



**Region 3 Behavioral Health Board
Executive Committee Meeting
Wednesday, October 26, 2022
9:30am – 10:00am (MST)**

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

Join Zoom Meeting:

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

<https://uhsinc.zoom.us/j/91589455196?pwd=QkNIUkViaGl3UmRCSWcwOUNGekI4dz09>

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
9:30am	Welcome and call to order	Melissa Mezo, Chair
9:35am	Review and approve minutes September 26, 2022	Melissa Mezo, Chair
9:40am	Review of current positions: <ul style="list-style-type: none"> ✚ Open position: Adult MH Services Consumer Rep. – review and vote on Toni Shaffer ✚ Open position: Educational Representative ✚ Open position: Juvenile Corrections 	Melissa Mezo, Chair
9:45am	Review of current IDHW membership	DBH Representative
9:50am	Review and approve the report to the Governor	Melissa Mezo, Chair
9:55am	PFS Update	Melissa Mezo, Chair
9:59am	Wrap up and adjourn	Melissa Mezo, Chair

*Denotes information provided in the packet

Next scheduled board meeting: November 16, 2022

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

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
Executive Committee Meeting Minutes
Wednesday, September 28, 2022
9:30am – 10:00am (MST)**

EC Member Attendees: Melissa Mezo, Chris Partridge, Lisa Comstock, Tammy Law

Topic/Discussion	Motion	Action
Welcome and call to order		
Review and approve minutes, August 24, 2022.	Tammy motioned to approve, second by Chris, motion carried unanimously.	
PFS Grant and potential partnership	Lisa motioned to approve, second by Tammy, motion carried unanimously.	PFS grant will be signed and forwarded on to Sharlene Johnson at ODP with Cc to Director Zogg.
Review of current open positions: <ul style="list-style-type: none"> - Adult MH Services Consumer Rep. - Education Representative <p>Based on time restraints, the Executive Committee was unable to review and vote. Will move this agenda item to the October Meeting.</p>		
Wrap up and adjourn		Meeting adjourned at 9:53am

Next scheduled board meeting: October 26, 2022



Region 3 Behavioral Health Board

Application / Nomination form

Applicant/Nominee Name: Toni Shaffer

Home/Cell Phone: 760.566.5795

Work Phone: 760.566.5795

Email Address: stayinjoy@yahoo.com

Mailing Address: 3417 E. Sweetwater Drive
Boise, ID 83716

Is this address your: Home Work

Occupation/usual Daily Activity: Certified Recovery Coach and Certified Peer Support Specialist

Which county/counties in region 3 do you reside or work? (Select all that apply)

- | | | |
|--|---------------------------------|-------------------------------------|
| <input type="checkbox"/> Adams | <input type="checkbox"/> Gem | <input type="checkbox"/> Payette |
| <input checked="" type="checkbox"/> Canyon | <input type="checkbox"/> Owyhee | <input type="checkbox"/> Washington |

Is this Application/Nomination at the request of a Community Organization, Board or Council?

- No Yes

If yes, please list organization name, contact name, phone number and email for nominating group: Click or tap here to enter text.

Is your area of passion/concern/ expertise: Mental Health Substance Use Disorders Both

Do you have a lived experience (personal or close family member)? Yes No Prefer not to answer

Please check any of the boxes below that describe your background (check all that apply):

- | | |
|--|--|
| <input type="checkbox"/> Parent of child with mental health disorder | <input type="checkbox"/> Licensed physician or health professional, describe: Click or tap here to enter text. |
| <input type="checkbox"/> Parent of child with substance use disorder | <input type="checkbox"/> County Commissioner or designee x 3 |
| <input checked="" type="checkbox"/> Adult mental health consumer | <input checked="" type="checkbox"/> Treatment service provider – mental health |
| <input type="checkbox"/> Adult SUDs consumer | <input checked="" type="checkbox"/> Treatment service provider – SUDS |
| <input checked="" type="checkbox"/> Family member of person with MH diagnosis | <input type="checkbox"/> Juvenile justice system – current employee |
| <input checked="" type="checkbox"/> Family member of person with SUDS diagnosis | <input type="checkbox"/> Adult correction system – current employee |
| <input checked="" type="checkbox"/> Advocate for mental health | <input type="checkbox"/> Law enforcement, list agency:
Click or tap here to enter text. |
| <input checked="" type="checkbox"/> Advocate for SUDS prevention, treatment, recovery | <input type="checkbox"/> Region 3 DHW BH Staff x 2 |
| <input type="checkbox"/> Education representative, list school/grades:
Click or tap here to enter text. | <input type="checkbox"/> Hospital representative |
| <input checked="" type="checkbox"/> Certified Prevention Specialist | <input type="checkbox"/> 3 rd District judiciary |

Are you: Able to attend monthly meetings? Yes No

Willing to participant in board working groups or subcommittees?

Yes No Yes, even if I am not appointed to the Behavioral Health Board

Please indicate areas of interest:

- | | |
|---|--|
| <input checked="" type="checkbox"/> Children's Mental Health | <input checked="" type="checkbox"/> Family Support Services |
| <input checked="" type="checkbox"/> Treatment Service Providers | <input checked="" type="checkbox"/> Recovery Support Services |
| <input checked="" type="checkbox"/> Recovery Activities/Center | <input type="checkbox"/> Community Education |
| <input type="checkbox"/> Transportation | <input checked="" type="checkbox"/> Advocacy |
| <input type="checkbox"/> Housing | <input checked="" type="checkbox"/> Public Policy |
| <input type="checkbox"/> Employment | <input type="checkbox"/> Other: Click or tap here to enter text. |

The new Board will need members with different skill sets and talents. Please check any of the boxes below that describe your expertise, work experience or personal gifts/ interests (check all that apply)

- | | | |
|--|--|---|
| <input type="checkbox"/> Communications | <input type="checkbox"/> Training | <input type="checkbox"/> Research |
| <input type="checkbox"/> Business Savvy | <input type="checkbox"/> Fund Raising | <input type="checkbox"/> Local Government |
| <input type="checkbox"/> Social Media | <input type="checkbox"/> Public Speaking | <input checked="" type="checkbox"/> Health Care |
| <input checked="" type="checkbox"/> Planning | <input checked="" type="checkbox"/> Worker Bee | <input checked="" type="checkbox"/> Community Organizer |
| <input type="checkbox"/> Grant Writing | <input type="checkbox"/> Facilitation Skills | |
| <input type="checkbox"/> Marketing | <input checked="" type="checkbox"/> Evaluation | |

Other items not listed but are skills or talents you can share: Strong connection to the SUD community – I previously worked for Trivium Life Services. I have also worked with youth at State Hospital West in Nampa.

Please comment on any knowledge or experience you have in fields of mental health and/ or substance use disorders. Why are you interested in serving on the Region 3 BH Board?

I am interested in serving on the Region 3 Behavioral Health Board because I think I would bring unique experience and education to the Board. I am deeply committed to the betterment of behavioral health services in our state. As a Certified Recovery Coach and a Certified Peer Support Specialist, I work with a broad spectrum of at-risk youth and adults.

I am an upbeat, strengths-based-centered person who believes recovery is possible! I currently work as a Certified Peer Support Specialist for Idaho Job Corps in Nampa, ensuring a safe and supportive environment. I serve as a positive role model to students and peer staff members, while facilitating and ensuring the social, academic, and personal adjustment of students in a group-living environment.

Before becoming a Certified Peer Support Specialist at Idaho Job Corps, I worked part-time as a Peer Support Specialist at State Hospital West and part-time for Trivium Life Services as a Certified Recovery Coach. At State Hospital West, I worked with clients who live with persistent mental illness. I routinely instructed clients in problem-solving, daily living, self-management, and connecting with community

support. I monitored client goals, achievements, and agreements; and I maintained client progress notes. I also participated in regular, interdisciplinary team meetings and guided clients in completing necessary documents to implement social services. I also explained applicable laws, policies, and procedures to clients. Additionally, I collected required client data, and I provided information and/or arranged for support services such as medical care, legal assistance, housing, employment, and other private and public community resources.

While at Trivium Life Services, I was assigned by Trivium to a grant project in the ER at St. Alphonsus Regional Medical Center, where I provided recovery coaching, education, support, and mentoring for individuals who were in the midst of a drug overdose. Previous to this grant, I was assigned by Trivium Life Services to St. Vincent de Paul, where I worked with men and women who were being released from incarceration from Idaho Department of Correction (IDOC). I have spent the past several years working with clients who have dual diagnoses of substance use disorder and persistent mental illness.

I feel my strengths, perspectives, and experiences would make me a strong asset to the Region 3 Behavioral Health Board.

Please list any previous experience you have with boards, councils or other organizations, include any offices or work groups/committees to which you have contributed your talent?

I was recently appointed to serve on the Safe Teen Assessment Center (STAC) Advisory Committee, which was established through Southwest District Health. Southwest District Health is the backbone entity for the Safe Teen Assessment Center (STAC) program. The goal of the STAC program is to prevent youths' entrance into the juvenile justice and child welfare systems by providing connection to community-based resources and services. The SWDH STAC program provides community-based options for screening, assessment, resource connectivity, and short-term case management services for juveniles and their families.

Please list the contact name, phone number and email address for someone who can tell us more about your participation in an organization with a service mission (church, school, community, work – all areas of your life experience):

Norma Jaeger, Recovery Idaho, Executive Director
Telephone: (208) 830-7671
normadjaeger@gmail.com

Please add any additional information you want us to know about your interest in the BH board.

I deeply appreciate being considered for the Region 3 Behavioral Health Board.

Based on your current obligations, are there specific days or times that would make attending Regional BH board meetings difficult (for example, if you have a standing meeting on the 2nd Tuesday of the month from 9 a.m. to 11 am or if you cannot attend meetings scheduled for Mondays).

Please indicate your schedule restrictions: I work full-time, and I am in a social work graduate program (MSW program), so my schedule is definitely busy, but I can generally be flexible around meeting times. I do have class on Fridays beginning at 3:00 pm and going into the late evening, so that day would be a challenge for me.



Applicant Signature

8/6/22

Date

**Please return this completed form by email or mail to:
mmezo@trhs.org**

**Melissa Mezo
Attn: Behavioral Health Board
300 S. 23rd Street
Boise, Idaho 83702**

Applications are reviewed during routine R3BHB Executive Committee 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:
