



**Region 3 Behavioral Health Board Meeting
Wednesday, April 26, 2023
10:00am -12:00pm (MST)**

In Person: Canyon County Admin Bldg., Community Room, First Floor
11th Ave, Caldwell, ID 83605

Join Zoom Meeting:

<https://uhsinc.zoom.us/j/95947645966?pwd=aDF0V3ZYc1dPWUxsSFhkdmgYWTU4d>

z09





Meeting ID: 959 4764 5966

Password: 084640

Or Telephone:

US: +1 346 248 7799 or +1 669 444 9171 or +1 669 900 6833

BEHAVIORAL HEALTH BOARD

Time	Agenda Item	Presenter
10:00am	Welcome, Call to Order and Roll Call	Melissa Mezo, Chair
10:10am	Review and approval of meeting minutes dated March 22, 2023	Melissa Mezo, Chair
10:15am	Executive Committee Update	Melissa Mezo, Chair
10:20am	Children's Mental Health/Provider Sub-Committee Update	Joy Husmann, Chair of Subcommittee
10:30am	Recovery Day Sub-Committee Update	Kristen Heller, Chair of Recovery Day Sub-Committee
10:40am	By-Laws & Code of Conduct Review - complete	All
10:50am	Review of Partnerships Discussion <ul style="list-style-type: none">  Fletcher Group  Recovery Idaho  Serenity Health Alliance  Others 	All
11:15am	Governor's Report discussion	All
11:45am	State Hospital North Appointment of a R3 Board Member	Melissa Mezo, Chair
11:55am	Community Updates	All
12:00pm	Wrap up and adjourn	All

Next scheduled board meeting: May 24, 2023

Region 3 Behavioral Health Board

Mission: Advocate, educate, and ensure accessible care for those in need of mental health and substance use services, by developing and sustaining a network that promotes prevention and ready access to a full range of services.

Vision: A healthy community through a collaborative integrated network that promotes and sustains recovery for all.

Strategic Planning Goals

- *Prevention, Enrichment and Resiliency for all*
- *Crisis Assistance*
- *Increase Collaboration with Medical Providers*
- *Basic Needs*
- *Transportation*



BEHAVIORAL HEALTH BOARD

**Region 3 Behavioral Health Board
Board Meeting Minutes
Wednesday, March 22, 2023
10 am – 12:00 pm (MST)**

Board Members Present:

Aaron St. George	Kristen Heller	Brian Lee	Christopher Partridge	Vito Kelso
Jessica Werst	Stacey Rosecrans	Joy Husmann	Lina Smith	Penny Dunham
Marc Dominguez	Mark Rekow	Melissa Mezo	Nicole Johnson	Tricia Ellinger
Tammy Law	Shawneen McGee	Jennifer Magnuson	Open Position	Open Position
Open Position	Open Position			

Topic	Discussion	Motion	Action
Welcome and Call to Order	Meeting called to order at 10:05. Quorum was met.		
Action Item: Approve Meeting Minutes	BHB meeting minutes were approved for February 22, 2023	Motion to approve by Chris, second by Aaron with changes	Motion carried unanimously with changes.
Executive Committee Update	The EC reviewed the open positions: 🚩 Open Position: Education Representative		Kristen will follow back up with the

	<p>🚩 Open Position: Juvenile Justice Rep 🚩 Adult MH Services Consumer 🚩 County Commissioner (x3) 🚩 Judicial Representation</p> <p>Melissa reached out to Canyon County Juvenile Probation and they are short staffed as of now. Kristen reached out to a possible Education Rep. and they would like additional information. Kristen also reached out to two potential candidates for the Adult MH Services Consumer Rep. The attendance sheet was approved with no issues.</p>		<p>potential Education Rep. with the R3 BHB Bylaws and stature.</p>
<p>Children's Mental Health/Provider Subcommittee Update</p>	<p>Joy shared that the SC will be working on an action plan in 2023 to line out the activities the board will be working on as outlined in the gaps and needs identified by the board. In addition, the SC is working on a campaign for Children's Mental Health Month in May to increase awareness and decrease stigma. There are a number of agencies that will also be highlighting May and we will share out their events via the distribution list.</p>		<p>Updated the Action Plan Working on a Children's Mental Health Month campaign for May Please send Joy any events you have planned for Children's Mental Health Month</p>
<p>By-Laws and Code of Conduct Review</p>	<p>Each year, the Board reviews the By-Laws and Code of Conduct policy for any needed changes. Melissa reviewed a few questions that came from a community member regarding the By-Laws.</p>	<p>Motion to approve by Vito, second by Marc</p>	
<p>Potential 2023 Partnerships</p>	<p>Tiffany updated that the R3 BHB website should be live around the end of March, however, there have been a few glitches. There are some missing board documents from when SWDH held our contract with IDHW and there was some concern expressed that those documents were to be held by the fiscal agent, SWDH. The board would like to request help for administrative support as a secretary to take meeting minutes, develop agendas, and send out resource emails. The Fletcher Group or a recovery center was</p>		<p>Joy and Melissa to get any missing documents from March 2022 through present. Tiffany shared that SWDH does not have copies of some of the missing documents prior to March 2022.</p>

	<p>brought up as possible partners. Melissa reminded the board that while we have not had any funding as it was being used for a part time administrative assistant, the board continues to do great work in the community unfunded. There is a great opportunity for the board to chase grants for funding of projects or supporting other agencies if there is administrative support other than a board member. We would like to ask if there is a possibility for the board to obtain the \$50,000 through DBH until we find a partner as it was prior to being with SWDH. Where is the \$50,000 being used currently? Recap of potential partners: The Fletcher Group, the recovery centers, Idaho Non-profit website for potential partners.</p>		<p>Stacey will go back to her records to see if she find any of the missing documents while the contract was in place with SWDH and IDHW. Melissa will follow up with Scott regarding DBH issuing the \$50,000 to the board until a partner can be secured. Melissa invited board members to reach out to her and Joy with any thoughts of other partnerships. Marc will research the Idaho Non-profit website, Joy will follow up with The Fletcher Group and Stacey will reach out to Recovery Idaho.</p>
<p>Recovery Day Subcommittee Planning</p>	<p>Kristen reported that she is working to get Canyon, Gem and Owyhee recovery days together for the subcommittee. Gem County is holding their recovery day event on September 3, 2023. The first meeting will be to select a date for Canyon County and determine a theme. There wasn't any representation for Owyhee County.</p>		<p>Kristen to email Lina regarding volunteers she has available. The first meeting is scheduled for April 14, 2023 at 12:00pm via Zoom.</p>
<p>Amending the agenda</p>	<p>Melissa would like to amend the agenda to include an action item to vote on a Mental Health Advocate Recipient Award for 2023 due to the deadline from Empower Idaho being before our next board meeting.</p>	<p>Motion to amend the agenda by Aaron and seconded by Kristen, motion passed unanimously</p>	

Mental Health Advocate Award Nomination	There was a nomination for Kristen Heller and the work she has done in the community surrounding behavioral health.	Motion to approve by Joy and second by Vito, motion passed unanimously	Vito will write up the information needed for the award.
Presentation April Browne and Samantha Tackitt	April and Samantha presented on the Warm Hand Off program in Gem County between Emmett Family Services and the Valor Emergency Dept.		Joy to distribute slides. The flyer has been distributed.
Community Updates	There were several community updates provided and those will be shared via an email to the board list serve.		Joy will forward out all of the information received by the community partners onto the board list serve.
Adjourn	Meeting adjourned at 12:04pm		

Next scheduled board meeting: April 26, 2023 from 10:00am to 12:00pm

The Region 3 Behavioral Health Board is in compliance with Idaho's Open Meeting Law with regard to virtual meetings.

Region 3 Behavioral Health Board
Children's Mental Health Subcommittee Action Plan

Goals: Basic Needs, Crisis Assistance, Prevention, Enrichment, and Resiliency for All

Goal/Strategy	Action Item	Responsible	Priority	Status	Start/End	Notes
Basic Needs: Housing	Grant Writing	Joy/Nate/Melissa/Stacey	Spring/Summer of 2023	Started		Recovery Housing model with attached recovery center
Basic Needs: Housing	Housing Vouchers for re-entry					
Basic Needs: Housing	Mental Health and Drug Court housing vouchers					
Basic Needs: Access to healthcare and behavioral health services	Transportation through Valley Regional for healthcare appointments					Expand, add, clarify for BH provider locations within/nearby existing medical providers
Basic Needs: Access to healthcare and behavioral health services	Aftercare/re-entry/peer support/recovery support services/SUD treatment					
Basic Needs: Employment						
Basic Needs: Food						
Basic Needs: Transportation						
Crisis Assistance:						
Prevention, Enrichment, Resiliency	Children's Grief Camp – reach out to the Idaho National Guard	Joy/Darren	Spring/Summer of 2023	Started	10/22 – present	We are looking at partnering with existing camps to provide a grief support track within the existing camp

Region 3 Behavioral Health Board
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Prevention, Enrichment, Resiliency: Co-located providers within the schools	Tiana (Intern) is working on a project-based narrative to address how co-located providers are needed within the schools	Tiana/Darren	Jan-23	Started	10/22 – 12/17/22	
Prevention, Enrichment, Resiliency: Provide MHFA Trainings	MHFA to Council, Idaho	Joy/Stacey	Spring of 2023	Waiting on Council for a date/time		We have reached out to those in Adams County to provide several MHFA trainings and they are working on a date/time
Prevention, Enrichment, Resiliency: Provide QPR Trainings	QPR to Council, Idaho	Joy	Spring of 2023	Waiting on Council for a date/time		We have reached out to those in Adams County to provide several QPR trainings and they are working on a date/time
Prevention, Enrichment, Resiliency: Youth Resources	Youth Leadership Program, Youth Move Discord, Boise Brickhouse, Family Support Line	Joy/Michelle (YES)	Ongoing	Ongoing		

Region 3 Behavioral Health Board
Children's Mental Health Subcommittee Action Plan

Goals: Basic Needs, Crisis Assistance, Prevention, Enrichment, and Resiliency for All

Goal/Strategy	Action Item	Responsible	Priority	Status	Start/End	Notes
Prevention, Enrichment, Resiliency: Youth Vaping	Connect with Health Education Specialist at SWDH					Increase in adolescent vaping for nicotine and THC
Prevention, Enrichment, Resiliency: Parent Resources	Support and resources for parents					
Prevention, Enrichment, Resiliency: CRM (Community Resiliency & Making Sense of Your Worth	Determine who/where	Joy/Tara/Michelle				
Prevention, Enrichment, Resiliency: Opioid/Fentanyl Prevention	Who has funding by county in Region 3?	Tara/Stacey/Joy/IAC				
Prevention, Enrichment, Resiliency: BH Education in the elementary schools	SCUTA Model with a school already doing school based services/prevention services					Inquiry re: Emmett School District/Hale Counseling to see if interest in SCUTA model/purchase through PFS?



BEHAVIORAL HEALTH BOARD

Region 3 Behavioral Health Board
Recovery Day Planning Subcommittee Meeting Minutes
April 14, 2023
12:00-1:00pm (MST)

Attendees: Kristen Heller, Joy Husmann, Trinity Bailey, Stacy Lopez, Patty Puschmann, Amber Acree, Jenn Magnuson

Topic/Discussion	Motion	Action
<p>Canyon County Recovery Day Event</p>		<p>Kristen Heller proposed having the RD event run concurrently with Indian Creek Festival again. All members approved. Trinity Bailey and Kristen Heller will be responsible for contacting venues (Indian Creek Plaza and Train Depot) for availability on Saturday Sept 16th, 2023. Discussion around time went back and forth between morning and evening, all members agreed to 10-2 or 11-3 for the event to maintain foot traffic from the ICF. Members all shared great feedback about RD at the Train Depot last year and were all in favor of hosting here again, if permissible.</p> <p>Theme: All voted in favor of this year's theme being "Empowering Lives". To fulfill said theme, each SC member suggested a different activity or event that take place during RD that supports empowerment.</p> <ul style="list-style-type: none"> -Kristen: will contact New Phoenix re: yoga instructors running "mini" sessions during event. Would like an adult session, kids session, and family session. Thinking 20 min meditation/breathing exercise/yoga stretch. -Kristen & Amber: will create coloring station inclusive of Safety for Kids coloring books (from Terry Reilly), crayons/marker/paint, and rocks that will resemble positive affirmations/words for children to paint.

		<p>Stacey: will contact a few different booth vendors. Has contacts for potential barbers to be available for haircuts, chair massages, mini facials, dress for success station.</p> <p>Patty: will be responsible for crafting up some activities for children and families around attachment styles and healthy communication for recovery.</p> <p>Jennifer: will contact Caldwell and Nampa Bicycle Project for bike donations.</p> <p>Tasks: with enough notice, we are hoping to be able to get gift card donations from Grocery Depot and/or WinCo for food, hygiene products, and miscellaneous items.</p> <p>Stacy: will contact Grocery Depot and WinCo about donations.</p> <p>Joy: IMH will be able to donate tables and some tents for the event, snacks/beverages if necessary</p> <p>Optum: usually donates, this money can be used again for raffle prizes</p> <p>Kristen: will create a sign up sheet again once the marketing portion is complete so that the virtual survey includes the flyer.</p> <p>Those who participate this year will again be asked to donate a raffle prize in lieu of a vendor fee. The SC decided that last year there was a lot of duplication in raffle winners so this year it was agreed upon that the RD SC will utilize Bingo Cards again to ensure fairness in raffle distributions. Joy has the bingo card still, Trinity and/or Kristen will edit the bingo card accordingly to match this years theme and expectations. The plan is once someone fills a bingo card they can hand in said card to a host in exchange for a raffle ticket. This will hopefully reduce duplications and mass raffle tickets being given out to the same people.</p>
Gem County Recovery Day Event		<p>SC agreed to add all county related recovery day information to the proposed marketing for RD. Amber Acree will be handling all marketing and communications of the event, and she will create a flyer that discusses Gem Cty, Owyhee Cty, Canyon Cty, et. Al. planned events. This will be blasted via social media, newspaper, email, and posters around the community.</p> <p>The RD SC will work with Gem County to determine how to best support their event on the ground.</p>

Wrap up and adjourn		Next meeting will be held on Friday 5/19/23 @ 12pm. Zoom link will be sent out.
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Next scheduled board meeting: May 19, 2023 12:00-1:00pm MST

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Regional Behavioral Health Board Answers

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: _____

Region: _____

Contact Email: _____

Contact Phone Number: _____

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

Please list your region's top three goals:

1. _____
2. _____
3. _____

Please list the top 3 action items for these goals:

1. _____
2. _____
3. _____

Please provide short answer on your success or outcome. If not, explain why.

1. _____

2. _____

3. _____

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

Please list your region's top 3 greatest gaps and needs in behavioral health?

1. _____

2. _____

3. _____

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

Do you feel access to Substance Use Disorder services (Prevention, Treatment, Recovery) in your Region has improved, decreased, or is staying the same? Please explain why.

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.

Behavioral Health Gaps and Needs

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

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



The purpose of the Partnerships for Success (PFS) grant is to prevent underage drinking, and marijuana and methamphetamine use among youth.

Partnerships for Success program updates:

Over the past month the PFS coordinator has worked to review and create multiple professional development scholarship applications for local prevention conferences. She has also worked with existing partners to update agreements to include additional work and is working with two partners to finalize new agreements (an environmental project in Emmett, and the 3rd Millennium Prevention and Intervention program at the Vallivue School District), and the coordinator hopes to have these finalized as soon as possible. Agreements were updated with Idaho Drug Free Youth to include scholarships for Youth Summit (IDFY camp), and with the Western Central Mountains Youth Advocacy Coalition (YAC) to work with youth to develop PSAs in the Adams County region.

In April we received reports for the month of March for our media campaigns. Our new Tik Tok video in the IDFY Youth Vision campaign (created by the Caldwell Mayor's Youth Council), had 116,003 views and Instagram posts had an average of 10,183 views across the three ads. Our parental awareness campaign had 138,012 impressions and 410 clicks.

On April 14th, 12 participants attended a 2-hour virtual "How to talk to adolescents about substance use" SBIRT training hosted by the coordinator. In April the PFS coordinator also attended the Nampa Library Destination Wellness event with 2C-DFC to support their work, and to provide education and resources to attendees. Additionally, the first in-person parent education event, Save My Family, took place in Council, Idaho on April 18th. The coordinator continues to support and monitor subgrantees and contractors conducting work in the region, and will continue to share opportunities, resources, and updates.

Opportunities for partnership:

- Do you know a local youth who is passionate about being substance free? Encourage them to apply for an opportunity to attend the Idaho Drug Free Youth, Youth Summit. Learn more [here](#).
- Please consider sharing the [Save My Family flyer](#) with community partners, or hosting an event yourself!
- If you or a partner work with youth, please consider applying to prevention focused professional development. Scholarships are available for the Northwest Alcohol Conference. Other prevention trainings will be considered. All funding opportunities can be applied for [here](#).
- Request a supply of prescription disposal pouches, lockboxes and educational materials for your organization to have available for clients/patients [here](#).
- Reach out with any ideas for partnership that would support your organization or community in preventing youth substance use. I'm available to brainstorm!
- Find information about all PFS resources and funding opportunities on the [PFS webpage](#) - <https://swdh.id.gov/healthy-living/youth-substance-use-prevention/>

April 2023

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