

**Optum Idaho** manages outpatient behavioral health benefits for Idaho Medicaid members. It is our commitment to help transform Idaho's behavioral health outpatient system by focusing on helping people reach recovery in their own health journey, one person, one family, one community at a time.

**Q4 2023 Issue**



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## What I Wish You Knew – Straight talk on youth mental health

Our youth are facing a serious mental health crisis. In partnership with **Idaho Resilience Project (IRP)**, Optum Idaho is sponsoring a free **community discussion** in Twin Falls from a facilitated panel of youth (event details below). Hear from the Magic Valley teens as they discuss the pressures they face in today's world, the impact it has on their mental

health and how adults can help them make sense of the world, navigate through it, getting the help and support they need. Watch for other future conversations in other areas of the state.

Unsure about how to talk to your teen about mental health? Visit [optumconversation.com](https://optumconversation.com)

### Join Us!

**Monday, Dec. 11, 2023 at 6 p.m. – 8 p.m.**  
**Roper Auditorium: 1615 Filer Ave. E., Twin Falls, ID**  
*Adults and high school-aged students only.*



Watch  
this and other  
stories on our  
Hello Idaho!  
YouTube  
channel

## Community Schools receive much needed supplies through Optum Idaho's Community Matters campaign

In October, Optum Idaho, in partnership with the Idaho State Department of Education, D&B Supply, C-A-L Ranch and North 40, expanded its annual Give Cold Feet the Boot giving campaign to supply community closets across the state with supplies students need to remain successful in the classroom. The **"Community Matters" campaign** provided resources such as clothing, shoes, personal

hygiene items, school supplies and shelf-stable food for students and families at 10 community schools throughout Idaho. ■

*"It makes such a difference just to have great partners who support us and our families and our community. Thank you."*

Don Fryberg,  
Harwood Elementary School Principal

## Read our latest issue of Member Matters newsletter

The Winter Issue of our online member newsletter, Member Matters, can be found on our website [here](#). It contains information and resources to keep our members and the populations you serve informed and up to date on current events. It showcases relevant topics that promote mental wellbeing.



**Wishing you a healthy, safe holiday and new year from Optum Idaho!**



## Optum Community Matters Sharing stories throughout the state

During October and November, through our partnership with **Idaho News 2**, Optum Idaho shared 12 different community stories on topics including domestic violence, community schools and foster care. Find all the stories from 2023 on the Idaho News 2 **Features** page [Hello Idaho!](#) ■

**October** – Community School Giving Campaign

**November** – "Temporary Care-Permanent Love" Supporting Idaho Foster Families

Hosted by  
**2 IdahoNews**

Watch past video interviews on our Hello Idaho! YouTube channel.

