

Agenda Region 4 Behavioral Health Board
Recovery and Wellness Subcommittee
May 17, 2021

- I. Call to order
- II. Roll Call- Todd Stevens - Boise VA Med Center Matt Heuring Ada County Juvenile Probation, Tami Cirerol - Central District Health, Danielle Kroeger - Day One Program - Peer Wellness Center, Jada Haney and Kevin Daugherty- The ROC, Danielle Fanopoulos, Northpoint Recovery and Region 4 Behavioral Health Board, Anna Guida Empower Idaho, Rebecca Lee Peer Wellness Center and co-chair, Lindsay Brown Peer Recovery Supports of Idaho and Co-Chair
- III. Old business
 - a. Recovery Awareness
 - i. RISEFort (Scott)- tabled for now, Scott not in attendance
 - ii. International Overdose Awareness Day (Lindsay)- in person event at the Capital Steps on Tuesday Aug. 31 2021 from 6pm-9pm.
 - iii. Recovery Rally (Becca)- event at Julia Davis park no march or rally at the capital this year. 5/28 next meeting via Zoom or in person at Peer Wellness (Becca.lee@peerwellnesscenter.org)
- IV. New business
 - a. Needs and Gaps Report (Tami)
 - i. Need to improve community support and education for community recovery and wellness programs.
 - ii. Reduce community stigma- connecting to ECHO Idaho for statewide outreach (Lindsay) having more community events, getting programs/companies involved in all different aspects of community events (Danielle F)
 - iii. Create a model that would allow them to be reimbursed for RSS through Idaho Behavioral Health Plan
 - iv. Identify and support coordination of services to minimize opioid epidemic- how can we share resources with each other?
 - b. Rural Outreach:
 - i. Northpoint is working on a project for rural areas. Is making gift bags and would take any pamphlets or materials for distribution with Northpoint gift bags (Danielle F)
 - c. Re-Entry:
 - i. Day One (Danielle K)- developed in the past 5 years. Has just been funded by IDOC to provide services for returning citizens to engage in wrap around services the day they are released from incarceration. PNP check in, housing, food, clothing, transportation vouchers, cell phones when applicable. Transportation provided throughout "day one". Connected to recovery coaches through Peer Wellness Center. Warm handoff program. Housing appears to be the biggest obstacles on these Day One's.
 - d. Recovery Awareness:
 - i. Free Health Screenings at Peer provided by CDH (Lindsay)- Cardiovascular/diabetes screenings will be offered for free at PEER and The ROC by health professional volunteers. These screenings are made up of 4 simple tests, and we will be offering referrals to medical care and other community

resources to ensure wrap-around services. It's a great way for people to get themselves checked for free and see where they're at when it comes to heart health. For additional information, please contact Cristina Perez at cperez@cdh.idaho.gov. Next dates at Peer will be 5/26 & 5/27 12pm-4pm

- ii. June is PTSD Awareness Month- As the suicide prevention coordinator in Region 4, I would love to collaborate and ensure that behavior health & suicide prevention are present at these events. (Lindsay) Possibly a BBQ at the end of the month, collecting donations for an organization, creating a hashtag, dollars for exercises (Becca and Danielle F) Lindsay and Danielle K will work to put together a fundraiser event to raise money for a local non-profit that work in the PTSD arena. The fundraiser will be every dollar donated equates to an exercise or fun activity to match (i.e. donate \$25 and Lindsay and Danielle will do 25 burpees).
 - iii. September 10-12 Boise Pride Festival - As the suicide prevention coordinator in Region 4, I would love to collaborate and ensure that behavior health & suicide prevention are present at these events. (Lindsay) Anna will reach out to event organizers to see about getting involved with this event and coordinate with Lindsay on ways BH providers can get involved.
 - iv. Suicide Prevention Webinar (David) [Suicide Prevention Webinar](#) - tabled
- V. Wrap Up/ Next Steps
- a. Next committee meeting May 17, 2021 at 2pm- 3:30pm MST via Zoom and in person at: 7091 W. Emerald St. Boise ID 83704 Please let us know in advance if you plan on attending in person so we can make proper accommodations (lindsay@peerrecoverysupports.com or Becca.lee@peerwellnesscenter.org)
- VI. Adjournment

Zoom Link Information:

Join Zoom Meeting

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

Meeting ID: 956 9859 8172

Passcode: 138296

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