

**Partnership for a Healthy Durham
Mental Health Committee
3/21/2024
Zoom**

Facilitated by: Valon Alford & Raven Brooks

Participants: Valon Alford, Bria Miller, Dr. Andrae Banks, Dr. Wanda Boone, Tom Clark, Demetrius Lynn (Duke Hospital Violence Recovery Program), Krista Kicsak, Kay Sanford, Stephanie Grey, Jess Bousquette, Yvonne Reza, Raven Brooks, Ashley Bass-Mitchell, Victoria Mosey			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Icebreaker	Share a book, movie or song that has had a positive impact on your mental health and explain why.		
Review Minutes from February	The meeting minutes were approved.		
Identification of Durham MH Resources	The mission of the mental health committee is to increase mental health awareness and access to care. Our committee will identify organizations in/serving Durham residents by area of service/populations served.		
CHIP Mental Health Questions	<p>There will be eight listening sessions held on Community Health Improvement Plans (CHIPs). Four of the sessions will be in English. The other four will be in Spanish language and conducted by El Centro. The committee was asked to draft two to three questions that will help them develop CHIPs for 2025-2027.</p> <p>What questions will help us understand the mental health needs of Durham residents?</p> <p>Meeting participants added the following to the Google Jamboard:</p> <ul style="list-style-type: none"> • How do you want to improve your mental health? • Do you feel like your mental health provider respects your needs? (substance use, culture, language) • What would you need to see in the community to feel supported in your mental health? 		

	<ul style="list-style-type: none"> • "How many people can you rely on to talk to about a problem or stressor?" <p>The following are questions that the committee decided to proceed with.</p> <ul style="list-style-type: none"> • What barriers do you have when seeking mental health support in Durham? <ul style="list-style-type: none"> ○ Are you able to make mental health a priority? ○ Do you have difficulty finding a mental health provider to meet your specialized needs? • How or where do you get mental health information in the community? <ul style="list-style-type: none"> ○ Would you want to receive your mental health care in the same place you receive physical health care? • If you could create the "perfect" mental health provider and/or service, who/what would that be? <ul style="list-style-type: none"> ○ How do you define mental health? 		
<p>CRM Update</p>	<p>Current CRM trainers in the cohort are:</p> <ul style="list-style-type: none"> • Raven Brooks • Tom Clark • Jess Bousquette • Mae • Andora <p>They have administered four or five trainings in the community. The group plans to train staff at the YMCA and Interfaith Food Shuttle. Measurements for impact are still being determined. The cohort would love to have a steering committee focused on determining their metrics, deciding who/where to train next.</p>		<p>Jess will put up a calendar with upcoming training events. The Mental Health Committee is interested in hosting a CRM training and will determine a date in the future.</p>
<p>2024 Community MH Trainings</p>	<p>Committee members discussed mental health trainings happening in the next few months and added them to Google Jamboard.</p> <ul style="list-style-type: none"> • There is a Teen Mental Health First Aid training led by Laila Bluford on May 16, 2024. Valon will send the committee the flyer. • Durham County Department of Public Health (DCoDPH) and MAAME will offer a mental health training through the Mothers and Babies program on March 5, April 2, April 16, April 30, May 14, and May 28. 		<ul style="list-style-type: none"> • DCoDPH will provide Adult Mental Health First Aid training in May. Yvonne, Donna, and Jess will

	<ul style="list-style-type: none"> • DCoDPH will provide Adult Mental Health First Aid training in May. Yvonne, Donna, and Jess will discuss dates to hold the training. • Ashley Bass-Mitchell has information on an ASSIT training and will provide additional details soon. 		<p>discuss dates to hold the training.</p> <ul style="list-style-type: none"> • Ashley Bass-Mitchell has information on an ASSIT training and will provide additional details soon.
Mindfulness Meet-Ups	Ashley Bass-Mitchell has agreed to lead Mindfulness Meet-ups. More information will come.		
Announcements			
<p>Next meeting: Thursday, 4/18/2024 1:00 - 2:00 pm</p>			