

**Partnership for a Healthy Durham
Mental Health Committee
9/28/2023
Zoom**

Facilitated by: Raven Brooks, Valon Alford

Present: Valon Alford, Bria Miller, Gabriela Paterson, Christopher Peralta (community member), Catrina Lloyd, Raven Brooks, Krista Kicsak, Stephanie Grey			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Icebreaker	Name, role in your organization.		
Review Minutes from August	The minutes were approved.		
Introduction of Co-Chairs <i>Raven Brooks and Valon Alford</i>	<p>Raven Brooks is a community member with a background in mental health and has experience working with the geriatric population. She is also a community resiliency model training teacher.</p> <p>Valon Alford is a clinical social worker from Durham and returned about six years ago. She is with military duty active personnel. Helps former NFL players access services and treatment. Valon joined this group for personal reasons after helping a family member navigate mental health services. She wanted to get involved with this committee to help others.</p>		
Discuss meeting time/launch poll	<p>1:00 or 3:00 potentially, third Thursday of each month</p> <p>This committee typically meets on the third Thursday of each month at 2:00 but we need to change that meeting time. We will send a Survey Monkey for folks to choose between the third Thursdays at 1:00 or 3:00.</p>		
Progress with CHIPs and 2023-2024 Planning	<p>Review the reason this group was established and CHIPs</p> <ul style="list-style-type: none"> ■ Talk about where we have been ■ Discuss where we want to go over the next 18 months <p>Review the</p> <p>Mental-Health-2022-2024-CHIPs.pdf (healthydurham.org)</p>		

	<p>Last month, the committee looked at the first few community health improvement plans. We spoke about how we used CRM and how we can assess mental health in work places. Folks in the last meeting decided to view different workplace wellness assessment tools and bring back what they found.</p> <p>https://mhanational.org/workplace</p> <p>The new co-chairs would like to continue the work being done. The homework could be to look at the CHIPs.</p> <p>We reviewed our overarching goals, what it looks like when we achieve the goals, and how we can measure quality of life conditions. The current CHIPs are to be fulfilled by the end of 2024.</p> <p>As it relates to suicide, there are opportunities for prevention on the CHIP. What ways can we identify opportunities for more of a focus on prevention. There are also lots of opportunities for collaboration with other committees.</p> <p>In the 2022 CHA, many people mentioned that they deal with stress by exercising. Under the non-traditional mental health treatments, can look at the eight dimensions of wellness to include things like social support, exercise like yoga and Zumba, spiritual practices. It is important to remember the differences and intersections between mental health and mental illness. The Mental Health Committee and PANFA can work together on some of this. Another area of mental health is encouraging people to drink water, get good sleep, and practicing assertiveness. Maybe we can push five quick tips on social media or the newsletter.</p> <p>In addition to sharing announcements, they can talk about a mental health spotlight in the newsletter with tips. Starting by explaining the difference between mental health and mental illness and the eight dimensions of wellness. There are some simple things we can put out without it being too overwhelming.</p> <p>The committee continued by reviewing the entire CHIP. An important aspect of this committee is having a space for people to connect our humanity. We want to continue this. The people who run the line with the NFL crisis line, also runs the veterans line. We can follow up on this to see if it relates to the 988 line and have additional things to share.</p>		
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	<p>Homework: everyone review the CHIP and find some things we can accomplish soon. We will continue strategic planning from there.</p>		
<p>Announcements</p>	<ul style="list-style-type: none"> ■ Substance Use Event ■ Wake Up with TFS (event link ->) ■ In-person meetings <ul style="list-style-type: none"> ● Not opposed to doing meetings in person 2-4 times per year ● Consider having lunch at the meeting <p>There is a 2023 NC State of Diabetes health expo at Durham Tech November 18. They will have metabolic screenings, https://donations.diabetes.org/site/SPageServer?pagename=SoD_Event_Details&evtid=57288</p> <p>Mental Illness Awareness Week is October 1st to 7th! World Mental Health Day is October 10th!</p> <p>National Depression Screening Day is October 5th! Mental Health America has a great Mental Health Screening website!</p> <p>National Day of Prayer for Mental Illness Recovery and Understanding is October 3rd, Visit NAMI for more details! www.nami.org/miaw</p>	<p>https://tfsnc.org/2023/06/wake-up/</p>	
<p>Next meeting: Thursday, 9/21/2023 1:00 - 2:00 pm</p>			