

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 sticker campaign where we assisted sticker 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 STAC (Safe 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
- 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:
