



## Elmore County Health Coalition Meeting

Thursday, February 15th, 2024

12:00 – 1:00pm

Teams meeting link located on page 2

In-person Meeting Location:

Doyel Ray Hope Center  
1140 Airbase Road (W 6th S)  
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*

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### Welcome and Introductions

Attendees: Allan Carroll, James Roddin, Courtney Kelly, Beth Deschene, Kati Chauvin, Kelsey Cooper, Vicky Jekich, Lisa Melchiorre

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### Get Healthy Idaho Updates

#### Courtney Kelly

Courtney Kelly gave a fantastic presentation and gave updates about the Get Healthy Idaho initiatives, action plan, and will keep us updated about any action items that coalition members can help support once, the projects are ready for action. Courtney is also working on scheduling some in-person findhelpidaho.org trainings for coalition members. Keep an eye out for those dates and times! Please see the presentation attached to the email for GHI updates (the presentation will also be uploaded to the [ECHC Landing page](#)).

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### Driver's Ed for the Brain Presentation

#### Dr. Ryan Hulbert

Dr. Hulbert joined us to talk about the different mental health resources that he has to offer; some of which include: Driver's Ed for the Brain, and the Community Enhancement Institute. Dr. Hulbert has written a number of books, and developed a number of life skills games, which community members and organizations can access and provide to patients or clients, to help improve a number of mental health issues, and create more resilient community members.

Here is a little more information about the Community Enhancement Institute:

“Community Enhancement Institute (CEI)

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Welcome to the Community Enhancement Institute (CEI) by EPIC Psychological Services. EPIC stands for Empowering People in Communities. In this case “Community” means any group of people interacting with each other such as a family, neighborhood, schoolmates, teammates, coworkers, towns, cities, and counties.

The CEI consists of engaging resources to equip individuals in communities to be more healthy, strong, happy, and resilient to emotional, relationship and substance abuse problems. It is sponsored by Prevention Associates, a non-profit 5013C organization. By becoming a member of the CEI you are helping to provide unlimited access to the resources in your community. You are also helping to fund the production of more resources and additional languages to positively impact more people both locally and worldwide.

So far, the resources are books in the form of pdfs, e-books, audio books; videos; self-assessments and on-line courses. We seek your feedback and also suggestions for additional resources and additional languages. Please e-mail such suggestions to [driversedftb@gmail.com](mailto:driversedftb@gmail.com). For information concerning how your community can become a member of the CEI for unlimited access to the resources, also email [driversedftb@gmail.com](mailto:driversedftb@gmail.com).”

See attachments in email for more information and/or visit <https://communityenhancementinstitute.com/> to learn more.

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## **Committee Updates: Nutrition, Nicotine/SUD, Mental Health**

### **Nutrition Committee Updates:**

The nutrition committee was able to complete Cooking Matters Training on February 12<sup>th</sup>! This is exciting news, because now we can start offering Cooking Matters classes in Elmore County! There were 6 attendees at the training. There are a number of different curriculums that we can now use to teach Cooking Matters for various populations, including families, children, teens, and adult specific trainings. Each curriculum would consist of six, 1-1.5 hour classes (one each week for 6 weeks).

Now the committee will be working on finding host sites to hold classes. The only real requirements for a host site are: 1. Have easy access to a sink; and 2. Have multiple outlets that can be used to plug in hot plates. Please contact Mindy ([mcurran@cdh.idaho.gov](mailto:mcurran@cdh.idaho.gov)) if you or your organization would like to be a host site for Cooking Matters classes.

### **Nicotine/SUD Updates**

- Thursday 2/22 is our Youth Vaping event open to parents/community members. It will be held at the Mountain Home Public Library from 6 to 7:30. We are holding this event in recognition of heart health month. We will have a table with resources

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which so far include parent resources on vaping, vaping and heart health (from AHA), and then we wanted to make sure we included some information from other committees, so we have information on vaping and oral health, (nutrition), and vaping and your brain and mental health (mental health), as well as nutrition and your brain. Beth volunteered to help table at the event on Thursday, while Allan give the presentation. Thanks Beth!

- Allan Carrol is now a certified community trainer through CATCH My Breath. CMB is an evidence-based youth vaping prevention program (in Spanish and English) that helps youth 5th through 12th grade to learn the skills they need to resist peer pressure and to identify the deceptive marketing strategies by big tobacco and vaping companies. They have not only the curriculum for youth, but they also have a parent/community workshop presentation, parent toolkits, and detailed educator guides with opportunities for professional development. CATCH organization (which stands for a Coordinated Approach to Child Health) has other curriculum options in areas of physical education, nutrition, oral health, substance use (including supplemental lessons on cannabis) and more. CATCH My Breath is one of their subject areas, and we are offering it to local schools that are interested in pursuing additional resources to see if this would meet their needs. Here is a link to their website if anyone is interested in exploring it: <https://catch.org/#>

- We have a couple highlights for youth:

o IPTV is holding their second annual KNOW VAPE PSA contest. This is for youth aged 13-18, they submit a 90 second video by April 1st and they are entered in to win up to a grand prize of \$2,000. Here is a link to the contest information: <https://www.idahoptv.org/shows/specials/knowvape/>

o Central District Health is awarding a total of 5 scholarships for youth to attend the Idaho Drug Free Youth Summit this summer. The scholarships cover the cost of transportation, lodging, food, and the entirety of their stay. The camp is held in Coeur d'Alene for 3 nights and it allows youth to discover their values, become a great leader, and unite with other positive young people with a chance to attend various workshops, attend influential speaker presentations, and participate in traditional summer activities. The deadline to apply is Monday March 18th, and they will be notified of the award by Monday April 1st. Here is a link for any youth interested in applying for the scholarship: <https://kickitidaho.com/educate/youth/>

### **Mental Health Committee:**

Ali not in attendance, but some updates from other MH committee members and from January notes are:

Mayor Sykes shared information about a Marc Mero presentation event that was held in support of mental health. May be looking into bringing Marc back on a bigger scale. Mayor is excited to help support coalition efforts going forward.

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WeCAN Rural Mental Health Solutions Roundtable happened on February 8<sup>th</sup>. Lots of organizations involved in innovative mental health solutions joined the call on Feb 8<sup>th</sup>, and a follow up meeting happened on 2/14. Many great ideas were shared, including an idea for a “Mental Health Fair”, which had brought in “non-traditional” mental health partners, including churches, fitness centers, music & arts, gardening, etc., to offer free mental health focused resources to the community.

Vicky reported that St. Lukes is working with the “You Are More” group at the Mountain Home school districts, and working to involve the Mountain Home youth council as well. More to come!

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### **Roundtable Updates, Announcements, Ideas- Open to all**

Mindy announced that CDH has applied for a United Way grant to bring mobile dental care to Boise and Elmore County communities. The majority of the grant would be to pay for preventative dental services for people who may not have dental insurance. CDH has made it to the second round in grant the process. More information to come, but hopefully we hear good news soon!

See Jet Dental attachment in the email to view more information about the mobile dental partnership CDH would utilize for this project.

\*\*\*Not mentioned in the meeting, but Mountain Home Parks and Rec is getting ready to publish their Spring/Summer guide. Any big events that we would like to be published for this Rec Guide would need to be submitted by March 1<sup>st</sup>. The guide will be printed beginning of pril. Please reach out to [bstrom@mountain-home.us](mailto:bstrom@mountain-home.us) for any events you would like to submit.\*\*

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Next meeting: April 18<sup>th</sup>

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