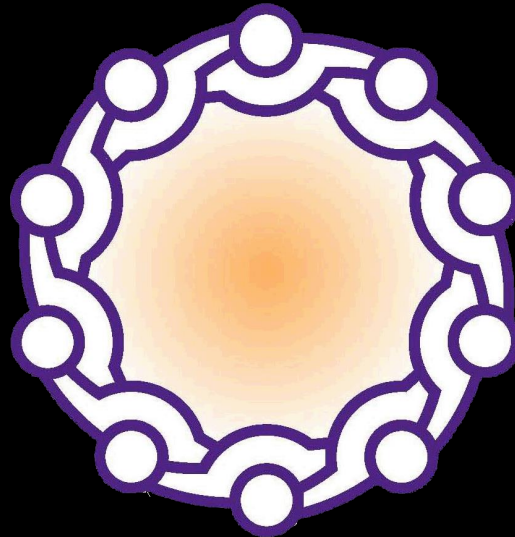


Community Education Committee

March 13, 2018



Stand Against Stigma
Changing minds about mental illness

StandAgainstStigma.com

Tony Pisciotta

Review of Events & Presentations

Presentations

- February – Redding Lions Club, Shasta County Mental Health CRRC, Institute of Technology, Project X
- March – Sociology of Minorities Class at Shasta College

Gallery

- Shasta County Admin (1450 Court St) Display Case

Events

- None

Community Outreach

- None

Upcoming Events & Presentations

Brave Faces Presentations

- March – Sociology of Minorities Class - 3/12; CRRC 3/23; Wright Education Services – 3/27; HHSA Office of the Director - 3/29;
- April – One Safe Place – 4/5; CIT Training – TBA; NAMI – TBA; CRRC - TBA
- May – Fall River AAUW 5/15; UPrep - 5/17; Foothill - TBA

Gallery Displays

- Shingletown Medical Center, Mountain Valley Medical Center, HHSA Office of the Director, Shasta County Admin Building

Events

- Becoming Brave Training on Disclosure – 3/31; June; October
- Hope Is Alive! Open Mic Night – Anderson Teen Center – 4/20
- Minds Matter Mental Health Fair – 5/5
- Brave Faces Forum on Rural Mental Health Issues – 5/15
- Brave Faces Forum on Gun Violence & Mental Illness – July; Opioid Addiction – November

Community Outreach

- Sportsman's Expo – 4/7 & 4/8
- Whole Earth and Watershed Festival – 4/21

Becoming Brave Training

Becoming Brave

Take control of your mental health story

The one-day training will cover 3 primary goals:

- Evaluating the costs/benefits of disclosing personal experience with mental health conditions.
- Developing strategies for safer disclosing.
- Crafting one's story into a meaningful message.



Stand Against Stigma
Changing minds about mental illness

When: 10 a.m. - 4 p.m. Saturday, Mar 31, 2018

Where: Mae Helene Bacon Boggs Building
2420 Breslauer Way, Redding

This is a **FREE** peer-led training.
Lunch is provided.

To RSVP or ask questions, contact Carrie Jo Diamond at
cdiamond@co.shasta.ca.us or (530) 229-8484.

Please RSVP by Mar 23, 2018.

www.standagainststigma.com



Health and Human
Services Agency

This project is funded by the Shasta County Mental Health Services Act.

- Saturday, March 31st
 - 10 a.m. -3 p.m
- RSVP by March 23rd

Minds Matter Mental Health Fair



Minds Matter!
12th Annual Mental Health Fair
and Music Festival

SAVE THE DATE!
Saturday, May 5, 2018
Downtown Promenade
Market St. and Tehama St.

12-3 p.m.
Resource Fair and
Cultural Performances

3-4 p.m.
Headline Music Acts


Stand Against Stigma
Changing minds about mental illness


COUNTY OF SHASTA
CALIFORNIA
Health and Human
Services Agency

The poster features a young child wearing sunglasses and holding a pink guitar, with a colorful brain graphic above their head. The background is a vibrant, abstract pattern of colors.

- Saturday, May 5th
 - 12-3 p.m. - Resource Fair and Cultural Performances
 - 3-4 p.m. – Headline Music Acts: Cold Sweat and Buckhorn Mountain Stompers
- Registration deadline April 1st!

In the works...

- Living Brave Quarterly Meetups
- Revitalizing the “Get Better Together” campaign and website for youth
- Video PSA on Accessing Mental Health Services in Shasta County
- Minds Matter TV Show and Podcast

Resource Sharing

Women's Connect

Women's Connect to Wellness & Recovery

*A free workshop for women about healthy living
and finding support in their community.*

Workshop Schedule:

Wednesday January 24th

Wednesday February 28th

Wednesday March 28th

Location & Time:

11 a.m. – 12 p.m.

Hill Country CARE Center 1401 Gold St. Redding

WomensConnectShasta.com

(530) 229-8431



Health and Human
Services Agency

Community Collaboration