

Agenda Region 4 Behavioral Health Board  
Recovery and Wellness Subcommittee  
March 15 2021

- I. Call to order- Monica 2:06 pm
- II. Roll Call- Jessica Tolman - Ada County Juvenile Court, Michelle Tassinari, Boise State University, Scott Jones - The Phoenix, Starr Shepard, BPA Health and Idaho Lives Project Regional Case Management Program, Danielle Fanopoulos - Northpoint Recovery, Todd Stevens - Boise VA Medical Center, Suicide Prevention Program, Deborah Dawn Colwell - Mountain Home AFB and NewFound Counseling (private practice), Monica Forbes - Region IV Behavioral Health Board Vice-Chair, Rebecca Lee Director Peer Wellness Center, Lindsay Brown Lead Recovery Coach Peer Recovery Supports of Idaho, Chris Mecham The Phoenix.
- III. Old business
  - a. Suicide prevention update- Cristina Perez not in attendance. Lindsay gave update from the email Cristina sent and put link in chat for the group to fill out for the Region 4 Suicide Prevention Plan.
- IV. New business
  - a. Introduce new co-chair of the committee Lindsay Brown
  - b. The 3 R's of this committee
    - i. Rural outreach: telehealth and peer support in Elmore County what does that look like. How to access services-telehealth and in person services (Deborah). CEU's and education for communities (Danielle). Trend at BSU 2<sup>nd</sup> year students struggling the most, Idaho resident students. What does it mean to get counseling? How to access services and insurance. How to navigate services (Michelle). What are the options for types of treatment and where to go (Danielle). Bringing in ECHO Idaho to the table? (Monica). Open enrollment for Your Health Idaho is going on during the month of March for uninsured Idahoans (Deborah). Mountain Home long waiting lists with community health partners. Private practitioners getting on insurance board is a barrier and creates longer wait times (Deborah).
    - ii. Re-Entry: Michael unable to attend to share on this, but will update at next month's meeting.
    - iii. Recovery Awareness: National Drug Take Back Day April 24<sup>th</sup>. Peer Wellness Center will be a participating location. Sharps disposal will also be available at JUST THIS LOCATION (Becca and Lindsay) International Drug Overdose Awareness Day is coming up on 8/31, committee will be starting up again soon to start planning an event for this (Lindsay). Prominent people to wear purple on IOAD and have purple lights at our agencies (Danielle and Michelle). Shoes on the capital steps, cover capital steps in purple, candlelight vigil and people sharing their stories, Covid restrictions to keep in mind (Chris). RISEFort goal is sober awareness at TreeFort and scheduled last weekend in September (Scott).
- V. Recovery Rally Committee Report- Rebecca Lee
  - a. September 4 2021 is locked in date. Boise Pavilion right across from the tennis courts. Start at Capital Steps and march into the park location.
  - b. Beginning to put the committee together, will meet on Fridays in person and via Zoom. If you would like to be on this committee or know someone who would, please email Rebecca.

- VI. Wrap up/ Next steps
  - a. Next committee meeting April 19, 2021 at 2pm- 3:30pm MST via Zoom and in person at: 7091 Emerald St. Boise ID 83704
  - b. Request from behavioral board information regarding the current resource manuals and one that are being created. MONICA
  - c. Request Needs and Gaps Assessment from Tami Cierol, R4BHB. MONICA
  - d. Send out last year's Needs and Gaps report. LINDSAY
  - e. Send out information on National Drug Take Back Day to committee members. LINDSAY
- VII. Adjournment Lindsay adjourned meeting at 3:11pm.

Zoom Link Information:

Join Zoom Meeting

<https://zoom.us/j/95698598172?pwd=cFA0YUJTaCtnOTg4ZFY4TktQeDZsdz09>

Meeting ID: 956 9859 8172

Passcode: 138296

One tap mobile

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