

**Partnership for a Healthy Durham Mental Health Committee**  
**March 18, 2021**  
**MINUTES**

**Meeting Outcomes:**

- A Safe Place NC Grief presentation
- Work on CHIP

**Facilitated by:** Ashley Bass-Mitchell and Sofia Edelman-Stanley

**Present:** Sofia Edelman, Ashley Bass-Mitchell, Armenous Dobson, Tom Clark, Andrae Banks, Gwendolyn Jones, Alfonso Jones, Natalie Rich, Marissa Mortiboy, Sofia Edelman, Victoria Smith

Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
<b>Ice breaker and review of January minutes</b>	What is the craziest style you ever wore as a kid that does not need to come back in style?		
<b>Complete the Partnership membership survey!</b>	Sofia Edelman shared the Partnership Membership Directory link- <a href="https://www.surveymonkey.com/r/76RVH8s">https://www.surveymonkey.com/r/76RVH8s</a> . Members should take the survey to be added to the Partnership directory. The directory was identified as a need in the committee assessments done by the Communications committee in 2019 and 2020. The purpose is to help Partnership members network.		
<b>A Safe Place NC: Overcoming Grief</b>  Alfonzo Jones II and Gwendolyn Jones	<p>Gwendolyn and Alfonso Jones are the co-founders of A Safe Place, an emotional wellness institute. They are also advanced grief recovery specialists and marriage mentors. Gwendolyn and Alfonso educate in the over 40 different types of loss. They help people deal with past pain to regain control of their future.</p> <p>Grief is the conflicting feelings caused by the end of or change in a familiar pattern of behavior. An example is unexpected homeschooling and many changes due to COVID-19. The second definition to normal and natural reaction to loss. Have you taken a moment to stop and think about how is COVID affecting and changing you? Am I taking care of my mental health while taking care of everyone else?</p> <p>Signs that it is time to recharge are irritability, tired all the time, getting angry, feeling numb and checking out at random times.</p> <p>What Society Teaches Us</p>	<p>Grief Recovery Handbook and <a href="#">The Grief Recovery Method - Home</a> has resource information.</p> <p>Additional Resources:  <a href="#">Boundaries book</a>  <a href="#">Relational Intelligence</a> by Dr Dharius Daniels</p>	<p>Reach out to Gwendolyn and Alfonso through their website- <a href="https://www.asafeplace.org/">https://www.asafeplace.org/</a></p>

	<ol style="list-style-type: none"> <li>1. Be strong</li> <li>2. Don't feel bad- Embrace only the positive, happy side</li> <li>3. Just give it time- Time heals all wounds</li> </ol> <p>We aren't taught how to deal with a full range of emotions. It is okay not to be okay. It is okay to be sad or angry and we don't have to replace those feelings. We're grieving our previous way of life and what will happen after the COVID-19 pandemic. Okay means being content with life as it is, not grieving or having any pains. It is also individual. You decide what is okay for you. It is not okay to meet someone else's standard of okay.</p> <p>Keys to Navigating through Grief</p> <ol style="list-style-type: none"> <li>1. Breathe- deep breaths, allow yourself the opportunity to feel and process</li> <li>2. Self-awareness is your friend- set boundaries and communicate them to others, self-assessment is key, be honest with yourself and others</li> <li>3. Be accountable- Have an accountability partner or a safe place, someone who won't criticize or judge you</li> </ol> <p>Truths</p> <ol style="list-style-type: none"> <li>1. I don't have to be strong</li> <li>2. I am not alone</li> <li>3. I will not just replace this loss, sit in it and find a way to resolve it</li> <li>4. Time alone won't heal- action is needed</li> <li>5. What do I need to feel better?</li> </ol>	<p>Book club on Gwendolyn's website- <a href="#">The Grief Recovery Method Books - The Grief Recovery Method</a></p>	
<p><b>Work on 2019-2021 Community Health Improvement Plan</b></p>	<p>Sofia and Ashley have been collecting resources for crisis and emotional well-being care. Sofia will put those resources together and send it out to the committee next week for a final review.</p>		
<p><b>Announcements</b></p>	<p>Please join us on March 23 and March 30 for a two-part presentation on our justice system. The training will take place from 10am-1pm each day. The March 23 training will focus on juvenile justice and the March 30 training will look at the adult justice system. Registration- <a href="#">Meeting Registration - Zoom</a></p> <p>There will be a holistic health conference on May 11.</p> <p>Armenous shared that a setback could be a setup for a comeback.</p>		
<p><b>Next meeting:</b> Thursday, April 15; 2:00 – 3:00 pm</p>			