

**Partnership for a Healthy Durham
Mental Health Committee
4/1/2025
Zoom
Minutes**

Facilitated by: Ashley Bass-Mitchell

Ashley Bass-Mitchell, Krista Kicsak, Jacob Shomali, Shawna Murrie, Eboni Quick, Dr. Andrae Banks, Jasmine Johnson, John Paul Zitta			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Icebreaker	Name, organization (if applicable), something that brings you joy when you're feeling all over the place		
Community Resiliency Model (CRM) Updates	Waiting on some logistics to come through from the state to finalize contract but these trainings will still happen. Be on the lookout for more information.		
ASIST Training	The training went well and was well received. Next one is May 29 th -30 th at the Southwest Library from 9:30am-5:30pm, lunch will be provided.		
StoryWalk	<p>Krista (Physical Activity, Nutrition, Food Access Specialist) talked about the Partnership's StoryWalk at Solite Park. StoryWalks combine opportunities for early childhood physical activity and literacy, the one at Solite Park covering ¼ mile distance. If the committee would like to use the StoryWalk for a mindful meetup, this would be a great opportunity, especially for families with small children.</p> <p>Krista would also like to invite the committee to spend a mindful meetup at one of the stenciling opportunities at elementary schools or parks. These are painting opportunities that could provide a great place to reset.</p>		
Events	<p>MedASIST event on May 16th : a medication giveaway, where people can get over-the-counter medications for free. There will also be resource giveaways and is a free event for the Durham community.</p> <p>Mental Health Awareness Community Day on May 17th. This free event will have food, games, resources, vendors, a DJ, dancing, and more. If you are interested in being involved in this event, reach out to Ashley.</p>		<p>Durham MedASIST Bell Yeager Freewill Baptist Church <u>Date:</u> Friday, May 16, 2025 9AM-2PM <u>Volunteers:</u> sign up to be a volunteers link: https://link.edgepilot.com/s/34ac3a49/q7zT4Bf6V0u06c3vDWAu5w?u=https://cerv.is/0332x418 or</p>

			https://link.edgepilot.com/s/09523459/ZRpfR6p89E6vPSBNexXTNA?u=http://www.medassist.org/volunteer Resource Tables: link: https://forms.gle/6pXsnaMjvmJ9RNRG9
Mental Health Brochure	<p>The content is finalized but the group is just waiting on the translation in Spanish, potentially one other language. The group went through to make sure that all information was still relevant and available today. If you notice anything in the electronic version that isn't correct or needs editing, please reach out to Ashley or Bria. Ashley shared her screen for the group to review.</p>		
Announcements	<p>Eboni Quick is the new co-chair! She is a nurse navigator at the health department, working with a lot of moms that are seen. She is also in school for a psychology nurse practitioner program. She is very happy to be in this position.</p> <p>April 19th: Mens Health Council, Men on the Move walk. These monthly walks are open to ALL, not just men. They have invited the mental health committee to join them at Bethesda Park. on Saturday 4/19 for a one mile walk from 9am-10am;</p> <p>May 5th is a medication takeback day. For whatever reason you need to get rid of medication, this is a FREE opportunity. If you have sensitive documents you need shredded, this will also be a shred-a-thon.</p> <p>Alliance Health would like to help support summer meals. If you know of an organization doing summer meals, connect them with Elshona Hudson.</p> <p>MAAME, Inc. will have their 2nd Annual Walk, Run, & Stroll Fundraiser on Saturday, April 5th from 10am-2pm at WG Pearson Center. The link for participants is here.</p>		
Next meeting: Discuss Community Health Improvement Plans (CHIPs) strategies progress and next steps			