

BEHAVIORAL HEALTH

Quarterly news
and updates from
the Idaho
Department of
Health and Welfare



October 2013, Issue 1

Newsletter will further transformation effort

By **Ross Edmunds**
Division Administrator



Ross Edmunds

Welcome to the inaugural edition of the Behavioral Health newsletter. I would like to briefly address the goals and content of this new publication.

only addressed a part of what the Division of Behavioral Health does, and was only relevant to a portion of the people we serve.

As we work toward a transformed Behavioral Health System of Care, we continue to emphasize the importance of integrating treatment systems for mental health and substance use disorders. To remain consistent with that effort, I feel it's important to have an integrated newsletter that features regular information on both topics, as well as administrative updates and information about the work being done by our staff and providers.

As this newsletter continues, →

Some of you may already be familiar with the Substance Use Disorders newsletter previously distributed by the division. While that newsletter was useful for providers and consumers involved with our Substance Use Disorders program, it

Inside this issue

- Behavioral Health prepares legislative proposals , Page 2
- WITS system live across Substance Use Disorder network, Page 3
- Idaho to implement new youth treatment pilot project, Page 3
- **Region 4 Spotlight:** Why we walk for NAMI, Page 4
- **Region 4 Provider Feature:** SHIP fights for the underdogs, Page 4
- Recovery Coaching takes off in Idaho, Page 5
- SUD program budget update, Page 6
- Mental Health holds data, Page 6
- Contacts and Feedback, Page 6



IDAHO DEPARTMENT OF
HEALTH & WELFARE

you can expect to see information on laws, rules and policy; receive updates on the division's budget; learn more about our regional offices and service providers; and get information about upcoming opportunities for education and training. You will also have the ability to easily obtain more information through our website, and provide your feedback for

future editions. We're very excited to roll out this newsletter, and we hope you'll welcome the opportunity to learn more about the work of our division. We also hope you will consider encouraging others to subscribe and receive future newsletters, by visiting mentalhealth.idaho.gov or SUD.dhw.idaho.gov.

- Hallmarks of a Transformed Behavioral Health System**
- Local input/local influence
 - Integrated treatment
 - Clearly defined roles and responsibilities
 - Eliminating gaps in services
 - Maximum efficiency with maximum effectiveness
 - Consumer driven/recovery oriented

Behavioral Health prepares proposals for legislative session

By Casey Moyer
Policy Unit Program Manager

As difficult as it is to believe, summer has drawn to a close, fall is here and the Legislature will be reconvening just after the New Year. In anticipation of this, the Department has just completed



proposed rule changes and is currently working on drafting legislation

to be presented during the next session. The Division of Behavioral Health will also be publishing our first set of Behavioral Health Standards, known as the Core 18. These standards are applicable and relevant to any behavioral health provider and reflect national best practices. More information on these draft standards will be posted

to our website at: mentalhealth.idaho.gov. Proposals from the Division of Behavioral Health include two pieces of legislation: amendments to the Minors Access to Tobacco (Title 39, Chapter 57 § 39-5704), which will close up a current loophole for electronic cigarette sellers; and the reintroduction of the Community Behavioral Health Boards (Title 30, Chapter 31 § 39321), which creates combined community boards for mental health and substance use disorders. The text for these bills is being drafted and will be available as the session begins. Additionally, the division has four rule change dockets. In our efforts to become a recovery oriented system, Idaho has adopted the certification and use of peer specialists in behavioral health services. Peers are people with

experience with issues of behavioral health. There are instances where previous crimes may disqualify these individuals from employment as a peer. Through negotiated rule making, a process has been proposed to allow individuals who are unable to pass a background check the ability to apply for a waiver and receive individual review of their circumstances. Three rules dockets related to various behavioral health chapters were published in the September Administrative Bulletin available at adminrules.idaho.gov. On October 2, the division published a proposed rule for Behavioral Health Community Crisis Centers. This new proposed chapter establishes the eligibility for the centers, which the division is seeking to create in the coming year with the support of the Legislature.

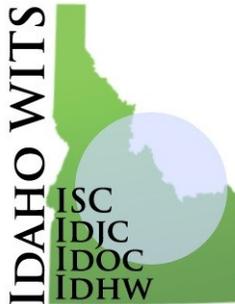
WITS system now live across Substance Use Disorder network

By Jamie Teeter

**Quality Assurance/Automation Unit
Program Manager**

On October 1, Web Infrastructure for Treatment Services (WITS) went live for all of Idaho's Substance Use Disorder (SUD) network. All network providers of treatment and Recovery Support Services (RSS) are now required to use WITS as their electronic health record, and to bill and adjudicate claims for service. To help aid in this implementation, the Division of Behavioral Health

recently unveiled a new website dedicated to WITS: wits.idaho.gov. The site holds announcements, user guides and a training calendar page, as well as contact information and frequently asked questions. More information and tools will be added as the website grows. Providers who were familiar with the



address for the previous WITS site will be automatically redirected to the new page.

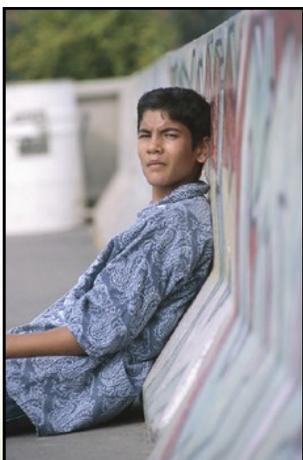
The Division of Behavioral Health's WITS Help Desk has spent months working with and training provider agencies in the use of WITS, and continues to be available to answer questions and troubleshoot issues. Providers can contact members of the Help Desk by clicking the "Help Desk" button on the new website, calling (208) 332-7316 or emailing DBHWITSHD@dhw.idaho.gov.

Idaho to implement new youth treatment pilot project

By Casey Moyer

Policy Unit Program Manager

In August 2013, the Division of Behavioral Health received a grant that will help Idaho improve quality treatment for transitional-age youths 18-25 years old with substance use disorders (SUD) and/



or co-occurring SUD and mental health diagnoses and their families. Providers who are identified

through a Request for Proposals (RFP) process to take part in the Idaho Youth Treatment Program (IYTP) will implement the evidence based practice of the Adolescent Community Reinforcement Approach (A-CRA). The program will be implemented for transitional-age youths and their families in Region 2 (Clearwater, Idaho, Latah, Lewis and Nez Perce counties) and Region 4 (Ada, Boise, Elmore, and Valley counties).

The two pilot sites will serve 10-25 transitional-aged youths and their families in each region during the first year. At least 100 youths per region will be served in the second, third and fourth year of the grant,

with a total of at least 620 to be served during the entire pilot period. The division will hire a full-time project coordinator to facilitate project implementation. The project coordinator will also assist in dissemination of IYTP data and outcome information to regional Behavioral Health Boards, the state Behavioral Health Planning Council and other stakeholders.

While the division has sponsored the Parenting with Love and Limits (PLL) evidence based-practice for children ages 10-17 since 2008, the A-CRA will be Idaho's first evidence-based behavioral health service specifically for the 18-25-year-old, transitional-aged group.

Region 4 Spotlight: Why we walk for NAMI

By Gina R. Westcott
Southwest Hub Administrative Director

From providing treatment and counseling services to responding to crisis, the employees at Region 4 Mental Health know first-hand how mental illness affects the citizens of Idaho.

According to the National Alliance on Mental Illness (NAMI), nearly 60 million Americans experience a mental health condition every year. Regardless of race, age, religion or economic status, mental illness affects the lives of at least one in four adults and one in 10 children across the United States. People living with mental illness need help and hope. They need a community

that supports them, their families and their recovery.

The staff at Region 4 Mental Health see themselves as an integral part of the mental health community and came together September 28 to walk for the Boise chapter of NAMI* for the seventh year in a row. The team, known as the Region 4 Mental Health Stigma Stompers, raised more than \$3,200 this year to support NAMI Boise in its efforts to promote mental health awareness. The funds raised came from private donations, a silent auction, a luncheon and a bake sale. All the donations were from the employees, their friends and family members. If you ask any one of the employees, they will tell you that they rely on



The Region 4 Mental Health Stigma Stompers

NAMI every day to offer no-cost support, information, research, treatment and critical services to people living with mental illness and their families. This is why we walk for NAMI.

**NAMI Boise is an Idaho chapter of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization, dedicated to building better lives for the millions of Americans affected by mental illness.*

Region 4 Provider Feature: SHIP fights for the underdogs

By Jon Meyer
Technical Writer

At Supportive Housing and Innovative Partnerships (SHIP), "We want to work ourselves out of a job," Founder and Executive Director Melanie Curtis says with a laugh. In her smile, you can see Melanie's passion for helping her clients.

Created as a community housing development corporation in 2001, SHIP currently operates a total of nine Safe and Sober houses in the Boise area. They also have two

Second Chance Building Materials Centers – one in Boise and one in Nampa – which not only serve as thrift stores for reusable building materials, but act as the hub for SHIP's employment program for clients in recovery.

"It's a daily testimonial to the fact that people can recover. We show that every day in our stores," Curtis said.

Within the Safe and Sober houses, clients have four goals: Keeping recovery first, residential stability, self-sufficiency and self-

determination. Four of the homes are exclusively for veterans, two serve individuals experiencing chronic homelessness, and the remaining three are utilized by clients who receive state funding for services.

With a background in social work, Curtis says she's always been one to fight for the underdogs. She sees the population served by SHIP as disenfranchised and says there is a long way to go in educating the public about recovery, and in letting those in recovery live a full life. ➡

“It’s their journey; they have to walk it. But we’re here to walk it with them, so they’re not alone,” Curtis said.

One thing you hear SHIP’s Director of Housing Ken Widick say frequently is that SHIP doesn’t give clients a hand out, but rather a “hand up.” SHIP has layer upon layer of accountability built into its Safe and Sober houses, where clients are rewarded for positive behaviors and held accountable for negative ones. Housing clients who aren’t employed are required to go into the SHIP employment program, where they

search for jobs, get help with resume materials, and volunteer their time.

A number of clients from SHIP programs have been hired at the Second Chance stores, which supply about a third of the SHIP budget.

“We like to hire people who are in recovery, and we think it’s a great model for clients,” Curtis said.

Another initiative of SHIP, the Connect the Pieces project aims to educate children and adults alike on the dangers of prescription drug abuse. It’s a mission Curtis has been on since she lost her son to a prescription drug overdose in

November 2011. She also works with the Prescription Drug Abuse Workgroup.

Curtis and Widick attribute part of SHIP’s success to their flexibility as a small nonprofit to make their programs work with what is best for their clients. They also employ a passionate staff.

“This is all part of my journey as a recovering person. I did so much damage in what I refer to as my former life. This is my redemption.” Widick said. “I enjoy getting out of bed and coming to work in the morning.”

Recovery Coaching takes off in Idaho

By Rosie Andueza

Operations Unit Program Manager

The Division of Behavioral Health is working to build a network of recovery coaches across the state of Idaho to serve as personal guides and role models for people navigating the recovery process from alcohol and/or drugs.

The recovery coach helps to remove barriers and obstacles, and links the recovering person to the recovery community. Some of the goals of recovery coaching include:

- Success and quick turn-around in re-engaging the individual in treatment and/or recovery support after any episodes of drug or alcohol use or lapses in recovery.
- Decreased criminal justice involvement.



Idaho’s first 47 Recovery Coaches

Forty-seven individuals were trained as recovery coaches at the first training session in Boise in May 2013. That training, led by Connecticut Community for Addiction Recovery (CCAR), included additional instruction for 15 people to become Idaho’s first batch of recovery coach trainers, ensuring the local sustainability of this project. Enthusiasm took off after the initial training. Two sessions have already been held across the state, led by

Idaho’s own trainers. Another begins later this month. Planning for more trainings continues.

More CCAR training is planned for early 2014, including ethics and trainer instruction for existing coaches. Substance Use Disorder network providers can now bill for recovery coaching for certain approved DHW populations. The division is continuing work to develop recovery coaching standards so the service can be covered under Idaho Medicaid. The goal is to make this service available to as many individuals as possible, and develop a network of coaches statewide that can fill Idaho’s needs.

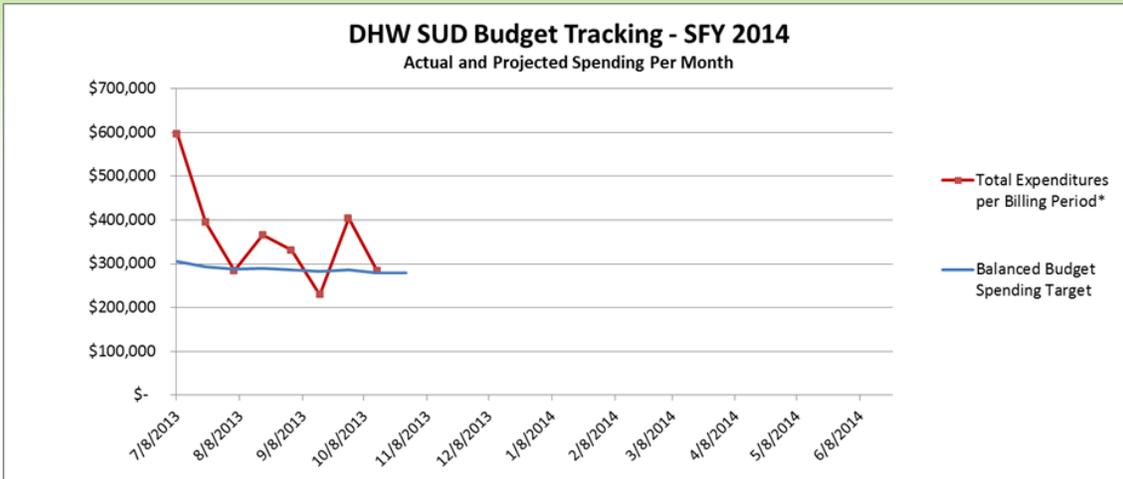
Recovery Coaching website :

RecoveryCoaching.dhw.idaho.gov

Recovery Coach e-mail:

RecoveryCoaching@dhw.idaho.gov

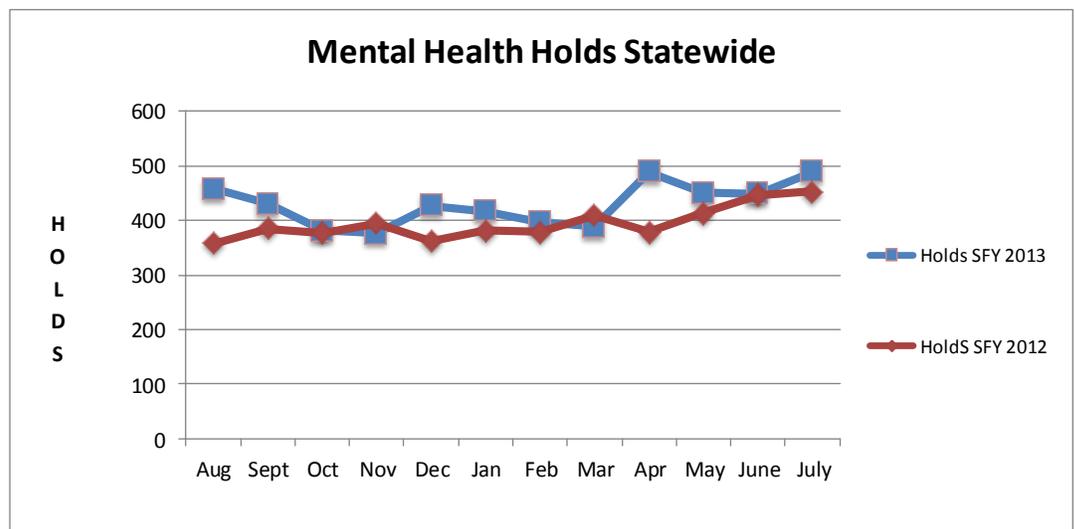
Substance Use Disorder (SUD) program budget update



This chart shows Substance Use Disorder (SUD) year-to-date spending. The blue line is the running balanced budget spending target. The total treatment budget for the year is \$7.9 million. Based on spending year-to-date, targeted spending for subsequent bi-weekly invoice periods is about \$286,000.

*** Note:** The first invoice of the fiscal year typically appears excessive because it often covers some charges from one or two invoice periods from the previous fiscal year. Subsequent invoices return to normal and only include two weeks of treatment charges.

DATA: Mental Health Holds



Regional Contacts

Region 1

Community Resource Development Specialist
Corinne Johnson, JohnsoC2@dhw.idaho.gov

Region 2

Community Resource Development Specialist
Darrell Keim, KeimD@dhw.idaho.gov

Region 3

Community Resource Development Specialist
Joy Husmann, HusmannJ@dhw.idaho.gov

Region 4

Community Resource Development Specialist
Laura Thomas, ThomasL@dhw.idaho.gov

Region 5

Community Resource Development Specialist
Beth Cothorn, CothornB@dhw.idaho.gov

Region 6 & Region 7

Community Resource Development Specialist
Brenda Price, PriceB@dhw.idaho.gov

Feedback

If you would like to learn more about these stories or Behavioral Health, visit mentalhealth.idaho.gov and SUD.dhw.idaho.gov.

If you have any suggestions or feedback about this newsletter, email Jon Meyer at meyerj@dhw.idaho.gov.