

Regional Behavioral Health Board Answers
For Region VI (September 2021)

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!

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Region: 6

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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 – Kyle Hanson Kyle.Hanson@dhw.idaho.gov

Recovery Support Services Sub-committee – JoAnn Martinez joannm@bannockcounty.us

Please list your region's top three goals: FOR FY 2022

1. Provide education, awareness, and resources to our community and agencies within Region VI on behavioral health needs (including individuals with mental health disorders and/or with developmentally delayed), and suicide prevention resources. Increase Board member understanding of primary prevention strategies through continued board trainings (ODP / PFS grant, community resources, primary prevention training) to help new Board members to more fully understand the mission and vision of the Board.
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: FOR FY 2022

1. Promote local trainings for providers and board members: Prevention, CIT, QPR, Mental Health First Aide, Annual CMH Sub-Committee Conference for the community and sponsor individuals for relevant conferences and trainings.
2. Facilitate discussions 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 caregiver supports. Possible Discussion Points as follows:
 - Intensive Outpatient Treatment, Outpatient Treatment, Detox, Inpatient treatment, Medication Management, all Mental Health Treatment Options, Treatment funding sources, Provider paperwork

3. Seek out innovative ways to attend and/or support various community events, communications and the Region VI Behavioral Health website in order to share information about behavioral health resources and to increase awareness of the 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, the appointment committee is working to recruit applications for the vacant seats that we currently have. This action will help us work to fill all seats for the Region VI Behavioral Health Board. We have worked hard to unify and to collaborate on behavioral health needs in Region VI. This year the Board has updated both our bylaws and mini grant funding process to better define and set standards for which the scope of the Regional Behavioral Health Board operates. We continue to educate and provide resources of services available within our Region and to support community events. We continue to work with Chessie Meyer to learn more about the Partnership for Success Grant and our implementation of prevention strategies within our region.

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

As in other areas of the state, the recent COVID-19 situation has limited the ability for in person interaction at community events as many events were cancelled or delayed.

*Recovery Fest—Provided behavioral health treatment resources

*Community Monthly Meetings with the Juvenile Justice System

*Provided Scholarships to the Virtual ICADD Conference in May 20201

*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 training

*Idaho Resiliency Project presentation

* Idaho Lives Training with Ali Shields

*SEIBCC Program Presentation

*PFS Grant Updates

* Children's Mental Health Fun Run in May 2021

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, Peer Support Specialists, Recovery Coaches, Caregiver Supports.
2. Education on resources on of accessibility to affordable housing services, including safe and sober housing and how to expand into rural communities.
3. Education for suicide prevention and other proactive safety resources measures.

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

Stayed the same – the ability to fund services and access to telehealth services that are reimbursable has improved. Our Crisis Center has been very beneficial to our community as well as Medicaid expansion allowing many individuals to access much needed behavioral health services. There is a shortage of mental health counselors / SUD providers in our area. Many facilities are looking to hire, but

report they have been having difficulty getting enough applications to fill the current openings for counselors in our community. Some community members also struggle with tele-behavioral health. Some are uncomfortable with technology, or don't have access and the resources to utilize it. There have also been reports of counselors being uncomfortable with in-house counseling because of Covid-19 concerns.

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.

Substance Abuse Treatment: The need for SUD services has increased based on clients who call to inquire about services. Co-occurring issues have been on the rise. However, due to a shortage in counselors, particularly those who specialize in addictions, there appears to be a decrease in access to these services. Some treatment providers say they could increase services and feel they would have the referrals for it, but can't find counselors to meet the need.

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.

“Access to behavioral health services is a key competent of the justice system. Persons need access to care to ensure their ability to fully participate in court proceedings and to address treatment needs that may be ordered as part of a case disposition. However, the greatest need and largest benefit of mental health services in the region occurs prior to a person entering the justice system. Access to care in the community may prevent some people from entering the justice system by meeting their behavioral health needs without having to be arrested or ordered into treatment by the court.”

-Kerry Hong

Behavioral Health Gaps and Needs

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

If you chose “other”, please provide more information:

13 additional comments from individuals

1-Workforce development for SUD counselors

1-Increased funds to treat individuals with intellectual and developmental disabilities.

1-Areas of concern from my viewpoint as a Provider, Clinical Supervisor, and Clinician, I believe economics are a major contributing factor in the sad condition of our reality. Most clients are unable to make ends meet, nor can they afford well balanced meals. The lack of financial stability and proper nutrition exasperates their Behavioral Health Disorders. I know clients are offered food stamps, food banks, and other handouts, which leads me to a whole other area of concern; clients lack purpose. Getting back to economics, I can attest first-hand is the #1 reason we have a lack of treatment facilities and clinicians in our area. I believe it is also affecting the medical profession, quite often a doctor will spend a mere 5-minutes of time with a client, referrals are not made in a timely manner, and it can take days for a RX to get called in. We work long, hard hours buried in endless paperwork mandated by managed care for very little money. My doors have remained open because half of the time I do not pay myself. With exception to us die-hearts, most well-seasoned clinicians proven to be experts in their profession fields, and capable of delivering effective treatment services no longer accept Medicaid, or Medicare clients. They move on to contract with other insurance companies, less redundant paperwork, which allows for more time and focus to effectively treat clients, and they're able to earn better money.