United Way of Southeastern Idaho is a leader, a collaborator, a supporter and - at times - a creator to solve complex community issues.

Our all-women powerhouse team of nine punches above our weight, working every day to improve outcomes for children, families, and individuals in need in our seven-county region.

We find solutions through our community impact work, and we team up with powerful partners to create a healthier, more financially stable and educated Southeastern Idaho.
Sarah, a female in her late 30s, originally came to Pocatello Free Clinic because she was worried about suffering from a heart condition. Sarah was four years sober and currently living a healthier active lifestyle. She had a traumatic childhood, experiencing physical and emotional abuse. As an adult, the emotional weight of her childhood, left untreated, drove her to cope by using drugs and alcohol. For years she struggled with addiction until a night when she almost lost her life, which led her to change. Sarah did the hard work of getting sober, empowered with resilience, but continued to struggle with anxiety and depression symptoms that held her back. She was medically uninsured and had received no preventive care for a long period of time. PFC became her medical home.

Through behavioral counseling, she was able to share and process her childhood experiences, challenge her thoughts and beliefs, and practice developing new coping skills to thrive, which has resulted in improvement in her symptoms. She has maintained sobriety, employment, and is currently working on her master’s degree. PFC became a safe place where she felt seen, heard, and understood for the first time. She received comprehensive health care in a compassionate manner. Without medical coverage, Sarah would have had to pay thousands of dollars of out-of-pocket expenses to access these services or delay care and her mental distress would have exacerbated further, impacting her overall health, functioning, and quality of life.

**VIC MOVED INTO SAFE AFFORDABLE HOUSING IN OCTOBER OF 2021 AND SINCE THAT TIME HAS STARTED RECEIVING DISABILITY VETERAN BENEFITS.**

SEICAA Housing received word from a community partner they had met a Vic, a veteran, living in a tent in the nearby mountains. After contacting SEICAA’s Freedom Landing Zone, he stated his health was declining and would need to move into the shelter where he could get the help he needed. He entered the program in June 2021; his immediate needs were assessed, and long-term goals discussed. He was given a room and necessities to stabilize and start concentrating on his health.

While at the shelter Vic received a complete health checkup, monthly health visit and counseling, new glasses, much needed dental care, and a support system from his fellow veterans he did not have previously. During this time, he had applied to many apartment complexes as well.

At OGP he had someone that listened to him and his goals for the future. They made sure he never left hungry, supported his educational endeavors, helped him get community service hours for his college applications, replaced his backpack, and in his senior year they were able to help him afford a boutonnière for his prom. It’s been about a year since he graduated and he keeps in contact with the organization, stopping by to help when he has a free afternoon. He’s let OGP know how much they meant to him.