

**Community Education Committee (CEC)
Olberg Wellness Center
2757 Churn Creek Rd Ste D**

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, Oct. 13, 2015 1 – 2 p.m.

Attendance – Michael Bennett, Bobbie Valdez, Jeanine Gonzalez, Freda Powell, Bobbie Valdez

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:** There were eight presentations that reached 322 people, including 45 transitional age youth. Highlights included a Simpson University rhetoric class, an independent living class, a mental health nursing class and NAMI’s family-to-family group. Matt Sprenger’s gallery will be online soon, and we will be doing our first “listicle” that shares six realities about addiction. Completed events include Art with Impact at Shasta College, Hope is Alive 3 (which included about 110 attendees and 25 presentations), Out of Darkness Walk and the Mountain Harvest Festival in Round Mountain.
 - ii. Future plans/brainstorming:** Upcoming presentations include the career choices classes at Foothill High, Anderson New Tech, mental health nursing classes, Hope is Alive 4.

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

3. **BECOMING BRAVE TRAININGS:** Shasta College is planning a training on Nov. 10 and 12.
4. **HOPE IS ALIVE! 4 –Burney edition, Nov. 19 (tentative):** This will be at the Rex Club. Marc will share more information soon.
5. **BECOMING BRAVE DOCUMENTARY PREMIERE – Nov. 21 (tentative):**
6. **MINDS MATTER MENTAL HEALTH RESOURCE FAIR – Discussion:** Ideas include switching the day to Saturday, to encourage more people to attend, and it could be more of a music and arts festival, since feedback shows each year that people enjoy the art and performances (exhibitors would still be included, but would not be the central focus). Although a weekend may be difficult for some exhibitors, the Out of Darkness Walk still had a large number of them, and Jeanine said that with enough notice, Circle of Friends (and likely others) would have little problem finding people to come down on a Saturday. Holding it at Library Park might help destigmatize that park. Numerous people said that this new approach would likely bring in people who wouldn't otherwise attend. Marc will check with Circle of Friends and Olberg to ensure their members could still participate, and he will send out an email to all of CEC proposing the change and soliciting feedback. Kerri will present the idea to Donnell for approval if the response is favorable.
7. **GET BETTER TOGETHER – campaign update and promotion:** None.
8. **MEMBER SHARING:** Hill Country Community Clinic is hosting Tools for Change on Nov. 6-7 to talk about integrated care. Central Valley High School and Native Roots Network will be entering the statewide Directing Change youth multimedia contest. Oct. 17 is Indigenous People Day and Nov. 21 is Suicide Loss Survivor Day.
9. **REMINDER:** The next Community Education Committee (CEC) will be held on Oct. 13 from 1 – 2 p.m. at **the Olberg Wellness Center.**