



Children's Mental Health (CMH) Committee Meeting

AGENDA

Friday, August 19, 2022 | 9:30 am - 11:15 am
Eastern Idaho Public Health ▪ Zoom
1250 Hollipark Drive, Idaho Falls

Join Zoom Meeting:

<https://us06web.zoom.us/j/88489979307?pwd=eElPbXd5eWJ2ZlVYcFJqd0VENUoxUT09>

Meeting ID: 884 8997 9307 | Passcode: 496 671 | Phone #: 1 (312) 626-6799

1. Welcome.....Teriann Ness-Parker
2. Call for Additional Agenda Items.....Teriann Ness-Parker
3. Review June 17, 2022 Meeting Minutes.....Teriann Ness-Parker
4. Organization Updates (including identification of gaps and needs):
 - a. (9:35 am) Idaho Federation of Families <https://idahofederation.org>.....TBD
 - b. (9:42 am) Parent Network <http://idahoparentnetwork.org>.....Laura Wallis/Amy Minzghor
 - c. (9:50 am) Community Youth in Action <https://cyaidaho.org>.....Marco Erickson
 - d. (9:57 am) Bonneville Youth Development Council <https://www.bydc.org>.....TBD
 - e. (10:05 am) Upper Valley Child Advocacy Center <https://uppervalleycac.org>.....Ashley Stallings
 - f. (10:12 am) East Idaho Youth Homes <http://www.eastidahoyouthhomes.org>.....Karen Tornkvist
 - g. (10:20 am) Discussion of 16-2426A.....TBD
5. (10:30 am) IF Community Hospital - Meeting Mental Health Needs in Our Community.....Kristie Garcia
6. (10:40 am) Changes in services/BHCBrandi Daw
7. (10:45 am) Identifying & Discussing Resolutions for Youth Gaps & Needs.....Teriann Ness-Parker
8. (11:00 am) Youth Focused Community Announcements.....Teriann Ness-Parker
9. (11:10 am) Public Comment.....Teriann Ness-Parker
10. (11:15 am) Adjourn.....Teriann Ness-Parker

Next CMH Committee Meeting: Friday, September 16, 2022 via Zoom

The CMH Subcommittee's role is to ensure that the mission of the RBHB addresses the unique needs of the community for those under the age of 21 by providing awareness and support, addressing gaps and needs, making recommendations, and researching and developing ways to help and educate the community, children, youth, adolescents, and their families to the distinctive needs of the CMH population. These responsibilities are not limited to behavioral health concerns but also include education on the vast array of other factors that affect the lives of children and their families and involve partnering with the community to identify the gaps and needs within those respective communities.

MEETING MINUTES

Children's Mental Health (CMH) Committee
Friday, June 17, 2022
9:30 a.m. - 11:15 a.m.
Zoom Meeting



ATTENDEES: Amanda Ely, Crista Henderson, Brad Lambson, Maria Nate, Teriann Ness-Parker, Cheryl O'Connell, Dave Peters, Megan Slusher, Ashley Stallings, Mimi Taylor, Laura Wallis, Brenda Valle, and Ruth York

1. WELCOME and INTRODUCTIONS | Teriann Ness-Parker

Teriann called the meeting to order at 9:40 a.m.

2. CALL FOR ADDITIONAL AGENDA ITEMS | Teriann Ness-Parker

No additional agenda items.

3. REVIEW OF May 20, 2022 MEETING MINUTES | Teriann Ness-Parker

The minutes from the May 20, 2022 meeting were approved as written.

4. ORGANIZATION UPDATES

a. IDAHO FEDERATION OF FAMILIES (IFF) | fyi.idaho.org | Ruth York

- IFF is rebranding themselves as Families and Youth in Idaho (FYI) with a new website; www.FYI.idaho.org. This is to distinguish themselves from the Idaho Freedom Foundation.
- IDHW brought in Dr. April Fernando to talk with parents and zero people showed up. They are working on their messaging and are hoping to schedule again in August or September.
- FYI has an opening for a Family Support Partner to start in October. Please contact Ruth for additional information.
- Youth Moves is currently running a summer camp for junior and senior high school kids. There are five to six community or high school groups using their facility for meetings.

b. IDAHO PARENT NETWORK (IPN) | www.idahoparentnetwork.org | Amy Minzghor & Laura Wallis

- Laura provided information regarding the confusion of 16-2426A. Education and training is needed for law enforcement, and hospital and healthcare providers regarding initiating a QRT. Region 7 seems to have a better understanding than others across the state.
- A plan needs to be developed on how to communicate patient rights information to law enforcement and hospital personnel.
- A couple of the Parent Network videos have been completed but not yet published. Discussion and information on QRT with Children's Mental Health and law enforcement could be a topic.
- The contact for QRT at Region 7 Children's Mental Health is Dave Peters.

c. COMMUNITY YOUTH IN ACTION (CYA) | <https://cyaaidaho.org/>

CYA received the Department of Juvenile Corrections grant funding for the new Assessment Center.

d. BONNEVILLE YOUTH DEVELOPMENT COUNCIL (BYDC) | www.BYDC.org

Teriann reported that BYDC is holding free youth day camps, for youth 6th to 8th grade, on June 23 and July 7 from 10:00 a.m. – 2:00 p.m. Lunch will be provided. Go to their website for additional information.

e. UPPER VALLEY CHILD ADVOCACY CENTER (UVCAC) | <https://uppervalleycac.org> | Ashley Stallings



- Kimber Tower has taken a new position at another agency and Ashley will be the new Executive Director of the Upper Valley Child Advocacy Center. They will not be replacing Ashley's Program Director position at this time.
- Ashley spoke to school resource officers this past week in Wisconsin regarding child advocacy centers and victim advocacy agencies.
- The Mobile Child Advocacy Center (RV) is currently being set up and should be up and rolling by late summer or early fall.
- Ashley was in Boise two weeks ago presenting on the Juvenile Justice System Pilot Project regarding advocacy for those who are in the system.

f. EAST IDAHO YOUTH HOMES | <http://www.eastidahoyouthhomes.org> | Amanda Ely

- Amanda announced that they have received a 3-year certification from CARF.
- They had 25 youth in their care during May and June and currently have 19 beds available.

g. DISCUSSION OF 16-2426A (Impact and Updates)

Communicating information on QRT. Dave Peters reports our region has not had a QRT yet.

5. MEETING MENTAL HEALTH NEEDS IN OUR COMMUNITY | Kristie Garcia | IDAHO FALLS COMMUNITY HOSPITAL

Not available.

6. IDENTIFYING & DISCUSSING RESOLUTIONS FOR YOUTH GAPS & NEEDS | Laura Wallis

- Youth Moves on this side of the state.
- Ashley reported on an organization, Friends of the Children, www.friendsofthechildren.org. They provide mentors for at risk children and may be bringing their program to our area. Contact Angela at 503-820-0903 for additional information.
- The Idaho Behavioral Health Council has a strategic plan. One item on the plan was to identify opportunities to enhance protective factors and promote long term resiliency in children and youth who experience trauma. Dave Peters is part of the Youth Protective Factors and Resilience Team. He is assisting with the task of increasing pro social activities for juveniles who have come in contact with law enforcement. The group had discussion on what is currently in place and what should put in place to meet the need to connect these youth in a pro social way and asked for input from CMH. Laura feels that Parks and Recreations could attend one of our meetings to let us know about available activities.
- Laura asked for ideas on ways to reach out to law enforcement to keep them up to date on resources for youth.
 - Brad Lambson can reach out to law enforcement in Idaho Falls and Bonneville County. However, there is a lot of turn over in these agencies. He is working on ways to reach out to the other communities in our region.
 - Perhaps this group could help put together a plan to reach out to law enforcement with a tool kit of resources. The Parent Network could host the tool kit on their website.
 - We could have a discussion with Sheriff Hulse to see how they disseminate information. This might help give the CMH Subcommittee input on how other sheriffs in the region do it.

7. YOUTH FOCUSED COMMUNITY ANNOUNCEMENTS

No announcements.



8. PUBLIC COMMENT

No public comment

9. ADJOURNMENT

The meeting was adjourned at 11:11 a.m.

The July Children's Mental Health Committee meeting has been cancelled. The next meeting is scheduled for August 19, 2022, at 9:30 a.m. via Zoom.

DRAFT

AGENDA | Region VII Behavioral Health Board Meeting

Friday, August 19, 2022 | 11:30 a.m. to 1:00 p.m. | Eastern Idaho Public Health ▪ ZOOM

Join Zoom Meeting:

<https://zoom.us/j/99728843120?pwd=bDFleWlyYWFaZ2FvaWJEM3Jscnlidz09>

Meeting ID: 997 2884 3120 | Passcode: 859 852 | Phone #: 1 (312) 626-6799

11:30 AM	1. Welcome, Introductions, and Roll Call Agenda Review and Call for Additional Agenda Items Approval of June 17, 2022 Meeting Minutes	Samuel Hulse, Chair Samuel Hulse Samuel Hulse
11:35 AM	2. Financial Report	Randy Rodriguez
11:40 AM	3. Board Business ACTION ITEM <ul style="list-style-type: none">• PFS Budget Review• Ratify Mental Health Advocate Board Seat• Ratify Member Terms Expired in 2022• Board Seat + Executive Committee Opening	Samuel Hulse and Mimi Taylor
11:55 AM	4. Funding Requests ACTION ITEM <ul style="list-style-type: none">• Madison Memorial Hospital• Flourish Point	Traci Singleton Staff Member
12:20 PM	5. R7BHB Member Spotlight (IDHW Representative)	Tim Thompson
12:30 PM	6. R7BHB Logo Discussion ACTION ITEM	Mimi Taylor
12:40 PM	7. CMH Committee Report	Teriann Ness-Parker
12:45 PM	8. Community Reports/Announcements <ul style="list-style-type: none">• By-laws Committee Meeting – 9/6 at 9:30 AM• Martha Tanner Grant - Open to 8/31• Suicide Prevention and Recovery Month• Gaps and Needs Survey	Mimi Taylor
12:55 PM	9. Public Comment	Samuel Hulse
1:00 PM	10. Adjourn	Samuel Hulse

Next R7BHB Meeting: Friday, September 16, 2022 at 11:30 AM via Zoom

Region 7 Behavioral Health Board Mission:

To improve our systems of care within Region 7 for those affected by behavioral health issues. We will do this by evaluating gaps in services, encouraging collaboration among stakeholders, ensuring monitoring of critical statistics, and developing strategic plans based on the information.

REGION 7 BEHAVIORAL HEALTH BOARD - GRANT REQUEST

GRANT REQUEST GUIDELINES

SEATS/BOARD MEMBERS

Co. Commissioner

Bryon Reed - Bonneville
Jessica Lewis - Bingham
Brent Mendenhall - Madison

IDHW Behavioral Health

Randy Rodriguez (Treasurer)
Tim Thompson

Judiciary

Michelle Mallard

Law Enforcement

Samuel Hulse (Chair)

Adult Corrections

Dustin Park

Juvenile Justice

Darin Burrell

Health Professional

Dr. Christina Sanchez-Jaquez

Hospital

Shawn LaPray

Education

Janet Goodliffe (Vice Chair)

Mental Health Provider

Tina Ricks

SUD Provider

Chris Brayton

Mental Health Advocate

Vacant

SUD Advocate

Stephanie Taylor-Silva

Parent of Child - MH

Teriann Parker

Parent of Child - SUD

Cheryl O'Connell (Secretary)

Family Member - MH

Jerilyn Taylor

Family Member - SUD

Adam Moon

Adult MH Consumer

Rick Whitaker

Adult SUD Consumer

Donna Johnson

Prevention Specialist

Ashley Stallings

Counties Served:

Butte, Blaine, Bonneville

Thank you for your interest in securing funds from the Region 7 Behavioral Health Board (R7BHB). Please follow these directions in filling out your funding request:

- Requests must meet the scope of R7BHB's Mission and Vision:

OUR MISSION

To improve our systems of care within Region 7 for those affected by behavioral health issues. We will do this by evaluating gaps in services, encouraging collaboration among stakeholders, ensuring monitoring of critical statistics, and developing strategic plans based on the information.

OUR VISION

To be a valued partner that promotes the health and quality of life for our communities and its members. To provide leadership and devotion of resources that focuses on prevention, treatment, recovery, and overall wellbeing of people with behavioral health problems.

- Funding requests must meet the criteria set forth in Idaho Statute 39-3135, Powers and Duties of Regional Behavioral Health Services. Funding priority will be given to projects that:
 - o Promote improvements in delivery of regional behavioral health (BH) services, identify gaps and needs in BH services, and coordinate and exchange information regarding BH programs in the region;
 - o Provide and promote family support and recovery support services in the region including, community consultation and education; housing, employment, and supportive services for individuals with BH issues; and evidence-based prevention activities that reduces the burdens associated with BH issues.
- Requests must be in compliance with rules, regulations, and policies set forth by the State of Idaho and Eastern Idaho Public Health, the fiduciary agent of the Board.
- Funding requests will be discussed at the monthly R7BHB meetings. The Board generally meets the third Friday of each month. Requests must be submitted at least 2 weeks prior to the meeting and are subject to availability on the meeting agenda.
- It is recommended that the person requesting the funds attend the Board meeting to present the proposal and answer any questions relative to the request.
- Please complete the grant request in its entirety. When completed, return request to Mimi Taylor via mail or email. Please contact Mimi with any questions.

Mimi Taylor

Region 7 Behavioral Health Board
1250 Hollipark Drive • Idaho Falls • ID • 83401
Phone: 208.533.3155 • Fax: 208.525.7063
E-Mail: mimi_taylor@eiph.idaho.gov

REGION 7 BEHAVIORAL HEALTH BOARD - GRANT REQUEST

REQUESTOR NAME Brooks McFadden				
ORGANIZATION Flourish Point, Inc		TYPE OF ORGANIZATION (501(c)(3), government, other-explain): 501(c)(3) non-profit		
ORGANIZATION ADDRESS 24 S 1st W #1	CITY Rexburg	COUNTY Madison	STATE ID	ZIP CODE 83440
EMAIL ADDRESS info@flourishpoint.org		REQUESTOR'S PHONE (208) 715-8101		

PLEASE DESCRIBE YOUR REQUEST, EVENT, OR ACTIVITY, INCLUDING PURPOSE AND DESIRED OUTCOMES:
<p>At Flourish Point, we offer subsidized counseling to individuals in the LGBTQ+ community. During our first quarter this year, our full-time therapist worked with 15 clients per week and scheduled 333 mental health appointments in total. About 18.5% of these appointments were subsidized.</p> <p>As a non-profit with the goal of providing affirming, affordable, and accessible mental health care; we are requesting funds to help subsidize more counseling sessions for the LGBTQ+ community in Southeast Idaho. We believe with the help of subsidized costs, an at-risk population will be more likely to receive mental health care to help overcome high rates of suicidal ideation and symptoms of depression and anxiety.</p>

DATE OF REQUEST:	AMOUNT OF FUNDS REQUESTED: - SEE ITEMIZED BUDGET (page 2)	TOTAL ANTICIPATED COST OF EVENT/ACTIVITY/PROJECT	# OF EXPECTED PARTICIPANTS	TOTAL IN-KIND DONATIONS
September 1, 2022	\$4,000	\$ 4,000	5 clients	\$ 0

PLEASE DESCRIBE HOW YOUR REQUEST SUPPORTS THE MISSION AND VISION OF THE R7BHB
<p>According to the 2020 Census of American Religion, 68% of Madison County's population are members of the Church of Jesus Christ of Latter-day Saints, and a Nationscape survey found that 10% of Gen Z members identify as LGBTQ.</p> <p>A survey conducted by The Trevor Project of nearly 34,000 LGBTQ youth in the U.S. found that 45% of them seriously considered attempting suicide in the past year. Over half of the respondents wanted mental health care and 60% of them were not able to receive it. This is a gap that we are striving to fill to improve the health and quality of life for LGBTQ people of all ages in Southeast Idaho.</p>

PLEASE PROVIDE A TIMELINE OF EVENTS, INCLUDING WHEN FUNDS WILL BE SPENT:
<p>From September 1, 2022 - December 31, 2022, we are aiming to cover \$50 (standard copay without in-network insurance) per weekly client session for 5 clients.</p>

REGION 7 BEHAVIORAL HEALTH BOARD - GRANT REQUEST

PLEASE DESCRIBE HOW YOUR OUTCOMES WILL BE MEASURED:

During the first client evaluation, our therapist will complete the assessment, "asQ Suicide Risk Screening Toolkit," from the National Institute of Mental Health (NIMH). 30 days after the initial appointment and completed sessions, the therapist will fill out the assessment for a second time to track the progress of the client's mental health. We will provide a progress report from a comparison of the two assessments.

PLEASE STATE HOW THE REGION 7 BEHAVIORAL HEALTH BOARD WILL BE RECOGNIZED:

If a grant is approved through the Region 7 Behavioral Health Board, we will feature the requested logo and link in the footer of our website, flourishpoint.org. In addition, we will publish a social media post and email newsletter with a logo and link recognizing the donor.

Approved: ☐ Yes ☐ No - Reason: _____

R7BHB Board Representative: _____ Date: _____

EIPH Representative: _____ Date: _____

REGION 7 BEHAVIORAL HEALTH BOARD - GRANT REQUEST

If request is approved, the requestor will provide a W-9 and Finalized Budget.
Receipts and invoices will be required prior to any reimbursement or payment being made.

REQUESTOR NAME Brooks McFadden	ORGANIZATION Flourish Point, Inc
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ITEMIZED BUDGET PROPOSAL

PROPOSED PURCHASE DATE	AMOUNT	DESCRIPTON OF PURCHASE	PROPOSED PURCHASE FROM	PAYMENT OPTIONS	
				Check	Credit Card
9-6-22	\$250	Subsidized cost for 5 client sessions	Standard copay cost per client session	<input type="checkbox"/>	<input checked="" type="checkbox"/>
9-12-22	\$250	Subsidized cost for 5 client sessions	Standard copay cost per client session	<input type="checkbox"/>	<input checked="" type="checkbox"/>
9-19-22	\$250	Subsidized cost for 5 client sessions	Standard copay cost per client session	<input type="checkbox"/>	<input checked="" type="checkbox"/>
9-26-22	\$250	Subsidized cost for 5 client sessions	Standard copay cost per client session	<input type="checkbox"/>	<input checked="" type="checkbox"/>
10-3-22	\$250	Subsidized cost for 5 client sessions	Standard copay cost per client session	<input type="checkbox"/>	<input checked="" type="checkbox"/>
10-10-22	\$250	Subsidized cost for 5 client sessions	Standard copay cost per client session	<input type="checkbox"/>	<input checked="" type="checkbox"/>
10-17-22	\$250	Subsidized cost for 5 client sessions	Standard copay cost per client session	<input type="checkbox"/>	<input checked="" type="checkbox"/>
10-24-22	\$250	Subsidized cost for 5 client sessions	Standard copay cost per client session	<input type="checkbox"/>	<input checked="" type="checkbox"/>
10-31-22	\$250	Subsidized cost for 5 client sessions	Standard copay cost per client session	<input type="checkbox"/>	<input checked="" type="checkbox"/>
11-7-22	\$250	Subsidized cost for 5 client sessions	Standard copay cost per client session	<input type="checkbox"/>	<input checked="" type="checkbox"/>
11-14-22	\$250	Subsidized cost for 5 client sessions	Standard copay cost per client session	<input type="checkbox"/>	<input checked="" type="checkbox"/>
11-21-22	\$250	Subsidized cost for 5 client sessions	Standard copay cost per client session	<input type="checkbox"/>	<input checked="" type="checkbox"/>
11-28-22	\$250	Subsidized cost for 5 client sessions	Standard copay cost per client session	<input type="checkbox"/>	<input checked="" type="checkbox"/>
12-5-12	\$250	Subsidized cost for 5 client sessions	Standard copay cost per client session	<input type="checkbox"/>	<input checked="" type="checkbox"/>
12-12-12	\$250	Subsidized cost for 5 client sessions	Standard copay cost per client session	<input type="checkbox"/>	<input checked="" type="checkbox"/>
12-19-22	\$250	Subsidized cost for 5 client sessions	Standard copay cost per client session	<input type="checkbox"/>	<input checked="" type="checkbox"/>

REGION 7 BEHAVIORAL HEALTH BOARD - GRANT REQUEST

IN-KIND SUPPORT FOR THE PROJECT

DONOR	DESCRIPTION OF DONATION	VALUE OF DONATION	OTHER COMMENTS

REPORTING REQUIREMENTS

1. Applicants must agree to submit an evaluation of the event, activity, or project that was funded by the R7BHB grant funds as well as any receipts or invoices requested by EIPH within 30 days of completing the event. *Requests for reimbursement received 60 days after the date of the event may be denied.*
2. Applicants must agree to report to the R7BHB in person if requested.

SIGNATURE OF GRANT REQUESTOR: _____

Brooks McFadden

REGION 7 BEHAVIORAL HEALTH BOARD - GRANT REQUEST

REQUESTOR NAME Traci Singleton				
ORGANIZATION Madison Memorial Hospital		TYPE OF ORGANIZATION (501(c)(3), government, other-explain): 501(c)(3) organization		
ORGANIZATION ADDRESS 450 E Main Street		CITY Rexburg	COUNTY Madison	STATE ID 83440
EMAIL ADDRESS Traci.singleton@mmhnet.org		REQUESTOR'S PHONE 208-359-6717		

PLEASE DESCRIBE YOUR REQUEST, EVENT, OR ACTIVITY, INCLUDING PURPOSE AND DESIRED OUTCOMES:

Postpartum Depression and Anxiety Groups: Our vision is to bring awareness in the community about postpartum depression and anxiety, give women a safe place to express themselves and understand what they are going through, and create a community where women can learn to support and grow from each other.

DATE OF REQUEST:	AMOUNT OF FUNDS REQUESTED: - SEE ITEMIZED BUDGET (page 2)	TOTAL ANTICIPATED COST OF EVENT/ACTIVITY/PROJECT	# OF EXPECTED PARTICIPANTS	TOTAL IN-KIND DONATIONS
06/21/2022	\$ 5,500.00	\$ 5,500.00	40 - 50	\$

PLEASE DESCRIBE HOW YOUR REQUEST SUPPORTS THE MISSION AND VISION OF THE R7BHB

Madison Health is eager to collaborate with Region 7 Behavioral Health and other community stakeholders to fill this ever needed gap in services. Bringing awareness, treatment, recovery and overall wellbeing to those suffering from postpartum depression and anxiety is our vision and aligns with that of the Region 7 Behavioral Health Board.

PLEASE PROVIDE A TIMELINE OF EVENTS, INCLUDING WHEN FUNDS WILL BE SPENT:

There will be 4 groups offered for one year with approximately 10-12 participants anticipated in each group. Each group consists of 8 sessions. We have no specific preference on payment frequency and would be willing to entertain several different options.

PLEASE DESCRIBE HOW YOUR OUTCOMES WILL BE MEASURED:

At the beginning of group each participant is given a GAD-7 Anxiety screener and and Edinburgh Postnatal Depression Scale (EPDS). After 8 weeks the participants are given the same screener again to view progress.

PLEASE STATE HOW THE REGION 7 BEHAVIORAL HEALTH BOARD WILL BE RECOGNIZED:

We will include Region 7 Behavioral Health Board on all distributed material and advertisements regarding the Postpartum Depression and Anxiety groups.

Approved: ☐ Yes ☐ No - Reason: _____

R7BHB Board Representative: _____ Date: _____

EIPH Representative: _____ Date: _____

REGION 7 BEHAVIORAL HEALTH BOARD - GRANT REQUEST

If request is approved, the requestor will provide a W-9 and Finalized Budget.
Receipts and invoices will be required prior to any reimbursement or payment being made.

REQUESTOR NAME Traci Singleton	ORGANIZATION Madison Memorial Hospital
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ITEMIZED BUDGET PROPOSAL

PROPOSED PURCHASE DATE	AMOUNT	DESCRIPTION OF PURCHASE	PROPOSED PURCHASE FROM	PAYMENT OPTIONS	
				Check	Credit Card
	\$4,800.00	Wages for 2 counselors for 4 groups (8 sessions each group)		<input checked="" type="checkbox"/>	<input type="checkbox"/>
	\$ 200.00	Supplies - Journals and pens		<input checked="" type="checkbox"/>	<input type="checkbox"/>
	\$ 500.00	Possible wages for additional group members		<input checked="" type="checkbox"/>	<input type="checkbox"/>
	\$			<input type="checkbox"/>	<input type="checkbox"/>
	\$			<input type="checkbox"/>	<input type="checkbox"/>
	\$			<input type="checkbox"/>	<input type="checkbox"/>
	\$			<input type="checkbox"/>	<input type="checkbox"/>

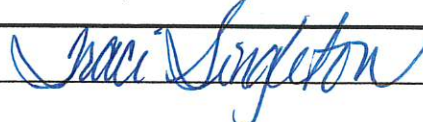
IN-KIND SUPPORT FOR THE PROJECT

DONOR	DESCRIPTION OF DONATION	VALUE OF DONATION	OTHER COMMENTS

REPORTING REQUIREMENTS

1. Applicants must agree to submit an evaluation of the event, activity, or project that was funded by the R7BHB grant funds as well as any receipts or invoices requested by EIPH within 30 days of completing the event. *Requests for reimbursement received 60 days after the date of the event may be denied.*
2. Applicants must agree to report to the R7BHB in person if requested.

SIGNATURE OF GRANT REQUESTOR:



Postpartum Support Group

8 Week Closed Support Group

Each group would contain 8-10 participants that would be referred to us by the hospital social workers and primary care physicians.

8 Week Group Topics:

Week:	Topic Discussed:
1	Why does motherhood make me blue?
2	Redirecting Negative and Self-Defeating Thoughts
3	Understanding Boundaries
4	Am I a "good enough mother?" Mom guilt and how it destroys us
5	Expressing needs Learning communication tools
6	Self-Care
7	9 Steps to Wellness
8	Summary of information learned/Discharge

Cost:

Materials: We already have all the materials that we need to run this group. However, I do like having a form of notebook for the women to write in as well as a writing utensil that could be purchased. I would assume that it would be around \$5 per group member to cover materials. This type of group does not rely as much on a specific curriculum or workbook as it does utilizing the relationships between the members and facilitators to encourage change and improvement. We will continue to implement new items as the group progresses and if some charge-based curriculum became necessary, we would communicate that at that time.

Therapists: \$75 per group session per therapist. We would ask that any additional group member over 10 would result in an \$10 per person increase. This would cover the hourly wage that we would make in private practice if we were to be seeing clients at that time. If we were to run a group in the private practice setting that had clients with Medicaid as their insurance, the reimbursement would be about \$20 per group member per session. We feel that the above rate reflects us trying to provide a needed and beneficial service at a rate that is slightly less than its private practice counterpart might be. We have no specific preference on payment frequency and would be willing to entertain several different ideas.

Medical Provider: Over the past year we have been lucky to work with Marie Horne, CNM and Becca Helie, CNM to provide these groups. We feel that the biopsychosocial approach is beneficial to our group members as it allows us to rule out and discuss medical concerns and medication management if needed. We will be confident in running these groups alone. However, we would welcome the involvement of any medical health professionals and would also entertain the idea of inviting them depending on the topic and focus of that group session.

Therapists



Jocelyn Hobbs, LMSW

Jocelyn Hobbs was raised in Sugar City, Idaho and graduated from Northwest Nazarene University in 2016 with a master's degree in social work. She works full-time as a counselor at Sugar-Salem High School and provides mental health treatment for postpartum clients at Ostermiller Counseling.

Jocelyn has a passion for mental health, especially for postpartum mental health. As a mother and therapist, she understands the transition to motherhood and the emotional toll it can take on a person's well-being.

She has completed evidence-based perinatal mental health certificate training: minimum 14 hours certificate training + 6 hours advanced training and will be taking my PMH-C training in January 2022.

Rachel Ostermiller, LMSW

Rachel Ostermiller is married to Jordon Ostermiller and has two kids. She graduated from BYU-Idaho with a degree in Social Work and got her graduate degree at Northwest Nazarene University also in social work.

She has been working as a counselor for the past three years and is currently working towards being specialized in Postpartum depression and Anxiety through the PSI organization.

Rachel loves the outdoors, spending time at home with her kids and traveling across the world with her husband.

GAD- 7 & EPDS Information

At the beginning of group each participant is given a GAD-7 Anxiety screener and an Edinburgh Postnatal Depression Scale (EPDS). After 8 weeks the participants are given the same screener again to view progress. The following data is taken from 30 participants from the groups facilitated by Jocelyn Hobbs and Becca Helie:

Average EPDS at first group: 14.125 (Probable depression, provider intervene)

Average EPDS at end of 8 weeks: 6 (depression not likely, continue support)

Average GAD-7 at first group: 15 (severe anxiety)

Average GAD-7 at end of 8 weeks: 5.5 (mild anxiety)

Quotes from past group members:

"The biggest thing that helped me out with this PPD/PPA support group was knowing I wasn't alone. Because when you're in the thick of it you feel like you're the only one going through these things cause everyone posts on social media about how great it is with their newborn. When half the time well more than half the time it isn't great! But every week when we would share the highs and lows and cry together sometimes it made me feel human. It made me feel like a normal mom and that I could get through the hard times. There were points in my postpartum journey that I didn't think I could make through it but this group reminded me that I was important, I mattered and I could get through it!"

-Madison

"My son was a year old when I joined the mamas postpartum group. I attended the first week and I realized I had a few postpartum issues but I'm no longer experiencing them so this group wouldn't be helpful to me. My husband challenged me to give it a another try the second week and if I would end up feeling the same, I would stop attending it. That second week got me in tears. I was right, I wasn't experiencing my postpartum issues anymore but I never got any healing. Those were two different things. And I got all the healing needed during our group sessions. I felt empowered to be surrounded by women of such potential. I learned that vulnerability turned into strength and healing so fast. In one of our gathering we learned about self-care and how that looks like in different aspects of life. I was so touched by it that now I run a social media account where I share all the different types of self-care methods. My hope is to show people and hopefully mamas out there the importance of investing in your mental health through self-care."

-Arjeta

"Group not only gave me a place to know that I wasn't alone and that most moms actually felt the same way I did. Group changed my life and gave me tools to not only use as a mother but in my other relationships. Lastly, I've gained some life long friends with people who understand me and I them. Every mother needs this information and community."

-Emily

"I was afraid to go at first honestly but it was a life boat. I wish I would have gone sooner because it helped me so much! I'm so grateful that I had the chance to learn and share every week. I wasn't alone in how I felt and I wasn't a bad mom for feeling it. It really did help me get moving on getting the help I needed and processing the fact that I did need help and that was ok.

I love and miss getting to go to group because it was a safe place where I felt uplifted and received reassurance about what I was going through!"

-Leah

UNDERSTANDING

POSTPARTUM DEPRESSION & ANXIETY

WHO DOES IT AFFECT?

*80% of women have baby blues (1-2 weeks after baby)
1 in 7 women suffer from depression and anxiety during and post pregnancy
1-2 out of 1,000 suffer from postpartum psychosis*

OUR VISION

Our vision is to bring awareness in the community about postpartum depression and anxiety, give women a safe place to express themselves and understand what they are going through, and create a community where women can learn to support and grow from each other.

OUR AGENDA

Over the course of 8 weeks our goal is to work on these subjects:

Why does motherhood make me blue?
Redirecting negative and self-defeating thoughts
Understanding boundaries
Am I a "good enough" mother?
Mom guilt and how it destroys us
Expressing needs & learning communication tools
Self-care
9 steps to wellness

FISCAL YEAR 2023 (7/1/22 - 6/30/23)

Fiscal Year 2022
7/31/22

% of Time in FY	
Elapsed	Remaining
8.33%	91.67%

	FY23 Budget 7/1/22 - 6/30/23	FY23 Actual Month-to-Date	FY23 Actual Year-to-Date	% of Budget Use YTD	% of Budget Remaining
REVENUE					
Contract Revenue	\$ 50,000.00	\$ 4,167.00	\$ 4,167.00	8.33%	91.67%
Budgeted Reserves	\$ 18,500.00				
Carryover-Committed in FY21	\$ 14,133.69				
As of 7/31/22	\$ 82,633.69	\$ 4,167.00	\$ 4,167.00	5.04%	94.96%
PERSONNEL					
Personnel	21,500.00	1,542.02	1,542.02	7.17%	92.83%
Benefits	8,500.00	753.44	753.44	8.86%	91.14%
Total Personnel	\$ 30,000.00	\$ 2,295.46	\$ 2,295.46	7.65%	92.35%
OPERATING					
CHM Subcommittee	2,000.00			0.00%	100.00%
Travel Reimbursement	500.00			0.00%	100.00%
Community Support (Gaps/Needs)	15,000.00			0.00%	100.00%
ICADD & CIT Support	9,000.00			0.00%	100.00%
FY21 Dedicated Community Support	14,133.69			0.00%	100.00%
Miscellaneous Expenses	2,000.00			0.00%	100.00%
Office Supplies/Equipment	300.00			0.00%	100.00%
Printing/Copying	3,100.00			0.00%	100.00%
Indirect	6,600.00			0.00%	100.00%
Total Operating	\$ 52,633.69	\$ -	\$ -	0.00%	100.00%
Total Expenses	\$ 82,633.69	\$ 2,295.46	\$ 2,295.46		

CARRYOVER

\$ 1,871.54

\$ 1,871.54

FY23

\$ 81,356.55

TOTAL FUND BALANCE AS OF 07/31/22

FISCAL YEAR 2023 (7/1/22 - 6/30/23)

7/31/2022

R7BHB GRANTS RECEIVED

DATE	GRANTOR	AMOUNT	PURPOSE	COMMENTS
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R7BHB GRANTS AWARDED

As of 7/31/22

DATE	GRANTEE	AMOUNT	PURPOSE	COMMENTS
4/16/2021	Nancy Espeseth & Andra Smith Hansen	\$ 18,000.00	Suicide Postvention Project	Commitment carried over from FY21. Partial paid.
			3866.31 spent on Suicide Postvention Pilot Project / Remaining amount \$14,133.69	
7/16/2021	Crisis Intervention Training (CIT)	\$ 6,000.00	Annual funding in support of CIT training	Committed; not yet paid.
7/16/2021	Idaho Conference of Alcohol & Drug Dependency (ICADD)	\$ 3,000.00	Annual funding in support of ICADD	

TOTAL GRANTS AVAILABLE IN FY23 \$ **27,000.00**

Paid \$ 3,866.31

Committed but not yet Paid \$ **23,133.69**



REGION SEVEN
**BEHAVIORAL
HEALTH BOARD**



REGION SEVEN
**BEHAVIORAL
HEALTH BOARD**





REGION SEVEN
**BEHAVIORAL
HEALTH BOARD**



R E G I O N S E V E N

BEHAVIORAL
HEALTH BOARD

REGION 7 BEHAVIORAL HEALTH BOARD (R7BHB) MEETING MINUTES

June 17, 2022 | 11:30 a.m. – 1:00 p.m.

Zoom Meeting | In-person Board Members Only

Board Members in Attendance (marked by an X):

Sheriff Samuel Hulse, Chairman	X	Adam Moon	
Janet Goodliffe, Vice Chair	Excused	Teriann Ness-Parker	X
Randy Rodriquez, Treasurer	X	Dustin Park	Proxy Mimi Taylor
Cheryl O'Connell, Secretary	X	Commissioner Bryon Reed	Proxy Crista Henderson
Chris Brayton	X	Tina Ricks	X
Darin Burrell	X	Dr. Cristina Sanchez-Jaquez	
Donna Johnson	X	Ashley Stallings	X
Shawn LaPray	X	Jerilyn Taylor	
Commissioner Jessica Lewis	X	Stephanie Taylor-Silva	X
Judge Michelle Mallard	Proxy Samuel Hulse	Tim Thompson	X
Commissioner Mendenhall	X	Rick Whittaker	

Others in attendance: Crista Henderson, Megan Slusher, Mimi Taylor, and Brenda Valle

1. WELCOME, INTRODUCTIONS, AND ROLL CALL | Samuel Hulse

ADDITIONAL AGENDA ITEMS | Samuel Hulse

There were no additional agenda items.

APPROVAL OF MINUTES | Samuel Hulse

Randy Rodriquez made a motion to approve the May 20, 2022, R7BHB meeting minutes. Seconded by Chris Brayton. Motion passed.

2. FINANCIAL REPORT | Randy Rodriquez

The FY22 year-to-date revenue is \$45,837.00 and total year-to-date expenditures are \$35,783.23. The YTD fund balance is \$10,053.77. With carryover dollars from previous years, less reserves budgeted for FY22 for Community Support, the current fund balance is \$78,354.78. The financial report can be found in the R7BHB June 17, 2022, meeting materials section on Eastern Idaho Public Health's (EIPH) website:

<https://eiph.idaho.gov/RBHB/bhbmeetings.html>.

3. BOARD BUSINESS | Samuel Hulse

a. Present Names for Open Board Seat:

There is one application for the open Mental Health Advocate Board seat. The individual is Sara White from the Teton Valley Mental Health Coalition. The Appointing Authority will convene and decide before the August 2022 meeting.

b. Nominate and Elect Board Officers:

Commissioner Mendenhall made a motion to have Samuel Hulse remain as Chairman. Seconded by Randy Rodriquez.

Darin Burrell made a motion to have Janet Goodliffe remain as Vice Chair. Seconded by Tim Thompson.

Darin Burrell made a motion to have Cheryl O'Connell remain as Secretary. Seconded by Ashley Stallings.

Commissioner Mendenhall made a motion to have Randy Rodriquez remain as Treasurer. Seconded by Darin Burrell.

Motions approved.

c. Nominate and Elect Subcommittee Chairs:

Randy Rodriquez made a motion to have Teriann Ness-Parker remain as the CMH Subcommittee Chairman. Seconded by Ashley Stallings.

Darin Burrell made a motion to nominate Chris Brayton as the Chair of the Bylaws Subcommittee. Seconded by Teriann Ness-Parker.

Motions approved.

d. Review Board Seats and Terms:

Mimi Taylor reviewed the current Board seats. The 2022 seats with ending terms will be reviewed and ratified at the August 2022 meeting.

e. Martha Tanner Grant:

The Martha Tanner Grant will be open from July 1 through August 31. The application can be found at <https://eiph.idaho.gov/RBHB/bhbboarddocs.html>.

4. R7BHB MEMBER SPOTLIGHT (Adult Substance Use Disorder Consumer Representative) | Donna Johnson

Donna currently works at the Center for Hope as a Certified Peer Recovery Coach and Peer Support Specialist. She provides support to peers at the Center for Hope and the Crisis Center.

Tim Thompson who holds the Board seat IDHW Behavioral Health System Representative, will be the Board member spotlight at the August 2022 meeting.

5. OPIOD CRISIS PRESENTATION | Samuel Hulse

Chairman Hulse provided information on the Opioid Crisis and the impact it is having in our country and local communities.

Opioid overdose rescue kits and additional resources are available at EIPH. Contact Mallory Johnson at mjohnson@eiph.idaho.gov for more information.

6. R7BHB LOGO DISCUSSION | Mimi Taylor

Moved to August 2022 meeting agenda.

7. CMH COMMITTEE REPORT | Teriann Ness-Parker

Teriann reported on the CMH meeting held today. Please see the CMH Committee meeting minutes on EIPH's website at <https://eiph.idaho.gov/RBHB/bhbmeetings.html>.

8. COMMUNITY REPORTS/ANNOUNCEMENTS

The July R7BHB and the Children's Subcommittee July meetings have been cancelled. Chairman Hulse announced that Dustin Park is currently working on the CIT program accreditation/certification and would like letters of support from the community. Dustin can be reached at dpark@co.bonneville.id.us.

9. PUBLIC COMMENT

No public comment.

10. ADJOURNMENT

Chris Brayton made a motion to adjourn the meeting at 12:50 p.m. Seconded by Tim Thompson. Motion passed.

Signatures: _____

Samuel Hulse, Chair

Janet Goodliffe, Vice Chair

**The next R7BHB meeting is scheduled for Friday, August 19, 2022
at 11:30 a.m. via Zoom.**