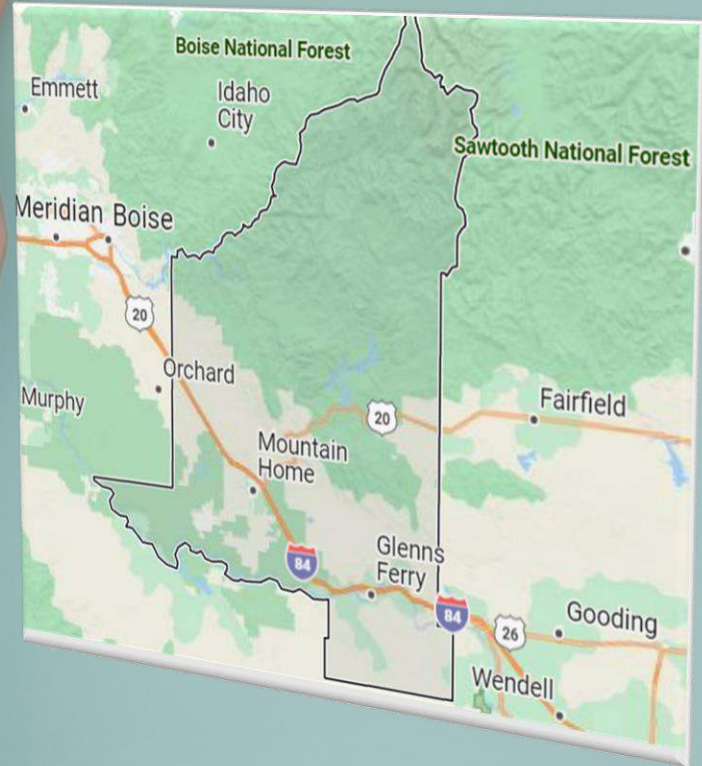
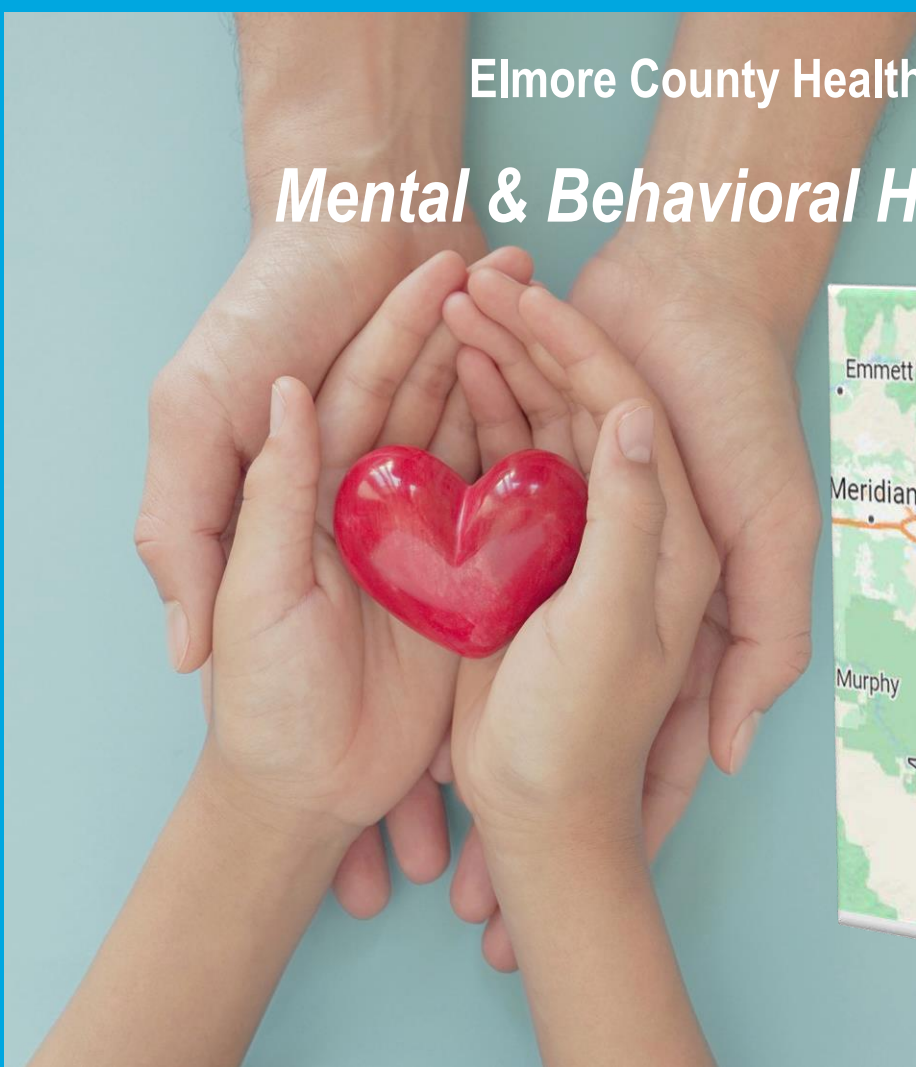


Elmore County Health Coalition

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.

Strategy:	Task:	Responsible Person:	Evaluation:
3.1.1 Conduct an inventory of mental/behavioral health focused support groups in Elmore County.	<ul style="list-style-type: none"> • 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 <u>not</u> • Identify nontraditional partners who could offer support services in some capacity 		<p>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?</p>
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?)	<ul style="list-style-type: none"> • Invite community leaders/champions to be on the <u>committee</u> • Use the inventory to focus efforts, and leverage nontraditional partners to lead support groups in their community 		<p>How many times did the committee meet? How many support groups was the committee able to help support or develop?</p>

3.1.3 Seek funding to help support these support <u>groups</u>	<ul style="list-style-type: none"> 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.) 		Was extra funding secured to help expand resources? How was the coalition involved?
3.1.4 Promote programs via multiple avenues	<ul style="list-style-type: none"> Radio PSAs? Social Media? Billboards? Flyers? 		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?

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.

Strategy:	Task:	Responsible Person:	Evaluation:
1.2.1 Promote mental/behavioral health awareness focused documentary screenings	<ul style="list-style-type: none"> Identify list of scheduled screenings to happen in Elmore County Determine how to promote the screening <u>events</u> 		How many events were supported? How were they supported?
1.2.2 Attend community events to provide mental/behavioral health awareness/educational materials	<ul style="list-style-type: none"> Determine list of community events to <u>attend</u> Determine who will attend <u>them</u> 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 \(idahoschoolmentalhealth.org\)](http://ISMH | Idaho AWARE Project (idahoschoolmentalhealth.org))



❑ St. Luke's Community Health

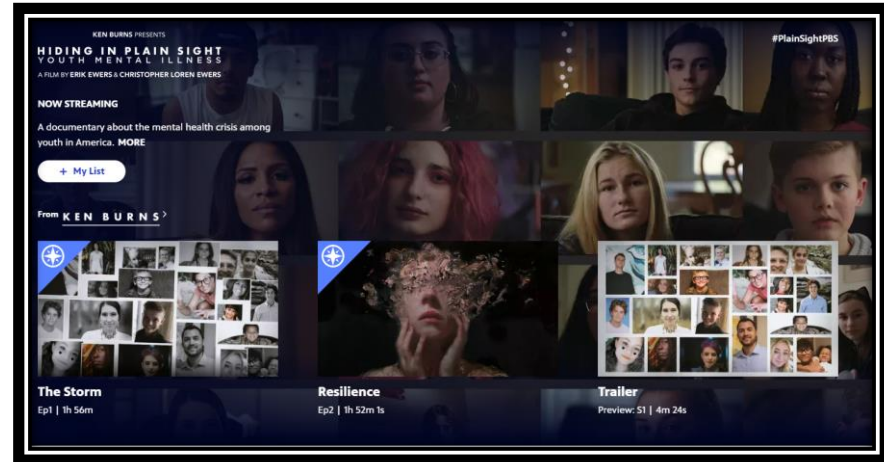
- [Hiding in Plain Sight: Youth Mental Illness | PBS](#)



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 2nd , 12-1pm



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 2nd , 12-1pm**



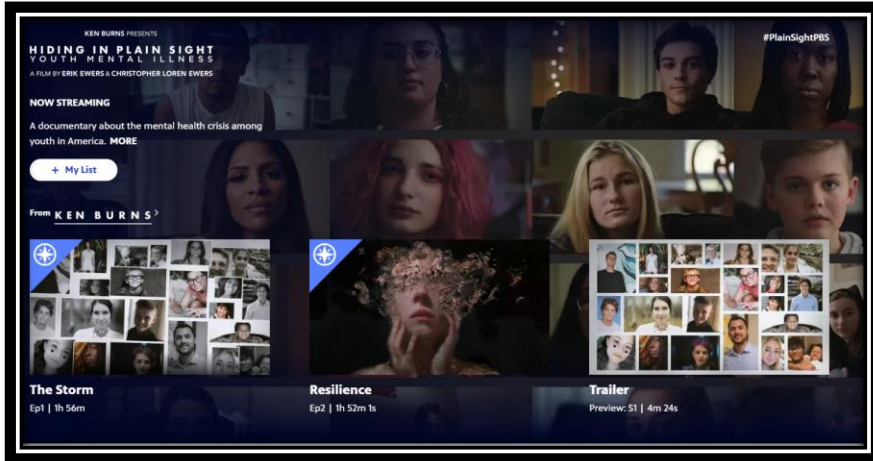
Health Talks Live Virtual Opportunities

All Health Talks are free. For the health and safety of the communities we serve, Health Talks are currently being presented live in a virtual format using Microsoft Teams®. Registration is required. Register online at stlukesonline.org/healthtalks. Once you've registered, you'll receive more information about participating in the event. Please call St. Luke's Center for Community Health at 208-727-8733 if you have questions or need assistance.



Mountain Home Community

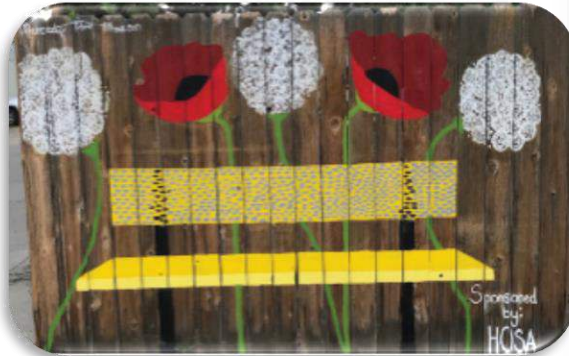
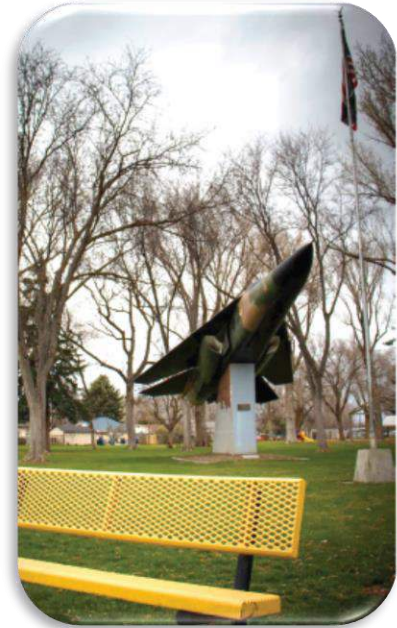
- Additional HIPS screening opportunities
- Yellow bench story



[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

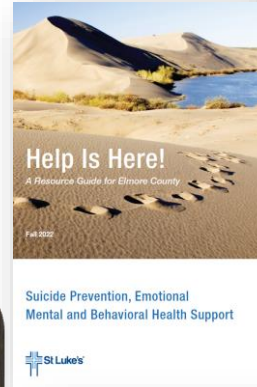
"One in five Americans suffer from a diagnosable mental disorder during any given year."
World Health Organization



In 2017, the devastating loss by suicide of a Mountain Home High School student greatly impacted classmates, teachers and the community. Many students channeled 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 raise 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 Health Occupations

Students of America's (HOSA) 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 2019. Through the project, Cole and his classmates were dedicated to breaking down the stigma surrounding mental health and educating others about suicide prevention.



Suicide Prevention, Emotional
Mental and Behavioral Health Support



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"Mental illness is not a dirty word, it will not get in the way, and I would not avoid it. There are treatments, and there is hope." Steve Spiccone

Let's Talk About It.
If you would like assistance navigating through resources, St. Luke's Community Health Department can help. Please call 208-285-4318. Access this booklet online at stlukesonline.org/help.

Mountain Home Air Force Base Community



DEPARTMENT OF THE AIR FORCE RESILIENCE

HOME ABOUT US GET HELP 24/7

INTEGRATED RESILIENCE

Supporting the well-being of Airmen, Guardians and families to ensure they reach their full potential.

Can't find information?
Discover a broken link?
Click here and
our team will assist!

AIRMAN
RESILIENCE
CENTER

I need information or assistance with...

- Spouse/Family Resources
- Resilience
- Suicide Prevention
- Domestic Violence/Abuse
- Sexual Assault/Harassment
- Crisis Quick Guides "How to Help"
- Civilian Workforce Resources
- Leadership Link Checklists, Guides (CAC Enabled)

[Defense, VA leaders renew calls to prevent suicides in new message \(militarytimes.com\)](https://www.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?