

**Partnership for a Healthy Durham
Mental Health Committee
4/20/2023
Zoom**

Facilitated by: Ashley Bass-Mitchell and Armenous Dobson

Present: Ashley Bass-Mitchell, Bria Miller, Armenous Dobson III, Kimberly Monroe, Lelah Cox, Natalie Thompson, Debbie Royster, Tom Clark, Stephanie Grey, Kevin Ogbonna, Anne Fields, Raven Brooks, Jess Bousquette			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Icebreaker	What are you hoping to learn or do this summer?		
Review Minutes from March	The meeting minutes were approved.		
CRM Updates Jess Bousquette	<p>We had several applications for the Community Resiliency Model (CRM) teachers' collaborative although there are five slots available for scholarships. Jess is notifying the selected applicants today, April 20.</p> <p>CRM training centers six wellness skills that help build resilience by using the body and nervous systems to manage stressors. This is a global tool. We have funding to send five people through CRM teacher training. After they are trained, they will be a part of a teachers' collaborative. We currently have three trainers in Durham, but this will add more. Each should train 30 people within the first year. We plan to have a bilingual trainer in this cohort.</p>		
Children's Health Report Card	<p>Ashley shared the 2023 North Carolina Child Health scorecard. North Carolina has an F in children's mental health.</p> <p>People say that COVID has made people lazy. There is an opportunity to dispel some of these ideas. People are having difficulty with mental health. This group can educate the community to reduce stigma. This committee needs to share tools for people interacting with young people regularly.</p> <p>This is about a reframing, challenging each other to meet each other with compassion. People behave the ways they do for some reasons. Ask what happened.</p>		

	<p>People are burned out and not getting the support or help they need because of stigma. They are afraid that it will get back to their employer and reflect negatively.</p> <p>This group will revisit strategies to destigmatize seeking mental health support.</p>		
Group Announcement & Invites	<p>Medication Takeback happening this Saturday https://docs.google.com/forms/d/e/1FAIpQLScTmmSBtMiEsp1TXFdM9Ltu48hNnq3T4T0njAux65Pwow7GBw/viewform</p> <p>Mental Health Awareness Kickoff https://docs.google.com/forms/d/e/1FAIpQLSfnGr_J7AYXH3BW9rzUO1leO-a6cy23GIG8FRZe9lT876MZZQ/viewform</p>		
Future Discussions	SoulShop		
<p>Next meeting: Thursday, DATE 5/18/2023 2:00 - 3:00 pm</p>			