

**Partnership for Healthy Durham
Mental Health Committee
1/6/2026
Zoom - Agenda**

Facilitated by: Eboni Quick & Ashley Bass-Mitchell

Present: Ashley Bass-Mitchell, Bria Miller, Eboni Quick, Azmen Johnson, Shawna Murrie, Victoria Mosey, Jasmine Johnson, Jesse Battle		
Agenda Items	Major Discussion Points	Action steps and responsible persons
	Group check-in & intros	
Icebreaker The Power of 8 Minutes	<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?	
Review Meeting Minutes	Attendees reflected on the month of December and discussed if they were able to use any of the tools previously discussed at a previous mindful meetup to take care of their mental health. The group also discussed post-holiday care and asked one another how they get back into the swing of things. • It is important to check in with yourself during and after the holidays. It's okay to feel mixed emotions. • Ease back into your routine. • Set realistic goals. • Don't be too hard on yourself. • Reflect on your time off: How did you spend it? Was it restful, fun, or something else? Was it what you needed? Do you need to adjust anything for the future? Tips to Get Back into the Routine • Activate yourself. • Improve your diet. • Resume regular activities. • Engage in physical exercise. • Prioritize quality sleep. • Make sure you prioritize yourself as well as your other responsibilities. • Take 10 minutes for yourself before and after meetings. • Prepare your mind and body for upcoming tasks.	

Training Series	Resources for learning styles What roles make you feel comfortable and you want to do it more? • Suggestion: True Colors training Think about how you best show up? Lens of understanding • “get-it-right” people • Get it done people • Get-along people • Get appreciated people • Are you more of an introvert or extrovert? There are personality tests that can help you to learn your personality type. Recommendations: People would like to share Ashley’s presentation with their team(s).	The co-chairs will share resources with folks to learn about their participation styles. Ask Willa if she could lead the True Colors training.
Mindful Meetups	<i>What does the group want to plan for the rest of the fiscal year?</i> • Shawna will lead a 30-minute exercise for a mindful meetup. • Host a True Colors training. • Dr. Boone’s <i>Change Your Words, Change Your Life</i> session. • Collaborate with one of the other committees to host a mindful meetup. • Plan another meetup in nature during the spring or just before spring. • Consider bringing back another part of the Community Resiliency Model (CRM) training. • The group doesn’t always have to introduce new activities; it can continue initiatives from previous years. • Utilize the Mental Health Mapping tool.	
Community check-in & Announcements	Welcome Baby is doing a coat drive at Carolina Ale House in Durham. There will be a heart health event on February 8 11am-3pm. There will be a health literacy event on January 15. There will be a carnival for mental health awareness month on May 15 10am-2pm. This is a collaborative event at Durham County Memorial Stadium. MedAssist will also be there. Join us at the next Quarterly Partnership meeting on Wednesday, January 21 at noon on Zoom. We will discuss the roles of charity and systems change. April 16 is the Trauma informed care conference. Bridget Nelson is organizing the event this year.	To have information shared in the minutes please share information here Durham Community Announcements

