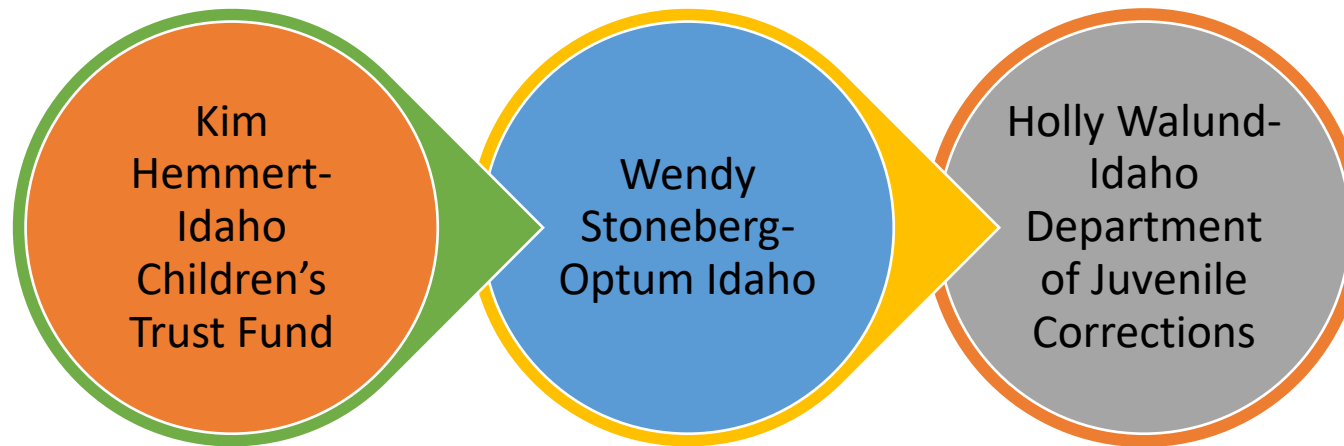




# Youth Mental Health Resources in Idaho

When **I** is replaced by **We**, then **I**llness becomes **We**llness



# Youth Assessment Centers

Aim to divert youth  
from juvenile justice  
and child welfare  
systems

Single point of contact

Validated screening tools

Linked to community-based services

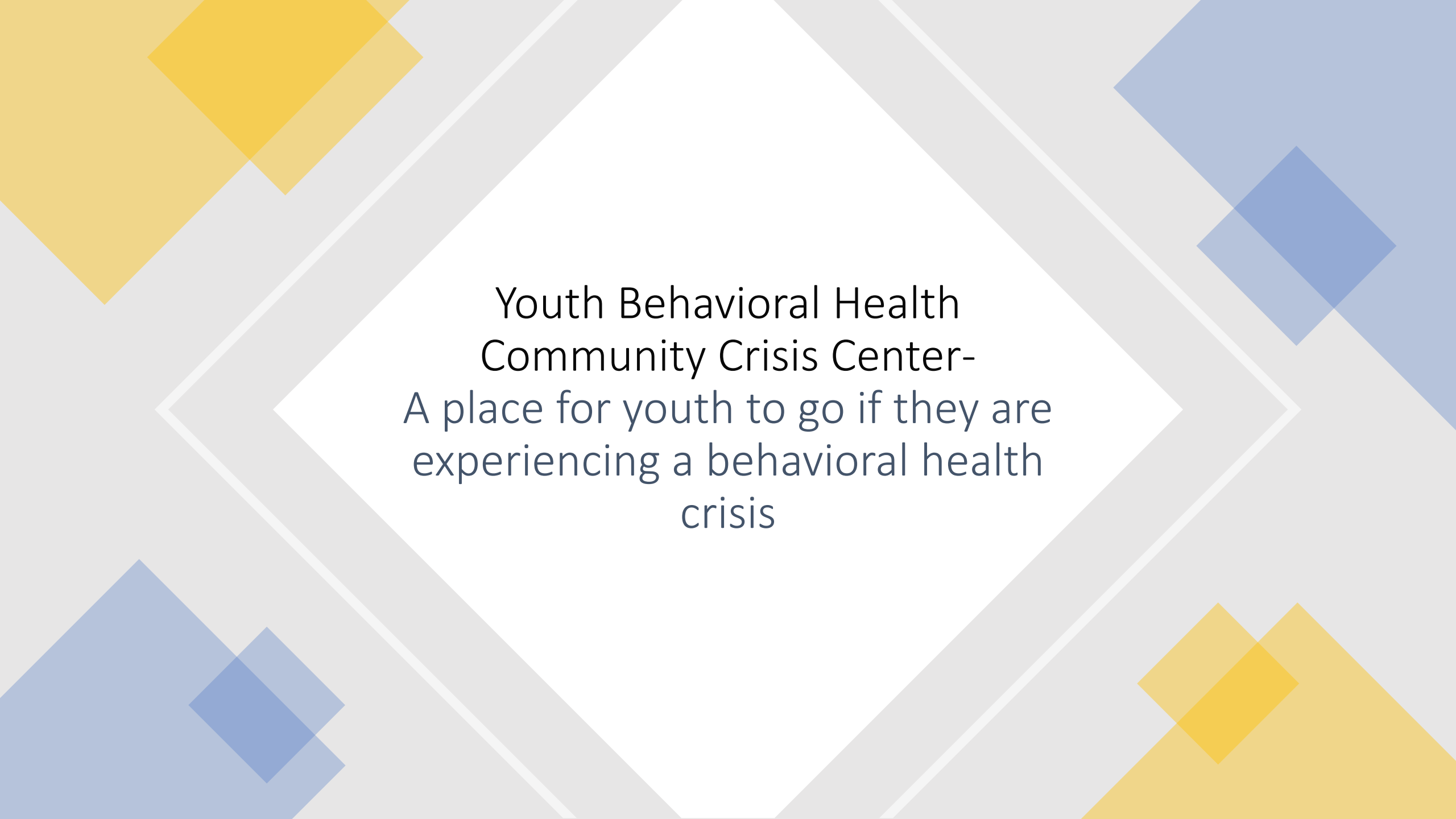
Tier 1- screening administered in house.  
Tier 2- screening and assessments in house.



# Where are they?

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- Region 1- Children’s Village, Tier 2
- Region 2- LC Valley Youth Resource Center, Tier 1
- Region 3- Southwest Youth Collaborative, Tier 2
- Region 4- Ada County Resource Center, Tier 2
- Region 5- Twin Falls Youth Services Center, Tier 1
- Region 5- Simply Hope Family Outreach, Tier 1
- Region 6- Bannock County, Tier 1
- Region 7- Community Youth in Action, Tier 1



Youth Behavioral Health  
Community Crisis Center-  
A place for youth to go if they are  
experiencing a behavioral health  
crisis

# Four primary functions:

01

Divert youth experiencing crisis away from unnecessary hospitalization

02

Reduce the need for incarceration of youth because of behavioral health crisis

03

Prevent escalation of family conflict and violence in their home

04

Provide access to professionals to de-escalate youth in crisis while setting up community-based treatment options for youth and family

# Services include:



24-hour crisis hotline



Medical screening



Assessment



Crisis intervention services



Community based referrals

Where are they?

Southwest District Health in Caldwell, region 3

Pathways of Idaho in Boise, region 4

Proactive Behavioral Health in Twin Falls, region 5

Badger INC. in Idaho Falls, region 7



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  - o • For more information about Youth Assessment Centers or Youth Crisis Centers, contact Holly Walund  
[Holly.Walund@idjc.idaho.gov](mailto:Holly.Walund@idjc.idaho.gov)  
208-577-5448





# Youth ● Empowerment Services Program (YES)

- Strengths based
- Family centered
- Child and Adolescent Needs and Strengths (CANS)
- Coordinated care plan
- For more information contact <https://yes.idaho.gov/>



- Boise Brick House
- Youth MOVE Downtown
- Youth MOVE Social Support
- Youth MOVE Discord
- Youth MOVE @CWI
- For more information contact Madeline Titelbaum-  
[mtitelbaum@idahofederation.org](mailto:mtitelbaum@idahofederation.org)

# School Mental Health Resources

- Idaho AWARE Project- To promote mental health strategies in the school environment
- Files, website, images, videos, toolkit
- For more information contact Ali Shields 208-957-5500 or email [info@idahoschoolmentalhealth.org](mailto:info@idahoschoolmentalhealth.org)
- Additional resources available at <https://www.optumidaho.com/content/ops-optidaho/idaho/en/providers/resource-library.html>

# What is Therapeutic After-School and Summer Programs (TASSP)?

- Enable youth to improve their functioning in home, school and community by providing structured treatment services
- Expressive and experiential services may include:
  - STEM/STEAM
  - Equine therapy
  - Horticulture
  - Music Classes
  - Hiking/adventure activities
- For more information, contact Optum Idaho's TASSP program at [optum.idaho.TASSP@optum.com](mailto:optum.idaho.TASSP@optum.com)

The logo graphic consists of several overlapping, semi-transparent rings in shades of blue and green, forming a circular shape that frames the text.

# Charlie Health

- Personalized intensive outpatient mental healthcare
  - Support groups, family therapy, individual therapy
- Telehealth services for hard-to-reach places
- Medicaid and private insurance
- How does it work?
  - Admissions team 24/7 answer questions
  - Clinical consultation about your specific circumstances
  - Match with customized group and/or primary therapist
- For more information contact Amanda Davison at [Amanda.davison@charliehealth.com](mailto:Amanda.davison@charliehealth.com) or 866-491-5196, or 208-417-7428

# National Alliance on Mental Illness (NAMI)

- In person and virtual formats to support Idaho's youth ages 12-24
- Privacy and confidential
- Rose Bud support group
- For more information about NAMI Idaho, contact Amber Leyba-Castle at [youngandwell@namiidaho.org](mailto:youngandwell@namiidaho.org)

# Western Idaho Community Action Partnership (WICAP)

- Counseling Referrals
- Healthy Relationship Support
- Leadership Opportunities
- Youth MOVE
- Project LAUNCH for more information contact [projectlaunch@wicap.org](mailto:projectlaunch@wicap.org)
- For more information on WICAP services contact [youth@wicap.org](mailto:youth@wicap.org) or 888-671-5665



# Mental Health First Aid

- Skills based training course
- Currently 1,500 individuals trained in MHFA
- What will you learn?
  - Risk factors and warning signs
  - Information on depression, anxiety, trauma, psychosis and substance use
  - 5 step action plan
  - Evidence-based professional, peer, and self-help resources
- To learn more or schedule a class contact Optum Idaho at [optummhfa@sparkstrats.com](mailto:optummhfa@sparkstrats.com)

# Idaho Resilience Project


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- Supporting evidence-based strategies for prevention and intervention
- Professional training
- HOPE lives here training guide
- Regional Collaboratives
  - Region 1 & 2-Christine Corcoran  
[christine@sparkstrats.com](mailto:christine@sparkstrats.com)
  - Region 3, 4, & 5- Hailey Clements  
[Hailey@sparkstrats.com](mailto:Hailey@sparkstrats.com)
  - Region 6 & 7-Brianna Woolsey  
[Brianna@sparkstrats.com](mailto:Brianna@sparkstrats.com)



# Start the conversation

<https://optumconversation.com/>



**Do you act differently at home than you do in other places?**

**Shuffle**

It's often appropriate to match how we act to the situation: like being more professional at work and more playful with friends. Yet it's also important to find our authentic selves – and be confident knowing that what makes each of us unique is what makes us great.

## 5 Tips

- Remember what being a teen is like
- Watch for cues
- Respect differences
- Learn about mental health
- Don't avoid tough topics

# Sanvello- Mental Health App

- A place to feel better, wherever you go
- Four kinds of support- self care, peer support, coaching, therapy
- Premium version is available for free to Medicaid members



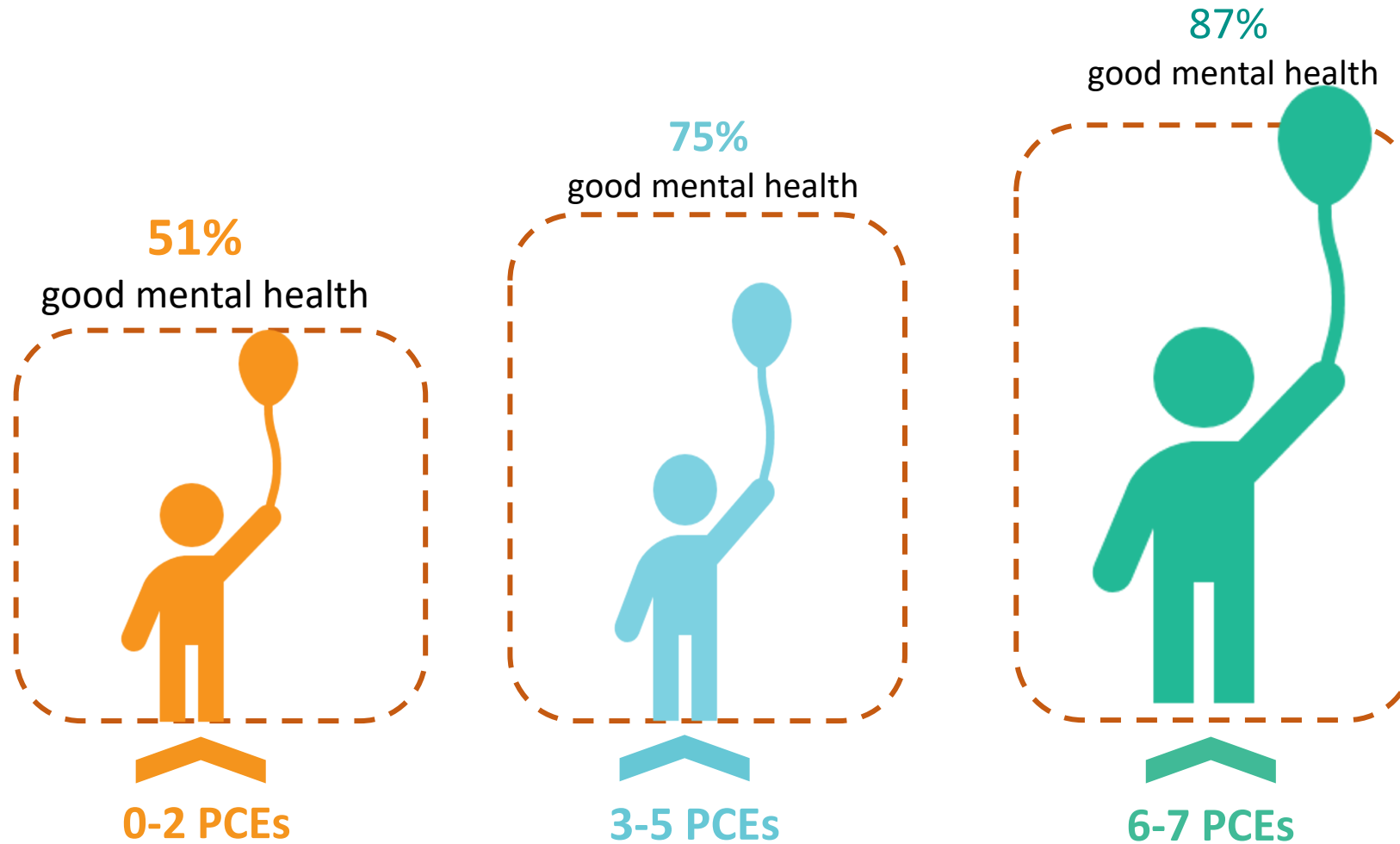
# Resiliency Rising- Self Help Skills

- Trauma Resiliency Model
- Community Resilience Model
- Ichill app- <https://www.ichillapp.com>
  - <https://www.traumaresourceinstitute.com/ichill>
- For more information contact Laurie Strand  
[info@resiliency-rising.com](mailto:info@resiliency-rising.com)

# National resources

- National Suicide Prevention Lifeline
  - 800-273-8255
- Suicide and Crisis Lifeline
  - 988
- NAMI National Help Line
  - 800-950-6264
- Girls and Boys Town National Hotline
  - 800-448-3000
- National HOPEline Network
  - 800-SUICIDE
- National Youth Crisis Hotline
  - 800-442-HOPE (4673)
- SAMHSA National Helpline
  - 800-662-4357

# Positive Childhood Experiences (PCEs) Protect Adult Mental Health



*Good mental health – those not reporting depression or poor mental health*





# Positive Childhood Experiences scale questions

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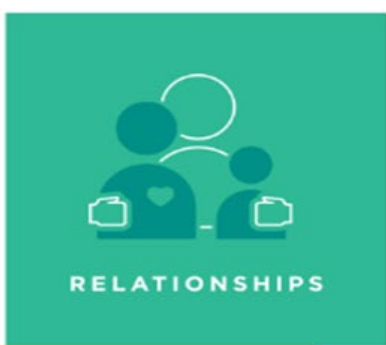
*As a child, how often did you ...*



1. Feel able to talk to your family about feelings
2. Feel your family stood by you during difficult times
3. Enjoy participating in community traditions
4. Feel a sense of belonging in high school
5. Feel supported by friends
6. Have at least two non-parent adults who took genuine interest in you
7. Feel safe and protected by an adult in your home



Research indicates that the absence of PCEs may be more damaging to long-term health outcomes than the presence of ACEs.



RELATIONSHIPS

**Relationships** with other children and with other adults through interpersonal activities.

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ENVIRONMENT

**Safe, equitable, stable environments** for living, playing, learning at home and in school.

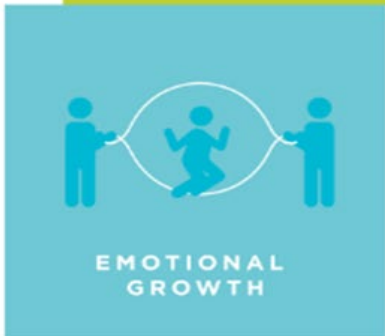
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ENGAGEMENT

**Social and civic engagement** to develop a sense of belonging and connectedness.

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EMOTIONAL GROWTH

**Emotional growth** through playing and interacting with peers for self-awareness and self-regulation.

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# The Four Building Blocks of HOPE



Want to learn more about  
Adverse Childhood Experiences (ACEs),  
Positive Childhood Experiences (PCEs), and  
Healthy Outcomes from Positive Experiences (HOPE)?  
Contact Kim Hemmert at [kim.hemmert@ctf.idaho.gov](mailto:kim.hemmert@ctf.idaho.gov)

Questions?

A white, torn-paper-like horizontal band runs across the bottom of the image, starting from the left edge and extending towards the right, ending near the top right corner. The band has a jagged, irregular edge, resembling a piece of paper that has been torn. The background is solid black.