

**Partnership for a Healthy Durham  
Mental Health Committee Minutes  
8/15/2024  
Zoom**

**Facilitated by: Valon Alford and Bria Miller**

Present: Susan H, Bria Miller, Muskaan, Matt Brook, Vanessa Alvarado, Valan Alford, Victoria Mosey, Lindsay Smith, Kimberly Monroe, Ciranna, Breyana Williams, Jess Bousquette, Edeia Lynch, Dr Wanda Boone, Elshona Hudson, Karin Szymanski			
Agenda Items	Project/Topic/Goal	Recommendations & Action Steps	
<b>Icebreaker</b> <i>Valon Alford</i>	<p>The Power of 8 Minutes</p> <p>A check in time for us to share prior to the start of the formal meeting.</p>	<p>A reminder that a short intentional check in is powerful and meaningful.</p>	
<b>CHIPS</b> <i>Bria Miller</i>	<p>Review objectives</p> <p><b>Objective 1: Increase access points for mental health supports and social-emotional supports</b></p> <ul style="list-style-type: none"> <li>• Strategy: Map all the existing mental health resources</li> <li>• Extend the mapped resources to define actions that the community can take</li> <li>• Question is what does this mean? Individual community members or Durham as a community?</li> <li>• Comment that this is a big task. Should we narrow it down? We have the crisis line and a brochure, maybe it was getting people information about people that serve the community. Also empower people not only to know but also get connected.</li> <li>• Question – Durham heart program that join police to support situation. The 5<sup>th</sup> branch highlighted this program. Might be a good resource for us. They have to deal with where I refer a person.</li> <li>• Trying to reach out and the public health department has partnered prior</li> <li>• Ensure that we have people trained that represent the community they are serving.</li> <li>• Build a network of trained community members to build in supports withing the community.</li> </ul>		

- Question – what is the network, who is a part of it? IE: yogi in our neighborhood, how do we help network and boost awareness. Durham Cener for Senior Living provides classes
- Access community knowledge and redefine out own definitions of mental health and awareness
- Compare mental health to physical health, Make mental health a part of standard of care
- Tap into conversations that are happening that describes mental health and how that might look more wholistic. More understanding around clinical terms and how we understand that. IE Diabetes – prediabetes is a touch of what is in the current Youth Risk Behavior Survey.


**Objective 2: Reduce the stigma that exists around behavioral health – did not discuss.**

**Objective 3: Advocate for policy changes and create tools for navigating the current mental health system**

- Two votes to change, questions on policy change language, focus on root cause
- Strategy
- Question is who the audience is – started towards the consumer but policy is institutions and providers.
- Do we need to add barrier language.
- Round-table discussion - where an individual role plays the scenario of how to get the support they need, and the provider responds to the individual role play to see what barriers exist etc. IDEA: simulation
- Duke does similar and Health and Housing too.
- DHHS has 50 subcommittees that people can join for peer support workgroup that already exist. (Victoria)
- Is there a meeting that exists in the city already or can we request that? Jess commented about the policy and need in research.
- Keep in mind the steps that Providers must move through – are there gaps and how can we increase understanding. Expected timelines, what is happening while I am waiting or when there is silence.

For a simulation - we can tap into Duke or NC Department of Health and Human Services as opportunities to join for peer support workgroup.

Action Item to compile info and get out to people to participate in these opportunities.

	<ul style="list-style-type: none"> <li>• Mental health programming should incorporate ideas and decision-making from people from racial and ethnically marginalized groups at all stages of programming. This should occur from the planning to evaluation stage. Programs for the people and by the people. Take the historical, social, and cultural factors that impact racial and ethnic minority groups in the development of programs. Improving Access to Care Blue Illustrated Medical Center Presentation Source – National Alliance on Mental Illness -NAMI at Noon webinar (Ciranna)</li> <li>• Kimberly Question -with simulations what happens after? Did we see change, did someone take something to the state level any movement.</li> <li>• Identify strategies that operationalize the objectives in measurable ways for implementation</li> </ul>	<p>Durham National Alliance on Mental Illness is a great resource</p>
<p><b>Meeting Time Adjustment</b></p>	<ul style="list-style-type: none"> <li>• Co-Chairs request to change meeting day and time to mitigate scheduling conflicts</li> <li>• Vote on this both work with one request for each 2 or 1 pm</li> <li>• New zoom link will go out before September meeting.</li> </ul>	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> Tuesday at 1:00PM EST Please complete survey at your earliest convenience as ne date and time will take effect for September 2024 meeting</li> <li>• 1<sup>st</sup> Tuesday at 2:00PM EST</li> </ul>
<p><b>Announcements</b></p>	<ul style="list-style-type: none"> <li>• Durham County Department of Public Health hiring part-time Adverse Childhood Experiences and Resilience Project Specialist, Application closes 8/31/2024</li> </ul>	<ul style="list-style-type: none"> <li>• Apply by 8/31/2024</li> <li>• <a href="https://www.surveymonkey.com/r/PSQLJR5">https://www.surveymonkey.com/r/PSQLJR5</a></li> </ul>  <p>Adverse Childhood Experiences and Resili</p> <ul style="list-style-type: none"> <li>• </li> </ul>
<p style="text-align: center;"><b>Next meeting:</b> tentative based on group survey response Thursday, September 19, 2024 1:00 - 2:00 pm</p>		