

Regional Behavioral Health Board Answers **For Region VI September 2023**

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: Shantal Lau

Region: 6

Contact Email: shantal@bannockcounty.us

Contact Phone Number: 208-236-4347

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

Children's Mental Health Sub-Committee Victoria Byrd victoria.byrd@us.stores.mcd.com

Recovery Support Services Sub-committee – Michelle LaRock larock.mk72@gmail.com

Please list your region's top three goals:

1. Provide education, awareness, and resources to our community, Board members and the agencies within Region VI to meet identified behavioral health needs (to include those living with mental illness and/or intellectual and developmental disabilities)
2. Identify barriers to the accessibility of behavioral health treatment / wellness and work collaboratively to decrease those barriers within our region.
3. Provide education and advocate for support services, such as Peer Support Specialists, Recovery Coaches, and Caregiver supports.

Please list the top 3 action items for these goals:

1. Promote local trainings for providers and board members: Prevention, CIT, QPR, Mental Health First Aide, Annual CMH Sub-Committee event (Wellness Wiggle) for the community, sponsor trainings relevant to meeting our Board's vision, mission and goals, provide suicide prevention resources as well as information on primary prevention strategies and education about the mission, vision, and goals of the Region VI Behavioral Health Board.
2. Facilitate discussions with local stake holders regarding barriers to behavioral health treatment and identify ways to decrease those barriers: housing, access to treatment in our rural communities, recovery support services and recruitment and retention of qualified professionals to address behavioral health needs. Possible Discussion Points as follows:
 - All Behavioral Health Treatment Options, Detox, MAT, Transportation needs, Treatment funding sources, Provider documentation, Workforce Shortage/Development, Stable and affordable housing.
3. Seek out innovative ways to attend and/or support various community events. Increase communications surrounding the Region VI Behavioral Health website in order to share information about behavioral health resources, local projects and increase awareness of the mission, vision and goals of the Region VI Behavioral Health Board.

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

As a Board we continue to work to grow our membership as we continue to recruit applications for the vacant seats that we currently have. This action will help us ensure that all seats are represented on our Board within our region. We have worked hard to identify and to collaborate with local stakeholders regarding behavioral health needs identified in Region VI by inviting them into our board meetings to better educate us on the services they offer as well as seek feedback as how to support them in the concerns that they are expressing. This year the Board was able to follow up with the Regional Sequential Intercept Mapping that was held last year to see the progress and areas for growth regarding the report that came from those efforts. We continue to work with the local stakeholders to implement the Strategic Action Plans that were developed from that meeting in order to meet the gaps that have been identified not only there but from the strategic plan distributed from the Behavioral Health Council. We continue to educate and provide resources of the services that are available within our Region and to support community events. Bannock County Juvenile Justice was recently awarded the IDJC Grant Project for the Safe Teen Assessment Center. The Region VI Behavioral Health Board was able to tour the facility, attend the ribbon cutting and look for ways to collaborate and support the project and valuable resource that will continue to address a gap that has recently been identified in our region. The Region VI Behavioral Health Board was able to partner with the Bannock County Coroner's office as well as local elected officials to hold a Suicide Awareness/Prevention Candle Light Vigil and proclamation signing to "kickoff" the month of September. The implementation of the Rides United through the United Way has been a wonderful asset help meet both the behavioral health and physical health needs in our region, which has addressed the barrier of transportation that has previously been identified.

What education and/or community events did you participate in?

- *Community Monthly Meetings with the Juvenile Justice System
- *Dispersed brochures to local agencies and community venues on the available resources in the region
- *Continue to provide mini grants to community agencies that support our mission
- *Supported on-line Suicide Prevention QPR Training and Mental Health 1st Aid virtual trainings for region
- *Continually dispersing information shared for local and on-line training / education opportunities (Farmer's Market)
- *ISU outreach trainings
- *Supported and promoted Opioid Crisis in our Community presentations/town halls though out the community
- * The Village- A place for children and families facility tour and presentation
- *Charlie Health Program Presentation
- *PFS Grant Updates
- * Children's Mental Health Wellness Wiggle in May 2023
- *Idaho State University -AmeriCorps training
- *House Bill 350 update
- *Education about Idaho Harm Reduction Program
- *NARCAN/Naloxone Training
- *United Way Rides United Program Presentation
- *Pocatello Free Clinic Program Presentation
- *Supported and disseminated information about the Free Ethics Training for Region 6 Professionals sponsored by Idaho State University
- *Provided Mini Grant to support Franklin County Probation and their request for 1st responder go bags
- *Provided Mini Grant to support Center for Hope South and their request for their family night initiative
- *Provided Suicide prevention resources and safety resources at recovery fest
- *Update on the Region 6 Sequential Intercept Mapping Progress
- * Support and distribute information on the implementation of 988
- *Support, Promote and participate in the Community Kick-Off Event for Suicide Prevention and Awareness Month/Proclamation Signing

*Attended the Chamber of Commerce Luncheon to pass out information and answer questions regarding 988

Please list your region's top 3 greatest gaps and needs in behavioral health?

1. Lack of Behavioral Health Service Providers and of workforce development which includes: Counselors, Qualified Professionals, Peer Support Specialists, Recovery Coaches.
2. A recently identified gap is that there are too few facilities for juveniles needing acute behavioral health care. The existing Crisis Center accepts adults only. There is a Crisis Center for juveniles in Idaho Falls that serves our region, but transportation is a barrier regarding that service.
3. Education on resources on of accessibility to affordable housing services, including safe and sober housing as well as how to advocate for and expand affordable and stable housing, especially into rural communities.

Do you feel access to Mental Health services in your Region has improved, decreased, or is staying the same? Please explain why.

Access to acute crisis care has increased. Access to managed primary care for mental health/illness seems to have decreased. Providers/Clinicians are booked way out or are at max capacity and not taking new clients. Wait times continue to be lengthy. The COVID guidelines for Medicaid have affected a lot of individuals seeking treatment. The implementation of the Rides United through the United Way has been a wonderful asset help meet both the behavioral health and physical health needs in our region regarding transportation.

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

Access to Substance Use Disorder treatment has improved. It appears that referrals from the Crisis Center and court referrals to SUDS treatment providers have shorter wait times than in the past. The challenges that we have identified is the follow through or willingness of those receiving services to continue to participate in the services being provided. The expansion of partial hospitalization programs in our area has been very helpful.

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.

“Behavioral health care affects all of us, chances are you know someone experiencing depression, anxiety, substance use disorder, or another common ailment, even if you have never had such an experience. Untreated mental and behavioral health needs are associated with greater housing insecurity, increased food insecurity, incarceration, and social exclusion, to name only a few. Southeastern Idaho faces additional challenges due to the fact that we are in a federally recognized mental health professional shortage area. This is why it is so important for our community to come together to support the organizations that increase access to behavioral healthcare and to reduce the stigma associated with seeking care.”

Dr. Amy Wuest, Director of Health, United Way of Southeastern Idaho

Behavioral Health Gaps and Needs Survey Results Fall 2023

Rate each category with 1 being the most critical in your area.	1-13
Access to treatment providers	1
Stable Housing	3
Community Crisis Center	10
Anti-Stigma education	12
Suicide Prevention Resources	4
Children/Adolescents Mental Healthcare	2
Veteran's Mental Healthcare	6
Caregiver supports (including education, training, emotional support, respite care, etc.)	9
Peer supports (including education, training, emotional support, etc.)	7
Substance use disorder treatment centers	5
Crisis Intervention Team (CIT) training for law enforcement officers	9
Mental Health Court	11
Other: <i>See below for additional comments</i>	8

13 additional comments from individuals

Youth Crisis Centers/Residential Treatment or other intensive treatment options outside of Regions 3 & 4