



Region IV Behavioral Health Board Meeting
June 14, 2018
Room 131, 1720 Westgate Drive, Boise, ID 83704
11:00 AM – 1:00 PM

Presiding Officers: Christina Smith, Co-Chair

Board Attendees: Sanda Kuzeta-Cerimagic; Amanda Leader; Jen Burlage, Treasurer; Carlos DeLeon; Steve Graci; Chris Christopher, Member at Large; Monica Forbes; Brandi Hissong, Vice Chair; Wayne Sharp; Winslow Gerrish; Jake Wilson

Board Attendees by Phone: Kyle Davis

Members of the Public: Amy Korb; Rebecca Lee; Rebecca Travis; Elizabeth Francis; Kari Portales; Sara Busick; Greg Dickerson; Alexis Pickering; Julie Nease

Members of the Public by Phone: Bernie

Absent: Autumm Brechwald; Fred Kesler; Kim Keys, Co-Chair; Russell Salyards; Rick Visser

| Agenda Item | Presenter | Notes |
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| Welcome and Call to Order; Introductions and Review of Mission and Vision; Consent Agenda; | Christina Smith, Co-Chair | Meeting called to order at: 11:07 A.M. Introductions were made. Christina reviewed the Mission and Vision statement. Quorum was not met. |
| Recognizing Departing Members <ul style="list-style-type: none"> • Carlos DeLeon • Elizabeth Francis • Winslow Gerrish • Steve Graci • Amanda Leader • Austin Reed • Ken Widick | Christina Smith, Co-Chair | Christina presented certificates of appreciation to the departing Board members and expressed appreciation for their years of service to the Board. Certificates will be mailed to Austin Reed and Ken Widick. |
| DBH Update | Jen Burlage, DBH | Jen reviewed the DBH Central Office Monthly Update. |
| Executive Committee Nominations | Christina Smith, Co-Chair | The Board did not meet quorum and therefore elections could not be conducted. The following initial nominations were made: <ul style="list-style-type: none"> • Steve Graci nominated Christina Smith for Co-Chair and Carlos DeLeon seconded. Christina accepted the nomination. • Jen Burlage nominated Kim Keys for Co-Chair and Sanda Kuzeta-Cerimagic seconded. Kim was not in attendance to accept the nomination. Christina will notify Kim that she was nominated. • Steve Graci nominated both Brandi Hissong and Amy Korb for Vice Chair. Jen Burlage seconded. Brandi and Amy both accepted the nominations. |

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| | | <ul style="list-style-type: none"> • Chris Christopher nominated Rebecca Travis for Secretary and Jen Burlage seconded. Rebecca accepted the nomination. • Carlos DeLeon nominated Jen Burlage for Treasurer and Monica Forbes seconded. Jen accepted the nomination. • Steve Graci nominated Chris Christopher as the Member-at-Large and Carlos DeLeon seconded. Chris accepted the nomination. |
| <p>Pathways Crisis Center Update</p> | <p>Sara Busick, Pathways</p> | <p>Sara reviewed the services offered at the Pathways Crisis Center. Clients are allowed to stay up to 23 hours and 59 minutes. During this time, staff will assess the client's needs and determines what additional services may be needed. Arrangements for additional services are made as required. Clients that are experiencing alcohol withdrawal are measured using the CIWA scale and those who score over 15 are sent to the emergency room. Aggressive clients are given time to calm before they are allowed into the center. Individuals who have attempted suicide within the last 24 hours need to be medically cleared before admittance.</p> <p>Since the Crisis Center opened in December 12, 2017 there have been 558 full admissions and 489 non-episode contacts (phone calls or families seeking assistance). The average length of stay is 11.8 hours, the average age is 38 and the gender ratio is 53% males and 47% female. One third of clients are readmissions. The majority of clients are from Ada County. Most clients come in for mental health issues of which 16% are suicidal. Many clients come in looking for a place to get sober or to avoid substance use.</p> <p>The average cost per client is \$465. Currently, services are not payable through health insurance, however coverage for services will be pursued further down the road. The majority of referrals come from hospitals, law enforcement and Health & Welfare programs. Most clients come in on their own accord. The Crisis Center could be utilized more, especially by residents living in Boise, Elmore, and Valley Counties. These counties may be able to provide client transportation to the Crisis Center but the challenge is obtaining transportation to treatment facilities and eventually to transport clients back home. Chris Christopher is currently working on a grant to access transportation through Uber.</p> <p>Sara and Chris are looking for avenues to spread education about the crisis center to outlining counties. Efforts are being made to provide referral cards to outlining county services and law enforcement.</p> <p>Pathways is working with Southwest Idaho Resources Conservation and Development Council (RC&D) to pursue grants and the United Way of Treasure Valley was approached for funding.</p> |
| <p>Nutrition and Addiction Recovery Presentation</p> | <p>Thomas D. Hickey, D.C.</p> | <p>Dr. Thomas Hickey shared that he has integrated a reduction and avoidance of opioid use approach in his practice. Studies show that 5% of patients who have been prescribed opioids go on to use them long term. Avoidance of opioids is paramount as there are other non-opioid medications that can be more or equally effective for chronic pain. Clinicians are also finding that chiropractic care is very effective alternative to opioids. Washington state worker's</p> |

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| | | <p>compensation showed that patients who sought chiropractic care before medication were less likely to become dependent on drugs for pain management.</p> <p>Studies show that people with substance abuse generally have poor diets. Satiating complex problems are developed at a young age and lead to other issues by adulthood. With a healthy diet the body is less likely to be dependent on being satiated by other avenues. Dr. Hickey discussed the link between the gut and the brain and how 95% of serotonin is found in the bowels. Studies are being performed to look at how vital nutrients link the brain and the gut together. Consuming a high concentration of nutrients helps with the link and a person is more successful in avoiding or overcoming addictions.</p> <p>Dr. Hickey is working to collaborate with healthcare providers to integrate chiropractic care for low back and neck pain as an alternative to prescribing opioids and also to implement a concentrated nutrient diet for SUD patients.</p> |
| <p>Letters of Support</p> <ul style="list-style-type: none"> • PEER Wellness Center • ODP Strategic Prevention Framework Partnership for Success | Christina Smith, Co-Chair | <p>A letter of support was sent to the Ada County Commissioners to consider financial support for the PEER Wellness Center.</p> <p>The Office of Drug Policy has only received letters of commitment from Region 4 and Region 2 for the Strategic Prevention Framework Partnership for Success grant. All letters of commitment are due June 15, 2018.</p> |
| Marketing Committee – Members Needed | Christina Smith, Co-Chair | The Marketing Committee is looking for new members. Meetings are held on each Friday after the R4BHB meetings. Interested individuals can contact Christina. Preparations for the next Meet and Greet event need to get started. Christina thanked all the volunteers who helped manage the R4BHB exhibitor table at the 2018 ICADD. |
| Committee Update – Wellness & Recovery | Monica Forbes | <p>Monica reported that the Wellness and Recovery Committee met on April 25, 2018 with five people in attendance. The committee will be looking at the Gaps and Needs analysis to be sure that their efforts run parallel to the report. The mission of the committee was established which will concentrate on following the 3 R's – recovery rally, strategizing how to provide services in rural areas, and reducing recidivism.</p> <p>The committee is currently recruiting new members. The next meeting is scheduled for June 27, 2018. Julie will include a flyer in the next weekly announcement email.</p> |
| Gaps & Needs Workgroup – Members Needed | Christina Smith, Co-Chair | Amy Korb asked for volunteers for the 2018 Gaps and Needs workgroup. Volunteers do not need to be a Board member. Julie is waiting to hear back from Crystal Campbell for more information. |
| Announcements: Agenda Items; Wrap-up | All | <p>Sanda will obtain information to report to the Board on the \$500 million that was requested for a new state prison.</p> <p>Steve Graci will be retiring from the Idaho Federation of Families and introduced Ruth York as his successor.</p> <p>Meeting adjourned at 12:49 PM</p> |

