

Recovery & Wellness Sub-Committee



Committee Focus Areas:

- Recovery Supports
- Rural Areas
- Re-entry Supports

Welcome!

Please join us on Wednesday, 9/12/18, from 1:00pm-2:30pm for our new Region IV BHB – Recovery & Wellness Subcommittee meeting.

Location: 5371 W Franklin Road - Boise

Agenda:

Welcome to new members!

- I. Regroup of Subcommittee's priorities and goals.
- II. Review of Needs and Gaps Analysis
- III. Strategic Planning and Brainstorming Session
- IV. Committee Development and Recruitment
- V. Task Assignment

Wednesday, September 12th, 2018

1:00pm-2:30pm

5371 W Franklin Road - Boise

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Present: Lindsay Brown, Rebecca Lee, Monica Forbes

1:00pm Call to order.

I. Regroup of Subcommittee's priorities and goals.

Discussion: Recovery Rally was held on 9/3/18 and was a success. We had media attention and attendance was well over 500.

*Ashwood/Northpoint Recovery would like to collaborate with PEER Wellness Center, Phoenix Multisport and Brickhouse Recovery to have another Recovery Month event - perhaps later in the month? Many people did not participate due to the rally being held on a Holiday. Thoughts? Monica will reach out.

II. Review of Needs & Gaps Analysis

We emailed the areas for improvement that we had identified and submitted to Amy Kolb last month.

III. Strategic Planning and Brainstorming Session

A. Jason Coombs was unable to attend today's meeting but sent information on a project that he is involved with that includes an interactive app, a secure video platform and other tools for supporting recovery. Program is still in development but has the potential to facilitate a cost effective means of providing recovery support services in a cost-effective way to our underserved rural areas.

B. Lindsay shared that when visiting Valley County, there were only 4 support groups available and that most s at 7:00am. (This is not usually conducive to "being on vacation" - but support groups are a huge part of most individual's recovery.) What can we do to improve access to and availability of recovery support services in our rural areas??

IV. Committee Development & Recruitment

Discussion: We need to schedule a brainstorming/strategic planning meeting but would like to recruit more committee members in order for it to be effective.

We will give more advance notice of our next meeting, and make sure that it is sent out to every listserve that we have at our disposal.

V. Request for reimbursement for BBQ at Boise's 4th Annual Recovery Rally from Region IV BHB.

A vote was taken to utilize the \$500 available to this committee to reimburse PEER Wellness Center for the cost of the BBQ at Boise's 4th Annual Recovery Rally. 3 yes - 0 no. Monica will submit a reimbursement request.

VI. New Business:

Lindsay brought up that Ignite 208 has been canceling their sober activities and this month's recovery rally. There is big need for fun social activities for individuals in recovery. We have heard that the organizers of Ignite 208 may be taking a year off.

How can this committee help support pulling individuals together and getting some sober activities organized within the community?

1. Reach out to The Phoenix and see if we can collaborate on creating social activities? Maybe WACYPA? Include fliers to treatment providers for participants to help organize?

Lindsay, Becca and Monica will all reach out and try to set up a conference.

Next committee meeting scheduled for October 3, 2018.