


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

Facilitated by: Eboni Quick & Ashley Bass-Mitchell

Present: Bria Miller, Eboni Quick, Victoria Mosey, Azmen Johnson, Stephanie Grey, Marissa Mortiboy, Jasmine Johnson, Michael Thomas, Ashley Bass-Mitchell			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Icebreaker	The Power of 8 Minutes	Group check-in & intros What's something you did for yourself during the snowstorm?	
Review Meeting Minutes	January 2026	The minutes were approved.	Please review and let us know if we missed anything.
Training Series	Training series – Next Steps -Recommendations	<p>True Colors Training</p> <ul style="list-style-type: none"> We can provide this training on Tuesday, March 3 during our regularly scheduled MH committee meeting time. Willa Robinson will do this in person. We do however need a place. <p>Community Resiliency Model Training (CRM)</p> <ul style="list-style-type: none"> People are interested in resuming CRM trainings. The last ones were very helpful. <p>Dr. Boone's-Change your words change your life</p>	
Mindful Meetups	Recap the mindful meetups	<p>Ideas of next mindful meet up</p> <p>Consider doing something related to gardening and flowers that could be planted in communities in early spring. This could be continued throughout the year. Marissa and Stephanie are interested in gardening. Consider adding a message that ties the growing process back to mental health.</p>	
CHIPs	Focus Areas	<p>Discuss mental health questions for listening sessions</p> <p>Stigma and barriers</p> <ul style="list-style-type: none"> Ask what mental health means so we can update the definition of mental health Ask people what tools exist in the community that support their mental well-being Ask what prevents them from accessing mental health services Ask what barriers have kept them from getting the mental health support 	 Mental Health CHIPs 8.30.24.docx Invite the HEART team to a meeting for a conversation about what they are seeing.

	<p>they need</p> <ul style="list-style-type: none">• Update the brochure with a definition of mental health and share it in the community — where are some less obvious places we could distribute mental health information? (e.g., flyers in bars, etc.) <p>Reducing stigma and practicing self-care; managing stress with resources at home or in the community. How do we get more faith-based organizations trained in mental health, like Faith Connections?</p> <ul style="list-style-type: none">• Are there any healing practices used within your family or community that support your mental well-being?<ul style="list-style-type: none">o Aromatherapy, hydrotherapy, dancing, and music are natural ways to enhance mental health, but people may need education first.o We could use this information to shape Mindful Meetups and find ways to draw the community in.• "If you had a magic wand and could fix the biggest challenges people face when trying to get mental health support in our community, what would you fix?"• Use the words “services/supports.”• Note that some people may be averse to “services/supports” language, so you might want to use words like “wellness” or “what makes you happy.” <p>Someone asked about the effectiveness of 988. Maybe we should reach out for an update. It would be good to have a conversation with the HEART Team.</p> <p>Planning for Mental Health Awareness Month</p> <ul style="list-style-type: none">• Last year there was a resource fair at the Ale House• Azmen would like to organize a mental health awareness walk. The walk could raise money to help supplement mental health costs. Consider a \$10 registration fee and team participation. Many organizations could collaborate.• Mental Health Expo: collaborate with hospitals like Duke Health, NAMI, Faith Connections, etc. We should focus on senior mental health, including dementia/Alzheimer’s, and bring in resources for both	
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		<p>seniors and caregivers. Duke Health has a dementia and Alzheimer's office. Note that May is Healthy Aging Month.</p> <ul style="list-style-type: none"> • Could possibly involve therapy dogs • Duke has an animal therapy program/registry for their oncology patients • The TakeCare training would be helpful for teaching coping skills and Pause, Notice, and Choose practices • Share mental health resources on social media <p>Loneliness is a major mental health epidemic. That might be another good area to focus on, as it has real impacts on physical health as well.</p>	
<p>Community check-in & Announcements</p>	<p>Updates</p>	<p>Please feel free to share your upcoming community events.</p> <p>April 24 MedAssist at The River Church. About 800 people showed up last year. Vendors can set up.</p>	<p>To have information shared in the minutes please share information here</p> <p><u>Durham Community Announcements</u></p>
<p style="text-align: center;">Next meeting March 3, 2026</p>			