

**Partnership for a Healthy Durham
Mental Health Committee
5/6/2025
Zoom
Minutes**

Facilitated by: Ashley Bass-Mitchell & Eboni Quick

Present: Bria Miller, Eboni Quick, Ashley Bass-Mitchel, Azmen Johnson, Bre Williams, Krista Kicsak, Victoria, Dr. Wanda Boone, John-Paul Zitta		
Agenda Items	Major Discussion Points	Action steps and responsible persons
Icebreaker	<p>Eboni is the new Mental Health Committee co-chair, serving alongside Ashley Bass-Mitchell. She is excited to be in this role.</p> <p>Take a moment to check in with each other. The power of 8 minutes.</p>	
Review Meeting Minutes	The meeting minutes are approved.	Make sure Victoria is on the contact list.
Training Series	<p>The Mental Health Committee is hosting two Community Resilience Model (CRM) training sessions. The first session, scheduled for May 9, is exclusively for Mental Health Committee members. A second session, open to the general public, is scheduled for May 16.</p> <p>Durham County Department of Public Health, Alliance Health, and the Mental Health Committee are hosting an Applied Suicide Intervention Skills Training (ASIST) May 29-May 30. This is the second ASIST training that Ashley and DCoDPH are providing this year. There is still time to register for the training.</p>	
Progress with CHIPs	The Mental Health Resource brochure has been updated and will be printed in English and Spanish. The committee is also making progress with the mental health training series.	
Events	<p>Men on the Move Walk – May 17: The committee will participate in the <i>Men on the Move Walk</i> for a Mindful Meetup on May 17. Ashley will share the event flyer with committee members.</p> <p>Mental Health Awareness Event – May 31: A <i>Mental Health Awareness</i> event will take place from 10:00 AM to</p>	 Mental Health CHIPs 8.30.24.docx

	<p>2:00 PM at Carolina Ale House. Local organizations are encouraged to participate and share information. Durham Mental Health Awareness Event Vendor Registration</p> <p>StoryWalk Opportunity: The current StoryWalk features <i>Harriet’s Love</i>. If there is group interest, a walk could be organized for June.</p> <ul style="list-style-type: none"> • <i>What is a StoryWalk?</i> It’s a way for participants to enjoy reading a full book while walking a trail. • The PANFA Committee currently hosts a StoryWalk at Solite Park. • Some members have expressed interest; an early morning walk is recommended due to heat concerns. <p>NAMI Walk – May 17: The <i>NAMI Walk</i> is also scheduled for May 17. Alliance Health will be present at this event.</p> <p>https://www.ymcatriangle.org/programs/wellness/avance-care-behavioral-health</p>	
<p>Promoting Wellness in Work Spaces and Mental Health Awareness Month</p>	<p>Everyday Mindfulness Tips for the Workplace</p> <ul style="list-style-type: none"> • Take your lunch break – Step away from your desk and give your mind a real break. • Set boundaries when working from home – Define work hours and create a clear separation between work and personal time. • Take a walk with a coworker – A short stroll can spark conversation and improve your mood. • Take deep breaths – Use breathing exercises to ground yourself during stressful moments. • Connect with colleagues before starting the day – Small check-ins build stronger work relationships. <p>May is Mental Health Awareness Month</p>	

	<p>Celebrate and support mental health by participating in Wellness Wednesday activities throughout May:</p> <ul style="list-style-type: none"> • Wellness Wednesday Challenge: Share what you're doing to promote your mental well-being. Post on social media and tag the <i>Partnership for a Healthy Durham</i>. • Wear Green: Show your support by wearing green throughout the month. • Mental Health Bingo: Eboni will share a Mental Health Bingo sheet. Complete it and send it to Eboni and Ashley—have fun while prioritizing your mental health! <p>How Are You Supporting Your Mental Health at Work? Here are strategies shared by members of the committee for staying well:</p> <ul style="list-style-type: none"> • Log off work at 5:00 PM each day. • Put your work phone on Do Not Disturb from 7:00 PM to 7:00 AM. • Disable email notifications during non-essential hours to stay present during meetings or personal time. • Focus on protecting your inner peace—don't let outside stress disturb your well-being. • Embrace AI to streamline and simplify work tasks. • Walk around the office, sit by a window, look up at the sky, or spend time near trees to refresh your mind. • Boost team morale: send kind notes, acknowledge birthdays, or give small tokens of appreciation. • Keep up with routines and rituals—they help maintain stability. 	
<p>Co-Chair nominations</p>	<p>Partnership co-chair nominations are now open. Please nominate yourself or another Mental Health committee member you think would be a good fit. Nominations for Overall Partnership co-chair are open as well, replacing Jess Rhodes. All nominees will be contacted by Partnership staff to confirm the desire to move forward before appearing on the ballot.</p> <p>Mental health https://www.surveymonkey.com/r/Y92L999 Overall https://www.surveymonkey.com/r/VG5ZTXQ</p>	

Announcements

Men on the Move Walk

Date: May 17, 2025

Join us for a *Mindful Meetup* as part of the walk. A great opportunity to connect and support mental wellness through movement.

Mental Health Awareness Event

Date: May 31, 2025

Location: Carolina Ale House

→ *Interested in tabling at the event?* Please reach out to Ashley Bass-Mitchell to express your interest and reserve a spot.

Mental Health Awareness Month 2025 Initiatives

Mental Health Resource Brochure

We're working on compiling a brochure of community mental health resources. Stay tuned for updates or contact the committee if you have content to include.

StoryWalk – Yes or No?

The current StoryWalk features *Harriet's Love*. Interested in hosting a walk in June? Let the committee know. Morning times are recommended due to heat.

Wellness Wednesdays

Join the Wellness Wednesday campaign throughout May. Share your mental health practices at work, wear green, and participate in our Mental Health Bingo Challenge (led by Eboni).

Promoting Awareness in the Workplace

Encourage colleagues to:

- Take mindful breaks
- Set work-life boundaries
- Share positivity and boost morale
- Use technology (like AI tools) to reduce stress and workload

TRY's "Jumpstart Your Health Together" Initiative

Hosted by TRY (Together for Resilient Youth), this series of events is aimed at promoting overall health and wellness in the community:

- **May 13:** Kick-off event (Details TBD)
- **May 22:** *Create a Family Wellness Plan*
- **May 31:** *You Have the Power to Save a Life*

In partnership with the Durham County Department of Public Health (DCoDPH), this session will include naloxone distribution and training, with a focus on mutual support and harm reduction.

- *“Change your words. Change your world.”* — A reminder of the power of language in promoting empathy, inclusion, and healing.