**NPAIHB Behavioral Health Committee – Meeting Minutes**

Toppenish, WA – October 2017

**Participants:** Caroline Cruz, Darryl Scott, Bev Hawks, Charlotte Williams, Lisa Guzman, Regina Brown, Nickolaus Lewis, Keri Ellis, Shawna Gavin, Fae Garcia, Stephanie Craig Rushing

* **Introductions**
* **Update on NARA’s Youth Treatment Center** 
  + NARA is ready for referrals. They have an intake packet.
  + For referrals, contact Cheryl Peterson (971-678-9358): <http://www.naranorthwest.org/projects/youth-outpatient-addictions-treatment/>
  + Located in Gresham; Open to youth ages 12-18
  + Referrals must go through the Tribe’s behavioral health program
  + 18 beds: 9 male, 9 female
  + Funding: IHS, State of OR, and 3rd party billing
  + Not a detox facility.
  + **Action Item**: Invite NARA to the next QBM to present, or schedule a site visit to tour their facility.
* **Adult Inpatient Opportunities**
  + American Addictions Centers – Locations in CA, WA, FL, TX
  + We ended up sending two patients to CA. Both are doing really great. They took our insurance.
  + At NIHB, talked to Mark Le Beau. They are interested in opening a house for AI/ANs.
  + **Question:** Has anyone else used them?
  + **Action Item**: Invite someone from American Addictions Centers to present at the next QBM. Contact: John Keating
* **Acupuncture for Substance Use (Subutox)**
  + Umatilla and Lower Elwha have both offered acupuncture
  + And AAC uses **Color Therapy**
  + **Action Item**: Invite someone to present at the next QBM about holistic treatment services. Ask: Becky Greer or Sandy Sampson
* **We discussed Tribal Best Practices**
  + Oregon mandates use of evidence-based practices for mental health and treatment. So OR Tribes created a repository of Tribal Best Practices.
  + They are updating the policies right now.
  + If other Tribes are interested, we could add them to library; allowing NW Tribes to code for reimbursement. For example:
    - Sweats – Billable in OR (some tribes us a consent form to reduce liability)
    - Baby Boards – Have been shown to reduce SIDS. (though parents need training on the proper procedure)
  + [www.HealthyNativeYouth.org](http://www.HealthyNativeYouth.org) could house the Best Practices, if Tribes are interested in adding other treatment/healing practices.
* **Lack of Psychiatrists in the NW**
  + Need more psychiatrists, but didn’t discuss possibilities
* **I-LEAD Grant –** We discussedleadership skills/training that we want youth to have before joining the public health workforce. Ideas included:
  + Intergenerational training – for Millennials – for success and interaction in the workplace
  + Do the Meyers-Briggs personality test, to learn about different styles
  + Public speaking = Reading your audience
  + Facilitation skills, practice facilitating a small or large group