

Health Disparities Task Force Meeting | MINUTES

May 25, 2023 | 1:00 P.M. – 2:00 P.M. | Location: Microsoft Teams

Meeting called by:	Division of Health Disparities Elimination	Approximately: 82 ppl
Type of meeting:	Weekly Health Disparities Task Force –	
Facilitator:	Elizabeth Hart, Director Office of Faith-Based and Community Engagement	

Motivational Quote: (Mikaela Wiley) “Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.” – Fred Rogers

Announcements: (Mikaela Wiley)

- National Missing Children’s Day
 - Jewish American Heritage Month
 - Mental Health Awareness Month
 - National Lyme Disease Month
 - National Blood Pressure Month
 - Free CPR Training available in Nashville with on 90 slots on Saturday, June 24th, times are the following: 9AM – 11:30AM / 12PM – 2:30PM / 3PM – 5:30PM. Location TBD and if you’re interested, please let us know by emailing us at tdh.ofbce@tn.gov.
 - Thank you, thank you, thank you to all that volunteered and gave their time and talent alongside our community partners, Creative Girls Rock. The final design will be revealed on our website at www.healthdispartiestn.com, if you like to know more about Creative Girls Rock, go to www.creativegirlsrock.org.
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TOPICS OF DISCUSSION

Focus: Mental Health Awareness Month

Presenter: Renee Rachell, President of Pyramid Foundation of Tennessee, Inc.

Summary: Ms. Rachell, is President of the Pyramid Foundation of Tennessee, a 501C3 organization and her presentation was on mental health for Mental Health Awareness Month. Some people believe moving in silence and acting as if

whatever happened in the past never happened, because in their mind, it makes things easier, than just simply asking for help. We all know that pain, anger, and trauma as a child have a direct effect on our mental health illness and physical being as an adult. The negative effects we cover up, cannot be covered forever, it will start to show up in our health, marriages, families, and even work. Pyramid Foundations of Tennessee duty and mission is to bring light to mental health, bring awareness of mental health to the young and the older generations and get everyone to speak freely, candidly about their experiences.

Pyramid Foundations seeks to have brave round table topic discussions, but before anyone speaks, their first attempt is to inform all, how valuable they are and the environment they're in, is safe and nonjudgmental. Their taking a stance against the stigmas around mental health illness such as "If I speak to someone, I must be crazy" or "I don't want people to know my business", or "I'm ashamed, I deserved what happen to me" – all those stigmas are wrong and should be put to bed for good!!! No one deserves to be hurt in any form or fashion and everyone's truth should be heard.

Pyramid Foundation love to partnership with every organization, church, business, school, non-profit organizations because more people are touched at a grander scale. Pyramid Foundation represent change, power, newness and upward and uplift momentum in folk's lives. They have several programs such as BOSS Program, which means Building Opportunity Self-Esteem and Success. This program is a mentoring program for girls, which inspires critical conversations to promote healthy mental health. They also have Humble Beginnings Youth Program that helps young boys, and Perfectly Imperfectly Program for women minding your P's and Q's. Pyramid Foundation address mental health on every level, for all men, women, teens and youth. If you would like to know more about them, go to their website at www.pyramidfoundationtn.org and do not hesitate to call Ms. Renee Rachell at 615.415.6012 or you may email her at rrachell@pyramidfoundation.org.

Member Comments: Announcements and Upcoming Events

- Come join the Nashville International Center for Empowerment Team for an afternoon of food, music, and camaraderie to celebrate our work together, and the diverse immigrant and refugee communities that make Nashville special. All are welcome to attend, meet new friends from around the world, and have a NICE time.

The event will be hosted at Woodmont Hills Church (3710 Franklin Pike, Nashville, TN 37204) on June 3rd from 2-4 pm. <https://docs.google.com/forms/d/e/1FAIpQLSdPGxnmnUzu-M-EdL5KR7iFf0OdttkfgxIzPuk9eGYbUTttw/viewform>

- Health Fair August 5th from 11 to 3 at St. Simeon Baptist Church in Antioch. Below is the link to become a vendor! Metro Public Health Department is Partnering with Simeon Baptist Church and working to get groups/organizations to become vendors at this great event! [2023 Simeon Health Fair — Simeon Church](#)

Resources mentioned during call:

- New Teen Mental Health Website just launched by NAMI TN: www.TeenMH.org
- If you need more information, please visit our website at: www.healthdisparitiestn.com

Chat Box – links / website / events:

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Next Meeting: Thursday, June 1, 2023, from 1pm-2pm via Microsoft Teams.

Microsoft Teams Meeting details are as follows:

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

[+1 629-209-4396, 641975577#](tel:+16292094396) United States, Nashville
Phone Conference ID: 641 975 577#