


**Partnership for Healthy Durham
Mental Health Committee
2/3/2026
Zoom - Agenda**

Facilitated by: Eboni Quick & Ashley Bass-Mitchell

Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Icebreaker	The Power of 8 Minutes	Group check-in & intros	
Review Meeting Minutes	January 2026	Review January 2026 Minutes	Please review and let us know if we missed anything.
Training Series	Training series – Next Steps -Recommendations	True Colors Training Community Resiliency Model Training (CRM) Dr. Boone’s-Change your words change your life	
Mindful Meetups	Recap the mindful meetups	Ideas of next mindful meet up? <ul style="list-style-type: none"> • Spring 2026? • Activities? • Project? • 	
CHIPs	Focus Areas	Discuss mental health questions for listening sessions Planning for Mental Health Awareness month	 Mental Health CHIPs 8.30.24.docx
Community check-in & Announcements	Updates	Please feel free to share your upcoming community events.	To have information shared in the minutes please share information here Durham Community Announcements
Next meeting March 3, 2026			