

Partnership for a Healthy Durham Mental Health Committee
October 21, 2021
Agenda

Meeting Outcomes:

- Discuss Mental Health First Aid training opportunities
- Continue discussion on CHIP

Facilitated by: Ashley Bass-Mitchell, Sofia Edelman

Present: Bria Miller, Sofia Edelman, Denene Hinton, Alexandra Hails, Jenna Barbee, Natalie Rich, Ashley Bass-Mitchell, Darnell Simpson, Sue Surles (Parishnurse ST.JAMES BAPTIST CHURCh), Kimberly Monroe, Nouria Belmouloud , Jess Bousquette			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Ice breaker and review of September minutes	<ul style="list-style-type: none"> ● What’s a fun fact about you? 		
Darnell Simpson Pinnacle Family Services	<p><i>Thriving, not just Surviving: Coping skills</i></p> <p>Stress management is a way of dealing with or coping with negative effects of the stress we confront in our lives. There are psychological and physiological responses to stress. Healthcare providers now ask about stressors along with behaviors.</p> <p>Self-care is the ability to proactively enhance our health by building resilience and preventing illness and disease.</p> <p>Where are coping skills used?</p> <p>Home- family meetings, communication (gauge others’ ability to engage), understanding this is a safe, judge-free space</p> <p>Job- work/life balance, use time off and mental health days, not taking yourself too seriously</p> <p>Community- be the change you want to see</p> <p>The inability to cope affects our executive functioning- a set of mental skills that include working memory, flexible thinking, and self-control</p> <p>Secondary trauma (vicarious trauma)- a reaction that can occur as a result of “witnessing” or learning about traumatic events that have happened to others.</p>		

	<p>IT takes 5 days of vacation to start to relax and 5 minutes back to work to start getting frustrated</p> <p>Strategies for self-care- self-care inventory, gratitude, start new hobbies and traditions, breathe, stretch, journal, meditate, use Mindfulness Bell App, Calm.com, build self-care into your Outlook calendar</p> <p>Mental health- defined as a person’s condition about their psychological and personal wellbeing. If we don’t take care of ourselves our mental health can turn into mental illness.</p> <p>Mental illness- likened to a cold and needing to rest or take medication</p>		
<p>Denine Hinton Mental Health First Aid/Stress Management and self-care <i>Alliance Health</i></p>	<p>Alliance Health is the LME-MCO for public behavioral healthcare for Durham, Wake, Cumberland & Johnston counties</p> <p>Self-Care: knowing you, your limits, how to rest, how to decompress, how to make changes when necessary</p> <p>There are positive and negative stressors. Negative physical effects of stress- weight gain/loss, aches and body pains, headaches, upset stomach, heart palpitations/chest pain, elevated/high blood pressure, sleep disturbance</p> <p>Negative behavioral effects of stress- increase intake in alcohol, cigarettes and caffeine to relax, isolating self from others, demotivate, loss sense of humor</p> <p>Managing stress- body relaxation exercises, physical exercise, meditation, counseling, socialize, write</p> <p>Create a self-care plan that includes mind, body, and spirit</p> <p>Benefits of stress management- more energy and stamina, emotions stabilize, improved ability to focus.</p> <p>Tips- change perceptions and expectations, set reasonable, realistic goals</p> <p>In a given year, 1 in 5 adults will be diagnosed with a mental illness.</p>		

	MH first aid is an 8 hour course \$23.95 focuses on recognizing the patterns of thoughts, feelings, behaviors, and appearances that show Alliancehealthplan.org		
MH Committee Action Plan	<ul style="list-style-type: none"> ● Brochure → back to the printer and onto the website! ● Update on goal work <ul style="list-style-type: none"> ○ MH first aid trainings identified ○ Funding? ○ Implementation? 		
Announcements			
Next meeting: Thursday, November 18; 2:00 - 3:00 pm			

September meeting attendees- Alex Hails