

Children's Mental Health/Provider Subcommittee Meeting
Wednesday, July 27, 2022
9:30am – 10:00am (MST)



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

Via Zoom: Join from PC, Mac, Linux, iOS or Android:
<https://uhsinc.zoom.us/j/91855893911?pwd=cjhOTkw2WVppZWWhoa2NxDhaWnE5dz09>

Meeting ID: 918 5589 3911

Password: 215018

Or iPhone one-tap : US: +13462487799,,91855893911# or
 +16694449171,,91855893911#

Or Telephone:

US: +1 346 248 7799 or +1 669 444 9171 or +1 669 900 6833 or +1 253 215 8782

Time	Agenda Item	Presenter
12:30 pm	Welcome, Call to Order and Roll Call	Joy Husmann, Chair
12:35 pm	Strategic Plan and Action Plan Outline, Survey Development, Review of SPC form for submission to Governor in September 2022	All
1:30	Wrap up and adjourn	Joy Husmann, Chair

Please contact me with any questions and thank you in advance for an RSVP
Joy Husmann 208.871.1741 or joy.husmann@uhsinc.com

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*

The R3 BHB has identified the following goals, and top 3 activities to support each goal, as areas of priority for the coming 2023 year:

1. Basic Needs

- a. Housing
 - i. Transitional services/housing (NIMBY)
- b. Access to healthcare and behavioral health services
 - i. PHP/IOP coordinated transition programs (hours, after hour support, childcare, in home (ongoing) support after PHP/IOP)
 - ii. Options for preventative support other than going to a crisis center, hospital, recovery center.
- c. Employment
 - i. Voc Rehab
 - ii. Tuition and placement
 - iii. Educate employers regarding behavioral health needs (if someone feels misunderstood or not supported, they have lower motivation to engage as they already have obstacles)

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
- d. Options for critical support other than going to a crisis center, hospital, recovery center, law enforcement, treatment (traveling, childcare)

3. Prevention, Enrichment and Resiliency for All

- a. Engage schools in prevention services especially emergent needs
 - i. Meet with schools for children with any issues proactively to learn and share knowledge.
- b. Engage community recovery centers, peer support, recovery coaching, family supports, and other community stakeholders
- c. Provide Mental Health First Aid trainings to school and staff communities
- d. Options for investing in emergent prevention support other than going to a crisis center, hospital, recovery center, law enforcement, juvenile correction, treatment (traveling, childcare, staffing shortages)

4. Increase Collaboration with Medical Providers

- a. Educate and engage medical providers, behavioral health providers, and emergency departments on the use of the Crisis and Recovery Centers
- b. Educate on utilization of Crisis and Recovery Centers
- c. Encourage bilingual students to pursue a career in primary and mental healthcare
- d. When a medical provider encounters someone at risk after a standard risk assessment screening, what do they do next? Collaborative integrated care

5. Transportation

- a. Bring more services and resources to school districts (co-located services)
- b. Utilize existing transportation services already in communities (senior buses, Medicaid transportation services, etc.)
- c. Engage COMPASS and other transportation providers

Below, the goals and activities that support them are listed in more detail. These activities were pulled directly from the R3 BHB Strategic Plan Survey, and the approved R3 BHB Strategic Plan.

1	<p>BASIC NEEDS</p> <p><i>In treating a person holistically, we also address basic needs. Each of the action items listed assist a person with some resources to healthy options and basic socioeconomic needs such as housing, employment, and education, while addressing access to complete healthcare.</i></p>
	<p>RECOMMENDATION & PROPOSED WORKGROUP ACTION ITEMS</p>
	<ul style="list-style-type: none"> 1. Expand opportunities to address the housing crisis 2. Advocate for more affordable and equitable housing establishments in the region 3. Collaborate with the already established organizations that are creating fair and equal housing opportunities 4. Advocate for more robust access to healthcare and behavioral health services 5. Partner with schools, colleges, trade schools/ associations, Department of Labor, and other placement agencies to educate and support those requiring special employment needs for their behavioral health issues.

2	<p>CRISIS ASSISTANCE</p> <p><i>The resources and services available to help an individual when they are experiencing a behavioral health condition, relapse, or recurrence.</i></p>
	<p>RECOMMENDATION & PROPOSED WORKGROUP ACTION ITEMS</p>
	<ul style="list-style-type: none"> 1. Education and training for law enforcement, EMT, first responders, schools, and communities. 2. Expand access to training and supporting peer supports, family supports, and recovery coaching. 3. Supporting and marketing Recovery Centers within the region. 4. Support the development and promotion of the region's Crisis Center and Recover Centers. 5. Replicate a youth and adult Psychiatric Emergency Team (PET) Program. 6. Offer crisis de-escalation education and training to law enforcement, first responders, providers and clinicians, schools, and communities. 7. Create a calendar of events that exists on the R3 BHB website to assist with the promotion of trainings and educational opportunities.

- 8. Advocate for suicide prevention, intervention, and postvention resources and policies.
- 9. Promote the utilization of the Idaho Suicide Prevention Hotline as a resource for individuals experiencing suicidal ideation.

3	<p>PREVENTION, ENRICHMENT, AND RESILIENCY FOR <i>The agencies and programs that foster connectedness and a coordinated effort of behavioral health care through the implementation of evidence-based programs, community engagement, and development of resources.</i></p>
	<p>RECOMMENDATION & PROPOSED WORKGROUP ACTION ITEMS</p>
	<ul style="list-style-type: none"> 1. Engage schools in prevention services: <ul style="list-style-type: none"> o Survey school staff to determine needs and priorities o Encourage schools to apply for Sources of Strength (SOS) o Assist schools with applying for grants, such as The Preventative Health and Human Services (PHHS) Block Grant Program and The 21st Century Community Learning Centers (21st CCLC) program. 2. Engage community recovery centers, peer support, recovery coaching, family supports, and other community stakeholders 3. Provide Mental Health First Aid trainings to school and staff communities 4. Partner with the Community Coalitions of Idaho (CCI) by inviting CCI members to attend R3 BHB and subcommittee meetings. 5. Create or support an existing Mayor’s Youth Advisory Council (MYAC) in the region. 6. Develop a R3 BHB recovery subcommittee that supports the three recovery centers in the region, in addition to NA, AA, Al-Anon, and other family support services. 7. Develop a youth resource guide and distribute it to schools, providers, and community agencies that provide care for youths and their families. 8. Partner and collaborate with District III’s Juvenile Justice Commission District Council. 9. Educate and promote the use of Medicaid funds for behavioral health and recovery services.

4	<p>INCREASE COLLABORATION WITH MEDICAL PROVIDERS <i>Primary care has an enormous potential to prevent suicides and connect people to needed specialty care, especially when they collaborate with behavioral healthcare providers.</i></p>
	<p>RECOMMENDATION & PROPOSED WORKGROUP ACTION ITEMS</p>
	<ul style="list-style-type: none"> 1. Educate and engage medical providers, behavioral health providers, and emergency departments on the use of the Crisis and Recovery Centers 2. Educate on utilization of Crisis and Recovery Centers 3. Encourage bilingual students to pursue a career in primary and mental healthcare

5 TRANSPORTATION

Transportation continues to serve as a barrier for individuals who need access to behavioral health services. Given the rural frontier in Region 3, it is encouraged that the Board continues to advocate for those in need of transportation to the available Recovery and Crisis Centers throughout the region.

RECOMMENDATION & PROPOSED WORKGROUP ACTION ITEMS

1. Bring more services and resources to school districts (co-located services)
2. Utilize existing transportation services already in communities (senior buses, Medicaid transportation services, etc.)
3. Engage COMPASS and other transportation providers
4. Utilize community Recovery Centers and the Crisis Center

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, Board Chair

Region: 3

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:

Finance Subcommittee: Chuck Christiansen, Chair

Children's Mental Health Subcommittee: Joy Husmann, Chair

Please list your region's top three goals:

1. Basic Needs
2. Crisis Assistance
3. Prevention, Enrichment and Resiliency for All

Please list the top 3 action items for these goals:

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 answers on your success or outcome. If not, explain why.

The housing crisis in the Treasure Valley has been exacerbated during the COVID pandemic. The shortage of homes in Southwest Idaho's more populous cities has impacted the affordability and cost of living in the rural counties with more families relocating outside city limits. As more people move to the state, the demand for housing increases, leaving sparse affordable accommodation for individuals who are in dire need of sustainable housing. The housing support system has also been impacted by the pandemic, with shelters and supportive housing programs closing due to staffing shortages or COVID outbreaks. There currently is no homeless shelter for males in Region 3. The Western Idaho Community Crisis Center has in turn seen an increase in clients reporting homelessness or housing insecurity as their chief concern and has had many individuals needing to be readmitted until stable housing resources can be identified. Having to transport men to shelters in Ada County can impact a client's ability to access supportive services in their own community, keep jobs, and not violate parole and probation requirements for Canyon County. Needless to say, the lack of housing supports for individuals in crisis in Region 3 only prolongs recovery and stabilization and increases their risk for readmitting for crisis services.

To address this growing need, the Region 3 BHB has identified members of the Board and community stakeholders who are actively involved in addressing the housing crisis. Moving forward, these members will provide updates at the monthly Board meetings. The Region 3 BHB recognizes that many organizations in the community are working diligently to remedy the housing shortage and will look to them for guidance of how the Board can be most supportive. Finally, the Board is actively looking for ways to engage the rural communities of Region 3 in the housing crisis discussion. WICAP in Payette County has partnered with The Fletcher Group to create housing for low-income families. A member of the Region 3 BHB attends those monthly meetings and will report back to the full Board.

Data presented to the Region 3 Board of Health and Behavioral Health Board by SWDH demonstrates a dramatic increase in domestic violence, self-harm, and abuse, especially in youth. The region saw an increase in abuse during 2020; however, instances of self-harm and suicide among teens are increasing at higher rates in 2021. The Region 3 BHB is expecting, and preparing for, the delayed effects of isolation, financial struggles, and loss of "normalcy" and loved ones that continues to during the COVID pandemic. The Region 3 BHB recognizes that providing and advocating for upstream training for youth, and individuals that work with youth, is imperative to combat youth in crisis and to create a more resilient community.

In November 2021, the Region 3 Behavioral Health Board applied for funding through Idaho's Response to the Opioid Crisis (IROC) provided by the State Opioid Response (SOR) Grant for \$50,000. The Board was awarded the full amount and partnered with the Western Idaho Community Crisis Center, Victory Medical Transport, and Southwest District Health to provide transportation to/from the Crisis Center for individuals with a SUD diagnosis experiencing a crisis. This initiative will benefit those who need crisis services but are unable to seek help due to lack of transportation.

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

1. Provided 6 scholarships to Ted Warstadt, IDHW, for Idaho Society of Individual Psychology: Practical Adlerian Approaches to Trauma Throughout the Lifespan conference
2. The Board receives ongoing updates from the vape sensor donation project to Vallivue High School including data and implementation
3. Donated bike equipment to the 2C DFC Caldwell Family Fun Day

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

1. Stable Housing
2. Access to treatment providers
3. Children/Adolescents Behavioral Healthcare

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

The results from the Region 3 BHB Strategic Plan survey show that respondents feel that access to Mental Health services in Region 3 has decreased. The COVID pandemic has overwhelmed local hospitals thus making it more difficult for individuals in crisis to access inpatient psychiatric services. More individuals have requested services and there are not enough providers to meet the need. There is an increase in utilization but a decrease in ease of access.

While access to services needs to be improved, COVID has spurred the adoption of more telehealth practices making it easier for those with internet services to access behavioral health services which has helped to normalize this point of care.

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.

The results of the Region 3 BHB Strategic Plan survey shows that respondents feel that access to Substance Use Disorder services in Region 3 has remained static. As noted, the pandemic has brought a surge in telehealth services. While it is helpful to some, there is concern that it is not improving health or providing the adequate skills needed for recovery. There is also a lack of connection from virtual support groups for individuals to stay on track toward their recovery as they are not able to meet in person.

Please provide a brief 20–50-word quote from a community member, peer, or BHB member about the importance of behavioral health services in your region.

As Region 3 is very rural and vast, access to behavioral health and all medical services becomes critical. With the increase in telehealth services, some barriers have come down, however, transportation and an increase in providers is needed in order to accommodate the increase in population we are seeing in Idaho. We don't currently have much of the infrastructure in place for the population increase we are experiencing. More schools should look at co-location of a provider to decrease the barrier of transportation while increasing access to services where the student/parent(s) already go. The Recovery Centers have the ability to help with long term stability of individuals and families by providing supports that may not otherwise be available in the community. However, transportation to/from the Recovery Centers is a barrier and we would like to support increased access to transportation.

Behavioral Health Gaps and Needs

Rate each category with 1 being the most critical in your area.	1-13
Stable Housing	1
Access to treatment providers	2
Children/Adolescents Mental Healthcare	3
Community Crisis Center	4
Suicide Prevention Resources	5
Crisis Intervention Team (CIT) training for law enforcement officers	6
Caregiver supports (including education, training, emotional support, respite care, etc.)	7
Anti-Stigma education	8
Peer supports (including education, training, emotional support, etc.)	9
Substance use disorder treatment centers	10
Veteran's Mental Healthcare	11
Mental Health Court	12
Other:	Noted below

If you chose other, please provide more information: From our survey, the below were noted as other critical categories: Transportation, food insecurity, childcare to include in collaboration with employer, telehealth and internet capabilities, and community connectedness.