



Executive Committee Region 4 Behavioral Health Board

March 7, 2019 9:00-10:30am

Central District Health Department, Syringa Room

707 N Armstrong Place, Boise

Call in number 321-2337

Meeting called to order at 9:02am

In attendance: Amy Korb, Vice-Chair; Rebecca Travis, Secretary; Jennifer Burlage, Treasurer; Carly Doud, CDHD; Caroline Messerschmidt, CDHD

In attendance by phone: Kim Keys, Chair

Absent: Chris Christopher, Member-at-Large

Attendance Review: Elisha had her third absence. She was planning on calling into the February meeting at 12:00 however we didn't hear her call in and the meeting ended at 12:13pm. Chris also had his third absence and Fred had his fifth. Kyle Davis had his fifth absence because of his work schedule, but stated he is talking to his peers to see if someone else may be a representative from the healthcare system.

Action item:

- *Rebecca to follow up with Elisha, Fred, and Chris.*

Meet & Greet Survey: Carly showed the executive committee the results of the feedback survey that was sent out to all attendees. There was a lot of positive feedback, as well as some suggestions of how to improve for next year. The results of this survey will be saved and revisited for the 2020 Meet & Greet. Some suggestions that respondents gave included diversifying the panel, pre-printed name tags for those that RSVP'd, and improved parking. One respondent offered to use Boise State as a venue. Although we are very appreciative of this offer, it is important to have the location close to the capitol for the legislators.

The executive committee also discussed doing a dinner for next year's event however in order to do this, some of the planning needs to begin now, as the legislators' calendars start filling up a year in advance. Collaborating with other Behavioral Health Boards was also discussed.

Action items:

- *Kim to send an email to Terri about getting on the legislators' calendar for next year so we can start planning*
- *Carly to email the representative from Boise State thank him or her for the offer*

Budget: Carly presented the budget to the executive committee. We are currently under budget for this fiscal year. As Alexis has phased out of her role and it is now just Carly working with the Board, the personnel time has been streamlined. Other Boards don't have the same level of support from the health districts as ours does, and they are able to do other things with their money such as give out grants. This is something that the EC and Board can look into in the next fiscal year. This current budget doesn't provide a projection, which would help us determine how we can spend our money. Jen will present the budget to the Board at next week's meeting.

Action item:

- *Carly to look into getting a budget projection for the rest of this fiscal year and next fiscal year.*

BHB State Call: Carly and Jen participated in the BHB State Leadership Call on February 28th. Mental Health Awareness month is coming up in May. The Board will nominate someone from the community that works in mental health and this year's focus will be on suicide prevention. Jody from Optum presented on the call and she stated that they will be building on last year's Mental Health Awareness month. They will be starting a social media campaign that will focus on the hashtags #stigmafree and #mymentalhealthidaho. Optum will be partnering with NAMI for this campaign and would like to work with the regional Behavioral Health Boards. Jody offered to meet with the BHBs and the executive committee agreed it would be good to invite her to this month's meeting if she is able to attend.

Carly asked for clarification regarding the SPC bylaws during the state call. It again was stated that the SPC is going through a state of transition as the new chair has only been in her position for a few months, so there is still some confusion. They stated it would help if a representative from each Board attended the SPC meetings twice a year, however this is a two-day commitment for each meeting. The executive committee agreed that it may be easier to have someone from the SPC attend the Behavioral Health Board meetings as it is only two hours and they have the ability to call in. This is something that Kim stated she will bring up during March's call.

Action Items:

- *Carly to invite Jody from Optum to present at March's BHB meeting*
- *Kim to follow up with the SPC questions during the next State BHB Leadership Call*

Partnership for Success: Caroline updated the executive committee on what she has been working on for the grant. She formed a subcommittee made up of Alicia Baptiste, Amanda Leader, and Christy Sofaly. Mechelle Wilson would like to be on the subcommittee but due to time constraints she won't be able to be a part of it until next year. Caroline stated that she has \$220,000 to spend before June, and her action plan is due at the end of March. Next year she will have less to spend as part of the grant money will go to her salary.

One focus for this year will be on a media campaign, which will cost about \$60,000. Caroline will be partnering with Southwest District Health for this as a lot of the media covers both districts. They will be purchasing material for billboards and scoreboards where you will be able to see the messaging. Caroline met with the media company who stated this is geared toward middle income, and but she would like to target other populations.

One required deliverable is the Drug Impairment Training for Education Professionals. One training needs to be completed by June. Mountain Home and Boise are interested in hosting a training, however Mountain Home would like it done in August. The only cost of this program would be to provide an

incentive for teachers to attend. Kim suggested taping the training so that it can create longevity past the five-year grant. Caroline stated she will look into this. The Strengthening Families program is another required deliverable. It will cost about \$10,000 to train the facilitators and Caroline is looking at doing this the second week of June. Both Valley County and Idaho City stated they would be able to find someone to attend the training. Caroline is required to train two facilitators every year, but she anticipates more will be interested. Any community person can be trained to become a facilitator (they do not need to be a social worker, teacher etc.), they just need a desire to help families.

Some other ideas that Caroline has brainstormed to spend the \$220,000 is to buy thousands of Detera Packets. The packets are used to make prescription drugs inert, and they never go bad. Her idea is to purchase a lot of these packets now, and use them over the next five years. Idaho City would also like to expand their activity bus from two days to four days a week. This program provides a bus that takes kids home from their activities. Valley County has expressed interest in something like this as well, and this is something Caroline could use the grant money to fund. Mountain Home is building a skate park that the grant will be able to pay for lighting for, and McCall has asked for cameras at their skate park. Another idea is to support the teen club at the Boys & Girls club. Kuna used to have a junior high club but lost funding for this program.

LAUNCH Grant: Carly updated the executive committee that we will not be applying for Project LAUNCH, the grant opportunity she forwarded to them a couple weeks ago. The grant has a provider requirement that both Region 3 and Region 4 don't meet, so the decision was made to not apply.

Cottonwood Creek Behavioral Health Hospital: Carly let the Executive Committee know that Matt Johansen, a staff therapist from Cottonwood Creek Behavioral Health Hospital would like to attend one of our meetings to introduce themselves as a new facility in the area. The EC agreed that it would be great to have him present at the April meeting.

Action item:

- *Carly to invite Matt to present at the April Board meeting.*

R4BHB Meeting Agenda Reviews: The March and April R4BHB Meeting Agendas were reviewed and updated. The April meeting will be from 2:00 – 4:00pm with a Social Hour after at Edge Brewing. We will keep May as the legislative meeting and the bulk of the April EC meeting will be focused on planning the May BHB meeting.

Meeting adjourned at 10:33am