

Regional Behavioral Health Board Answers – September 2020

This form is designed to collect information for the annual report to the Governor and Legislature about behavioral health services in Idaho. If you have any pictures of community events in your region, please attach them. Thank you for your help in improving the quality of behavioral health services for Idahoans!

Person Completing Form: Geri Rackow & Mimi Taylor (with input from the R7BHB)

Region: 7

Contact Email: mimi_taylor@eiph.idaho.gov

Contact Phone Number: 208-533-3155

Please list your Behavioral Health Board's Sub-Committees along with each sub-committee's Chair name and contact information:

Children's Mental Health Subcommittee | Teriann Ness-Parker | teriannjness@cableone.net

Bylaws Subcommittee | John Tanner | pust@datawav.net

Please list your region's top three goals:

- Addressing housing needs in the behavioral health population
- Funding micro-grants
- Conducting community outreach for the R7BHB as well as continuing to share education, resources, and training opportunities for the community and behavioral health professionals.

Please list the top 3 action items for these goals:

- Using information gleaned from the Housing Study commissioned last year, dedicate a monthly R7BHB meeting to address homelessness in the behavioral health population. Community partners would be invited to help the Board develop a path forward in addressing this issue.
- Review and vote on applications/funding requests paying attention to their alignment with the R7BHB mission.
- Design a logo and brochure for the R7BHB and distribute at various community events. Continue to provide educational presentations and trainings to Board members at monthly meetings and share behavioral health resources via the email distribution list and EIPH's website: <https://eiph.idaho.gov/RBHB/rbhbmain.html>.

Please provide short answer on your success or outcome. If not, explain why.

- This meeting was scheduled for the Spring and was cancelled/postponed due to the COVID-19 pandemic.
- Funded a total of 2 projects including attendance at the Agents of Change Summit for representatives from the Bonneville Youth Development Coalition and attendance at

the National School Mental Health Conference for representatives from Community Youth in Action. We were also planning to support the CIT training in the Spring and fund some scholarships to ICADD in May, both of which were cancelled due to the pandemic.

- Meet with a designer to start the design of the logo and brochure for the R7BHB to be distributed at various community events. Continued to provide educational presentations and trainings to Board members at monthly meetings and shared behavioral health resources via the email distribution list and EIPH's website. Training topics/resources provide to R7BHB, community, and BH Professionals:
 - Behavioral health services during the pandemic – resources for clients, frontline workers, distribution of hotline numbers, etc.
 - Behavioral Health Planning Council mission and objectives and BHBs statewide overview
 - Medicaid expansion
 - Optum services and trainings
 - Support groups: chronic pain and survivors of suicide loss
 - Grief, loss, and trauma informed care
 - Idaho Criminal Justice Commission (ICJC)
 - Underage drinking – PFS grant
 - Youth drug prevention
 - Housing issues for people with behavioral health issues
 - Regional transportation
 - Statewide behavioral health legislation
 - Policies and updates at Behavioral Health Center at EIRMC
 - Suicide Prevention and Suicide Prevention Month
 - Mental Health Awareness Month
 - Mental health conditions – depression, anxiety, ADHD
 - Addictions and Recovery Month
 - Opioids – MAT, Narcan, prevention
 - Support services and pilot programs for recovery
 - Peer and family support
 - Re-entry services at the Center for HOPE/IDOC
 - Idaho Children's Trust Fund
 - Citizen Review Panel
 - Child abuse prevention
 - Domestic violence
 - CIT training (unfortunately cancelled)
 - Crisis Care
 - Children's Mental Health
 - YES, Wraparound, CANS, PCSPs
 - Parent Network
 - Parenting
 - Working with Families of children with SUD and mental health issues
 - Youth Support
 - Anti-stigma education
 - Motivational Interviewing
 - SUD and mental health data collection

What education and/or community events did you participate in? “Celebrate You” in Madison County, Community Suicide Prevention’s Yearly Conference, and Sticker Shock Campaign at Melaleuca Field for summer ball games

Partnership for Success Education:

- Partnered with (3) local utility companies to distribute a PSA featuring information about underage drinking
- Idaho Falls Magazine featured underage drinking PSA
- General mailer (Empowering Idaho Youth to Rise Above Alcohol & Drugs) sent to five zip codes (Dubois, Sugar City, Ririe, Rigby, Salmon)
- Trained 9 individuals for Botvin Life Skills Training
- Partnered with Challis Jr/HS to pilot 3rd Millennium Classroom (an online alcohol, marijuana, illicit drug education course)
- Athletic Sponsorship with 4 High Schools featuring information about underage drinking and providing the opportunity for students and parents to take 3rd Millennium Classroom

Q1 Please list any educational and/or community event you participated in during the last year where the work of the R7BHB was discussed/promoted.

Answered: 15 Skipped: 1

#	RESPONSES	DATE
1	Pearl Health Clinic/Work	10/7/2020 1:43 PM
2	Community Suicide Prevention Annual Conference.	10/6/2020 12:36 PM
3	None	10/6/2020 11:05 AM
4	Every CSP and BHCC board meeting	10/6/2020 10:29 AM
5	QPR training, Fremont County RACE meeting, Fremont and Clark County Commission meetings, Dist. 7 JJ Council meetings	10/6/2020 9:08 AM
6	Sorry I don't remember, all the different times I've talked about the children's mental health committee when I've been participating in different projects within the community concerning children or families with children. I encourage various agencies, schools, different types of organizations that provide youth services Within region seven to join the meeting each month.	10/6/2020 1:42 AM
7	None	10/3/2020 5:54 AM
8	Suicide prevention walk	10/1/2020 5:21 PM
9	I gave brief reports of R7BHB activities to our local NAMI affiliate	10/1/2020 12:11 PM
10	At several Bonneville Youth Development Council events in the last year	10/1/2020 10:58 AM
11	Idaho Children's Trust Fund board meeting, Citizen Review Panel for Foster Care	9/30/2020 9:06 PM
12	Region 6 Housing Coalition Drug Court Implementation Meeting Crisis Center Board Julota Focus Group Bingham County Protective Custody Meeting	9/30/2020 4:14 PM
13	None	9/24/2020 12:25 PM
14	only at the board meetings	9/17/2020 6:10 PM
15	Idaho Drug Free Youth	9/17/2020 3:27 PM

What are the three greatest gaps and need in behavioral health in Region 7

#	1.	DATE
1	Housing	10/7/2020 1:43 PM
2	Transportation Services	10/6/2020 12:36 PM
3	Transportation- Non medicaid funded	10/6/2020 11:05 AM
4	stronger mobile response team	10/6/2020 10:29 AM
5	Still lack of community education/awareness	10/6/2020 9:08 AM
6	Transportation for everyone in the community not just Medicaid recipients.	10/6/2020 1:42 AM
7	housing/shelter	10/5/2020 3:47 PM
8	Depression and isolation in children	10/3/2020 5:54 AM
9	Housing	10/1/2020 5:21 PM
10	The usual shortage of psychiatrists	10/1/2020 12:11 PM
11	Mental health services for victims of crimes	10/1/2020 10:58 AM
12	Substance abuse treatment	9/30/2020 9:06 PM
13	Public transportation	9/30/2020 4:14 PM
14	Crisis support for Intellectually Delayed individuals	9/24/2020 12:25 PM
15	Substance abuse resources	9/17/2020 6:10 PM
16	Mental Health and Substance abuse case management for clients both entering and exiting state hospitals, jails or similar facilities. Checks and balance system for follow through.	9/17/2020 3:27 PM

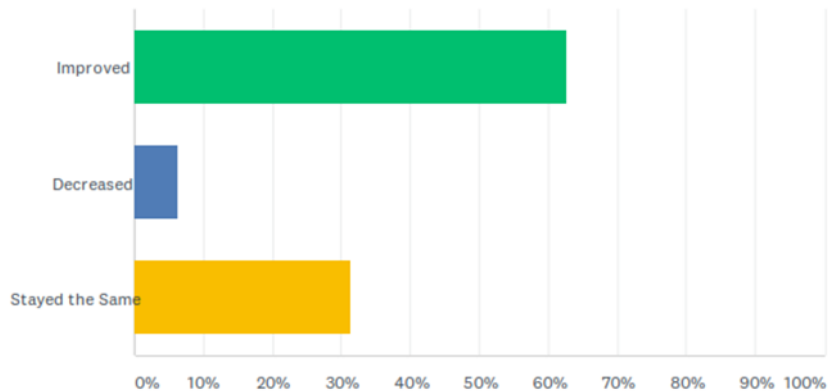
#	2.	DATE
1	SUD/Counselors	10/7/2020 1:43 PM
2	Lack of Psychiatric Physicians	10/6/2020 12:36 PM
3	Children community activities	10/6/2020 11:05 AM
4	stronger connection to formerly incarcerated population	10/6/2020 10:29 AM
5	Lack of access to services in rural areas	10/6/2020 9:08 AM
6	Mental health counselors available in each school.	10/6/2020 1:42 AM
7	affordable care	10/5/2020 3:47 PM
8	High suicide rate in Idaho	10/3/2020 5:54 AM
9	Outreach	10/1/2020 5:21 PM
10	Housing for low income persons is very expensive. Most housing under construction is of the higher income type.	10/1/2020 12:11 PM
11	Services for rural/frontier areas in the region	10/1/2020 10:58 AM
12	Stable Housing	9/30/2020 9:06 PM
13	Housing	9/30/2020 4:14 PM
14	Assisted Living & Skilled Nursing for those w/psychiatric disorders	9/24/2020 12:25 PM
15	Housing	9/17/2020 6:10 PM
16	Better coordination with local hospitals, regarding clients and client needs.	9/17/2020 3:27 PM

What are the three greatest gaps and need in behavioral health in Region 7 cont.?

#	3.	DATE
1	SUD transportation	10/7/2020 1:43 PM
2	Limited access to inpatient treatment services for SPMI and or substance use	10/6/2020 12:36 PM
3	Education	10/6/2020 11:05 AM
4	more CIT officers	10/6/2020 10:29 AM
5	Addressing co occurring substance/mental health	10/6/2020 9:08 AM
6	Providing a way to advise every family in the region about youth empowerment services available to every family having a child struggling with mental health concerns through a region wide mailer or postcard providing the information.	10/6/2020 1:42 AM
7	access to care	10/5/2020 3:47 PM
8	Strong families with two parents	10/3/2020 5:54 AM
9	Communication of resources	10/1/2020 5:21 PM
10	Probably access to substance abuse treatment	10/1/2020 12:11 PM
11	Public awareness for mental health services	10/1/2020 10:58 AM
12	Prevention/Early Intervention	9/30/2020 9:06 PM
13	BH crisis system	9/30/2020 4:14 PM
14	Inpatient Substance Abuse services	9/24/2020 12:25 PM
15	community education	9/17/2020 6:10 PM
16	Increase in budget and staff for local Act Teams, Crisis Teams and related resources is a need as our local population grows.	9/17/2020 3:27 PM

Q3 Do you feel access to Mental Health (not SUD, which will be addressed in Question 4) services in Region 7 has improved, decreased, or stayed the same? Please explain why.

Answered: 16 Skipped: 0

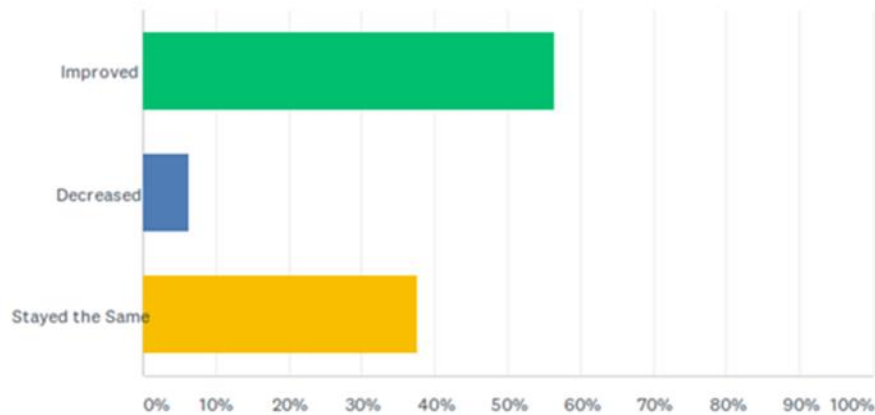


ANSWER CHOICES	RESPONSES
Improved	62.50% 10
Decreased	6.25% 1
Stayed the Same	31.25% 5
TOTAL	16

#	PLEASE EXPLAIN THE REASON FOR YOUR ANSWER:	DATE
1	It just seems that people are becoming more aware of the on going challenges of mental illness in the community.	10/7/2020 1:43 PM
2	Eastern Idaho Regional Medical Center's Behavioral Health Center added additional inpatient treatment beds. This has reduced diversion of people needing inpatient treatment to facilities outside of our region.	10/6/2020 12:36 PM
3	I believe we have a number of resources for mental health, so it is not particularly limited access to care as it is having providers that take Tri-Care and other needed insurances. I also believe that what insurances will cover is a big issue. They cover medications but refuse more of the alternative health options.	10/6/2020 11:05 AM
4	I am excited to see the mobile response team. It just needs to be utilized more and the word needs to get out about it. None of my clients know about it unless I tell them	10/6/2020 10:29 AM
5	Recent acceptance/transition to telehealth type services that has been made necessary by the pandemic	10/6/2020 9:08 AM
6	Access to services is only as good as those receiving the information. During discussions I've had with various community members it appears we are lacking in the ability to get information out to every member of our region, we might need to consider doing a broad band public awareness campaign to make sure middle health services in region seven are more public knowledge. Maybe doing a large postcard like people wanting to get voted into office send out to every household within their district. It would be great for the board to be able to come up with an idea Of how to get the youth empowerment services information out to every known address in our region through some type of items mailed.	10/6/2020 1:42 AM
7	I see no change	10/5/2020 3:47 PM
8	Due to the work of R7BHB	10/3/2020 5:54 AM
9	Medicaid expansion, crisis center	10/1/2020 5:21 PM
10	Fortunately the 5% cut in behavioral health services originally proposed has not been implemented.	10/1/2020 12:11 PM
11	From my experience it has stayed the same because availability to the services continues to be a barrier for many families. Especially families that are labeled as middle class.	10/1/2020 10:58 AM
12	The addition of beds at Behavioral Health Center; greater education; YES services for youth	9/30/2020 9:06 PM
13	Medicaid expansion has given a resource for more people to access mental health resources. Our crisis center continues to be a great resource in the community and admission numbers show a strong usage of this service. The BHC has expanded its bed capacity and the addition of the Idaho Falls Community Hospital has provided access to another emergency room department. Bingham memorial hospital has expanded it psychiatric unit so any adult can now get treatment. DHW has implemented mobile crisis teams to help respond to adult and children BH crisis. East Idaho Youth homes is an added resource for children and families and the DHW contract allows all families in crisis to access this service.	9/30/2020 4:14 PM
14	BHC has increased bed capacity which helps with crisis management. However, there are still gaps in the outpatient spectrum including a lack of Assisted Living and/or Skilled Nursing resources for psychiatric patients, especially those with Developmental Delays and/or medical complexities.	9/24/2020 12:25 PM
15	Because of the programs have changed and the virus	9/17/2020 6:10 PM
16	I have noticed an improvement in not only response time but also collaboration in services within the past 2 years or so. Resources for Developmentally Delayed and TBI clients have seemingly improved. Housing options have seemingly expanded	9/17/2020 3:27 PM

Q4 Do you feel access to Substance Use Disorder (SUD) services (Prevention, Treatment, Recovery) in Region 7 has improved, decreased, or stayed the same? Please explain why.

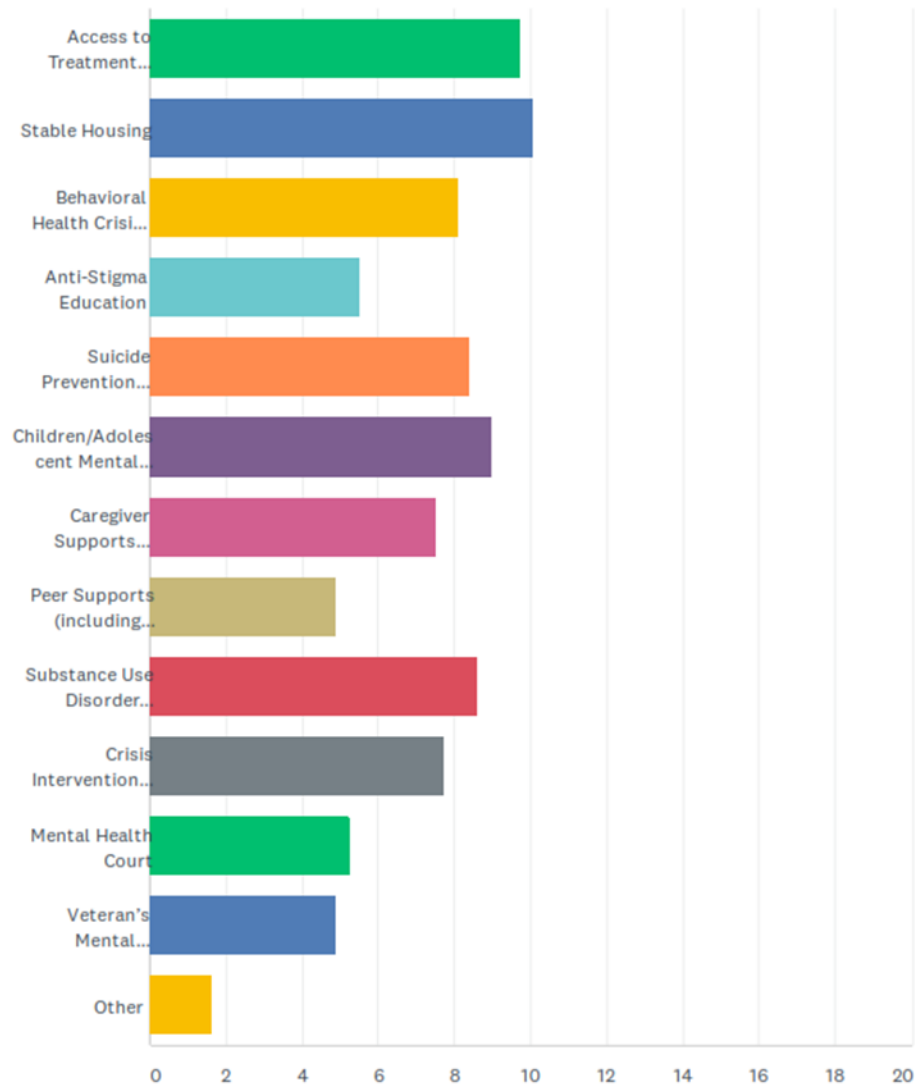
Answered: 16 Skipped: 0



ANSWER CHOICES	RESPONSES	
Improved	56.25%	9
Decreased	6.25%	1
Stayed the Same	37.50%	6
TOTAL		16

#	PLEASE EXPLAIN YOUR ANSWER:	DATE
1	I believe that the on going work of Recovery Coaches, Recovery Centers like the Center for Hope here in Idaho Falls has really been a great recourse for Community Understanding and on going recovery recourses.	10/7/2020 1:43 PM
2	The Center for Hope has continued to improve recovery related services in our area. While we still lack accessible inpatient treatment services for SUD our recovery and reentry programs have improved.	10/6/2020 12:36 PM
3	I believe funding has improved, however the treatment methods being used are too late in the game. Preventative methods would be a better use of funding.	10/6/2020 11:05 AM
4	there is a more outreach and access to treatment. BPA is still a nightmare to navigate for my clients	10/6/2020 10:29 AM
5	Same as #3	10/6/2020 9:08 AM
6	It appears services remain the same however access to services has increased by those people hitting the court system more often then early intervention opportunities.	10/6/2020 1:42 AM
7	Increased education due to R7BHB	10/3/2020 5:54 AM
8	Medicaid expansion	10/1/2020 5:21 PM
9	I understand that the SUD treatment plan had exhausted their funds and could not accept new patients several months ago. I don't know whether this has changed.	10/1/2020 12:11 PM
10	I have seen an increase not only in the amount of these services available in our region but also in the public awareness of what services are available for these issues.	10/1/2020 10:58 AM
11	While some strides have been made there is continued and growing need especially in the the areas of prevention, treatment and recovery. More education needs to be done on understanding the connection of substance abuse to child abuse and neglect and its accompanying trauma and family instability.	9/30/2020 9:06 PM
12	Medicaid expansion has provided a resource for more people to seek services.	9/30/2020 4:14 PM
13	There are little to no resources for those requiring inpatient care for SUD.	9/24/2020 12:25 PM
14	Funding has changed	9/17/2020 6:10 PM

Q5 Please rank each of the following categories, with 1 being the most critical, in Region 7. If you identify a critical need that is not listed below, please rank it as "Other." Then, in Question 9, please identify what that "Other" need is.



Q6 In the previous question, if you chose "other," please identify what the critical need is.

Answered: 7 Skipped: 9

#	RESPONSES	DATE
1	Transportation and system coordination.	10/6/2020 12:36 PM
2	affordable housing that will rent to formerly incarcerated and those with bad credit	10/6/2020 10:29 AM
3	Mental health counseling in the schools	10/6/2020 1:42 AM
4	The Community Crisis Center and the Mental Health Court are fulfilling an important need.	10/1/2020 12:11 PM
5	Mental health impacts on child abuse and neglect in families	9/30/2020 9:06 PM
6	na	9/24/2020 12:25 PM
7	Treatment over incarceration a	9/17/2020 6:10 PM

Please provide a brief 20-50 word quote from a community member, peer, or BHB member about the importance of mental health services in your region.

“The importance of mental health is pivotal to overall health. It is imperative that we all work together to increase awareness, improve access to treatment, and remove the stigma associated with mental health.” ~ Stephanie Taylor-Silva

Stephanie holds the R7BHB seat of SUD Consumer Representative. She is also the Re-Entry Specialist at District 7 Probation and Parole.

Please let me know if you have any questions. I can be reached at mimi_taylor@eiph.idaho.gov.