

Region 4 BHB Recovery & Wellness Subcommittee

Meeting Minutes

2/16/2021

I. Call to order

Monica Forbes called to order the regular meeting of the Region 4 BHB Recovery & Wellness Subcommittee at 2:00 PM on 2/16/21 at Via Zoom.

II. Roll call

Present: Monica Forbes, Andrea Gueri, Starr Shepard, Lyle Nelson, Todd Stevens, Anna Guida, Christina Perez, Lael, Lindsay Brown

III. Outline of Committee

We are a subcommittee of the Region 4 Idaho Health Board, with a focus on the 3 R's regarding behavioral health. The 3 R's are as follows, Rural Outreach, Re-entry support and services, and Recovery Awareness. Our goal is to increase community collaboration in these three areas.

IV. Discussion

- A. Regional Suicide Prevention Plan – Christina Perez
 - a. Christina shared a Google Sheet that she has created and will share the link with the committee for contribution to the Regional Suicide Prevention Plan. Suggested adding a timeline column for each priority area under each goal. Will request that committee members contribute to Google Sheet by 3/9/21.
- B. Committee Partner Survey
 - a. The Committee partner survey was sent out 3 weeks ago. Only 5 agencies have replied so far. Christina will send out a gentle reminder to committee members to please complete the survey – which takes about 5 minutes – so that we all know about the amazing work that each of our agencies are doing.
- C. Resource List discussion
 - a. Discussion regarding last meeting's idea on whether or not this committee has the capacity or infrastructure to develop a comprehensive and updated resource list that makes finding resources easier for end users. Discussion regarding existing resource lists by Optum (livewellidaho.org), Google map of resources being worked on at Central District Health, Aunt Bertha – which is now findhelp.org, 2-1-1 and the resource list that ECHO Idaho/ISU is comprising. Will wait for absent committee member's input before making a final decision – but the general discussion and agreement of present

committee members is that we need to be aware of existing efforts and avoid recreating the wheel. It is better to combine existing efforts and avoid duplication of services. Lyle will connect St Lukes "Health Data Exchange" manager to Christina and Monica.

Discussion will be continued at next Committee meeting.

- D. QPR training (Question, Persuade, Refer) for suicide prevention
 - a. Idaho Live Now has purchased a large quantity of seats for this training. A link was shared that was designed for school district employees to sign up for. Andrea will check with her agency to see if this training is open to the public.
 - b. BPA is working on creating a suicide survivor support group and is seeking input from committee members. Please contact Starr Shepard.

V. **Adjournment**

Monica Forbes adjourned the meeting at 2:55 PM. **Next Meeting:** March 15, 2021 at 2pm via Zoom and in person at: 7091 W Emerald Street – Boise, ID 83704

Minutes submitted by: **Monica Forbes**

Minutes approved by: