

**Partnership for a Healthy Durham
Mental Health Committee
6/15/2023
Zoom**

Facilitated by: Ashley Bass-Mitchell and Armenous Dobson

Present: Ashley Bass-Mitchell, Armenous Dobson III, Bria Miller, Krista Kicsak, Gwen McNeil, Kimberly Monroe, Valon Alford, Kevin Ogbonna, Brittany Harris, Debbie Royster			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Icebreaker	What are you grateful for?		
Review Minutes from April	The meeting minutes were approved.		
Progress with Community Health Improvement Plans (CHIPs) and 2023-2024 Planning	<p>#1 Assess gaps in mental health resources for service providers in Durham.</p> <ul style="list-style-type: none"> • This is an area that we need to focus on more. • Connect with the partners listed on this document. <p>#2 Community Resiliency Model (CRM)</p> <ul style="list-style-type: none"> • This committee, in collaboration with Durham ACE’s Resilience Taskforce, is sending five people through training to become CRM model teachers for community members. • How does this help with disparities in mental health and how COVID-19 increased rates of mental health challenges? CRM is a tool that teaches people to self-regulate to improve their mental health. This untraditional modality of mental health support will hopefully carry less stigma, increasing the training and adoption of these practices in communities historically more resistant to mental health supports. • Those who are sponsored for the training are being trained this week. • Members of the Mental Health committee received CRM training in 2022. 	<p>Assess gaps in mental health resources for service providers in Durham.</p> <ul style="list-style-type: none"> • This is an area that we need to focus on more. • Connect with the partners listed on this document. 	<p>Research best practices for employers supporting the mental health of employees that this committee could recommend.</p>

	<p>Mental Health First Aid also addresses this CHIP.</p> <p>#3</p> <p>Assess workplaces for practices that support the mental health of employees.</p> <ul style="list-style-type: none"> • We have the mental health resource brochure that has been distributed. • The Communications committee and Health and Housing committee want to work with this committee and help distribute the mental health resource brochure. • People are concerned because of the loss of flexibility in some workplaces. • Research what best practices we could recommend. • Some people think we should have better incentives for work retention. 		
<p>Committee Co-Chair Nominations and Voting</p>	<p>Three people accepted the co-chair nomination for this committee: Valon Alford, Raven Brooks, and Armenous Dobson. Participants discussed whether to vote and have two co-chairs or go forward with three. Committee members came to a consensus and decided to move forward with all three co-chairs for 2022-2023</p> <p>Committee members thanked Ashley for her three years of work in the co-chair role.</p>		
<p>Announcements</p>	<p>Mental Health Awareness Event https://forms.gle/m2sZwrPDtyKX1CURA</p>		
<p>Next meeting: Thursday, DATE 7/20/2023 2:00 - 3:00 pm</p>			