



Relias Spotlight Series
May 2022

Hello Providers,

Welcome to the Optum Idaho **May Relias Spotlight Series** – a series devoted to offering you access to **free, accessible and continuing education unit-eligible** online education about topics that are important to behavioral health providers.

May is an exciting time of year when we get to celebrate National Mental Health Awareness and National Drug Court in the same month.

Mental Health Awareness Month is dedicated to bringing awareness and support for mental health services and celebrating an individual's milestones towards recovery. Mental Health Awareness Month is also an opportunity to educate, breakdown barriers and reduce the stigma around mental illness by sharing our stories, connecting with one another and celebrating milestones in recovery. Some ideas on how organizations and providers can get involved and celebrate Mental Health Awareness Month include wearing green; having your teams wear the lime green ribbon; providing creative ways for staff and members to express themselves; providing opportunities to model physical activity and self-care throughout the month; and providing intentional praise and encouragement to individuals that are seeking a path to recovery.

In May, we also celebrate National Drug Court Month. What is a Drug Court? Drug Courts began in the United States in 1989 and have helped thousands of individuals regain their lives and their families by participating in a judicially supervised specialty court that is combined with accountability, supervision and specialized treatment to address the

underlining substance use and or mental health symptoms that lead to their involvement with the criminal justice system. Drug Courts serve as an alternative to jail and/or prison, treating the root causes of an individual's illness rather than being incarcerated and untreated, which leads to a revolving door in and out of the criminal justice system. Drug Courts have evolved over the last 33 years, but the 10 key components and drug court standards have remained the solid foundation for successful drug courts across the county. The 10 key components are as follows:

- Key Component #1: Drug courts integrate alcohol and other drug treatment services with justice system case processing.
- Key Component #2: Using a non-adversarial approach, prosecution and defense counsel promote public safety while protecting participants' due process rights.
- Key Component #3: Eligible participants are identified early and promptly placed in the drug court program.
- Key Component #4: Drug courts provide access to a continuum of alcohol, drug, and other related treatment and rehabilitation services.
- Key Component #5: Abstinence is monitored by frequent alcohol and other drug testing.
- Key Component #6: A coordinated strategy governs drug court responses to participants' compliance.
- Key Component #7: Ongoing judicial interaction with each drug court participant is essential.
- Key Component #8: Monitoring and evaluation measure the achievement of program goals and gauge effectiveness.
- Key Component #9: Continuing interdisciplinary education promotes effective drug court planning, implementation, and operations.
- Key Component #10: Forging partnerships among drug courts, public agencies, and community-based organizations generates local support and enhances drug court program effectiveness.

The Complete Defining Drug Courts: Ten Key Components document can be obtained at www.NADCP.org

During the month of May, Drug Courts, which is inclusive of all collaborative courts, across the United States celebrate and shed light that recovery is possible and treatment works! Drug Courts across the country hold celebratory events highlighting the successes of their drug courts, individuals in recovery share their lived experience and journey through recovery and some courts hold special graduation celebrations throughout the month.

Did you know, in the state of Idaho, we have 31 Felony Drug Courts, two Juvenile Mental Health Courts, four Juvenile Drug Courts, 11 Adult Mental Health Courts, three Misdemeanor Drug/DUI Courts, six DUI Courts, one Young Adult Drug Court, one Domestic Violence Court, two Child Protections Drug Courts and six Veterans Drug Courts.

At Optum Idaho, we want to give thanks to and celebrate our Drug Courts across the state for the wonderful partnerships amongst the state, law enforcement, courts, public defender, district attorneys, probation, child protection services and treatment providers to make our drug courts successful by helping our members find their path to recovery.

When individuals have access to a Drug Court, that means they receive access to supportive supervision and evidenced-based treatment that addresses their underlying symptoms and impairments. They are forever changed and no longer identified by their criminal charges or their diagnosis but rather their victory in overcoming and finding recovery.

If you are interested and want to know more about Drug Courts in your area, contact your local Drug Court, and see the lasting imprint that these programs have not only on our members, but their families, their children and our communities. You can find a local Drug Court near you by searching the Idaho Treatment Courts -- Idaho Supreme Court website at <https://isc.idaho.gov/solve-court/home>.

To learn more about how recovery is possible and treatment works, Relias offers FREE continuing education unit courses specifically geared towards your needs. We encourage you to log into [Relias](#) and search for the following modules:

Working with Court-Ordered Individuals in Substance Use Treatment	REL-HHS-0-ADDICTION16
Advanced Practice in Treating Individuals with Co-Occurring Disorders	REL-BHC-0-APTICD
Substance Use in Military and Veteran Populations	REL-BHC-0-SUMVP
Veterans and Mental Health	REL-ALL-0-VMH
Adolescent Substance Use Disorders and Clinical Pathways	REL-BHC-0-ASUDCP
Peer Support Services in Substance Use Disorder Recovery	REL-HHS-0-ADDICTION12
Wellness and Recovery	REL-BHC-0-WR
Impact of Substance Use Disorders on Families and Approaches to Treatment	REL-BHC-0-ISUDFAT

Thank you again for the work that you do each day with our members so that Idaho can continue to improve access to behavioral health services. Optum is excited to offer these resources to you.

Sincerely,

The Optum Education and Training Team