

**RBHB Recovery & Wellness Subcommittee**  
**January 25, 2021 Meeting Notes**

Meeting called to order 2:07pm

**Attending:**

Monica Forbes (Peer Wellness Center/RBHB), Starr Shepard (BPA), Jessica Tolman (Ada County Juvenile Court), Danielle Fanopoulos (Northpointe Recovery/RBHB), Lindsay Brown (Peer Recovery Supports of Idaho), Mike Ross (Lived Experience), Michael Copenhaver (Peer Wellness Center), Becca Lee (Peer Wellness Center), Todd Stevens (Boise VAMC), Russell Spearman (ISU-Meridian)

Cristina Perez not in attendance, Monica to share information on her behalf.

Michael asked attendees to do roundtable introductions

**Agenda Items:**

Monica discussed diversity of the group and the need for information gathering within the group to discern what specifically organizations do for suicide prevention, SUDS, recovery/treatment. Will allow subcommittee to compile information to look for gaps & duplications. Surveys to be returned no later than February 8, 2021.

Monica discussed the goal of the group and potential projects. Resources gathering and sharing is the primary goal for the group, however, other groups may already be doing this. Existing resources include Optum, 211, Aunt Bertha, Self-Help Manual, Corizon, etc. These resource lists may have gaps.

It was initially thought that another group related to CDH was going to take this on, however, further information has been shared that this is not the case. Monica proposes to the group that R&W take this task on as a group.

Mike agreed that this would be a great project, however, shared concern about who would do the upkeep long-term maintenance. Mike also expressed concern about marketing.

Becca suggested that we use a neutral organization to house these resources rather than start from scratch. She stated that our group discuss with providers and ask them to register so their resources are known.

Monica asked Starr if COVID-19 hotline worked with 2-1-1 or how they got info out. Starr shared that people who call the hotline are given resources by CCCRS or they will be sent to 2-1-1.

Monica states that 2-1-1 and Optum are statewide organizations, but this group is focused on Region 4.

Becca suggested that if we do this in our Region, that other regions might want to join.

Monica stated challenges; funding, hosting of site, maintenance.

Monica shared that she is concerned about the size of the task and potential barriers; however, it is important to make sure both consumers and providers know about this.

Mike stated that he would be happy to do much of the legwork to organize framework

Monica asked if CDH RBHB could host the site, Mike added that he thought a standalone website/name would be potentially more neutral.

Danielle added that if there was its own standalone website forms could be added for resources to add their information. Michael agreed.

Monica asked if there were any objections to build this project.

Todd clarified whether this is meant to be for acute or chronic. Concerned that people may feel overwhelmed if the guide is too large. Also mentioned rural nature of our Region.

Mike suggests adding filters for more chronic conditions and making a disclaimer for acute situations to suggest 911 or other crisis hotline.

Mike asked members to start sending him resources that they know of. Monica suggests we start with agencies already part of the R & W group and build it out from there. Mike will create a google form to share with the group.

Todd mentioned Mitzi, chair of Joining Forces for Treasure Valley Veterans.

Monica shared about the Recovery Rally in September and asked volunteers to help run a steering committee to plan this event. Still unknown whether or not large in-person events will be able to happen by September, but this group will look to other groups and plan ahead to make sure the event is COVID safe.

Danielle, Mike & Lindsay volunteered to be on the steering committee. Starr tentatively to join later. Todd to find someone from VA to participate, Dawn Colwell (MHAFB) (TBD) Becca confirmed which days might be best for steering committee meetings.

Becca mentioned logistics and needing to reserve the park ASAP. She will take care of this.

Monica stated that she would like to see lots of representation and diversity in organizations. If anybody on this call knows of anybody else interested, please share with the group.

#### **Announcements:**

All PWC Support Groups available now online.

Meridian PD will be making changes to MH Crises response. They plan to hire civilian therapists rather than have PD respond.

Starr announced that ILP would be training for Suicide Attempt Survivor support groups. She was hoping that we might be able to help network for this training. Training will be in spring and support groups to be implemented fall.

Peer Wellness Center hiring for both Ada & Valley counties.

No further discussion or updates.

Meeting adjourned at 3:04pm