

**Community Education Committee (CEC)
Redding Library, Foundation Room
1100 Parkview Avenue**

Mission statement: The CEC works to promote mental wellness, increase community awareness of mental health, and end the stigma surrounding mental illness and substance abuse.

MEETING MINUTES

Tuesday, Dec. 8, 2015 1 – 2 p.m.

Attendance – Chris Stampfli, Dan Trott, Michael Bennett, Jeanine Gonzales

Staff: Marc Dadigan, Kerri Schuette

1. **WELCOME and INTRODUCTIONS:** Marc welcomed everyone, and everyone introduced themselves.

2. **BRAVE FACES PLANNING**
 - a. **Speaking engagements**
 - i. **Recap presentations since last meeting:** Marc outlined recent presentations, including two National University case management cases and a Mental Health/emergency room/Restpadd group staff meeting. A new gallery features Mike Skondin, who discusses PTSD and substance abuse.
 - ii. **Future plans/brainstorming:** Upcoming presentations include Shasta Estates (on senior bullying) and Institute of Technology.

 - b. **Displays**
 - i. **Shingletown Medical Center, HHSA Adult Services, Redding First Church of the Nazarene, Planned Parenthood, Wintu Museum, WHS, Opportunity Center, One Safe Place, Anderson Teen Center, Lotus Center and Circle of Friends.** Marc is working with the MHSA Academy to get some help hanging up displays.

3. **STIGMA SUPPORT GROUP:** Chris Stampfli talks about this new peer-led support and reviewed the objectives, which include living well, self-empowerment and setting boundaries.

4. **BECOMING BRAVE TRAINING – Shasta College results:** About seven people completed the fourth Becoming Brave training.

5. **HOPE IS ALIVE! 4 RESULTS AND PLANS FOR HOPE IS ALIVE! 5:** Hope is Alive! 4 had 13 performers and about 60 audience members. The next one will hopefully be in late January, with another planned for May in Burney.
6. **MINDS MATTER MENTAL HEALTH RESOURCE FAIR – Planning update:** Marc shared a handout that included potential performers, headliners and exhibitors for the Minds Matter Mental Health fair and Musical Festival 2016, tentatively scheduled for Saturday, May 7, at Library Park. There will be a planning committee.
7. **MENTAL HEALTH MONTH 2016 – Planning update:** Marc shared a handout that described a draft outline for potential presenters in the Mental Health Solutions Conference (which doesn't yet have an official name). Marc is still trying to find a suitable location.
8. **GET BETTER TOGETHER – campaign update and promotion:** None.
9. **MEMBER SHARING:** Michael said he'd like to have a Brave Faces meetup in eastern Shasta County, perhaps at Hill Country, with transportation provided. Also, the Methodist Church is having a Faces of Homelessness event on Jan. 28, which might be of interest to CEC members.
10. **REMINDER:** The next Community Education Committee (CEC) will be held on Jan. 12 from 1 – 2 p.m. at **the Redding Library.**