



# 2018 Weighted Blanket Project

## Donation Drop-Off Locations:

### **Idaho Association of Counties**

3100 S. Vista Ave., Ste. 200  
Boise, ID 83705

### **Idaho Department of Correction**

1299 N. Orchard St.  
Boise, ID 83706

### **Idaho Public Health Districts**

<http://idcounties.org/weighted-blankets/>

### **Idaho State Hospital North**

300 Hospital Dr.  
Orofino, ID 83544

### **Idaho State Hospital South**

700 E. Alice  
Blackfoot, ID 83221

Inmates at Idaho Department of Correction facilities to make weighted blankets for those in need.

Weighted Blankets are filled with just enough non-toxic poly-pellets to provide deep pressure touch stimulation without uncomfortable restriction. The weight causes the body to produce serotonin and endorphins, which are the chemicals our bodies naturally use to feel relaxed or calm. In combination with the darkness that occurs during the nighttime hours, the pineal gland converts serotonin to melatonin, our natural sleep-inducing hormone.

Adults, teens, and children can benefit from weighted blankets. Weighted blankets are not only used for sleep assistance. These blankets are also used for those who are anxious, upset, and could possibly be on the verge of losing control.

Weighted blankets mimic a firm hug and help individuals feel secure, grounded, and safe. These blankets are often used to provide relief and supplement sensory disorder therapy treatment for sensory disorders, sleep disorders, ADD/ADHD, Asperger's and Autism, panic symptoms, and many more.

Idaho Association of Counties and the Idaho Department of Correction (IDOC) are asking for your help. IDOC is implementing the Weighted Blanket Project in correctional facilities. Inmates will be making the blankets and they will donate across the state. Donations of all different types of fabrics, poly-pellets, and batting are needed.

