

**Stand Against Stigma Committee**  
**Redding Library, Fireside Room - 1100 Parkview Ave.**

**MINUTES**

**January 9, 2018**

Committee Members – Nancy Saeteurn (SCHC); Matthew Sprenger (Brave Face); Dee Lahey (Brave Face); David Thompson (Shasta Lake Firearms Instructor); Christine Joyce; B. Johnson (Circle of Friends); Jeanine Gonzales (Circle of Friends); Dan Trott (Circle of Friends); Robin Ivins (Redding Rancheria); Rhonda Schilling; Susan Power (NAMI); Art Sevilla (Empire Recovery Center)  
 Shasta HHSA Staff – Sam Hummel, Amy Sturgeon, Alex Dunbar, Lindsay Tibbetts, Tracy Osterday, Carrie Jo Diamond

Agenda Item	Discussion	Action	Individual Responsible
1. Welcome and Introductions	<p>Carrie Jo welcomed everyone to the meeting and announced the details of the committee’s name change to the Stand Against Stigma Committee:</p> <p>The Community Education Committee has changed its name to the Stand Against Stigma Committee. The committee’s work has evolved since it was formed in 2006, when MHSA was first implemented in Shasta County. Stand Against Stigma has become the name the community associates with the group’s mission, “To work to promote mental wellness, increase community awareness of mental health and end the stigma surrounding mental illness and substance abuse.” The change provides clarity of purpose and more accurately reflects what those involved in the program do today.</p> <p>Carrie Jo asked attendees to introduce themselves and explained the new structure of meetings to include more time for collaboration with community members and</p>		Carrie Jo, Stand Against Stigma Coordinator
2. Nov/Dec in Review	Carrie Jo recapped speaking engagements at Simpson College and National University, the Facing ACEs Forum, the gallery install at Mountain Valley Health Center and the outreach table at the Redding Health Expo.		Carrie Jo, Stand Against Stigma Coordinator
3. Upcoming Events	<ul style="list-style-type: none"> <li>i. Speaking engagements - Carrie Jo spoke about the upcoming Brave Faces speaking engagements at Shasta CAPCC (Jan. 13<sup>th</sup>), Happy Valley Elementary School (Jan 29<sup>th</sup>), quarterly presentations at Wright Education Services, as well as a possible collaboration with NAMI.</li> <li>ii. Gallery - Carrie Jo noted that all but two of the Brave Faces Gallery Displays were hanging in all areas of Shasta County. Brave Faces stories are up in Redding, Shingletown and Burney.</li> </ul>		Carrie Jo, Stand Against Stigma Coordinator CES

	<p>iii. Events - Carrie Jo reminded the committee about events in the near future:</p> <ol style="list-style-type: none"> <li>1. Hope Is Alive! Open Mic – Fri., Jan. 12<sup>th</sup>, 2018 at Old City Hall 6-9 p.m. (performers sign in at 5:30 p.m.)</li> <li>2. Becoming Brave Training – Sat., Jan. 27<sup>th</sup> in the Boggs Building (Breslauer) from 10 a.m.-4 p.m.</li> <li>3. Minds Matter Mental Health Resource Fair May 5<sup>th</sup> 12-5 p.m.</li> <li>4. TENTATIVE: Hope Is Alive! at Anderson Teen Center (April 13<sup>th</sup>)</li> <li>5. Quarterly Forum on Opioid Addiction March or April</li> </ol>		
5. Social Media / Website	Carrie Jo let the committee know that a video promo for the Becoming Brave Training would be released on YouTube and Facebook soon.		Carrie Jo, Stand Against Stigma Coordinator CES
5. Social Media / Website	No updates		
6. Suicide Prevention	<p>Amy Sturgeon spoke about:</p> <ul style="list-style-type: none"> <li>• The Directing Change Informational meeting taking place January 16<sup>th</sup> at 6pm in the Redding Library Foundation Reading room.</li> <li>• The Men’s Mental Health Campaign is looking for nominations for Captain Awesome – men who are willing to share what wellness, strength and resilience means to them. She also needs help getting materials out, and reminded the group to please share the website, <a href="http://www.ShastaSuicidePrevention.com/Men">www.ShastaSuicidePrevention.com/Men</a> on social media.</li> </ul>		Amy Sturgeon, Suicide Prevention CES
7. Resource Sharing	No Updates		
8. Community Collaboration	<p>a. Small Group Discussions – the committee formed small groups to provide input on the Minds Matter Mental Health Fair, Get Better Together website and outreach to youth, Living Brave Group and Mental Health Solutions Conference. Notes from the discussions and new discussion prompts will be available at the February 13<sup>th</sup> meeting.</p>		All Committee Members and HHS Staff Present