

Regional Behavioral Health Board Answers

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: Brenda Willson, Chair

Region: 4

Contact Email: bwillson@fyidaho.org

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

Youth Behavioral Health Sub-Committee

Chair: Alicia Baptiste

Contact Information: Alicia.Baptiste@idjc.idaho.gov 208-577-5443

Recovery-Wellness Sub-Committee: Danielle Fanopoulos

Contact Information: dfanopoulos@northpointrecovery.com 208-954-6626

Marketing Sub-Committee

Chair: Brenda Willson

Contact Information: bwillson@fyidaho.org 208-433-8845

Please list your region's top three goals from last year:

1. Strong Board membership, empowerment and participation
2. Board Sub-Committees filled and active
3. Provide necessary resources to Region 4 Behavioral Health Community

Please list the top 3 action items for these goals from last year:

1. Strong Board membership, empowerment and participation
 - Launch ongoing board development and engagement opportunities (governance, advocacy, behavioral health landscape, etc.).
 - Create a board engagement document to track attendance, committee involvement, and fundraising/advocacy contributions.
 - Implement structured board feedback and evaluation processes to strengthen empowerment and ownership.

2. Board Sub-Committees filled and active
 - Establish clear roles, responsibilities, and meeting cadence for each sub-committee.
 - Develop a yearly work plan with milestones aligned to organizational priorities.
 - Provide regular reports/updates from the subcommittee to the full board for accountability and transparency.
3. Provide necessary resources to Region 4 Behavioral Health Community
 - Conduct a needs assessment with regional partners to identify gaps in behavioral health resources.
 - Develop and share a resource hub or toolkit (online or in print) to connect providers, schools, and families.
 - Participate in quarterly convenings or webinars to disseminate best practices, training, and peer learning opportunities.

Please provide short answer on your success or outcome from last year's goals. If not, explain why.

1. Strong Board membership, empowerment and participation

Board members engaged in training and development opportunities during meetings, increasing participation, leadership confidence, and contributions toward awareness and advocacy within Region 4. R4BHB members' active involvement has led to more thoughtful decision-making and stronger ownership of board goals. The board now plays a more visible role in outreach and community engagement efforts.

2. Board Sub-Committees filled and active

Dedicated sub-committees were successfully established with clear roles and consistent meetings, resulting in stronger oversight and timely progress on board initiatives. Members contributed actively to create missions, visions and goals, planning, and recommendations. This structure provided accountability and helped align board work more closely with R4BHB's strategic priorities.

3. Provide necessary resources to Region 4 Behavioral Health Community

Through needs assessments, toolkits, and community convenings, regional partners gained greater access to information, support, and collaborative learning opportunities, strengthening the behavioral health network across Region 4.

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

Through collaboration with board members and their personal and professional networks, R4BHB actively engaged in community activities, conferences, and strategic outreach efforts to share information, support, and resources across participating regions. In addition, the board successfully invited community partners to meetings, providing opportunities for them to present their programs, highlight specific needs, and identify ways the board, both collectively and through members' individual sectors, professions, and lived experiences can contribute to strengthening communities.

Examples include but are not limited to:

- NAMI
- West Ada and Boise School District
- Valor Health Care
- Cascade Community Health providers
- MADC
- The Bridge
- Crisis Centers
- Mobile Crisis
- Juvenile Justice
- School Nurse Conference

Please list your region's top 3 greatest gaps and needs in behavioral health for the current year.

1. Services and Resources

- Number and availability of providers, Facility Capacity, Continuum of Care
- Stable Housing
- Transportation

2. Understanding of how to access behavioral health services

- There is a lack of consistency throughout our region of how services can be accessed. Lacking alignment in communication of what is required, how to access, what is needed to qualify, etc.
- Affordability and lack of financial support cause roadblocks to accessing high level care.

3. Behavioral Health Prevention and Education

- Youth
- Transitioning youth into adulthood
- Underserved populations

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

Access to mental health services in Region 4 has seen modest improvement, though challenges remain. A few new programs have been introduced in the Treasure Valley, expanding support options for community members and increasing awareness of available resources. These additions represent positive steps toward meeting the needs of families and individuals seeking behavioral health support.

However, overall gains have been incremental. Many residents still face barriers such as long wait times, limited provider availability, and gaps in specialized services. While progress is being made, particularly through new partnerships and program development, continued investment and collaboration are necessary to ensure access keeps pace with the growing needs of the community.

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 services in Region 4 has shown some improvement, though overall progress remains uneven. In recent years, additional outpatient programs, peer recovery supports, and community-based initiatives have been established, offering new pathways for individuals seeking help.

At the same time, access challenges persist. Many communities continue to experience provider shortages, especially for inpatient and detox services. Wait times for specialized treatment can be long, and rural areas within Region 4 face significant gaps in local availability, forcing residents to travel for care.

Overall, access is gradually improving, with targeted investments and new programs making a difference, but substantial work is still needed to ensure equitable and timely care for all individuals and families affected by substance use disorders.

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 mental health services is essential for building healthy, resilient communities. In our region, these services provide critical support for individuals and families, reduce long-term crises, and strengthen the foundation for overall community well-being.

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	9
Anti-Stigma education	13
Suicide Prevention Resources	12

Children/Adolescents Mental Healthcare	7
Veteran's Mental Healthcare	8
Caregiver supports (including education, training, emotional support, respite care, etc.)	5
Peer supports (including education, training, emotional support, etc.)	6
Substance use disorder treatment centers	3
Crisis Intervention Team (CIT) training for law enforcement officers	11
Mental Health Court	10
Other: Access to resources	4

If you chose "other", please provide more information: