

Counseling/Health Services

On campus

1. University Health Services/ Counseling Services

- a. ALL BSU students are eligible for care at the BSU health Center
- b. healthservices@boisestate.edu
- c. (208) 426-1459 | Norco Building, 2nd Floor
- d. <https://www.boisestate.edu/healthservices/>
- e. Offer medical and mental health, as well as insurance and billing guidance
- f. **BroncoFit:** fitness & overall wellness programs, includes dietician and health coaching services

Off campus

1. A Body and Mind-

- a. Services including medical, housing, financial, social, and education.
- b. Sliding Scale
- c. <https://www.abmhealthservices.com/services/>
- d. 148 S. Cole Rd Boise, Idaho 83709 | 208-683-8320

2. Tidwell Social Work

- a. Trauma informed mental health care
 - i. Individual and Family Counseling/Therapy, Community-based Rehabilitation Services (CBRS), Targeted Service Coordination/Case Management services (TSC/CM), Peer Support Services
- b. 7285 Franklin Road, Boise, Idaho 83709
- c. (208) 853-5095
- d. <https://tidwellservices.com/>

3. Leyline Mental Health- 921 Orchard St. #100

- a. (208) 344-9797 | <http://leylinemh.com/what-we-do/>
- b. has interpreters in Arabic, Farsi, Thai, Swahili, Kinyarwanda, Kirundi, etc.
- c. Case Management, Peer support, Family support, Community Based Rehabilitation (social skills, coping skills), Counseling
- d. Also provides budgeting and financial management services under a community-based rehabilitation umbrella

4. Genesis Community Health

- a. provides healthcare/dental, social support to low income, uninsured individuals - people who do not qualify for ANY insurance- even medicaid.

- b. Main office- 208-384-5218 | <https://genesiscommunityhealth.com>
- c. 215 West 35th Street Garden City, ID 83714
- d. Volunteer coordinator- Rita Langley & Dental Coordinator Cindy Patterson
- (208) 854-3932
- e. **FREE** medical/ dental/mental health counseling- clinics throughout week
 - i. Wed/Fri from 9-12, Tue/Thur 5-8pm
 - ii. Dental clinic funded by St. Als- Fridays- for people in pain related to dental issues- call for an appointment when the next doctor is in to see them for the problem. Can see them “one time” for no charge- extractions, fillings, etc.
 - iii. Medical clinics are pre-scheduled.
 - iv. Rest of days are volunteer dentists from around town- it is volunteer based

5. **Terry Reilly Administrative Office:**

- a. 211 16th Avenue, North Nampa, ID 83687
- b. Admin Phone: (208) 467-4431
- c. Community health center that provides comprehensive, affordable healthcare
- d. Website lists MANY locations throughout the Treasure Valley-
 - i. <https://www.trhs.org/locations/>

6. **Family Medicine Health Center**

- a. Medical and Behavioral health (psychological, medical, nutritional counseling, etc) **on a sliding scale**
 - i. Employs certified medical interpreters
 - ii. (208) 514-2500 to make an appointment
 - iii. <https://www.fmridaho.org/patients/sliding-fee/>
- b. Community Outreach
 - i. Luis Lagos: Community Outreach Programs Manager*
 - ii. Phone: (208) 514-2500 Ext. 4011
 - iii. Email: Luis.Lagos@FMRIdaho.org

Academic Support

1. **BSU Advising and Academic Support Center (AASC)**

- a. <https://www.boisestate.edu/aasc/>
- b. academic@boisestate.edu
- c. 208-426-4049 Simplot Micron Advising and Success Hub, First Floor

- d. Academic Success Courses (ACAD): teach “important skills & resources to help you be a better college student”

2. The Writing Center

- a. <https://www.boisestate.edu/writingcenter/>
- b. writing@boisestate.edu (208) 426-1298 | Liberal Arts Building, Room 200
- c. Offers guided support both online and in person for writers of all levels at any stage of the process (from brainstorming to final revisions)
- d. One-on-one conversations (ideal for ESL students trying to ensure they have clearly communicated and developed their ideas)
- e. Assistance in writing in regards to resume/cover letters, speeches, English classes, etc.

3. English Language Support Programs englishsupport@boisestate.edu

a. Advocacy

- i. Gail Shuck, Professor of English, gshuck@boisestate.edu
- ii. Consulting with faculty
- iii. Advocating for extra time on exams
- iv. Strategies for finding campus resources

b. Tutoring

- i. Heath Kemper - heathkemper@boisestate.edu (208) 426-1109
- ii. 1 hour FREE tutoring a week with ELSP tutor
- iii. Help with reading, writing, and speaking
- iv. Scheduled during normal business hours

4. English 101M (M = multilingual)

- a. 6 credits
- b. Fulfills the requirement for a first-semester, first-year writing course (English 101)
- c. Smaller class size
- d. All multilingual students
- e. Experienced instructor plus a tutor specifically for that class

5. TRIO Rising Scholars

- a. trs@boisestate.edu | (208) 426-3583 Education Building, Room 228
- b. a federally funded program that offers academic advising, social events, and tutoring in two courses

- i. Free individual tutoring for any freshman or sophomore level course.
 - ii. One-on-one advising.
 - iii. Academic development skills training
 - iv. Career and major exploration.
 - v. Social and cultural opportunities.
 - c. Eligibility requirements:
 - i. A first-generation college student, or
 - ii. A financially limited college student, or
 - iii. A student with a documented disability
6. **Linguistics 205:** Language in Human Life (focus on language, identity, and ideology--for non-linguistics majors. Meets a general education requirement in social science)

7. Multilingual Student Alliance (MLSA)

- a. multilingualalliance@gmail.com
- b. A peer support network of students from refugee backgrounds
- c. Official student organization
- d. Welcoming, comfortable atmosphere for multilingual/multicultural refugee students so that they can better adjust to university life.
- e. Leadership opportunities

Free tax assistance

- 1. **VITA-** BSU affiliated- Volunteer Income Tax Assistance
<https://www.boisestate.edu/cobe-accountancy/employers-and-community/vita/>

Professional Resources/Job Search Assistance

- 1. **Jannus.org** - <https://www.jannus.org/msg-programs/>
 - a. "Jannus, Inc. brings people together to change lives with programs in community health, public policy and economic opportunity."
 - b. Website includes various organizations within the community for public policy, economic opportunity, and community health.
 - c. This website is a fabulous resource within itself, I recommend checking it out.
- 2. **GLOBAL Talent-** to apply:
 - a. *Ashley Davis*, Global Talent Project Manager

- b. 1607 W. Jefferson Street Boise, Idaho 83702
- c. PHONE: 208-947-4250 | adavis@jannus.org
 - i. Full U.S. work authorization
 - ii. Arrived to the US as an immigrant or refugee
 - iii. Enrolled full-time as a junior or senior at a 4-year US university or recently graduated with a Bachelor's degree
 - iv. Possess computer skills and access
 - v. Intermediate+ English fluency
 - vi. Highly motivated to participate in Global Talent's job search training

3. EO Starling Project (Economic Opportunity)

- a. Rachel Axtman- raxtman@jannus.org 208-947-4277
 - i. <https://eojannus.org/how-we-help/the-eo-starling-project/>
 - ii. "Trained mentors and project staff assist mentees in building professional networks, acquiring and honing new skills, accessing new spaces, and creating personal and professional growth opportunities"
 - iii. For young women ages of 18 and 25 that arrived in the US as a refugees
 - 1. currently enrolled at an accredited college or university in the Treasure Valley
 - 2. Commitment requirements: 12 month participation, attending at least 10 group events, time commitment of 5 hours per month with your mentor
 - 3. * Currently in the process of creating a similar program for men

Other Support for OneRefugee Recipients and Their Families

1. English Language Center: CULTURAL ORIENTATION

- a. "Every six weeks we invite professionals from their respective fields to give presentations on healthcare, finances, legal rights, and education."
- b. *This is offered at the University of Idaho - Boise Class Location*
- c. Idaho Water Center Building 322 E. Front St. Boise, ID 83702
phone: (208)338-2696 | email: elcinfo@jannus.org

2. Services to Elderly Refugees

- a. links refugees 60 years and older to mainstream senior services and promotes development of capacity within local aging networks to meet the cultural and linguistic need of older refugees.
- b. Direct services include specialized English classes and assistance with naturalization for those who have been in the U.S. for five years.
- c. Tara Wolfson, Project Director
1607 W. Jefferson Street Boise, ID 83702
PHONE: 208-336-4222 | twolfson@idahorefugees.org
WEBSITE: [Jannus](#)