ECHC
Elmore County Health Coalition

Elmore County Health Coalition Meeting
Thursday, October 15th, 2026
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

Welcome and Introductions (Please mark the sign in sheet, if in-person)

See attendance and contact info here
See meeting recording here

BRITE (Building Resilience in Teens Through Education) Trial Presentation

Betsy Bray (See 4:10 to 31:30 in recording)

BRITE School Suicide Prevention Study: Betsy Bray and Darren presented St. Luke's BRITE initiative, which will deliver SOS (Sicgns of Suicide) and YAM (Youth Aware of Mental Health) suicide-prevention programs to Mountain Home students beginning in spring 2027 while comparing their effectiveness through a five-year study.

- Program Purpose: BRITE combines a three-year implementation project with a five-year research study. All students in selected grades will receive evidence-based programming, while only students whose parents provide consent and who opt in will participate in research surveys; there is no untreated control group.
- School Benefits: BRITE staff will deliver the programs during normal school hours for three years, with grant funding covering implementation costs. After the study, local school staff will receive training on the program the schools choose to continue.
- Program Models: YAM consists of five interactive classroom sessions using discussion and role-play to address mental health, help-seeking, and peer support. SOS consists of two consecutive classroom sessions plus staff training and teaches the A.C.T. approach: acknowledge the concern, show care, and tell a trusted adult or connect the person to the next level of care.
- Research Comparison: The study will compare YAM, SOS, and layered use of both programs across age groups and rural and urban settings. Researchers will assess suicide-related outcomes as well as resilience, social connectedness, loneliness, anxiety, depression, mental-health knowledge, help-seeking, and confidence.

Mountain Home Implementation And Safety: Betsy Bray explained that Mountain Home schools will receive SOS and YAM in a sequence across grades, with certified facilitators delivering the programs and established school and BRITE protocols addressing identified student risk.

- Implementation Timeline: Planning and staff certification occur during 2026, Mountain Home delivery begins in spring 2027, and programming and evaluation continue through the following school years; study results are expected to be analyzed in 2030.
- Grade Assignments: Mountain Home's assigned sequence begins with SOS and introduces YAM across the participating grades and subsequent years. The design allows most students, except some students entering later grades, to experience both programs.
- Research Participation: Students with signed parental consent may complete four to eight surveys over one to two years, with Mountain Home students scheduled for eight surveys because they are assigned to receive both programs. Participation is capped at approximately 90 students per school, and each completed survey receives an Amazon gift card.
- Safety Response: The implementation team will align with each school's existing crisis-response procedures. BRITE-specific procedures will address risk reported outside school hours, including risk assessment, parent engagement, safety planning, and connection to crisis services such as 988.

The group discussed how BRITE will reach diverse students, account for existing prevention programs, and involve Mountain Home parents, students, school personnel, and community partners in advising and implementation.

- Vulnerable Students: In response to a question about identifying students by economic, racial, or other vulnerability factors, Betsy Bray said the study is universal rather than targeted: all students receive the programs, and demographic and identity information is collected only for consenting research participants. Materials and consent processes will accommodate parents who speak Spanish.
- Existing Programs: Melisa Blackwell asked how existing initiatives such as Sources of Strength would be handled. The BRITE team will collect information on programs already offered or planned in each district and include that information in a sub-analysis; schools are not being asked to discontinue existing programming, and BRITE can be layered with other initiatives.
- Excluded Learners: Participants noted that homeschool and online students, including students connected with Richard McKenna Academy, may not be reached through school-based delivery. The team said future work could explore adapting SOS for virtual settings because its video-based format may translate more readily online, while YAM's highly interactive format may require adaptation.
- Advisory Recruitment: BRITE has school and parent/student advisory workgroups that review study materials and provide implementation feedback. A Mountain Home parent and student are still being recruited; candidates should have a student attending Mountain Home Junior High or high school, and meetings occur every other month with compensation available.

- See the powerpoint presentation given attached in the ECHC Minutes email.

ECHC New Executive Committee Nominations/ Vote

Please send Mindy your nominations! 😊

See Article V in the ECHC bylaws here, for Executive Committee Member responsibilities. (See 31:35 to 34:35 in the recording)

Mindy Curran opened nominations for the Elmore County Health Coalition executive committee and outlined a January transition into a new two-year action-planning cycle for the coalition's committees.

- Lisa Melchiorre has expressed interest in serving again, and Mindy Curran will contact additional potential nominees. Eligibility generally requires living in Elmore County, with regular attendance preferred; members support coalition operations, sign letters of support, and can facilitate meetings when needed.
- January Transition: New or continuing executive committee members will begin in January. That transition will launch development or revision of two-year action plans for the nutrition, substance-use, mental-health, and teen-support committees.
- Planning Process: Mindy plans to create more interactive committee action planning sessions that identify priority areas and establish specific, measurable goals.

ECHC Committee Updates: (See 34:50 to 46:00 in recording)

Nicotine/SUD- No Meeting, no updates

- The coalition currently lacks a coordinator for its nicotine or substance-use committee, so those meetings are inactive. Existing school efforts include Catch My Breath vaping-prevention activities led by trained students, while the coalition is seeking someone to restart broader substance-use prevention, treatment, and recovery discussions.

Nutrition- Heather Whitehead

- Nutrition Priorities: Heather reported that the nutrition committee's poll identified two priorities: fill gaps in school and community nutrition education or food-service programming, and create a communication channel linking food pantries across Elmore County so surplus food and needs can be matched more effectively.

Mental Health- Mindy Curran

- Mental Health Activities: The mental-health committee promoted the SAMHSA suicide-prevention toolkit, presented its initiatives to the Mountain Home Chamber of Commerce, worked on completing the yellow buddy-bench project and printing mindfulness journals, and began updating the coalition's behavioral-health resource list. Members also provide resources at community events and have connected with Bridging the Gap and school-based peer activities.

Teen Support- Mindy Curran

- Teen Support Grant: Central District Health received the Rural Health Transformation Grant. Planned uses include repairing the Watering Hole's fire-

suppression system to support teen programming, exploring a local youth peer-support position and additional teen peer-support activities, and creating an interactive youth asset map covering Mountain Home and potentially Glenns Ferry businesses and organizations serving youth. The RHTP grant will be eligible to be used in all communities in Elmore County. The total award amount was: $199,924.19 and CDH hopes to see funding come in by the end of October, and plans to roll out subgrant and contracts for this work soon after funding arrives.

OJJDP Grant Proposal to ECHC

- OJJDP Application: Mindy said the coalition's prior application for a large Office of Juvenile Justice and Delinquency Prevention grant was not funded, but the opportunity has reopened. The renewed proposal may include prevention, treatment, recovery, and referral activities; organizations with ideas should contact Mindy promptly, and letters of support are being requested again.
- Eligible voting members will be contacted to vote on ECHC providing Letter of Support for this opportunity.

Roundtable Updates- Open to All (See 48:30 to 56:38 in recording)

- **Xochil:** Share the Day event is happening December 12 from 10:00 a.m. to 2:00 p.m. at the LDS Church across from Richard McKenna. Planned services include St. Luke's participation, free haircuts, potential hot meals through the LDS Church, possible free coats, food boxes, and children's activities; additional service providers are invited.See flyer attached to minutes email.

- **Melisa:** Announced Dr. Rudd's clinician training in Boise on December 7, with an advanced implementation half-day on December 8. The training is free, includes lunch and continuing-education credits, addresses treatment and management of suicide risk after crisis stabilization, and satisfies the state's suicide-prevention training requirement. Leran more about the training or register to attend **here.**

  Melisa also described the American Foundation for Suicide Prevention's November 21st International Survivors Day event in Boise and its free resources and training programs, including Talk Saves Lives, More Than Sad, Hard Hat Courage, statistics support, and survivor-loss-group facilitation resources. Learn more about ASFP and the Idaho chapter **here.**

- **Chrissy:** The Rides to Wellness pilot is in its fourth month and was reported as successful, while the pediatric mobile service continues to be promoted in schools. The mobile pediatirc service may stop after January if parent participation does not increase, so that resources may be reassigned to other communities.

Next meeting: December 17th, 2026

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/

Action Items:

- All ECHC members: Betsy is seeking to recruit a Mountain Home Junior High or high school parent and student to join the BRITE advisory group and review study materials every other month. Contact betsy at brite@slhs.org.
- All ECHC members: Contact Mindy if interested in joining the coalition executive committee, with new or continuing members beginning service in January.
- All ECHC Members: Contact Mindy promptly with substance-use prevention, treatment, recovery, or referral programming ideas for youth that the OJJDP grant opportunity could support.
- All ECHC members: Reach out to Xochil if available/interested in providing resources or services at Share the Day event on Dec 12th.
- Mindy: Reach out to the new Glenns Ferry school counselor and connect her with the coalition and relevant suicide-prevention partners.