

## Region 4 Youth BH Committee

October 2, 2018

### Notes

|       |   |  |
|-------|---|--|
| 10:00 | Introductions   |  |
|       | Review Notes from 9/4/18 Committee Meeting              | Committee reviewed the notes. Several were unable to attend the September meeting, so are interested in hearing from the CMH Crisis Team again. Will look for another date for them to come back.  |
|       | Intensive Outpatient (mental health) – IOP Presentation | Amy Korb – Amy from Recovery 4 Life shared the IOP model. Currently, all referrals are going through Amy. There are 8 youth in the program as of today. 12-16 weeks long. There is a nurse that sees clients on Mondays. Family Psycho-Education Group is anticipated to start soon, set for Thursdays 6:00-8:00. Minimum expectation is that families participate in family therapy at least 1X per month. They will be adding a DBT group, adolescent trauma group. Due to having child-care in their facility, they are unable to accept youth (or adults) either charged |

|  |  |  |
|--|--|--|
|  |  | <p>or adjudicated for a sex crime. The program is seeing a lot of transitional youth (18-25 years). They have also been considered as a step-down program for youth exiting PRTF level of care. It is best to contact Amy as early as possible when this is a consideration, so she can begin to be involved with the transition planning.</p>   |
|  | <p><del>DJC Presentation</del> Canceled</p>  | <p><del>Liza Crook, et. al.</del></p>  |
|  | <p>Intern Update &amp; Grant Information</p> | <p>Mechelle &amp; Committee – Kyle Young is the BSU intern who is working with the Committee. He has been researching grants, and provided a list of 3 viable upcoming grant opportunities. The plan is to set up a time for a conference call with Kyle on a day he is at DHW for his internship, with committee members interested in grant work. We also discussed having a project or deliverable we want to work on. Shannon Decker suggested taking a look at the “Mind Up” curriculum and connecting with interested parties at the school. Shannon sent the curriculum to the committee members.</p> |

|  |   |   |
|--|---|---|
|  | Behavioral Health Board Updates – and request for Marketing Committee members | Autumn/Amy – Amy Korb will be sharing our YBHC highlights with the larger Board this month. She invited members to attend if available. She also invited members to attend the Board meeting in November, which will be at a later time in the afternoon, and will have a social time following 11/8 2:00 – 4:00. Members were encouraged to also join the Marketing Committee if interested. They are currently planning the next Legislative event. |
|  | Optum Updates   | Beginning October 1, Crisis Response and Family Psychoeducation are both reimbursable services through Optum. There are also 6 agencies actively providing agency-based respite in Region 4 – Access, About Balance, Brighter Future Health, Kuna Counseling, Pathways, and Central Idaho Counseling.   |
|  | YES Updates   | Mary/Mechelle – Updates to the website were shared, including the new monthly update YES bulletin. Members were encouraged to opt into receiving the bulletin. Several members were interested in the data that has been collected and is on the website, including the Workforce   |

|       |         |   |
|-------|---------|---|
|       |         | <p>Development Plan. The new Health Care Provider Screener was also shared with the committee. The committee had concerns about the length of the tool, and the depth of knowledge someone may need to complete it. Mechelle agreed to take these concerns to the Division.</p> |
| 11:30 | Adjourn | <p>Shannon Decker shared flyers for the upcoming Western States Conference on Suicide. Members were encouraged to share the information.</p>  |