

Agenda Region 4 Behavioral Health Board
Recovery and Wellness Subcommittee
April 19, 2021

- I. Call to order- Lindsay 2:05pm
- II. Roll Call- Anna Guida - Project Manager of Empower Idaho; Deborah Dawn Colwell, LPC Military and Family Life Counselor @ Mountain Home AFB; Rebecca Lee- Peer Wellness Center; Danielle Fanopoulos, Northpoint recovery, region 4 sud provider; Matt Heuring - Ada County Juvenile Court/Probation; Lindsay Brown- Peer Recovery Supports of Idaho; Cristina Perez CDH
- III. Old business
 - a. Request from board for current resource manuals (Monica)- have not reached anything back yet from Tami on this. Subcommittee has talked about doing an online rolodex for resources. Monica will follow up with Tami about this. Dawn will take this on going forward for region 4 resources. Tami is still working on Region 4 resource manual.
 - b. Recovery Awareness
 - i. Drug Take Back Day (Lindsay) – Saturday August 24 from 10am-2pm. Peer Wellness is hosting event with Idaho Harm Reduction Project and Bikes and Beans. Overdose kits will be available as well as Deterra kits and sharps disposal. To find more locations throughout the state please go visit <https://takebackday.dea.gov/>
 - ii. International Overdose Awareness Day 8/31/21 (Lindsay) – committee has begun meeting for planning an in person event per Covid guidelines(please email Lindsay at lindsay@peerrecoverysupports.com if you would like to join)
 - iii. RISEFort (Scott)- no update
 - c. Suicide Prevention Plan (Cristina)- will send an email for the plan that has been created to present efforts for prevention, trainings, resources, integrating into healthcare, would like any and all p[articipation from the committee to be inclusive and comprehensive. Would love any and all feedback. Flyers to avoid accidental and intentional overdoses in coordination with DOPP and Partnerships for Success.
- IV. New business
 - a. Needs and Gaps Report
 - i. Tabled for now. Need more time to review the report.
 - b. Rural Outreach:
 - i. Satellite location in McCall- The ROC is getting ready to partner with The Phoenix to provide digital support to rural areas. KRCC is always working towards creating a partnership with The Phoenix for digital support. (Becca) Ashwood offers virtual services at this time. Working on getting Northpoint services connected to this as well. Create a flyer of telehealth options? (Danielle) A Body Mind Health is exclusively doing telehealth. Get Healthy Idaho survey looking to connect with Elmore County residents? (Dawn) Peer Support Connections Conference is doing 3 conferences for RC, PSS, FSP all are free and offer CEU's. Virtual this year so anyone may attend. August 28, 29, 30 is the first conference dates. (Anna)
 - c. Re-Entry:
 - i. Day One program at the Peer Wellness Center Mark Person is program manager. This program offers Day One pickup from the institution that the

individual is being released from. Has the ability to get hygiene products, clothing, food stamps, food boxes, check in with PNP, all of the “day one” needs when an individual is returning from incarceration. Removing barriers on Day One. IDOC is now getting SS card, ID, and birth certificates before release. (Becca)

- d. Recovery Awareness:
 - i. Free Health Screenings at Peer provided by CDH April 22 & 23- CDH is providing screenings over the next few month cardiovascular and diabetes screenings provided for free by medical volunteers. Prelim screenings. Goal is to create a connection/ referrals to PCP and community resources. Looking to do this event in Elmore County as well. (Cristina) Potentially partner with The Phoenix to provide more of these events (Lindsay) Using the day shelter that was run by Interfaith Sanctuary (Anna)
 - ii. May is Mental Health Awareness Month- Empower Idaho is creating a Mental Health Month toolkit on how to become engaged in how to promote Mental Health Awareness and advocacy. Is looking to partner with more organizations going forward. Virtual Art Show will in be May (Anna)
- V. Recovery Rally Committee Report (Becca)
 - a. If you would like to join this committee please email Becca at becca.lee@peerwellnesscenter.org
 - b. The next meeting for this committee is on Friday April 23, 2021 from 3pm-4:15pm <https://zoom.us/j/99047067116?pwd=cnBrcm56blVFUFphMVpPMTAyc1I0dz09>
 - c. Are still planning the rally as of right now that it will be in person and held on the Capital Steps and in the park on September 4, 2021. Are being mindful of Covid restrictions as they progress.
 - d. Sponsorship packets are being put together now.
- VI. 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
 - b. Action Item: Dawn will follow up with Tami about the resource guides that are currently available.
- VII. Adjournment- Lindsay 3:07 pm

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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