

## Region 5 Behavioral Health Community Board

### Meeting Minutes – Regularly Scheduled Meeting

11:30 - 2:30

October 8, 2014

Members Present:

Dawn Anderson, Bev Ashton, Autumn Barney, Mary Christy, Kim Dopson, Helen Edwards, Tom Hanson, Mick Hodges, Mindy Hoskovec, Rick Huber, Angenie McCleary, Aime Muntz, Scott Rasmussen, Abby Stocking, Jami Stroud, Debbie Thomas, Lee Wilson
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Members Excused:

Was a Quorum established?

( Yes ) (more than half, 12 members, constitutes a Quorum)
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Others Present:

Rosie Andueza, Carmen Babb, Michael Bezas, Darren Bushe, Eric Call, Aaron Darpli, Janelle Johnson, Eric Jones, Amanda Lehta, Lynn Opdycke, Audrey Palmer, Lela Patteson, Tracy Roe, Cindy Shotswell, Elara Smith, Eric Snarr, Mike Waite, Spencer Webb
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Note Taker

Sally Bryan
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#### I. Announcements

OPTUM billing through WITS; providers can continue to use the DSM IV. There are only a few providers that do this for SUD services and they have been contacted.

#### Partners in the Park Overview:

Our Behavioral Health booth was near other providers and there was good representation. There were thousands of people in attendance.

Jamie Stroud manned the booth most of the day. The video that was produced by Region 5 was presented.

#### Upcoming events:

- October 23<sup>rd</sup> is an all-day training in Gooding County starting at 9:00 AM. They will cover issues of children's mental health and early childhood development. There will be speakers from providers. It is located in the Planning & Zoning office south of the Court House. You may come just part of the day if you like.
- November 8<sup>th</sup> is a Legislative Training to help people to interact with legislators at St. Lukes in Twin Falls. At 9:00 for Disability Advocacy Day.
- November 6, 2014 - "Our Talents Our Strengths" Art of Recovery Showcase. Others are encouraged to display the flyer at their office. There is also a flyer for participants to submit their artwork. They can bring their artwork to 823 Harrison St. and the artwork will be transported to the Magic Valley Art Council which will be displayed for a week. Lunch is provided for a limited number of people at 12:00. Let Eric Call or Janelle Johnson know if you need more color copies.
- November 14<sup>th</sup> at the Ballroom is the Mental Health Gala from 7 – 10 PM. John T. Rucker will be the speaker – This is the fund raiser for the fun run next year. The cost is \$55/plate and they are serving prime rib.

- Mental Health First Aid Training – Amanda Lehto from OPTUM in partnership with the Speedy Foundation. A date, time and venue will need to be identified.
  - It is free to the general public and can train 25 – 30 people.
  - The venue needs to target a rural area.
  - The date is tentatively identified for May 21<sup>st</sup> and 22<sup>nd</sup>.
  - The site identified is Lincoln County Community Center – Ann Parker is the contact person for reserving the venue. **Bev Ashton will make the reservation once the date is finalized.**
  - The site and date was voted on and unanimously approved by the Board membership.

## II. Business

### Approval of Minutes:

Motion to approve minutes – Debbie Thomas

Motion seconded – Eric Jones

Minutes unanimously approved: yes

### Legislative/Central Office updates – Rosie Andueza

- SUD Update: ATR III is finished.
- The ATR IV Coordinator has been hired.
- Populations will be more clearly defined soon.
- Clients will begin being accepted in December.

Recovery Center – Rosie talked to the Association of Counties about requesting funding. Four counties were selected to participate this year: Gem, Canyon, Latah and Ada. If a county in our area is interested they can contact Rosie. They need to be locally driven.

In Twin Falls, John Brennen has a committee working toward a recovery center through the Magic Valley Fellowship Hall.

**Scott will keep Rosie informed regarding progress toward having a Recovery Center in our area.**

SUD-BPA-PWC services: Specialty network providers are being sought; only a handful in our area has applied.

SOAR – This program is used to help people to apply for Social Security. A person who is trained can help applications to be accepted more quickly if they meet the criteria. We need more people trained who can assist as clients move throughout the state.

There will be a phone conference call between all of the State Behavioral Health Board chairpersons. The last one had this update:

Information can be found on the website with the Transformation Toolkit.  
<http://www.healthandwelfare.idaho.gov/Medical/MentalHealth/BehavioralHealthPlanningCouncil/tabid/320/Default.aspx>

There is a movement toward integrating healthcare which makes merging with the Health Districts more attractive; however it is up to the Regions how they do it.

### **State Planning Council update –**

Applications will be available next week, October 15.

A subcommittee on the Planning Council will review applications. The Planning Council is willing to work with the boards as we move through this process.

### **Action Items from last meeting:**

Rosie Andueza -

Update on how the Board might be able to operate without the State Controllers office. We have posted more materials out there that describe how the Developmental Disabilities Council as well as the Idaho Children's Trust Fund are structured as resources for regional boards. Merging with a county or Health District also remain options. On the call with the Regional Board Chairs on Sept 25, Ross Edmunds talked about the current national trend around integrating physical and behavioral health. Using this lens, he suggested that boards consider the benefits of merging with the health district. Update flyer on the Transformation Toolkit to say "Behavioral Health Centers" instead of "Mental Health Centers". Update has been made.

Sally - Find out from Becky DiVittorio (OPTUM) if they are going to be delaying the requirement of the DSMV and for how long. No. DSMV is being used currently. Go Live date was October 1, 2014.

### **III. Discussion:**

#### Executive Committee Nominations:

- How do we ensure that two consumers are elected?
- The Interim Executive Committee suggested that we have a ballot to elect people to the executive committee with a suggestion that people remember that we need two consumer representatives.
- Suggestion: If two consumers are not elected then the next person would be dropped off to move the consumer up.
- Roles would be established after the five were elected.
- Nominations would begin today and end this Friday, October 10.
- There was discussion regarding no roles being assigned to Executive Committee positions which is not the typical process.
- Roles and responsibilities could be flexible. Anyone can nominate or self-nominate.

- **Debbie Thomas motions that the current ballot is invalid and that the Interim Executive Committee open nominations for one ballot to include those interested in serving on the Executive Committee with roles to be determined. Nominations would end October 10<sup>th</sup> at 5:00 PM.**
- **The nomination was seconded by Rick Huber.**
- **The motion carries with one member not accepting the motion.**

(Tom Hanson, Angenie McCleary, and Mary Christy were nominated and all accepted their nominations)

**Membership changes:**

- **Eric Jones resigned his position as a Private Provider of Mental Health Services.**

**IV. Subcommittee discussion notes attached.**

Next Meeting: November 12, 2014

Behavioral Health Community Board Individual Subcommittee Meeting Minutes

Date: 10/08/2014

Education/Awareness

Participants: Janelle Johnson, Elara Smith, Cindy Shotwell

Topic(s) of Discussion:

Speakers Bureau - did not have former resources ~~but~~

Action Plan (if applicable):

Elara will follow up ~~from scratch~~ w/ Bill Campbell.  
Janelle will start from scratch if necessary.  
Speakers Bureau

Can we incorporate the Crisis Center into Education/Awareness? Our community is moving toward Recovery Center, w/ Fellowship Hall.

Group Assignments (if applicable):

Future

Planning: Focus on Speakers Bureau

Encourage participation @ MH First Aid Training, Art of Recovery showcase, MH Gala, Advocacy Training

Behavioral Health Community Board Individual Subcommittee Meeting Minutes

Date: 10/8/14

Children's Mental Health

Participants: Lynn Opdycke, Abigail Stocking, Mindy Hostkovec  
Jami Stroud

Topic(s) of Discussion: We've meet 3/5 + 7/2 + 8/27 + 9/24. We are mandated by legislature

Carol Dixon from Id Fed is coord the chairs of all Region 5 sub committee. They want to know our ideas.

Gap - children behavioral health units -

Action Plan (if applicable): Mental Health + Substance Abuse  
Act up Resource list - to distribute to other providers  
private agencies - Joplin (Counseling, PSR, peer support)  
Group Homes - Janis (Schools Resources YMCA, B+G club)  
Long term residential facilities -  
juvenile justice - Mindy (talk to Bert Astton)  
Behavioral facilities - Walker Center  
State Hospital - John T Raulker -  
Job core  
ID National Guard "Academy"  
St. John - primary children  
Caldwell Hospitals  
Independent living.

Group Assignments (if applicable):

Resource list - for children services

Have student work on resources

Future Planning:

need copy of legislation  
Jami - e-mail F what she wants from us.

next Oct 22nd, 10am @ Harrison

# Region V Children's Mental Health Sub-Committee Meeting September 24, 2014

Minutes

## **Opening:**

*The scheduled meeting was called to order at 10:00AM, by Lee Wilson in his office at Children's Mental Health.*

## **Present:**

*Lee Wilson, Mindy Hoshovec, Jami Stroud, and Beth Citron. Minutes: Sharyn Justus*

## **Approval of Minutes:**

*No minutes available from previous meeting held on August 27, 2014.*

## **Action Items:**

- ✦ *Election of Chairperson and Vice Chairperson for CMH Mental Health Board: Jami Stroud was nominated for Chairperson and Beth Citron was nominated for Vice Chairperson. Both were unanimously approved.*

## **Discussion Items:**

- ✦ *Beth reported that October is Blaine County School Bully Prevention Month. She reported that they have active school celebrations and shared planned activities.*
- ✦ *Lee recapped CMH system of care, policies, and provided information on who CMH serves.*
- ✦ *In-patient Care – Discussed Psychiatric Hospitals are private behavioral health providers. Limited time stay - usually 7-10 days. Discussion on providers for youth crisis care include the following;*
  - *St. Alphonsus, Boise - Age 12 years and under*
  - *Intermountain Hospital, Boise - Ages 12 through 18*
  - *Behavioral Health Center, Idaho Falls – Ages 4 through 18*
  - *MK Place Adolescent Substance Abuse Center*
  - *BRP Management Group is in the process of opening a facility at the old hospital for youth ages 12-18. Lee will provide details as they become available. They will be providing substance abuse treatment and temporary psychiatric crisis care.*
- ✦ *State Hospital North and South – CMH are gate keepers for youth admittance – ages 11 through 18. Note: There may be a wait time – bed space is limited*
- ✦ *Brief discussion on Residential Treatment Centers*

- ✦ *Wraparound Services: Lee reported that Eric was no longer in CMH. We no longer have a specified staff member for wraparound however; all of the CMH clinicians have been trained and can do a Mini-Wrap.*

### **Training/Upcoming Events:**

- ✦ *3<sup>rd</sup> Annual Art Recovery Showcase sponsored Region V Behavioral Health will be held on November 6<sup>th</sup>, at the Magic Valley Arts Council between the hours of 11:00AM and 2:00 PM.*
- ✦ *Lee is looking in to several department sponsored trainings the first may be in November 2014. Possible training topics include; supportive therapy, de-escalation to include members of law enforcement and TRI training.*
- ✦ *Beth will be sending Lee information on upcoming trainings in the Blaine County area including; Simplicity Parenting by Kim John Payne on October 3<sup>rd</sup> and 4<sup>th</sup> Public Lecture on adolescent substance abuse on October 10<sup>th</sup>*
- ✦ *Mindy will be holding a meeting on October 14<sup>th</sup>, from 6:00-8:00PM, at Positive Connections. The meeting is being held to support parent's concerns over OPTUM decreasing the number of PSR/CBRS hours. Mindy will be sending Lee a flyer with meeting details. Discussion followed on evidence based practice, peer support and the CMH history of managing PSR.*

### **Adjournment**

Meeting was adjourned at 11:10 AM by Lee Wilson. The next meeting will be at 10:00AM on Wednesday October 22, 2014, at Children's Mental Health.

Minutes submitted by: Sharyn Justus

Approved by: Lee Wilson

Behavioral Health Community Board Individual Subcommittee Meeting Minutes

Date: October 8, 2014

Recovery Center

Participants: Almeida Muntz, Dawn Anderson  
Helen Edwards, Tom Hanson

Topic(s) of Discussion: Clar. US, Recovery Idaho + Coaching.

Action Plan (if applicable): Rep for Recovery Idaho in  
Magic Valley

Group Assignments (if applicable):

Future Planning:

Behavioral Health Community Board Individual Subcommittee Meeting Minutes

Date: 10-8-14

Steering Committee

Participants: Rick H., Frank K., Debbie T., Mary C.

Topic(s) of Discussion:

Discussion of CRDS applicant process  
where that's at. ~~as~~ the Committee feels  
the need for that individual to help with  
the committee continuing its efforts.

Reviewed what work has been done on the  
Committee.

Action Plan (if applicable):

Discussed with Scott the status  
of the CRDS hiring process.

Group Assignments (if applicable):

not at this time - except Mary  
will talk to CST

Future

Planning:

# Mental Health First Aid

## What is Mental Health First Aid?

We often train people to know CPR or the Heimlich maneuver or first aid. But you're just as likely to come in contact with someone who is suffering from an emotional crisis.

Mental Health First Aid is a 12-hour course that teaches people how to identify different types of mental illness such as depression, anxiety disorders, eating disorders and substance abuse. As with any first aid class, there is an action plan to help someone in crisis --People learn how to assess the person for risk of harm or suicide, listen non-judgmentally, give reassurance, and encourage the person to seek professional help.

## What is the goal of Mental Health First Aid?

The goal is to get people access to care if they are facing a mental health issue. If people are trained to identify and help someone facing a mental health crisis, they can get the person professional care.

## Why does Optum offer this training?

Optum's goal is to help people facing a mental illness reach long-term recovery. By training people to assist someone facing a mental health crisis we increase the chances that the person in need gets help.

## How can someone find out more information on attending a Mental Health First Aid Training?

They can call Amanda Lehto at Optum Idaho at (208) 914-2013 or at [amanda.lehto@optum.com](mailto:amanda.lehto@optum.com). The training is especially good for teachers, families, caregivers, emergency housing staff, consumers and their families, religious leaders, first responders, coaches and law enforcement. Not looking for licensed professionals.

Our next Mental Health First Aid training sessions will be: **REGISTRATION MANDATORY**

- Day 1 9:00am-4:30pm & Day 2 9:00am-12:30pm., Idaho | TBD| , Idaho
- **REGISTRATION MANDATORY**, please contact Amanda Lehto at Optum Idaho to register at (208) 914-2013, [amanda.lehto@optum.com](mailto:amanda.lehto@optum.com)
- Or register at: <http://thespeedyfoundation.org/mental-health-first-aid/>



**THE SPEEDY FOUNDATION**  
[thespeedyfoundation.org](http://thespeedyfoundation.org)



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