

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

**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.

**AGENDA**

**1-2:30 p.m. Tuesday, February 13, 2018**

**1. WELCOME and INTRODUCTIONS**

**2. JAN/FEB IN REVIEW**

**a. Speaking Engagements**

- i. January – Shasta CAPCC, Happy Valley Middle School
- ii. February- Redding Lions Club, CRRC

**b. Gallery Install** – Shasta County Admin Display Case

**c. Events** – January - Hope Is Alive! Open Mic 13, Becoming Brave Training

**d. Community Outreach** – Redding Health Expo

**3. UPCOMING EVENTS, PRESENTATIONS & OUTREACH (\* = Tentative)**

**a. Speaking engagements**

- i. February – Institute of Technology, Project X Group
- ii. March – Shasta College Sociology of Minorities Class, HHSA Office of the Director All Staff, \*Wright Educational Services DUI Class
- iii. April – One Safe Place, CIT Training
- iv. May – Fall River AAWU

**b. Gallery Displays**

- i. Shasta County Admin, Shingletown Medical Center, Mountain Valley Medical Center, HHSA Office of the Director, Planned Parenthood, Wintu Museum, WHS, Opportunity Center, One Safe Place and Anderson Teen Center, Circle of Friends

**c. Events (\* = Tentative)**

- i. BECOMING BRAVE TRAINING – Sat., Mar. 31<sup>st</sup> | Boggs | 10 a.m.-4 p.m.
- ii. HOPE IS ALIVE! OPEN MIC – Fri., Apr. 13<sup>th</sup> | Anderson Teen Center | 6-8 p. m.
- iii. \*QUARTERLY FORUM - OPIOID ADDICTION – Late March | FUMC | 6-8 p.m.
- iv. MINDS MATTER RESOURCE FAIR – Sat., May 5<sup>th</sup> | Promenade | 12-4 p.m.
- v. \*INTERMOUNTAIN MENTAL HEALTH WEEK – May 14<sup>th</sup>-19<sup>th</sup>

**4. SOCIAL MEDIA/WEBSITE**

- a. Hope Is Alive! Open Mic Video (created by Shasta County Arts Council)

**5. RESOURCE SHARING**

- a. Suicide Prevention Workgroup | Amy Sturgeon

**6. COMMUNITY PLANNING AND COLLABORATION**

- a. Small Group Discussions
  - i. Minds Matter
  - ii. Get Better Together
  - iii. Living Brave
  - iv. Mental Health Solutions Conference
  - v. Recovery Happens

**REMINDER** The next Stand Against Stigma Committee meeting will be held Tuesday, March 13<sup>th</sup>, 2018, 1-2:30 p.m., at the Redding Library.