

IDAHO HEALTH & WELLNESS CASE STUDY

Aerobodies designs strategic, sustainable health & wellness programs that help people and cultures thrive!

www.aerobodies.com



CHALLENGES

Idaho Federal Personnel faced significant mental health accessibility challenges due to geographical barriers and limited local mental health resources.

The influx of mental health challenges within the civilian and active duty communities, combined with resource constraints, resulted in prolonged wait times and inadequate crisis intervention support. Simultaneously, retaining qualified mental health professionals proved challenging, exacerbating the gap in service provision and impacting the delivery of timely and effective mental health support.

SOLUTIONS

Aerobodies increased access to behavioral health care in the state of Idaho for Federal workers by expanding service capacity, adding telehealth services, and streamlining referrals, which reduced wait times and boosted both new and follow-up appointments by over 100%. Effective staff retention ensured program continuity and consistent care across more Idaho counties.

Through crisis intervention programs, community workshops, and ongoing partnerships, Aerobodies strengthened outreach and education for families and the community. Regular outcome monitoring and satisfaction surveys helped maintain high service quality and responsive support.

RESULTS

1. Growth in Free Counseling Services

In April 2025, Aerobodies delivered \$31,450 in free behavioral health services—a 28% increase since December 2024.

2. Referrals and Streamlining Support

Case managers processed 34 new intake referrals and 55 follow-ups in April 2025, nearly tripling monthly referral volume.

3. Sustained High-Impact Counseling

In March 2024, the team completed 180 follow-up sessions and provided \$26,325 in free behavioral health services to Idaho Federal and civilian families.

AT A GLANCE

OBJECTIVES

- Reach more military families statewide.
- Speed up intake and referral processes.
- Increase program awareness and use.
- Respond promptly to changing needs.

BENEFITS

- Broader statewide access.
- Quicker connections to care.
- Higher satisfaction and engagement.
- Continued growth in participation.



BEHAVIORAL HEALTH & WELLNESS TEAM

IDAHO

Our Case Manager, Tammy Haugland, has tripled her case management services!

Mrs. Haugland has additionally increased her work load to include initiating and following up on obtaining Releases of Information from service members for medical records.