

**Partnership for a Healthy Durham  
Mental Health Committee  
3/16/2023  
Zoom**

**Facilitated by:** Ashley Bass-Mitchell and Armenous Dobson

Participants: Kevin Ogbonna, Bria Miller, Stephanie Grey, Armenous Dobson III, Quentin Moore (Data Analyst Intern City and County of Durham), Raven Brooks, Ashley Bass-Mitchell, Bethany Chappel (Data Analytics, Durham City and County), Tom Clark			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
<b>Icebreaker</b>	What colors come to mind when you think of joy and happiness?		
<b>Review Minutes from February</b>	The meeting minutes are approved.		
<b>The rise of Opioid's throughout Durham</b> <i>Quentin Moore</i>	<p>Quentin Moore is an intern with Durham County and student at Georgia State University. This project came about as the result of many conversations about the work happening in Durham using data. This allows those interested in opioid use to go to one place and learn about it. The dashboard focuses on Durham's role in substance use disorder. Quentin worked with John-Paul Zitta, Durham County Department of Public Health Data Scientist, to develop "The Fight Against Substance Abuse in Durham" StoryMap.</p> <p>The rates of overdoses are lower for Durham than the state and national average, but it is still growing. There are 50 safe syringe programs (SSP) across NC to reduce overdoses. The StoryMap includes a map with all active SSPs. This will hopefully help folks get connected if they need this resource. Narcan has been distributed and the amount is increasing. SSPs also offer Narcan kits.</p> <p>A large portion of overdoses in Durham County occur in those ages 25-64. There is an increase in middle aged people overdosing. While the number of people overdosing are largely white, there is an alarming increase in the people of color.</p>		

The uptick of fentanyl presents a major challenge. Many people start using it unintentionally. It is much stronger than heroine or other strong drugs. It can be lethal.

There are programs such as medication take back services. These are drop-boxes around Durham. The goal is to get drugs off the street.

There is also a substance use resource map. This shows where to get resources such as clean syringes, job support, and housing.

Suggestions:

- Show how Durham County compares to other counties in the state.
- People are using vape pens for other drugs and they are exploding and ripping the vital artery in the throat.
- Connect with TRY, Together for Resilient Youth
- With all of these services, where would you invest your dollars? He would invest in harm reduction and Narcan. Bethany has questions about where interventions are targeted and how we can reach people most impacted by overdoses.
- There is an Opioid Resettlement meeting next week. This is an opportunity to participate and decide how the funds should be used.
- Where can you get Narcan and how do you use it? We need to share this information more broadly. Maybe we should keep them in first aid kits.
- Encourage schools to have Narcan as well. This may be something the committee can support.
- Always consider the under privileged and under nourished.
- Requiring every business in Durham to have Narcan available for use may be a policy issue this team can support.
- Are these one-time use overdoses? There isn't a way to tell from these metrics.
- We need to find out why they choose these drugs, triggers, are they facing trauma. Is it grief, stigma, chronic diseases, or family and relationship issues?
- These numbers are increasing, and we need to know how to get the numbers moving in the right direction.

<p><b>CHIPs Listening Session Questions for April &amp; May</b> <i>Bria Miller</i></p>	<p>Bria shared the listening session questions used in 2021 for the group’s reference. The new listening session questions should be related to the current CHIPs and capture information not included in the Community Health Assessment survey.</p> <p>The group decided on the following questions:</p> <ol style="list-style-type: none"> <li>1. How would you access mental health services in Durham if needed for you or your family? <ol style="list-style-type: none"> <li>a. What do you say to your neighbors or people in the community about mental health and the services that are available?</li> </ol> </li> <li>2. What have you noticed happening to decrease negative experiences for children in the community?</li> <li>3. If you are employed, in what ways does your employer support on not support your mental health?</li> </ol>		
<p><b>CRM Updates</b></p>	<p>The Community Resilience Model Teacher Training scholarship applications are complete. There are five scholarships available for community health ambassadors. Folks who complete the training will be a part of the collaborative. The first session of training is in June. Everyone who goes through will be required to provide 2-3 trainings throughout the year.</p>		
<p><b>Group Announcement &amp; Invites</b></p>	<ul style="list-style-type: none"> <li>• Open Floor</li> <li>• <a href="#">TRY! DO SOMETHING SERIES: OPIOIDS, FENTANYL AND XYLAZINE Tickets, Tue, Mar 21, 2023 at 6:00 PM   Eventbrite</a></li> <li>• Medication Takeback – April 22<sup>nd</sup> at Ross in Durham</li> <li>• April 28th – Mental Health month kick off</li> <li>• May – Youth Summit</li> </ul>		
<p><b>Next meeting:</b> Thursday, DATE 4/20/2023 2:00 - 3:00 pm</p>			