


**Partnership for a Healthy Durham
Mental Health Committee
3/4/2024
Zoom
Minutes**

Facilitated by: Ashley Bass-Mitchell

| Present: Ashley Bass-Mitchell, Bria Miller, Jacob Shomali (DCoDPH), Azmen Johnson (Duke), Jesse Battle (TROSAs), Bailey Igoe (Threshold Clubhouse), K'la Brannon (Aging Well Durham), Jasmine Johnson (DCoDPH), Shawna Murrie (YMCA of the Triangle), Breyana Williams (WHOLE Schools), John-Paul Zitta (DCoDPH), Dr. Wanda Boone (TRY), Leah Whitehead (Durham Community Safety Dept.) | | | |
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| Agenda Items | Major Discussion Points | Recommendations | Action steps and responsible persons |
| Icebreaker | What was your favorite job, excluding the one you're currently in? | Group check in and intros | |
| Review Meeting Minutes | The meeting minutes were approved. | | |
| Training Series | <p>ASIST Training</p> <p>The two-day ASIST (Applied Suicide Intervention Skills Training) will be held next Thursday and Friday, March 13th and 14th. Twenty-six people are currently registered, with a few slots still available.</p> <p>An additional training session is scheduled for May 29th and 30th, though the registration link is not yet available. To register for the training next week, please complete this registration form.</p> <p>Mental Health First Aid (MHFA)</p> <p>We will share upcoming MHFA opportunities. Books will be provided for participants, allowing them to take part in the training free of charge.</p> <p>CRM Training</p> <p>The CRM (Crisis Response Model) training is expected to take place during the meeting in April.</p> | | |

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| | <p>Change Your Words, Change Your World</p> <p>This training will be offered via Zoom in the third week of March. Dr. Boone will share additional information, which we will pass along to others.</p> <p>Restorative Justice Religious Organization</p> <p>There will be training opportunities related to Restorative Justice. For more information, please contact Azmen Johnson.</p> | | |
| Progress with CHIPs | <p><u>Mental Health CHIPs</u></p> <p>Community Health Improvement Plans (CHIPs) Review</p> <ul style="list-style-type: none"> The committee reviewed the current CHIPs. <p>Training Series</p> <ul style="list-style-type: none"> The training series is scheduled for Spring 2025. <p>Progress Checklist</p> <ul style="list-style-type: none"> A checklist will be created to track progress on the strategies. <p>Mental Health Resource Brochure</p> <ul style="list-style-type: none"> The mental health resource brochure is currently being updated. The updated brochures will be shared at upcoming health fairs and events. | | <p>Next Steps: Breyana Williams expressed interest in helping to break down the timeline for each CHIP strategy. Bria will connect with Breyana to coordinate this effort.</p> |

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| | <p>Upcoming Events</p> <ul style="list-style-type: none"> • Mental Health Awareness Day: Plans are underway for this event. • MedAssist: This event is also coming up soon. <p>Student Involvement</p> <p>Several individuals are connected to Gillings, including Jacob and Breyana, and can assist with various projects.</p> <p>Jasmine has a connection with NCCU students who can work on projects to fulfill their community service hour requirements.</p> | | |
| Mindfulness Meetups | <p>This is an opportunity to engage in a mental wellness exercise. We discussed activities like silent reading club, walking, tai chi, etc. The group will follow up on this conversation at the next committee meeting.</p> | | |
| Community check-in | <p>Many individuals are feeling overwhelmed by the current federal situation. It's important to protect ourselves by focusing on our relationships and the joy we share within the group.</p> <p>There's a need to find a healthy balance between engagement and disengagement. Lean into rest to help maintain overall well-being.</p> <p>Good organization and setting boundaries are crucial for maintaining balance. Discern what is urgent versus what is truly important.</p> <p>This group provides hope, as it is reassuring to know that so many people care about mental health.</p> | |  <p>Mental Health CHiPs 8.30.24.docx</p> |

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| Announcements | | To have information shared in the minutes please share information here Durham Community Announcements | |
| Next meeting | | | |