

**Partnership for a Healthy Durham
Mental Health Committee
6/3/2025
Zoom
Minutes**

Facilitated by: Ashley Bass-Mitchell & Eboni Quick

Present: Eboni Quick, Bria Miller, Ashley Bass-Mitchell, Chelsea (Aging Well Durham), Azmen Johnson, Dr. Wanda Boone, Victoria Mosey, Jasmine Johnson, Victoria Revelle (Durham County Resident), Breyana Williams			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Icebreaker	<p>The Power of 8 Minutes Take a moment to check in with each other.</p> <p>TRY had an event at Durham Tech. The youth presented their solutions to Durham violence and suicide. More than 100 people attended. They had food, music, graduations, training, additional partners, and much more.</p>	Group check in and intros	
Review Meeting Minutes	The meeting minutes were approved.		
Training Series	<p>Training Updates and Discussion</p> <p>ASIST training</p> <ul style="list-style-type: none"> • 18 people participated in the training last week. • They received positive feedback from participants. • It was interactive and engaging. • The instructors catered to the professionals in the room. • Eboni highly recommends the training. • Ashley Bass-Mitchell, Donna, Jovanna Rosario provided the training. <p>CRM training</p> <ul style="list-style-type: none"> • One opportunity was specifically for Mental Health committee members. The other was open to the public. They were excellent training opportunities. <p>Mental Meetup</p> <ul style="list-style-type: none"> • The Men's Health Council Walk was great. • Participants got out, walked, and stretched. • The speaker's topic had to do with mental health and managing stress. 		

	The training series is very well received.		
Progress with CHIPs	<p>Mental Health Resource Brochure Are In!</p> <ul style="list-style-type: none"> • We have brochures available in English and Spanish. • Eboni, Ashle- local businesses, and Azmen will distribute some- Azmen-churches, Dr. Boone-TRY will distribute it 		 <p>Mental Health CHIPs 8.30.24.docx</p>
Mindful Meetup Planning	<p>What would we like to do next?</p> <ul style="list-style-type: none"> • Something outdoors • Eno Park- put up your hammock, have snacks and music. Do something where you don't have to take anything or do anything. • Central Park • Family hangout • Trail in Durham, maybe a StoryWalk • Consider painting rocks and encouraging people to pay them forward. Have them say things like "you matter". • Rocks and painting supplies can be purchased from Amazon. 		<ul style="list-style-type: none"> • Purchase paint and rocks from Amazon.
Increase in Youth Suicides	<p>Reports of increase # of youth suicidal behavior in Durham County (local hospital data)</p> <p>DCoDPH received data on the increased number of youth in the ED due to suicidal behavior. What are ways we can support them?</p> <p>Brainstorm: MH support resources for school staff/nurses?</p> <ul style="list-style-type: none"> • Can we provide a list of resources to staff and nurses? <p>TRY</p> <ul style="list-style-type: none"> • Young people and their parents have discussions and solutions to issues around suicidal behaviors. They have reached over 700 people with surveys. 		<p>Breyana Williams brey@bullcityschools.org</p> <p>Can I be added to the mailing list? Chelsea@agingwelldurham.org</p>

	<ul style="list-style-type: none"> • The main issue has to do with the response to trauma from gun violence and how that is impacting suicide and homicide. • A support wall or a support space available. This may be something this committee/coalition could do. • They young people are so willing to speak up and use their voices. They talk about how to encourage kindness. <p>Victoria</p> <ul style="list-style-type: none"> • Mental Health First Aid Training for more adults, particularly teachers and nurses. <p>The age group with the highest rate of completed suicides is senior citizens.</p> <p>Bria</p> <ul style="list-style-type: none"> • Can we do CRM and ASIST training for youth? • Are there ways to support youth-led mental health groups? <p>There is a teen mental health first aid where it is geared towards youth as the audience.</p> <p>There is a 9 week peer-to-peer training that Ashley is doing along with Duke. It is a training for youth to support other youth.</p> <p>Breyana</p> <ul style="list-style-type: none"> • They have trainings throughout the summer 		
Community check-in			
Announcements	<p>Save The Date:</p> <p>Mental Health Awareness Month 2025 Activities/Reflection</p>	<p>To have information shared in the minutes please share information here Durham Community Announcements</p>	

	<p>July 28th at 3:30</p> <p>TRY Evidenced based - Youth Health Ambassador training July 15-17 with stipends during the school year. Youth continue to participate monthly. (Youth, parents, adults)</p>		
<p style="text-align: center;">Next meeting July 1, 2025</p>			