

**Partnership for a Healthy Durham
Mental Health Committee
9/2/2025
Zoom - Agenda**

Facilitated by: Ashley Bass-Mitchell

Present: Bria Miller, Ashley Bass-Mitchell, Bailey Igoe (Threshold Club), Dr. Andrae Banks (NCCU), Breyana Williams (Durham Whole Schools), Krista Kicsak, Priya Govindaraj (988), Azmen Johnson			
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 intros	
Review Meeting Minutes	August 2025	The meeting minutes were approved.	Please review and let us know if we missed anything.
Training Series	Training Discussion – Next Steps	<ul style="list-style-type: none"> ○ Please share trainings you know of or are hosting ○ QPR ○ CRM ○ Teen Mental Health First Aid <ul style="list-style-type: none"> ▪ We would like to schedule a training ○ ASIST training <ul style="list-style-type: none"> ▪ September 11 and 12 <p>Training Opportunities for Caregivers Breyana expressed interest in receiving more information about upcoming trainings, specifically those that would support caregivers of students. Jess’ team has several trainings planned and will follow up with more details.</p> <p>November Community Activity: Gratitude Pumpkin As a way to foster connection and positivity, the group discussed creating a “Gratitude Pumpkin” for November. Each person would write messages of love, encouragement, or appreciation on the pumpkin, and participants could share photos of their pumpkins with the group. This activity could take the place of the regular committee meeting and be held in person to build community.</p> <p>Mindful Meetup Reflections Krista noted that many people responded to the recent email about the Mindful Meetup, sharing that they were disappointed</p>	Priya would like to attend ASIST training.

		<p>they couldn't attend. To keep the momentum going, she encouraged folks to consider joining PANFA (Physical Activity and Nutrition Focus Area) at a Healthy Mile Trail (HMT) event to promote community gathering and movement.</p> <p>Upcoming PANFA Meetup PANFA will meet on Friday at 9:30 AM at Triangle Coffee House. All are welcome to join for conversation and connection.</p>	
Mindful Meetups	Plan for November	<p>Last month the committee hosted a meetup where attendees painted rocks and the next day went for a walk at Eddison Park and distributed the kind rocks.</p> <p>Supporting Community Members During November Recognizing that November can be a difficult time for many, the group discussed ways to reach out to individuals who may feel isolated or forgotten. Ideas included sending messages or small tokens of care to uplift community members during the season.</p> <p>Community Gathering Idea Azmen suggested organizing a casual hangout in the Tobacco District courtyard in Durham. This could be a relaxed opportunity for folks to connect in person and enjoy the space together.</p>	
CHIPs	Focus Areas	<p>Mental Health Support for Cornwallis Community There is a need to connect the Cornwallis community with a mental health specialist. Residents have expressed a desire for more mental health support options than are currently available. Exploring partnerships or referrals to expand access is a priority.</p> <p>Reframing Mental Health and Self-Care The group discussed how mental health and self-care are evolving. A suggestion was made to ask community members: “What does mental health look like to you right now?” “What does self-care mean for you in this current moment?”</p>	 <p>Mental Health CHIPs 8.30.24.docx</p> <p>Invite JP to the meeting in October.</p> <p>Maybe Priya from 988, NCCARE360, DART's resource list, etc. can help us to gather resources for mapping</p>

		<p>These questions can help guide more relevant and responsive programming.</p> <p>Emphasizing Togetherness Many people are craving more opportunities to be together. There's a strong desire for connection, shared experiences, and healing in community. Future efforts should prioritize creating spaces that foster togetherness.</p> <p>Expanding the Definition of Community Mental Health The group discussed broadening how we define mental health and wellbeing—moving beyond individual care to include collective community mental health. This includes shared healing, mutual support, and culturally grounded approaches to wellness.</p>	
<p>Community check-in & Announcements</p>	<p>Updates</p>	<p>October 24 there is a Domestic Violence awareness event at the main library 12-3 with speakers, vendors, fashion shows</p> <p>November 1 Diabetes and Lung Cancer Awareness event at The River Church- vendor table, blood drive</p> <p>October 5 is Open Streets- will close down a major roadway and open it up for activities and games. From Bulls stadium to Cooperative Extension 12-4. They are looking for volunteers for setup and breakdown. Also looking for activity partners. Volunteer- Move-A-Bull City 2025 Volunteer Roles — Signup Sheet SignUp.com Sign up as a vendor/activity partner- https://forms.gle/X1UzajNZ9ThqGQ8WA</p> <p>https://link.edgepilot.com/s/11428d53/1JbbACFCnkuby829PBpbkg?u=https://docs.google.com/forms/d/e/1FAIpQLScN_4vBMgSQLLX7J15Mg9Om6V8HAQYRxr_IXTtJCKfkS4_hw/vi_ewform</p>	
<p>Next meeting October 7th, 2025</p>			