

**Partnership for a Healthy Durham
Mental Health Committee
11/17/2022
Zoom
Minutes**

Facilitated by: Ashley Bass-Mitchell and Armenous Dobson

Participants: Jess Bousquette, Natalie Thompson, Bria Miller, Tom Clark, Ashley Bass-Mitchell, Lisa DeCiantis, Stephanie Grey, Kimberly Monroe, Valon Alford, Raven Brooks			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Icebreaker	Zoom poll: How are you feeling today?		
Review Minutes from October	The minutes were approved.		
CRM training and CHWs	<p>Jess Bousquette is the Adverse Childhood Experiences Coordinator for Durham County. Community Resiliency Model (CRM) uses six resiliency skills designed to help us stay in the zone of wellbeing. These skills help with our emotional and stress response. CRM is proven to be helpful across different types of people. We have two trainers in Durham, Rachel Galanter and Jess Bousquette. The training can be delivered in 1 hour to 90 minutes, but four hours is ideal.</p> <p>Ashley reminded the group that we discussed how to have difficult conversations and support those who may be falling through the gaps with mental health. We want to support youth, adults, and providers.</p> <p>Bria shared a Jamboard link that using Results-Based Accountability framework to help the group move to action with getting trainers trained to administer CRM in communities.</p> <p>Question 1: What outcome do we want from the CRM and Community Health Worker (CHW) trainings? As the group began discussing these outcomes, they agreed to include others in addition to CHWs. The group would also like to include faith leaders,</p>	Use the term Health Advocate for those who would become CRM trainers.	<p>Durham ACEs group</p> <p>Partnership Mental Health committee</p> <p>YMCA</p> <p>Kimberly Monroe and faith groups</p> <p>Social workers, etc.</p>

	<p>health promoters, and community organizers. The YMCA may be interested in partnering and running CRM programs.</p> <p>Think about who we could send people to get CRM teacher certification. How many trainers do we need? How many people do we want to reach and where are they? The YMCA has someone interested in getting trainer certification.</p> <p>Question 2: What would these conditions look like if we could see or experience them? Jess would like to see use a model with a small number of people and have a cohort, maybe less than fifteen. They can meet and support each other in this work. We want to have a specific number of slots available. Maybe people can use this towards their training hours. Some people would like to focus on certain sectors.</p> <p>Question 3: How can we measure these conditions? The number of participants who complete their certification. Training applied and incorporated in the organizations. The group needs to define a measurement for how well we are doing this work.</p> <p>How did we decide to have this training? There was a gap in mental health resources in our community. There are many people who are connecting with community members going through different things but sometimes did not have the tools to help. This is a model that Jess was familiar with and we decided to use this to fill in gaps for mental health in the community.</p>		
<p>Announcements</p>	<p>The Interdenominational Ministerial Alliance is having a food giveaway at Antioch Baptist Church Saturday, November 19 at 10:00am. Holistic Wellness Fair Sunday, November 20. There will be a short CRM training and other activities like journaling, drawing, etc.</p>		
<p style="text-align: center;">Next meeting: Thursday, DATE 12/15/2022 2:00 - 3:00 pm</p>			