

**Partnership for a Healthy Durham
Mental Health Committee
2/17/2022 2:00pm-3:30pm
Minutes
Zoom**

Meeting Outcomes:

- Finalize CHIP Plan

Facilitated by: Ashley Bass-Mitchell and Armenous Dobson

Present: Ashley Bass-Mitchell, Bria Miller, Armenous Dobson III, Alex Hails, Jess Bousquette, Kimberly Monroe, Savannah Carrico, Stephanie Grey (Be Healthy) , Natalie Rich, Sue Wsur, Teka Dempson			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Icebreaker <i>Ashley Bass-Mitchell</i>	What are you grateful for?		
Review Minutes from January	The minutes were presented and approved.		
New Chair Introduction	Armenous Dobson III is the new Co-Chair of the Mental Health Committee and looks forward to assuming this role. Armenous is very active and works with four schools, is a part of nine coalitions, and has much experience working in the community and will use his knowledge and experiences in this role.		
Review Infographic, <i>Savannah Carrico, Durham County Public Health Epidemiologist</i>	Savannah Carrico showed the two-page mental health infographic she created based on the 2020 Community Health Assessment. Mental health- a state of well-being that allows a person to cope with their stress, work productively, and make a contribution to their community. This information comes from the 2020 CHA, 2019 State of the County Health, 2017 and 2019 Youth Risk Behavior Survey. This document also includes context for disparities shown. This infographic also includes mental health strategies. The goal today is to present the infographic to the group and get feedback from this committee. The infographic will later be published and available at healthydurham.org	Feedback: Add a disclaimer that this is pre-pandemic data Add socializing as a positive mental health strategy Love the colors and graphs	

	<p>Participants are interested in seeing how this data compares to pandemic data. This can serve as a baseline. It will also be available in Spanish.</p> <p>Page two of the document refers to listening session data, signs, symptoms, and risk factors, also includes resources (local and national).</p>	<p>Consider the literacy level of this document and make it below college-level. Fifth to seventh grade reading level is best.</p> <p>Be clearer when explaining the data. Make it as easy to understand as possible. Try not to use terms like “racism is positively associated with...”.</p> <p>Recommended using the School Report Card to compare data. We could also look and compare to other communities.</p> <p>Add Duke Behavioral Health Clinic to this list.</p>	
<p>Finalize CHIP Plan, <i>All</i></p>	<p>The group viewed and contributed to a collaborative document where they decided which interventions to focus on and what aligns with existing efforts.</p> <ul style="list-style-type: none"> Assess gaps in mental health resources for providers in Durham and promote trauma-response resources to providers in the areas with the greatest need. 	<p>Review America’s School Report Card https://hopefulfutures.us/action-center/</p>	<p>Participants will go provide feedback on the CHIPs by Friday afternoon.</p>

- | | | | |
|--|--|--|--|
| | <ul style="list-style-type: none"> • School-based social and emotional instruction- several programs being administered now. • Trauma-informed community building • Encourage and implement non-traditional forms of mental health interventions • Assess workplaces for practices implemented to improve mental health resources/healthy environments for employees (breaks, mental health days, time outdoors, EAP) • Share non-emergency numbers with community • Tie community arts programs to mental health services • Improve physical environments to make them more supportive of mental health care • Review Durham-specific strategic plans and assess for alignment with Partnership Mental Health initiatives • Provide open space for mental health support “Mental Health Conversation Circle” | | |
|--|--|--|--|

Next meeting:
 Thursday, DATE 3/17/2022
 2:00 - 3:00 pm