



# Region One Behavioral Health Board

Region 1 Behavioral Health Board Meeting		
February 3, 2021	2:00 – 4:00 PM	Video Conference

Attendance					
<input checked="" type="checkbox"/>	Claudia Miewald	<input checked="" type="checkbox"/>	David Atkins	<input checked="" type="checkbox"/>	Joy Fryman
<input checked="" type="checkbox"/>	Mike Wraith	<input type="checkbox"/>	Amy Fine	<input checked="" type="checkbox"/>	Linda Johann
<input type="checkbox"/>	Leah Moeller	<input type="radio"/>	Jenifer Christensen	<input checked="" type="checkbox"/>	Lisa Alberts
<input checked="" type="checkbox"/>	Daryl Wheeler	<input checked="" type="checkbox"/>	Angela Reynolds	<input checked="" type="checkbox"/>	Lois Witten
<input checked="" type="checkbox"/>	Greg Willey	<input checked="" type="checkbox"/>	Kasey Nixon	<input type="radio"/>	Mary Perez
<input checked="" type="checkbox"/>	Debbie Nadeau	<input checked="" type="checkbox"/>	Katie Schmeer	<input checked="" type="checkbox"/>	Amy Hirtle
<input checked="" type="checkbox"/>	Joyce Broadsword	<input checked="" type="checkbox"/>	Joshua Kirby		( <input type="radio"/> – Excused in Advance )

Guests		
Zlata Myr	Haley Rose	Aria Mangan
Larry Riley	Karen Kopf	Christina Carder
Kelsey Orlando	Michaela	Andrew Taylor
Wendy Stoneberg	Zachary Badger	Lora Whalen
Clark Richmond	Nancy Schmidt	Donna Brundage
Todd Hurt	Starr Shepard	Karyn Kershaw
Michaela Milbrath		

Agenda	
Call to Order	<ul style="list-style-type: none"> <li>• Claudia Miewald, Chair</li> <li>• Roll Call—Josh Kirby</li> </ul>
Consent Agenda	<ul style="list-style-type: none"> <li>• Approval of January 6, 2021 Board Meeting minutes</li> <li>• Katie Schmeer introduced Lisa Alberts, one of two newest board members and an <i>advocate of an adult substance use disorder consumer</i>. She is director of Kootenai Recovery Community Center.</li> </ul>
Finances	<ul style="list-style-type: none"> <li>• Josh emphasized the accruing cash balance, now over \$35,000 [actually closer to \$40,000.00], being carried over from month to month on the grant, and the need to devote those funds to the various subcommittee goals and objectives ASAP. Joyce explained the nature of the fiduciary relationship of Panhandle Health District and the disposition of funds.</li> </ul>
DHW Updates	<ul style="list-style-type: none"> <li>• Mike: very busy on the mobile response, more and more exposure working with CDA PD, with increased access due to a rise in crisis situations. They are working towards the goal of riding along with officers in crisis response, which will increase familiarity and cooperation. Day to day work includes continued forensic work with the hospitals.</li> </ul>



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<p>Presentations</p>	<ul style="list-style-type: none"> <li>• Claudia: Regarding the BHB Leadership call, Kim Hokenson (sp), chair of the BHB Council, would like another “needs and gaps” in the spring (in addition to the fall). They have a representative for Region 1 on the council, and Claudia would like to invite that rep to join one of the board meetings for education and collaboration. Claudia will update the board when that looks likely.             <ul style="list-style-type: none"> <li>○ Katie asked if there was any mention on the BHB Council call regarding how to recruit or retain county commissioners, or any new legislation in that area.</li> <li>○ Claudia: it was brought up, but no solutions were given, no change in status. She may approach the Board of County Commissioners, and would look for Joyce’s assistance with that.</li> <li>○ Joyce: had a conversation with Jim Raider (sp), the chair of Region 2’s BHB, who offered to work with the county commissioners in Region 2 to pressure Region 1’s commissioners to become active</li> <li>○ Action item to update on this issue next month</li> </ul> </li> <li>• Todd Hurt gave an update about State Hospital North. They have seven different physical plant projects and contracts that have been authorized and funded to public work, but six are languishing. The front entrance is under construction, main entrance moved to back of hospital for several weeks (law enforcement to use back entrance). Regarding the “human resources” component, state hospital is down 34% of nursing staff, currently, and looking at possibly 50% soon; temporary/volunteer staff has been diminished because of COVID. The hospital is at 98% occupancy, though, people aren’t moving through as quickly because of COVID. Joint commission accreditation, funds being transferred from State Hospital South to North, 10 month project to increase hiring and deal with accreditation. Chief of psychology retiring.             <ul style="list-style-type: none"> <li>○ Claudia offered anti ligature resources / personnel</li> </ul> </li> <li>• Andrew Taylor, health educator and data coordinator at PHD, presented the youth ambassador program within the Lock Your Meds campaign, in collaboration with Amy Hirtle. One of the grant targets is prevention of opioid use; Lock Your Meds is geared toward adults to properly secure their medications, but teens can act as ambassadors for educational credit, social props, and volunteer hours. Volunteer hours are awarded by making contact with the campaign, giving presentations, social media interactions and taking the Lock Your Meds media pledge; can be a mix of personal, virtual, and digital outreach. Andrew would like to promote the program anywhere it might reach teens and adults who work with teens: PTAs, after school programs, information at the links for kids to sign themselves up, as well as resources for parents             <ul style="list-style-type: none"> <li>○ Josh: is the link geared toward teens signing themselves up to be an ambassador? Resources for parents and teens available including the opportunity for teens to involve themselves.</li> <li>○ Lock boxes go hand in hand with Lock your Meds</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>○ Greg Willey, lock boxes donated to transitional houses have huge positive impact. Are there resources for other drugs, beside opioids, like kratom? Andrew was unsure, referred to Amy Hirtle on that.</li> <li>● Claudia invited board members to submit any requests for education on other topics/programs, for future presentations.</li> </ul>
<p>Subcommittee Reports</p>	<ul style="list-style-type: none"> <li>● Claudia summarized the Executive committee’s request, from the January Board meeting, that each subcommittee submit goals, objectives, and a budget for 2021. Josh screen-shared the document in which all of the subcommittee goals/objectives had been collected, displaying each subcommittee’s as their chair read them to the Board. See the attached document at the end of the Minutes for the specific goals/objectives discussed.</li> <li>● Aria Mangan presented for Adult Behavioral Health             <ul style="list-style-type: none"> <li>○ Discussed the media outreach of the anti-stigma campaign</li> <li>○ Showed the Board example ad graphics and templates</li> <li>○ Explained that the support for rural recovery efforts will focus mostly on helping/promoting the Kootenai Recovery Center and The Phoenix organization</li> <li>○ Lisa: The Phoenix already kicked off with yoga (every Wednesday at 3:00) starting 01/27/21; would like to partner with a gym to offer more services</li> <li>○ Aria: the budget request is mostly just to cover the anti-stigma campaign; there are some community partners that may be able to contribute funds</li> <li>○ Claudia: please work toward a timeline of when the financial requests would be needed throughout the campaign, so the Executive Committee can plan for them.</li> <li>○ Aria: in response to Claudia’s question about measuring online engagement, there are metrics like click-through rates and ad views that will be used</li> <li>○ Debbie: the other subcommittees working on the anti-stigma campaign (CMH and Housing) did not include it in their budget requests, so the high budget request is really spread out over the three subcommittees, and may even spread out over more than one fiscal year</li> <li>○ Joyce: would really like Scott Jones from The Phoenix to present at the 3/3/21 Board meeting</li> <li>○ Lisa: meeting with someone from the Ambition Center in Sandpoint (the old Recovery Resource Center being built/renovated as an Envision Center) to discuss installing a recovery coach there</li> <li>○ Donna: Envision Center is a HUD designation (St. Vincent’s HELP Center is one) that means certain programming and services are provided there, and requires quarterly reports and conference calls to measure success</li> </ul> </li> </ul>



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	<ul style="list-style-type: none"> <li>○ Optum and Idaho Recovery may be resources for additional funding</li> <li>○ Nancy said that some funding from the cancelled NAMI Far North crisis line in Sandpoint might also be redirected toward the campaign</li> <li>○ Wendy Stoneberg: Optum is also interested in participating in the anti-stigma campaign</li> <li>● Debbie Nadeau presented for Children’s Mental Health             <ul style="list-style-type: none"> <li>○ Discussed the possibility of making a bigger production out of the second objective of the subcommittee’s second goal—showing the movie, All Rise, in two local theaters—by inviting judges and attorneys, really making it a nice, formal event</li> <li>○ Nancy: Eric Plumber, husband of Kinder Haven director, Jennifer Plumber, just purchased movie theaters and may be a resource for All Rise showings; also, the Hayden discount theaters are another option</li> </ul> </li> <li>● Greg Willey presented for Housing             <ul style="list-style-type: none"> <li>○ For the implementation of the first goal, Greg may know people from his caseload that can assemble the proposed hygiene kits, and Jenifer Christensen, with Harmony House, is confident that residents would be willing to volunteer their time for the same</li> <li>○ Lisa: Kootenai Recovery Center also does hygiene bags; offer to compare notes</li> </ul> </li> <li>● Claudia asked all the subcommittee chairs to work with their committees on submitting more concrete timelines for when they will need the funds that they have requested</li> <li>● Amy Hirtle presented for Partnership for Success             <ul style="list-style-type: none"> <li>○ The drug impairment training for educators was held with NIC Head Start in a virtual format by Officer Nick Knoll and Chris Glen from ISP</li> <li>○ Tall Cop presentations coming up; Ray Lazano will give a prevention presentation on April 27<sup>th</sup></li> <li>○ Amy answered Greg’s earlier question regarding the focus of Partnership for Success—main focus is stimulants and prescription drugs</li> </ul> </li> <li>● Claudia also requested that the subcommittees start formulating the metrics by which they can measure their progress on their goals</li> <li>● Starr Shepard with BPA Health asked to share some information with the Board:             <ul style="list-style-type: none"> <li>○ BPA health has a contract with the Idaho Lives Project to run the regional case management services, helping youths who have attempted suicide or have serious ideations get connected with case managers</li> <li>○ BPA Health also offers Coronavirus counseling assistance for frontline workers, a program that provides them with five free counseling sessions if they don't already have an Employee Assistance program or access to mental health care on their own</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>• Karen: Optum Idaho is having a statewide conference in April; information about the courses is available on the website <a href="http://optumidahoconference.com">optumidahoconference.com</a>. It is open to anyone; the courses have free CPUs for clinicians, but board members might also benefit from some of the topics</li> <li>• Wendy: Optum has been working with Idaho Children’s Trust Fund since 2017 to run an education and awareness campaign about ACEs, or adverse childhood experiences. Resilient Idaho is a video production addressing hope and resilience in overcoming trauma, being shared on Idaho Public Television February 16<sup>th</sup></li> <li>• Karyn: Panhandle Health District’s substance use team will be offering a virtual conference May 18th for first responders about substance use, to address stigma or biases that law enforcement, fire fighters, and EMS might have towards people who use drugs. They are still looking for contributions from any EMS or firefighter medics and from someone with personal experience/exposure to addiction             <ul style="list-style-type: none"> <li>○ Greg recommended the Benewah County ambulance crew</li> <li>○ Katie recommended Jeff Lindsay, EMS chief up in Boundary or Bonners Ferry area</li> </ul> </li> </ul>
Links Shared in Chat	<ul style="list-style-type: none"> <li>• <a href="https://www.bpahealth.com/wp-content/uploads/2020/12/Idaho-Lives-Project-Regional-Case-Management-Flyer-v.3.pdf">https://www.bpahealth.com/wp-content/uploads/2020/12/Idaho-Lives-Project-Regional-Case-Management-Flyer-v.3.pdf</a></li> <li>• <a href="https://ioem.idaho.gov/covidhelpnow/">https://ioem.idaho.gov/covidhelpnow/</a></li> <li>• <a href="https://healthandwelfare.idaho.gov/frontlineworkers">https://healthandwelfare.idaho.gov/frontlineworkers</a></li> <li>• <a href="https://www.optumidahoconference.com/">https://www.optumidahoconference.com/</a></li> <li>• <a href="https://www.idahoptv.org/shows/specials/resilientidaho/">https://www.idahoptv.org/shows/specials/resilientidaho/</a></li> </ul>
Motion to Adjourn	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> Daryl Wheeler</li> <li>• 2<sup>nd</sup> Joy Fryman</li> </ul>

Next Meeting		
March 3, 2021	2:00 – 4:00 PM	Video Conference
<p>Topic: Region 1 Behavioral Health Board Meeting            Time: Mar 3, 2021 02:00 PM Pacific Time (US and Canada)</p> <p>Join Zoom Meeting  <a href="https://us02web.zoom.us/j/89190215826?pwd=dXlhR0RSeXgyM3UwR2t6YW1SeFV3Zz09">https://us02web.zoom.us/j/89190215826?pwd=dXlhR0RSeXgyM3UwR2t6YW1SeFV3Zz09</a>            Meeting ID: 891 9021 5826            Passcode: i&amp;d&amp;1Uve</p> <p>One tap mobile            +12532158782,,89190215826#,,,,*51898090# US (Tacoma)            +13462487799,,89190215826#,,,,*51898090# US (Houston)</p>		



# *Region One*

## *Behavioral Health Board*

Dial by your location

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Meeting ID: 891 9021 5826

Passcode: 51898090

Find your local number: <https://us02web.zoom.us/j/89190215826>

### **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.”

## Housing

### **Goal 1: Help alleviate tangible barriers to finding employment and housing, to prevent vulnerable populations from reaching a state of homelessness**

*Immediate implementation upon approval for funding*

#### Objectives:

1. Develop a program to provide hygiene items, clothing, day planners, back packs, bicycles, and food within 24 hours of their release
2. Develop a program to provide them with a list of resources available in the community (Kootenai County resource guide, Crisis Center handout, list of food banks, free meals, Citi Link, Recovery Center, etc.)
3. Develop a program where treatment providers and probation officers can access these resources in a timely and efficient manner.
4. Develop a plan for implementation:
  - a. Who will purchase items?
  - b. Where will items be stored?
  - c. Who will Assemble packets?
  - d. How will distribution work?

#### Estimated Costs:

1. \$500 for day planners
2. \$1,000 for hygiene items
3. \$500 to support a bicycle program. (I was thinking the program that Clark Richman does)
4. \$1,000 for IDs, Birth Certificates, assistance with rental application fees – SVDP can oversee this piece (they already do). According to SVDP Case Manager that does Homeless Prevention – this is THE largest barrier. Having someone to help fund these issues and to help guide them through difficult processes that now exist with COVID.

### **Goal 2: Support and participate in the homeless portion of joint R1BH and Panhandle Health's Reducing Stigma – "Don't Call Me Dirty" campaign**

*As timeline is established by leads on project*

#### Objectives:

1. Identify potential clients that would be willing to participate by providing:
  - a. Photo and key words for printed material, and/or
  - b. Life story, and/or
  - c. Interview for documentary
2. Assist getting releases (when available) signed and returned
3. Assist in getting questionnaires completed and turned in
4. Help promote project as it launches

Estimated Costs: Difficult to measure, if any.

## **Substance Misuse Prevention / Partnership for Success**

**Goal: Continue developing and implementing a regional substance misuse prevention plan supported by the Partnership for Success Grant**

Objectives:

1. By June 10, 2021, the Partnership for Success planning committee will meet at least twice to develop a regional substance misuse prevention plan coordinated by the PFS grant coordinator.
2. At each monthly RBHB meeting, the PFS grant coordinator will provide updates on progress made and assistance needed on the regional prevention plan.

## **Children's Mental Health**

**Goal 1: Increase anti-stigma & public awareness in Region 1**

Objectives:

1. CMH subcommittee will partner with the Adult Mental Health subcommittee and Housing subcommittee to complete a billboard and social media campaign by 4/01/2021.
2. The CMH subcommittee will advertise the movie, All Rise, to judges, attorneys, and law enforcement by having a flier ready to distribute by 04/01/2021.

**Goal 2: Increase trauma informed care practices in Region 1**

Objectives:

1. The CMH subcommittee will bring a trainer from Making Sense of Your Worth to Region 1. We have the opportunity to have people attend a virtual training in March 2021, and would like provide scholarships for that option. We would also work toward bringing in a trainer for a local area training in late 2021 or early 2022, dependent on COVID restrictions.
2. The CMH subcommittee will have a plan and date ready to provide a showing for the movie, All Rise, at the Hayden Discount Theater and the Panida Theater in Sandpoint; and/or a virtual showing dependent on COVID restrictions by 03/01/2021.

**Goal 3: Increase Access to care in Region 1**

Objectives:

1. The CMH subcommittee will support Medicaid consumers and practitioners by providing an info sheet on how they can communicate the needs and strengths of the Non-Emergency Medicaid Transportation system to MTM management by 04/01/2021.
2. The CMH subcommittee will complete research on strategies to increase recruitment and plan for a recruitment campaign by 05/1/2021.

Estimated Costs:

We would like to request budget funding in the amount of \$6,500.00 to support these activities, and understand we would submit individual funding requests as needed for each activity.



**Adult Behavioral Health**

**Goal 1: Reduce stigma around substance use disorder and mental health disorders in North Idaho**

Objectives:

1. Create a media campaign showing use of correct/stigma reducing language and terms by end of January 2021
2. Finalize Don't call me dirty / Don't call me crazy media proofs by March 2021
3. Each member will contribute 1-2 resources on stigma reduction around mental health and substance use disorder to support the development of a community ant-stigma resource guide by February of 2021
4. Start media campaign by April 2021 run the campaign for 6 – 12 months in all 5 counties in North Idaho using social media, billboards, PSA on Radio and TV.
5. Distribute (Flyers, posters, shares on social media) campaign to community partners and/or within your network 1-2x a month

**Goal 2: Promote and enhance recovery services in rural communities**

Objectives:

1. Adult Behavioral Health Subcommittee will have Lisa Alberts speak to her efforts on coach placement in the 4 rural counties by Feb. 2021
2. Each member will support KRCC efforts of expanding out into Boundary, Bonner, Benewah, and Shoshone Counties by providing 1-2 contacts in at least one of those counties, after having a "priming conversation" around KRCC goals for recovery coach expansion. A complete list of contacts for KRCC to follow-up with will be made by April 2021
3. Help increase participation in the Phoenix program by having members distribute ( share on social media, share with community partner, hang flyer or poster) information on the Phoenix activities happening in our communities once a month to help promote healthy lifestyles and sober living for individuals with SUD . Registration and participation will be tracked to help gauge if promotion working.
4. Have Scott Jones from the Phoenix speak at RBHB to raise awareness about the Phoenix program in our communities.

Estimated Costs:

	Monthly (Possible Range)		Yearly (Month Avg x 12)
	Min	Max	
Billboards	\$400.00	\$1,750.00	\$12,900.00
Digital	\$1,500.00	\$1,700.00	\$19,200.00
Facebook	\$300.00	\$500.00	\$4,800.00
Print (3 months)	\$1,020.00	\$1,020.00	\$3,060.00
Photographer			\$400.00
			\$40,360.00

Due to the wide range of marketing options (where billboards are located, which digital platforms are tapped, color and size of print ads, etc), the budget estimate could range from \$40,000 – \$45,000.