

Paige Olsen
Silver Valley Economic Development Corp.
Project Uplift



Project Overview



- SILVER VALLEY CARES
 - Nonprofit organization dedicated to bringing mental health resources and awareness to the Valley
 - Community Trainings
 - Online Resources
 - Annual Event

Why are we doing it?

- Shoshone County mental health demographics
 - Ranked 42 out of 43 counties in the State of Idaho
 - Major factors being lack of access to quality care, education, community safety, family and social support
 - Primary Care Physicians 3,230:1
 - Mental Health Providers 850:1

Health Factors

Many things influence how well and how long we live. Health Factors represent those things we can improve to live longer and healthier lives. They are indicators of the future health of our communities.

Shoshone (SH) is ranked among the least healthy counties in Idaho (Lowest 0%-25%).



Health Outcomes

Health Outcomes tell us how long people live on average within a community, and how much physical and mental health people experience in a community while they are alive.

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Partners and their roles



- Listening Sessions through mental health initiative
- Initial funding partner



AmeriCorps

- Gem State Mental Health Initiative
- Pay members

- Local and regional businesses and foundations

How can other communities do this?



Find a group who CARES



AmeriCorps has other public health initiatives in other states. LOOK INTO IT!



Just do SOMETHING!

How the project is sustained

- Grants and donations
 - Under 501c3 umbrella – NON PROFIT STATUS IS KEY!
- Group of people who are passionate about the cause

Overall community benefit

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

WHY MENTAL HEALTH FIRST AID?
Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

- On average, **130** people die by suicide every day.
- From 1999 to 2019, **841,000** people died from drug overdoses.
- Nearly **1 in 5** in the U.S. lives with a mental illness.

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID?

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

THREE WAYS TO LEARN

- In-person (Good Editions)** - Learners receive their training during a 7.5-hour, instructor-led, in-person session.
- Blended** - Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, instructor-led training. This instructor-led training can be:
 - A video conference.
 - An in-person class.

Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

1. Assess for risk of suicide or harm.
2. Listen nonjudgmentally.
3. Give reassurance and information.
4. Encourage appropriate professional help.
5. Encourage self-help and other support strategies.

Sources: American Foundation for Suicide Prevention. (n.d.). Suicide statistics. Retrieved from https://www.afsp.org/about-us/press-releases/2020/01/2020-suicide-statistics. Centers for Disease Control and Prevention. (n.d.). Drug overdose deaths. Retrieved from https://www.cdc.gov/drugoverdose/deaths/index.html. National Institute of Mental Health. (n.d.). Mental illness. Retrieved from https://www.nimh.nih.gov/health/topics/mental-illness/index.shtml.

To find a course or contact a Mental Health First Aid Instructor in your area, visit [MHFA.org](https://www.mhfa.org) or email Hello@MentalHealthFirstAid.org.

TRAUMA, BURNOUT, & RESILIENCE

Christen Kishel, PhD is a Licensed Clinical Psychologist with specialties in trauma/PTSD, police, fire, and public safety psychology.

Free Training & Open to the Public

You Will Learn:

- Understanding the Brain-Body Connection
- Advances in the Treatment and Prevention of PTSD
- Practical Strategies You Can Use Everyday

TRAINING WILL BE HELD ON:

November 16th
9:00 AM to 12:00 PM

Shoshone County Fire Dist. #1
58738 Silver Valley Road
Osburn, ID 83849

TO REGISTER:
Contact Chief John Miller
208-752-1101
jmiller@districtonefire.com

QUESTIONS?
509-993-8301
drkishel@gmail.com
christen.kishel, PHD

Free Training Trust-Based Relational Intervention (TBRI)

TBRI is an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. TBRI® uses Empowering Principles to address physical needs, Connecting Principles for attachment needs, and Correcting Principles to disarm fear-based behaviors. Children with histories of harm need caregiving that meets their unique needs and addresses the whole child.

SATURDAY, October 14th 9-11AM

125 McKinley Ave, Kellogg ID

SILVER VALLEY CARES
COMMUNITY CENTER FOR CHILDREN'S EMOTIONAL SUPPORT

Register and learn more: [SVcares.org](https://svcares.org)



SILVER VALLEY CARES MENTAL HEALTH FAIR
FREE COMMUNITY EVENT

**LIVE MUSIC / FREE FOOD
GAMES / INTERACTIVE WORKSHOPS**

08.26.2023
11 AM TO 2 PM
KELLOGG CITY PARK
2 HILL ST, KELLOGG, IDAHO 83837

HELP BREAK THE STIGMA!

svcares.org

www.svcares.org



SILVER VALLEY CARES

