

Stand Against Stigma Committee
Hill Country CARE Center - 1401 Gold St.
Minutes
September 11, 2018

Mission statement: 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.

Committee Members – Connie Webber (EMRA, RN, MHADAB Member), Jeanine Gonzales (Circle of Friends), Dan Trott (Circle of Friends), Tina Short (Program Coordinator Olberg Wellness Center)
Shasta HHSa Staff – Kim Limon (HHSa Adult Services), Courtney Parker (HHSa Peer Support Specialist).

Agenda Item	Discussion	Notes & Actions	Individuals Commenting
1. Welcome & Introductions			
2. Special Guest and/ or Presentation	Presentation by Connie Webber, North American Mental Health Services, Stigma and the Disabled Community	Connie Webber, a registered nurse and MHADAB board member presented on stigma and the disabled community. Her specialty is the developmentally disabled who have cooccurring disorders, a population she works with at North American Mental Health. Those with developmental disabilities have a 35% higher chance of having a mental illness. People with disabilities also have increased chances of being abused, especially those who are lower functioning, struggle to communicate or are nonverbal. The stigma against those in this community still permeates. Connie suggested developing stigma trainings for providers as an outreach goal.	
3. August/ September in Review	<p>Speaking Engagements</p> <ul style="list-style-type: none"> • August – Presentations cancelled due to the Carr Fire <p>Events</p> <ul style="list-style-type: none"> • Events cancelled due to Carr Fire <p>Community Outreach</p> <ul style="list-style-type: none"> • Shasta College Welcome Day 8/29 	<p>Due to the Carr Fire, Stand Against Stigma activities were slow during August. Presentations were cancelled. Stress levels of both the speakers and audiences could be elevated because of disaster distress. The August 4th Becoming Brave training was also cancelled in August for similar reasons, but also because the Stand Against Stigma Coordinator had disaster response related duties.</p> <p>Community outreach at the Shasta College Welcome Day did go as planned, however the Out of the Darkness Walk was postponed due to air quality conditions from the Delta Fire.</p>	

<p>4. Upcoming Events, Presentations and Outreach</p>	<p>Speaking Engagements</p> <ul style="list-style-type: none"> September – HHSa TOP Unit October – HHSa Clerical All Staff (10/4) CAPCC AmeriCorps Orientation (10/6), Shasta College Sociology of Gender Class (10/11) <p>Events (* = Tentative)</p> <ul style="list-style-type: none"> September – <i>Recovery Happens</i> – Saturday 9/29, 10 a.m.-2 p.m., at the Lake Redding Park Gazebo <ul style="list-style-type: none"> Next planning meeting 9/13, 3-4 p.m. in the Redding Library’s Fireside Room Booth application available now, space is very limited. May – <i>*Minds Matter (*Tentative)</i> – Friday, May 10th, 5-9 p.m. at the Sundial Bridge; Resource Fair 5-9 p.m., Headline Musical Acts 5-6 p.m., Hope Is Alive! Open Mic 6-9 p.m. <p>Community Outreach</p> <ul style="list-style-type: none"> September – Out of the Darkness Walk (9/8), Project Homeless Connect (9/12), CalTrans Employee Resource Fair (9/12), Redding LGBTQ+ Pride Festival (9/22), Recovery Happens (9/29) October – Music in the Park (10/6) 	<p>Carrie Jo gave updates on upcoming Stand Against Stigma activities.</p> <p>There was a little concern that the Recovery Happens Celebration would be postponed or cancelled, but there is hope that the smoke will clear by Sept. 29th.</p>	
<p>5. Gallery</p>	<p>New portraits</p> <ul style="list-style-type: none"> Cherish Padro <p>Currently on display at</p> <ul style="list-style-type: none"> Shingletown Medical Center, Mountain Valley Medical Center, HHSa Office of the Director, Wintu Museum, WHS, Opportunity Center, 	<p>Cherish Padro’s gallery and oral history are in progress and will hopefully be ready by the next meeting. Carrie Jo will invite her to be the next meetings guest speaker.</p>	

	One Safe Place and Anderson Teen Center, Circle of Friends		
6. Social Media/Website	<p>Facebook</p> <ul style="list-style-type: none"> • Mental Illness Awareness Week October 7th-13th <ul style="list-style-type: none"> ○ Short videos highlighting the more stigmatized and misunderstood diagnoses – OCD, Bipolar, Schizophrenia, Borderline Personality Disorder, <p>Instagram</p> <ul style="list-style-type: none"> • Mental Illness Awareness Week <ul style="list-style-type: none"> ○ Memes highlighting myths about mental illness <p>Website</p> <ul style="list-style-type: none"> • Revamp expected to start in November 	<p>Carrie Jo reminded the committee that Mental Illness Awareness Week is Oct. 7th-13th. The intention was to have a mini-campaign, however duties related to the fires took up much of the time that could have been invested in it. The idea will be revisited next year.</p> <p>Website revamp may be postponed for a while as the IT department has been heavily tasked.</p>	
7. Minds Matter TV/Podcast	<p>Production Test Run - postponed due to Carr Fire and hoping to have the first show produced by October or November. * Note - The show will take the place of the Brave Faces Forums for the time being.</p>		
8. Resource Sharing	<p>Community Partner Updates – Open to all</p> <p>Carr Fire Recovery Mental Health Related Resources</p> <ul style="list-style-type: none"> • www.shastareddingrecovers.org • California Hope (NVCSS) 		
9. Community Planning, Education and Collaboration	<p>Discussion (*time permitting) – Stigma and Vulnerability; TEDx Talk - Brene Brown “The Power of Vulnerability”</p>	<p>The meeting concluded with a viewing of Brene Brown’s TEDx Talk on Vulnerability. The video can be seen here: https://www.ted.com/talks/brene_brown_on_vulnerability?language=en</p>	