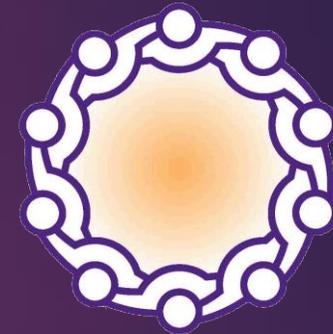


Stand Against Stigma Committee

AUGUST 14, 2018



Stand Against Stigma
Changing minds about mental illness



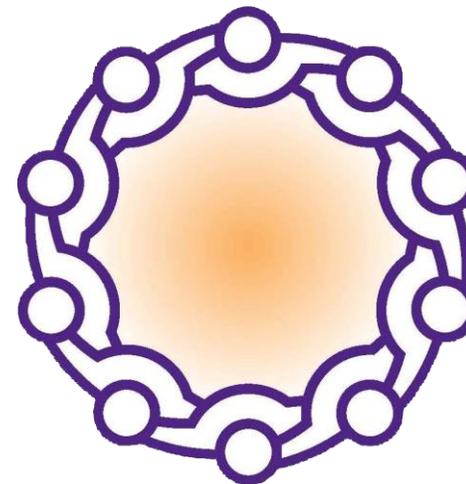
“ The Stand Against Stigma Committee works to promote mental wellness, increase community awareness of mental health, and end the stigma surrounding mental illness and substance abuse. ”

MISSION STATEMENT

Introductions

- ▶ Name
- ▶ Title and organization
 - ▶ Members of the community are welcome too!
- ▶ What do you do to support mental wellness and destigmatize mental health challenges?

Updates



Stand Against Stigma
Changing minds about mental illness

July-August in Review

Speaking Engagements

- July
 - Social Security Administration
 - Simpson College Masters in Counseling Class
- August
 - Presentations cancelled or rescheduled due to Carr Fire

Events & Trainings

- July
 - Hope Is Alive! Open Mic Night (7/13)
- August
 - Becoming Brave Training (8/4)
*Cancelled due to Carr Fire

Community Outreach

- July
 - Pit River Good Medicine Health Fair (7/13)
- August
 - Discover Health Fair(8/1) *Converted into Carr Fire resource table

Upcoming Activities

Speaking Engagements

- September
 - HHSa Tobacco & Obesity Prevention Unit (9/11)
- October
 - HHSa Clerical All Staff (10/4)
 - CAPCC AmeriCorps (10/5)
 - Shasta College Sociology of Gender Class (10/11)

Events & Trainings

- September
 - Recovery Happens
 - Saturday, September 29th, 10 a.m.-2 p.m. at the Lake Redding Park Gazebo
 - Next planning meeting is Thursday, August 16th, 3-4 p.m. at the CARE Center

Community Outreach

- August
 - Shasta College Welcome Day (8/29)
- September
 - Out of the Darkness Walk (9/8)
 - Project Homeless Connect (9/12)- ??
 - Redding LGBTQ+ Pride (9/22) *Need volunteers*

Gallery

- ▶ HHS Office of the Director
- ▶ Shingletown Medical Center
- ▶ Mountain Valley Medical Center (Burney)
- ▶ Circle of Friends
- ▶ Wintu Museum
- ▶ Redding First Church of Nazarene

EXIT

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ALL TIMES

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Changing minds about mental illness.

WHAT IS STIGMA?

About one in four people will struggle with a mental illness every year, and about 40 people in Shasta County die by suicide every year. Because of shame and discrimination associated with mental health problems, many people don't seek the help they need.

The Brave Faces Portrait Gallery and True Colors Art Gallery use true stories of hope and recovery to fight stigma by improving our understanding of mental illness and suicide.

CRYSTAL JOHNSON SPEAKS ABOUT WOMEN'S CONNECT AND BREAKING THE CYCLE OF ADDICTION



Website

WWW.STANDAGAINSTSTIGMA.COM

FOLLOW US



SIGN UP FOR E-UPDATES!

Email Address

NEED HELP NOW?

 [Call the National Suicide Prevention Lifeline](#)

 **1-800-273-TALK**

"When I made the commitment to get clean, I was really scared to talk to anyone face-to-face with the issues I was having or the fact I didn't know where to get help. If I could have accessed a website with all

Social Media



Facebook

I Am / Was Homeless
Video



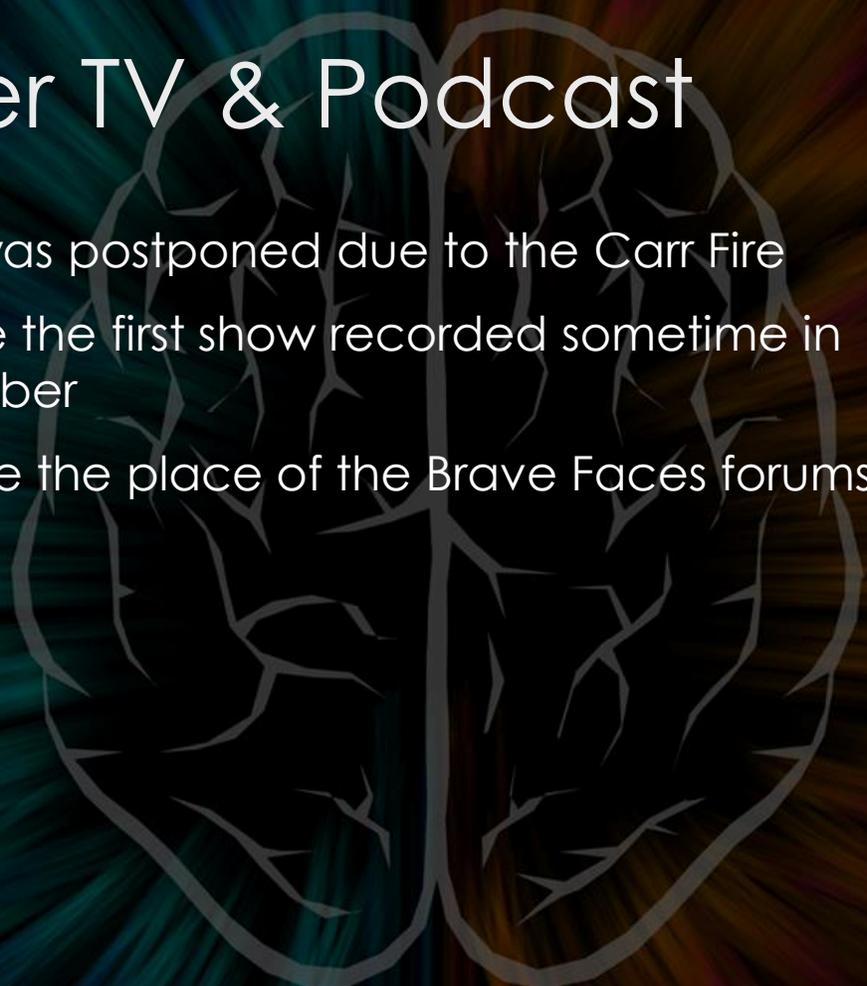
Instagram

No updates for now



YouTube

Videos are currently
available on the Shasta
HHSa YouTube.



Minds Matter TV & Podcast

- ▶ Production run was postponed due to the Carr Fire
- ▶ Shooting to have the first show recorded sometime in October/November
- ▶ The show will take the place of the Brave Faces forums for the time being

Resource Sharing

SHASTA COUNTY & THE CITY OF REDDING, CA

Carr Fire Recovery Info

Mental Health & Wellness Services



Carr Fire Recovery Website

WWW.SHASTAREDDINGRECOVERS.ORG

The purpose of this site is to provide Shasta County and the City of Redding residents with information about mental health and wellness.



COUNTY OF SONOMA
CITY OF SANTA ROSA

SonomaCountyRecovers: Official recovery information for Sonoma County fires

Additional Resources

Sonoma Recovery Website

Additional Resources / Mental Health & Wellness

WWW.SONOMACOUNTYRECOVERS.ORG

Mental Health & Wellness

When we experience a disaster, people react with increased anxiety, worry and anger. With community and family support, most of us bounce back. Some of us, however, may need extra

Checking In

Anyone who sees or experiences the destruction of a natural disaster can be affected in some way

- ▶ Most stress symptoms are temporary and will resolve on their own in a fairly short period of time
- ▶ When symptoms last longer, weeks or even months, they may begin to influence relationships with family and friends, and it is important to seek help
- ▶ Children and teens may have more difficulty with emotional distress than adults

Source – <https://www.samhsa.gov/find-help/disaster-distress-helpline/warning-signs-risk-factors>

Checking In

Reflecting on our
experiences with the
Carr Fire

- ▶ Recovery from the impact of the Carr Fire will take a community effort
- ▶ By sharing our experiences and resources, we can begin to inventory what kinds of support will be needed for our community

Checking In

Reflecting on our
experiences with the
Carr Fire

▶ Guidelines

- ▶ Sharing is completely optional
- ▶ Be conscious that some in the room may have lost their homes
- ▶ Uphold confidentiality
- ▶ This is an exercise in listening – do not interrupt
- ▶ Speak from your own experience
- ▶ Try to keep your response to 2-3 minutes
- ▶ Stay on topic



What facts do we know about our situation?



What are your concerns?



What gives you hope?

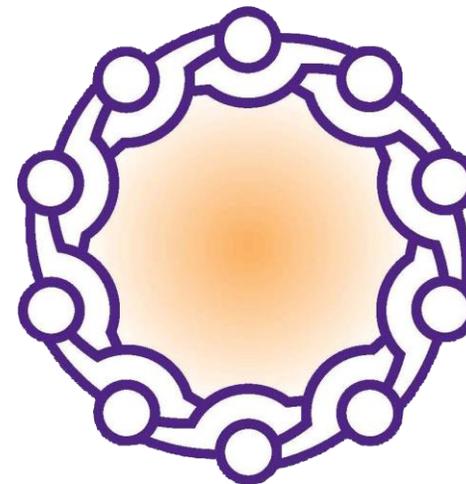


What insights are beginning to emerge?



What steps can we take to support
our community?

Thank You



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