

AGENDA | Region VII Behavioral Health Board Meeting

Friday, September 16, 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 August 19, 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">• By-Laws Review (Chris Brayton)• By-Laws Ratification (Samuel Hulse)• Logo Update (Mimi Taylor)	Samuel Hulse
11:55 AM	4. R7BHB Member Spotlight (Judiciary)	Judge Michelle Mallard
12:05 PM	5. Martha Tanner Memorial Grant ACTION ITEM <ul style="list-style-type: none">• Healthy Care Solutions• Idaho Falls Friendship Club	Samuel Hulse
12:25 PM	6. Funding Requests ACTION ITEM <ul style="list-style-type: none">• Madison Memorial Hospital• Community Suicide Prevention	Traci Singleton John Aebischer
12:50 PM	7. Community Reports/Announcements <ul style="list-style-type: none">• Gaps and Needs Survey• R7BHB Secretary Recruitment• New EIPH Liaison• October Meeting	Samuel Hulse
12:55 PM	8. Public Comment	Samuel Hulse
1:00 PM	9. Adjourn	Samuel Hulse

Next R7BHB Meeting: Friday, October 21, 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 (R7BHB) MEETING MINUTES

August 19, 2022 | 11:30 AM – 1:00 PM

Zoom Meeting | In-person Board Members Only

Board Members in Attendance (marked by an X):

Sheriff Samuel Hulse, Chairman	X	Adam Moon	X
Janet Goodliffe, Vice Chair	X	Teriann Ness-Parker	X
Randy Rodriquez, Treasurer	X	Dustin Park	X
Vacant – Parent of a Child with a SUD		Commissioner Bryon Reed	Proxy Crista Henderson
Chris Brayton	X	Tina Ricks	X
Darin Burrell	Proxy Ashley Stallings	Dr. Cristina Sanchez-Jaquez	Absent
Donna Johnson	X	Ashley Stallings	X
Shawn LaPray	X	Jerilyn Taylor	Absent
Commissioner Jessica Lewis	X	Stephanie Taylor-Silva	X
Judge Michelle Mallard	X	Tim Thompson	X
Commissioner Mendenhall	Absent	Rick Whittaker	X

Others in attendance: Sarah Chapman, Marco Erickson, Crista Henderson, Mallory Johnson, Megan Slusher, Emily Smith, Mimi Taylor, Shauna TenEyck, Brenda Valle, and Holly Whitworth

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

ADDITIONAL AGENDA ITEMS | Samuel Hulse

There were no additional agenda items.

APPROVAL OF MINUTES | Samuel Hulse

Stephanie Taylor-Thompson made a motion to approve the June 17, 2022, R7BHB meeting minutes. Seconded by Janey Goodliffe. Motion passed.

2. FINANCIAL REPORT | Randy Rodriquez

The FY23 year-to-date revenue is \$4167.00 and total year-to-date expenditures are \$2,295.46. The YTD fund balance is \$1,871.54. With carryover dollars from previous years, less reserves budgeted for FY23 for Community Support, the current fund balance is \$81,356.55. The financial report can be found in the R7BHB August 19, 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. PFS (Partnership for Success) Program and Budget Review:

Mallory Johnson provided the Board an update on the PFS program/grant and shared the activities planned for FY23. The PFS program overview and budget can be found in the R7BHB August 19, 2022, meeting materials section on Eastern Idaho Public Health's (EIPH) website: <https://eiph.idaho.gov/RBHB/bhbmeetings.html>.

- b. Ratify Mental Health Advocate Board Seat:
Judge Michelle Mallard made a motion to ratify Sara White to fill the Board seat of Mental Health Advocate. Seconded by Ashley Stallings.

Motion approved.

- c. Ratify R7BHB Member Terms Expiring in 2022:
Janet Goodliffe made a motion to ratify all R7BHB member terms expiring in 2002 except Cheryl O'Connell. Seconded by Dustin Park.

Motion approved.

4. Funding Request: Flourish Point

Randy Rodriquez made a motion to fund Flourish Point in the requested amount of \$4000.00. Seconded by Adam Moon.

Motion Approved.

The Flourish Point fund request application can be found in the R7BHB August 19, 2022, meeting materials section on Eastern Idaho Public Health's (EIPH) website:

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

5. **R7BHB MEMBER SPOTLIGHT (IDHW Representative) | Tim Thompson**

Tim shared information about himself, his career, and his current job at the Idaho Department of Health and Welfare.

Judge Michelle Mallard who holds the Board seat of Judiciary Representative will be the Board member spotlight at the September 2022 meeting.

6. **R7BHB LOGO DISCUSSION | Mimi Taylor**

Mimi presented two potential options for the R7BHB logo, which can be viewed in the August 19, 2022, meeting materials section on Eastern Idaho Public Health's (EIPH) website: <https://eiph.idaho.gov/RBHB/bhbmeetings.html>.

Chris Brayton made a motion to use option #1 (Celtic art colorful circles) as the new R7BHB logo, pending final modifications by the designer. Seconded by Teriann Parker.

Motion Approved.

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**

- By-laws Committee Meeting – 9/6 at 9:30 AM at EIPH
- Martha Tanner Memorial Grant - open to 8/31/22. The application can be found here: <https://eiph.idaho.gov/RBHB/bhbboarddocs.html>.

- Suicide Prevention Month and Recovery Month are in September. Please promote and participate in events, as possible.
- Gaps and Needs Survey – Mimi Taylor will send out the survey to Board members in September. Please take the time to fill out as the information is forwarded on the Governor in the annual report.
- Open R7BHB Seat – With Cheryl O’Connell’s retirement, there is an opening on the Board for the seat of a Parent of a Child with an SUD as well as Board Secretary. The application can be found here:
<https://eiph.idaho.gov/RBHB/bhbmembership.html>.

9. PUBLIC COMMENT

Sam Hulse commented on the number of drug overdose deaths in the region and the continued problem due to the increase in drug trade out of Mexico and China.

10. ADJOURNMENT

Chris Brayton made a motion to adjourn the meeting at 1:04 PM. Seconded by Randy Rodriquez. Motion passed.

Signatures: _____

Samuel Hulse, Chair

Janet Goodliffe, Vice Chair

**The next R7BHB meeting is scheduled for Friday, September 16
at 11:30 AM via Zoom.**

**BYLAWS
of the
REGION VII BEHAVIORAL HEALTH BOARD**

ARTICLE I: NAME AND ESTABLISHMENT

The name of this organization shall be Region VII Behavioral Health Board. In accordance with Idaho Code 39-3132, this Board is established with the legislative intent to be recognized as a governmental entity authorized by the state, in the same manner as other single purpose districts. This Board has no authority to levy taxes. The Board is authorized to provide the community family support and recovery support services listed in Idaho Code 39-3135 (7), but is not limited to or required to manage those services.

ARTICLE II: JURISDICTION

The principal business of this Board covers the following counties in the State of Idaho: Bingham, Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, and Teton.

ARTICLE III: MEMBERS, ELECTIONS, OFFICERS, AND STAFF

Section 1. Members shall be selected in accordance with Idaho Code 39-3134.

Section 2. Nominations to fill expiring or otherwise vacated terms of board members shall be solicited from the Board, families, consumers, providers and advocacy groups. The applications for nomination(s) shall be submitted to the board membership and EIPH director for discussion and comment before forwarding to the appointing authority. The Appointing Authority is defined in Idaho Code 39-3134.

Once the Appointing Authority has selected a candidate, the name will be submitted to the Board for ratification.

Section 3. In June, the Board shall elect to a one-year term a Chair, Vice Chair, Treasurer, and Secretary from among its members.

Duties of Chair: The Board Chair conducts Behavioral Health Board meetings, **approves** ~~prepares~~ the meeting agenda, ~~after receiving agenda suggestions from Board and Staff members,~~ assists all Board committees, identifies and monitors Behavioral Health Board agreed upon goals and maintains appropriate communication with Region VII Board members, Eastern Idaho Public Health (EIPH) staff, and other stakeholders. It is the responsibility of the Chair to see that needed board nominations are made in a timely manner.

Duties of Vice Chair: The Vice Chair shall act as an aid to the Chair and shall perform the duties of the Chair in the absence or inability of the Chair to act.

Duties of Secretary: The Board Secretary receives notice from EIPH Staff when Board members are unable to attend Board meetings, and notifies any member after two consecutive absences. The Board Secretary coordinates with EIPH staff to: maintain a list of current Board Members and their contact information, present the list of Board positions to be filled to the Behavioral Health Board Appointing Committee, and monitor corrections to the Board minutes.

Duties of the Treasurer: The Treasurer shall be knowledgeable about the financial accounts of the Board that are maintained by EIPH staff, and shall give a financial report to the Board as requested, but at least quarterly, and shall deliver an annual financial report.

Duties of EIPH Staff: EIPH staff will develop the Board meeting agenda after receiving suggestions from Board members, will take minutes at each meeting, which shall include all action items and recommendations. The staff will provide administrative assistance during the meeting and will distribute agendas, minutes, and other informational material prior to Board meetings. Staff will maintain the Region VII Behavioral Health Board website. Staff will report any significant changes to the website to the Board.

ARTICLE IV: TERM, RESIGNATION, TERMINATION, VACANCIES, AND COMPENSATION

Section 1. In accordance with Idaho Code 39-3134, the term of each member of the Board shall be for four (4) years and members shall be eligible for reappointment. Current membership and term expiration dates shall be recorded in the minutes of the June meeting each year.

Section 2. Resignation from the Board must be in writing and received by the Secretary, with a copy provided to EIPH staff.

Section 3. Termination from the Board may occur if there are three consecutive absences from regularly scheduled Board meetings. Sending a proxy does not alleviate an absence. Termination of Board membership may also occur for inappropriate activities if approved by a Board vote. The vote to terminate a Board member must receive a two-thirds majority of the Board. A letter of termination signed by the Chair will be delivered to the terminated member, with copies to the Secretary and EIPH staff.

If a board member no longer meets the statutory requirement of the position he/she holds on the Board, it is his/her responsibility to notify the Board within 90 days of the change. It will be at the Board's discretion whether or not the position will be refilled to meet the intent of the law.

Section 4. Vacancies shall be filled as in Article III, Section 2.

Section 5. As resources allow, Board members may, on a case-by-case basis, be reimbursed from Board funds at the IRS prescribed rate for travel and expense and as provided in Idaho Code 59-509(b) to attend meetings of the Board and other activities as authorized by EIPH policy.

Prior approval for any reimbursement/compensation must be received from the Board in addition to any approvals required by EIPH. Any compensation/reimbursement will come out of the Board funds.

ARTICLE V: MEETINGS

- Section 1. The Board will meet at least quarterly. These meetings will be held within the boundaries of Region VII. Generally, regular meetings are held monthly.
- Section 2. All meetings, including those of any subcommittees, are open to the public and subject to the requirements of Idaho's Open Meeting Law, Idaho Code Chapter 2, title 74.
- Section 3. Special meetings may be called by the Chair or by petition of at least two board members to the Chair. Notice of the meeting must be in accordance with the Open Meeting Law.
- Section 4. A quorum is required for all voting. A simple majority (more than half/greater than 50%) of the members of the Board constitutes a quorum. Voting by proxy will be allowed. Prior to the meeting, Board members must inform EIPH staff or the Board secretary in writing who their designated proxy will be. A proxy can only represent one Board member so no one will ever have more than two votes (their own vote, if they are a Board member, and that of the proxy). Voting over a conference call line during the regular meeting will be allowed.
- Section 5. Members unable to attend a meeting shall **should** notify EIPH in advance of the meeting.
- Section 6. Conference call lines, video conferencing equipment, or other communication methods will be made available to facilitate participation of Board members in outlying communities.
- Section 7. Community members are encouraged to attend and participate in Board meetings. Community members are not voting members of the Board.
- Section 8. A Conflict of Interest form will be reviewed and signed yearly. Prior to discussing and voting on funding requests, conflict of interests must be disclosed to the Board.

ARTICLE VI: POWERS AND DUTIES

In accordance with Idaho Code 39-3135, the Regional Behavioral Health Board:

1. Shall advise the state behavioral health authority and the state planning council on local behavioral health needs within the region;
2. Shall advise the state behavioral health authority and the planning council of the progress, problems and proposed projects of the regional service;
3. Shall promote improvements in the delivery of behavioral health services and coordinate and exchange information regarding behavioral health programs in the region;
4. Shall identify gaps in available services including but not limited to services listed in section 16-2402 (3) and 39-3131, Idaho Code, and recommend service enhancements that address identified needs for consideration to the state behavioral health authority;
5. Shall assist the planning council with planning for service system improvement. The planning council shall incorporate the recommendation to the regional behavioral health Boards into the annual report provided to the Governor by June 30th of each year. This report shall also be provided to the legislature;
6. May develop, or obtain proposals for, a petition for regional services for consideration by the state mental health authority;
7. May accept the responsibility to develop and provide community family support and recovery

support services in their region. The Board must demonstrate readiness to accept this responsibility and shall not be held liable for services in which there is no funding to provide. The readiness criteria for accepting this responsibility shall be established by the planning council. The planning council shall also determine when a regional behavioral health Board has complied with the readiness criteria. Community family support and recovery support services include, but are not limited to:

- a. Community consultation and education;
 - b. Housing to promote and sustain the ability of individuals with behavioral health disorders to live in the community and avoid institutionalization;
 - c. Employment opportunities to promote and sustain the ability of individuals with behavioral health disorders to live in the community and avoid institutionalization;
 - d. Evidence-based prevention activities that reduce the burden associated with mental illness and substance use disorders; and
 - e. Supportive services to promote and sustain the ability of individuals with behavioral health disorders to live in the community and avoid institutionalization including, but not limited to, peer run drop-in centers, support groups, transportation and family support services.
8. If a regional board, after accepting the responsibility for a recovery support service, fails to successfully implement and maintain access to the service, the behavioral health authority shall, after working with the board to resolve the issue, take over responsibility for the services until the board can demonstrate its ability to regain organization and provision of the services;
 9. Shall annually provide a report to the planning council, the regional behavioral health centers and the state behavioral health authority of its progress toward building comprehensive community family support and recovery support system that shall include performance and outcome data as defined and in a format established by the planning council; and
 10. The regional Board may establish subcommittees as it determines necessary and shall, at a minimum, establish and maintain a children's mental health subcommittee.

ARTICLE VII: BASIC POLICIES

- Section 1. This Board shall be noncommercial, nonsectarian, and nonpartisan. There are no shareholders, only Board members.
- Section 2. No person shall be excluded from membership on the basis of race, color, creed, national origin, or disability.
- Section 3. Subcommittee chairs shall be members of the Board. Individuals who are not members of the Board may be invited to attend subcommittee meetings. Subcommittee meeting attendees shall be documented in the meeting minutes.

Old Wording: Individuals who are not members of the Board may be invited to serve on subcommittees; however, subcommittee chairs shall be members of the Board. Members of subcommittees shall be documented by subcommittee chair and approved by the Board.

ARTICLE VIII: PROCEDURES

- Section 1. **PARLIAMENTARY AUTHORITY:** *Robert's Rules of Order* (Simplified) shall be the governing authority for the order of business and conduct of all meetings of the Board.

Section 2. Individual members of the Board, its subcommittees, or groups shall not speak for the Board, except on specific delegation by the Board, which will be documented in the Board meeting meetings. However, they may give out information about Board activities.

Section 3. The Board will be responsible for reviewing the bylaws on an annual basis. A two-thirds (2/3) vote is required to amend bylaws.

ARTICLE IX: AMENDMENTS

The sections of these Bylaws not mandated by law may be amended at any meeting of the Board by a two-thirds vote, provided the amendment is presented in writing to all members prior to the business meeting at which they are presented for adoption.

These bylaws were approved at a regular Board meeting on the 20th day of September 2019.

Signatures: _____
Samuel Hulse, Chair

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

Fiscal Year 2022
8/31/22

% of Time in FY	
Elapsed	Remaining
16.67%	83.33%

	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	\$ 8,334.00	16.67%	83.33%
Budgeted Reserves	\$ 18,500.00				
Carryover-Committed in FY21	\$ 14,133.69				
As of 7/31/22	\$ 82,633.69	\$ 4,167.00	\$ 8,334.00	10.09%	89.91%
PERSONNEL					
Personnel	21,500.00	1,352.25	2,894.27	13.46%	86.54%
Benefits	8,500.00	707.08	1,460.52	17.18%	82.82%
Total Personnel	\$ 30,000.00	\$ 2,059.33	\$ 4,354.79	14.52%	85.48%
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	4,000.00	4,000.00	26.67%	73.33%
ICADD & CIT Support	9,000.00			0.00%	100.00%
FY21 Dedicated Community Support	14,133.69	10,000.00	10,000.00	70.75%	29.25%
Miscellaneous Expenses	2,000.00	336.39	336.39	16.82%	83.18%
Office Supplies/Equipment	300.00			0.00%	100.00%
Printing/Copying	3,100.00			0.00%	100.00%
Indirect	6,600.00	504.39	1,079.56	16.36%	83.64%
Total Operating	\$ 52,633.69	\$ 14,840.78	\$ 15,415.95	29.29%	70.71%
Total Expenses	\$ 82,633.69	\$ 16,900.11	\$ 19,770.74		

CARRYOVER

\$ (12,733.11)

\$ (11,436.74)

FY23

\$ 68,048.27

TOTAL FUND BALANCE AS OF 07/31/22

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

8/31/2022

R7BHB GRANTS RECEIVED

DATE	GRANTOR	AMOUNT	PURPOSE	COMMENTS
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R7BHB GRANTS AWARDED

As of 8/31/22

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.
			13866.31 spent on Suicide Postvention Pilot Project / Remaining amount \$4,133.69	
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	
8/26/2022	FLOURISH POINT	\$ 4,000.00	Grant Request	paid

TOTAL GRANTS AVAILABLE IN FY23 \$ 31,000.00

Paid \$ 17,866.31

Committed but not yet Paid \$ 13,133.69



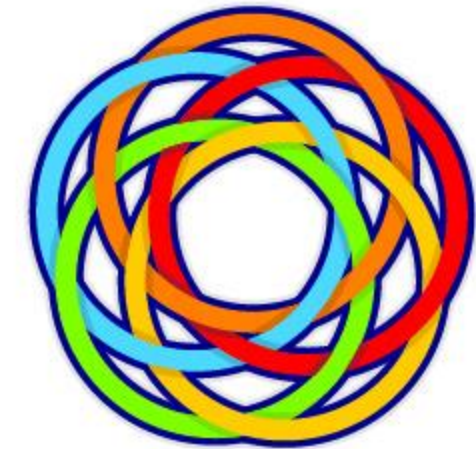
REGION VII • EASTERN IDAHO
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REGION 7 BEHAVIORAL HEALTH BOARD - GRANT REQUEST

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

Sara White

SUD Advocate

Stephanie Taylor-Silva

Parent of Child - MH

Teriann Parker

Parent of Child - SUD

Vacant

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, Bonanza

GRANT REQUEST GUIDELINES

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

John Aebischer, Chair

ORGANIZATION

Community Suicide Prevention

TYPE OF ORGANIZATION (501(c)(3), government, other-explain):

501 (c) (3)

ORGANIZATION ADDRESS

3270 E 17th #139

CITY

Ammon

COUNTY

Bonneville

STATE

ID

ZIP CODE

83406

EMAIL ADDRESS

Csp.johna@gmail.com

REQUESTOR'S PHONE

208-917-0059

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

Mental Health 1st aid for youth which includes training the youth community on the common signs and symptoms of mental health challenges. • Common signs and symptoms of substance use challenges. • How to interact with a person in crisis. • How to connect a person with help. • Expanded content on trauma, substance use and self-care.

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
08/30/2022	\$4400.00	\$4400.00	2	\$0.00

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

The mental health 1st aid trains the youth how to assess for risk of suicide or harm; how they can listen nonjudgmentally; give reassurance and information; encourage appropriate professional help and encourage self-help and other support strategies. This training will support the mission and vision of R7BHB by helping to train on education, prevention and local resources.

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

Youth Virtual Training offered the following days: 10/4-10/6; 10/10-10/12; 10/11-10/12 10/12-10/14; 10/17-10/19; 10/18-10/20; 10/24-10/26; 10/26-10/28

PLEASE DESCRIBE HOW YOUR OUTCOMES WILL BE MEASURED:

Monthly trainings will be offered and a schedule of planned location, dates and times will be updated on the Community Suicide Prevention website and to R7BHB to ensure the community is aware of the available trainings and the completed trainings with the number of participants will be forwarded to R7BHB for statistical purposes.

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

The Community Suicide Prevention website will acknowledge the grant award and it will be included in the monthly trainings on the training flyer.

Approved: ☐ Yes

☐ No - Reason:

REGION 7 BEHAVIORAL HEALTH BOARD - GRANT REQUEST

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 John Aebischer, Chair	ORGANIZATION Community Suicide Prevention
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ITEMIZED BUDGET PROPOSAL

PROPOSED PURCHASE DATE	AMOUNT	DESCRIPTON OF PURCHASE	PROPOSED PURCHASE FROM	PAYMENT OPTIONS	
				Check	Credit Card
9/25/2022	\$4400.00	Two individuals to participate in the 3-day virtual trainings	CSP	<input type="checkbox"/>	<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"/>	<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: John Aebischer

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"/>

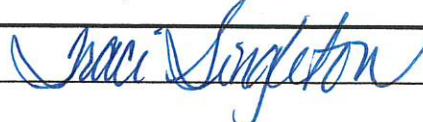
IN-KIND SUPPORT FOR THE PROJECT

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

Martha Tanner Memorial Grant

Region 7 Behavioral Health Board

REQUESTOR NAME: <div style="font-size: 1.2em; font-family: cursive;">Joe Shumate</div>				
ORGANIZATION <div style="font-size: 1.2em; font-family: cursive;">Idaho Falls Friendship Club</div>		TYPE OF ORGANIZATION (501(c)(3), government, other-explain): <div style="font-size: 1.2em; font-family: cursive;">Social club for people in recovery</div>		
ORGANIZATION ADDRESS <div style="font-size: 1.2em; font-family: cursive;">1807 GALLUP ST</div>	CITY <div style="font-size: 1.2em; font-family: cursive;">Idaho Falls</div>	COUNTY <div style="font-size: 1.2em; font-family: cursive;">Bonanza</div>	STATE <div style="font-size: 1.2em; font-family: cursive;">ID</div>	ZIP CODE <div style="font-size: 1.2em; font-family: cursive;">83404</div>
EMAIL ADDRESS <div style="font-size: 1.2em; font-family: cursive;">joespeace@msn.com</div>		REQUESTOR'S PHONE NUMBER <div style="font-size: 1.2em; font-family: cursive;">2086804006</div>		
DATE OF REQUEST <div style="font-size: 1.2em; font-family: cursive;">8-12-22</div>		AMOUNT OF FUNDS REQUESTED (not to exceed \$1000.00) <div style="font-size: 1.2em; font-family: cursive;">1000.00</div>		
PLEASE DESCRIBE YOUR REQUEST, EVENT, OR ACTIVITY (how you plan to use the money), INCLUDING PURPOSE AND DESIRED OUTCOMES: <div style="font-size: 1.2em; font-family: cursive;"> <p>My name is Joe, I am an addict in recovery. I am chairman of a committee trying to re-open the Friendship Club in Idaho Falls. We are NOT a treatment program. We are people who want to provide a safe place for those either in or seeking recovery from substance abuse. We do not have a place open yet. We are not interested in making money. We just want to provide an atmosphere that is a safe place to gather and help each other. We do not claim to be professionals but will help anyone seeking help.</p> </div>				
TO BE FILLED OUT BY R7BHB <div style="font-size: 1.2em; font-family: cursive;">find them.</div>				
Approved: <input type="checkbox"/> Yes <input type="checkbox"/> No - Reason: _____				
R7BHB Representative: _____			Date: _____	
EIPH Representative: _____			Date: _____	

Martha Tanner Memorial Grant

Region 7 Behavioral Health Board

REQUESTOR NAME:				
Healthy Care Solutions, LLC, Marilee Hunt				
ORGANIZATION		TYPE OF ORGANIZATION (501(c)(3), government, other-explain):		
Healthy Care Solutions, LLC		Limited Liability Corporation, Private Mental Health Agency		
ORGANIZATION ADDRESS		CITY	COUNTY	STATE ZIP CODE
3522 Briar Creek Lane		Ammon	Bonneville	ID 83406
EMAIL ADDRESS			REQUESTOR'S PHONE NUMBER	
mhunt@healthycareolutionsllc.com			208-529-1660	
DATE OF REQUEST			AMOUNT OF FUNDS REQUESTED (not to exceed \$1000.00)	
08/08/2022			\$1000.00	
PLEASE DESCRIBE YOUR REQUEST, EVENT, OR ACTIVITY (how you plan to use the money), INCLUDING PURPOSE AND DESIRED OUTCOMES:				
<p>Healthy Care Solutions would like to be considered for the Martha Tanner Memorial Grant in order to provide paid training opportunities for staff members that work in the field with clients. The trainings would include the QPR Suicide Prevention & Training course, and the Crisis Prevention Institute Verbal Intervention Course. Healthy Care Solutions is a small agency of less than 20 employees and with the assistance of this grant, would be able to provide approximately 50 paid staff training hours that may allow for the community to receive better mental health and crisis services.</p> <p>Thank you for your consideration.</p>				
TO BE FILLED OUT BY R7BHB				
Approved: <input type="checkbox"/> Yes <input type="checkbox"/> No - Reason: _____				
R7BHB Representative: _____ Date: _____				
EIPH Representative: _____ Date: _____				