

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

Facilitated by: Eboni Quick & Ashley Bass-Mitchell

Present: Ashley Bass-Mitchell, Bria Miler, Eboni Quick, Azmen Johnson, Shawna Murrie, Victoria Mosey, Jasmine Johnson, Jesse Battle			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Icebreaker	<p>The Power of 8 Minutes</p> <p>Take a moment to check in with each other.</p>	<p style="text-align: center;">Group check-in & intros</p> <p><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?</p>	Come off mute or enter in chat
Review Meeting Minutes	December 2025	<p>Reflect on December, and if people were able to use the tools Were you able to utilize any tools from the mindful meet-up?</p> <p>Post-Holiday Care</p> <ul style="list-style-type: none"> • What does it look like to 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? <p>Tips to Get Back into the Routine</p> <ul style="list-style-type: none"> • 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. 	Ask people if they would like more of these opportunities like this

		<ul style="list-style-type: none"> • Prepare your mind and body for upcoming tasks. 	
Training Series	<p>Training series – Next Steps -Recommendations</p>	<p>Resources for learning styles What roles make you feel comfortable and you want to do it more?</p> <ul style="list-style-type: none"> • Suggestion: True Colors training <p>Think about how you best show up? Lens of understanding</p> <ul style="list-style-type: none"> • “get-it-right” people • Get it done people • Get-along people • Get appreciated people • Are you more of an introvert or extrovert? <p>There are personality tests that can help you to learn your personality type.</p> <p>Recommendations:</p> <p>People would like to share Ashley’s presentation with their team(s).</p>	<p>The co-chairs will share resources with folks to learn about their participation styles.</p> <p>Ask Willa if she could lead the True Colors training.</p>
Mindful Meetups	<p>Recap the mindful meetups</p>	<p><i>What do we want to plan for the rest of the fiscal year?</i></p> <ul style="list-style-type: none"> • 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 CRM training. • We don’t always have to introduce new activities; we can continue initiatives from previous years. • Utilize the Mental Health Mapping tool. 	
Community check-in & Announcements	Updates	<p>Welcome Baby is doing a coat drive at Carolina Ale House in Durham.</p> <p>There will be a heart health event on February 8 11am-3pm.</p> <p>There will be a health literacy event on January 15.</p> <p>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.</p> <p>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.</p>	<p>To have information shared in the minutes please share information here</p> <p>Durham Community Announcements</p>

		April 16 is the Trauma informed care conference. Bridget Nelson is organizing the event this year.	
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Next meeting February 3, 2026