

REGION 1 BEHAVIORAL HEALTH BOARD
November 4, 2015 Meeting Minutes -DRAFT
 Kootenai Health Resource Center-Tamarack Room
 Coeur d'Alene, Idaho

BH BOARD Member Attendance:

<ul style="list-style-type: none"> ✓ Alyssa Gadd ✓ Angela Palmer ✓ Beth Bates ✓ Carissa McAlister ✓ Claudia Miewald ✓ Daryl Wheeler ✓ Debbie Nadeau ✓ Gini Woodward 	<ul style="list-style-type: none"> ✓ Glen Bailey ✓ Holly Bonwell ✓ Joyce Broadsword (ad-hoc) ✓ Leanne Rousseau ✓ Linda Johann ✓ Lori Duncan ✓ Lynn Thompson 	<ul style="list-style-type: none"> ✓ Marilyn Kesner ✓ Melinda Leager (AA) ✓ Renate Tomaselli ✓ Ron Beecher ✓ Samee McMichael ✓ Steve McComb-exc. ✓ Susie Brott ✓ Tammy Rubino-exc.
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GUESTS:

Nancy Irvin – BPA Health	Stacie Hatfield – Oxford House
Amy fine – Coeur d'Alene School District	Don Duffy – Panhandle Health District
Shaura Larson – NIC Head Start	Kristina L. Nicholas Anderson – DSS
Debbie Stapleton – Spokane Heights Detox	Don Anderson - Crisis Center Manager
Steve Holloway – Panhandle Health District	

WELCOME:

- **Meeting called to order** by Chairman Ron Beecher at 2:00 PM.
- **Roll call:** Melinda Leager
- **Packets:**
 November Agenda
 Christmas Ballot
 Conflict of Interest and Code of Conduct signed, copied and returned
- **Introduction of Guests**
- **Approval of September and October 2015 minutes, All in Favor☺**

PRESENTATION: Claudia Meiwald – CRISIS CENTER

- Scheduled to open December 9th
- December 8th Ribbon Cutting/Open House Governor Otter in attendance BHB members are invited to attend, and opportunity to walk around the facility
- Construction is underway; hiring, programing and training are all in process. In need of RNs please inform any to apply
- CC is a voluntary center available at no cost. Maximum capacity 20; 10 females, 10 males
- Volunteer staff possible after opening

- ASK: Donations would be greatly appreciated (sweat shirts and pants without drawstrings, gently used and clean is ok) Drop off items with Holly Bonwell at DHW offices at 2195 Ironwood CT, or KBH West Campus
- CC services offered: Triage, Crisis Intervention, Case Management Assistance
- Peer Support through Heritage

PRESENTATION: Kristina L. Nicholas Anderson - Diversified Social Services (Dialectical Behavioral Therapy)

- Social worker who uses Dr. Linehan model for Dialectical Behavior therapy (DBT). It is a cognitive behavioral treatment that was originally developed to treat chronically suicidal individuals diagnosed with borderline personality disorder (BPD) and is now recognized as the gold standard psychological treatment for this population
- None of sessions are over \$35 and do not take insurance
- Many people they work with may not have or qualify for insurance
- Kristina has a consultation team and invites others to join them
- Classes continue for men, women and pilot adolescent programs. DSS also offer individual and family therapy. Contact Kristina for details. Fees are calculated on a sliding fee scale
- Fliers will be emailed by Mindy as soon as they are received from Kristina!

RON: State Planning Council has OFICIALLY approved the Region 1 application☺

DHW UPDATE: Rosie Andueza

- Confirms that R1BHB is a stand up board which is solid and ready to move on and take on projects. There is great attendance at BHB meetings which demonstrates the willingness to be involved in decision making
- Our BHB is more independent to figure out supported services
- Rosie discussed housing for homeless and mentally ill. Monies will be available for each region; this includes the possibility for respite care funding
- Our BHB starts work now to create the process of implementing service protocols to be ready for the availability of PATH funding. RSS: Contact out services in our region. Data Essential to show effectiveness of RSS services: how measures effectiveness of services?

Steve Holloway, SHIP Representative for PHD provided handout on Population Health Workgroup, part of Medical-Health Neighborhood.

RECOVERY CENTER UPDATE: Angela Palmer and Rosie Andueza

- Application information gathered along with great support letters from many community partners
- How much can BHB committee do to get ready for application?
- Awards to be announced about February 2016; grants through Millennium Fund. Four counties presented, Kootenai is one of them!

2016 Goals for and Action Statements for Each Subcommittee:

Ron Beecher will send out SEVEN GOALS, each subcommittee is to write an action statement prior to the December 2nd meeting. Then plan how that action statement is going to be initiated (operational) for each action statement

- Motion to create an additional Subcommittee; Suicide Prevention. Unanimously Passes. Chairperson is Beht Bates, with help of Renate Tomaselli and Lynn Thompson.

Website Rollover: December 3rd meeting has been set up to move forward. Briefly discussed ideas about graphics, logo, and colors. Suggestions or volunteer's expert help? Meeting Dec 3 at 11AM at PHD. Suggestions needed for website or person to help: John Meyer, DHW Website Manager may be able to help. How should it look? Include local resources, link to CC, state what BHB does.

SUB-COMMITTEE REPORTS:

BPA: Nancy Irwin

- Time to apply for scholarships to attend training will end November 15. Application for ICAD scholarships has been extended to December 15. Mindy will email application to BHB with the later cutoff date for the application.

Children's Mental Health: Lynn Thompson Co-Chair and Debby Nadeau

- Children's Mental Health: film "Paper Tigers" was shown at the Kroc Center CDA in Oct. to 560 people. The message was far reaching. Plans are underway to show the film in Bonner and Shoshone counties. Next steps will be to train the trainer process and purchase curriculum.
- Reported on ACE scores on youth in Juvenile Probation. 66% of youth score 4-5 or higher on the ACE; this is a high score. Currently working on resiliency as a tool to nurture and add meaning in person's life to offset trauma in child's life' following Dr. Vincent Filetti and Adverse Child Resiliency Experiences Study.

Housing Committee: Marilyn Kesner

- Plans underway to apply for PATH funding and get ready to apply when funding is announced
- Rising Sun Clean and Sober Living: cane to Kootenai County/Bonner County to identify housing needs; need for MH and SU client housing, housing for felons?

Legislative Committee: Dr. Rousseau

- Passed out and emailed Marijuana fact sheet
- November 19 is legislative event with Panhandle Health District, Event to ask for support from elected officials to close the needs gap, ongoing funding, marijuana concerns, Medicare expansion or equivalent

Data: Linda Johann

- Has not met since bylaws accepted and approved

Suicide Committee:

- Formed by motion approval by BHB: Chairperson Beth Bates with Renate Thomaselli and Lynn Thompson

Transportation Committee:

- Combined with Housing Subcommittee

Education/Outreach Committee:

- Current Status?
- Includes programs like NAMI Family to Family

AGENCY REPORTS/ANNOUNCEMENTS:

Coeur D'Alene School District: Amy Fine

- CDA School District; Day Treatment program in the works for secondary age youth.

Debby Stapleton:

- Achieve Recovery Homes changes underway in detox services to help more people enter recovery services

Stacy Hatfield:

- Oxford House wants to assist in housing needs for safe and sober housing in Idaho, Kootenai County. This is a self-run, self-supported addiction recovery homes. Will provide start-up costs. Services to be provided at no cost to client. Looking for 5-6 bedroom house (\$1500-1800 range). Contact information from Mindy Leager.

PC Meeting: Angela Palmer:

- Idaho lives project is a suicide prevention project application November 13 agenda item for next meeting. Idaholives.org is website

Sheriff Daryl Wheeler Bonner County Sheriff:

- Provided statistics to demonstrate the need for nonthreatening transport to services such as CC or hospital. In Bonner county from October 1, 2014 to October 1, 2015, the Sheriff's office recorded 5 suicided, 36 attempted suicide, 121 calls that threatened self-harm, and 56 mental subject calls. The need is present now.

Sign-up sheet passed around for BHB members to tell their story and make presentation each month beginning in year 2016.

(Votes for BHB Spreading of Christmas Cheer have been counted and the Win went to making a Cash donation to the Crisis Center, Which will be used to purchase a TV for the Crisis Center Community Room so at the December 2nd meeting I will have a nicely decorated box to pass around and everyone is free to make anonymous donations as they wish...If there ends up being extra monies we will purchase sweats for the crisis center...side note: Mindy has started a clothing drive at Panhandle Health District for Sweats for the Crisis Center as well and that will end on Dec 1, however, keep in mind the need will be ongoing☺)

MOTION TO ADJOURN:

1ST Motion: Angela Palmer

2nd Motion: Dr. Rousseau

Motion Carried: Meeting adjourned at 4:00PM

Next Meeting: Wed., December 2nd, 2:00-4:00PM-Kootenai Health Resource Center-Tamarack Room