Idaho Recovery Community Centers Annual Report

January 1, 2021 – December 31. 2022

During the second regular session of the 66th Annual Legislative Session, 2022, $900,000 was made available to support operations of nine Idaho Recovery Community Centers. These centers serve all Regions of the State through central hub locations in Coeur d'Alene, Moscow, Lewiston, Emmett, Caldwell, Boise, Twin Falls Pocatello and Idaho Falls. These hub centers also provide outreach and programming in other, smaller, communities in their region, some with actual satellite programs including Soda Springs, American Falls, Payette, McCall, Orofino, and Grangeville, and others with outreach and special program including overdose prevention and reversal, suicide prevention, virtual recovery coaching, and facilitated community conversations about healing and recovery related topics. 2022 saw the ramp-up for a return to post COVID, in-person activities and services, which by Spring achieved widespread, regular center operating hours.

What did the $900,000 provide for centers:

Centers report the use of these funds for basic operations including rent and facility lease costs, supplies, utilities, including internet and phone, direct emergency expenses, and staffing, including staffing to expand operational hours and outreach to satellite locations.

Idaho's recovery community centers continue to provide a robust return on the investment of initial start-up funding and ongoing state participation in this state/local government/philanthropic partnership. This three-legged stool is providing hope to many, life-saving to some, and reliable access to critical recovery supporting services in communities all across the state**. At the $900,000 state funding level, or about $9 of state investment per visit, these services represent a real bargain in state support for recovery needs in Idaho. <u>Modest additional funding could dramatically expand this resource across the state and provide a stable foundation of funding to assure ongoing sustainability. $900,000 represents a minimum funding level to assure continued center operation.</u>**

The following demonstrates reported operating levels of service for the calendar year 2022 :

Individuals served	**8,217**	**Average cost per person = $110.00**
Separate individual and group-based contacts	**101,551**	**Average state investment per person per service contact = $9.00**
Total number of scheduled activities per month across all centers	**163**	

As this table shows, the centers reached over 8,000 individuals with over 100,000 individual contacts. This equates to approximately $110 investerd by the state per person for their entire (average) 12 visits –less than $9 per visit. The impressive 2022 level of activity was reached during a year of a phased-in return to site-based services and restarting key, in-person activities**.**

What are these common core recovery center activities?

Individual Recovery Coaching	**Connection and support for employment and training**	**Family support services**	**Crisis intervention and overdose awareness and reversal training**
Recovery Support Groups (12-Step and other)	**Drug- free recreation and socialization**	**Prison and jail reentry and reintegration**	**Services focused on veterans and their families**

Special and new services during 2022:

Celebrating Families program offering a sit-down family meal and then breakout groups with age-appropriate discussions, parenting support and guidance, and connection to community family resources.

Strengthening linkages between the Recovery Community Centers and Crisis Centers, including four locations where these programs operate from adjoining spaces. Strong linkages provide both immediate crisis response and ongoing recovery support for a strong accessible continuum of intervention and support.

Purchase or lease and operation of safe and sober living homes, operating under the Oxford House umbrella, or other safe and sober housing practices.

Implementing a college recovery outreach program.

Bringing together the community for a conversation and close community support after the brutal murder of four university students.

Outreach to women at the Pocatello Women's Correctional Center with direct recovery support assistance upon their reentry to the community.

Peer-led support groups for pregnant and post-partum women with opioid use disorder, providing "stamps" for attending peer led recovery support groups to exchange for diapers and wipes.

On-site free life-saving Hepatitis C and HIV testing as well as visits of a medical care bus providing primary health care to persons without means to access health care resources.

Resume writing classes and on-line job applications.

Food pantry, food boxes, and provided meals to persons who were homebound both during and after COVID, as well as emergency food, blankets, and hygiene items to those suffering homelessness.

Transportation and initial support to persons leaving prison and in-jail release /recovery planning programs.

Special high-risk holiday programs including thanksgiving meals, Christmas activities for children and families, 4th of July picnics, Super-Bowl parties, and annual rallies, walks, and family hiking, biking, fishing, and camping.

Latah Recovery Center

a community of peer support

Recovery Center Board:

Will Krasselt
President

Greg Mann
Treasurer

Alisa Anderson
Secretary

Kelsi Banta

Anthony Dahlinger

David Hutton

Casey McDevitt

Tom Newhoff

James Pedersen

Zach Thomas

FACT SHEET

Mission:

We work with people to enter and engage in recovery from addictions and behavioral health disorders through peer-to-peer interaction and evidence-based practices to promote a healthy community.

We support all types of individuals in recovery: alcohol, drugs, mental health, food, grief, etc.

Services Provided:

- Recovery Coaching-A process in which people with experience in recovery meet one on one with those new to the process; providing help, mentoring and goals to achieve.
- Referrals-Serves as "recovery central" for Latah county and shares information regarding all recovery related area resources.
- Life Skills-Offers a variety of different life skills groups and meetings every month. Budgeting, art, resume writing, suicide prevention, yoga, socialization, etc. have all been offered.
- Veterans, Student and Jail Outreaches-Works to develop special meetings and support groups for these populations; including a campus location and in-jail services.
- Crisis Center-Partners with the Rural Crisis Center Network to provide a 24/365 behavioral health crisis center.
- Harm Reduction-Non-judgmental services to mitigate the dangers of drug use in our community; includes testing for HIV and HCV, safe syringe exchange and supplies, naloxone, condoms, and referral to health and recovery resources.
- Housing-Works with Oxford House, Inc. to provide a men's sober house.

ALL SERVICES ARE FREE OR AT COST

Latah Recovery Center by the numbers:

From October 2021-September 2022:

- 809 Recovery Coaching Sessions.
- 7653 Client Contacts (anonymous meeting, class, group and social activity attendees).
- 3600 volunteer hours were worked
- Harm Reduction program exchanged 265 syringes with 8 participants, 1808 condoms and documented 7 narcan reversals.
- The Crisis Center was used over 325 times.
- Has served over 20 people with its sober house since opening in July.
- See attached monthly activity calendar.

Sample Minimum Recovery Community Center Budget

Based on actual Latah Recovery Center costs

	Yearly Cost	
Rent	15,600.00	
1/2 Time Front Desk Worker @$15/hr	20,280.00	Note: Our Center is open 50 hours a week. Volunteers cover front desk 30/hrs week
1/2 Time Male Recovery Coach @$18/hr	24,336.00	
1/2 Time Female Recovery Coach @$18/hr	24,336.00	
3/4 Time Executive Director @$27/hr	54,756.00	
Telephone/Internet	4,000.00	
Utilities	5,000.00	
Insurance	5,500.00	
Cleaning Supplies	1,000.00	
Office Supplies	2,500.00	
Contingency @5%	7,865.40	
	Total	
	165,173.40	

Note: This should not be construed to be the entire Latah Recovery Center budget. This illustrates a bare bones, "keep the lights on and the coffee warm" budget. The actual LRC budget is $450k, made possible via contracts and partnerships with local donors, Latah County commissioners, Idaho Department of Health and Welfare, Rural Crisis Center Network, North Idaho Aids Coalition, Oxford House, etc. Millennium Fund support "keeping the lights on" makes these possible
Note: Staffing $'s are listed at loaded labor rate of 30% too account for taxes, benefits, etc.

Note: This budget does not include a large number of regular LRC costs. Such as support group supplies, office equipment purchase or updating, costs to assist people, transportation, etc.

Mr. and Madame Chair and Members of the Idaho Legislative Joint Finance and Appropriations Committee

My name is Norma Jaeger and I reside in Meridian, District 21. I represent Recovery Idaho, Idaho's statewide recovery community organization. **I am communicating with you today to ask for your support for the requested $900,000, recommended by Governor Little to support local Recovery Community Centers, and to ask you, most urgently, to consider two things. The first is to do what is necessary to make this appropriation ongoing, rather than one-time. The second is to consider an increase in the amount provided.**

One time funding, even when it is provided each year, leaves the Recovery Community Centers in a precarious situation, uncertain year to year about their survival. While $100,000 provides a minimum level of sustainability, it falls short of enabling stable provision of services and secure center operations. Centers, and those community members they serve, have been hard hit by current inflation. Centers work relentlessly to raise further funding in their communities, but it is hard. State funding supports basic staff, rent, utilities, and operating supplies.

In 2022, Idaho Recovery Community Centers served over 8, 000 individuals and provided over 100,000 individual and group contacts. They offered suicide prevention training, provided opioid overdose reversal training, delivered recovery coaching, supported persons in crisis, provided family support and parenting groups, and helped people find and engage in employment. They hosted recovery-based mutual support groups, they helped people access urgent health care and sober housing, delivered meals and food boxes, and helped men and women reentering the community from jail and prison.

Please support secure, ongoing funding for Recovery Community Centers and consider a means to provide a critically needed increase in the funding level to $150,000 per center for FY24. It is an investment in people in Idaho. Thank you.

IDAHO PUBLIC TELEVISION PBS

KNOW VAPE SOUNDING THE ALARM about Idaho's youth vaping crisis

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KNOW VAPE SOUNDING THE ALARM about Idaho's youth vaping crisis

IDAHO PUBLIC TELEVISION PBS

WATCH *Nic Sick*, a documentary featuring Idaho teens, parents, health and toxicology experts, law enforcement, and vaping prevention and cessation counselors.

WIN **$10,000 in prizes** that will go to Idaho teens who enter and win the KNOW VAPE video contest. Deadline: April 1.

SHARE Social media campaigns aimed at teens and adults that feature testimonials, excerpts from the documentary and helpful resources.

DOWNLOAD **FREE** resources about the dangers of vaping, how to talk to teens about vaping, prevention and quitting.

GET Idaho standards-based curriculum for the classroom.

Nic Sick, a KNOW VAPE documentary

Premieres March 21 @ 7 PM
Watch **Live** | Stream **Anytime**

Get more resources at
IdahoPTV.org/KNOWVAPE

The KNOW VAPE campaign was developed by Idaho Public Television with assistance from Idaho's seven public health districts and made possible by a grant from Idaho's Millennium Fund.

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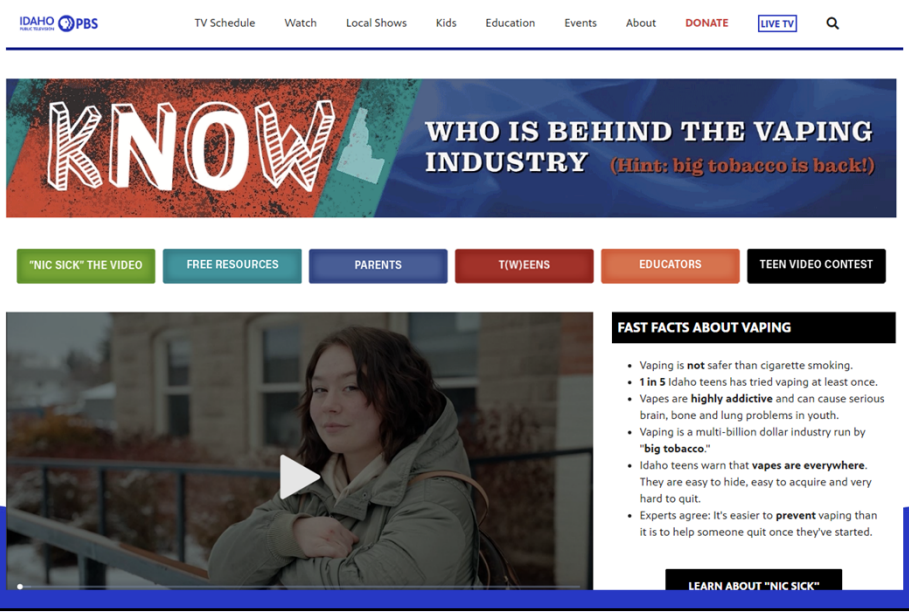
idahoptv.org/knowvape



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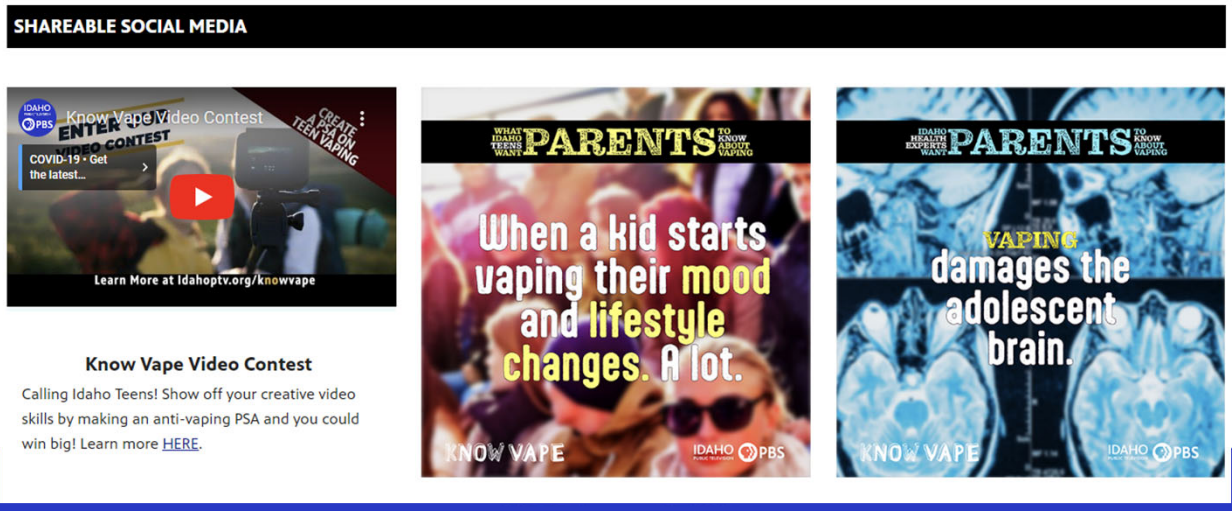

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idahoptv.org/knowvape

FREE RESOURCES

- Talk to your local vape prevention and quitting expert
- Vaping is not harmless
- Cloud Chasing: A Closer Look at the E-cigarette Epidemic
- Get free services to help youth quit
- What does vaping do to your body?
- Catch My Breath parent tool kit
- The symptoms of nicotine addiction
- Nicotine and the Human Brain
- The risks of vaping aerosols

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idahoptv.org/knowvape

PBS LearningMedia | IDAHO PUBLIC TELEVISION PBS | Search

Subjects | Grades | Student site

KNOW VAPE

SOUNDING THE ALARM about Idaho's youth vaping crisis

Social Studies > | English Language Arts > | Science > | Mathematics >

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IDAHO PUBLIC TELEVISION PBS

KNOW VAPE

SOUNDING THE ALARM about Idaho's youth vaping crisis

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Millennium Fund Committee Meeting

Jack Miller
Bureau of Community Health
Division of Public Health

FEBRUARY 21, 2023

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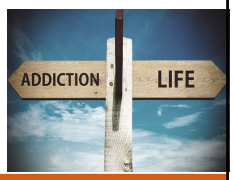
PROJECT FILTER IDAHO FIGHTS TOBACCO

Nicotine Addiction in Idaho

- 2021 Idaho Adult Smoking Rate – 13.3%*. Under the national average of 14.4%
- Idaho Adult Vaping – 7.4%*. National average 6.6%
  - Younger, slightly more male and use more tobacco products
  - Adults report vaping due to the taste, helps them deal with stress and belief it is less harmful
  - 86% believe vaping is just as addictive as cigarette use
- Idaho Youth Vaping** – The new nicotine epidemic
  - 38.5% of Idaho High School students reported vaping at least once.
  - 17.9% of Idaho teens have used vaping device in last 30 days (current use).
  - Nationally, 27.6% of high school students currently vape.***



*Source: 2021 BRFSS Report
**Source: 2021 Idaho YRBS Report
***Source: 2021 National Youth Tobacco Survey

IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

FEBRUARY 21, 2023 2

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PROJECT FILTER
IDAHO FIGHTS TOBACCO

Addressing Youth Vaping

- Support prevention and education through schools and youth organizations such as Idaho Drug Free Youth, YMCA, Idaho High School Activities Association, Idaho School Board Association.
  - Quarterly emails blasts to 4,000 superintendents, administrators, coaches, nurses, and teachers providing them with resources
    - 3 responses from Superintendent offices in February
  - School presentations since August: 7 school assemblies, 3 CATCH My Breath curriculum classroom presentations
  - Implementing IDFY chapters at least one school per health district
- Social Media Presence
  - Rescue Agency – Youth vaping content on Instagram, Facebook, YouTube and Snap Chat
    - February – April 2022 – 392 active engagements from youth through comments and "likes"
  - Social influencers and local athletes
- Quitting Resources for Youth
  - My Life My Quit

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PROJECT FILTER
IDAHO FIGHTS TOBACCO

Idaho Quit Resources

Idaho QuitLine – 1-800-Quit Now or www.ProjectFilter.org

- Free counseling services available 24 hours/day
- Trained quit coaches – personalized quit plans
- Up to 8 weeks of free NRT – patches, gum, lozenges
- Opt-in text messages
- Specialized programs for behavioral health, chronic conditions, pregnant women, youth, Native Americans
- Spanish speakers on staff - interpretation services offered in over 150 languages
- E-referrals through healthcare providers available

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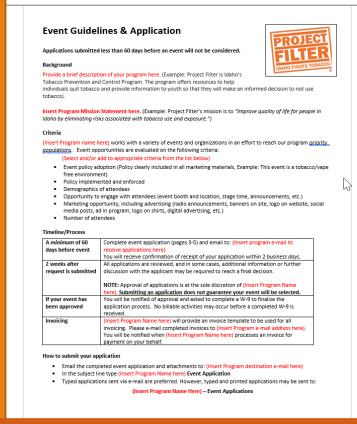
Why We Do What We Do



Event Guidelines & Application

Applications submitted less than 60 days before an event will not be considered.

Background

Provide a brief description of your program here. (Example: Project Filter is Idaho's Tobacco Prevention and Control Program. The program offers resources to help individuals quit tobacco and provide information to youth so that they will make an informed decision to not use tobacco).

Insert Program Mission Statement here. (Example: Project Filter's mission is to *"Improve quality of life for people in Idaho by eliminating risks associated with tobacco use and exposure."*)

Criteria

(Insert Program name here) works with a variety of events and organizations in an effort to reach our program priority populations. Event opportunities are evaluated on the following criteria:

(Select and/or add to appropriate criteria from the list below)

- Event policy adoption (Policy clearly included in all marketing materials, Example: This event is a tobacco/vape free environment)
- Policy implemented and enforced
- Demographics of attendees
- Opportunity to engage with attendees (event booth and location, stage time, announcements, etc.)
- Marketing opportunity, including advertising (radio announcements, banners on site, logo on website, social media posts, ad in program, logo on shirts, digital advertising, etc.)
- Number of attendees

Timeline/Process

A minimum of 60 days before event	Complete event application (pages 3-5) and email to: (Insert program e-mail to receive applications here) You will receive confirmation of receipt of your application within 2 business days.
2 weeks after request is submitted	All applications are reviewed, and in some cases, additional information or further discussion with the applicant may be required to reach a final decision. **NOTE:** Approval of applications is at the sole discretion of (Insert Program Name here). **Submitting an application does not guarantee your event will be selected.**
If your event has been approved	You will be notified of approval and asked to complete a W-9 to finalize the application process. No billable activities may occur before a completed W-9 is received.
Invoicing	(Insert Program Name here) will provide an invoice template to be used for all invoicing. Please e-mail completed invoices to (Insert Program e-mail address here). You will be notified when (Insert Program Name here) processes an invoice for payment on your behalf.

How to submit your application

- Email the completed event application and attachments to: (Insert Program destination e-mail here)
- In the subject line type (Insert Program Name here) **Event Application**
- Typed applications sent via e-mail are preferred. However, typed and printed applications may be sent to:

(Insert Program Name Here) – Event Applications

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Monitoring and Evaluation

- Youth Vaping Survey
- QuitLine Annual Evaluation
- Post event evaluations
- Strengthened local policies for outdoor events

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PROJECT FILTER
IDAHO FIGHTS TOBACCO

FY24 Millennium Fund Budget

Project Filter - $2,706,700

- Counter Marketing and Advertising
- QuitLine Cessation Services/NRT/Evaluation
- Community Outreach/Sponsorships
- Social Influencers/Athletes
- Vaping Education in Schools/Communities
- Educational Materials/Incentives/Operating

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Questions?

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