

**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.

Q2 2024 Issue



Join us for a free event!

Tuesday, April 30, 2024  
6–8 p.m.

Boise State University  
Special Events Center (SPEC)  
1800 W University Drive, Boise, ID

Adults and high school-aged students only.



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

Optum is pleased to sponsor “What I Wish You Knew” (WIWYK) in the Treasure Valley on Tuesday, April 30, 2024. Join Optum and the Idaho Resilience Project (IRP) for a panel discussion with area youth as they share what mental health means to them, and the role adults can play to create safe environments for open communication.

This is a **free** community event for adults and high school students and is a collaborative effort between many

local organizations, all dedicated to empowering adults and young people to navigate the complexities of mental health and thrive. Together, we'll identify actionable ways to better support our youth.

This event is part of the larger community-wide initiative for youth mental health, calling on all organizations, parents, families, business leaders, youth, and other community members to work to build the best possible community for our kids. Communities

for Youth has been leading this effort here in Boise in partnership with the Boise School District, St. Luke's Community Health & Engagement, and the City of Boise Mayor's office. IRP has closely coordinated with Communities for Youth for WIWYK to integrate Boise-centric youth mental health data and to recruit teens to be a part of this effort.

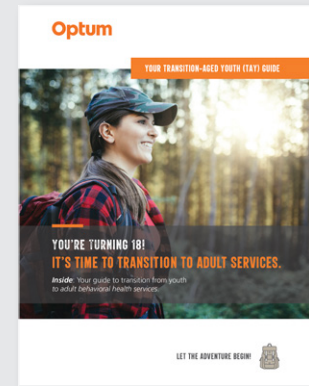
Future WIWYK conversations will be coming to northern and eastern Idaho. ■



More Resources

Click on the images below to access more information about youth mental health topics.

Transition Age Youth Guide



Youth Mental Health First Aid



Optum Idaho recognizes the importance of mental health in youth and are excited to offer **free** Youth Mental Health First Aid (YMHFA) training to Idahoans.

Youth Mental Health First Aid is designed to teach adults how to help an adolescent (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and

teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

**May 29 (Virtual)**  
**9:30 a.m. to 4 p.m. MT**  
**June 3 (Virtual)**  
**9:30 a.m. to 4 p.m. MT**

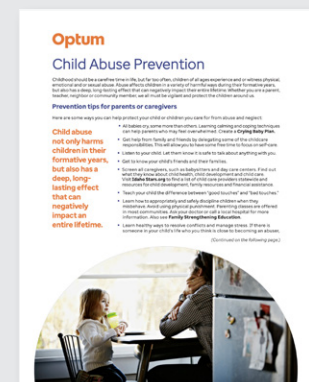


Space is limited, so **register** today to reserve your spot! ■

Mental Health Challenges in Teens



Child Abuse Prevention



Hello Idaho! Optum Community Matters Recent Collaborations with Community Partners



See our **Hello Idaho! YouTube channel** for videos of our recent community partner collaborations.

Optum Idaho recently highlighted **the work** the College of Western Idaho's Student Emergency Fund that helps CWI students in challenging situations gain their resiliency to continue their education.

Optum Idaho also **worked with** the

Upriver Valley Youth Leadership Council in Kamiah to help them purchase an irrigation system for a youth-led community garden, providing growing opportunities for children and youth.

You'll also **see the work** the Nampa Family Justice Center provides in their community to promote safety, self-sufficiency, hope and healing for those in abusive situations. ■