

# **CHEMS & BEHAVIORAL HEALTH**

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DHW - REGION IV BEHAVIORAL HEALTH**

# WHO AM I?

- Teresa I Shackelford LCSW
- Boise State alum
- Hospice, PSR, children's mental health, medical social work, crisis mental health, designated examiner, manage behavioral health clinic for Region IV
- Supervised Reg IV Mobile Crisis Unit previously, helped launch PET in Ada County
- Email me with questions!

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# DEFINING TERMS

- Physical/medical health
- Mental health/  
behavioral health
- SUD



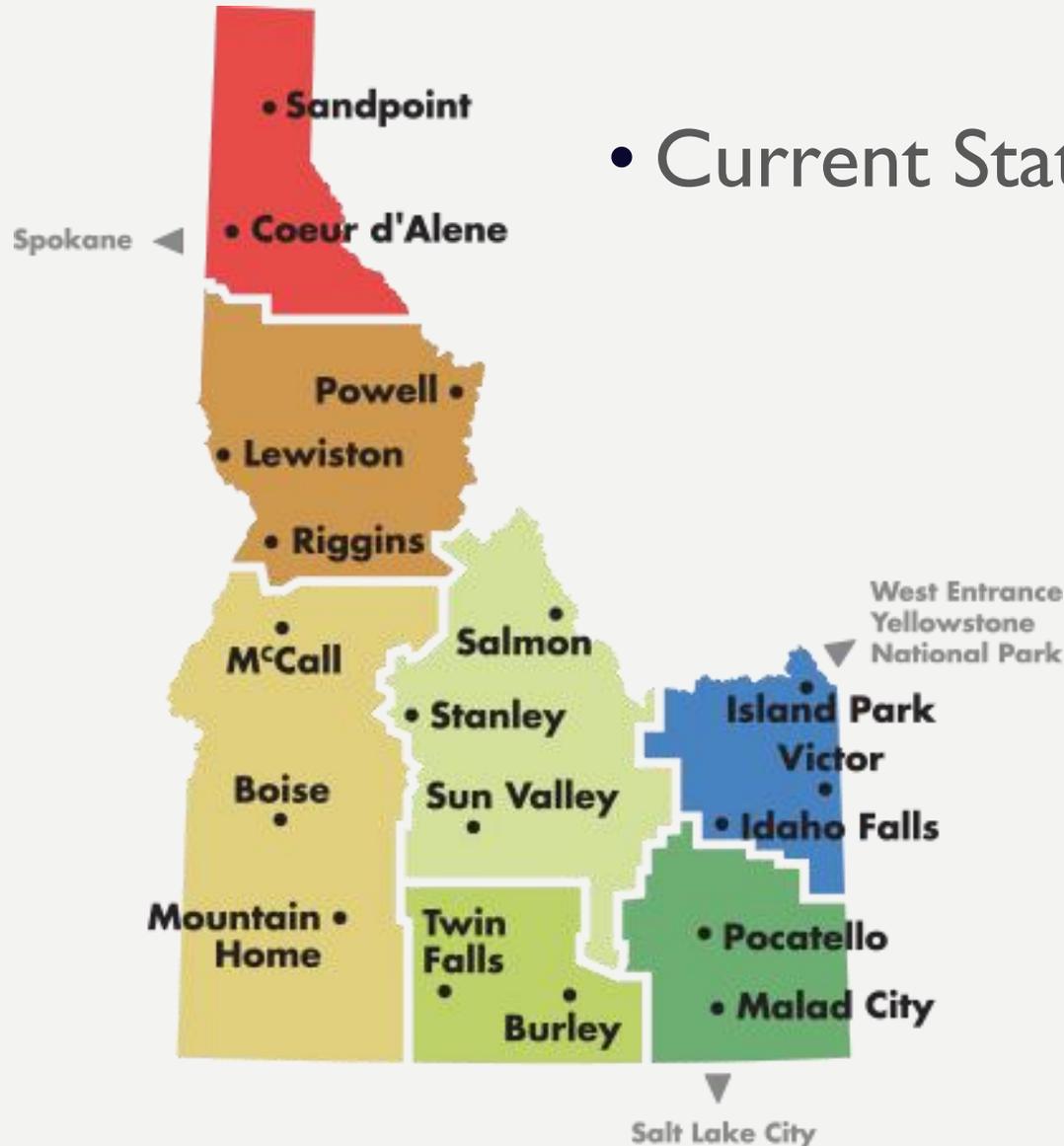
# BEHAVIORAL HEALTH & HEALTHCARE



"I'm sorry, but stress caused by trying to figure out your health insurance is not covered by it."

- Efforts toward increased integration of behavioral health care with physical health care (and vice versa)
  - WHY?
    - Behavioral health problems cause increased physical symptoms & worsen existing conditions & increase risk of a number of physical diseases/conditions
    - Physical illnesses increase risk for mental illnesses and substance use disorders

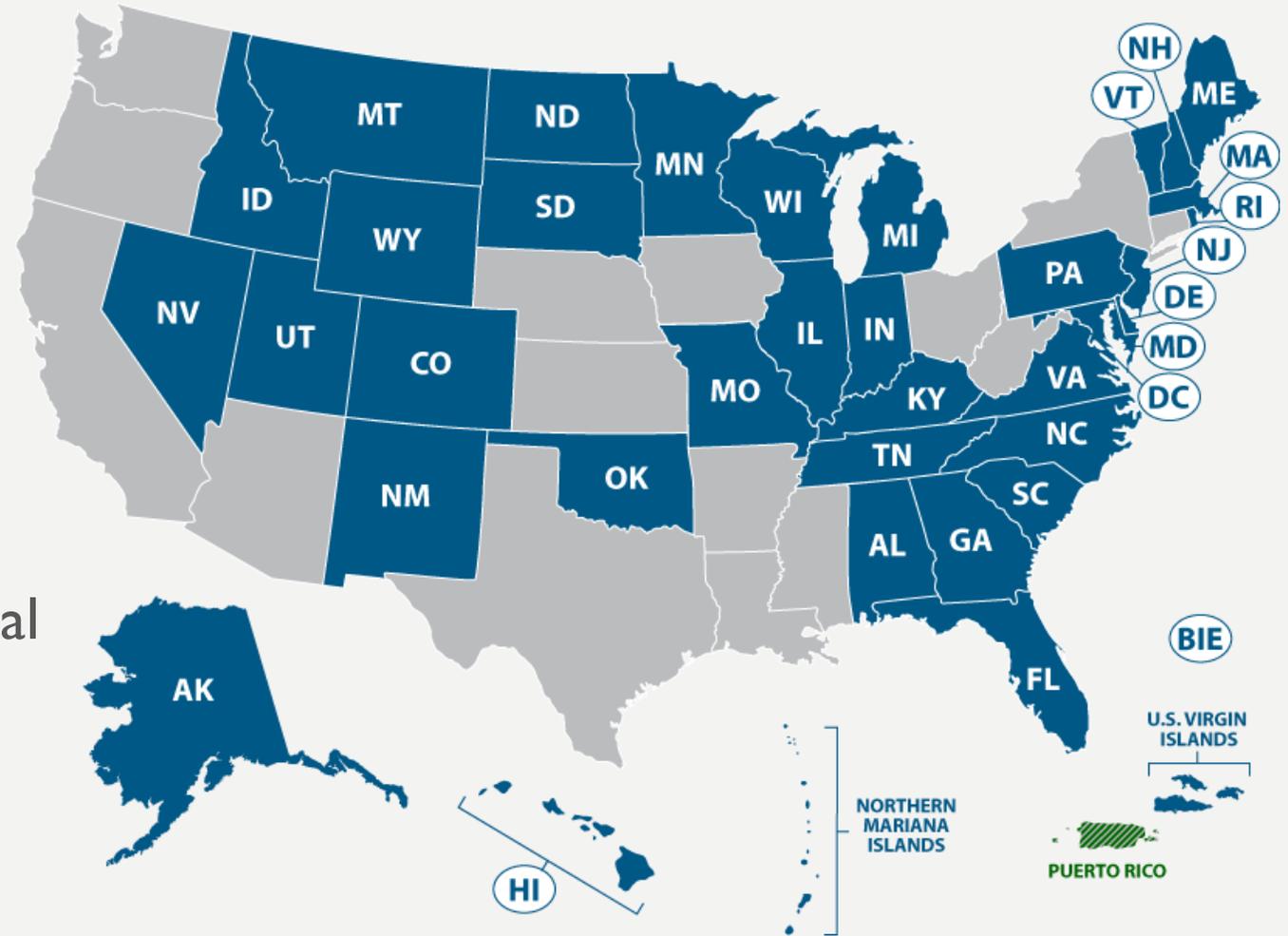
# BEHAVIORAL HEALTH IN IDAHO



- Current State of Behavioral Health in Idaho
  - Crisis-based
  - Shortages of providers and beds
  - Crisis centers
  - Funding problems
  - Culture/stigma

# BEHAVIORAL HEALTH IN THE US

- Current State of Behavioral Health in US
  - Varies state to state
  - Parity efforts
  - General picture of our mental health



# RESOURCES IN IDAHO

- [www.mentalhealth.idaho.gov](http://www.mentalhealth.idaho.gov):
- Regional behavioral health centers
  - Region 1 208-769-2735
  - Region 2 208-882-0562
  - Region 3 208-459-0092
  - Region 4 208-334-0800
  - Region 5 208-736-2177
  - Region 6 1-888-573-7652
  - Region 7 208-528-5700
- 211: Quick access to resources
- Suicide hotline: 1-800-273-TALK
- Crisis centers vs ED
- [www.optumidaho.com](http://www.optumidaho.com)



# BEHAVIORAL HEALTH & CHEMS

How can you integrate behavioral health into CHEMS in your program?



- Depends on resources and community
- What we did with PET isn't always possible, but something better for your community may be
- Regional offices have 24/7 crisis phone response
- Local agencies
- Liability issues?
- Phone partnerships
- Trainings
- What do you think?

# PUBLICLY AVAILABLE SOURCES & FURTHER READING

- <http://www.mentalhealthamerica.net/>
- <http://idahonami.org/>
- <http://healthandwelfare.idaho.gov/>
- <https://www.cdc.gov/>
- <https://legislature.idaho.gov/>
- <https://www.emsreference.com/articles/article/ems-guide-depression-and-bipolar-disorder>

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