

**Partnership for a Healthy Durham  
Mental Health Committee  
1/18/2024  
Zoom**

**Facilitated by: Valon Alford**

Attendees: Jess Bousquette, Bria Miller, Catrina Lloyd, Krista Kicsak, Andrae Banks, Tom Clark, Maeve Salm, Ciranna, Glenda Clare, Kimberly Monroe			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
<b>Icebreaker</b>	<p>How can we encourage growth &amp; active participation in this committee? Please give one suggestion.</p> <ol style="list-style-type: none"> <li>1. Post meeting invite in the community with contact info</li> <li>2. Define the need/ask and targeted promotion</li> <li>3. Building community, training, MH 101 post, removing barriers</li> <li>4. Community Health Worker program leaders</li> </ol>		
<b>Review Minutes from November</b>	No revisions.		
<b>Raven Brooks</b>	<p>We offer our condolences to MH Committee Co-Chair, Raven Brooks, who is grieving the loss of her mother, Deborah Spencer. She will be taking a leave of absence. Valon will be the primary contact for the committee.</p> <p>In lieu of flowers, Raven has requested donations be made to McConnell-Raab Hope Lodge</p> <p><a href="https://raiseyourway.donordrive.com/index.cfm?fuseaction=cms.page&amp;id=1228">https://raiseyourway.donordrive.com/index.cfm?fuseaction=cms.page&amp;id=1228</a></p> <p>Can the committee offer mental health support to Raven? Valon has a personal email/address and can forward any items/messages of support the first week of February or members can email directly.</p>		
<b>Discuss MH Corner Topics</b>	<ol style="list-style-type: none"> <li>1. Share suggested topics for the Mental Health Corner for the Newsletter (Partnership Post)</li> <li>2. Committee members invited to contribute (500 words)</li> <li>3. Calendar of monthly topics (Awareness Months)</li> </ol>		

	4. Resources		
<b>Community Resiliency Model Trainings</b>  <b>Jess Bousquette</b>	<ul style="list-style-type: none"> <li>▪ Support of current cohort; check-in with members present.</li> <li>▪ CRM planning committee</li> <li>▪ Introducing new teacher Tom Clark</li> <li>▪ Trained 5 community members in CRM Model, 2 certified teachers</li> <li>▪ Overview in next meeting- determine committee member interest in training</li> </ul>		
<b>2024 Community MH Trainings Calendar/ Listserv- Not discussed</b>	<ul style="list-style-type: none"> <li>■ In November, we discussed this committee leveraging connections to amplify trainings for community health workers, clinicians, and community members.</li> <li>■ Please share upcoming trainings, points of contact for trainings, etc.</li> <li>■ Do we know of Mental Health First Aid trainers?</li> <li>■ QPR trainers?</li> </ul>		
<b>Workplace Wellness</b>	<ul style="list-style-type: none"> <li>■ Do we have any workplace wellness experts on or known to this committee? <ul style="list-style-type: none"> <li>● Dr. Lissette Saavedra, RTI International presented at LATIN-19 meeting. She gave attendees an "overview of trauma-informed care</li> <li>● Dr. Ruth Gilliam was the presenter (African American COVID-19 Taskforce +). She is the president of the Community Health Coalition</li> </ul> </li> <li>■ Do committee members have tried and true best practices?</li> <li>■ Discussion of deaths by suicide among African American women in the university setting- Also discussed in the AACT+ meeting. <ul style="list-style-type: none"> <li>● Antoinette “Bonnie” Candia-Bailey</li> <li>● Dr. Nikita Mortimer</li> </ul> </li> <li>■ Post Traumatic Slave Syndrome- Dr. Joy DeGruy</li> <li>■ Workplaces pushed to diversify but cultures have not shifted; elimination of DEI roles and organizations that support diverse populations</li> <li>■ Racial/cultural bias in evidence-based practices</li> </ul>		
<b>Announcements- Not discussed</b>	<p>Hard Copies (English) of resource guides available to committee members, Jess Bosque, please let me know if you would like a copy.  <a href="https://www.dcopublichealth.org/home/showpublisheddocument/38907/638210358470000000">https://www.dcopublichealth.org/home/showpublisheddocument/38907/638210358470000000</a></p> <p>This guide, which was developed by the Durham County Department of Public Health and Together for Resilient Youth, lists:</p>		

- Providers of free and low-cost treatment, including medication-assisted treatment (MAT)
- Harm reduction services such free sterile (unused) syringes and naloxone kits
- Recovery and support groups
- Housing options
- HIV, Hepatitis C, and other STI testing and treatment services
- Contact information for each service is provided. The publication also discusses tips for overdose prevention and survival, safer injection practices and wound care.

Webinar on Child & Youth Mental Health (Bria Miller)

December 5, 2023 Webcast Recording Available

[https://www.nationalacademies.org/event/818\\_12-2023\\_hauser-webinar-series-improving-the-mental-health-and-wellbeing-of-children-and-adolescents-driving-factors-and-root-causes?utm\\_source=National+Academy+of+Medicine&utm\\_campaign=0e6b336406-EMAIL\\_CAMPAIGN\\_2023\\_11\\_30\\_08\\_42&utm\\_medium=email&utm\\_term=0\\_-0e6b336406-%5BLIST\\_EMAIL\\_ID%5D](https://www.nationalacademies.org/event/818_12-2023_hauser-webinar-series-improving-the-mental-health-and-wellbeing-of-children-and-adolescents-driving-factors-and-root-causes?utm_source=National+Academy+of+Medicine&utm_campaign=0e6b336406-EMAIL_CAMPAIGN_2023_11_30_08_42&utm_medium=email&utm_term=0_-0e6b336406-%5BLIST_EMAIL_ID%5D)

From chat:

- Related to Seasonal Affective Disorder- Avance Care is hosting a free webinar on, “Post Holiday Blues and Seasonal Affective Disorder: It’s a real thing!” Come and hear from the experts!

January 25th, 6:30-7:30 PM

Attached is a flyer with a QR code or feel free to follow the link below to register  
[https://zoom.us/webinar/register/WN\\_9HPHcGe2RDCwkBdXI0nlfQ#/registration](https://zoom.us/webinar/register/WN_9HPHcGe2RDCwkBdXI0nlfQ#/registration)

**Next meeting:**

Thursday, 2/15/2024

1:00 - 2:00 pm