

IDAHO BEHAVIORAL HEALTH COUNCIL

RECOMMENDATIONS

Final review of draft recommendations

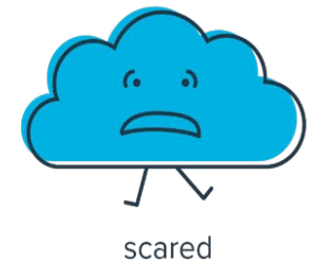
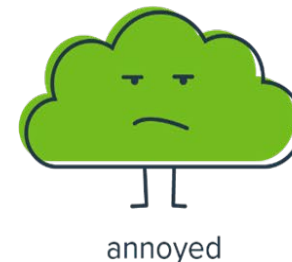
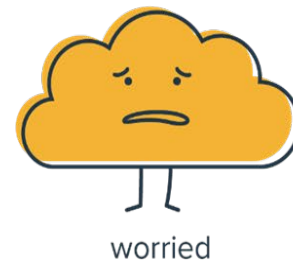
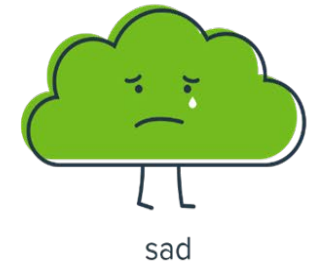
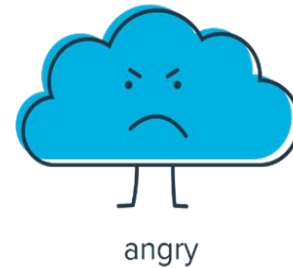
September 13, 2024



How are you?

“Always be true to your feelings because the more you deny what you feel the stronger it becomes.”

– Unknown



A large, solid green heart shape is centered on a white background. Inside the heart, the text "Right now, I'm grateful for..." is written in a white, sans-serif font, centered horizontally and vertically.

Right now, I'm
grateful for...

Vision for Idaho's Behavioral Health System

It is our vision that adults, children, youth and their families who live with mental illness and addiction **receive the behavioral healthcare services they need when they need them.**

Idaho Behavioral Health System

Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental Illness

A syndrome characterized by clinically significant disturbance in an individual's cognition, emotion regulation, or behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental functioning.

Substance Use Disorder

A problematic pattern of using alcohol or another substance that results in impairment in daily life or noticeable distress.

ENGAGEMENT

The ability to effectively assist an individual with a behavioral health disorder relies on the system's ability to engage the individual in the system.

PREVENTION

Delivered prior to the onset of a disorder, these interventions are intended to prevent or reduce the risk of developing a behavioral health problem.

TREATMENT

These services are for people diagnosed with a behavioral health disorder. They are ideally evidence-based, client centered, and meet the varied needs of as many individuals as possible.

PROMOTION

Create environments and conditions that support behavioral health and the ability of individuals to withstand challenges such as Social Determinants of Health.

RECOVERY

These services support individuals' abilities to live productive lives in the community and can help with management of behavioral health conditions to minimize the risk of relapse or recurrence.



Idaho's Behavioral Health Framework

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Dept. Health & Welfare

Idaho Courts

Idaho Department of Correction

Idaho Juvenile Corrections

Counties

State Dept. of Ed

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Provider Network

Contracts

Treatment Courts

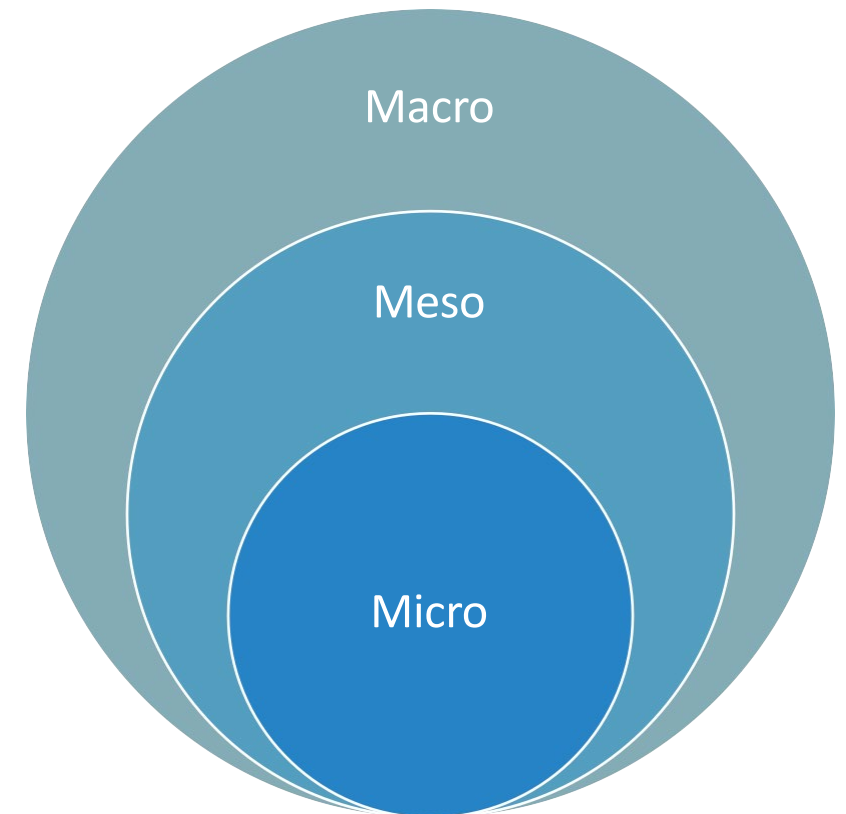
Hospitals

Private Providers

Systems Level Planning & Change

We will be looking at the behavioral health system through three frames:

- Macro—Statewide behavioral health system
- Meso—Organizational partners and users
- Micro—Individual users of the system



Human-Centered Systems



Human-Centered YOUnity®



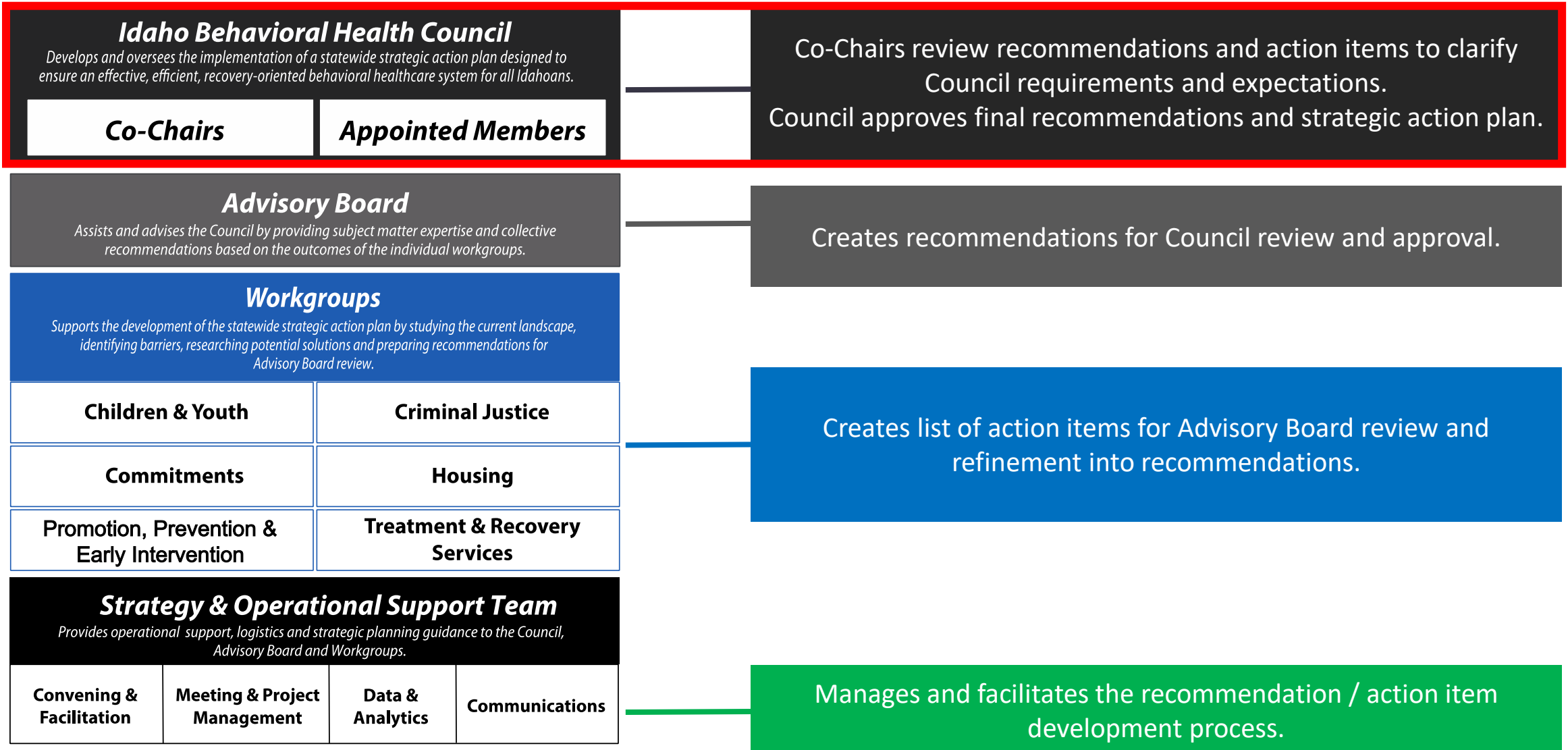
IBHC Accountability Structure

Our organizational model.

Idaho Behavioral Health Council

Accountability Structure

IBHC Recommendation Process



Planning Timeline

Overview of the process for engagement and completion of the statewide plan.

KEY DATES

- ~~July 12 Workgroup Planning Summit~~
- ~~July 19 Council Kickstart Meeting~~
- ~~July 26 Advisory Board review of Workgroup deliverables~~
- ~~August 2 Advisory Board review of Workgroup deliverables~~
- ~~August 9 Review and approval of draft recommendations~~
- ~~August 16 IBHC Review draft of Recommendations~~
- ~~August 23 to September 13 Public comment and outreach~~
- ~~September 6 Finalize Recommendations for IBHC vote~~
- **September 13—IBHC vote on priorities**
- ~~October 18—Finalize and adopt strategic action plan~~

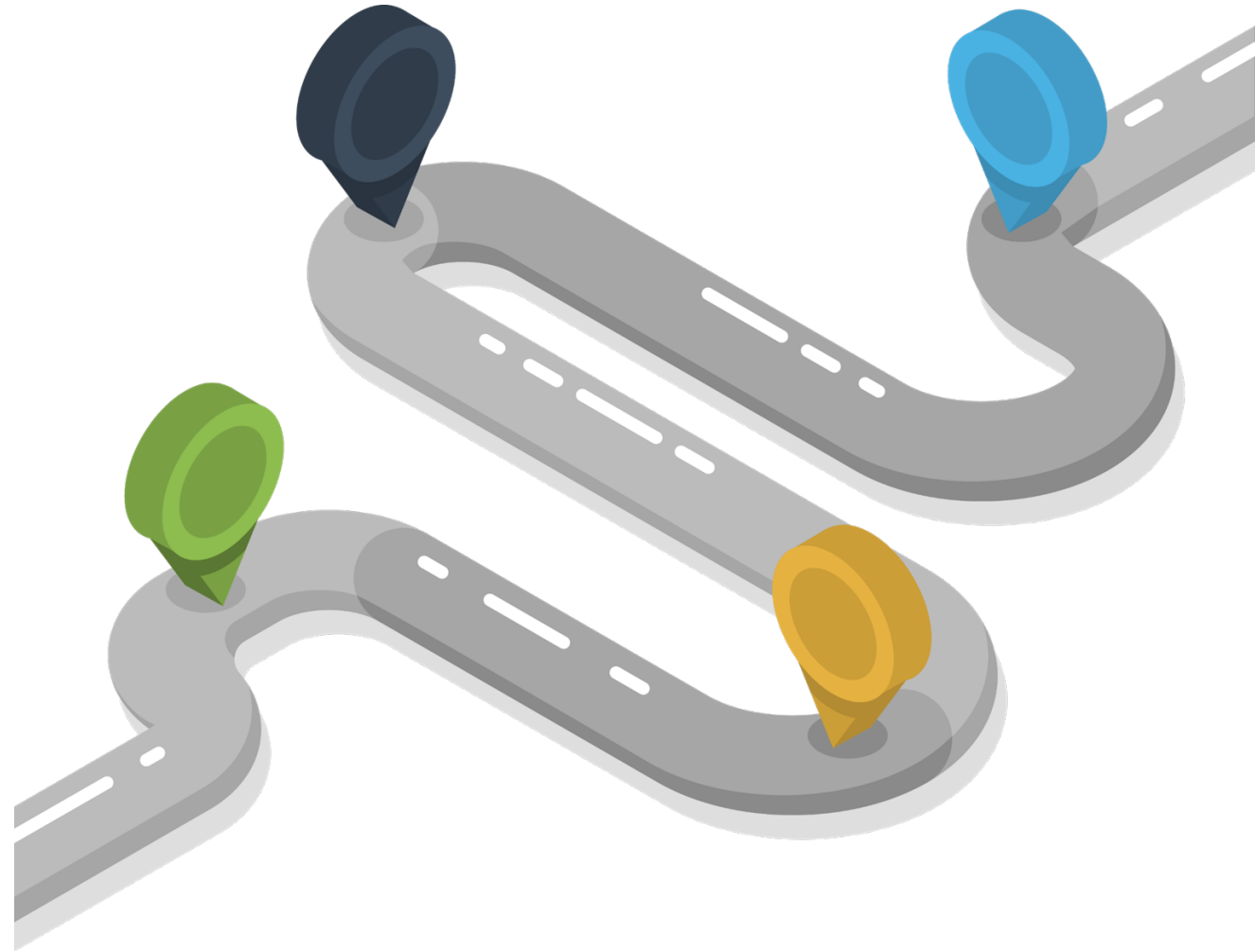
IBHC STRATEGIC ACTION PLANNING TIMELINE

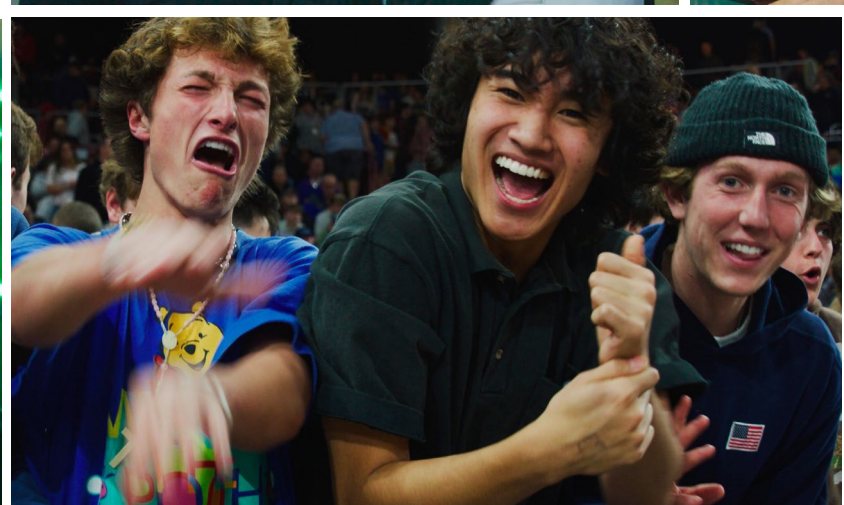
MAY 2024	JUN 2024	JUL 2024	AUG 2024	SEP 2024	OCT 2024
ADVISORY BOARD <ul style="list-style-type: none"> Strategic planning kickoff and prioritization 	ADVISORY BOARD <ul style="list-style-type: none"> Divide into workgroups to review prioritized recommendations and form action items 	ADVISORY BOARD <ul style="list-style-type: none"> Finalize draft of recommendations for council presentation 	ADVISORY BOARD <ul style="list-style-type: none"> Present first draft of recommendations to the council 	ADVISORY BOARD <ul style="list-style-type: none"> Review and revise recommendations for voting by the council 	
WORKGROUPS <ul style="list-style-type: none"> Invitations to participants and meeting schedule 	WORKGROUPS <ul style="list-style-type: none"> Outreach and engagement Planning summit Review Advisory Board recommendations and create action items 				
SUPPORT TEAMS <ul style="list-style-type: none"> Facilitate the launch of the strategic planning process 	SUPPORT TEAMS <ul style="list-style-type: none"> Convene and facilitate workgroup meetings and summit Compile draft of recommendations and action items Collect and prepare data report 		SUPPORT TEAM <ul style="list-style-type: none"> Draft strategic action plan 	SUPPORT TEAMS <ul style="list-style-type: none"> Finalize action items Finalize full draft of recommendations Finalize strategic action plan 	
		IBHC <ul style="list-style-type: none"> Jul 19—kickstart planning meeting 	IBHC <ul style="list-style-type: none"> Aug 16—Review Advisory Board recommendations 	IBHC <ul style="list-style-type: none"> Sep 13—Vote on priorities and recommendations 	IBHC <ul style="list-style-type: none"> Oct 18—Finalize and adopt the 2025 -2028 strategic action plan



Strategic Planning Methodology

The road we've traveled...





IDAHO BEHAVIORAL HEALTH COUNCIL

2021 – 2024 STRATEGIC ACTION PLAN



Idaho Behavioral Health Council Prioritization Rating

Recommendation

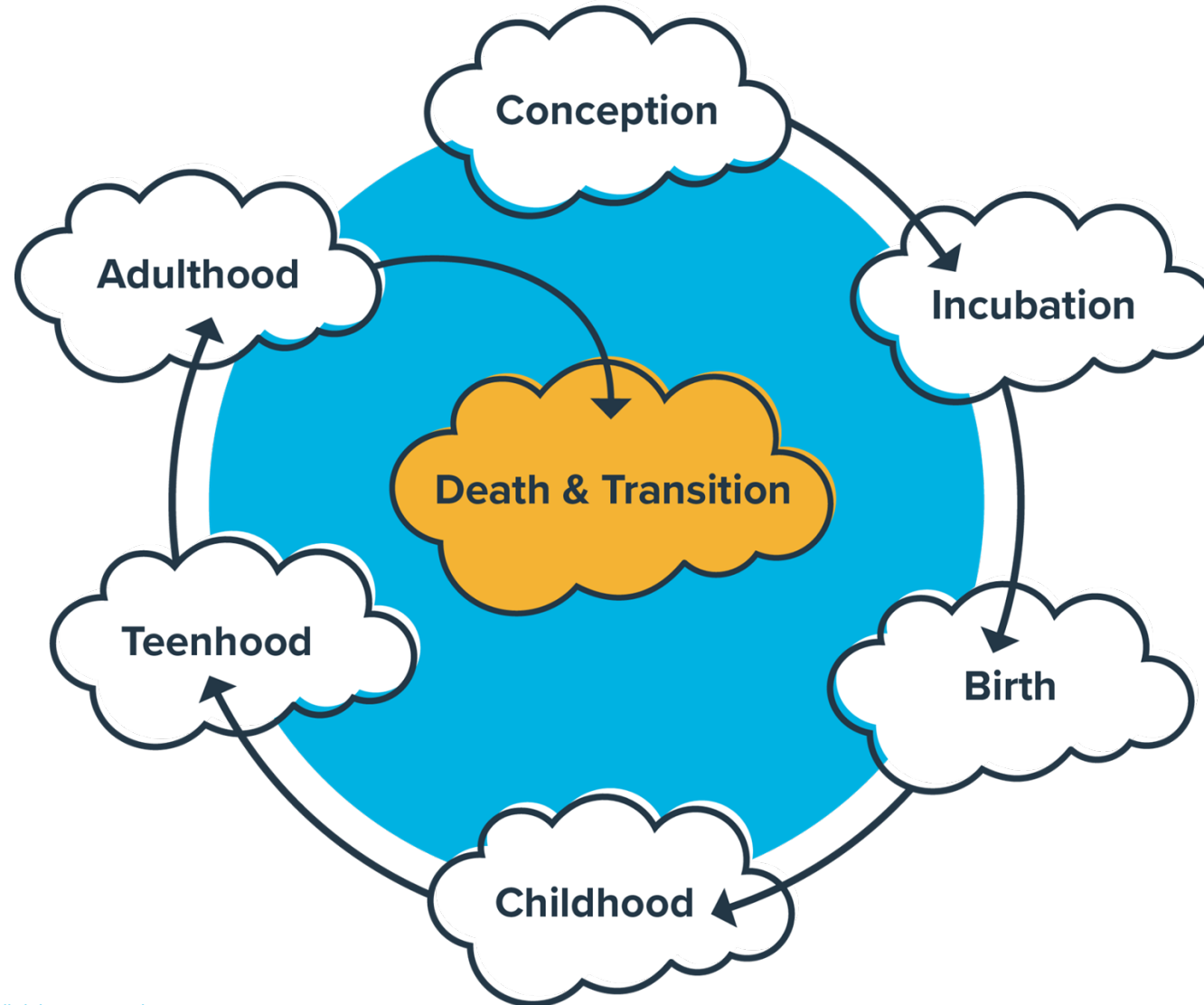
	Recommendation	Low	Med	High	Total Points
1.	Infrastructure #2	0	2	16	52
2.	Prevention #2	0	5	13	49
3.	Recovery #1	1	0	16	49
4.	Infrastructure #1	2	2	14	48
5.	Treatment #6	0	3	14	48
6.	Engagement #4	1	6	11	46
7.	Recovery #2	1	3	13	46
8.	Recovery #3	0	5	12	46
9.	Engagement #5	2	5	11	45
10.	Promotion #3	2	5	11	45
11.	Engagement #1	1	5	11	44
12.	Engagement #2	1	8	9	44
13.	Infrastructure #8	2	6	10	44
14.	Treatment #1	1	5	11	44
15.	Treatment #2	2	3	12	44
16.	Promotion #2	1	9	8	43
17.	Recovery #5	1	6	10	43
18.	Engagement #3	1	7	9	42
19.	Prevention #3	2	8	8	42
20.	Treatment #7	1	7	9	42
21.	Treatment #8	2	5	10	42
22.	Infrastructure #6	2	9	7	41
23.	Prevention #4	3	7	8	41
24.	Recovery #4	1	8	8	41
25.	Treatment #3	2	6	9	41
26.	Infrastructure #3	3	5	9	40
27.	Infrastructure #4	3	8	7	40
28.	Treatment #4	2	8	7	39
29.	Prevention #1	3	11	4	37
30.	Promotion #4	3	11	4	37
31.	Treatment #5	4	6	7	37
32.	Infrastructure #5	6	6	6	36
33.	Infrastructure #7	4	10	4	36
34.	Promotion #1	3	9	5	36

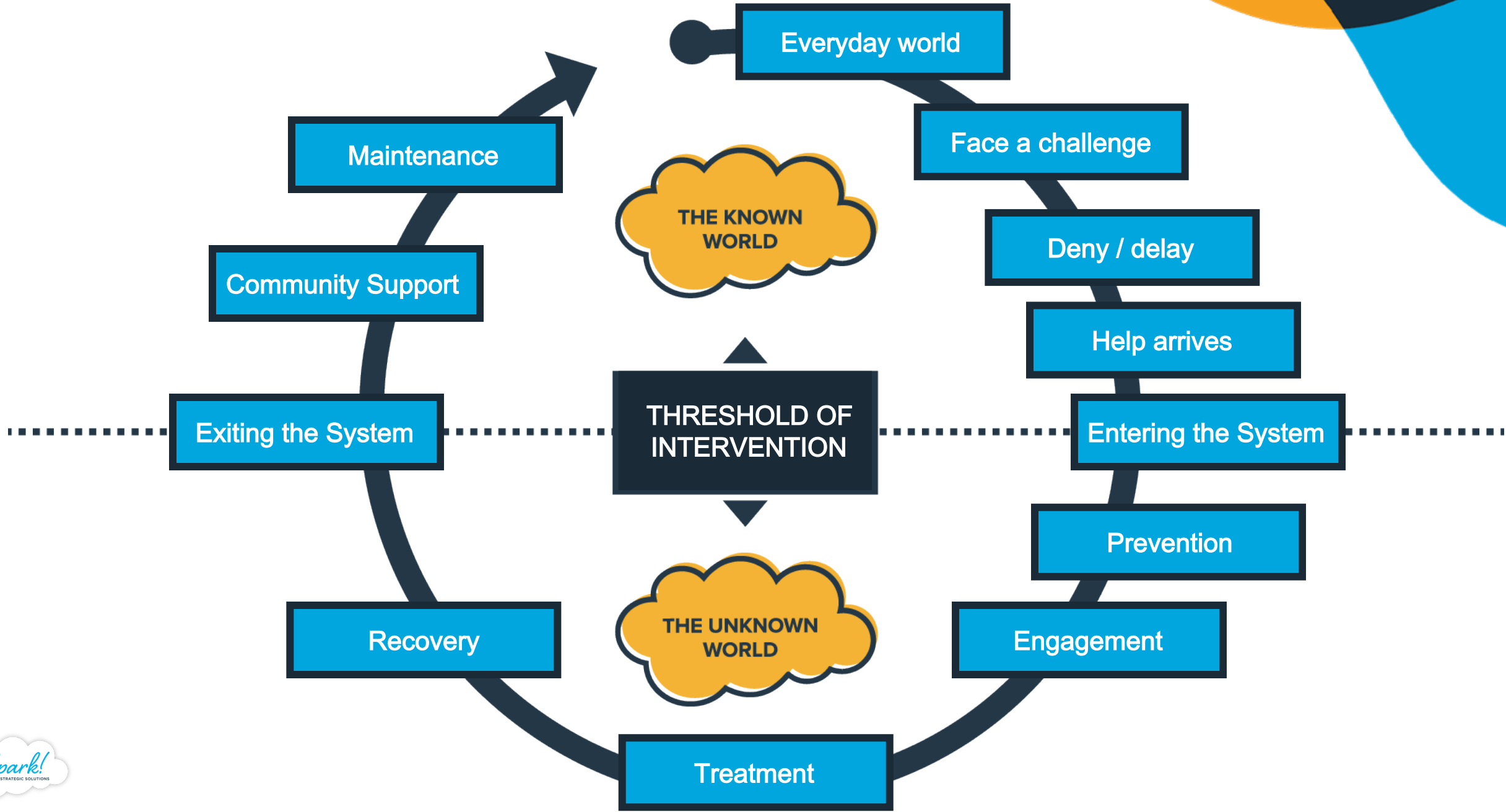
Recommendations were awarded points in the following:

High - 3
Medium - 2
Low - 1

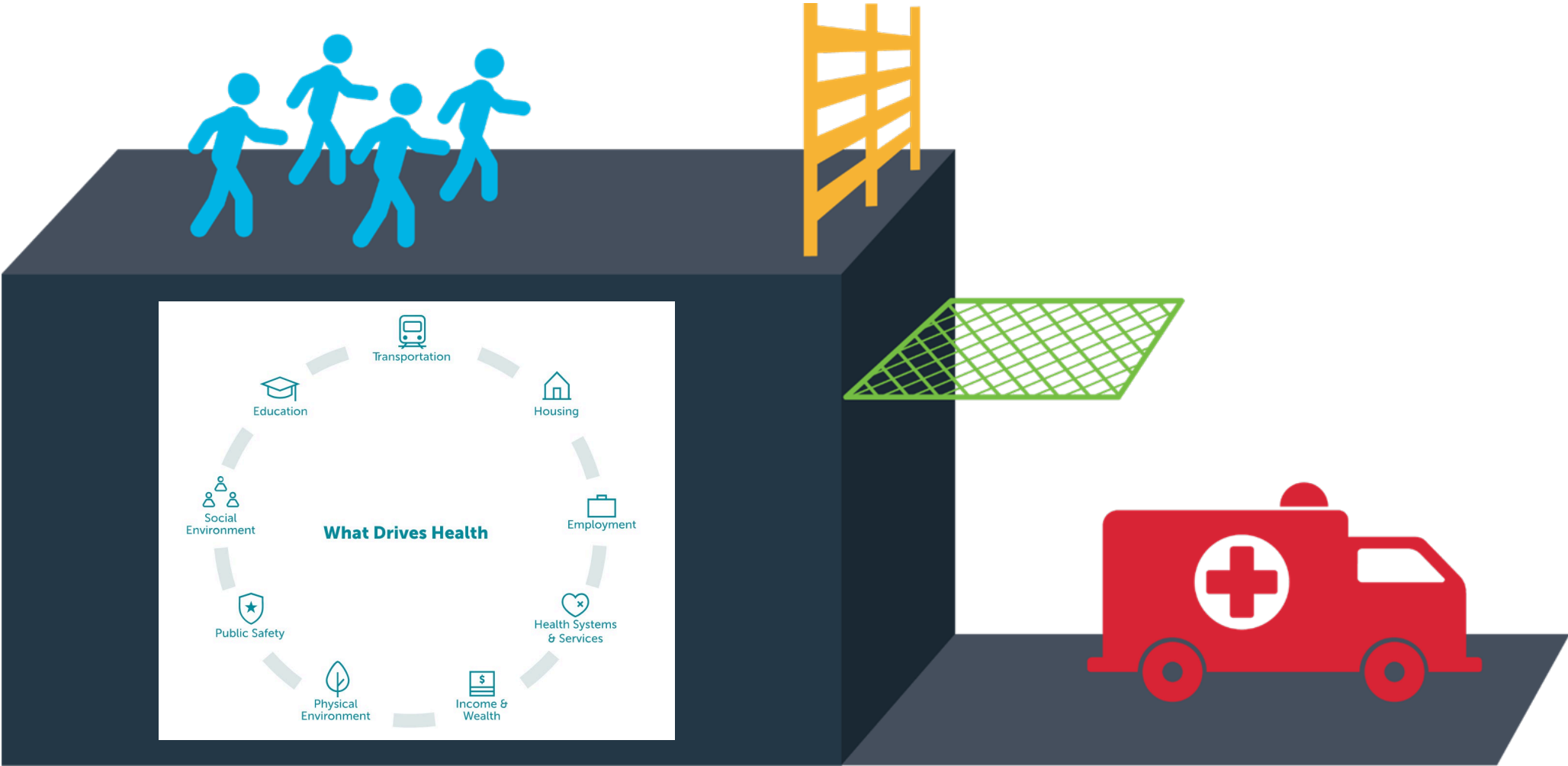
Total Points is a summation of all the votes.

The Shared Human Life Cycle





Cliff of Good Health



SWOTT Analysis



STRENGTHS	WEAKNESSES	OPPORTUNITIES	THREATS
<p>What does the behavioral health system do well?</p> <p>What is the system's biggest assets?</p>	<p>What areas of the system are not serving Idahoans well?</p> <p>What must we avoid?</p>	<p>What areas can we improve?</p> <p>Where is there need?</p> <p>What can we stop?</p>	<p>What impacts present a negative implication for the behavioral health system?</p> <p>What threats are we facing?</p>
TRENDS			
<p>What is happening in the state and at the national level that impacts us?</p> <p>What trends are we seeing?</p>			



IBHC Recommendation Process

200+ Workgroup
Action Items

1. Persona Mapping
2. Revision of Definition & Goals
3. Persona Journey & Lived Experience
4. SWOTT Overview
5. Prior Action Item Review
6. Workgroup Action Item Development

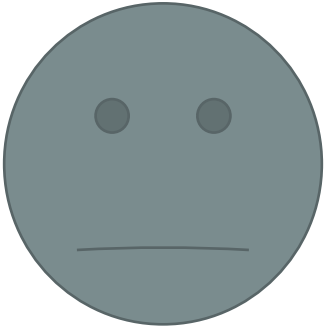
Criminal Justice Workgroup Definition

Many people with behavioral health challenges end up in the criminal justice system. The criminal justice workgroup will provide strategies that innovate and revise ways to manage and engage justice involved individuals to ensure their behavioral health needs are met while promoting public safety. The workgroup will also find ways to support the behavioral health needs of criminal justice practitioners and system partners.

WORKGROUP GOALS

- Develop recommendations for building protective factors.
- Identify Idaho's existing prevention/early intervention successes make enhancement recommendations based on emerging/promising practices.
- Analyze and build off Idaho Executive Order 201909 (Opioid & SUD Advisory Group).
- Collaborate with Children / Youth Workgroup to ensure continuity of recommendations.

Treatment & Recovery

Who are the users of the behavioral health system and what challenges are they facing?	Where do they enter the system?	How are they interacting with the system?
 <p>Involuntarily accessing services. Challenges are “fractures” / gaps in the “the system” affecting the continuum of care. Stigma, denial, lack of insight. <i>How do I continue to meet daily obligations - no way to pay for services?</i></p>	<ul style="list-style-type: none">● Emergency Departments● Jail● Courts	<ul style="list-style-type: none">• Under duress.• May encounter challenges accessing the services they are court-ordered to receive.



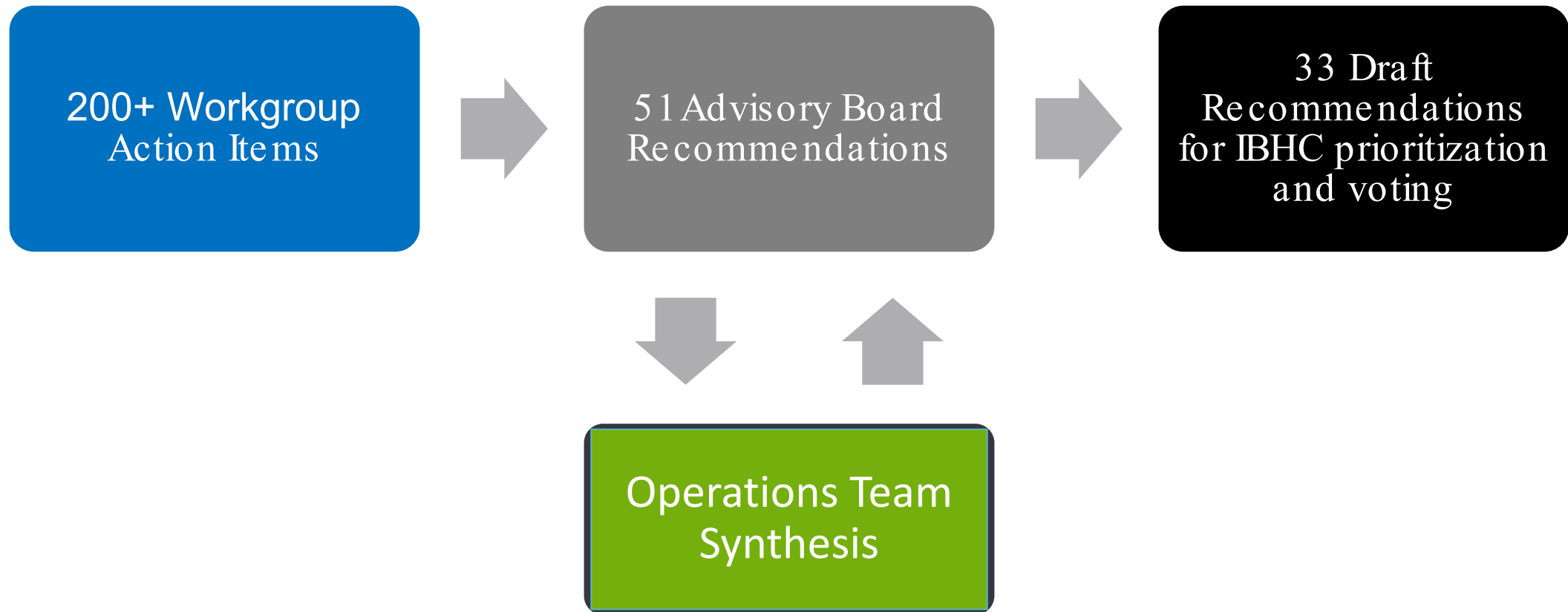
Draft Recommendations

Scope and Mission of the Council

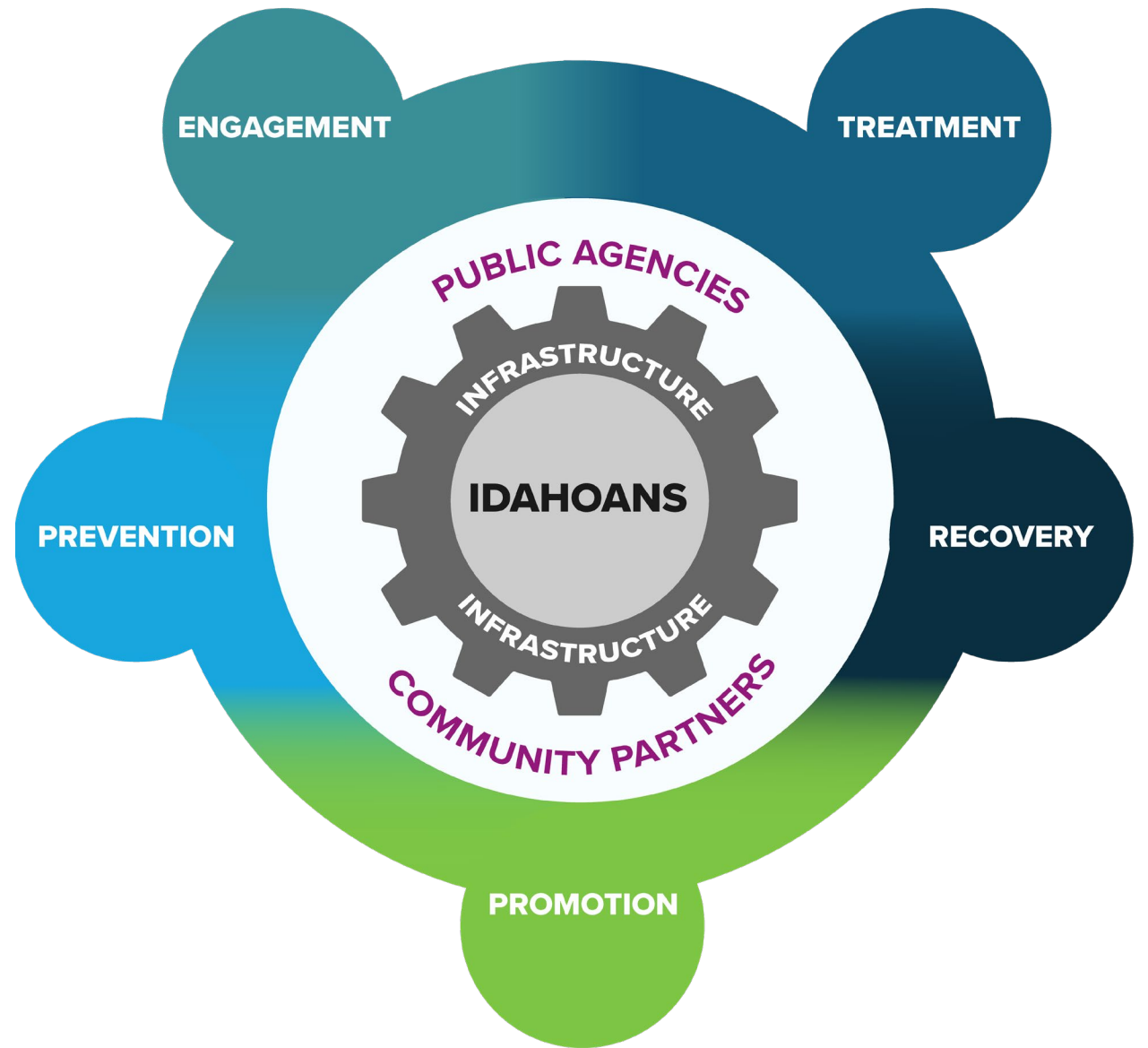
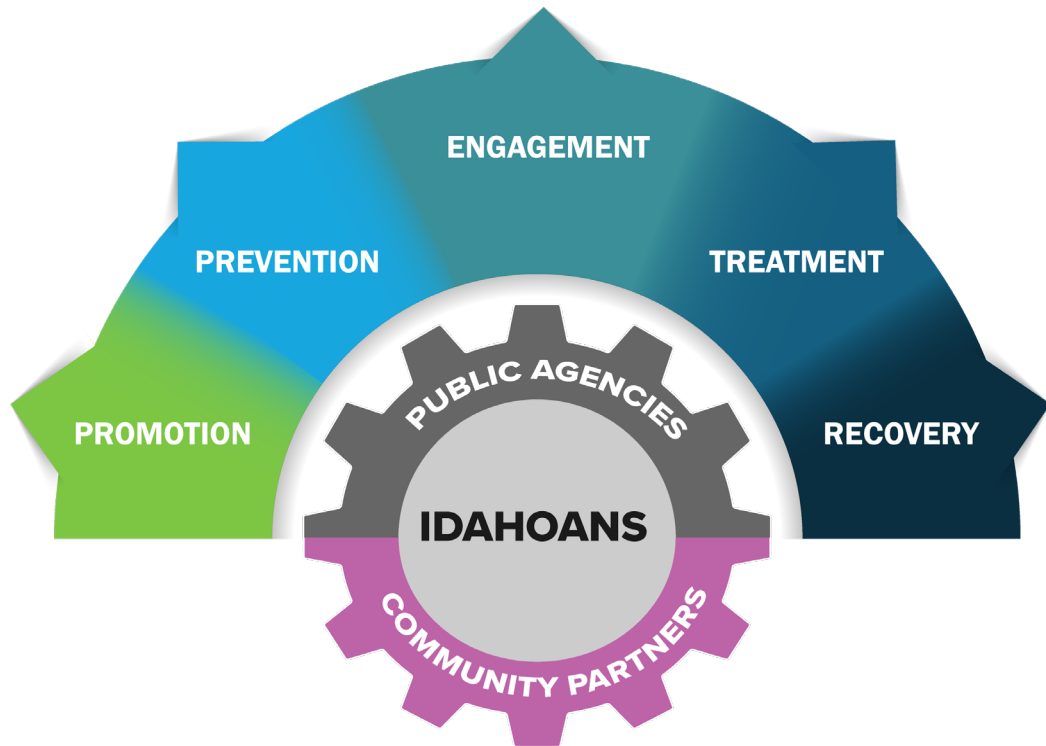
- Define a plan to inventory current expenditures , utilization and accessibility.
- Assess the effectiveness and efficiency of the current systems, including where more efficient coordination of existing resources could create better outcomes, while considering previously adopted, enacted or funded recommendations.
- Recommend actions that will materially improve Idaho's behavioral health system.
- Determine Idaho citizen's unique needs via broad stakeholder input and known best practices.
- Oversee the implementation of the approved statewide strategic plan, ensuring an effective, efficient, recovery-oriented behavioral healthcare system for all Idahoans in need of those services .

IBHC Recommendation

Process



Updates to the Behavioral Health Framework



INFRASTRUCTURE

The foundation of the behavioral health system consisting of public agencies and community partners.

1 ***Workforce—Implement strategies to increase recruitment and retention to strengthen the behavioral health professional workforce.**

2 **Data and Analysis—Increase facilitation and coordination of data collection across agencies to analyze and evaluate the capacity of the behavioral health system and develop performance and outcome indicators.**

3 **Infrastructure Evaluation—Evaluate Idaho’s behavioral health infrastructure to reimagine more effective and efficient service delivery including implementing universal co-occurring capability.**
DBH Note: In progress via Magellan contract

4 **Care Coordination—Enhance individualized care coordination among different systems involved in patient and/or client care.**

5 **SIM—Support an ongoing system of Sequential Intercept Mapping (SIM) with follow-up, reporting, and scaling for every jurisdiction (CJ24-18) (CJ21-5)**

PROMOTION

These strategies are designed to support behavioral health and the ability of individuals to withstand challenging conditions in the environments where they live, learn, work, play, worship, and age. Promotion strategies also reinforce the entire continuum of behavioral health services.

1

Program Awareness—Develop an outreach and marketing strategy to increase awareness of publicly and privately funded programs and services.

2

Reduce Stigma—Address and reduce behavioral health stigma.

3

Well-being Plan—Collaboratively develop a statewide plan that is led at the local level to promote health and well-being. This plan should address healthy food choices, public spaces that promote physical activity and connection, and policies that promote prevention and longevity. (PP06)

PREVENTION

Services and programs intended for individuals not yet in need of treatment. These strategies are intended to prevent or reduce the risk of developing a behavioral health problem, such as underage alcohol use, major depression, illicit drug use, prescription drug misuse and possible suicide by prescription drugs.

1

Primary Prevention Programs—Identify and implement coordinated evidence-based or evidence-informed primary prevention strategies that support community, family, and child well-being. (PP08)

2

Foster Care—Collaborate across IDHW Divisions and IDJC to expand services to youth residing in out-of-home placements, foster care, and adoptive family homes.

3

Protective Factors—Identify opportunities to enhance protective factors and promote long-term resiliency in children, youth, and adults with a significant emphasis on those having trauma symptoms.

ENGAGEMENT

Strategies and support to deliver timely, reliable, effective, and safe healthcare. This means providing the best possible care journey to patients, giving them adequate information, and supporting them to make decisions about their treatment.

1	Crisis Response System—Ensure a robust crisis response and services are implemented.
2	School Behavioral Health Resources—Increase accessibility of behavioral health education resources in Idaho schools based on local needs.
3	Protective Holds—Create a framework around protective and involuntary holds that optimizes utilization of resources (ex: Substance Use Disorder). (Com16)
4	Diversion Systems—Develop early diversion and deflection tactics to avoid long-term engagement with the criminal justice system: prearrest, post arrest, and beyond.
5	Youth Assessment Centers—Support the continued development and operation of Youth Assessment Centers.
6	Warm Handoffs—Develop a comprehensive transition process to ensure communication and prevent care gaps when patients transition between service levels of care (i.e., a warm hand-off system).
7	Personal Health Risk Reduction—Create a plan to increase support for personal health risk reduction.
8	Peer Support Specialists—Increase availability of qualified peer support specialists including recovery coach, youth peer support, and family support partner services across the behavioral health system.
9	Help the Helpers—Provide support to individuals with occupational exposure to secondary trauma. This includes those working in healthcare delivery services, the criminal justice system, crisis response, mental and behavioral health professions, and their families.
10	Care for Caregivers—Provide support to parents and caregivers to address burnout and secondary trauma.

TREATMENT

These services are for people diagnosed with a substance use or other behavioral health disorder. They are ideally research and/or evidence-based, client centered (i.e., tailored to meet individual needs), and offered in enough variety as to meet the varied needs of as many individuals as possible.

1	*Crisis Centers—Expand the functionality of crisis centers.
2	Youth Treatment—Improve access and quality of care for children and youth, including enhanced services for transition age youth and establishment of psychiatric phone consult line for primary care providers.
3	Criminal Justice—Continuity of Care – Ensure continuity of care for those entering and leaving the criminal justice system.
4	Criminal Justice—Treatment – Provide treatment for those involved in the criminal justice system.
5	Treatment Courts—Support Treatment Court programs.
6	*Competency Restoration—Review and reform the competency restoration process for adults (18-211/212) and juveniles.
7	Civil Commitments—Modernize civil commitment system (emergency, outpatient & inpatient).
8	Treatment Services—Expand the continuum of treatment services.
9	Older Adults—Develop level of care across the lifespan.

RECOVERY

These services support the process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Strategies also help with management of behavioral health conditions to minimize the risk of relapse or recurrence.

1

***Supportive Housing - Increase availability of supportive housing for people with behavioral health conditions.**

2

Recovery Services - Support community recovery services.

3

**Re-entry Services - Expand and ensure links to services for those coming out of incarceration.
(TR24)**

Guiding Principles

As the Idaho Behavioral Health Council moves toward its next phase of implementation, the recommendations and action items in the plan will be organized under multiple organizations and projects. To achieve consistency, all project leads/teams are asked to adhere to the following set of guiding principles

1. **Consumer and Family Voice:**

- We commit to including consumers of services, and their families, as equal partners in the program design and implementation of all aspects of the Idaho Behavioral Health Council's strategic action plan.

2. **Cross-System Collaboration:**

- We commit to utilize an inclusive and collaborative approach in the implementation of behavioral health strategic action plan.

3. **Promote Evidence and Best Practices:**

- We commit to using known effective practices through the design and implementation of the strategic action plan, including best practices for funding services and supports.

4. **Recovery and Resiliency Oriented:**

- We commit to designing a system that focuses on improving wellness and strives to assist consumers and families in reaching their full potential.

5. **Equitable Access:**

- We commit to implementing a system with equal access for all Idahoans regardless of race, ethnicity, gender, socioeconomic status, or sexual orientation. We commit to observing all rights as defined in the Americans with Disabilities Act (ADA).

6. **Financially Sustainable:**

- We commit to designing and implementing a behavioral health system that is effective, efficient, and financially sustainable.

7. **Quality, Accountability, and Outcomes:**

- We commit to continuous evaluation of quality and outcome measures in all programs and services for transparency and to ensure effective/efficient use of public dollars.

Prioritization

The image features a dark blue background with several overlapping, organic shapes. A large, solid blue shape occupies the left side. To its right, a white shape overlaps it, and further right, an orange shape overlaps the white one. At the bottom right, a green shape overlaps the white one. The overall composition is modern and abstract.

Prioritization Results from 9/6/24

Impact Prioritization & Ranking

- Council ranked recommendations by impact level.
- Today we will discuss recommendations with close margin.
- Decide which recommendations move forward to effectiveness and efficiency prioritization.

The ability to positively influence or effect changes to unfavorable circumstances to achieve the intended **outcome** at a systems level.

DESIRED OUTCOME(S)

Ensure an effective, efficient, **recovery-oriented** behavioral healthcare system for all Idahoans in need of those services.

Prioritization by IBHC

Effectiveness & Efficiency Prioritization

Council ranks recommendations by most / least effective and efficient based on the definitions below.

EFFECTIVENESS

The degree to which the recommendation has the capability to be successful in producing the desired result of improvement to Idaho's behavioral health system.

EFFICIENCY

Working in a well-organized and competent way while achieving maximum productivity with minimum wasted effort or expense across public agencies.



TOP FIVE VOTING

Vote on your top five priorities.