



## Elmore County Health Coalition Meeting

Thursday, February 20th, 2024

2:00 – 3:30pm

Teams meeting link located below

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*

[\\*\\*\\*Click Here to view meeting recording\\*\\*\\*](#)

[\\*\\*Click here to view attendance, and get contact info\\*\\*](#)

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## Agenda

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### Welcome and Introductions

Attendees: Alyssa Granatir, Amy Fagan, Anne Estrella, Christine Hastings, Christy Pacheco, Cindy Johnson, Don Nesbitt, Felecia Craddieth, Gabriela Waterman, Kelsey Cooper, Lisa Melchiorre, Natasha Richey, Nikki Stornetta, Tiffany Gamel, Vicky Jekich, Tandy Shenk, Marty Stone (Guy), Leticia Garcia, Cynthania Clark, Maritza Sanchez, Wendy Pelletier, Laura Falk, Jessica Reuhrwein, Nek'ka Migel, Sabrina Silver, Kristi Lakatos, RosaElena Hernandez, Christy Acord, Autumn Hastings, Ali Shields, Jerrod Thomas, Madison Durrell, Travis Schmidt, Phadadrea Hagler, Katie Stinnett, Xochil Perez, Berenice Medina, Heather Terrian, Amy Balzer, Mindy Curran, Connor Young

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

#### Mental Health Committee (Ali Shields)

Mental Health Committee met in January and has been working on updating their action plan activities. The next meeting in March, was going to be in-person, but was decided to be virtual, and will be happening on March 11<sup>th</sup> from 2:30-3:30pm. There are mental health trainings offered through Empowered Idaho, which Ali will work on finding out more about. Vicky mentioned she is working with the person who coordinated the Spanish QPR training in Meridian to bring it to Mountain Home, more info to come on that. Idaho Resilience Project is disbanding in July, and is offering free mental health and resilience trainings to interested community organizations. If any Elmore County organizations would like to bring one of these trainings to their staff or members, the flyer is attached in the minutes email titled Trauma and Resilience Informed Community-Based Trainings.

#### Nutrition Committee (Mindy Curran)

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CDH has a Pacific Source grant has a Pacific Source grant to offer Cooking Matters classes in Elmore County, and has the ability to provide \$60 gift cards to families who participate and complete the class. The next upcoming class we have scheduled is being held at West Elementary, starting on Monday April 7<sup>th</sup>-May12<sup>th</sup> from 5-6:30pm. Please reach out to Alexander Dominguez, if you are interested in volunteering to help with that class as a class assistant ([adominguez@cdh.idaho.gov](mailto:adominguez@cdh.idaho.gov)).

Under that Pacific Source grant, CDH has also developed one-off topic specific nutrition presentations that will be held in the community and those who participate will be able to get a \$10 gift card as well. Once the marketing material is complete, we will get those out to our coalition contacts, and on our ECHC social media page. Alex is also seeking host locations to give the presentation, so please reach out to Alex if you are interested in hosting a nutrition presentation at your site. Feel free to follow us on Facebook, [here](#).

The nutrition committee focuses on nutrition access and nutrition education, but we are going to solidify our new priority activities at our nutrition committee meeting on March 3<sup>rd</sup> @ 1pm (virtual). Current plans for nutrition committee activities are: continue to promote food pantry promotion with Elmore County specific food locator cards, work on food rescue efforts, nutrition education focusing on athletes and senior populations specifically.

#### Substance Use Committee (Mindy Curran)

The committee has a new coordinator, Wendy Pelletier! Mindy will work with Wendy to host her first substance use committee meeting in March!

\*\*\*Please let us know about your interest in joining a committee by completing an [ECHC Membership Agreement](#), where we can get to know more about your skills and interests and get you plugged in with the committee you are most passionate about or interested in 😊\*\*\*

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#### **Suicide Prevention Trainings Presentation (Connor Young)- See 21:40- 28:30 in recording**

Connor young is the Suicide Prevention Coordinator for CDH, and can offer free suicide prevention trainings. Please see the following offerings, and reach out to him if you have any questions:

The following trainings are offered virtually or in person and can be hosted at CDH or at your location:

- **Question, Persuade & Refer (QPR)** is for groups or individuals interested in learning more about how to identify suicide warning signs, ask the question, and refer suicidal individuals to help.
  - **Youth Mental Health First Aid** is designed for adults who regularly interact with youth. The course covers common youth mental health challenges, typical adolescent development, and a 5-step action plan for helping young people in crisis and non-crisis situations.
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- **LivingWorks Faith** is a self-paced, online training for Christian Faith Leaders that helps increase knowledge on keeping individuals safe from suicide and ministering to those who have experienced suicide loss.
  - **Mental Health First Aid** teaches people how to recognize mental health or substance misuse challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary.
  - **Adolescent Mental Health 101** is designed to give caregivers and school staff a better understanding of mental health and brain development by learning how to communicate with adolescents, differentiate between typical behavior and potential mental health challenges, and seek mental healthcare.
  - **LivingWorks Start** is a self-paced, online course that teaches individuals to recognize when someone is thinking about suicide and how to connect them to professional and community support.

Contact us for more information or to schedule a training: 208-519-8793  
or [suicideprevention@cdh.idaho.gov](mailto:suicideprevention@cdh.idaho.gov).

Connor also recently received a NACCHO grant, in partnership with Travis at the Boise VA, and Idaho BackCountry Veterans to provide outdoor mental health excursions for veteran and military affiliated people. Connor is working on getting the contract in place, and excursions scheduled. We will promote this more once excursions are scheduled.

CDH has a plethora of health resources that you can have mailed to your address or sent to the CDH Mountain Home office where you can pick it up. Order health resources here: <https://cdhhealthcare.com/shop/>

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### **Safe Families for Children Presentation (Jessica Ruehrwein)- See 29:35- 49:15 in recording**

Safe Families for Children mobilizes communities of faith to keep children safe and families together. They host children in volunteer homes and provide a network of support while caregivers get back on their feet. They are seeking to connect with faith communities in Mountain Home to establish a volunteer base to place children of families in need. There are many different volunteer opportunities, whether it is being a host for children, or a support for parents, Safe Families is the background program to help connect families together to help one another.

Please review the presentation attached in the meeting minutes notes or watch meeting recording, and reach out to Jessica ([jruehrwein@lcsnw.org](mailto:jruehrwein@lcsnw.org)) or Safe Families Treasure Valley ([safefamiliestv@lcsnw.org](mailto:safefamiliestv@lcsnw.org)) to get connected with this wonderful program!

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

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Cynthiana Clark- Elmore County Domestic Violence Council has a grant to train youth 13-17 and 18-24 to facilitate lived experience support groups for other youth. The grant goes until September 30<sup>th</sup>. Please reach out to Savannah, for more information ([svanornum@ecdvc.org](mailto:svanornum@ecdvc.org)).

Christy Acord- REMINDER. The Glens Ferry Literacy Night is happening on March 6<sup>th</sup> at the school, and they are seeking volunteer organizations to bring booths to the event to provide resources or education. This night is historically very well attended in Glens Ferry by children, parents, grandparents, everyone in the community. The theme is "Tell It Like It Is". Please reach out to Liza Martin to host a booth there: [lmartin@glennsferryschools.org](mailto:lmartin@glennsferryschools.org).

Alyssa Granatir- Seeking interested parties who would be willing to partner on an event related to World Kidney Day in March. Alyssa is working on an event at the Mountain Home Library on March 13<sup>th</sup> @ 5:00pm (still working on the details and marketing for this). Please reach out to Alyssa if you are interested in participating: [agranatir@uidaho.edu](mailto:agranatir@uidaho.edu).

Vicky Jekich- Shared the Elmore County St. Lukes Mental Health Resource guide, which you can get printed copies in English or Spanish (reach out to Vicky to get printed copies, [jekichv@slhs.org](mailto:jekichv@slhs.org)) . View the virtual guide [here](#).

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Next meeting: April 17<sup>th</sup>, 2025

Find the Elmore County Health Coalition landing page and past minutes and presentations here: <https://cdh.idaho.gov/community-health/community-health-partnerships/elmore-county-healthcare-coalition/>