



Region One Behavioral Health Board

Region 1 Behavioral Health Board Meeting		
March 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"/>	Mike Wraith	<input checked="" type="checkbox"/>	Amy Fine
<input type="checkbox"/>	Leah Moeller	<input checked="" type="checkbox"/>	Jenifer Christensen
<input checked="" type="checkbox"/>	Daryl Wheeler	<input checked="" type="checkbox"/>	Angela Reynolds
<input checked="" type="checkbox"/>	Greg Willey	<input checked="" type="checkbox"/>	Kasey Nixon
<input checked="" type="checkbox"/>	Debbie Nadeau	<input checked="" type="checkbox"/>	Katie Schmeer
<input type="checkbox"/>	Joyce Broadsword	<input checked="" type="checkbox"/>	Joshua Kirby
			(o – Excused)

Guests		
Haley Rose	Zlata Myr	Larry Riley
Nick Knoll	Kelsey Orlando	Donna Brundage
Scott Jones	Aria Mangan	Lindsay Lartz
Christina Carder	Karen Kopf	Leanne Rousseau
Karyn Kershaw	Kelly Rhoads	Wendy Stoneberg
Michaela Milbraith	Lora Whalen	Mindy Oldenkamp
Lisa Follmer	Nancy Schmidt	

Agenda																									
Call to Order	<ul style="list-style-type: none"> • Claudia Miewald, Chair 																								
Consent Agenda	<ul style="list-style-type: none"> • Approval of February 3, 2021 Board Meeting minutes <ul style="list-style-type: none"> ○ 1st: Daryl Wheeler ○ 2nd: Joy Fryman • Passed 																								
Finances & Administrative Items	<ul style="list-style-type: none"> • Josh reviewed the following budget with the Board, emphasizing the need to spend the remaining balance within the next two months: <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 70%;"></th> <th style="width: 15%; text-align: center;">Funding/ Spending</th> <th style="width: 15%; text-align: center;">Balance</th> </tr> </thead> <tbody> <tr> <td>Balance carried</td> <td></td> <td style="text-align: right;">\$37,584.36</td> </tr> <tr> <td>February Allotment (minus operating costs)</td> <td style="text-align: right;">\$3,067.00</td> <td></td> </tr> <tr> <td>Idaho State University Grant (for NIAC & SVdP PPE)</td> <td style="text-align: right;">\$4,240.00</td> <td></td> </tr> <tr> <td></td> <td></td> <td style="text-align: right;">\$44,891.36</td> </tr> <tr> <td>NIAC Funding Request (PPE)</td> <td style="text-align: right;">-\$2,000.00</td> <td></td> </tr> <tr> <td>SVdP Funding Request (PPE)</td> <td style="text-align: right;">-\$2,339.00</td> <td></td> </tr> <tr> <td></td> <td></td> <td style="text-align: right;">\$40,552.36</td> </tr> </tbody> </table>		Funding/ Spending	Balance	Balance carried		\$37,584.36	February Allotment (minus operating costs)	\$3,067.00		Idaho State University Grant (for NIAC & SVdP PPE)	\$4,240.00				\$44,891.36	NIAC Funding Request (PPE)	-\$2,000.00		SVdP Funding Request (PPE)	-\$2,339.00				\$40,552.36
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Presentations	<ul style="list-style-type: none"> • Scott Jones – The Phoenix <ul style="list-style-type: none"> ○ Scott is the chapter manager for The Phoenix in Boise; The Phoenix is a sober active community, focusing on physical fitness, wellness, and mindfulness as a group support for individuals seeking to remain sober. ○ They organize activities like yoga, mountain biking, strength training, skiing, climbing, all for free. The only requirement to participate is 48 hours of sobriety. They try to provide equipment for those who don't have their own, and to reduce other barriers to participation. ○ They also offer other community-based activities, like art night, book club, meditation, and music night. ○ The instructors lead from a trauma-informed viewpoint and provide training and support to ensure a transformative healing environment. ○ Because of COVID, The Phoenix has transitioned to offer many of their classes and sessions online, with overall great success. In our region, the Kootenai Recovery Center has partnered with The Phoenix to offer yoga and meditation, with plans to offer more very soon. And then there are regional events organized every year to bring together participants from several local chapters. ○ Scott concluded by showing the following video: https://youtu.be/p2f9-UOEi-c • Claudia asked how much participation they're seeing in Region 1; Scott said that the first class at the Kootenai Recovery Center was just in January, and was offered virtually, as well as in-person at the center. So apart from a large regional event on the Hiawatha Trail in 2019, they are still growing participation up here. • Lisa Alberts said that KRC is planning to add meditation to the yoga currently offered, and she is working "in the background" to secure some kind of gym access for Phoenix activities in the near future. 																								



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	<ul style="list-style-type: none"> • Officer Nick Knoll – Kratom <ul style="list-style-type: none"> ○ Officer Knoll has been with the CDA Police Department since 2002; he is a drug recognition expert, which means he is trained in recognizing when someone is under the influence, and with what substance or class of substance. ○ Kratom is a “natural” drug, in that it’s made from the leaves of a tree native to Southeast Asia and related to the coffee plant. Leaves are most commonly ground up into powder and ingested in capsule form, though a tea can be brewed from the leaves instead. ○ At low dosages, it acts like a stimulant; at high doses it behaves more like an opiate. As of right now it’s legal to purchase and consume in the US, and is popular with opiate users looking to avoid positive results on a drug screen. ○ Officer Knoll said that he was able to pick up some kratom capsules at his local convenience store, where the cashiers were familiar with and had experience using it. It is commonly unlabeled as kratom on the packaging, except in the ingredient list. ○ According to the Mayo Clinic, it has no measurable efficacy in medical use, but it can be addictive and has led to several dozen reported deaths. It can cause dizziness, drowsiness, hallucinations, respiratory suppression, coma, and death. ○ In addition to the dangers kratom poses as an unregulated, psychoactive, addictive, and readily available substance, Officer Knoll said that his colleagues in law enforcement have discovered kratom laced with other dangerous and/or illegal substances, including fentanyl. • Greg Willey asked if kratom was known to be smoked or cut with smokable substances, like tobacco; Officer Knoll wasn’t familiar with any cases where it was used that way. • Sherriff Wheeler asked if there were any restrictions regarding kratom and probation; Officer Knoll said that it was specifically disallowed in or after DUI court, and Greg answered that it falls under the probation guidelines against taking any substance with the goal of becoming intoxicated. • Linda Johann asked if kratom is expensive; Officer Knoll said he paid \$10 for 9 capsules, and the packaging said not to exceed 8 capsules in 6 hours. • The question was asked whether kratom has been or is currently being considered for scheduled drug status. But while the Idaho legislature has looked at banning it in the past, right now there are no known federal or state considerations to regulate kratom.
DHW Updates	<ul style="list-style-type: none"> • The CMH Chief, Leah Moeller, decided to step down (to be a practicing clinician), which will end her tenure on the R1BHB, as well. DHW will be hiring a new Chief for CMH in the next 30 days, with Laura Treat, Forensic Supervisor, acting in the role until it’s filled.
Behavioral Health Planning Council Report	<ul style="list-style-type: none"> • Claudia shared the Idaho Behavioral Health Planning Council Governor’s Report, highlighting the Region 1 section of the report, as well as the introduction and description of the several Crisis Centers around the state.



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	<ul style="list-style-type: none"> • The Idaho Behavioral Health Planning Council Governor’s Report can be found here: https://publicdocuments.dhw.idaho.gov/WebLink/DocView.aspx?id=17122&dbid=0&repo=PUBLIC-DOCUMENTS&cr=1
<p>Subcommittee Reports</p>	<ul style="list-style-type: none"> • Amy Hirtle – Partnership for Success <ul style="list-style-type: none"> ○ The PFS Year 4 Planning Meeting is going to be March 22nd, 1:00 – 2:30 pm ○ DITEP, Drug Impairment Training for Education Professionals, is scheduled for Sandpoint High School this month, with plans to have a special training for nurses and school counselors in the spring. ○ Officer Jermaine Galloway, the “Tall Cop,” will give his “High in Plain Sight” training for parents, youth, and the community on March 17th, 6:00 – 7:00 pm. He will offer a special training for professionals the following day, March 18th, 9:00 – 11:00 am. ○ PHD under the substance abuse block grant offered the first Strengthening Families session on March 1st, with 5 families in attendance, and more interested. ○ Idaho Prevention and Support Conference, sponsored by the Idaho Department of Education, will be April 12th and 13th. They have some free sessions, offered April 1st through the 11th, but the Office of Drug Policy has agreed to cover the cost for all R1BHB members who are interested in attending. <ul style="list-style-type: none"> ▪ “Attendees will strengthen their ability to cultivate supportive school and community climates for youth.” ▪ Focused on professional development for K through 12 educators and personnel, law enforcement, juvenile justice, paraprofessionals, and advocates who work with youth • Greg Willey – Housing <ul style="list-style-type: none"> ○ The SVdP Winter Warming Centers are getting ready to close for the season, since temperatures aren’t projected to drop below their threshold again. Thanks in part to funding help from the R1BHB, the centers were open 76 nights this winter, and served 848 individuals in need. ○ The plan is being developed and implemented for the assembly of hygiene kits (from the subcommittee’s goals and objectives); Greg expressed concern over where the kits might be stored long term, in an environment that is stable, secure, and easily accessed by professionals working with recent discharges from State Hospital, jail/prison, etc. <ul style="list-style-type: none"> ▪ Greg is hoping to obtain some items at-cost and/or outright donations from discount stores in the region, for supplies like cheap bags to contain the kits, day planners, socks, hygiene items, etc. ▪ Claudia mentioned that the Crisis Center may have room in their basement for long-term storage of the assembled hygiene kits. ▪ Lisa Alberts has been trying on behalf of the Kootenai Recovery Center to obtain discounts/donations from Walmart and The Dollar Store, and she advised Greg to go through corporate channels for larger chains like that.



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	<ul style="list-style-type: none"> • Debbie Nadeau – Children’s Mental Health <ul style="list-style-type: none"> ○ Captain Kim Edmonson from the Kootenai County Sheriff’s Department joined the CMH Subcommittee meeting to talk about their Handle with Care model that they employ when law enforcement are out on domestic violence or other potentially traumatic calls where kids are involved. ○ Debbie thanked the R1BHB on behalf of the four recipients of board funding to attend Making Sense of Your Worth training. • Aria Mangan – Adult Behavioral Health <ul style="list-style-type: none"> ○ The Pros group that does a lot with opioid use disorder and substance and harm reduction at Panhandle Health District has offered \$2000 to help with the anti-stigma campaign; Aria has meetings with NAMI and Optum to discuss contributions they might be willing to make to the campaign, as well. ○ Claudia asked if the “Don’t Call Me” campaign was applicable to substance use <i>and</i> mental health; Aria explained that the combined input from multiple subcommittees has created a multi-dimensional campaign: <ul style="list-style-type: none"> ▪ Mental health, “Don’t Call Me Crazy...” ▪ SUD, “Don’t Call Me an Addict...” ▪ Housing, “Don’t Call Me Dirty...”
<p>Miscellaneous Updates</p>	<ul style="list-style-type: none"> • Amy Fine reported on the positive experience she is having with the Making Sense of Your Worth training. Her Special Ed Leadership group is taking it together, and it has not only been personally rewarding, but educational and beneficial to the group professionally. • Amy also shared with the board that there is an Idaho Threat Assessment Conference, June 8 – 10 in Boise • Karen Kopf from Optum shared the following links in the chat: <ul style="list-style-type: none"> ○ Optum Idaho Virtual Conference - open to all - CEUs available for clinicians https://www.optumidahoconference.com/ ○ The Behavioral Risk Factor Surveillance System (BRFSS) – Adverse Childhood Experiences (ACE) Data https://publicdocuments.dhw.idaho.gov/WebLink/Browse.aspx?id=8097&dbid=0&repo=PUBLIC-DOCUMENTS ○ Resilient Idaho/ACEs Television Series https://www.idahoptv.org/shows/specials/resilientidaho/ ○ COVID Support Resource Page www.ioem.idaho.gov/covidhelpnow ○ Idaho Prevention and Support Conference https://whova.com/web/ipasc_202004/ • Karen also reported that Optum has a new targeted care coordination facility in the region. Lake City Community Counseling has passed their credentialing for target care coordination, and is now offering those services for children. • Nancy Schmidt shared a flyer for Dr. M. David Rudd’s conference, “Assessing and Treating Suicide Risk,” a free lecture offered three times, April 7th, 8th and 9th.



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	<ul style="list-style-type: none"> Nancy also said that she is currently sending out applications for the 11th cohort, or the year-11 offering of suicide prevention funding and training for middle and high schools. For elementary schools, the program Sources of Strength has received very positive feedback from principals and counselors in Lakeland, CDA, and Post Falls school districts; 10 elementary schools so far have implemented the program. Lindsay Lartz informed the board that High Road Human Services now has an intern who started working there last month. Her focus is marriage and family therapy, and she is able to offer some pro bono marriage counseling, couples counseling, and family counseling for a limited number of people who don't have insurance or have an unmet deductible.
Motion to Adjourn	<ul style="list-style-type: none"> 1st: Daryl Wheeler 2nd: Mike Wraith Passed

Next Meeting		
April 7, 2021	2:00 – 4:00 PM	Video Conference
Join Zoom Meeting https://us02web.zoom.us/j/89190215826?pwd=dXlhR0RSeXgyM3UwR2t6YW1SeFV3Zz09 Meeting ID: 891 9021 5826 Passcode: i&d&1Uve One tap mobile +12532158782,,89190215826#,,,,*51898090# US (Tacoma) +13462487799,,89190215826#,,,,*51898090# US (Houston) 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		

MISSION & VISION
<p>“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.”</p> <p>“Region 1 Behavioral Health Board envisions a healthy community through a collaborative integrated network that promotes and sustains hope and recovery for all.”</p>