



BEHAVIORAL HEALTH BOARD

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

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

Join Zoom Meeting:

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

<https://uhsync.zoom.us/j/91589455196?pwd=QkNlUkVlaG13UmRCSWcwOUNGekl4dz09>

Meeting ID: 915 8945 5196

Password: 951990

Or iPhone one-tap :

US: +17193594580,,91589455196# or +12532158782,,91589455196#

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 +1 386 347 5053 or +1 564 217 2000 or +1 646 876 9923 or +1
646 931 3860 or +1 301 715 8592 or +1 309 205 3325 or +1 312 626 6799 or +1 360
209 5623

Time	Agenda Item	Presenter
10:00am	Welcome, Call to Order and Roll Call	Melissa Mezo, Chair
10:05am	Review and Approval of Meeting Minutes - August and September meetings	Melissa Mezo, Chair
10:10am	Executive Committee Update	Melissa Mezo, Chair
10:20am	Final review and vote on the submission for the Governor's report	All
10:45am	Meeting calendar dates for 2023 and location <ul style="list-style-type: none"> REMINDER! November 16, 2022 EC meeting will begin at 9:00am and the Board meeting will be begin at 9:30 and end at 11:30 due to the Thanksgiving holiday and meeting room availability 	All
10:50am	Open position recruitment <ul style="list-style-type: none"> Open position: Adult MH Services Consumer Rep. Open position: Educational Representative Open position: Juvenile Corrections Positions expiring 2022	All

	<ul style="list-style-type: none"> • Rep. of the Public Education System (OPEN) • Rep. of the Judiciary System • County Commissioner member – 2 members • Adult MH Services Consumer Rep. (OPEN) 	
11:00am	Nomination submissions for Chair and Vice Chair due to Melissa by November 4, 2022 for voting at the November 16, 2022 board meeting	All
11:10am	Review Bylaws and any proposed changes for the November 16, 2022 meeting	All
11:15am	Children's Mental Health Sub-Committee Update	Joy Husmann, Chair of CMH/Provider Subcommittee
11:20am	PFS Grant Update	Tara Woodward
11:30am	Presentation from the Fletcher Group – How do we engage the board in assisting with recovery housing and peer delivered services to the counties we serve	Nate Conklin
11:45am	Community Updates	All
12:00pm	Wrap Up and Adjourn	Melissa Mezo, Chair

Next scheduled board meeting: November 16, 2022

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, September 28, 2022
10:00 am – 12:00pm (MST)

Board Members Present:

Aaron St-George	Leslie Van Beek	Brian Lee	Christopher Partridge	Greg Diekerson
Lisa Comstock	Ivy Smith	Joy Husmann	Lina Smith	Lynden Haines
Marc Dominguez	Mark Rekow	Melissa Mezo	Nicole Johnson	Penny Dunham
Kristen Heller	Shawneen McGee	Tammy Law	Tricia Ellinger	Vito Kelso
Stacey Rosecrans				

Topic	Discussion	Motion	Action
Welcome and Call to Order	Meeting called to order at 10:00. Quorum was not met.		
Action Item: Approve Meeting Minutes	BHB meeting minutes were not approved as quorum was not met		Review and approve at October's meeting
Executive Committee Update	The EC reviewed the PFS grant letter to ODP with a cc: to Director Zogg that the board will partner with SWDH until the grant ends July 2023. The EC ran out of time to approve Toni Shaffer's application for the open position		Joy Husmann will be the contact for the PFS Grant as the Chair of the

	for Adult MH Services Consumer Rep. The EC was experiencing technical difficulties with audio.		CMH/Provider Subcommittee The EC will review applications at the October board meeting for open positions
Recovery Day Planning Subcommittee Update	Gem County held the IROAR event and it was successful. They ride their motorcycles around Idaho and visit other recovery centers and their events. There was a recovery event held at the Caldwell Train Depot with over \$3,000 in raffle prizes that were donated. There were 23 vendors that participated.		Planning for Recovery Day should begin in April in the future and we would like to increase participation in the Gem County event in the future.
Gaps and Needs Discussion	The board reviewed the draft report for submission to the Governor and updated it.		We will vote to approve the submission to the Governor at the October meeting.
Review of open grant opportunities	<ul style="list-style-type: none"> Idaho State Liquor Division Opioid Grant St. Luke's Community Health Improvement <p>If anyone is interested in these grants or others, please reach out to us to see how the board can support your work.</p>		
University of Idaho Suicide Prevention and Community Health Project	Talje Hoene presented on the opportunity to be involved in the this grant to provide suicide prevention and money to rural communities struggling with suicide. It will begin with six community meetings and then implementation. The board assisted with connecting Talje with our community partners.		Anyone interested in participating in the discussion and to address the needs, please reach out to Talje at thoene@uidaho.org
Fletcher Group	Nate Conklin had a conflict with his schedule and was unable to present on recovery housing in Payette County.		Nate will be presenting at the October meeting.
Community Updates	Tara with SWDH let us know there was a grant solicitation for youth substance use prevention and resilience. There are trainings coming up for anyone		

Adjourn	<p>working with youth regarding substance abuse prevention. Intermountain Hospital opened up their adolescent IOP (Intensive Outpatient Program) where they can get in the same day or the next. This is helpful for anyone who may be on a waiting list to see a counselor.</p>		
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Next scheduled board meeting: October 26, 2022

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

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: Melissa Mezo, Chair

Region: 3 Behavioral Health Board

Contact Email: mmezo@trhs.org

Contact Phone Number: 208.345.1170 ext. 4202

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
- 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.

988 has increased traffic to our existing services, behavioral health and healthcare. We have seen an expansion of behavioral health services with telehealth and more people entering into private practice. There were 20 individuals trained for CIT in Fruitland. We have seen an increase in the opportunities to become trained in peer/recovery support services. The Board is a conduit of information and resources to share within the 6 counties that we serve. Due to the diversity of the stakeholders in our community and on this board it allows for problem solving with any issues that arise. The Gem County Recovery Center has been able to expand services in Gem County due to the efforts to increase awareness and collaboration from the Board.

The BHB partnered with the PFS coordinator to distribute funding announcements offered through the PFS grant. Announcements included opportunities for organizations to receive trainings (Youth Mental Health First Aid, SBIRT trainings, and the Community Resiliency Model Training), as well as for funding to support community-led substance use prevention projects including the implementation of evidence-based programs (3rd Millennium Prevention & Intervention program, Botvin Lifeskills programs, and the Positive Action program), and environmental projects (lighting installation, increased signage, etc.). The R3BHB also supported the PFS coordinator in sharing information about available resources including prescription drug disposal and safe storage materials, and educational information and brochures. The men's shelter, the Lighthouse closed which is a devastation to our community for the men that we serve. There was great support from the board and the community to keep the Lighthouse open but to no avail.

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

- We participated in the Idaho State Liquor Division's stickering campaign where we assisted stickering 5,000 bags that were distributed at the Idaho liquor stores to provide underage drinking awareness. [Picture](#)
- We participated in the IROAR Recovery Day in Gem County sponsored by the Gem County Community Recovery Center [Picture](#)

- We held a recovery day event at the Caldwell Train Depot where we had 24 exhibitors who donated raffle prizes in the excess of \$2,500 and had roughly 500+ plus visitors and supported our Canyon County Community Recovery Center [Picture](#)
- We supported the annual ICADD nomination, the annual Mental Health Advocate nomination, and the Idaho Career Recognition Award nomination [Picture of Vito](#)
- Ongoing participation in the CITC (Crisis Intervention Team Collaborative)
- Ongoing participation with the TAC (Teen Assessment Center) through existing board members
- Ongoing participation in the PFS (Partnership for Success) Grant provided by Idaho's ODP (Office of Drug Policy)
- Ongoing participation in the development of recovery housing in Payette County provided through the Fletcher Group and WICAP
- Supported efforts to increase behavioral health awareness at Duck Valley Reservation
- Supported efforts for CIT (Crisis Intervention Team) trainings in Fruitland and Nampa
- EMAIL From Stacey
- Ongoing support of the WIDCCC (Western Idaho Community Crisis 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 services in your Region has improved, decreased, or is staying the same? Please explain why.

There is a need for all types of healthcare and behavioral health services with a critical staffing shortage with a critical access need.

Access to services via the Problem Solving Courts (Mental Health Court, Veteran's Court, DUI court, Family Court, and Drug Court) have increased and could be expanded.

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.

There has been an increase in participation for services at the Recovery Centers. We would like to support an increase in recovery support and peer support services.

Owyhee County Recovery Center had to be closed due to the staffing shortage and lack of participation and awareness.

A number of agencies have closed, particularly smaller business owners, however, there have been larger agencies open up to capture some of the need.

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.

Idaho currently ranks 7th in the nation with the highest mental health problems. With suicide rates also increasing, it is significantly important that we serve the members of our State with the highest quality of mental health providers. With the current staffing shortage, access to mental health services is extremely challenging, therefore putting up a barrier for adult and children to receive the mental health care they so desperately need.

Behavioral Health Gaps and Needs

Rate each category with 1 being the most critical in your area.	1-13
Access to treatment providers	1
Stable Housing	4
Community Crisis Center	12
Anti-Stigma education	8
Suicide Prevention Resources	3
Children/Adolescents Mental Healthcare	2
Veteran's Mental Healthcare	11

Caregiver supports (including education, training, emotional support, respite care, etc.)	6
Peer supports (including education, training, emotional support, etc.)	5
Substance use disorder treatment centers	7
Crisis Intervention Team (CIT) training for law enforcement officers	9
Mental Health Court	10
Other:	

If you chose "other", please provide more information:

Region 3 Behavioral Health Board Meeting Dates 2023

January, 25, 2023

February 22, 2023

March 22, 2023

April 26, 2023

May 24, 2023

June 28 2023

July 26, 2023

August 23, 2023

September 27, 2023

October 25, 2023

November 15, 2023

No meeting in December

Region 3 Behavioral Health Board Members

Name	Role to the BHB	Email/Phone	Organization	Title/Department, if known	Term Exp.
Aaron St. George	Adult SUD Services Consumer Representative	aaron@canyonrecoverycc.org	Canyon Recovery Community Center, Inc	Executive Director	2024
Open Position	Representative of Public Education System				2022
Brian Lee	Representative of the Judiciary	blee@payettecounty.org	Payette County	Magistrate for the 3rd Judicial District of Idaho	2022
Christopher Partridge	Substance Use Disorder Advocate	cpartridge@trhs.org 208.466.7869	Terry Reilly Health Services	Medical Director	2025
Greg Dickerson	MH Treatment Provider	gdickerson@humansupports.com 208.870.9349	Human Supports of Idaho	LMSW	2023
Ivy Smith	Juvenile Justice System Representative	ismith@co.owvhee.id.us	Owyhee County	Owyhee County Chief Probation Office/ Administrator	2023
Lisa Comstock	Department of Health and Welfare Representative	Lisa.Comstock@dhw.idaho.gov 208.459.0092	Region 3	Department of Health and Welfare Employee	2024
Kristen Heller	Certified Prevention Specialist	kheller@geogroup.com 208.519.1501	Geo Reentry Services	Program Manager	2025
Joy Husmann	VICE-CHAIR/ Hospital Representative	Joy.Husmann@uhsinc.com 208.871.1741	Intermountain Hospital	Community Liaison	2023
Lina Smith	Private Provider of SUD Services	linas@triviumlifeservices.org	Trivium Life Services	Addiction and Substance Abuse Counselor	2025
Lyndon Haines	County Commissioner	Lhaines@co.washington.id.us	Washington County	County Commissioner	2022
Leslie Van Beek	County Commissioner	Leslie.JansenVanBeek@canyoncounty.id.gov	Canyon County	County Commissioner	2023
Mark Rekow	County Commissioner	mrekow@co.gem.id.us	Gem County	County Commissioner	2022

Melissa Mezo	CHAIR/ Licensed Health Practitioner	mmezo@trhs.org 208.345.1170 ext. 4202	Terry Reilly Health Services	LCSW, BH Director	2023
Penny Dunham	Department of Health and Welfare Employee	dunhamp@dhw.idaho.gov 208.642.6416	Region 3 DHW	Clinical Supervisor	2024
OPEN Position	Adult MH Services Consumer Rep				2022
Shawneen McGee	Parent of a Child w/ SUD	smagee@trhs.org 509.760.9864	Terry Reilly Health Services		2023
Tammy Law	Mental Health Advocate	tammyl@esgw.org 208.454.8555	Easter Seals Goodwill	LMSW, Lead Clinician/Case Manager	2024
Tricia Ellinger	Parent of a Child w/ MH	Tricia.ellinger@gmail.com 208.260.2699	The Idaho Parent Network		2024
Vito Kelso	Law Enforcement Representative	vkelso@idoc.idaho.gov 208.454.7601 ext. 236	Idaho Department of Corrections	Sr. Probation and Parole Officer	2025
Nicole Johnson	Family Member of Adult MH Consumer	nicole44johnson@gmail.com 206.823.7829		LPC	2025
Stacey Rosecrans	Family Member of Adult SUD Consumer	directorgecore@gmail.com 208.995.5797	Gem County Recovery Center	Executive Director	2024
Marc Dominguez	Adult Corrections Representative	Mdomingu@idoc.idaho.gov 208.454.7601 ext. 261	Idaho Department of Corrections	Clinician	2025

***Bold denotes member of Executive Committee**



Community Led Youth Resilience and Prevention Efforts, Youth Substance Use Prevention program updates:

The purpose of this program is support community-led strategies to build community connection through supporting the development of resilient youth, families, and communities, and to prevent substance use among young people in Idaho.

In mid-September, the coordinator announced funding for community-led youth substance use prevention projects. The funding announcement and accompanying materials were sent to partners across the SWDH region. The priority deadline for applications was October 7th, and the coordinator and SWDH teammates are in the process of scoring applications. Priority applicants will be contacted by October 28th, and agreements will be negotiated. Applications have continued to be submitted after the priority deadline, and applications will be reviewed on an ongoing basis until all funds have been allocated.

In mid-October the coordinator planned and partnered with 2C-DFC, the Idaho Office of Drug Policy, the Idaho State Liquor Division, and the Caldwell Mayor's Youth Advisory Council to have a stickering event for the annual statewide sticker shock campaign. 20 students participated, and approximately 6,000 bags were stickered. Sgt. Pelkey from the Caldwell Police Department presented while students and Mayor Wagoner stickered bags together. The coordinator will be having a similar event with the Nampa Mayor's Teen Council later in October. The stickered bags will be provided with liquor store purchases starting the day after Thanksgiving.

Over the past month the coordinator provided prescription drug safety materials to Trivium Life Services, and Human Support Services in Canyon County. Additionally, SWDH community health team members shared prescription safety materials in Duck Valley and at a Senior Health Fair.

We are always open to exploring new partnerships and opportunities. Our subgrant application will remain open until all funding has been awarded. 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.

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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