

**Partnership for a Healthy Durham
Mental Health Committee
3/17/2022 2:00pm-3:00pm
Minutes
Zoom**

Meeting Outcomes:

Facilitated by: Ashley Bass-Mitchell and Armenous Dobson

Present: Ashley Bass-Mitchell (Alliance Health), Armenous Dobson III (Insight NC), Selena (Lagniappe Writers Workshop), Jess Bousquette (Durham County Public Health), Natalie Rich (Durham County Public Health), Tom Clark (YMCA), Kimberly Monroe (Duke Health)			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Icebreaker <i>Armenous Dobson</i>	What is something that happens in Durham that makes you smile?		
Review Minutes from February	The minutes were presented and approved.		
Community Resiliency Model <i>Jess Bousquette</i>	Jess leads the Durham Adverse Childhood Experiences Resiliency Taskforce (DART). The Community Resiliency Model (CRM) is made up of training and tools developed by the Trauma Resource Institute, that explains how stress and trauma affects the brain, offer simple tools for self-care to reset our nervous system. This community intervention can be used in a variety of contexts and has a strong evidence base The Community Resilience Model training lasts from 90 minutes to 4 hours. Currently there are some CRM active trainers in Durham County. This intervention is great because it is low cost and does not require a mental health counselor. Prior to this meeting, Bria suggested that the Mental Health Committee might be interested in this model because it is a community health approach to getting mental health skills in the community. One important part of the training is to create action items to train others outside of the initial group. DART is interested in training more folks in the Community Resiliency Model. They want to find ways to partner with other groups to help facilitate these efforts. Elementary schools would be a great place to reach youth early. The training is not meant for children, that we know of, so we could train teachers.	The Mental Health Committee is interested in being trained in the Community Resiliency Model. The Mental Health Committee would like to brainstorm how to get elementary school teachers trained, as well as other groups, in the Community Resiliency Model.	Jess will create a Doodle poll to schedule a training for the Mental Health Committee in the Community Resiliency Model. This group will decide if they prefer an in-person or virtual training.

	<p>Cost for training of the trainers is \$2,000 per person. Jess has county funding to train a few trainers. To host a training with 30 people online, it costs \$400 for 90 minutes. It would be great to get leaders of the community trained.</p> <p>This group can brainstorm funding to support training. The Project Aware grant funding opportunity may be a good opportunity to get people trained as trainers. Then, we could look at implementing the training in schools.</p> <p>The YMCA is interested in participating in this training.</p> <p>If this group is comfortable with in-person activities, the training can do in-person training (4 hours). Alliance Health and Durham Public Health are potential sites for the training. Jess will create a Doodle poll to find a date that works best for people.</p> <p>There is a pilot group that has adapted the Community Resilience for the Latino population in Durham. They have trained bilingual community health workers.</p>		
<p>CHIPs Plan <i>Asheley Bass-Mitchell</i></p>	<p>Given the Mental Health Committee’s progress on their Community Health Improvement Plan, they were ready to create some action items. This group needs to meet with Bria to understand what funding available and what steps is are needed to achieve the goals. A top priority for this group is getting out in the community.</p> <p>The group thinks that more presentations would be a great way to make an impact on the community. This group could ask Dr. Soto to present.</p> <p>The group discussed 988, the new mental health crisis line that connects people to mental health counselors directly. The mental health counselor can help de-escalate the situation.</p> <p>The group discussed getting Angela M. Tunno, PhD, MS, a psychologist at Duke University to come present.</p>		<p>Invite the 988 representative to the Mental Health Committee meeting next month.</p> <p>Invite Angela M. Tunno, PhD, MS to present at next meeting. Phone: 919-668-0073</p> <p>Extend next meeting to 1.5 hours instead of 1 hour.</p>
<p>Next meeting:</p>			

Thursday, DATE 4/21/2022
2:00 - 3:00 pm