

**Partnership for a Healthy Durham
Mental Health Committee
7/1/2025
Zoom - Minutes**

Facilitated by: Ashley Bass-Mitchell

Present: Jess Rhodes, Ashley Bass-Mitchell, Bria Miller, Krista Kicsak, Jacob Shomali, Victoria Mosey, Azmen Johnson, Shawna Murrie, Jasmine Johnson, Elshona Hudson			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Icebreaker	The Power of 8 Minutes Take a moment to check in with each other.	Group check-in and introductions	
Review Meeting Minutes	June 2025	The minutes were approved.	Please review and let us know if we missed anything.
Training Series	Training Discussion – Next Steps	<p>Equip school nurses with mental health knowledge and tools</p> <ul style="list-style-type: none"> ▪ Applied Suicide Intervention Strategies Training (ASIST) ▪ Counseling on Access to Lethal Means (CALM) ▪ Community Resiliency Model training (CRM) ▪ Overdose resources <p>Eboni will see what the school nurses' capacity is for a summer training series.</p> <ul style="list-style-type: none"> ○ Teen mental health first aid <ul style="list-style-type: none"> ▪ determine how we could get this in schools ▪ identify teachers <p>Fall training series</p> <p>Related to ASIST training, there is a Calm training, more related to violence prevention, violence with guns, knives, etc.</p> <p>TRY is doing a youth health ambassador program; Whole Health Training, on July 16th for youth; whole health training, interactive and involved training. nine weeks, once a week training, being put on for youth. This is already offered for adults.</p>	

		<p>Krista likes the CALM training. The Partnership worked with community consultants and they brought up the fear of violence in the community several times, particularly in East Durham. Krista thinks this would be a good training to provide. Ashley also knows someone who could lead a training on what to do if they encounter a violent situation.</p> <p>Azmen was listening to a City of Durham meeting. There was a woman from Cornwallis public housing asking for a mental health clinician to come on site there. Many of the residents have Medicaid and could use that to cover the cost of counseling. Could we consider having a mental health therapist at each of the public housing locations?</p> <ul style="list-style-type: none"> • Jess has been thinking about expanding access and realizing that Medicaid billing can be tricky. Can we partner with local universities to provide therapy? • Bria suggested getting people in those community trained in CRM to share that information with others in those communities in the meantime as we work towards getting licensed therapists there. • Consider talking to James Davis about this idea. • TRY has worked with CHWs in public housing to do Coping Together for parents with their children. Also have provided Change Your Words Change Your World. Ask Dr. Boone what they have already done and see if we could expand this. • Consider what modality of therapy would be best/what people want and connect with therapists to see what is available. • Victoria- Alliance will have an MOU with Lincoln Health to have a therapist onsite twice a week. • Bria will contact Valon to see if she or someone she knows would be interested in providing the therapy. • Ashley will contact Warren Gibbs. • Valon will reach out to a contact at NCCU School of Social Work to see if their students need hours. 	
<p>Mindful Meetups</p>	<ul style="list-style-type: none"> ○ Rock painting ○ Identify a date 	<p>The group has the materials for rock painting. These will have positive affirmation and can be passed from one person to the next.</p>	

		<p>The group could do one thing in the afternoon/evening and another thing one morning. Afternoon of July 30 and morning of July 31.</p> <p>The group will go for a walk the morning of July 31 at 9am. There is a Story Walk at Eddison Johnson by the Museum of Life and Science. It is shaded and paved. The group will go on the trail with the StoryWalk.</p> <p>We will meet for our afternoon activity July 30 at 3:30pm to paint rocks with positive messages. We can plan to do it at a conference room at the Health Department and put down tablecloths/tarps.</p> <p>Ashley's daughter will make a flyer for these connection opportunities.</p>	
CHIPs	Focus Areas	<ul style="list-style-type: none"> ○ Create resource bank of self-care tools for individuals and supporters ○ Work with JP to map existing mental health resources in Durham ○ Define mental health- consider adding this as a question for listening sessions in the Fall. 	 Mental Health CHIPs 8.30.24.docx
Community check-in & Announcements	Updates	<p>The YMCA have a grant that is enabling us to pilot a program, Community as Medicine (CAM) in 2026. It's a small group training with meditation, movement and small group health coaching. Something that we may be able to work together on.</p> <p>Training at ReCity- July 16th 6-8</p>	
Next meeting August 5th, 2025			