

Regional Behavioral Health Board Answers September 2023

This form is designed to collect information for the annual report to the Governor and Legislature about behavioral health services in Idaho. If you have any pictures of community events in your region, please attach them. Thank you for your help in improving the quality of behavioral health services for Idahoans!

Person Completing Form: Melissa Mezo, Chair

Region: 3 Behavioral Health Board

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Please list your Behavioral Health Board's Sub-Committees along with each sub-committee's Chair name and contact information:

- Children's Mental Health/Provider Subcommittee – Joy Husmann, Chair
- Recovery Day Planning Subcommittee – Kristen Heller, Chair and Stacey Rosecrans, Chair
- RFP Subcommittee to find a new fiscal agent for the board – Chair, TBD
- Finance Subcommittee – Chuck Christiansen, Chair – dissolved committee upon fiscal agent contract termination

Please list your region's top three goals from last year:

1. Basic Needs
2. Crisis Assistance
3. Prevention, Enrichment and Resiliency for All

Please list the top 3 action items for these goals from last year:

1. Basic Needs:
 - a. Housing
 - b. Access to Healthcare and Behavioral Health Services
 - c. Employment
2. Crisis Assistance
 - a. Education and training for law enforcement, EMT, first responders, schools, and communities
 - b. Expand access to training and supporting peer supports, family supports, and recovery coaching
 - c. Supporting and marketing Recovery Centers within the region

3. Prevention, Enrichment and Resiliency for All

- a. Engage schools in prevention services
- b. Engage community recovery centers, peer support, recovery coaching, family supports, and other community stakeholders
- c. Provide Mental Health First Aid trainings to school staff and communities

Please provide short answer on your success or outcome from last year's goals. If not, explain why.

It is important to identify that the loss of a fiscal agent and administrative support created unforeseen barriers for the board to carry out their strategic plan. Although these issues occurred, the board was able to resolve the situation and carry out their mission and vision to the best of its ability.

We provided the community with information on the warm hand off program through Emmett Family Services for peer support/recovery coaching services. This helps to increase access to behavioral health services in Gem County. We have supported the Gem County Recovery Community Center through dispersing information out to the community about their services and supporting their events.

We have supported and distributed resources from community partners for behavioral health services, prevention, crisis, and resiliency programs. The board provided a platform for a youth to present her book on suicide prevention and launch it into the community.

We completed CIT training in Payette, Gem, and Canyon Counties to the communities. In addition, this was the first year that Idaho joined the Northwest Regional CIT Conference.

Collaboration with the BHB and the Gem County Recovery Community Center made it possible to recognize a need in the community for transportation and access to healthcare. The Gem County Recovery Community Center was able to increase transportation through the county opioid funding and provide participants with the ability to attend their healthcare and behavioral health care services. Harm reduction services in Gem County and the Region in answer to the need identified by this board, allowed training and supplies to be offered and distributed to a diverse group of community partners.

The board has continually disseminated information, resources, and opportunities to providers and community partners in Region 3 to address our goals and comprehensive behavioral health needs.

What education and/or community events did you participate in?

- We held a recovery day event at the Caldwell Train Depot where we had 20 exhibitors who donated raffle prizes in the excess of \$2,000 and had roughly 400+ plus visitors. We

recognized a peer and agency of the year for their contribution to the recovery community and the Caldwell Mayor presented the proclamation at recovery day.

- We participated in recovery day and IROAR in Gem County.
- We supported the annual Mental Health Advocate nomination, with Kristen Heller as the recipient.
- Ongoing participation in the CITC (Crisis Intervention Team Collaborative)
- Ongoing participation with the YouthROC (Youth Resource and Opportunity Collaborative) through existing board members as well as the Western Idaho Youth Crisis Center.
- Ongoing participation in the PFS (Partnership for Success) Grant provided by Idaho's ODP (Office of Drug Policy) through September 2023 disseminated through the board. As an example, Emmett was a recipient of increased lighting and video surveillance as a deterrent to risky behaviors in the park area.
- We disseminated information and events for Insight Counseling and Insight matters for example the community alcohol and drug free events held in Payette and Fruitland as well as share information on the Positive Parenting Group.
- Supported efforts to increase behavioral health awareness at Duck Valley Reservation.
- Supported efforts for CIT (Crisis Intervention Team) trainings in Payette, Gem, and Canyon counties.
- Ongoing support of the WIDCCC (Western Idaho Community Crisis Center) and the Gem County Recovery Community Center.

Please list your region's top 3 greatest gaps and needs in behavioral health for the current year:

1. Basic Needs
2. Crisis Assistance
3. Prevention, Enrichment and Resiliency for All

Do you feel access to Mental Health and Substance Use Disorder services in your Region has improved, decreased, or is staying the same? Please explain why.

The current number of behavioral health providers in relationship to the demand for services has created an overall decrease in availability of not only behavioral health services for clients but overall healthcare and access to resources. As this trend continues, the impact is a longer wait time for services and accessibility is negatively influenced which leads to client disengagement resulting in increased crisis.

Through association and education provided by this board, Gem County has increased the number of rehabilitation and crisis placements implemented through Gem County Community Recovery Center and board participation.

Please provide a brief 20–50 word quote from a community member, peer, or BHB member about the importance of mental health services in your region.

I believe mental health and substance use disorder services are important. Addiction and co-occurring paths can affect anyone and any family. It is important to have systems and resources in place to bring awareness and support to those who are struggling. Mental health and substance use disorders often go hand in hand. Peer support and recovery coaching services can bridge the gap in a person’s recovery. I have found strength and support knowing that I do not walk this journey alone.

Brandy – a person in recovery

Behavioral Health Gaps and Needs

Rate each category with 1 being the most critical in your area.	1-13
Access to treatment providers	3
Stable Housing	1
Community Crisis Center	4
Anti-Stigma education	12
Suicide Prevention Resources	8
Children/Adolescents Mental Healthcare	2
Veteran’s Mental Healthcare	5
Caregiver supports (including education, training, emotional support, respite care, etc.)	10
Peer supports (including education, training, emotional support, etc.)	7
Substance use disorder treatment centers	6
Crisis Intervention Team (CIT) training for law enforcement officers	11
Mental Health Court	9
Other:	See below

If you chose “other”, please provide more information:

Recovery Centers, Domestic Violence services, Human Trafficking services, Clothing/Food resources, youth support like mentors.

“We need more therapist than needing more prescribers. I think where it asks about mental health treatment and access , that those should be differentiated.”