Hello’ used to be hard for me to say. Those were difficult times for me. In times of difficulty or defeat, it’s easy to think that we really have no choices. That we are trapped. I know I felt that way.”

~ Annie Glenn, overcame an 85 percent stutter at age 53 to become a public speaker and supporter of people with speech difficulties.

Hear Our Voice is a store that seeks to promote equality and amplify these perspectives through empowering messages and stylish designs. They have original art that supports feminism, human rights, justice, the LGBTQ community and just plain being kind to one another.

They produce their line of clothing and accessories in Worldwide Responsible Accredited Production (WRAP) factories. These factories are in social compliance with safe, lawful, humane and ethical manufacturing located throughout the world. This includes the prohibition of child or forced labor, harassment or abuse. All employees are compensated with benefits too.

www.hearourvoicestore.com

Durable Medical Goods Exchange

We are not accepting any durable medical goods at this time since it’s difficult to clean them. But we are distributing them. Explain your needs and our trained staff may know the perfect item that will help you!

James Pickard in Moscow 208-883-0523
Valerie Johnson in Idaho Falls 208-529-8610
Todd Wilder in Boise 208-336-3335
TECHNOLOGY FOR INDEPENDENT LIVING

Adjustable Exam Table

A better designed adjustable height exam table that is easier on both patients and staff. Transfers at the low height of 17” and powers up to a height of 33”. It has a fully powered backrest for sitting or reclining. Grab bars make transferring easy and safe. And the best part? It’s also a scale for accurate prescription dosing! Medical offices will qualify for an ADA tax credit to become compliant. Weight capacity up to 450 lbs. It provides a dramatic difference in the exam experience for patients who have difficulty climbing on exam tables or standing on scales.

www.medicalaccessibility.com

It takes only 15 to 20 minutes to create a pressure ulcer and about 6 to 8 months for it to resolve. The important thing is to change position before this happens. This pad placed under the anti-decubitus cushion is equipped with sensors and connected to a smartphone app. It collects information and can tell you when you need to move or find a better position. This can prevent skin problems related to the wheelchair. It can count how many times you have moved, calculate the time spent in one position, detect incorrect positioning, give you customizable alerts or contact a caregiver to let you know to change position. Discreet, it’s easy to use by anyone.

www.mistergaspard.com
**CONTACT YOUR LOCAL IDAHO CENTER FOR INDEPENDENT LIVING**

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