



## BEHAVIORAL HEALTH BOARD

### Region 3 Behavioral Health Board Minutes

Wednesday, August 27, 2025

10:00am -12:00pm (MST)

Join from PC, Mac, Linux, iOS or Android:

<https://uhsinc.zoom.us/j/98615063473?pwd=15jaTxt3sOylFpY8b3GEiTBgVTWpZi.1>

Meeting ID: 986 1506 3473

Password: 455494

Or iPhone one-tap : US: +17193594580,,98615063473# or +12532050468,,98615063473#

Or Telephone: If Available use Call Me or Dial: US: +1 719 359 4580 or +1 253 205 0468 or +1 253 215

8782 or +1 346 248 7799 or +1 669 444 9171 or +1 669 900 6833 or +1 646 876 9923 or +1 646 931 3860

A	Jenifer Gordor	E	Joy Husmann	x	Amber Acree
x	Judge Eames	x	Lina Smith	x	Stacey Rosecrans
x	Christopher Partridge	x	Melissa Mezo	x	Marc Dominguez
x	Jodie Keys	x	Penny Dunham	x	Bryan Kaminskaskas
x	Karey Perkins	E	Mikaela Rios	E	Brad Coen
x	Jessica Werst	E	Shawneen Magee	E	Jennifer Stairs
x	Kristen Heller	x	Erin Dominguez		

Time	Agenda Item	Presenter
10:00am	Welcome, Call to Order and Roll Call	Melissa Mezo, Chair
<i>Melissa Mezo called the meeting to order at 10:00 am. Attendance was taken and introductions were made.</i>		
10:10am	Review and Approval of April 23, 2025, Meeting Minutes*	Melissa Mezo, Chair
<i>Move to approve the meeting minutes from June 2025 meeting: Lina Smith Motion seconded: Bryan Kaminskaskas  Motion was approved by the Board.</i>		
10:15am	Executive Committee Update	Melissa Mezo, Chair
<i>Kristen Heller will be serving on the Board until the end of September. The Peer Certified Prevention Specialist position will be open for applications in October. Kristen has chaired the recovery day subcommittee meeting over the years. The applicant would not necessarily need to be certified with IBADD according to the way the Bylaws are written. The applicant would be actively working in a prevention role and have training in the field.</i> <a href="#">Link to requirements</a>		

Stacey Rosecrans asked Kristen Heller some questions regarding becoming a Certified Prevention Specialist. Kristen suggested she use the link provided above to look at the requirements. They will discuss this off-line. Kristen Heller is open to any questions regarding being qualified for this position.

Melissa Mezo mentioned that there may be a person on the Board already who feels they could fulfill the Certified Prevention Specialist position they are certainly allowed to apply to another position if they would like.

10:25am

Recovery Day Planning Subcommittee update

Amber Acree, Board Member

Amber Acree discussed the plan for the Recovery Day Event.

- There are over 54 vendors.
- They have donations.
- They have mapped out where everything will be placed in the park.
- There is a leader for each group.
- There are food trucks and entertainment.
- There is a meeting today and every Wednesday at 4:00 PM.

Volunteers are very welcome. Contact Marti Hooper to volunteer at [martihooper@yahoo.com](mailto:martihooper@yahoo.com).

September 27<sup>th</sup> at Lakeview Park in Nampa from 11:00am – 5:00pm.

Southwest Idaho Recovery Community Center (SIRCC) on Facebook.

Emmett Recovery Day Event at the Emmett City Park

- September 1, 2025, 10:00 am – 2:00 pm
- Vendors
- Raffle
- Booths
- Bounce Houses
- Barbeque
- Children's Duck Pond with prizes



10:45am

Children's Mental Health/Provider Sub-Committee Update

Melissa Mezo, Chair

Melissa Mezo mentioned that they were on a road trip to Payette, Adams, and Washington counties during their County Commissioner meetings. They were well received.

Marc Dominguez shared that they made a proposal for a Recovery Center and the Board is waiting to find out if this can be fit into their budget.

Melissa Mezo shared that there have been several letters of support and a letter from Ross Edmunds that have been used during their presentations to the County Commissioners.

Melissa Mezo was thankful for all the agencies that have provided these letters.

Judge Eames mentioned that he has not heard anything regarding the Recovery Center, but he will reach out to find out if this is on the horizon.

Melissa Mezo shared that they will continue to follow up with the Commissioners. The Board has been supporting many of the recovery events and supports through their history. She explained that Recovery Centers are intended to serve individuals and families who are in recovery, connecting them to resources. There are groups as well as individual counseling, peer support and recovery coaching.

There was a question about how the Board is able to fund small projects such as training for Peer Support.

Melissa Mezo mentioned that the applications came from the Children's Mental Health Subcommittee and were reviewed. Those applicants were then connected with BPA and Body and Mind who were offering the training. If you know anyone who is interested and they fall within the Region 3 boundaries please reach out to Melissa and she will get them connected.

11:05am	Gaps and Needs discussion (~end of Sept) <ul style="list-style-type: none"><li>• Activities</li><li>• Accomplishments</li><li>• Events</li><li>• What are we missing (gaps)</li></ul>	Melissa Mezo, Chair
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Melissa Mezo walked through last year's Gaps and Needs report and the attendee's discussed the new gaps and needs report. Melissa will review the discussion and send out the draft to the Board for review and feedback.

#### Resources mentioned in the Chat:

- [YouthROC](#) is Region 3's Youth Assessment Center. This program is great for youth ages 5-17 who are struggling and have behavioral health concerns, have gaps in basic living needs, and/or are experiencing safety concerns. The program connects the youth to a free assessment (CANS) and then a free case manager who supports them on an ongoing basis with their individual and family needs.
- The [Western Idaho Youth Support Center](#) is Region 3's youth crisis center. The youth crisis center serves youth ages 5-17 experiencing a behavioral health or associated crisis and need immediate in-person crisis de-escalation. Services are free and include behavioral health and medical assessments, crisis de-escalation, on-site peer support and case management, safety planning, food, clean clothing, a place to rest and recreate, shower, and connections to care. They are open 24/7/365, located at 308 E Hawaii Ave in Nampa, and services are free.
- The Idaho Behavioral Health Council's Crisis Center implementation team is working on the following goals: increasing regional access to youth crisis centers, increasing sustainability funding for crisis centers, increasing public awareness of crisis centers, and improving coordination between the crisis centers and the system as a whole.
- Region 2 is the only region that has three adult centers for rural access. The other six regions only have one adult community crisis centers, and only four regions have a youth crisis centers.

11:45am	Community Updates	All
<i>Emmett Recovery Day Fair on Sept. 1 between 10 and 2.</i>		
<i>Welcome Home group in Caldwell which helps incarcerated women at the Caldwell Public Library at 12:00. Second Wednesday of every month. Marti will send out a flyer to the email group.</i>		
12:00pm	Wrap Up and Adjourn	Melissa Mezo, Chair
<i>Meeting was adjourned at 12:00 pm</i>		

\*Denotes information provided in packet

Next scheduled board meeting: September 24, 2025

## 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

- *Basic Needs*
- *Recovery ecosystem housing*

- *Engage and develop effective community recovery centers, peer and family supports, and recovery coaching with community stakeholders in the work the Region 3 Behavioral Health Board plans to do around recovery ecosystems.*