



Division of Behavioral Health Briefing

May 25th 2021

**Hosted by Ross Edmunds,
Division Administrator**



IDAHO DEPARTMENT OF
HEALTH & WELFARE



- Audio

If you are using your computer for audio and experience difficulty, please call +1-415-655-0003, access code: 177 965 8708, password: 12345. You will need to turn off your computer audio (mute microphone and speakers) to avoid overlapping audio issues.

- Mute - all participants are muted at entry

Please keep yourself on mute unless you are called on to speak to help minimize background noise.

- Video- all presenters and participants will not have the ability to share video.

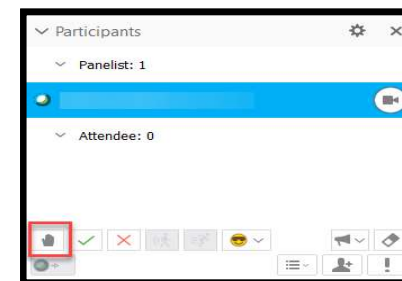
We have removed the option to share video to ease potential bandwidth issues.

- Raise your hand

You can use **Raise Hand** in the **Participants** panel to signal you have a question or response.

- Chat

Please open the chat window if you have comments or questions during the presentation.





Welcome and Introductions



Mission

Lead a collaborative behavioral healthcare system in Idaho.

Vision

People receive the behavioral health services they need when they need them.

After the Call

Today's meeting is being recorded and will be posted on the DBH website along with the slides late in the week.

Division of Behavioral Health



MISSION

Lead a collaborative behavioral health system of care in Idaho.



VISION

People receive the behavioral health services they need when they need them.



VALUES

Leadership

Helping others achieve great things



Compassion

Empathy, concern and commitment to support others



Creativity

We challenge status quo through innovation



Accountability

We hold ourselves accountable to each other and our customers



Excellence

We hold ourselves to highest standards



Collaboration

All voices working together create a better outcome



FOCUS AREAS

- Transform the behavioral healthcare system
- Advance excellence in care
- Leverage data and technology in decision making
- Support organizational learning and growth
- Achieve operational excellence

Agenda

5



- DBH COVID Programs & Updates
- DBH Programs & Services
- Q&A





Briefing on DBH's COVID Programs:

- Crisis Counseling Assistance for Frontline Workers
- Psychiatric Triage
- COVID Help NOW Statewide Hotline & Webinar Series
- New Programs Starting in Spring / Summer of 2021
- DBH All Provider Survey Responses



Crisis Counseling Assistance for Frontline Workers

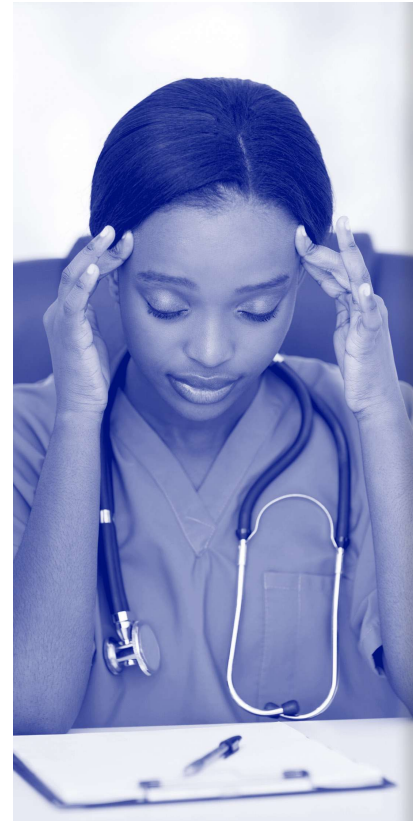
7



- For Frontline workers who are experiencing secondary traumatic stress reactions to the COVID-19 pandemic.
- Funded by the SAMHSA Emergency COVID-19 grant.
- Program available until August of 2022

Services provided:

- Screening and Benefit Navigation
- 5-Session Professional Assistance Counseling Program



**CORONAVIRUS
COUNSELING
ASSISTANCE**

for

**Frontline
Workers**

1-866-536-0239



IDAHO DEPARTMENT OF
HEALTH & WELFARE



- DBH is funding 3 Psychiatric Diversion and Triage Centers (PTCs) until August 2022
- Goal for PTCs is to provide behavioral health diversion and triage services to individuals with SMI and/or SUD and individuals with mental disorders less severe than SMI who present at the Emergency Department for intervention of their behavioral health issue but who do not have critical medical health needs.
- Current Subgrantees - implemented three PTC programs:
 1. South East Idaho Behavioral Crisis Center, Pocatello
 2. Behavioral Health Crisis Center of East Idaho, Idaho Falls
 3. Crisis Center of South-Central Idaho, Twin Falls



New DBH FOAs for COVID-19 Support

9



New Funding Opportunity Announcement (FOA) will provide grants to **Behavioral Health Boards** and **Federally Qualified Health Centers** to fund community-based treatment and recovery support services including, but not limited to:

1. Individual support services including childcare, vocational, educational, and transportation services
2. Linkages to nutrition/food services and housing services

Goal: Improve access to and retention in services

Target Launch Date for FOA: Mid June 2021

Anticipated Awards: 6

Anticipated Award Amount: Not greater than \$250,000 per award depending on the number of applicants and available funding

Federal Funder: SAMHSA Emergency COVID-19 Grant



COVID Help Now Statewide Hotline

10



The COVID Help Now Line is part of a federally-funded grant run by DBH and IOEM. COVID Help Now can help individuals by:

- Helping them understand their situation.
- Providing resources.
- Helping them reduce stress and anxiety.
- Providing emotional support.
- Assisting with immediate crisis needs.
- Connecting them to local community resources.
- Identifying coping strategies.
- Reviewing disaster recovery options.

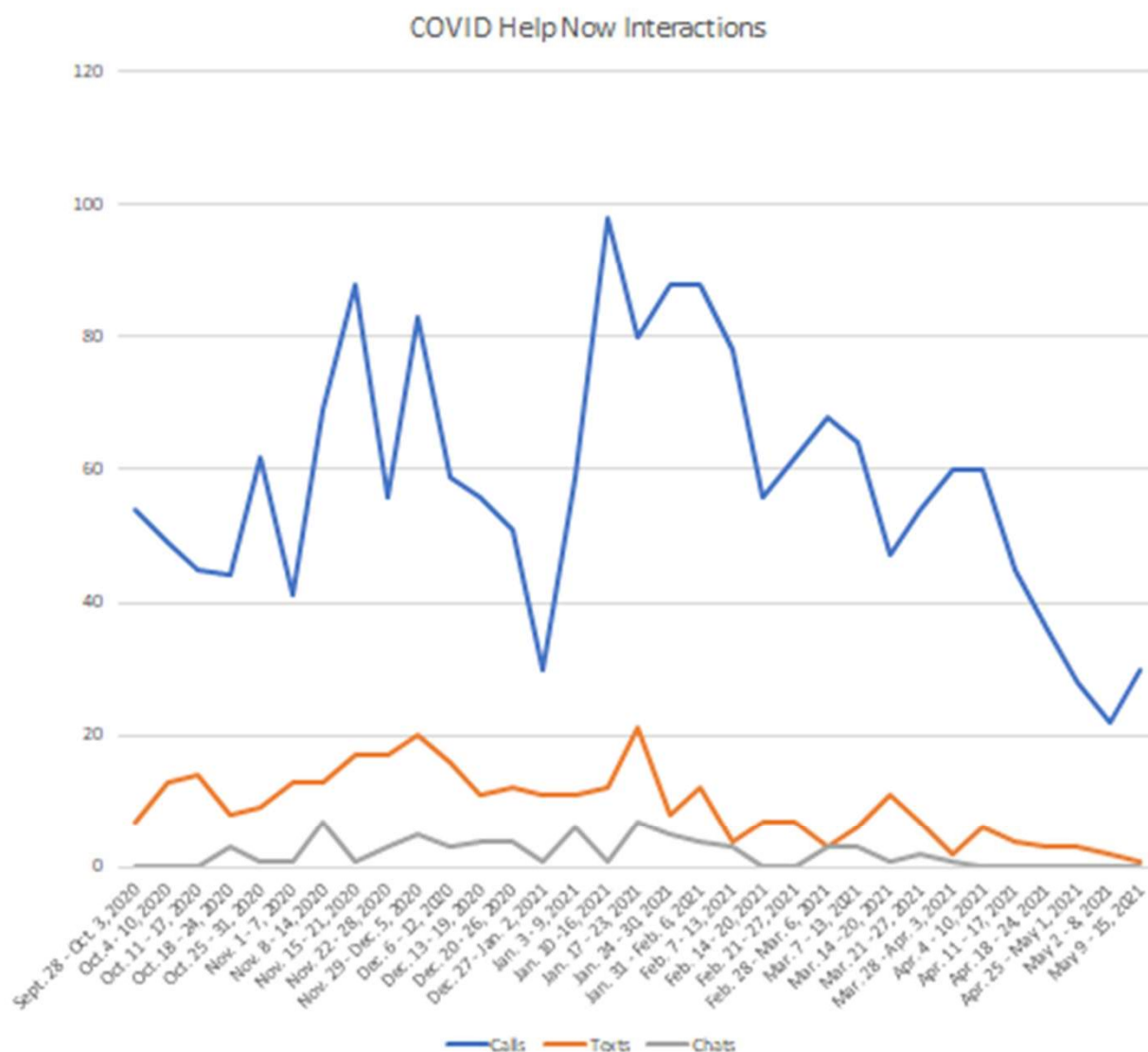
Call or Text 986-867-1073 or Toll Free 866-947-5186

For more information go to:

<https://ioem.idaho.gov/covidhelpnow/>



CALLS—1,910
TEXTS- 311
CHATS- 69
REFERRALS-3,665



Virtual Series on Resilience

12



DBH & Empower Idaho Virtual Interactive Monthly Webinar Support Group Series

Webinar series focused on building resilience, healing, community, and progress after a year of pandemic life. Participants have the chance to:

- Connect with fellow Idahoans.
- Process one year of pandemic experience.
- Gather ideas for building your own and other's resilience.
- Exchange stories.
- Have fun.

Two remaining sessions:

- June 1 - 12:30 – 1:30 PM (MST)
Grief and Loss, Jennifer Ramos [Register here](#)
- June 15 - 12:30 PM – 1:00 PM (MST)
Boundaries, Lilian Toumey [Register here](#)

Stronger Together: Resilience Strategies Learned from One Year of COVID-19



Virtual Interactive Support Group Series | All are welcome

[Register here](#)

All together now.

Join the Idaho Department of Health and Welfare COVID-19 Crisis Community Resource Specialists and Empower Idaho for an interactive support group series focused on building resilience, healing, community, and progress after a year of pandemic life. During this series, you will have the chance to: connect with fellow Idahoans; process one year of pandemic experience; gather ideas for building your own and other's resilience; exchange stories and have fun.

Next Session: June 1 | 12:30 - 1:30 PM (MST)

Grief & Loss | Jennifer Ramos

All virtual events are in Mountain Time (MST)

Upcoming Topic and Date:

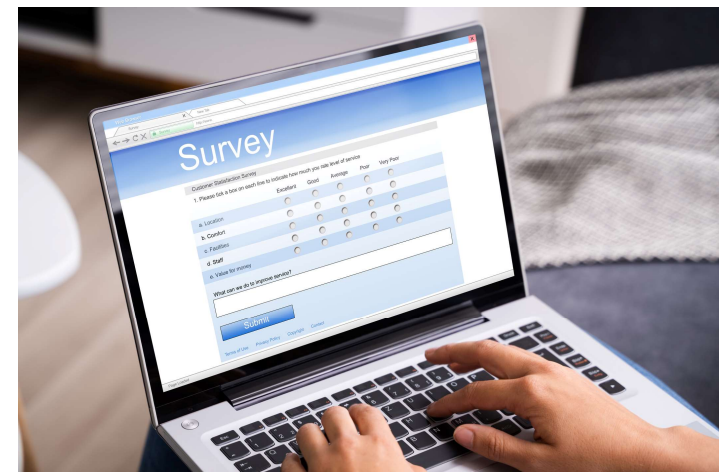
Boundaries | Lillian Toumey | 12:30 - 1:00 PM | June 15



- Current grant set to expire late June 2021.
- Potential to extend until December 2021.
- Decrease COVID Help Now Line from 7 days to 5.
- Start to incorporate in-person outreach and community events.
- Full time communications staff to implement paid media campaign.

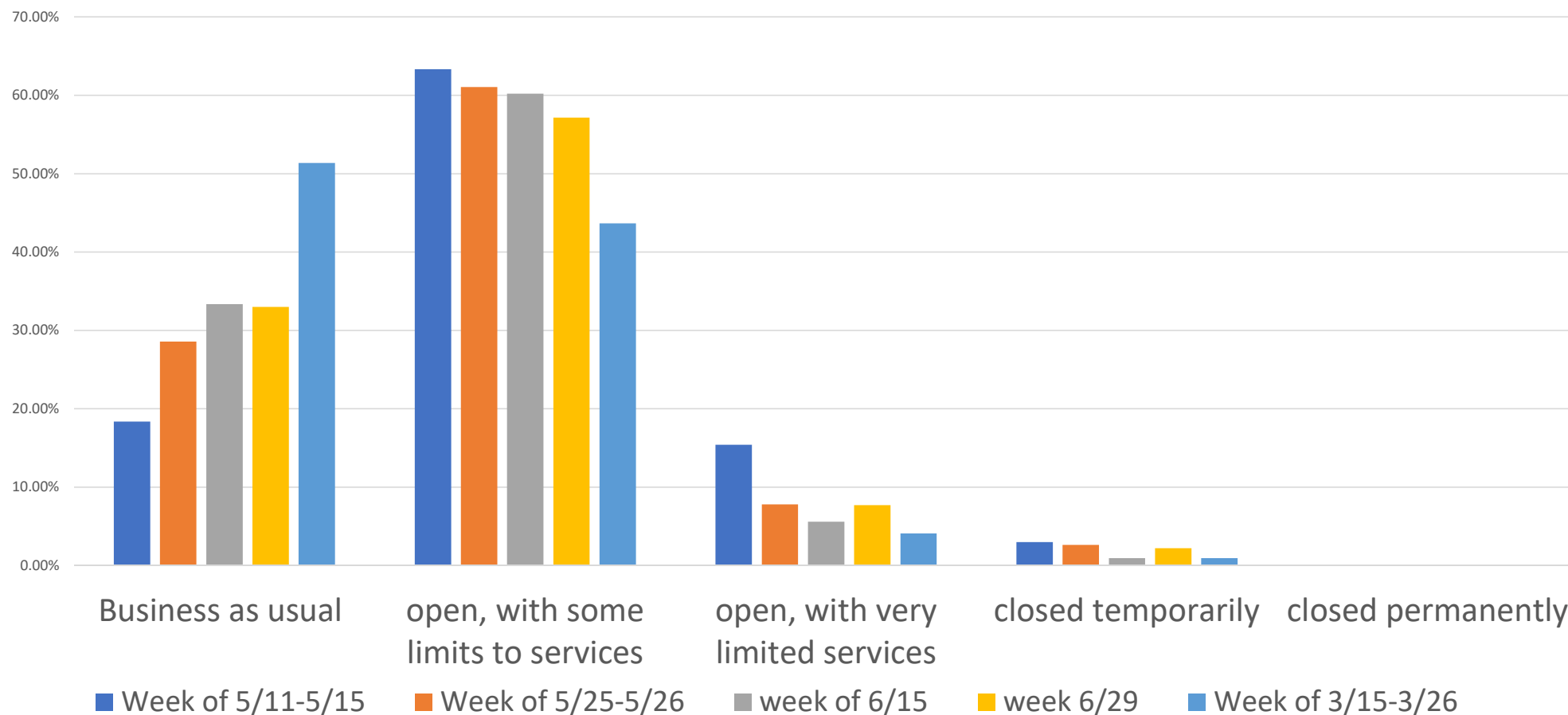


- Surveys are on how the COVID-19 pandemic is impacting practices, patients, and communities.
- Regular data:
 - Provides insight into the impact on access to behavioral health services in Idaho.
 - Helps inform policy decisions, resource deployment, and program and product development and dissemination.
- March 2021 Surveys went to 1,200 providers from DBH, Medicaid, and Optum networks.
- DBH received 387 completed surveys during a two week response period.



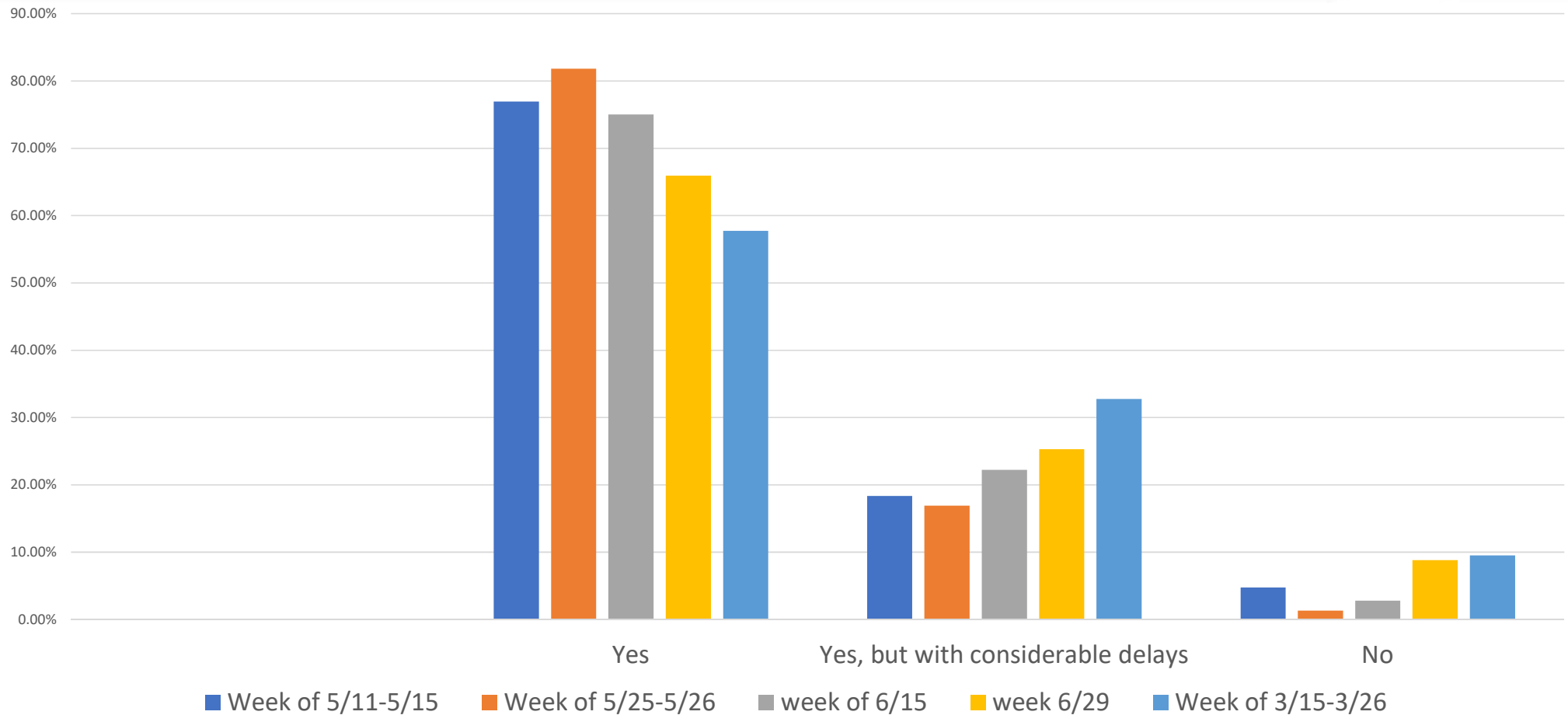
What Is Your Current Status of Operations?

15



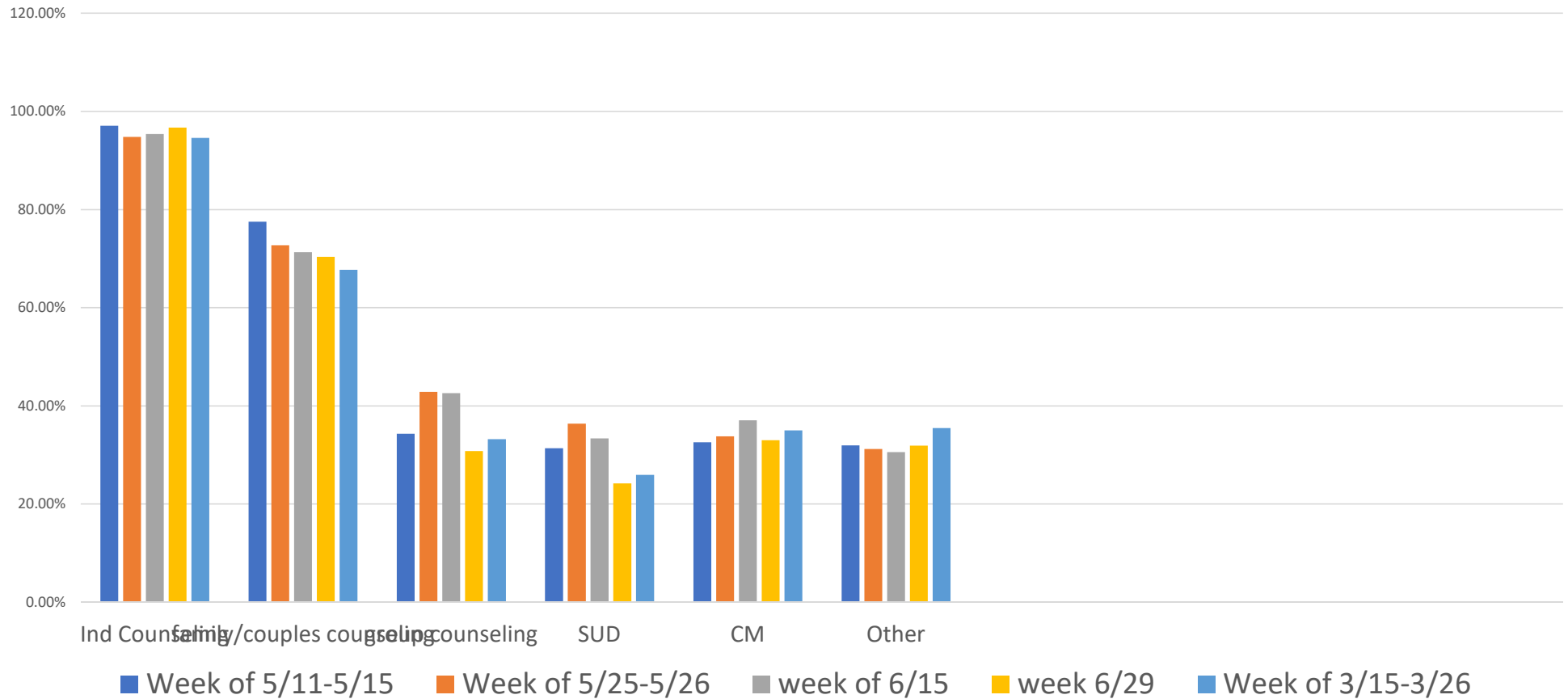
Are You Accepting New Clients?

16



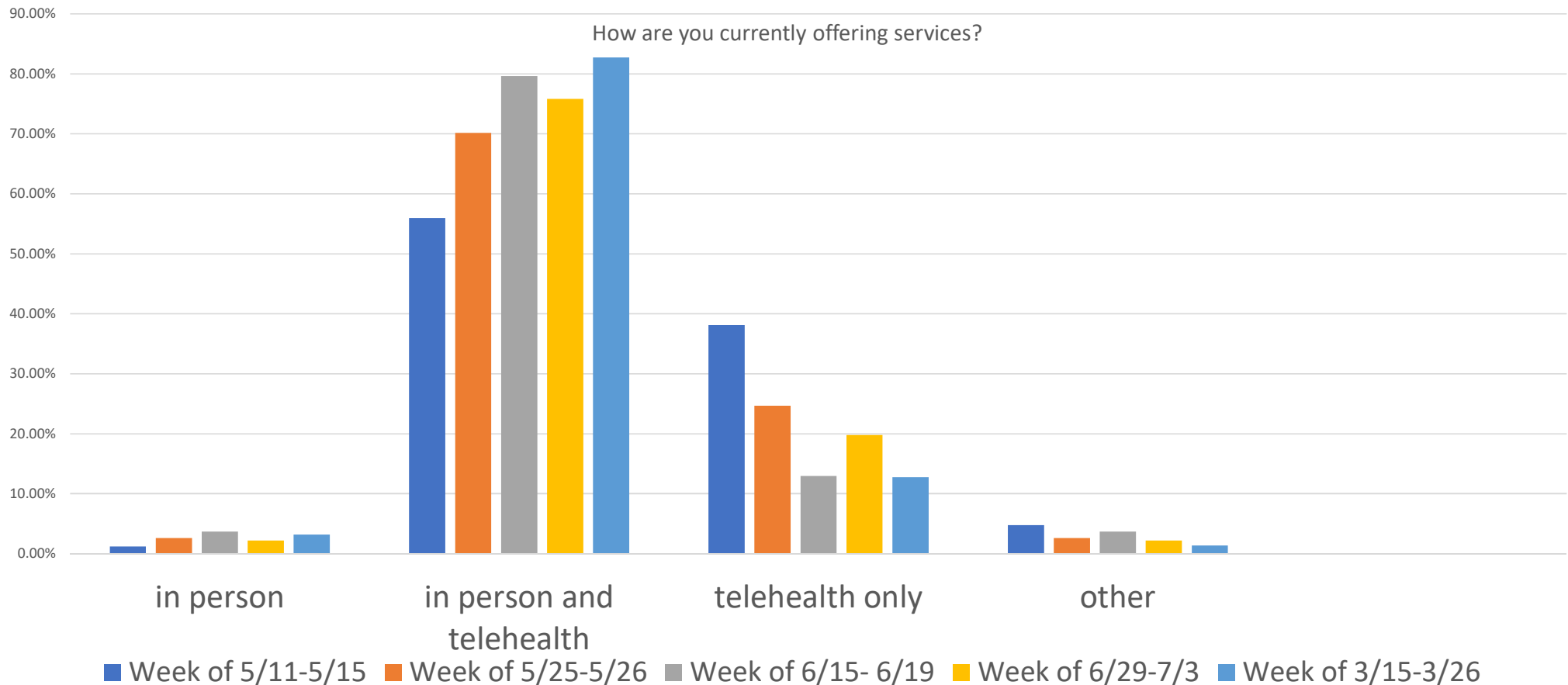
What Services Do You Offer?

17



How Are You Offering Services?

18





SAMHSA Emergency COVID-19 Funding

- \$541,138 spent on treatment and recovery support services to 316 Idahoans
- Services provided:
 - IOP & OP
 - Alcohol or Drug Assessment
 - Adult Safe and Sober Housing
 - Adult Detox
 - Adult Halfway Housing
 - Case Management
 - Recovery Coaching
 - Transportation
 - Drug/Alcohol Testing



2021 Block Grant Supplemental Funding

- The December 2020 COVID Relief Legislation provided supplemental funding to every States' existing Substance Abuse and Mental Health Administration (SAMHSA) Block Grants.
- Idaho received \$8.4 million to supplement the Substance Abuse Block Grant and \$6.9 million to supplement the Mental Health Block Grant.
- Idaho has submitted their proposal on how they intend to use these funds and is awaiting approval. More information to come.



Q & A on COVID Programs

- If you have a question, please let us know in the chat box and we will unmute you to ask it.
- If you ask a question in the chat box that we do not have time to answer, we will do our best to capture that question and follow-up with you after the meeting. Thank you.
- Please feel free to email us your question(s) at behavioralhealth@dhw.idaho.gov



May is Mental Health Awareness Month

21



More than a year after the beginning of the COVID-19 pandemic, as Idaho has reached Stage 4 of the Idaho Rebounds reopening guidelines, Idahoans are still struggling from stress and feel overwhelmed by the trauma that the pandemic brought.

A survey of adults conducted by the Centers for Disease Control and Prevention showed nearly double the rates of self-reported behavioral health symptoms, including:

- 31 percent of respondents reported symptoms of anxiety or depression
- 13 percent reported having started or increased substance use
- 26 percent reported stress-related symptoms
- 11 percent reported having serious thoughts of suicide in the past 30 days





- Crisis Services
- Substance Use Disorder Services
- Children's Mental Health
- *Adult Mental Health*
- *State Hospital*

Crisis Intervention Services

23



- [Crisis Intervention Services](#) provide individuals with support, relief, hope, and connection to needed resources.
- Services are collaborative, voluntary, and offered at no cost to you, your loved one, or your family.
- Examples include 24/7 crisis lines, mobile response, and crisis centers.
- Individuals access these services by calling the crisis line in their respective region. Callers can expect the following:
 - Support and triage by phone
 - Crisis screening, consultation, and de-escalation by phone
 - In-person visit by a Mobile Response team (if appropriate)
 - Brief crisis evaluations and safety planning
 - Collaborative planning for resources and solutions
 - Benefit and resource navigation

Idaho Regional Behavioral Health Crisis Line Information

These crisis lines are linked to the Idaho Department of Health and Welfare's Regional Mobile Crisis Response Teams. Depending on the needs of the caller, triage-by-phone may take place, local crisis centers and resources shared and, if appropriate, a Mobile Crisis Response Team dispatched.
All ages may call and the lines run 24/7.

Region 1: (208) 769-2730 or 208-769-1406
Region 2: (208) 799-4440
Region 3: (208) 459-0092 or (208) 642-6416
Region 4: (208) 334-0808 option 2
Region 5: (208) 736-2177
Region 6: (208) 234-7900
Region 7: (208) 528-5700

Idaho Department of Health and Welfare, 2020

#IdahoMobileCrisis #IdahoCrisisIntervention

IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF COMMUNITY HEALTH

EMPOWER
IDAHO



- DBH provides addiction treatment services including:
 - Outpatient and inpatient treatment recovery support services like safe and sober housing.
 - Recovery coaching and drug testing for Idahoans struggling with the disease of addiction.
- Anyone looking for help can receive a confidential screening and eligibility determination by calling **1-800-922-3406**, M-F 8am – 6pm MST.
- Nine community-based [Recovery Community Centers](#) and additional satellite offices are also located around the state.
- The community-based centers provide no-cost assistance to people who want community-level support and help with their addictions from peers with lived experience.



- Access SUD services by calling BPA Health at 1-800-922-3406 to determine eligibility.

Eligibility Requirements

- Individuals who earn less than 200 percent of the Federal Poverty Income.



Services Available

- Social detox
- Outpatient services
- Inpatient services
- Drug testing
- Safe and sober housing
- Case Management
- Residential



- The Children's Mental Health program and their partners are developing a children's mental health system of care called [Youth Empowerment Services \(YES\)](#).
- YES provides an array of services to all youth with serious emotional disturbance, including those who are not eligible for Medicaid.
- The division's regional Children's Mental Health offices can aid youth and their families in connecting with available and appropriate services and supports.
- Find your path to youth services on the [Children's Behavioral Health page](#).



Experience and input

Q & A

- If you have a question, please let us know in the chat box and we will unmute you to ask it.
- If you ask a question in the chat box that we do not have time to answer, we will do our best to capture that question and follow-up with you after the meeting. Thank you.
- Please feel free to email us your question(s) at behavioralhealth@dhw.idaho.gov





- Contact us by emailing behavioralhealth@dhw.idaho.gov or calling 1-833-644-8296.
- Visit the DBH COVID-19 website for updates and information: <https://coronavirus.idaho.gov/behavioral-health/>
- DBH Website: <https://healthandwelfare.idaho.gov/services-programs/behavioral-health>
- Sign up for our newsletters on the websites.

