

**Partnership for a Healthy Durham
Mental Health Committee
4/18/2024
Zoom**

Facilitated by: Valon Alford & Raven Brooks

Present: Krista Kicsak, Bria Miller, Savannah Carrico, Dr. Andrae Banks, Victoria Mosey, Valon Alford, Raven Brooks, Jess Bousquette, Selena N			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Icebreaker	What is something that you feel proud of this week?		
Review Minutes from March	The meeting minutes were approved.		
Review Jamboard of Durham MH Resources	<p>Here is our Jamboard.</p> <p>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.</p> <p>Laila, the teen Mental Health (MH) First Aid trainer is still hosting the training. Valon will first send it to the MH committee, then to the Partnership more broadly. The maximum number of participants is 25. The virtual training will be on May 16th.</p> <p>Durham Network of Care has over 1,000 resources on it. A part of it is on mental health, but their topics are more expansive. Debra Duncan could provide a training or information on those resources.</p> <p>Current places with mental health resources</p> <ul style="list-style-type: none"> • MH brochure • Network of Care Welcome to Durham County Network of Care., North Carolina • Early Childhood Planning also has some of this information. Some may be on nurturingdurham.org 	Identify organizations, populations served and areas of practice.	<p>Valon will send a Doodle poll to identify a time for the committee to meet so we can continue making progress with the CHIPs.</p> <p>Committee members encouraged to identify Durham-based organizations that address mental health topics.</p>

	<ul style="list-style-type: none"> NCCARE360- Bria will gather these and send them to Valon. 		
Community Health Assessment Infographic Feedback	The committee will review infographics created by Savannah Carrico, MPH, Public Health Epidemiologist, Durham County Department of Public Health and provide feedback via email.	Review infographics provided via email.	Committee members will send feedback to Savannah by 4/26/2024.
Community Health Improvement Plans Process <i>Krista Kicsak and Savannah Carrico</i>	<p>Krista Kicsak shared a PowerPoint presentation on the development process for the 2025-2027 CHIPs process. She briefly shared background information on the Partnership, its structure, and the committees and taskforces.</p> <p>CHA/CHIPs process</p> <ul style="list-style-type: none"> Administer surveys Analyze data Write and edit document Release final draft of report and feedback Listening sessions CHIPs <p>Community Health Improvement Plans (CHIPs) are long-term, systemic efforts to address public health priorities identified by the CHA.</p> <p>The CHIPs are broken down into goals, objectives, and strategies. Goals are the conditions of wellbeing. Objectives are the components of the action plan. Strategies are the actions that it will take to achieve those objectives.</p> <p>The framework used in this process are Results-Based Accountability, HealthyNC 2030, and Partnership Racial Equity Principles.</p> <p>Please see the PowerPoint Presentation attached to the email with 2023 CHA mental health data.</p>		
2024 Community MH Trainings	<p>Teen Mental Health First Aid Virtually May 16, 2024</p> <p>Layla Bluefort, MSW Mental Health First Aid Instructor (Adult/Youth/Teen)</p>	Training will replace regular committee meeting for May (Discuss/Vote)	Valon will send our sign-up sheet on 4/22/2024 to committee members

Announcements			
Next meeting: *Thursday, May 16, 2024 1:00 - 2:00 pm			


Community Health Assessment

2022 County-wide CHA survey

- Comparable to previous years
- 205 total surveys
- Weighted

2023 Comunidad Latina CHA survey

- 176 surveys collected
- Unweighted
- New methodology – convenience sample
- **Not comparable to previous years or the 2022 County-wide survey**



Survey Purpose, Methods, Data Collection, and Results of the 2023 Durham County County-wide Community Health Assessment

Durham County Department of Public Health (DCoDPH), the Partnership for a Healthy Durham, and Duke Health extends their gratitude to the residents of Durham County for participating in this survey. The data collected in this survey helps provide information to public health leadership to make important decisions about the health and well-being of Durham County residents. The data is also used to apply for grants that government agencies and local organizations can use to enact change in the community. Randomly selecting neighborhoods and meeting people in their homes results in better and more robust data. This opportunity allows community voices to be heard and provide outreach to populations not traditionally reached. This could not be possible without the honest conversations held in the community during this survey experience.

Survey data reports are available at <https://healthydurham.org/health-data>

Questions

How often do you get the social and/or emotional support you need?

If you get less than 7 hours of sleep a night, what keeps you awake?

Now thinking about mental health, which includes stress, depression, and problems with emotions, for how many days in the past 30 days was your mental health not good?

To what extent do you agree or disagree with the statement that people in your community would think less of a person who has a mental health problem?

Questions

What are your primary causes of stress?

How do you usually deal with stress?

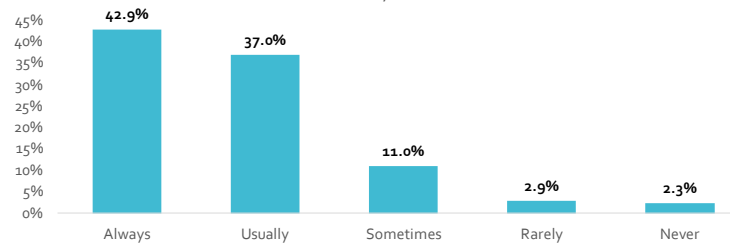
What about COVID-19 is stressful to you?

If your friend has a mental health or substance use problem, who would you tell them to call or talk to?

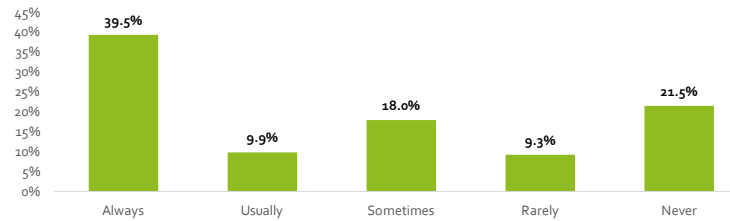
How has your mental health changed since March 2020?

How often do you get the social and/or emotional support you need?

How often do you get the social and/or emotional support you need?
County-wide

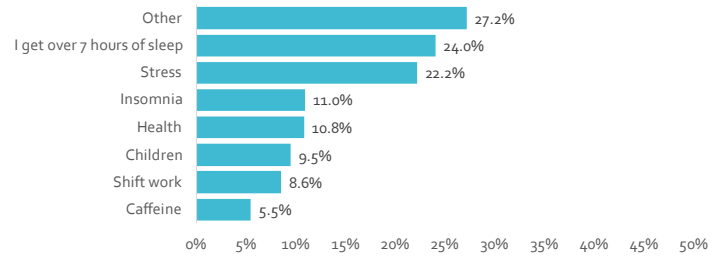


How often do you get the social and/or emotional support you need?
Comunidad Latina

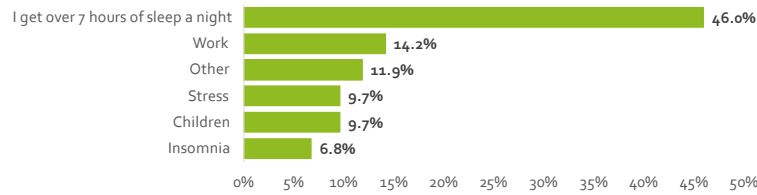


If you get less than 7 hours of sleep a night, what keeps you awake?

If you get less than 7 hours of sleep a night, what keeps you awake? Countywide

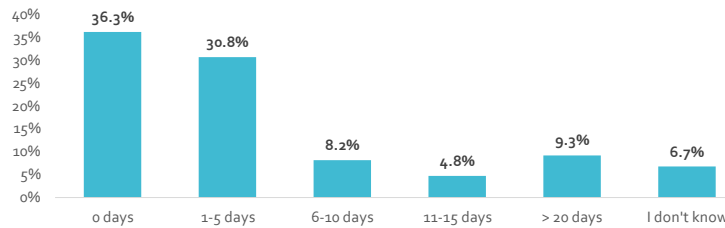


If you get less than 7 hours of sleep a night, what keeps you awake? Comunidad Latina

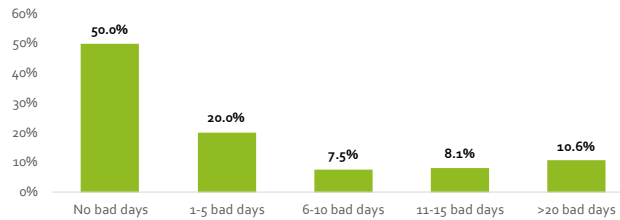


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How many days in the past 30 was your mental health not good? Countywide

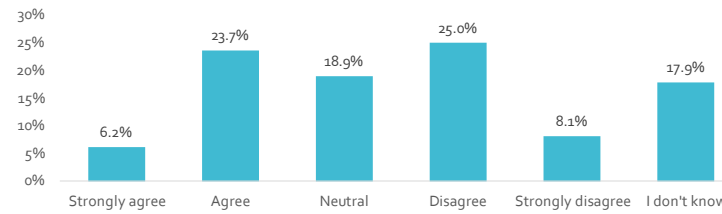


In the past 30 days, how many days was your mental health not good? Comunidad Latina

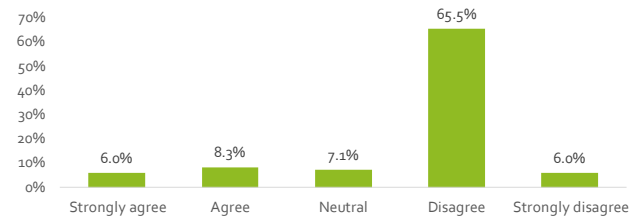


To what extent do you agree or disagree with the statement that people in your community would think less of a person who has a mental health problem?

Would you agree or disagree with the statement that people in your community would think less of a person who has a mental health problem?
County-wide

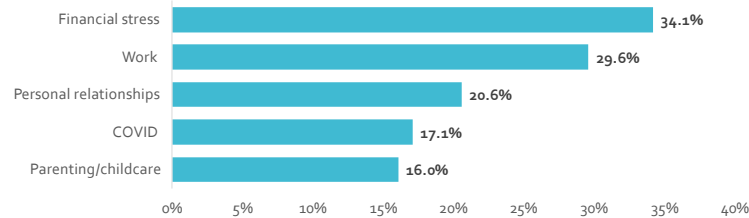


Do you agree or disagree that people in your community would think less of a person who has a mental health problem? (n=168)

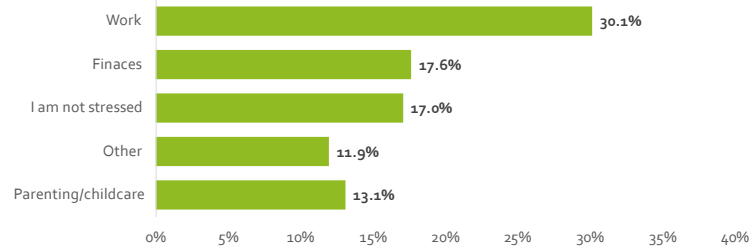


What are the primary causes of your stress?

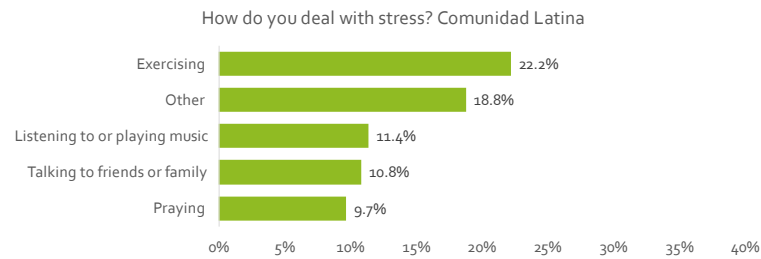
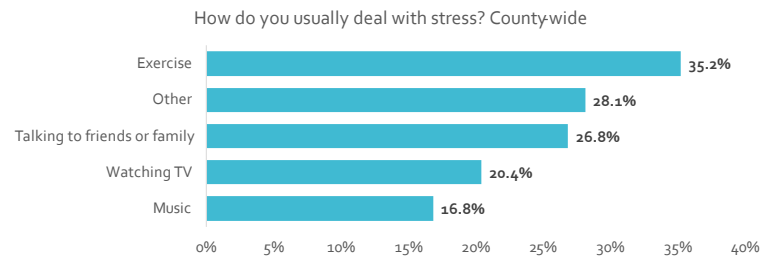
What are the primary causes of your stress? Countywide



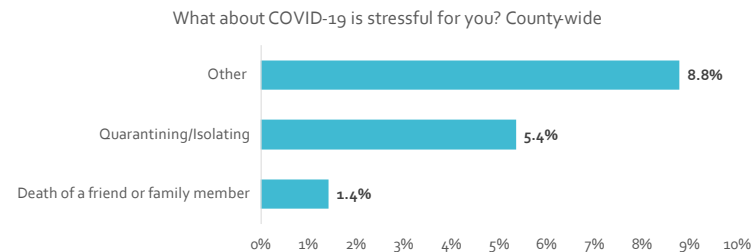
What are the primary causes of your stress? Comunidad Latina



How do you usually deal with stress?



What about COVID-19 is stressful to you?



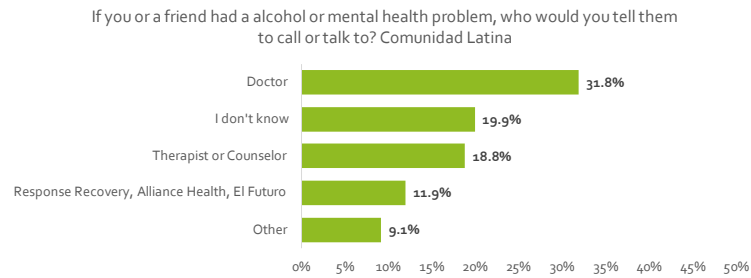
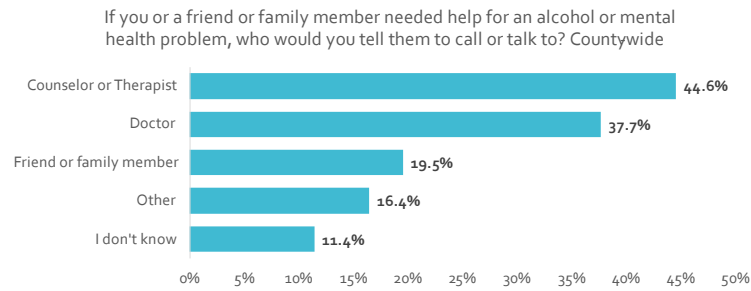
Comunidad Latina – too small to report

- Scared of getting COVID-19
- Trouble paying bills
- Unable to afford housing
- Afraid of losing job

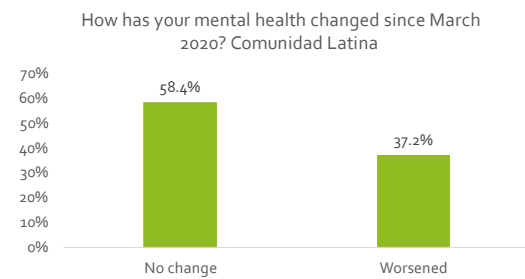
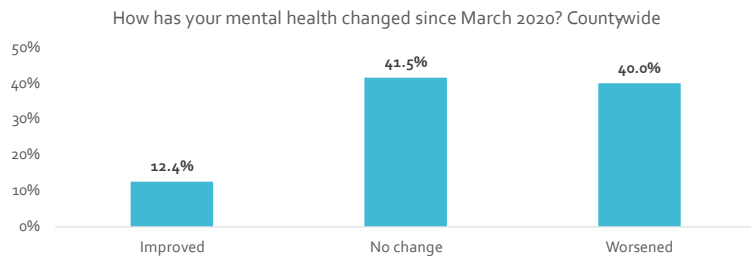
Other reasons include

- Spread of misinformation.
- How serious it got so quickly

Of you or a family member needed counseling for a mental health or substance use problem, who would you tell them to call or talk to?



How has your mental health changed since March 2020?



What are Durhamites saying?

"Help school(s) to fight mental health."

"[Coordinate] with police officers to help with mental health."

Mental health was the third most mentioned disease or condition in Durham County for County-wide participants.

Mental health was the sixth most mentioned disease or condition in Durham County for Comunidad Latina participants.

"[we need] better access to mental health services."

Next Steps

The 2026 Durham County Community Health Assessment is being planned for Spring 2025.

Will include a County -wide, Comunidad Latina, and Black or African American surveys.

Surveys will be collected using a mixed method sampling model.

Survey questions are limited to 5-6 questions about each health priority.

Surveys will be finalized in Fall 2024 after feedback from partners and community members are incorporated.

Going to local events in the community

Going door-to-door

Questions?

Savannah Carrico, MPH
Public Health Epidemiologist
Durham County Department of Public Health
919-251-1578
scarrico@dconc.gov

Survey data reports and executive summaries are available in English and Spanish at
<https://healthydurham.org/health-data>



Public Health