

**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, Sept. 8, 2015 1 – 2 p.m.**

**Attendance - Members:** Thaine Bell, Miranda Trantham, Amber Sandhu, Jeanine Gonzales Chenchio Saechan

**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:** Neil spoke at a Crisis Intervention Training organized by NAMI, among other presentations.
    - ii. **Future plans/brainstorming:** This week, Brave Faces will be doing presentations for youth who have just aged out of foster care, and two Brave Faces will be on the panel after the “Art with Impact” show at Shasta College. Central Valley High School’s video production class will do public service announcements for suicide prevention.
  
  - b. **Displays**
    - i. **Shingletown Medical Center (new!), HHSA Adult Services, Redding First Church of the Nazarene, Planned Parenthood, Wintu Museum, WHS, Opportunity Center, One Safe Place and Anderson Teen Center, TriCounties Bank in Burney, Lotus Center.** Marc is hanging photos at the Circle of Friends in Burney for its grand opening.
  
3. **BECOMING BRAVE TRAININGS recap:** One training was held at the Olberg Center and another was at Circle of Friends, and eight people graduated from each.

4. **TUNE IT UP CAR SHOW – cancellation update:** Due to liability issues, this had to be cancelled.
5. **HOPE IS ALIVE! 3 – Suicide Prevention Week promotion and volunteering:** About 20 performers are signed up. Also, two Brave Faces will speak at the Out of the Darkness Walk.
6. **MENTAL ILLNESS AWARENESS WEEK, Oct. 6-13:** Miranda and Thaine both mentioned that they do artwork, so it was decided that we will look into doing an art show where people with lived experience with mental illness can showcase their work.
7. **GET BETTER TOGETHER – campaign update and promotion:** The Lotus Center and Circle of Friends have teen support groups, which perhaps can help with this campaign.
8. **BRAVE FACES DOCUMENTARY UPDATE:** The documentary has been posted on YouTube and shared on social media, and the discussion/resource guide is almost done. We would like to have a screening at the Olberg Center and perhaps hold a premiere event for suicide loss survivors' day.
9. **PRESENTATION: THE ROSE EXPERIMENT – Healing through community arts:** The presenter did not show up.
10. **MEMBER SHARING:** Jeanine said that a Safe Zone training will be held this month in Burney.
11. **REMINDER:** The next Community Education Committee (CEC) will be held on Oct. 13 from 1 – 2 p.m. at **the Olberg Wellness Center.**