

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.

MINUTES

1-2 p.m. Tuesday Jan. 12, 2016

Attendance: Members: Matthew Sprenger, Bonnie Troop, John Curtis Moreaux, Sylvia Flynn, Vernon Price, Melissa Johnson, Elaine Scott, James Danich, Eileen Weldon, Thaine Bell, Dee Madden, Jeanine Gonzales, Dan Trott, Stacy Watson, Rhonda Ramsey, Cindy Uuill, Rebecca Lightfoot, Karin Lightfoot

Staff: Marc Dadigan, Kerri Schuette, Amy Sturgeon

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

2. **BRAVE FACES PLANNING**
 - a. **Speaking engagements**
 - i. **Recap presentations since last meeting** – Institute of Technology nursing classes, Leadership Redding.
 - ii. **Future plans/brainstorming** – Respectful Conversations on Homelessness, Simpson University MFT, United Methodist Church homeless program, Pilgrim Congregational Church (discussing stigma in churches), Passport to Justice Day, Multicultural Celebration.

 - b. **Displays**
 - i. **Shingletown Medical Center, HHS Adult Services, Redding First Church of the Nazarene, Planned Parenthood, Wintu Museum, WHS, Opportunity Center, One Safe Place and Anderson Teen Center, Lotus Center, Circle of Friends**

3. **MATT SPRENGER BRAVE FACES SPEECH – practice:** Matt gave his presentation and got excellent reviews from attendees.

4. **STIGMA SUPPORT GROUP – update:** Chris Stampfli is developing a structure for this and needs a co-facilitator. Chris hopes to launch this in May. Suggested name is Becoming Brave Support Group.

5. **STAND AGAINST STIGMA VIDEOS PRODUCTION:** Marc shared the video about homelessness.
6. **HOPE IS ALIVE! 5 OPEN MIC – Valentine’s Day Edition planning:** This will be Feb. 12 at Lulu’s.
7. **MINDS MATTER MENTAL HEALTH RESOURCE FAIR – Planning update:** Event will be May 7 at Library Park, and will be a music festival, concert and wellness fair.
8. **MENTAL HEALTH MONTH 2016 – Planning Update:** Mental Health Solutions Conference will be May 3 (location still being determined). Two evening panels will focus on navigating the mental health system and nature as a mental health resource. A subcommittee is working on planning this.
9. **GET BETTER TOGETHER - campaign update and promotion:** We have flyers and materials for schools, and we could use help distributing them. We are also looking for bloggers for the site.
10. **MEMBER SHARING:** The Brave Faces documentary is done, and people can schedule screenings. The next Becoming Brave training will be March 5 at the Library, taught by Chris Stampfli and Amanda Flowers Peterson. Karin Lightfoot said her Chico State nursing students can help with the mental health fair, and also help connect us with faith community nurses.

REMINDER The next Community Education Committee (CEC) will be held 1-2 p.m. Feb. 9, 2016 at the Redding Library.