Elmore County Health Coalition

Mental & Behavioral Health Updates
GOAL 3 – Increase awareness of mental & behavioral health resources (needs? Problems?) in Elmore County

Objective 1:
By December 31st, 2023, promote awareness and support of at least 3 mental/behavioral health focused support groups in Elmore County.

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<th>Strategy:</th>
<th>Task:</th>
<th>Responsible Person:</th>
<th>Evaluation:</th>
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| 3.1.1 Conduct an inventory of mental/behavioral health focused support groups in Elmore County. | • Create list of groups/partners that may/may not be offering mental/behavioral health focused support groups already.  
• Contact groups/partners and inventory the types of programs/support groups they are offering.  
• Maintain database of programs  
• Identify the needs/gaps of who is being served, and who is not  
• Identify nontraditional partners who could offer support services in some capacity |  | How many sites were identified?  
How many sites were contacted?  
What kinds of support groups are they offering?  
What kinds of support groups are missing?  
What types of nontraditional partners could be leveraged? |
| 3.1.2 Develop a mental/behavioral health committee to focus on building new mental/behavioral health support groups in Elmore County (maybe this exists already? If committee already exists, could they be invited to present what they’re doing to the coalition?) | • Invite community leaders/champions to be on the committee  
• Use the inventory to focus efforts, and leverage nontraditional partners to lead support groups in their community |  | How many times did the committee meet?  
How many support groups was the committee able to help support or develop? |
### 3.1.3 Seek funding to help support these support groups

- Identify (with help from the committee) which types of groups to seek funding for
- Identify what the funding will be needed for (training, rental space, promotional materials, etc.)

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<th>Evaluation:</th>
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<td>Was extra funding secured to help expand resources? How was the coalition involved?</td>
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### 3.1.4 Promote programs via multiple avenues

- Radio PSAs?
- Social Media?
- Billboards?
- Flyers?

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<td>Which promotional avenues did the coalition support? How did the coalition support them? How many people saw the promotional avenues? How many people participated in the programs because of the promotional avenues?</td>
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### Objective 2:
**By December 31st, 2023, support at least 3 mental/behavioral health focused community engagement events to promote awareness about mental/behavioral health issues.**

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| 1.2.1 Promote mental/behavioral health awareness focused documentary screenings | - Identify list of scheduled screenings to happen in Elmore County  
- Determine how to promote the screening events | | How many events were supported? How were they supported? |
| 1.2.2 Attend community events to provide mental/behavioral health awareness/educational materials | - Determine list of community events to attend  
- Determine who will attend them  
- Determine what materials will be provided | | How many community events were attended? How many people were reached with educational materials? |
Glenns Ferry Community
Community Outreach & Education

- Boise State University
  - https://www.communitiesforyouth.org/

- Idaho AWARE Project
  - ISMH | Idaho AWARE Project (idahoschoolmentalhealth.org)

- St. Luke’s Community Health
  - Hiding in Plain Sight: Youth Mental Illness | PBS
Youth Mental Health

Follow-up to Mtn. Home *Hiding in Plain Sight* screening

- **MH Public Library**
  - Mental Health Month = May
  - Virtual Health Talk w/Tyler Norris: May 2\textsuperscript{nd}, 12-1pm
Youth Mental Health

Follow-up to Mtn. Home *Hiding in Plain Sight* screening

- MH Public Library
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Mountain Home Community

• Additional HIPS screening opportunities

• Yellow bench story

Hiding in Plain Sight: Youth Mental Illness | PBS
Mountain Home Community

- Additional HIPS screening opportunities
- Yellow bench story

A Message to Our Community

Mental illness can be acute or chronic, long or short term, and can vary in cause, symptoms and intensity. A person’s decision to seek help for any mental health issue should be encouraged and supported. Like many illnesses, prevention and early intervention can reduce the impact of mental health conditions. However, symptoms of mental illness can often be painful and bewildering. Tragically, about 46% of people who die by suicide had a known mental health condition. But there is hope. And there is help. This guide can be a good place to start. Many resources are available in and around our community.

Source: NAMI.org

In 2017, the devastating loss by suicide of a Mountain Home High School student greatly impacted classmates, teachers and the community. Many students channelled their grief into action; they launched projects that brought mental health and suicide prevention awareness to Mountain Home. One student-led project helped educate community members about mental health and raised funds for the Boise chapter of the National Alliance on Mental Illness. Another student-led project spearheaded by Cole Lancaster (class of ’19) was the Buddy Bench Project. Developed in coordination with the Mountain Home High School Occupations

Students of America’s (MOBA) annual community service campaign, the goal was to install bright yellow benches throughout Mountain Home to serve as “safe zones” for anyone feeling alone and in need of someone to talk to. The message is simple but effective: “If you need a buddy, sit on the bench.” Local businesses and individuals donated funds to support the project, while Mountain Home Parks and Recreation donated labor and materials to install the benches in 2018. Through the project, Cole and his classmates were dedicated to breaking down the stigma surrounding mental health and educating others about suicide prevention.

Help Is Here Booklet - Suicide Prevention and Mental Health Support for Elmore County - St. Luke’s (stlukesonline.org)
Defense, VA leaders renew calls to prevent suicides in new message (militarytimes.com)
Other Mental & Behavioral Health Related Activities

- **Get Healthy Idaho**
  - ✓ CHW program
  - ✓ CHEMS

- **Training & Education**
  - ✓ QPR – Question. Persuade. Refer
  - ✓ Youth Mental Health First Aid
  - ✓ Sources of Strength by Idaho Lives Project

- **Other**
  - ✓ May Mental Health Awareness Month
  - ✓ July 25, 2023 – Anniversary of Loss: Speedy Petersen
  - ✓ 988 Suicide & Crisis Lifeline
Suicide Prevention/Mental & Behavioral Health Support

Other Considerations

Communication sites for 988 & Other Mental & Behavioral Health Resources
- Newspapers
- Social media
- Libraries
- Public & private sector employers
- Senior centers
- Food pantries
- Schools

Other Advocates
- Teen advisory councils
- Parent-Teacher organizations
- Faith-based ministries
- Athletic programs
- Migrant & Seasonal Head Start
Questions?