



Elmore County Health Coalition Meeting

Thursday, May 18th, 2022

12:00 – 1:00pm

Teams meeting link located on page 2

Meeting Location:

Mountain Home Police Department

2775 E 8th N

Mountain Home, ID 83647

MISSION

To bring together and work with community partners to empower our communities through strategic initiatives that advance equity and health for present and future generations

Agenda

Welcome and Introductions:

12:00 – 12:05 PM Attendees: Sierra Kistler, Courtney Kelly, Mindy Curran, Ty Larsen, Tricia Gingerich, Allan Carroll, James Roddin, Vicky Jekich, Tomi Oliver, Kate Johnsrud, Mary Ferguson, Kristina Erickson, Ali Shields, Christy Acord, Alicia Baptiste

Adolescent Mental Health 101 Training

Sierra Kistler

12:05 – 12:55 PM Sierra did an engaging and interactive training on Adolescent Mental Health. See the recording for the presentation. Attached to this email there are flyers that were presented in the training as well. For those who attended the training, or viewed the recording for the training, please take the following survey to provide Sierra some feedback: <https://forms.office.com/r/8sDyxqyYBg>.

The next Adolescent Mental Health 101 Training will occur in- person on May 25th at the Mountain Home Public Library. Please see and share the flyer below to register for the training (flyer also attached as a PDF)

Cultivating Resiliency in Adolescents



Resilience is built on a combination of factors that are both internal and external.

Individual Resilience: This includes adaptability, self-efficacy, and positive coping skills.

Community Resilience: This includes supportive relationships and the availability of community-based resources.

Internal resilience can be strengthened at any age, adolescence poses an opportune time to build resilience because of the brains adaptability during this time.

Support from adults is an essential element to building adolescent resilience.

7 C's Model of Resilience Components of Individual Resilience

Published by the American Association for Pediatrics

1 Competence
The ability to know how to handle situations effectively.

2 Confidence
The belief in one's own abilities.

3 Connection
Promotes a stronger sense of security and belonging.

4 Character
Strong core values contribute to an individual's sense of self, and secure healthy relationships.

5 Contribution
Provides individuals with a sense of meaning and purpose in their lives.

6 Coping
Individuals with many positive coping skills are more effective at overcoming life's challenges.

7 Control
When individuals realize they have control over their decisions and actions, they are more likely to know how to make choices that allow them to bounce back from challenges.

Tangible Tips:

- **Encourage your child to help others through age-appropriate volunteering.**
- **Find opportunities for your child to contribute around the house.**
 - Chores
 - Helping pick out dinners for the week
- **Recognize and point out when your child does something well.**
- **Emphasize, and model, the importance of self-care.**
 - Getting adequate sleep
 - Nutrition
 - Exercise
- **Create opportunities to engage in meaningful conversation.**
 - Family Dinners
 - Conversations in the car
- **Promote trying new things, even if they result in failure.**
- **Allow your child to make safe mistakes and allow them to correct them.**
- **Encourage your child to consider right vs wrong.**
- **Model positive coping strategies.**
 - Asking for help
 - Problem solving
 - Taking responsibility for ones actions
 - Practicing optimism
- **Model generosity.**
- **Encourage your child to problem solve and come up with their own solutions.**
- **Encourage your child to participate in activities that foster connectedness.**
 - Church Youth Groups
 - Sports Team
 - After school programs & Clubs
- **Reward responsibility with increased freedom.**
- **If you have more than one child, recognize their strengths individually and avoid drawing comparisons.**
- **Encourage your child to plan for the future, including goal setting.**
- **Model healthy relationships with friends and family.**

Remember: Resilience is Modeled
Adolescents Learn From the Adults Around Them



Adolescent Mental Health 101

Are you a parent or caregiver interested in learning more about adolescent mental health and how to support the youth in your life?

Join us for a **FREE 1-hour virtual training** where you will learn how to:

- Understand adolescent brain development as it relates to mental health
- Learn ways to help build resiliency skills in adolescents
- Practice skills for communicating effectively with adolescents
- Learn the difference between normal adolescent behavior and possible mental health challenges

And more!

DATE:
May 25th, 2023

Time:
12:00pm - 1:00pm

Location:
Mountain Home Public Library
790 N Tenth East St.
Mountain Home, ID 83647



Scan the QR code to Register!



Have More Questions?
Sierra Kistler
skistler@cdh.idaho.gov
(208) 559-0279

Present community action plan
Committee Introductions, Brainstorming, and Delegation

The ECHC Community Action Plan activities were presented, and committee ideas were announced. Mindy will be following up in the next few days introducing committee members for the objectives. Within the committees, you can choose how you would like to communicate to each other on the objectives. Perhaps you would like to set up separate committee meetings, or perhaps you would like to work on the objectives individually, and update other committee members within that email chain.

Mindy will follow up periodically with committees to assist in any technical assistance or coordination if needed. If there is someone else from your organization that you feel should be a part of the different committees, please let Mindy know so she can add them into communications.

To summarize, these are the goals, objectives and activities of focus for the ECHC community action plan:

12:55 – 1:05PM

Goal 1: Decrease substance(s) use in Elmore County

Objective 1.1: By December 31st, 2023, promote awareness of up to 3 tobacco/nicotine/vaping cessation/prevention programs in Elmore County.

Objective 1.1 Priority Activities:

- Promote INEDPTH program in schools
- Promote a tobacco/ vaping prevention and cessation campaign with a teen audience
- Promote smoking/vaping awareness months with monthly advertising and/or events for a teen audience.

Objective 1.2: By December 31st, 2023, promote awareness of up to 3 underutilized substance use/ misuse prevention and substance use disorder treatment programs that serve Elmore County.

Objective 1.2 Priority Activities:

- Promote Idaho Drug Free Youth chapters/ curriculum
- Promote Mountain Home Behavioral Health Resources
- Support promotion of peer-led recovery support services (e.g. Hosting Celebrate Recovery, or SMART Recovery at a local church or community center).

Goal 2: Increase awareness of Food and Nutrition projects in Elmore County

Objective 2.1: By December 31st, 2023, promote awareness of and support of up to 3 food and nutrition education programs in Elmore County.

Objective 2.1 Priority Activities:

- Promote Mountain Home Parks and Rec nutrition programs for adults and youth
- Promote Idaho Food Bank Cooking Matters programming
- Review and reinforce certain health topics (e.g. poor eating in relation to long term health and organs) within the health curriculum in MH and GF schools.

Objective 2.2: By December 31st, 2023, promote awareness of up to 3 sites that provide affordable access to healthy food.

Objective 2.2 Priority Activities:

- Promote Idaho Food Bank Backpack Program
- Promote Idaho Food Bank Pantries for all ages
- Promote direct food delivery programming (e.g. Meals on Wheels, Southwest Idaho Area on Aging, etc.)

Goal 3: Increase awareness of mental & behavioral health resources in Elmore County.

Objective 3.1: By December 31st, 2023, promote awareness and support of up to 3 mental/behavioral health focused treatment or recovery support resources that have capacity to grow in Elmore County.

Objective 3.1 Priority Activities:

- Promote Mountain Home Behavioral Health programming (e.g. Mental Health Counseling, Group Counseling, Case Management, Substance Abuse Treatment, Co-Occurring Treatment)
- Promote and support Idaho AWARE Project
- Promote Desert Sage Behavioral Health Services (e.g. Community Health Worker through Get Health Idaho)

Discuss Juneteenth tabling opportunity for coalition?

1:05 – 1:10 PM

This opportunity was discussed, and a few members from the coalition plan to host a tabling event at this Juneteenth event happening on June 17th at Carl Miller Park at 12pm to promote the coalition and planned activities and programs. Tricia and Mindy will be tabling the event. If you would like your organizations flyers or information at the table for us to promote during the event,

please bring them to the Mountain Home Police Department as soon as possible.

Also, Allan Carroll with the Doyel Ray Hope Center will be attending a booth at Craze Days on June 10th. If you would like him to promote your organization's programs, and hand out SWAG or flyers, please bring them to the Mountain Home Police Department by June 8th.



Roundtable Updates, Announcements, Ideas

Courtney Lewis: Boise State University started an initiative a few years ago to encourage students from rural Idaho to pursue their education and connect it back to positively impact their communities. The program is called the Community Impact Program. This year's cohort has chosen mental health as the topic to pursue.

1:10 – 1:30 PM


On Saturday, June 10th at 10:00am at the Mountain Home Public Library the cohort will be presenting their project to a small group of community members. They are seeking community members who may have a mental health focus to attend, listen and provide feedback. The session will take 60 to 90 minutes.

You can learn a little bit more about the program here:


<https://www.boisestate.edu/ruraleducation>

If you would be willing to participate, please call or text Courtney Lewis directly at 208-599-0805.

Vicky Jekich: St. Luke Virtual Health Talk is happening on May 25th from 12-1pm. Please see the flyer below for more information and to register. The flyer will also be attached in the minutes email.



Building Communities for Youth
St. Luke's Virtual Health Talk




St. Luke's invites you to a free, online discussion during Mental Health Awareness month.
www.stlukesonline.org/healthtalks

Thursday, May 25, 2023
12 - 1 pm
Virtual online with Microsoft Teams

FREE Registration Required:
[Click here](#)

Or scan the QR Code



**Building Communities for Youth:
Using the Icelandic Prevention Model**
Megan Smith, PhD

The Icelandic Prevention Model is a successful community-engaged and data driven approach to improve the health of youth. This collaborative approach helps build skill, increase protective factors, and reduce risk factors in youth populations and their communities.

For more information, call St. Luke's Center for Community Health at 208-727-8733

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Mindy Curran: There will be NO ECHC meeting in June. Enjoy the day, and get some time back! Keep an eye out for committee member connecting emails. Having a month off will give a bit more time for committee members to connect and work on their respective objectives.

Sierra Kistler: Sierra will be at the Mountain Home Public Library on May 25th from 2-6pm, and Saturday June 17th from 10am-3pm doing health screenings! See the flyers below or attached in the minutes email, and feel free to download and share in your circles!

CENTRAL DISTRICT HEALTH

Make Your Health a Priority!

Join us for a **FREE Health Screening** at Mountain Home Public Library

Thursday, May 25, 2023
2 p.m. - 6 p.m.
790 N. 10th E St, Mountain Home, ID 83647

A1c for Type 2 Diabetes & Prediabetes

Blood Pressure & BMI

Cholesterol Levels & More!

Know your numbers, get a **FREE Health Screening** to assess your risk of cardiovascular and chronic diseases.
No appointments needed.

Have More Questions?
skistler@cdh.idaho.gov | (208) 559-0279

Next meeting: TBA. NO meeting in June!

Find the Elmore County Health Coalition landing page and past minutes and presentations here: <https://cdh.idaho.gov/echc.php>