

BEHAVIORAL HEALTH

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



April 2015, Issue 7

Behavioral Health System Improvements Supported in 2015 Legislature

By Ross Edmunds
Division Administrator

The 2015 session of the Idaho Legislature has concluded and I'd like to take a moment to thank our legislators for their support of our efforts this year to improve Idaho's Behavioral Health system of care.

During this year's legislative session:

- A second Behavioral Health

Your feedback is important to us. Go to this site to take a survey and tell us what you want to see in this newsletter:
www.keysurvey.com/f/711577/1388/

Crisis Center was approved and \$1.7 million was appropriated to establish the center in northern Idaho. The support for a second center is evidence of the hard work done at the crisis center established in Idaho Falls last year and a testament to the commitment of legislators to helping those in behavioral health crises.

- \$203,000 was appropriated to restore funding to Allumbaugh House that was reduced during the recession. Allumbaugh House was also asked to identify the →

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IDAHO DEPARTMENT OF
HEALTH & WELFARE

steps and costs to transform its existing facility to serve in its current status as a medical diversion unit and as a crisis center.

- Funding was appropriated to pay legal expenses related to court-ordered mediation in the Jeff D class-action lawsuit. A settlement agreement that is in the final stages of development will not only lead to the successful dismissal of this lawsuit after 35 years, it will dramatically improve the quality of care to

Idaho's children and adolescents with serious emotional disturbance.

- The 3-year, \$7.7 million Access to Recovery 4 grant was approved. This grant will prioritize treatment for veterans involved in the criminal justice system, families involved with child protection, and those experiencing homelessness. *(More information: Page 3)*
- Behavioral Health's \$50,000 continued contribution to Idaho's suicide prevention hotline was

approved. The hotline became operational 24 hours a day, 7 days a week last fall.

- A new nurse-call interface for State Hospital South was approved and funded. The new interface will improve communications among nurses working on the floor, which improves patient care while preventing staff injuries.
- An additional \$280,000 was appropriated to increase the contracted rate for daily care to Idaho hospitals.

Division of Behavioral Health Awarded \$221K Transformation Transfer Initiative (TTI) grant

By Casey Moyer

Policy Unit Program Manager

Idaho was one of six states to be awarded a Transformation Transfer Initiative (TTI) grant from the National Association of State Mental



Health Program Directors (NASMHPD) in December 2014. With the \$221,000 in grant funding, the Division of Behavioral Health will be establishing three new endorsements for Certified Peer Specialists.

Recognizing that Certified Peer Specialists are and will be working in diverse treatment settings, the proposed endorsements will offer specific setting and practice competencies. The three endorsements are: 1) BH Crisis Centers, 2) Criminal Justice, and 3) Co-Occurring Substance Use Disorder.

To create and implement these endorsements, the Division will release a Request for Proposal (RFP). From that, the selected

contractor will support the following activities for each of the three endorsements: hosting a planning meeting, curriculum development, and conducting an initial training, including a train-the-trainer session. A statewide stakeholder group will be utilized in the planning process, and stakeholders will also be encouraged to become trainers.

The TTI grant and its activities are helping Idaho enhance the Certified Peer Specialist profession and ensure a diverse and competent workforce education program. Informational documents are available at mentalhealth.idaho.gov. Look for the "Mental Health Peer Specialist Certification Information" heading on the page's right side.

Substance Use Disorder Program Updates

By Rosie Andueza

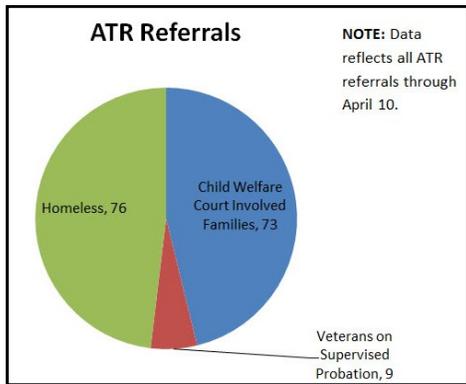
Operations Unit Program Manager

Serving Idahoans

Over the last quarter, we have seen more Idahoans receiving Substance Use Disorder (SUD) treatment services as a result of several different initiatives:

Access to Recovery 4 (ATR 4)

ATR 4 was launched in January 2015. As with any new program, ramp-up



generally takes some time. However, we are now starting to see steady

referrals.

Pregnant Women and Women With Children (PWWC)

A network of specialty providers was put in place to serve this population beginning in February 2015.

Eligibility for services was also changed to include mothers of children ages 12 or younger (previously, it was for mothers of children ages 3 and under). As a result of efforts to spread the word about these changes, more women and children are receiving services. Prior to February, the number of PWWC intakes per month was an average of 17 individuals. In February and March, that number increased to an average of 55 individuals per month. We anticipate

the numbers and use will continue to rise with the new eligibility criteria.

Adults

In March, we modified the eligibility criteria for the adult population to include individuals who fall under 100% of federal poverty level and are not on any type of supervised parole or probation, targeting the non-criminal justice-involved, low-income population. The numbers of Idahoans served through this funding stream has increased significantly. Prior to March, there were an average of 6.5 intakes per month with this funding stream; during the month of March, 86 individuals received an intake. We will continue to serve this new population until funding is no longer available.

Serving Communities

Last fall, the division assisted the Idaho Association of Counties (IAC) with the preparation and submission of a Millennium Fund grant application. During the 2015 legislative session, that request was approved, making available \$500,000 for Recovery Centers in four counties (Ada, Canyon, Gem, and Latah).

There are teams in each of the counties working very hard to get the centers up and running. Each county will receive approximately \$125,000 in funding to help support staffing, technology needs, and recovery support services such as transportation. This funding is intended for only one year with the expectation that each Recovery

Center will use the first year to secure funding for ongoing operations. The IAC has indicated that if these centers are successful, they will submit an additional Millennium Fund grant application next year, targeting additional counties across the state for future funding of Recovery Centers.

Serving the Treatment Network

While the division has provided training for Recovery Coaches statewide since March 2014 and has trained more than 200 coaches during that time, there

has not been a certification for Recovery Coaches in Idaho. The division has worked closely with the Idaho Board of Alcohol/Drug Counselor Certification (IBADCC) on developing such a certification.

IBADCC has informed us that they are getting very close to finalizing these requirements, making certification of Recovery Coaches in Idaho a reality in the very near future. Stay tuned for updates!

Regional Boards Work Toward Transformation Goals

By Kathy Skippen

Program Specialist

All seven Regional Behavioral Health Boards (RBHB) are actively evaluating the options available to them for their future role within the Transformation structure now detailed in Idaho Code. They have been provided guidance by the Idaho Behavioral Health Planning Council regarding what the expectations are for applying to become independent from the Division of Behavioral Health.

Each RBHB must decide the direction it wants to take and then create the foundation needed to achieve its

reorganizational goal.

Most of the boards are leaning toward partnering with their public health districts, and the Region 4 Behavioral Health Board is at the point of working on their Memorandum of Agreement with the Division of Behavioral Health and Central District Health.

Because of requirements for parity for behavioral health services of health care providers under the Affordable Care Act, and Idaho's new partnership with Public Health under the Statewide Healthcare Innovation Plan (SHIP) grant, it seems as though the stars have

aligned for transformation. It is a requirement of SHIP that public health districts include behavioral health services within their system and having a partnership with the RBHBs will provide them with the in-house expertise needed to evaluate what is needed. Creating the partnership between Public Health and RBHBs is now a mutually beneficial relationship.

If you have specific questions regarding Transformation, contact Kathy Skippen at skippenk@dhw.idaho.gov.

Negotiated Rulemaking For Proposed IDAPA Changes

By Treena Clark

Program Specialist

The Division of Behavioral Health is proposing changes to IDAPA chapter rules related to Substance Use Disorders and is seeking input from parties who may be affected significantly by the rules. Public

meetings for negotiated rulemaking will be held as follows:

Southeast HUB: Regions 6 & 7

June 4, 2015, 10 am - Noon MT

150 Shoup Ave., Idaho Falls

2nd Floor Conference Room

North HUB - Regions 1 & 2

June 9, 2015, 9:30 - 11:30 am PT

1118 F St., Lewiston

3rd Floor Conference Room

Southwest HUB: Regions 3, 4, & 5

June 11, 2015, 1:30 - 3:30 pm MT

1720 Westgate Dr., Boise

Room 142

Full Rulemaking Timeline

April 2015:

- Working groups recommend and develop changes to proposed rule
- Continue to gather public comments

May 2015:

- Create draft rule and crosswalk of proposed changes.
- Distribute draft rule and crosswalk for informal public comment.

June 2015:

- Public Negotiated Rulemaking (June 4, 9, 11).
- Public comment due by June 22 for consideration.
- Schedule public hearings for October.
- Prepare final draft for leadership review.

July 2015:

- Final draft due to Division leadership by July 3.
- Proposed rule due to Administrative Procedures Section by July 13.

The State Healthcare Innovation Plan (SHIP)

By *Gina Westcott*

West Hub Administrator

In December 2014, the Idaho Department of Health and Welfare received a state innovation model grant for \$39,683,813. The grant, from the Center for Medicare and Medicaid Innovation will fund a four-year model test that began on Feb. 1, 2015, to implement the Idaho State Healthcare Innovation Plan (SHIP). During the grant period, Idaho will demonstrate that the state's entire healthcare system can be transformed through effective care coordination between primary care providers practicing patient-centered care, and the broader medical neighborhoods of specialists, hospitals,

behavioral health professionals, long-term care providers, and other ancillary care services.

The goal of the SHIP is to redesign Idaho's healthcare system, evolving from a fee-for-service, volume-based system to a value-based system of care that rewards improved health outcomes.

Work on the SHIP began in 2013 when Idaho stakeholders came together to study Idaho's current healthcare system and develop a plan for transformation. In early 2014, Governor Otter established the Idaho Healthcare Coalition (IHC), which has continued to build on earlier stakeholder work and momentum. IHC members include

private and public payers, legislators, health system leaders, primary care providers, nurses, healthcare associations and community representatives.

To date, several positions have been filled by the Department of Health and Welfare to support the work of the SHIP and a Behavioral Health/Primary Health Integration Sub-Committee has been formed to help identify the needs of those seeking Behavioral Health services. Read more about SHIP and its progress in the next quarterly Behavioral Health newsletter. For more information on SHIP, go to healthandwelfare.idaho.gov/Medical/StateHealthcareInnovationPlan

Region 3 Spotlight: It's All About Relationships

By *Heather Taylor*

Region 3 Program Manager

The six counties of Region 3 provide many opportunities to test our program's ability to meet the diverse needs of our communities. Located in the heart of Idaho's wine country, Region 3's sweeping vineyards give way to vast canyon lands in the south and rolling mountains in the north. Our highest population county is pegged at over 198,000 and our most rural county tops out at 3,800 residents, according to the U.S. Census.

Our excellent rapport with law enforcement, the courts, and probation/parole is a result of our reputation as problem-solvers. We work with the community to manage a high volume of designated examinations/court-ordered evaluations, play a key role in a strong mental health court program, and

provide creative interventions to help children who have entered the legal system through a variety of entry points. We have a strong Parenting with Love and Limits program and partnered with the courts to develop a mentoring program where staff are the link in helping kids and their families build healthier relationships through community activities. To top it off, we have two innovative clinic teams who are reducing the use of expensive hospital or residential care by reaching out to struggling families, low-cost housing areas, and pre-trial release programs to engage clients in low-cost treatment. Our Regional Behavioral Health Board is fully dedicated to the transformation



process and is leaning forward in the saddle to address community needs. We have plans for Recovery Centers in Canyon and Gem counties, a feat that is due in no small part to the commitment of our county commissioners and community leaders. We thank our communities for their dedication to meeting the needs of those with behavioral health issues. We couldn't succeed in our work without them.

Become An Everyday HERO!

At times of even a small disaster, mental health professionals can make a difference in the lives of traumatized disaster victims by offering their professional services. Whether it is providing crisis counseling, psychological first aid, stress management, or other forms of mental health assistance to survivors, emergency responders, and family members of victims, you as mental health professionals can be instrumental in providing your much needed professional expertise for your community, friends, and neighbors.

The Medical Reserve Corps, formed in 2002, is a nationwide program comprised of private citizens,

medical and public health professionals who sign up to serve as community volunteers during disasters. In Idaho, volunteers with varying degrees of skills and abilities are essential during a disaster. There are seven Medical Reserve Corps units in Idaho housed at each of the seven Public Health Districts. Mental health professionals are badly needed as there are few currently registered in Idaho Medical Reserve Corps units.

“The MRC in Idaho is always on the lookout for mental health specialists,” said Cheryl Brower, State Healthcare Preparedness Program Coordinator.

Registering in advance is crucial

because there is no time to recruit in the midst of a disaster. Disasters give rise to thousands of everyday heroes. You can be one of them. Register now to join the Medical Reserve Corps through Idaho’s web-based system, *Volunteer Idaho*. For more information in your area, visit www.volunteeridaho.org. Training is free.



Behavioral Health Announces Several Manager Transitions

The Division of Behavioral Health has recently named four new managers. Additionally, another manager from Boise’s Central Office will transition to a new position soon.

Read more:

Candace Falsetti

Title: Quality Assurance Program Manager

Works at: Central Office, Boise

More about Candace: Candace has 15 years of management experience in Behavioral Health Quality Assurance. Candace’s team is responsible for monitoring Division of Behavioral Health contracts including those with Optum and Business Psychology

Associates (BPA). The team is also responsible for Substance Use Disorder facility approval, the Utilization Management process and Pre-admission Screening and Resident Review (PASRR) approvals.

Dan Morrow

Title: Program Manager, Automation

Works at: Central Office, Boise

More about Dan: Dan has over 30 years in a variety of technology programs both as a developer and a manager. Dan’s team, the WITS team, is responsible for supporting WITS — from training providers and partners, to working with those users to solve issues, to defining

improvements that will help the clients and the networks that serve them.

Jennifer Burlage

Title: Program Manager, Region 4

Works at: Westgate Office, Boise

More about Jennifer: Jennifer has 25 years of experience in behavioral health in both direct service and leadership roles. Jennifer’s team provides behavioral health services for adults and children, works actively with community partners, collaborates with law enforcement to teach crisis intervention, and promotes the health and wellbeing of our consumers and



Managers (from left) Dan Morrow, Jennifer Burlage, Candace Falsetti, and Heather Taylor

community.

Heather Taylor

Title: Program Manager, Region 3

Works at: Caldwell Office

More about Heather: Heather has worked for Region 3 Mental Health for over 23 years. She recently retired from the Idaho Army National Guard as a colonel after 32 years of service. Heather’s recovery-focused team provides adult/children’s

community mental health services and co-facilitates crisis intervention training for schools, local hospitals, and law enforcement officers.

Casey Moyer, Policy Unit Program Manager, will be transitioning to SHIP at the end of April. His six years with the Division of Behavioral Health have been valued and we look forward to working with him in his new capacity.

Recovery Idaho Becomes 501 (c)(3) Nonprofit

Melanie Curtis

Recovery Idaho Board President

The Recovery Idaho Board of Directors is happy to announce that we have passed a major milestone in our organizational development! Effective January 16, 2015, the IRS has determined that Recovery Idaho is exempt from federal income tax under Internal Revenue Code 501 (c) (3). Donors can now deduct contributions they make to Recovery Idaho.

The Recovery Idaho Board is currently developing the policies and procedures for local chapters and affiliate groups, establishing the directions for joining with Recovery

Idaho. We hope to share the results of our efforts soon.

Idaho Gives Campaign

Recovery Idaho will be joining the Idaho Non-Profit Development Center’s third annual Idaho Gives Campaign on May 7, 2015. We are calling on all persons in recovery, all family members and all allies to pitch in what they can - every donation counts - and get us to our goal of creating a strong organization to make sure the voices of recovery are heard! Go to www.idahogives.org and search for Recovery Idaho.

Recovery Idaho’s Mission:

We support the recovery community by collaborating with local groups and organizations in the development and delivery of community driven recovery support services. We work on behalf of all those impacted by recovery (including family members, friends and allies)

through service, education, and advocacy, to remove the stigma and discrimination surrounding addiction and mental illness.

Recovery Idaho does this by:

- Providing coaching services to individuals in recovery with the goal of maintaining long term individual wellness, regardless of their recovery path.
- Providing opportunities for individuals in recovery to build on their potential, rather than focusing on their pathology.
- Putting a face on recovery to ensure the recovery community is treated with dignity and respect.
- Creating an environment where citizens and their communities can collaborate to create positive change and eliminate barriers for those in and those impacted by recovery.



Words From Our Partners

Expanding Services to Rural Communities

Helping people who live in rural areas access mental health and substance use services is a top priority for Optum.

When the company began its contract in Idaho in 2013, one of the first things it did was expand telehealth services to meet the growing needs of rural communities.

Telehealth is a nationally recognized service that provides care to people through videoconferencing, bringing them “face-to-face” with a clinician or other health care provider who can give them the care they need.

To make telehealth more accessible, Optum expanded the number of clinicians who can provide the service. Now, psychiatric nurse practitioners can provide the service. Several providers have hired psychiatric nurse

practitioners to provide telehealth services, enabling more people who live in rural areas to get the care they need without leaving their community.

“We were excited about the addition of nurse practitioners as providers of telehealth services and immediately hired a nurse practitioner to offer these services to our clients,” said one Treasure Valley provider who has seen an increase in his agency of people accessing care through telehealth.

Optum will continue to work with providers to identify additional telehealth growth opportunities to implement an accountable, outcome-driven, recovery-centered system and ensure people have access to the care they need.

Optum also participates on the

Telehealth Council, which was introduced last year as a result of legislation, to help increase access to care through the use of telehealth. Dr. Michael Bess, national medical director of telehealth for Optum, and Becky diVittorio, executive director of Optum Idaho, have served on the Telehealth Council. The Council also recently helped with the development of HB 189, which will allow for more Idahoans to access the services they need in their community through telehealth advancement.

For more information on Optum Idaho and the services offered, please contact Optum Idaho at 1-855-202-0973.

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

IWUG Offers Trainings and Resources for Providers

The Idaho WITS User Group (IWUG) call is held on the first and third Thursday of each month. The call on the first Thursday is dedicated to partner and policy issues.

Representatives from each of the SUD Program partners — Idaho Department of Health & Welfare, Idaho Department of Correction, Idaho Department of Juvenile Corrections and the Idaho Supreme Court — and BPA are in attendance to provide updates from their organizations and answer provider questions.

In 2015, BPA added a training component to IWUG Partner & Policy calls. Topics covered in recent meetings include the updated Clinical Supervision

Manual (January), working with the homeless population (February) and the Americans with Disabilities Act (March). When possible, training resources are published for reference. Materials from the clinical supervision training include a summary of changes

(www.bpahealth.com/system/files/14_20141212_How+To+Manual+Update+Cover+Letter.pdf)

and the updated “How To” Manual for Clinical Supervision in Idaho (http://www.bpahealth.com/system/files/15_20141212_How+To+Manual+Update+12-15-14.pdf).

Materials from the Americans with Disabilities Act training include an ADA Overview and Resource Guide located on the BPA

website: www.bpahealth.com/providers/Provider-Tools-Resources.

To register for IWUG calls, please visit the IWUG website ([wits.idaho.gov/IdahoWITSHome/Announcements/IdahoWITSUserGroup\(IWUG\)/tabid/2719/Default.aspx](http://wits.idaho.gov/IdahoWITSHome/Announcements/IdahoWITSUserGroup(IWUG)/tabid/2719/Default.aspx)). BPA uses feedback from the annual provider survey to develop training and technical assistance programs to support providers. To request training or technical assistance, please contact your BPA Regional Coordinator.

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

May is Mental Health Awareness Month

By Stephanie Hoffman
Program Specialist

Recognized annually every May, Mental Health Awareness Month (MHAM) started in 1949 to educate people around the world about mental health issues. Mental health issues do not discriminate against race, age, creed, or economic status. The Substance Abuse and Mental Health Services Administration (SAMHSA) reports that “one in five American adults will have a diagnosable mental health condition in any given year.” This means that a loved one, a friend, a co-worker, a neighbor, you or I may experience a mental illness at some point during

our lifetime. Unlike physical disabilities, mental illnesses often do not have visible symptoms and therefore are more apt to be misunderstood, resulting in stigma. The need for education and advocacy around mental health conditions is critical. This year, the Division of Behavioral Health is participating in MHAM with the theme **Mental Health is Fundamental**. One’s wellbeing includes a healthy mind as well as a healthy body, and research has shown time and again that they are interconnected. Around the state, a variety of activities are being developed to celebrate MHAM. Check

your Regional Division of Behavioral Health office or the Department of Health and Welfare’s Mental Health website (mentalhealth.idaho.gov) for details. At Central Office in Boise, we have several activities planned. We will take part in the Employee Benefits and Health Fair in the Pete T. Cenarrusa building (450 W. State St., Boise) on May 15th when we will be raffling off a basket of *Healing Items for the Senses*. When you visit our table, you can enter the free raffle. For a list of more activities throughout the state, go to mentalhealth.idaho.gov and look under the heading “Mental Health Awareness.”

Upcoming Behavioral Health Opportunities

Recovery Coach Trainings

New Recovery Coach trainings around the state are added regularly to the calendar on this site: recoverycoaching.dhw.idaho.gov. The cost is \$50. Upcoming trainings include:

- Ethical Considerations for Recovery Coaches, May 5-7, 2015, Idaho Falls
- Recovery Coach Academy, June 22-26, 2015, Idaho Falls

ICADD 2015

The 31st Idaho Conference on Alcohol and Drug Dependency will be held May 19-21, 2015 at Boise State University. A maximum of 24 CE hours are available. For more information and registration, go here: attendicadd.com.

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