

BEHAVIORAL HEALTH

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



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IDAHO DEPARTMENT OF
HEALTH & WELFARE

Idaho's Response to the Opioid Crisis (IROC)

By *Rosie Andueza*
Program Manager

Idaho has been awarded \$2 million by the Substance Abuse and Mental Health Services Administration (SAMHSA) to implement services that will help reduce opioid-related overdoses and deaths in Idaho. This funding is for one year.

To date, the Division of Behavioral Health has launched an IROC website, iroc.dhw.idaho.gov, and is working tirelessly on the four goals of the project, which are summarized more in depth on the website. We will have Medication Assisted Treatment (MAT) available for individuals struggling with Opiate Use Disorder beginning in August. We are working on a sub-grant that will provide enhanced recovery support services in communities across the state, including recovery coaching services in emergency de- ➔

Your feedback is important to us. Click here to tell us what you want to see in this newsletter.

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partments and county jails. Finally, the Office of Drug Policy and the Idaho Board of Pharmacy will be managing our prevention activities to increase the number of prescription drug boxes available in Idaho's pharmacies, offering prescriber education regarding opiates, and increasing the distribution of Nalox-

one to first responders, targeting rural Idaho, to help reverse opiate overdoses.

For up-to-date information on IROC's progress, check [the website](#).



Policy academy to help prepare Idaho for Medicaid parity

*By Treena Clark
Program Manager*

Idaho's healthcare delivery and support services are preparing for significant changes in the coming year. As the Department of Health and Welfare develops a value-based healthcare delivery system and a redesign of services for children with serious emotional disturbances, efforts are underway to ensure that policies and practices meet federal

compliance requirements and recommendations.

As a part of this effort, the Divisions of Medicaid and Behavioral Health have teamed up to participate in a Medicaid Parity Policy Academy being sponsored by the Centers for Medicare and Medicaid Services (CMS) and the Substance Abuse and Mental Health Services Administration (SAMHSA). The purpose of the policy academy is to help prepare

Idaho for Medicaid and Children's Health Insurance Plan (CHIP) parity compliance and to ensure quality and cost effective services for participants. The team recently met with federal partners from CMS and SAMHSA to help assess Idaho's compliance with the Mental Health Parity and Addiction Equity Act final rule and begin development of a plan for implementation.

2018 Behavioral Health legislative proposals

*By Treena Clark
Program Manager*

The Division of Behavioral Health has begun work on proposed changes to IDAPA administrative rule for the 2018 Legislative session. These changes include:

- Revising existing language regarding the DBH Background Check waiver for consistency.
- Adding language to allow individuals wanting to provide peer services only in Adult Detox/Mental Health Diversion and Recovery

Support Services to seek a DBH Background Check waiver.

- Adding sections to IDAPA 16.05.03 "Rules Governing Contested Case Proceedings and Declaratory Rulings" to include:
 - ◊ Adding divisional requirements specific to Behavioral Health appeals and administrative review processes when approvals are denied or revoked.
 - ◊ Adding requirements specific to the Jeff D. settle-

ment agreement for Youth Empowerment Services (YES) grievances and expedited hearings.



The Division is also working on proposed changes to the Regional Be-

havioral Health Services Act. The intent of the proposed legislation is to:

- Add definitions related to providers of peer services to support implementation of community family support and recovery support services as defined in section 39-3135(7e), Idaho Code.
- Add prevention representation

to the board and state planning council membership.

- Remove language in section 39-3134, Idaho Code, related to initial appointment of Regional Behavioral Health Board members that is no longer needed now that boards have been established.
- Add county commissioner repre-

sentation to appointing authority.

The Division will be reaching out to Regional Behavioral Health Boards for input on the proposed language changes in the statute.

Questions, comments or concerns related to rule or statute changes may be submitted to:

Treena.Clark@dhw.idaho.gov.

Youth Empowerment Services (YES) project update

By Brenda Bielke

Public Involvement Coordinator

As the State of Idaho develops Youth Empowerment Services (YES), a new system of care for Idaho's children and youth with serious emotional disturbance (SED), two new resources are now available to learn more about YES — a [user-friendly website](#) and the [YES 101 brochure](#). Youth Empowerment Services will provide a new way for families to find the mental health help they need for their children and youth, using a strengths-based and family-centered team approach to individualized care.

Through a coordinated and collaborative effort, multiple child-serving

agencies will work with the family to build a treatment plan around the unique needs and strengths of each child. This new system of care has been authorized by the Department of Health & Welfare as part of the settlement resulting from the Jeff D. Class Action lawsuit.

The [YES 101 brochure](#) is available on the YES website www.yes.idaho.gov and provides an overview of the new service model, information about SED, and an overview of some of the changes to services that will come when YES is implemented.

The new YES website provides information for youth, parents, providers



and those seeking information on SED, the Jeff D. Settlement, the YES Implementation Plan, and information about this unique collaboration between state agencies, providers and families.

As the implementation plan moves forward, please refer to the YES website for the most current updates, www.yes.idaho.gov.

Parent Network works to bring parent voice to YES project

By Laura Wallis

Representative of the Parent Network Leadership Team

The Parent Network, a group of Idaho parents from all regions of the state who have children diagnosed with a serious emotional disturb-

ance, was organized in October of 2016. Members volunteer their time to help bring parent voices to the changes currently happening with the Youth Empowerment Services (YES) Project. Their goal is to improve the YES Project with their



personal experiences, stories, and perspectives.

Parent Voice is a survey project organized by the Parent Network and supported by Idaho Youth Advocates in cooperation with the Idaho Federation of Families for Children's Men-



tal Health. The goal of Parent Voice is to gather input and stories from Idaho parents who have children diagnosed with a serious emotional disturbance. The first survey was started in April of 2017 and the results are already being used by the Parent Network to help the YES Project understand what services and supports families need.

The Parent Network is excited to let parents across Idaho know about their surveys. They appreciate the support of the Department of Health and Welfare (Divisions of Behavioral Health, Medicaid, and Welfare), De-

partment of Juvenile Corrections, the Department of Education, and the local Regional Behavioral Health Boards and their Children's Mental Health Subcommittees for helping them spread the word. If you are able to assist the Parent Network in sharing the Parent Voice surveys with more parents, please use the links below.

Together our voices are strong!

Links

- [Parent Survey](#)
- [Parent Survey on Facebook](#)

SHIP Blog introduced to keep stakeholders up to date

*By Stacey St. Amand
Public Information Specialist*

In the ever-evolving healthcare landscape, one challenge the State Healthcare Innovation Plan (SHIP) faces is keeping stakeholders up-to-date on issues pertinent to the SHIP initiative.

With a primary audience that is comprised of such a wide range of stakeholders as primary care providers and staff, public health district staff, regional collaborative members, payers, legislators, health system leaders, and the community at large, we found we needed a public-facing tool to provide timely, wide-ranging content.

With the addition of a communication specialist to our staff this year, SHIP has been able to create a blog

for the Office of Healthcare Policy Initiatives to provide messaging that complements our newsletter and other direct stakeholder communication with timely, relevant, concise communication.

The SHIP Blog will keep stakeholders up to date on news and events that align with SHIP's goals; IHC meeting events including panel discussions and presentations; upcoming grant opportunities; upcoming webinars and their recaps; updates from the National Committee for Quality Assurance and the Centers for Medicare and Medicaid Innovation; Learning Collaboratives; and Regional Sum-



Improved health, improved healthcare, and lower cost for all Idahoans

mits, to name just a few.

The blog should launch by the end of July.

If you'd like to visit the SHIP Blog, it can be found at:

Idahohealthcaretransformation.org.

If you have ideas for the SHIP Blog, please forward them to the blog editor at OHPI@dhw.idaho.gov

Prepare to enjoy the great American eclipse

By April Theberge
Program Specialist

Between 500,000 and 2 million people are expected to flock to southern Idaho for the total solar eclipse. The eclipse occurs Monday, August 21st, but visitors are expected from August 16th – August 27th.

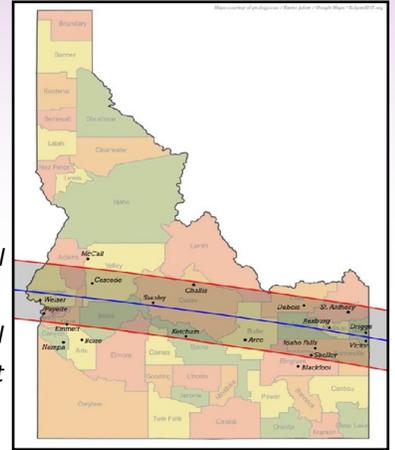
Campgrounds and hotels are booked, and large numbers of people will visit grocery stores, pharmacies, gas stations, restaurants, transportation services, urgent care clinics and other businesses during this time. Idahoans can avoid long lines and possible shortages by refilling prescriptions and stocking up on water, groceries, home or camping necessities and fuel before travelers start arriving. Cell phone towers could experience slower connectivity

- individuals and businesses who rely on cell phones can consider back-up plans to prevent communication challenges. It is important for rural communities in the path of totality to be prepared; however, crowds will not be limited to the path of totality. Surrounding areas can expect visitors and traffic too.

A total solar eclipse is an exciting time; communities will be hosting festivities such as live music and parades to celebrate the occasion. Learn about events and other eclipse information at the [Idaho Commerce website](#). If you are one of the millions of people planning to watch the eclipse, remember to wear the appropriate protective eyewear.

Eclipse glasses are inexpensive and can be found online – buy yours early!

This map shows the path of totality that the Aug. 21, 2017, total solar eclipse will follow as it crosses Idaho.



Click [here](#) to know more about a total solar eclipse and what to expect. Visit these websites for more information:

- [Idaho Solar Eclipse 2017](#)
- [Great American Eclipse Eclipse 2017](#)
- [NASA Eclipse Website](#)

New name, more work for Office of Consumer and Family Affairs

By Emily Allen,
Project Manager

The name is new! The Office of Consumer and Family Affairs (OCAFA) is now Empower Idaho formerly OCAFA. Empower Idaho/OCAFA remains committed to discovering paths that connect adult consumers, their family members, providers, and partner organizations across the state to strengthen a supportive behavioral health community. A primary goal of Empower Idaho/OCAFA is to increase awareness of the program and the work it does by bolstering its presence on social media, developing regular newsletters for the net-

work, attending community events to engage with consumers, and cultivating new partnerships across the state. Additionally, Empower Idaho/OCAFA will be refining its website to make it a more welcoming experience and more easily navigable. The website will include a robust list of available resources for consumers, especially in times of crisis.

In other news, Jess Wojcik has moved on to explore new endeavors and pursue graduate school after taking some time to enjoy all that Idaho outdoor recreation has to offer. Please join us in wishing her well.

Emily Allen has joined Empower Idaho/OCAFA as the new project manager. Emily's experience working on the Close the Gap steering committee, interning with the Jannus policy team, earning a master's degree in social work, and personal lived experience will be put to good use elevating the voices of Idahoans in the mental health community as well as creating broader awareness of mental health issues in the state. Contact Emily via email at eallen@jannus.org or call (208) 336-5533, check out the [Facebook page](#), or visit the OCAFA website at www.consumerandfamilyaffairs.org.

Optum Idaho: What is recovery and resiliency?

By Optum Idaho

Recovery is a journey of healing that includes living a meaningful life and striving to realize and achieve your full potential. Recovery is about working to live a self-directed life, understanding what our triggers are that may cause us to regress, progressing toward personal goals and learning how to get back up after a stumble.

Resiliency is the ability to adapt well in response to stressful events or crisis situations. In our lives we may experience tragedy, adversity, or

stress. These events can occur in our families or relationships, workplaces, health, or resources we rely on. Resiliency is not something you either have or do not have. While many people are naturally resilient in some ways, it is a skill that can be developed. With practice, you can learn behaviors, thoughts, and actions to help you bounce back after a stressful time. These coping skills that are learned in one situation or one part of life can be built upon as we progress through life.

Please use the resources at

OptumIdaho.com to explore life in recovery and strategies to help you or loved ones bounce back and succeed.

We also invite you to visit Live and Work Well (liveandworkwell.com). There, you'll find tips and articles available to you on everything from coping skills to nutrition and family life.

NOTE: Optum Idaho is Idaho's Medicaid managed care contractor for Behavioral Health services.

BPA Health: Telemedicine is not new

By BPA Health

The first handheld mobile phone was tested by Motorola in 1973. In 1983, Motorola made history with the first commercial portable cell phone, and the 1990s saw mobile phone devices in the hands of average consumers. In 1996, the Institute of Medicine published a book titled Telemedicine, A Guide to Assessing Telecommunications in Health Care. Today it's reported that over 10 million people annually receive telemedicine services.

The types of services and the technology platforms for telemedicine continue to expand. Tele-Behavioral Health (TBH) for addiction treatment

and recovery is certainly included in the expansion of services. BPA Health supports its participating network providers in delivering services through TBH and the growth potential is exciting.

BPA Health completed a TBH survey in May 2017 to determine the ongoing interest in TBH and how to best support the expansion of services. The survey went to the Substance Use Disorder Treatment providers in the BPA Health network. The results are encouraging! Of those surveyed, 68 percent were aware of the option to implement a TBH program and 43 percent of the respondents were interested in implementing a TBH

program in the next 12 months. The respondents identified two primary barriers to implementing a program, understanding the regulations and technology requirements, reporting they were easily resolved. When asked what the providers believed would benefit the clients the most, the list was extensive. BPA Health is looking forward to working with providers, clients and partners to support recovery across Idaho through TBH.

NOTE: BPA Health is the management services contractor for Idaho's Substance Use Disorder (SUD) treatment and RSS network.

Recovery Month awards and proclamation Sept. 1 in Boise

The Division of Behavioral Health is getting ready for the second annual Recovery Month Awards and Proclamation celebration! Substance Use Disorders touch everyone's lives. Our annual event is meant to recognize those in recovery and empower people to overcome their struggles.

The Recovery Month Awards and Proclamation event will be located in the Lincoln Auditorium at the Idaho State Capitol on September 1, 2017, starting at 12:30 pm. People affected by recovery will share their stories, individuals throughout the state will be recognized for their contributions to recovery in Idaho, and one lucky winner will receive the Idaho Voice of Recovery award. Lt. Gov. Brad Little will show his support by presenting the 2017 Recovery Month Proclamation on the Capitol steps at 2 pm. A recovery rally will fol-

low the proclamation on the capitol steps. There will also be an art-display in the capitol's first floor rotunda. People throughout the state will be able to have their recovery-oriented stories, poems, photography, or other art on display at the Idaho State Capitol. After the event, the art will be displayed at the Idaho Health and Welfare office and on the [Behavioral Health Events website](#).

What can you do?

- Nominate a person in recovery to receive an award. Contact your local Behavioral Health Board to submit a nomination. Nominations are due in July, so don't wait! Behavioral Health Board contact information can be found [here](#) or below.
- Submit your artwork to be displayed in the Capitol. Submit the Art Display

Release Form located here along with an image of your artwork to Nicole Tuffield at

Nicole.tuffield@dhw.idaho.gov.

Submissions are due August 18.

- Share the Art Display Flyer. Hang a copy of the flyer in your office, at the library, your favorite coffee shop, everywhere! The flyer is located [here](#).
- Mark your calendar. The event will be September 1, 2017, at the Idaho State Capitol. Speakers, awards, and the proclamation will begin at 12:30 pm in the Lincoln Auditorium. A flyer will be sent out closer to the event.
- Share events from your community – let us know what is happening in your community so we can add it to our Behavioral Health Events calendar. located on the [Behavioral Health Events website](#).

OPPORTUNITIES TO LEARN

MORE

Youth Empowerment Services (YES)

Learn more about the YES project and opportunities to get involved and ask questions at YES.idaho.gov.

Peer Services

You can now visit [Recovery Idaho's website](#) for updates on Recovery Coach training.

Learn more about Certified Peer Support Specialists and Certified Family Support Partners [at this site](#).

Behavioral Health Board Contacts

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