

**Partnership for a Healthy Durham
Mental Health Committee Minutes
9/19/2024
Zoom**

Facilitated by: Valon Alford

Present: Susan H, Bailey Igola Dr Andrae Banks, Victoria Mosey, Valan Alford, Edeia Lynch, Dr Wanda Boone, Elshona Hudson, Karin Szymanski, Matt Brooks, Stephanie Grey, Azmen Johnson, Ciranna, Gabriele Rivera		
Agenda Items	Project/Topic/Goal	Recommendations & Action Steps
<p>Icebreaker <i>Valon Alford</i></p>	<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>
<p>CHIPS <i>Valon Alford</i></p>	<ul style="list-style-type: none"> • First Tuesday of each month at 1pm is the new meeting time starting next month. <p>Review of the Community Health Assessment and CHIP for the Mental Health Committee Review of the Results statement: <i>All people in Durham County have access to quality, culturally affirming and affordable mental health services and social emotional support.</i></p> <p>Objective 1: Increase access points for mental health supports and social-emotional supports</p> <ul style="list-style-type: none"> • Mapping current resources • Updating brochure • Increasing trainings to offer to community (mental health related) <p>Moving towards a timeline as to when we will meet these objectives. Idea for us to continue identifying who key players are and bring them to the table so we are stronger and working smarter.</p> <p>Are the subcommittees premature? There are several new to the group and looking to learn more as we go.</p>	<p>Resource - Durham Network of Care is attending events separately from Alliance as their own entity now - so, if you need them anywhere to share resources, contact Debra Duncan - dduncan@alliancehealthplan.org - She is also on the Communications committee for Healthy Partnership for Durham</p> <p>Upcoming event - El Futuro's 2024 Conference, <i>Nunca Caminamos Solos: Supporting Latine Families Across the Lifespan</i>, https://elfuturo-nc.org/2024-latinx-mental-health-conference/ Explores the nuanced ways in which families and social contexts can connect to the mental health and well-being of our Latine clients. 2-day virtual conference</p>

	<p>Objective 2: Reduce the stigma that exists around behavioral health – did not discuss.</p> <ul style="list-style-type: none"> • Resource bank of tools (coordinating with other partners) • 8 minutes as a tool (loneliness as a public health crisis) • Social media campaign with Communications committee – tried last year but it did not get enough traction to continue so revisit this year. <p>How do we go from the above to implementation – SMART goals. Could a roundtable be the next step to have a conversation to better understand resources that are available.</p> <p>Reviewed feedback from Listening Sessions on document.</p> <p>General question – do we create subcommittees on objectives and who at the table OR do we collectively identify who is at the table and then break down into subcommittees.</p> <p>One reply of break out first, some unsure and we can do a doodle poll and offer some time for people to process.</p> <p>Jam Board</p>	<p>will guide participants through life’s developmental stages, discussing the interplay of family systems and social context within each, and their role in mental health treatment. Each 90-minute session will offer practical tools and evidence-based approaches to support family systems integration to client care</p> <p>September is Recovery Month and Suicide Prevention Awareness Month! www.samhsa.gov Mental Illness Awareness Week is first week in October! Visit www.nami.org</p> <p>May be we can host an event ?</p> <p>Do any members have a point of contact? Email Valon.</p> <p>NAMI (National Alliance on Mental Illness) had Advocacy Day at N.C. General Assembly one year, we met directly with legislators. They also promoted all Police Officers trained in Crisis Intervention Training, that’s education about mental illness. That helps them connect individuals to mental health resources versus just going to jail. NAMI has lots of Advocacy Resources.</p> <p>NAMI presentation "Challenges in Providing Mental Health Services to Racially and Ethnically Marginalized Populations" - You can access the webinar recording and other materials in this Google Drive folder: https://drive.google.com/drive/folders/1ZFVsZA7ovWqqV7HZEt_X946MzfZwgVK-?usp=drive_link</p>
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Next meeting:

Tuesday, October 1, 2024

1:00 - 2:00 pm