



Region One Behavioral Health Board

September 2, 2020 2:00-4:00 PM
Hospice of North Idaho
Coeur d'Alene, Idaho

ATTENDANCE:			
<input type="checkbox"/> Adrienne Louviers	<input checked="" type="checkbox"/> Jenifer Christenson	<input type="checkbox"/> Michelle Basile	
<input type="checkbox"/> Amy Fine	<input checked="" type="checkbox"/> Joy Fryman	<input checked="" type="checkbox"/> Mike Wraith	
<input checked="" type="checkbox"/> Amy Hirtle	<input checked="" type="checkbox"/> Joyce Broadsword (Ad-Hoc)	<input checked="" type="checkbox"/> Jill Ainsworth (AA)	
<input checked="" type="checkbox"/> Angela Reynolds	<input checked="" type="checkbox"/> Katie Schmeer	<input type="checkbox"/> Takali Omega	
<input checked="" type="checkbox"/> Claudia Miewald	<input type="checkbox"/> Kasey Nixon	<input checked="" type="checkbox"/> Lois Witten	
<input checked="" type="checkbox"/> Daryl Wheeler	<input checked="" type="checkbox"/> Leah Moeller	<input type="checkbox"/>	
<input checked="" type="checkbox"/> David Atkins	<input checked="" type="checkbox"/> Linda Johan	<input type="checkbox"/>	
<input checked="" type="checkbox"/> Debbie Nadeau	<input checked="" type="checkbox"/> Marilyn Miller	<input type="checkbox"/>	
<input checked="" type="checkbox"/> Greg Willey	<input type="checkbox"/> Melinda Leager		

GUESTS:	
Wendy Stoneberg, OPTUM	Donna Brundage, St. Vincent De Paul
Zac Badger, OPTUM	Lora Whalen, PHD
Karen Kopf	Clark Richman, St. Vincent De Paul
Lisa Alberts, Recovery Center	Leeann Rousseau
M Kessner	Nancy Schmidt, Idaho Lives Project
Aria Mangan, Panhandle Health	Mindy Oldenkamp, Dept of H&W
	Zlata Myr, Juvenile Corrections

MINUTES:	
Call to Order	<ul style="list-style-type: none"> • Claudia Miewald Chair • Roll Call – Jill Ainsworth • Introduction of Guests
Consent Agenda	<ul style="list-style-type: none"> • Consent Agenda <ul style="list-style-type: none"> ○ 1st: Mike ○ 2nd: Amy ○ <i>Motion Passed</i>
DHW Updates	<p>Mike Wraith – Continue to implement and provide mobile response team. Response team has been live since July 6, 2020. Referrals continue to increase, mostly from law enforcement. Suzanne Thomas will be COVID coordinator. Region one to be a pilot program.</p> <p>Debbie – All regions are struggling to fill the commissioner positions, are updating bylaws, and reviewing gaps and needs. Some have funded ICAD</p>

	<p>scholarships; some also did telehealth support. Dept of Behavioral Health to work with regional boards to get information out on telehealth care for frontline workers; talked about standup triage centers; state planning council Kim talked about the letter and questionnaire; looking for gaps and needs to be submitted in March and September.</p> <p>Greg stated he received a survey from the Behavioral Health committee. Joyce explained the difference between the committee and board and their goals and purpose. The Strategic Plan will show need and the boards will provide input but help as requested or needed.</p> <p>Lora Whalen stated the Behavioral Health Committee has had one meeting of the Council of 13 members.</p>
<p>Presentations</p>	<p>Lisa Alberts, Director of Operations at the Kootenai Recovery Center gave a presentation on the Recovery Center. She reminded it is a Non-Profit and all services are free. The recovery center offers peer support and recovery support, recovery support groups, life skill classes, social events. She said gatherings are smaller due to COVID. She gave a review of current events and projects.</p> <ul style="list-style-type: none"> • Recovery month of September • Painted rocks for people to find – have the Optum and Kootenai Recovery center on them. Whoever finds the most rocks that week receives a prize on that Friday. • Yard signs are out around the community • Partnered with St. Vincent with the re-entry program; want to mirror the program in Boise. • Working on outreach services in Bonner, Boundary and Shoshone County. Need to address the outlying communities. • Will be moving into a larger office; it will be remodeled and is across the parking lot from their existing office. • Board Members are great and participating • Overdose Awareness was Aug 31, st and they did trainings • Do have Naloxone at the recovery center. • lisa@kootenairecovery.org email with questions <p>Jill Ainsworth, Suicide Outreach Coordinator for Panhandle Health and representing of SPAN of North Idaho provided an overview of the group and reviewed what is planned for the Suicide Prevention Week Sept 6- 12th to include</p> <ul style="list-style-type: none"> • No cost Mental Health First Aid Trainings for both adults and youth via a virtual format, 9/12 • No cost Adult Mental Health First Aid Training in person at the PHD building, 9/12 • No cost QPR training at the PHD building, 9/12 • A presentation by Carla Fine, author of “No Time to Say Goodbye” for suicide loss survivors 9/12 • No cost “Mental Health Matters during COVID 19” virtual workshop hosted by Fail Safe for Life 9/17 • Promotion of CPA Annual Conference “Fostering Hope Through Connections” • Tabling at the Kootenai Farmers market (9/5 and 9/9) to distribute deterra bags, lock boxes, gun locks, local resources and promote the other events on 9/12

	<ul style="list-style-type: none"> • Tabling at the Post Falls Gun Show to distribute deterra bags, lock boxes, gun locks, and local resources
Sub-Committee Reports	<ul style="list-style-type: none"> • Children’s Mental Health – Leah said they got a school update from Andy West and there is much more access to technology and resources. Hotspots and Chromebooks are available. Goal is to make sure families are reaching out to be able to explore issues. She reviewed what school will look like this year. • Adult Behavioral Health – Katie provided an update as Kasey is not available. Katie noted Kasey is going to step down as chair. New chair on board. Group is ready to reconvene at the end of the month. Katie sent the ICAD regional conference information. • Housing- Spoke to St. Vincent’s about housing for those that need a place to quarantine. They have exhausted their funds, and CDA city was advised. St. Vincent may have some additional federal funding to help with services. 28 degrees is the trigger to open a warming center. Without COVID social distancing, it was be able to hold 40 people. But COVID distancing requirements reduces the capacity of the centers. There are two buildings now; one for children and women; and another for 20-35 men . Both centers must have staff; both have heat and a generator should the power go off. Operation costs are \$311 per night for the warming center. They are trying to reach out to local churches to be able to house everyone in one venue. Average cost is \$40,000 per year. Last year the warming centers were open for 62 nights. Donna was able to get a\$10,000 grant so far, which only meets 10% of the need. NO fund-raising events this year due to COVID. Donna stated she has another \$30,000 in grants written and submitted. The Envision Center does not mean it will get more funding but may give an upper hand when submitting for funding. To raise funds, SVDP is looking at creating a cookbook for sale with ads and sell ad space. Greg suggested they have a challenge to local businesses to match other donations; donations amounts based upon a per night basis. He added that Clark Richman has done a bicycle program for mental health participants. Clark helps get people to and from treatment with the bicycles he rehabs. Because of COVID he has struggled getting bicycles. Did not know if the health board can assist, or if the board is interested in it. To get a used bike up and running costs about \$50 to \$100. Or can purchase a used running bike. Claudia said these two things will go before the executive board, and she will get back to him before the next meeting • PFS – There is a radio ad out for deterra pouches; also have digital ad, that deals with disposing of medications. Will be providing a Mental Health First Aid class, was able to partner and provide trainings. Aria Mangan from PHD provided naloxone training to St. Vincent’s.
By Law Revisions	<ul style="list-style-type: none"> • Katie moved to accept amended bylaws. • Second by Linda Johann. • All in favor
Needs and Gaps	<ul style="list-style-type: none"> • Claudia reviewed the Needs and Gaps as correlated from the last meeting.

	<ul style="list-style-type: none"> ○ Greg stated that access to care is at the top; housing is important, but with Medicaid expansion , as a probation officer it takes weeks if not months for access to care or connected to services. ○ Debbie Nadeau- mirrored what Gregg said, it is the same for youth services as well. Residential for mental health ○ Jennifer Christensen- access to psychiatry and mental health prescribers; lack of services in this area. Claudia stated 2 child psychiatrists retired at the hospital but hired two new adult psychiatrists. Lots of competition for hiring. ● Claudia asked for the top three. <ul style="list-style-type: none"> ○ Katie, access to care, lack of services and housing ○ Jennifer; agrees housing; have 70 people on their waitlist right now. ○ Gregg added he agrees; but when an individual goes to jail and their medications are not available so they use something else and they come out and their symptoms are worse; would be nice to keep them on the meds that work for them while they are in jail. Claudia added that into the needs and gaps list. ● Access to care and lack of services, qualified staff and housing. Claudia plans to combine the two into a single goal.
<p>Elections</p>	<ul style="list-style-type: none"> ● Joyce Broadword recommended that the Board keep the same officers as much as possible due to the remote meeting; Mike Wraith Jennifer Christensen, and Sheriff Wheeler agreed. Claudia mentioned there would be one change. Linda Johann will be stepping down from position of secretary of the Executive Board but will be remaining on the board. That leaves the secretary position open. Claudia stated she heard that Katie Schmeer expressed interest. Claudia asked if there was anyone else that might be interested, at which time David Atkins expressed interest in the secretary position. ● Claudia suggested that if everyone can go into the chat they can vote. ● Claudia stated we would need a motion to accept the executive Board. As for the positions within the Board, either the executive board chooses the officers, or the Board elects the officers. ● Katie reminded a mental health representative is missing on the Executive Board; as Linda filled the secretary, AND the mental health representative position on the Executive Board. ● MOTION: Greg Willey moved to accept the existing Executive Board members; Claudia Miewald as chairman, Debbie Nadeau as vice chairman, and Katie Schmeer as secretary. <ul style="list-style-type: none"> ○ Second by Angela. ○ All in favor ● MOTION: Daryl Wheeler moved to elect David Atkins as Mental Health Advocate on Executive Board. <ul style="list-style-type: none"> ○ Second by Debbie Nadeau. ○ All in favor

Roundtable	<ul style="list-style-type: none"> • Housekeeping items: Claudia reminded there is a Roster update occurring. Please provide your updates to Jill. Ready for the next Board meeting. Jill to resend. Have it back by this Friday, Sept 4. • Aria Mangan – Reminded the Board if Tina G requested information from you, please get it back to her. • The Hope Walk is Sunday September 13ht. Along the long bridge at Sandpoint. Walk at any time. • Benewah SPAN first annual walk is Saturday, September 12 in St. Maries. • Zach from Optum reminded that there are two billboards relative to recovery month on Seltice Way.
Motion to Adjourn	<ul style="list-style-type: none"> • 1st: Debbie Nadeau • 2nd: Katie Schmeer • Motion passed

Next Meeting: October 7, 2020 @ 2-4 PM – Hospice of North Idaho

MISSION & VISION

“The Mission of the Region 1 Behavioral Health Board is to 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.”

“Region 1 Behavioral Health Board envisions a healthy community through a collaborative integrated network that promotes and sustains hope and recovery for all.”