


**Partnership for Healthy Durham
Mental Health Committee
1/6/2026
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 Take a moment to check in with each other.	Group check-in & intros <u>Personal Reflection</u> What did you do for the spirit of giving? What it looks like to get back into the swing of things?	Come off mute or enter in chat
Review Meeting Minutes	December 2025	Reflect on December, and if people were able to use the tools Were you able to utilize any tools from the mindful meet-up?	Ask people if they would like more of these opportunities like this
Training Series	Training series – Next Steps -Recommendations	Resources for learning styles What roles make you feel comfortable and you want to do it more? <ul style="list-style-type: none"> • Suggestion: True Colors training Recommendations:	Sharing resources with folks to learn about their styles Ask Willa if she could lead the True Colors training.
Mindful Meetups	Recap the mindful meetups	<i>What do we want to plan for the rest of the fiscal year?</i>	
CHIPs	Focus Areas	<u>Reflection of accomplishments from last year</u> Progress with CHIPs <u>What are your accomplishments in 2025?</u> (Your organization or you) individually <u>What does it look like to be a part of a community?</u> <ul style="list-style-type: none"> · Giving · Participating throughout the year · What are spaces that make you feel good? 	 Mental Health CHIPs 8.30.24.docx Also if you know someone did something give space for that. People can also put a kudo in the chat

Community check-in & Announcements	Updates		To have information shared in the minutes please share information here Durham Community Announcements
Next meeting February 3, 2026			