

**Partnership for a Healthy Durham  
Mental Health Committee  
11/16//2023  
Zoom**

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

Present: Valon Alford (NFL Foundation), Jess Bousquette (DCoDPH), Edeia Lynch (Bull City Strong), Bria Miller (DCoDPH), Raven Brooks, Andrae Banks (NCCU), Catrina Lloyd (PHD/DCoDPH), Krista Kicsak (DCoDPH), Teka Dempson (Taking Every Kind Action Consulting LLC), Brittany Harris

<b>Agenda Items</b>	<b>Major Discussion Points</b>	<b>Recommendations</b>	<b>Action steps and responsible persons</b>
<b>Icebreaker</b>	<p>What advice would you give to a loved one on self-care during the holiday season?</p> <ul style="list-style-type: none"> <li>• “Be okay saying you are not okay.”</li> <li>• “It is okay to take a pause and take care of yourself.”</li> <li>• “Its okay to feel our full range of emotions.”</li> <li>• “Move at your own pace, whatever decisions those are.”</li> <li>• “Your problems are your problems, don’t get involved with other people’s problems.”</li> <li>• “Your emergency is not my emergency.”</li> <li>• “Your problem is not my crisis.”</li> <li>• "Your lack of planning is not my emergency."</li> <li>• “Your crisis is not my crisis, nor will I own it.”</li> <li>• “Sometimes we don’t need to be problem solvers, we just need to be there to listen.”</li> <li>• For people asking for advice, “Don’t expect expertise from someone who is not an expert”. Know who you are going to for advice.</li> <li>• Go decorate something early if that makes you feel good! Do something that speaks to your inner child.</li> </ul>		
<b>Review Minutes from October</b>	<p>MH Corner in October Newsletter</p> <p>Meeting minutes were reviewed and approved.</p>		
<b>Discuss December MH Corner Topic</b>	<p>We will be sharing tips that everyone shared from the icebreaker today in the newsletter and social media.</p>		

<p><b>Mental Health Training for Community Health Workers, Community Members</b>  <i>Edeia Lynch,  Department of Public Health  Community Health Worker Coordinator  for Bull City Strong</i></p>	<p>Bull City Strong works to improve health literacy in Black and Brown communities. One strategy is working with community health workers (CHWs) and recently, Bull City Strong has introduced the CHW roundtable; a space led by and for CHWs for resources, connections, and support. In the October roundtable, they had 27 CHWs in attendance and the inclusion of bilingual interpretation led to great interactions and connections. She learned that CHWs do not have a lot of mental health resources, although there used to be training provided in the past. They are especially interested in low-cost or free training and resources for CHWs, as they often suffer from things like compassion fatigue, especially if they are not trained in areas such as mental health. Important questions for the group are:</p> <ol style="list-style-type: none"> <li>1) How can we help bridge access to CHW around mental health topics?</li> <li>2) How can we provide resources, such as mental health first aid training?</li> </ol> <p>Valon Alford reintroduced a question that relates to this conversation and that had been discussed previously:  <i>Is there a way for us to advocate for those who are involuntarily committed?</i>  Suggestions were mental health training with a two-pronged approach and addressing this through the QPR approach of question, persuade, refer.  Other important questions arose:</p> <ol style="list-style-type: none"> <li>1) How can we facilitate organizations that are providing different types of mental health training?</li> <li>2) How can our committee be more involved with these activities?</li> </ol> <p>The group brainstormed and discussed the following resources and organizations that should be partners:</p> <ul style="list-style-type: none"> <li>• Low cost and free training opportunities for trauma-informed care, ACEs, and mental health:  <a href="https://resilientdurhamnc.org/organizational-trainings/">https://resilientdurhamnc.org/organizational-trainings/</a></li> <li>• Alliance Health</li> <li>• YMCA of the Triangle</li> <li>• Durham County Dept of Public Health</li> <li>• Partnership for a Healthy Durham joint project with the Durham ACEs (adverse childhood events) and Resiliency Taskforce. They are</li> </ul>	<p>Look into mental health first aid training</p>	
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	<p>supporting five community members to become Community Resiliency Model trainers and do trainings in the community.</p> <ul style="list-style-type: none"> <li>• Assist Training, contact information: Willa Robinson Allen at DCoDPH <a href="mailto:wrobinson@dconc.gov">wrobinson@dconc.gov</a></li> <li>• There is a grant for Mental Health training at Central, a connection from Andrae Banks. He will send an email to Edeia Lynch to connect.</li> <li>• Rachel Galanter at El Futuro also does mental health 101 in Spanish and substance use response.</li> </ul> <p>Catrina Lloyd suggested that with this list being created, it is also important to consider including who is eligible to participate. For example, is the training geared towards CHWs, healthcare professionals, etc.</p>		
<p><b>Workplace Wellness</b></p>	<ul style="list-style-type: none"> <li>■ Discussion of considerations and best practices to promote workplace wellness.</li> </ul> <p>Workplace wellness is so important, and we had discussed this at the September meeting. Ideally, this committee will offer a list of resources and best practices, how employers can provide best practices, how they can best serve employees, etc. This can also be tied to the CHW conversations and meetings Bull City Strong has been having. Some things to consider:</p> <ul style="list-style-type: none"> <li>• Policy and culture: organizations’ policies and procedures can have an effect on mental health. If you don’t have sick days or wellness days, for example, some of these policies can impede mental health.</li> <li>• Maybe policies/procedures themselves can have a toll on employees.</li> <li>• There could be supervisor training on benefits, for example, and an expectation setting for and from leadership. Both of these can have direct implications on mental health in the workplace.</li> <li>• Training on intersectionality can be more immersive and interactive and have more application-based training.</li> <li>• Include training on trauma-informed care, ways to be more intentional and inclusive, etc.</li> <li>• Problems can arise if organizations don’t have the means or capacity for trainings, for example, so it comes down to the little things: <ul style="list-style-type: none"> <li>○ If employers cannot offer days off, maybe they can spend half of a day checking in with employees and offer some small wellness tools (i.e., aroma therapy, YouTube yoga videos, etc.)</li> </ul> </li> </ul>		

	<ul style="list-style-type: none"> <li>○ Mental health resources don't always have to be 'corporate y', and don't have to look the same across the board.</li> <li>○ Headspace for corporations is a great resource as well.</li> <li>● We can all promote mental health and wellness; mental health is free!</li> <li>● When staff are onboarded, there could be training courses or webinars on different resources available to employees, not just for EAP and going over the different departments in the organizations. <ul style="list-style-type: none"> <li>○ Internally, how can employers help staff if they need the support?</li> </ul> </li> </ul> <p>This will be an ongoing conversation, so please feel free to send over emails to Raven Brooks or Valon Alford (co-chairs) to add to this list.</p>		
<b>Announcements</b>	<ul style="list-style-type: none"> <li>■ December Mental Health Committee Meeting Cancelled</li> <li>■ The PANFA (Physical Activity, Nutrition, and Food Access) Committee will be holding their December meeting in person, and all are welcome to join. More details with be provided soon.</li> </ul>		
<p><b>Next meeting:</b>  Thursday, 1/18/2024  1:00 - 2:00 pm</p>			