

Community Education Committee (CEC)
Redding Library, Fireside 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, Nov. 10, 2015 1 – 2 p.m.

Attendance – Rhonda Ramsey, Vernon Price, Amy Cavanaugh, Jeanine Gonzales, Michael Bennett

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 explained that they had done a series of presentations at Anderson New Tech High School under the theme of “Self Love and Self Harm”. The Brave Faces also presented to Foothill High School’s Career Choices class. They also did presentations to a Simpson Mental Health nursing class.
 - ii. **Future plans/brainstorming:** Marc explained they will be doing presentations at Leadership Redding and the National University Case Management class.

 - 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, Anderson Teen Center, Lotus Center and Circle of Friends.**

3. **BRAVE FACES MULTIMEDIA PLANNING – Discussion of topics:** Rhonda is doing a video about suicide myths and facts. The group discussed doing some short Brave Faces videos about specific topics that could be shared on social media.

4. **BECOMING BRAVE TRAINING – Shasta College Edition, Nov. 10 and 12:** This is the fourth Becoming Brave training and 12 people are signed up. Another is planned soon for Shasta College staff. Most places that offer the Becoming Brave training usually get two or three people to attend, and we usually have at least 10, so the word is getting out and people are finding value in this training.
5. **HOPE IS ALIVE! 4 –Burney edition, Nov. 19:** This will be at the Rex Club.
6. **MINDS MATTER MENTAL HEALTH RESOURCE FAIR – Planning:** Based on last month's discussion about moving it to a Saturday, tentative date would be May 7 and location would be Library Park. There will be a planning committee and it will be a music and arts festival, with informational booths as well.
7. **MENTAL HEALTH MONTH 2016 – Activities planning:** The CEC would like to host a one-day Mental Health Solutions Conference. There has been lots of media about mental health problems and service shortages, but the truth is that there are lots of solutions that are getting started and showing positive results, and we would like to invest more energy and focus on this. We would like to have a keynote speaker and perhaps offer CEUs. One idea would be for it to be from 1-8 p.m., so professionals could attend sessions that were relevant to them during the workday (1-5 p.m.) and the public could attend more general sessions in the evenings after the traditional workday (5 to 8 p.m.). One possible location would be the Shasta Community Regional Foundation.
8. **GET BETTER TOGETHER – campaign update and promotion:** None.
9. **MEMBER SHARING:** None.
10. **REMINDER:** The next Community Education Committee (CEC) will be held on Dec. 8 from 1 – 2 p.m. at **the Redding Library.**