

**Partnership for a Healthy Durham  
Mental Health Committee  
10/19/2023  
Zoom**

**Facilitated by: Raven Brooks, Valon Alford**

Present: Valon Alford, Bria Miller, Tom Clark, Catrina Lloyd, Raven Brooks, Jess Bousquette, Brittany Harris, Gabrielle Rivero, Stephanie Grey			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
<b>Icebreaker</b>	<p>If we had \$10,000, how would you spend that money for the Mental Health committee?</p> <ul style="list-style-type: none"> <li>• Community engagement</li> <li>• A study that collates all mental health data in Durham to identify gaps and partners.</li> <li>• Involve community from the start.</li> <li>• Host focus groups/listening sessions.</li> <li>• Event or program that lets people be people and identify what they need.</li> <li>• Mental health clinics in faith-based organizations, community centers and groups, and health fairs. Conduct surveys randomly throughout the community, in all spheres of influence, and use data to implement programs that are holistic.</li> <li>• Listening to people through forums, health fairs, and surveys.</li> <li>• Naloxone at every business or develop a program that teaches people to navigate the mental health landscape.</li> <li>• Get feedback from people in a nontraditional way.</li> </ul>		
<b>Mental Health spotlight for newsletter</b>	<p>Valon drafted a letter that could be included in the Partnership newsletter. It has information about the committee and the mission. It also includes important mental health definitions. She presented it to the committee for feedback.</p> <p>If anyone has thoughts after this meeting, please email Valon, Raven, and Bria.</p> <p>Recommendation</p> <ul style="list-style-type: none"> <li>• Simplify the language.</li> <li>• Explain some baseline definitions like the difference between mental health and mental illness.</li> <li>• Go over definitions like anxiety, stress, and depression.</li> <li>• Use less words and more graphics.</li> <li>• At the top, write an attention grabber like “did you know...” or a statistic.</li> <li>• Add that October 10<sup>th</sup> is mental health awareness day.</li> </ul>		<p>Valon will update the document based on the recommendations in the meeting. Bria will include it in this month’s Partnership Post.</p>

	<ul style="list-style-type: none"> <li>• Try to normalize that many people do have a mental health diagnosis/struggle.</li> <li>• Add a resource for people who want to know more.</li> <li>• Point people in the direction of mental health 101.</li> <li>• Ask what topics people would like the committee to cover next.</li> <li>• Be careful with language. State that people are living with mental health instead of struggling with mental health.</li> </ul> <p>In the future, cover</p> <ul style="list-style-type: none"> <li>• The differences and similarities between stress and anxiety.</li> <li>• What is narcissism?</li> <li>• We could include these parts of the series on the mental health webpage.</li> <li>• Add trauma definitions.</li> </ul>		
<b>Review Minutes from September</b>	The meeting minutes are approved.		
<b>Progress with CHIPs and 2023-2024 Planning</b>	<p>Identify MH committee focus areas</p> <ul style="list-style-type: none"> <li>• CHIP prioritization, decide what we will start with, iron out the how we will achieve these things</li> <li>• Workplace mental health practices</li> <li>• Share nontraditional mental health supports</li> <li>• CRM updates</li> </ul>		
<b>988 line printing</b>	<p>Durham County Department of Public Health has funds through the Health Communities grant to distribute mental health information to the community. This committee would like to print postcards or magnets with information about the 988 line and veterans' helpline. The printed materials would also include verbiage that supports a sense of belonging like "you matter" or "you belong in our community".</p> <p>Durham Adverse Childhood Experiences Taskforce has been distributing mental health support contact information using chip clips and magnets.</p>	Would like to print information using postcards or magnets.	Bria will follow up with Willa.
<b>Announcements</b>	<ul style="list-style-type: none"> <li>■ Trauma Informed Care Providers Symposium <ul style="list-style-type: none"> <li>• The Trauma-Informed Care Healthcare Provider Symposium is a <b>free continuing education</b> opportunity for healthcare providers in Durham County. The event is on November 3, 2023 from 9:00am-4:00pm at Durham Technical Community College.</li> <li>•</li> </ul> </li> </ul>	<a href="https://www.southernregionalahec.org/courses-and-events/71745/trauma-informed-care-healthcare-provider-symposium">https://www.southernregionalahec.org/courses-and-events/71745/trauma-informed-care-healthcare-provider-symposium</a>	

**Next meeting:**  
Thursday, 1/2023  
1:00 - 2:00 pm