



BEHAVIORAL HEALTH BOARD

Region 3 Behavioral Health Board Meeting

Wednesday, November 16, 2022

9:30am -11:30pm (MST)

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

Join Zoom Meeting:

<https://uhsinc.zoom.us/j/96160572971?pwd=ZlhJeWtpTlV4eVlIUzFQci80MUhldz09>

Meeting ID: 961 6057 2971

Password: 216419

Or iPhone one-tap :

US: +17193594580,,96160572971# or +12532158782,,96160572971#

Or Telephone:

US: +1 719 359 4580 or +1 253 215 8782 or +1 346 248 7799 or +1 669 444 9171 or +1 669 900 6833 or +1 689 278 1000 or +1 301 715 8592 or +1 309 205 3325 or +1 312 626 6799 or +1 360 209 5623 or +1 386 347 5053 or +1 507 473 4847 or +1 564 217 2000 or +1 646 876 9923 or +1 646 931 3860

Time	Agenda Item	Presenter
9:30am	Welcome, Call to Order and Roll Call	Melissa Mezo, Chair
9:35am	PFS Grant Update	Tara Woodward, SWDH
9:50am	Executive Committee Update	Melissa Mezo, Chair
10:00am	Review and Approval of Meeting Minutes October 26, 2022	Melissa Mezo, Chair
10:05am	Nominations and election of Chair and Vice Chair – two-year term Action item: Vote on Chair and Vice Chair for January 2023 through December 2024	Melissa Mezo, Chair/All
10:25am	Discussion, nomination, election of Board Secretary: Action item: Vote on Board Secretary (term limit)	All
10:45am	Submission of Annual Gaps and Needs Report to the Governor for 2022	Joy Husmann, Vice Chair
11:00am	Children’s Mental Health/Provider Sub-Committee Update	Joy Husmann, Chair of SC
11:05am	Review of current positions: <ul style="list-style-type: none"> Open position: Adult MH Services Consumer Rep. (Toni rescinded offer due to time commitment) 	Melissa Mezo, Chair/All

	<ul style="list-style-type: none"> • Open position: Educational Rep. • Open position: Juvenile Justice Rep. • Mental Health Treatment Provider – Greg Dickerson • County Commissioner x3 – Pending 2023 New Commissioners in Office • Judicial Rep. – Judge Lee – appointed by D3 Judicial Committee 	
11:15am	Community Updates	All
11:30am	Wrap up and adjourn	All

Next scheduled board meeting: No Meeting in December – Next Meeting January 25, 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*



Partnerships for Success: Upstream Substance Use Prevention

Project Coordinator: Tara Woodward
Program Planning & Development Specialist

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Partnerships for Success Grant (PFS)

- **Goal:** Prevent **underage drinking, marijuana use, and methamphetamine** use in communities using evidence-based prevention programs and practices, especially among American Indians, **Hispanics/Latinos, veterans and their families**, and Idahoans living in rural communities, **while increasing capacity for prevention efforts in each district.**



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Region 3 Priorities & Purpose

- Underage Alcohol
- Marijuana
- Methamphetamines
- Veterans and their families
- Hispanic and Latinx populations



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Southwestern Idaho Data

In 2021, youth in Western Idaho self-reported that...

- **34%** have had at least 1 drink of alcohol
- **13%** used marijuana
- **10%** misused prescription drugs
- **18%** used a vape pen or e-cigarette
- **.6%** used methamphetamines

Source: Idaho Healthy Youth Survey, 2019

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Southwestern Idaho Data

Underage Alcohol Consumption

- Youth most often report drinking alcohol at home **(54%)**, and getting alcohol from a friend **(41%)**, or family member **(37%)** for free.

Marijuana

- Youth report smoking **(82%)**, vaporizing **(34%)**, or dabbing **(36%)** marijuana. They most often get it for free from a friend or family member **(44%)**. Others, report buying it **(29%)** or taking it **(13%)** from a family member or friend. 30% purchased from a dealer or stranger.

Source: Idaho Healthy Youth Survey, 2021

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Southwestern Idaho Data

Methamphetamines

- Youth who misused prescriptions most often used them at home **(74%)**, and either were given **(16%)**, or took them **(21%)** from a family member or friend. 52% reported misusing their own prescription, and 23% reported getting it "some other way".

Source: Idaho Healthy Youth Survey, 2021

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Southwestern Idaho Data

Risk Factors for Substance Use

- **15%** of youth reported that they felt so depressed in the past month that nothing could cheer them up, and **19%** had seriously considered suicide in the past year.
- In the past year, youth reported that only **60%** had spoken with their parents/caregivers about the dangers of tobacco, alcohol, or drug use. **48%** discussed specific things they could do to stay away from drugs, and **54%** discussed family rules or expectations about using drugs.

Source: Idaho Healthy Youth Survey, 2021

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Q1 & October Projects

- SBIRT Training – St. Alphonsus ED trauma social workers
- 12,000 bags stickered with Caldwell MYAC and Nampa Mayor's Teen Council
- Prescription drug disposal pouches: 242
- Lockboxes: 83
- Conversation Cards: 348
- IDFY Youth Vision average monthly post view: 13,828
- Parent awareness campaign: 563,788 impressions
- Positive Action for parents
- Opened subgrant solicitation and awarding funding

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Q2 & Beyond!

- SBIRT Trainings
- Be the Parent coffee sleeves at local coffee shops
- Continuation of Youth Vision and parent awareness campaign
- Planet Youth – New Meadows alternative activities*
- Environmental & prevention project – Canyon County School*
- Prevention professional development – educators, and school professionals
- YMHFA

Current FY Opportunities

- Evidence-based youth, parent and family classes
- Screening, brief intervention & referral to treatment trainings
- Youth mental health first aid trainings
- Environmental strategies: lighting, signs, cameras
- Distribution of prescription drug safety & educational materials
- 3rd Millennium prevention & intervention program
- Professional development for youth-serving professionals

Partnership

- R3BHB & PFS Collaboration
 - Connecting with community partners, sharing funding announcements, events, resources, information, and community insight
- How can I be a partner to you to prevent & reduce youth substance use?

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Sources

- Idaho Office of Drug Policy. (2021, August.) *Idaho Health Youth Survey*.
<https://prevention.odp.idaho.gov/wp-content/uploads/sites/108/2020/06/IHYS-2019-State-Report.pdf>
- Idaho Office of Drug Policy, (2021, March). *Strategic Prevention Framework Partnerships for Success Grant Manual*.
- Substance Abuse and Mental Health Services Administration. (2019, July). *Risk and Protective Factors*.
<https://www.samhsa.gov/sites/default/files/20190718-samhsa-risk-protective-factors.pdf>

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Thank you!

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

Partnership for Success program updates:

In October and November, applications for the PFS funding opportunity were reviewed and scored. Multiple agreements have been drafted and are in the process of being finalized. Agreements being developed include an alternative activities project in New Meadows, and an environmental and prevention project in Canyon County. The coordinator will continue to share the opportunity with community organizations and partners.

In November, a continuation of a prior agreement with Idaho Drug Free Youth (IDFY) for the Youth Vision, positive social norms campaign was amended to continue for another 6 months. This program allows us to reach youth and young adults across the region that we are otherwise unable to regularly reach through partnerships and community engagement. The coordinator plans to extend the agreement with the digital marketing agency to continue the parental awareness campaign as well.

The PFS coordinator joined 2C-DFC to table at the Drug Take Back Day held at the Caldwell Police Department on October 29th, and provided prescription drug disposal pouches to the event that took place at the Emmett Police Department. Since the last update, PFS has partnered with Lifeways to provide prescription drug safety, disposal, and educational materials.

Our subgrant application will remain open until all funding has been awarded. Funding is available to support the implementation of adult or youth evidence-based curriculum, environmental projects, prevention scholarships for youth-serving professionals, and the 3rd Millennium prevention and intervention program. We also have funding available for "How to talk to adolescents about substance use" SBIRT trainings, and are looking for opportunities to partner in distributing drug disposal pouches, lockboxes, Be the Parents materials, and educational information. Please reach out if you are interested in partnering!

Resources:

Prescription drug disposal pouches (small, and medium), Be the Parents conversation cards, magnets, and coffee cup sleeves are available for distribution to the community. Please email me if you would like any. You can also order them [directly here](#).

Tara Woodward
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BEHAVIORAL HEALTH BOARD

**Region 3 Behavioral Health Board
Board Meeting Minutes
Wednesday, October 26, 2022
10:00 am – 12:00pm (MST)**

Board Members Present:

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

Topic	Discussion	Motion	Action
Welcome and Call to Order	Meeting called to order at 10:01. Quorum was met.		
Action Item: Approve Meeting Minutes	BHB meeting minutes were approved for August 24, 2022, and September 28, 2022		
Executive Committee Update	The EC reviewed and approved the application for Toni Shaffer, Adult MH Services Consumer Rep. Jessica Werst will replace Lisa Comstock as the Region 3 DHW DBH Rep.		Melissa will follow up with Toni to ensure she has availability to meet the board

	<p>Open positions are: Educational Rep and Juvenile Justice Rep.</p> <p>While the BHB had approved the PFS grant and signed off on it, it has not been signed off by SWDH as of 10/26/22 as they had wanted changes to the grant language. The EC reviewed and approved the report for submission to the Governor in the event quorum was not met at the BHB meeting.</p>		<p>criteria of 8-10 hours per month.</p> <p>Board members have asked that Melissa provide information (emails) for clarification on requests from SWDH to change language. Melissa will provide a copy of the PFS grant signed/counter signed in the November 2022 board packet.</p>
Gaps and Needs Discussion	<p>The board reviewed the approved report for submission to the Governor which had updates as follows from the EC:</p> <ul style="list-style-type: none"> • Change TAC (Teen Assessment Center) to STAC (Safe Teen Assessment Center) • Remove bullet "Email from Stacey" as the IROAR recovery day event was noted above it in another bullet point. 		<p>Joy will forward the completed report to the Idaho State Behavioral Health Council prior to 10/31/22 and include a copy to the board members.</p>
Meeting calendar dates for 2023 and meeting location	<p>The 2023 meeting dates listed in the packet were approved. There was discussion about where to hold the meetings and if there should be a meeting held at different locations throughout the year. It was decided that we will continue to meet at the Canyon County Administration Building in Caldwell in person and provide Zoom as well. We will pilot a program to provide at least two meetings per year at different locations with Zoom capability into the meeting space at the Canyon County Administration Building.</p> <p>Melissa provides a monthly agenda planning meeting on the 2nd Tuesday of the month at 4:00pm to collect agenda items from the board and community. While there is a list of monthly agenda items that are required in statute, this leaves room for additions to the agenda as needed.</p>		<p>Meeting dates and location recommendations were approved, and Melissa will receive information from the board members as to two locations to provide an in person and Zoom meeting. Melissa will send out a new invite for the monthly agenda planning meeting and anyone is welcome to attend.</p>

	<p>**Please note that the EC meeting will begin at 9:00am on Wednesday, November 16, 2022 and the Board meeting will begin at 9:30am and end at 11:30am in order to vacate the meeting room for another group.</p>		
<p>Open Position Recruitment and Member Positions Expiring</p>	<p>Open positions:</p> <ul style="list-style-type: none"> • Educational Rep. • Juvenile Justice Rep. <p>Positions expiring in 2022:</p> <ul style="list-style-type: none"> • Education Rep. • Judiciary Rep. • County Commissioner x2 positions • Adult MH Services Consumer Rep. <p>There was a discussion that the board attendance log needs to be reinstated to keep track of absences as it states in the Bylaws that 3 or more unexcused absences can result in termination by the EC. It was discussed that if a board member isn't committed to the time for the board that it results in the inability to meet quorum. As this is an all-volunteer board, many members are placing their time to be involved and those that aren't are jeopardizing the ability to complete the work of the full board. As County Commissioners have not been involved for some time now and they appoint their own members to the board, it is time to reach out to see if they will be appointing new commissioners.</p>		<p>Please determine your level of commitment to the time of 8-10 hours per month for board meeting business. Melissa will reach out to the IAC (Idaho Association of Counties) to see who will be appointing the county commissioners (3) to fulfill the statute obligation for board membership.</p>
<p>Nomination submissions for Chair and Vice Chair of the Board</p>	<p>While Melissa and Joy's board terms do not expire, the leadership roles do in December 2022. We will need to collect nominations for Chair and Vice Chair no later than November 4, 2022, in order to vote at the November 16, 2022, board meeting. Informal nominations are noted: Kristen Heller nominated Melissa and Joy for Chair and Vice-Chair. This was also supported by Aaron St. George, Stacey Rosecrans, and Tricia Ellinger.</p>		<p>Please have all nominations to Melissa for Chair and Vice Chair no later than November 4, 2022.</p>
<p>Review of Bylaws</p>	<p>It is not necessary to review the Bylaws, however, throughout the years as situations arise, it is necessary to review and update the Bylaws to reflect any of those situations. It was recommended that board members review the Bylaws, and we discuss them at the January/February board meetings pending any changes</p>		<p>Bylaw review will occur in January and February for any changes.</p>

	by the legislature to how the Regional Behavioral Health Boards operate.		
PFS Grant Update	Tara provided an overview of the document that was included in the board packet.		Tara will provide the Chair/Vice Chair dates/times of any events related to the PFS Grant to share out with board members who would like to participate and support the work of the PFS Grant.
Fletcher Group	Nate Conklin presented on Recovery Housing model with discussion and PowerPoint presentation. The board supports efforts to provide recovery housing and a recovery center in rural communities and would like to see additional mental health services offered in this model. The board is tasked in statute with providing recovery support, family support and peer support services to the six counties we serve.		Joy will forward the PowerPoint slides out to the board. Nate will keep us apprised of the work they are doing in Payette with WICAP and Recovery Housing.
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 12:08 pm		

Next scheduled board meeting: November 16, 2022, at 9:30 am

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