


**Partnership for a Healthy Durham
Mental Health Committee
1/7/2024
Zoom
Minutes**

Facilitated by: Ashley Bass-Mitchell

Present: Ashley Bass-Mitchell, Bria Miller, Krista Kicsak, Jacob, Dr. Wanda Boone, K'la, Azmen Johnson, Eboni Quick, Victoria Mosey, Jess Bousquette, Nakiya Smith, Jasmine Johnson, Susan Hertz			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Icebreaker	What are you thankful for?	Group check in and intros	
Review Meeting Minutes	Attached to Meeting reminder		Please review and let us know if we missed something
Training Series	<p>Training Updates and Discussion</p> <p>Partnership for a Healthy Durham Mental Health committee in partnership with the Durham County Department of Public Health is hosting a 2-day, in-person Applied Suicide Intervention Skills (ASIST) Training at the Public Health on March 13-14, 2025, from 8:30-5. Registration link https://link.edgepilot.com/s/c32e63b1/P8LrdhRYAUe1II49CrB03w?u=https://forms.gle/dRKavGwtBG1XER3A8 .</p> <p>Community Resiliency Model (CRM)- tools that can help reset stress response system. Jess is waiting to get her recertification. This committee would like to host a training in March or April. The training takes three to four hours.</p> <ul style="list-style-type: none"> We have funding for two trainings, paying four people from the cohort for those. We would like to have snacks for the in-person option(s). Consider doing one in February and one in March. El Futuro can provide trainings in Spanish. <p>Together for Resilient Youth (TRY) offers Change your words. Change your world. This is a process for writing for your health. Learn to grow from difficult or traumatic situations to build resilience. Helps people to step down from ruminations. It helps manage the complex challenges of life.</p>	<p>ASSIST CRM (2 trainings) Writing training with Dr. Boone</p>	<p>ASSIST training The Partnership Mental Health committee in partnership with the Durham County Department of Public Health is hosting a 2-day, in-person Applied Suicide Intervention Skills (ASIST) Training at the Public Health on March 13-14, 2025, from 8:30-5. Registration link https://link.edgepilot.com/s/c32e63b1/P8LrdhRYAUe1II49CrB03w?u=https://forms.gle/dRKavGwtBG1XER3A8 .</p> <p>CRM</p> <ul style="list-style-type: none"> Provide one training for the Mental Health committee members and one training for the public. Use MH committee meeting time for the training, hopefully in March or April. Have the training for the MH committee in March. Have the CRM training for the public in April. The group wants to meet in person. <p>Change your word, Change your world.</p>

	<p>Individuals meet together in a group to go through six prompts. This is a personal writing experience. People handle one challenge at a time. The next program is in February (ages 18+). They also train trainers. This is a course that was taught at Duke. The course is free of charge.</p> <p>Nakiya would like to host a MH First Aid training. The committee previously discussed sharing MH First Aid training opportunities. Nakiya will keep us updated.</p> <ul style="list-style-type: none"> • Vocational rehabilitation would like to participate in MH First Aid training if it is free of charge. Victoria Mosey will send Nakiya the information. • The primary cost would be for books. • Nakiya will get the cost of books to Bria. Bria will see if we can use restricted funds to purchase books. 		<ul style="list-style-type: none"> • Dr. Boone will send over the details when the date, time, and location are solidified. • The MH committee will share the information in its networks.
Quarterly meet up and wellness activities	<p>Group discussion on community wellness Meetups Date and time</p> <p>Use the next in-person meeting and merge it with the wellness activity.</p> <p>Consider having lunchtime CRM exercises. Invite people from the community/service providers and utilize the space to destress.</p> <ul style="list-style-type: none"> • UNC went around the unit and offered folks a cotton ball with lavender on it. Maybe we can offer something to folks <p>Dr. Boone- the trainer, Kirk, from Tai Chi has offered to teach a class at no cost. Several people are interested in Tai Chi. Ai chi, in the water, may also be an option. There may be cost associated.</p> <p>Maybe have the meeting first, then the wellness exercises afterwards.</p>	<p>Mental Health Meetups-</p> <ul style="list-style-type: none"> • Decide what we want to do, how much it may cost, and how many before the end of June. 	

Group Chips Document	Group goals reference document	No discussion just available	 Mental Health CHiPs 8.30.24.docx
Announcements	<p>Co-Chair vacancy update (reaching out soon) Open floor announcements & Comments</p> <p>Nakiya has been helping to plan an event in Wake County called from Stress to Strength.</p> <p>TRY meeting tomorrow on the history of trauma of Substance Use and Violence on Zoom 10:30am-11:30am. How can we assist each other through the gun violence. Coping Together is January 23rd on Zoom at 6:30 pm</p> <p>High Fidelity Wrap event is January 23rd at 10am.</p>	<p>To have information shared in the minutes please share information here</p> <p>Durham Community Announcements</p>	
<p align="center">Next meeting In Person: Tuesday, February 4th, 2024 at 1:00 – 2:30PM EST</p>			