


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

Facilitated by: Eboni Quick & Ashley Bass-Mitchell

Present: Eboni Quick, Bria Miller, Sam Peterson, Ashley Bass-Mitchell, Becca Burrington (Duke Health), Jennifer Allen (Duke Community Partnered Research), Austin Smith (NCCU), Savana Johnson (NCCU), Aarica Arnold (Youth Villages), Edeia Lynch, Jasmine Johnson, Elshona Hudson, Azmen Johnson			
Agenda Items	Major Discussion Points	Recommendations	Action steps and responsible persons
Icebreaker	The Power of 8 Minutes	Group check-in & intros Which puppy best represents how you're feeling today?	
Review Meeting Minutes	January 2026	The meeting minutes were approved.	Please review and let us know if we missed anything.
Training Series	Training series – Next Steps -Recommendations	True Colors Training <ul style="list-style-type: none"> • We were supposed to have the True Colors Training today but had some challenges so we will look to do it April 7 at 1pm instead at DCoDPH. • In meetings, we have talked about how we bring different things to the table and engage with different personalities. This can help us to know ourselves and know others and their strengths. • This training is open for anyone to join. Please share this opportunity with others. • We will send out flyers and a registration link. • Aarica will share this with her staff. 	
Mindful Meetups	Recap the mindful meetups	Ideas of next mindful meet up? <ul style="list-style-type: none"> • This is a quarterly in-person meet up where we connect with each other and engage in restorative practices, • Does anyone have ideas for what we can do again. • Suggestion- the butterfly room in the museum here in Durham Butterfly House - Museum of Life and Science. Sara P. Duke gardens. General Admission is \$24 • Do a napping mindful meetup/experience different types of rest. • Do coloring • Outdoor art session, Journaling circle, yoga in a park, Guided stretching and breath session • Extend the meeting 4/7 and have the mindful meetup right afterwards 	

<p>CHIPs</p>	<p>Focus Areas</p>	<ul style="list-style-type: none"> • Discuss mental health questions for listening sessions. • Planning for Mental Health Awareness month. <p>Potential questions</p> <ul style="list-style-type: none"> • Is there a way that your culture supports you in your mental health journey? • How does your culture support people struggling with their mental health? • Are there any healing practices used within your family or community that support your mental well-being? 1111 • If you had a magic wand and could fix the biggest problems people face when getting mental health support, what would you fix? 111111111 • How do you define mental health? 111 • What are some services you are aware of in Durham that you would like to see more of? 11111111 <p>The two questions selected:</p> <ol style="list-style-type: none"> 1. If you had a magic wand and could fix the biggest challenges people face when getting mental health support, what would you fix? 2. What are some services you are aware of in Durham that you would like to see more of? <p>What are your interests in doing something for mental health awareness month (May)?</p> <ul style="list-style-type: none"> • Do something around stigma • Compare taking care of your mind being just as important as taking care of your physical health. Mental health is a part of your total health. Keeping your mind health is just as important as keeping your body healthy. • Regulating your nervous system. • Think about the impacts that the media has with stress and secondary trauma. 	 <p>Mental Health CHIPs 8.30.24.docx</p>
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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 <u>Durham Community Announcements</u>
Next meeting April 7, 2026			