

August 10, 2023 11:05 AM- 12:12 PM

Location: PEER Wellness Center 7091 W. Emerald St., Boise, ID. 83704

### Zoom Meeting Info at the bottom of the Agenda

#### Board Member Attendees:

- Brenda Wilson, Chair,
- Monica Forbes, Vice Chair, SUD
- □ \_\_\_\_\_, Treasurer/DHW
- Jacob Wilson, MAL, BH Advocate
- Christina Smith, Sec, SUD
   Parent
- ☑ Fran Frank, DWH
- ⊠ \_\_\_\_\_, Prevention Specialist

- Amanda Leader, J Justice
- Lex Fanopoulos, SUD Advocate
- Ashley Horvath, Law Enforc
- □ Catherine Ball, MH Family
- Imelda Ramirez, Judiciary
- Russell Salyards, DHW
- \_\_\_\_\_, MH Consumer

- ☑ Jamie Giebler, School District K-12
- □ Jill Chonody, Licensed Health Prof
- □ Kelsey Pierce, SUD Family
- Samantha Pirnie, SUD Service Provider
- I Tom Dayley , ADA County Commissioner
- \_\_\_\_\_, County Commissioner
- \_\_\_\_\_, County Commissioner
  - \_\_\_\_\_, MH Parent
    - \_\_\_\_\_, MH Service Provider

#### Community Attendees:

Mary Wright (Empower Idaho), Jared Bake and Rachel Clark (Moonlight Mountain)

Time	Agenda Item	Presenter	Notes
11:05 AM-	Welcome and Call to Order	Brenda Willson,	
11:10 AM	Mission & Vision	Chair	
11:10 AM-	Action item: Approve R4BHB	Brenda Willson,	Didn't meet quorum.
11:12 AM	meeting minutes10/22,11/22, 12/22, 01/23, No mtg/Feb,	Chair	
	03/9, 04/13, 5/11, 6/8, No		
	mtg in July, 8/10		
11:12 AM-	Member Spotlight	Brenda Willson,	
11:21 AM		Chair	



11:21 AM- 11:42 AM	Community Partner Presentations:	Monica Forbes, Vice Chair Peer Wellness/The	See Monica's Power Point Presentation for details. This is being posted along with today's notes.
		ROC	
11:42 AM- 11:42 AM	Community Updates:	Brenda Willson, Chair	BHB leadership call update- Youth Behavioral Health Community Crisis Centers (Sean Waldron-R7BHB presentation) Sam was not present at the meeting to go over his presentation. See his presentation for more details. This will be posted along with today's notes.
11:42 AM- 12:00 PM	<ul> <li>Discussion:</li> <li>Next steps-</li> <li>1. Update partnership with DBH</li> <li>2. Subcommittees (Recovery Wellness, Children's MH)</li> <li>3. Attendance and recruitment-open seats</li> <li>4. Discuss creation of Engagement Letter with inactive members</li> </ul>	Brenda Willson, Chair	<ul> <li>Partnership with DBH- DHW in the process of hiring Admin support.</li> <li>Subcommittees- Need a board member present on each subcommittee but not required to chair them. Requesting board members to be either an active participant, Chair or Co-chair for each committee.</li> <li>Subcommittees are essential in identifying needs and gaps in the community. Once DHW funding is re-established, subcommittees will be able to support community grant requests.</li> <li>Attendance and Recruitment- To get action items accomplished in the future, the EC committee is working on determining what members are still interested in participating on the board if they have consistently missed 3 or more meetings.</li> </ul>



<ul> <li>Briefly reviewed member attendance and vacant positions. The board is not able to meet quorum and take care of action items.</li> <li>Brenda requested the board members to start identifying individuals in their professional and social circles who have a passion and interest in serving on the board. Board members are tasked to create a list of individuals to present at the next board meeting for the EC committee to pursue recruitment of new members.</li> <li>Creation of Engagement Letter of Inactive Members-An engagement letter will provide an opportunity to those who have not attended meetings to decide if they will commit or discontinue their board position.</li> </ul>
Board members agreed for the EC committee to go forward with creating a letter.



12:00 PM- 12:10 PM	Quarterly Meet N Greet- October 12th meeting in person (location @ Peer Wellness Center-Emerald St.) Agenda- 11-12 pm (meeting) 12-1 pm Meet N Greet at PWC	Brenda Willson, Chair	<ul> <li>Reviewed the reasons to have a Meet N Greet event immediately after the October board meeting.</li> <li>The Meet N Greet will include food and the opportunity to socialize as a board with each other and community partners in person.</li> <li>Food will be donated but who will be donating is TBD. Cannot use board funds to purchase food.</li> <li>Board members are to notify Monica if they have dietary needs.</li> <li>A formal email invite will be sent out to board members and community partners to put on the calendar and plan to attend the event.</li> </ul>
12:10 PM- 12:12 PM	Announcements and wrap- up	All	Community Training Opportunities: Empower Idaho- Peer Support Virtual Conference of 2023 (August 3, 4 <sup>th</sup> ) with two QPR Suicide Prevention Training classes: one in English and the other in Spanish. All are free to the public. 6.5 CEU's (https://www.empoweridaho.org/education/peer-support- conferences/) Empower Idaho- QPR Suicide Prevention Training: Question, Persuade, Refer Webinar (August 17 <sup>th</sup> ) (https://www.empoweridaho.org/education/consumer- activities/)



Empower Idaho- English QPR Suicide Prevention Training: Question, Persuade, Refer September 12, 2023 12:00 - 1:30 p.m. MDT Register: <u>https://events.zoom.us/ev/AuajISYsWDVa-</u> <u>qLObBt1B17j7FMVIzDA9b6ZDIbdhw2a2B0T0Non~AggLXs</u> <u>r32QYFjq8BIYLZ5I06Dg</u>
Empower Idaho- Spanish QPR Suicide Prevention Training: Question, Persuade, Refer September 13, 2023 6:00 - 7:30 p.m. MDT Register: https://events.zoom.us/ev/AhqVJtHLPhsM5gajkreh_ntXzy ElkG47We_FHZ- h1seH2q9Ly97p~AggLXsr32QYFjq8BIYLZ5I06Dg
Optum Idaho- Youth Support Endorsement Training Monday-Thursday, Oct. 24-27, 2023 Deadline to apply: Oct. 5, 2023 • Individuals who are accepted into the training will be required to attend a tech check Thursday, Oct. 19 at either 9 a.m. MT or 5:30 p.m. MT. (website: www.idahopeercert.com)



August 10, 2023 11:05 AM- 12:12 PM

Valley County Overdose Prevention & Response -
Hosted by Prevention Specialist from Central District
Health
Idaho First Bank in McCall
August 16 <sup>th</sup> 4:30- 6 pm
See Flier on how to register!
Community Advanced Suicide Intervention & Management-
Open to first responders, medical personnel, school district
employees, pastors, and ALL community partners
Vendome Event Center 309 State St., Weiser, ID
Free training 8/14/23 8AM-3PM
Breakfast and lunch provided.
See Flier on how to register!
New Directory from Crush The Curb-
Directory of Hope- comprehensive directory of mental
health resources to the people of Idaho
Introductory video:
https://youtu.be/FHvT-IKV_JU
Boise Annual Recovery Rally-
Save The Date! September 23rd
Julia Davis Park-Boise Pavilion
Tabling opportunities for community partners

Next scheduled board meeting: SEPTEMBER 14, 2023, beginning at 11:00 a.m



August 10, 2023 11:05 AM- 12:12 PM

Join Zoom Meeting

https://us06web.zoom.us/j/83225659925?pwd=eE1KS1pSZDIDWGFRNGhzMGtEN1BRUT09

Meeting ID: 832 2565 9925 Passcode: 471072

One tap mobile

+12532158782,,83225659925# US (Tacoma)

+13462487799,,83225659925# US (Houston)

Dial by your location

- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 669 444 9171 US
- +1 669 900 6833 US (San Jose)
- +1 719 359 4580 US
- +1 253 205 0468 US
- +1 929 205 6099 US (New York)
- +1 301 715 8592 US (Washington DC)
- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 312 626 6799 US (Chicago)
- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 646 931 3860 US
- +1 689 278 1000 US

Meeting ID: 832 2565 9925

Find your local number: https://us06web.zoom.us/u/ketQgcsQtY



August 10, 2023 11:05 AM- 12:12 PM

Region 4 Behavioral Health Board Mission:

Mission: We improve behavioral health by developing solutions within our communities.

Vision: An integrated health system accessible to everyone

Values: Respect – We value all perspectives. Progressive – We move forward. Integrity – We do the right thing. Innovative - We are open to new ideas.

Transparent – We clearly show what we do and why we do it.

Strategic Planning Goals-

Improve: Continuity of care through education and awareness.

Educate: Inform policymakers on statutes that inhibit care.



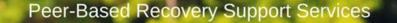
www.peerwellnesscenter.org



#### RECOVERY ORIENTED COMMUNITY

## **Region IV's Recovery Community Centers**

PEER Wellness Center - Boise/Ada County The ROC - McCall/Valley & Adams County





social activities

telephone support

access to resources

volunteer/community service opportunities



## It's a fact:

Peer-Based Recovery Support Services help prevent relapse and sustain long-term recovery by building recovery capital, demonstrating hope, inviting all to participate, promoting volunteerism, and creating public awareness. Call, email, or stop by today!

PEER Wellness Center is a recovery community center that exists to advocate for and support individuals seeking recovery from substance use and/or cooccurring behavioral health disorders.

The free peer-based recovery support services provided are non-clinical services that focus on removing barriers and providing invaluable resources to those who are seeking to achieve and maintain long-term recovery.

These strengths-based and person centered services include:

- ✓ Peer-led support groups
- ✓ Supported access to treatment and community resources
- ✓ Recovery Check-ups by phone, text, email & chat
- ✓ Peer Recovery Coaching/Mentoring
- ✓ Pro-recovery social activities
- ✓ Community Service/ Volunteer Opportunities
- ✓ Advocacy & Public Education



## The vision

of PEER Wellness Center is to create a culture of wellness and positivity that supports long-term recovery for those who face challenges from mental health and substance abuse disorders

The Mission of PEER Wellness Center is to put a positive face on recovery and reduce the impact of mental health and substance use disorders in our community.

We accomplish this by:

- cultivating an environment of acceptance and inclusion
- by linking peers to existing community resources
- by utilizing the success, skills, and support of volunteers who have lived experience with mental health and substance use disorders to deliver peer-led and peerdelivered services, and
- by being an advocate in our community that educates and reduces the stigma surrounding mental health and substance use issues.

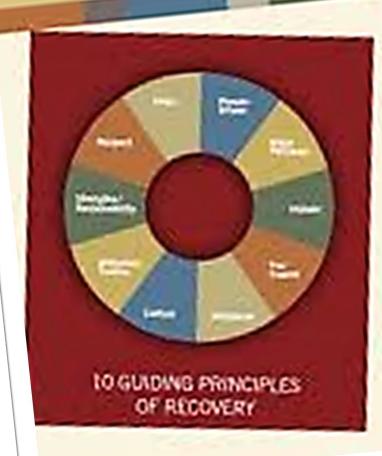
PEER Wellness Center acknowledges all pathways to recovery!

## Our purpose: Remove barriers to recovery

These core values create the conceptual framework and philosophy that enable us to fulfill our purpose:

- You are in recovery if you say you are
- Support all pathways to recovery
- Focus on the recovery potential, not the pathology
- Everyone has a strength to share
- Recovery is a gift; expect to pay it forward
- The path of recovery is life-long
- Ongoing community support is vital to successful outcomes
- We support the wellness of the full person

# **Guiding Principles of Recovery**



Holistic

- Person-driven
- Many pathways
- Peer support
- Relational/social
- Strengths/responsibility
- Respect
- Culturally based
- Addresses trauma SAMHSA 20
- · Hope

## **PEER Wellness Center Stats:**

**3000** + Average Center Visits per Month **189** Average # of Peerled Support Groups per Month

## 90-120

Average Referrals to community resources per month 350 Average cups of coffee served every month



**92%** Percentage of Peers who are still in recovery!

## The ROC Stats:

85-120 Average Center Visits per Month

25 Average # of Peer-led Support Groups per Month

10 Average Referrals to community resources per month 20 Average cups of coffee served every month



**96%** Percentage of Peers who are still in recovery!



is proud to support multiple pathways to recovery by hosting:



A Light In The Dark - HA SMART Recovery Support Group ALL RECOVERY MEETINGS Just-US Support Group

## Trauma Support Group

DBSA

Depression & Bi-Polar Support Alliance

Saturday Night -Fun Night



https://www.peerwellnesscenter.org/current-meeting-schedule

## ALL RECOVERY MEETING

MONDAYS 12 . 1 PM 2810AYS 5:30-6:30 PM 106 5 Park 51 We 227 - MeCell, 10 85838

### VALLEY COUNTY

All, Bacewary Meetings are a chance to connect with and share support with other individuals in Bacewary. We welcome all who strapple with addiction, are affected by reldction or support the resouvery (destyle).

### REACH US AT

208 278 7977 www.therce.conter pinum@therce.center



Jours

MR. S. Park & Dr. Toy - Michael, 63 Special

## Go to www.Sevart.Recovery.org to find the restrict meeting. DISCOVER THE POWER OF CHOICE!

STOP USING and Start Living!

support for each other in recovery. The goal of SMART Recovery is for you to achieve a healthy, positive and balanced lifestyle so yos can compare new challenges when you feel confident your addictive behavior is behavior you.

No exercer what your addresse behavior. SMART Recovery can help For over two decodes we have been offering free support groups (loce-toface and online) helping people learn self-empowering tools and providing

SMART Recovery





EDRSS Program Emergency Department Recovery Support Service

## Intervention to Treatment



Peer Recovery Specialists/ Recovery Coaches are on call to the Emergency Departments 24/7 and called in when individuals are transported to a hospital emergency department having survived an opiate overdose.



Intervention to Treatment

## Recovery Supports for Incarcerated Individuals



e.

#### Peer Based Community Re-entry

Day One is a collaborative and community based approach to re-entry support services for individuals transitioning from an institution to our communities.



a program of PEER Wellness Center

VISIT OUR WEBSITE FOR MORE INFORMATION ABOUT RENTRY SUPPORT SERVICES

https://www.peerwellnesscenter.org/day-one-program

For questions please email or call: dayone@peerwellnesscenter.org I 1(844)912-4362

#### Day One Program: The Process

GETTING RETURNING CITIZENS CONNECTED

#### STEP 01

Submit Day One Request A request can be submitted under 'Day One' on Peer Wellness Centers webpage. Once the form is completed it will be sent to our Day One team who will then contact the requestor as well as the client.

#### STEP 02 Pick Up

A peer support will be waiting for the client upon release. This program aims to increase chances of successful re-integration into the community post incarceration by providing 'hands-on' practical support and relationship building that focuses intensely on the first 24-48 hours after release - but continues for as long as each individual wishes it to

#### STEP 03 Connection to Resources

Connect clients to community partners who are able to provide services we do not offer. These connections are made at initial pick up and continue as new needs come up. Ex: Health & Welfare, Food Banks, Clothing Closets/Clothing Vouchers

#### STEP 04 Connection to Peers

Once completed with day one services and any additional needs to returning citizen may have, they are taken back to PEER Wellness Center and introduced to a recovery coach. An intake will be done and they will begin working on an individualized recovery management plan in the coming meetings.





Learn more at:



October 18, 2015

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### **This has** become mynew family...



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October 15, 2015

### "PEER Wellness Centersavedmy life...."

#### To Mhow The May Colomb

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10/10/2415

"I truly don't know what I would do without this place..."

## Contact us:

## PEER Wellness Center

7091 W Emerald Street - Boise, Idaho 83704

208 991 3681

joinus@peerwellnesscenter.org

www.peerwellnesscenter.org



www.peerwellnesscenter.org

## Contact us:

## The ROC

106 E Park Street - Suite 227 McCall, ID 83638

208 278 7977

joinus@theroc.center

www.theroc.center



A SATELLITE RECOVERY CENTER OF



## FREE CEU IN-PERSON TRAINING

## SPEAKER : **KENT CORSO PSYD, BCBA-D**

### **Community Advanced Suicide Intervention** & Management

Open to first responders, medical personnel, school district employees, pastors, and ALL community partners.

- Adopt language for suicidality that is respectful and non-judgmental.
- Assist patients with suicidal symptoms in a collaborative, empowering way, anchored in their values and priorities.
- Assess suicide risk in 10 minutes or less.
- Discuss with patients ambivalence and reasons for living.
- Collaboratively devise a crisis response plan that may reduce suicide attempts by 76%.
- Provide brief interventions to de-activate the suicidal mode.

This training is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,200,000. It is 100% funded by HRSA/HHS and 0% percentage funded by non-government sources.



Dr. Kent A. Corso is a licensed clinical psychologist and board-certified behavior analyst. He has researched, developed and trained others to implement evidence-based methods of suicide prevention and intervention nationally and internationally.



AUG. 14TH, 2023 8AM-3PM MT



Vendome Event Center 309 State Street, Weiser, ID 83672



Breakfast & lunch will be provided



Questions? Please reach out to Kim Burgess at 208-549-4412 kburgess@weiserhospital.org

### **Register Now**



https://hub.c-who.org/offers/7egGoasV

Youth Behavioral Health Community Crisis Centers

(YBHCCCs)

Youth Behavioral Health Community Crisis Centers

## Background

- Spring 2022: IDJC received legislative funding
- December 2022: Grants awarded by IDJC to 4 organizations
- June 2023: IDHW-DBH established contracts with the 4 grant awardees

What is a Youth Behavioral Health Community Crisis Center (YBHCCC)?

- GOAL: Help youth experiencing a behavioral health crisis return to their home and transition to outpatient supports, reduce strain on families, and prevent longer-term out-of-home placements
- SAMHSA's National Guidelines for Child and Youth Behavioral Health Crisis Care

SAMHSA's National Guidelines for Child and Youth Behavioral Health Crisis Care: **Best** Practices

- Accept all referrals
- Focus on medical stability
- Provide a pathway for higher level of care
- Services should address MH and SUD
- Multidisciplinary team
- Drop-off area for first responders
- Coordination of care
- Real-time regional bed registry

## SAMHSA's National Guidelines for Child and Youth Behavioral Health Crisis Care: **Core Principles**

- 1. Addressing Recovery Needs
- 2. Significant Role of Peers
- 3. Trauma-informed Care
- 4. Zero Suicide/Suicide Safer Care
- 5. Safety/Security Staff for People in Crisis
- 6. Crisis Response Partnerships with Law Enforcement, Dispatch and Emergency Medical Services (EMS)

## What happens at a YBHCCC?

- Facility operated 24/7/365
- Currently serving ages 12-17, age will expand to 5-17 after the first year of operation
- Stay up to 23 hours and 59 minutes
- Admission is voluntary
- Services are provided to stabilize and deescalate youth
  - Medical screening
  - Rapid stabilization
  - Assessments
  - Crisis intervention services
  - Community based referrals

## **Tools and Screenings**

**Medical Screening** 

- Purpose: Determine current medical needs, level of care, and capture health history
- Crisis Assessment Tool (CAT)
  - Decision support and communication tool for rapid and consistent communication of the needs
  - CAT is based on a subset of items from the Child and Adolescent Needs and Strengths (CANS) tool

### Services Provided

#### Acute Stabilization

- Crisis management
- Resting areas for the youth
- Individual, group, and family counseling

#### • Plan of Care

- Family engagement and education
- Case management/care coordination warm handoff to community providers
- Medication storage and administration

#### Service Planning

- Relapse prevention
- Aftercare planning
- Referral services

## Idaho Falls - Rise Up -

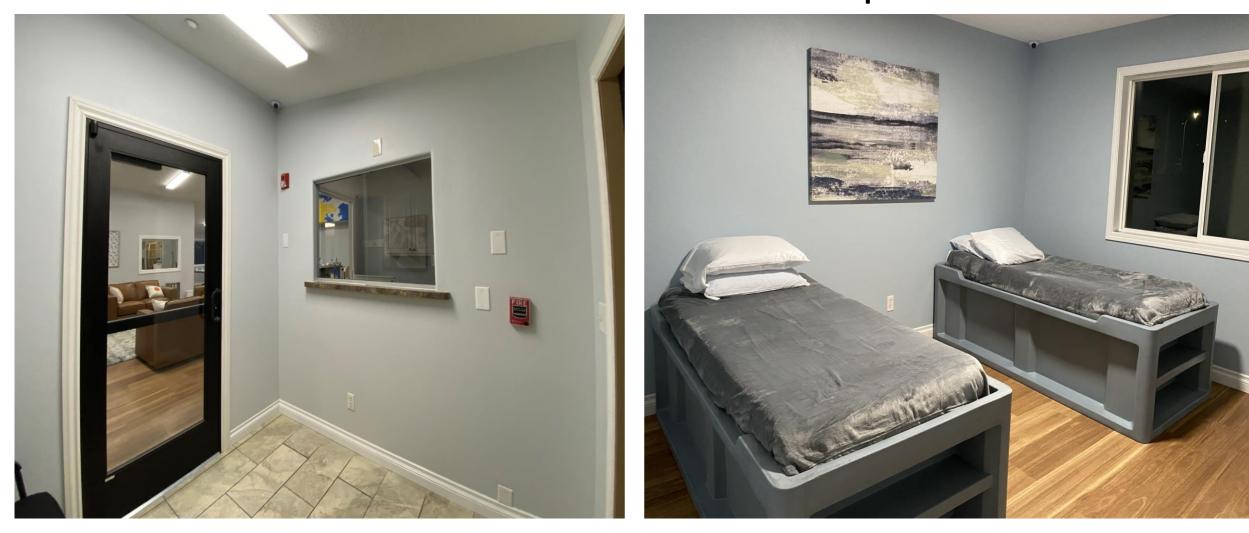
#### Opened June 15, 2023

1140 Science Center Dr. Idaho Falls, ID 83403

208-826-0994



# Idaho Falls-Rise Up



## Idaho Falls-Rise Up



Twin Falls -ProActive Youth and Family Support Center

Opening: August 1, 2023 Address: 264 Main Ave. South Twin Falls, ID 83301 Phone: 208-969-9841



## Twin Falls-ProActive Youth and Family Support Center



### Coming Soon ...

#### Boise

- Pathways Youth Community Support Center
- Opening: Mid-October 2023

#### Nampa

- Western Idaho Youth Center
- Opening January 2024

# Frequently Asked Questions

- Does my youth need a referral to be accepted to the YBHCCC?
- Is insurance accepted or required?
- Does a parent/guardian need to be present at entry?
- What happens if my youth becomes aggressive at the center?
- Are runaway youth accepted?
- Do I have to stay with my youth?
- What if my youth won't go to the Youth Crisis Center?

# Frequently Asked Questions Cont.

- What supports are available to parent/guardians?
- How are discharges handled?
- Is transportation provided?
- Will the CAT be electronically stored in ICANS?
- Can medication be prescribed at the Youth Crisis Center?

### Questions?

- Michelle Schildhauer, LCPC
  - Program Specialist, Idaho Department of Health and Welfare, Division of Behavioral Health
- 208-334-6967
- Michelle.Schildhauer@dhw.Idaho.gov

## VALLEY COUNTY OVERDOSE PREVENTION & RESPONSE TRAINING



### **TRAINING OBJECTIVES**

- Prevent, recognize & respond to an overdose
- Rescue breaths and recovery position demonstration
- Increase knowledge of overdose risk factors
- Inform on emerging drug trends including xylazine

### WHEN

Wednesday, August 16, 2023 4:30 pm – 6:00 pm

### WHERE

Idaho First Bank 475 E Deinhard Ln, McCall

Certificates of Participation will be emailed to attendees after the submission of online evaluation.

### **RSVP <u>HERE</u> TODAY!**

Scan QR Code or Visit: https://forms.office.com/r/pvyF9LcQYJ Questions? : DOPP@cdh.idaho.gov



Free Overdose and Rx Safety Supplies (While supplies last) For more information: cdh.idaho.gov/hl-rx-drugs.php



This publication was supported by the Grant or Cooperative Agreement Number, 1 NU17CE925017-01-00, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the presenters and do not necessarily represent the official views of the Centers for Disease Control. [CDH] [7/2023]