

REGION II

Behavioral Health Board

MONTHLY MEETING Minutes

December 10, 2020—10:00 AM

Zoom Conference Meeting due to COVID-19 restrictions

website: www.riibhb.idahopublichealth.com

Zoom Conference Link <https://us02web.zoom.us/j/82828258334?pwd=R3FVQzZpcnNhU2tMQ2N1MlBzK2tjZz09>

1. Roll Call, Welcome, and Introductions

Board Members

	Dianne Baumann	x	Sharlene Johnson	x	Pam Lopardo	x	Skye Taylor
x	Sara Bennett	x	Darrell Keim	x	Lisa Martin		Jenny Teigen
	Terema Carlin	x	Diane Kovach	x	Mike Ponzozzo		
	Megan Comstock		Shari Kuther	x	Suzi Quintal	x	Dean Allen
x	Kathy Connerley	x	Kathie LaFortune	x	Jim Rehder		Todd Hurt
x	Beverly Fowler	x	Tom Lamar	x	John Rusche		
x	Chris Goetz	x	Deborah Lind	x	Teresa Shackelford		

Others In Attendance: Marina Woly, Caroline Troy, Amber Peace, Brandon Mitchell, Caitlin Rusche, David Nelson, Priscilla Giddings, Dorothy Pollman, Joyce Lyons, Laura Thayer, Shaun Hollace, Steve Button, Wesley Neisler, Karlie Smith, Carl Crabtree, Will Krasselt, Suzi Quintal, Wendy Stoneberg, Mike Kingsley, Will Krasselt

2. Approval of November BHB Minutes (Action Item): Motion to approve by Tom Lamar seconded by Mike Ponzozzo. Motion passed

3. Subcommittee and program brief reports

--**Reg 2 Recovery Centers**--Darrell reported he runs the Moscow Recovery Center. There are centers in Lewiston and Orofino. In Moscow they are offering a recovery resource room. They are currently offering 25 different recovery meetings a week, to account for about 600 client contacts a month. They have 40-50 monthly recovery coaching sessions. Darrell read a letter from a participant about the success they found from the Latah Recovery Center. The Latah county is funded 1/3 by the government, 1/3 by local resources and 1/3 by grants.

--**Reg 2 Dispersed Crisis Center model**--Joyce reported Jim had shared a white paper that was completed about the crisis centers in Region 2. The crisis centers are dispersed and as needed within Region 2. The crisis center is co-located with the recovery center in Moscow where there are social workers and a clinician on site. In Lewiston the crisis center is co-located with Riverside Recovery and participants can walk in during office hours or access the on-call phone. In Orofino the center is co-located with A-Z counseling and staffed during office hours with their staff. The SAMHSA (Substance Abuse and Mental Health Services Administration) recommendation is a 3 tiered approach: law enforcement, mobile crisis and a crisis centers. Kathie LaFortune facilitated a meeting in Latah county last week where law enforcement identified the strengths of the model. The crisis centers have focused on billing those who have insurance that allows for crisis center support. The centers have

started billing in July, recouping about \$6000 from insurance. The crisis center was awarded \$28,571 for a COVID grant, as there are additional services through tele-health, phone and a need for PPE.

–Children’s Mental Health - Laura Thayer reported that over the past year the CMH subcommittee has worked on various things. They are recruiting new community partners to identify some of the gaps with resources in our region. They have worked on creating a comprehensive resource list. They are hoping to include a calendar of events for families and providers within the region. They are working to keep connects with providers to help work together.

–Adult Behavioral Health— Teresa Shackelford reported the ABH subcommittee is working to expand access to law enforcement agencies to allow them to get CIT (Crisis Intervention Team) Trained. They are working on a list of resources and holiday hours that can be posted on social media. The Idaho Health Data Exchange is creating an Aunt Bertha site to identify resources and social determinants of health. This allows for searching of resources. Housing is a big issue with ABH and we are collaborating on this issue.

–Housing— Lisa Martin reported the Housing subcommittee works to identify housing needs. They are focused on developing a warming shelter in the LCV (Lewis Clark Valley). There is a committee that meets weekly in the area and they are searching for a 501C3 to house the center. They will be requesting funds to support this. Tri-State has shown interest and has asked for a proposal we are awaiting to hear back on. They are hoping to staff it with 2 people full time. The location will likely be the Salvation Army. They are working to find a long-term solution to housing in the LCV. The Lewiston school district has identified 75 students experiencing homelessness with one family getting housing funding. Clearwater County is working with FS4L (First Step for Life) to find housing solutions there for a shelter. Sojourners in Latah County has some COVID grants they are providing some housing supports, prevention and rapid rehousing. Idaho Housing has 9 slots for rent assistance for those being released from prison. On December 11th the Housing prevention program ends.

–Telehealth— Dean Allen reported the Telehealth subcommittee has been trying to increase counseling programs in the area. They focused on increasing telehealth clinicians trained to provide services to the area. The Idaho Counseling association has been updating their website. The subcommittee partnered with Public Health and the Idaho Counseling association to provide a telehealth training within our region. They partnered with Optum Idaho and Gritman Hospital. The first part was offered and then there were difficulties with part 2, due to COVID. 21 participants for part 1 and then part 2 offered via telehealth in September. Focused on increasing broadband access in the rural areas of Idaho. There has been an increase in access to services through Telehealth during COVID. Rural Idaho needs expanded broadband to provide necessary services.

–Prevention— Sharlene Johnson reported this region is the only Free mental health screens throughout the region. Sharlene reported our region has vast prevention resources: Palouse Community Coalition, REACH coalition, Lapwai Community Coalition, Clearwater Youth Alliance, Uprivier Youth council, DATE program (Cottonwood). COVID has increased youth substance use and she urged increased funding towards prevention pointing out that \$1 on prevention saves \$18 in cure.

–Legislative— Tom Lamar reported our biggest success has been expansion of Medicaid and how it has increased access to behavioral health services in Idaho. This is our #1 priority. Public health throughout the state of Idaho has demonstrated for decades a strong attention to public health and behavioral health and we want to continue to have strong support for their work. Region 2 is extremely proud of the staff and board members and the work they have done showing leadership. The counties and cities within our region want continued positive relationships with law enforcement and the ability to fund them at the city and county level. We want to ensure our ability to raise funds within our tax structures.

**4. Individual Legislator introduction and list committee assignments;
--Senators Crabtree, Nelson; Representatives Nilsson Troy, Kingsley, Giddings;
Representative elects—Mitchell,**

Crabtree – He is currently on Vice Chair of Joint Finance and Appropriation Committee, Vice Chair of Education Committee and on Transportation. He discussed suicide prevention and the re-arrangement within Health and Welfare. He wants to see measurable outcomes for Suicide prevention. He discussed the crisis centers and wanting to understand more about how they are working. Questions how Idaho County is being serviced.

Nelson – He discussed the Idaho Behavioral Health Council as he is on this council. They are data gathering and hearing presentations. They have tasked work groups to come up with recommendations. He understands the importance on getting services started early and not using law enforcement. It is expensive the way we work currently and getting early access it key. He has heard of best practices with regard to CIT. They are accumulating best practices data and the recommendations will be next. He is available to be contacted if there are ideas. He hears about the difficulties with staffing, housing, crisis centers funding and recovery centers funding. He is not on the Health and Welfare committee this year and is moving to Senate Education.

Nilsson-Troy - She is concerned about the funding the recovery centers and she supports the work they are doing. She states she is concerned as there was a miscalculation about how much Medicaid expansion would cost and the legislature will have to find additional funds to cover that. She is concerned about transitional housing and the housing crisis within our region. She has served on the Idaho Suicide Prevention Council and she would like to hear success from their plan or changes that could be made.

Giddings -She is on JFAC this year and previously worked on Taxes. She reported she was appreciative about joining through Zoom.

Kingsley – He reports with COVID he believes there will be an increased in the need for behavioral health services. He is supportive of the recovery and crisis centers. He discussed being worried about people being unable to find the follow up care that they are needing while in the midst of COVID. He discussed the results of recovery centers as they reach a lot of people for small amounts of dollars spent. He serves on Health and Welfare and will focus on keeping the focus.

Mitchell – He thanked everyone for inviting him. He is going to be on the Health and Welfare committee and he feels this will be a good fit for him. He went through orientation two weeks ago and is excited to serve this district.

5. Board discussion with legislators to learn expectations for Behavioral Health this year in the Legislature and what are the main issues you see will take the most time in the 2021 Legislature.

Steve Button reported on suicide prevention. Crabtree asked questions about the problems within the state changes to programming and how that is affecting the suicide rate. Steve Button reported COVID has increased concerns about suicide and increased depression. They did an online training about suicide and COVID's impact. They were awarded a grant to train 4 QPR (Question, Persuade, Refer) instructors within the region, focusing on the rural areas. They put out 16,000 labels with the suicide prevention number on student id cards. They would like legislature to make this mandatory on all school issues ID cards. Crabtree reported he tried to get a metrics for achievement on how to spend

money on their efforts. Jim Rehder discussed the Mental Health and You phone app he would like to get funded.

Kingsley asked Lisa Martin about Sober living in the LC Valley. Lisa reported there is Rising Sun with 1 female and 1 male house, Oxford house with 1 male and 1 female, and IRIS apartments for mentally ill. The Lewiston area is doing well with sober living but there is none in Clearwater, Idaho, Lewis or Latah County. Rising sun is apprehensive in Clearwater County due to the renovation and the unemployment rates. The housing is very expensive to buy or lease.

Jim discussed the cost of Medicaid expansion and the benefit within our region. The 10% cost match from the state of Idaho is a good investment compared to the regular Medicaid match of 25%. Prisoners coming out of prison are getting Medicaid, as there are 10,000 adults in prison and 18,000 on probation and parole. Approximately 35% of the inmate population are on psychotropic meds. These individuals are high risk and have gone without health care and Behavioral Health treatment for many years.

John Rusche stated he was in health care finance with Regence and in the legislature. He reported there were similar struggles. He was involved in Medicaid and Medicaid expansion. He requests they recognize the first 2 years of Medicaid utilization is higher because of deferred screening exams. He asked to hang tight. He discussed the COVID recession that will increase the number eligible for Medicaid and the need to continue supporting these through this difficult time. He would hope some COVID federal funds could be used to offset. Rural hospitals are putting off surgeries and they will have financial difficulties.

The crisis centers were primarily funded to offset emergency rooms and jails. They had envisioned a partnership with counties and cities, through billable services, grants, community donations, etc.

Chris Goetz reported the QPR is being used by 4-H leaders. They have not had an increase in suicides but there has been an increase in suicidal calls. Telehealth has been added to the jail in Clearwater county.

6. Next BHB Meeting – January 14, 2021

7. Meeting Adjourned at 11:00am