

Stand Against Stigma Committee
Hill Country CARE Center - 1401 Gold St.

AGENDA
October 9, 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 – Robin Ivins (Rancheria Headstart), Jeanine Gonzales (Circle of Friends), Shiree Hardma (Circle of Friends), Cherish Padro (Shasta College/Brave Face), Tina Short (Olberg Wellness Center), Monique Welin (Mom)

Shasta HHSa Staff – Cory Brown (HHSa Program and Policy Analyst), Courtney Parker (HHSa Peer Support Specialist), Tracy Osterday (HHSa PHN), Haley Cervenka (HHSa PHA), Lindsay Tibbetts (HHSa CES)

Agenda Item	Discussion	Notes & Actions	Individuals Commenting
1. Welcome & Introductions	Your name, role in the community and what you are doing to fight stigma.		
2. Special Guest and/ or Presentation	Brave Faces Talk & Gallery Premiere – Cherish Padro	<p>Cherish shared her personal journey with recovery from bipolar disorder and talked about the stigma she faced from family and her church.</p> <p>Cherish’s gallery is still in progress, so there was no gallery premiere at this meeting.</p> <p>*Updated – Cherish’s online gallery is now featured on www.standagainststigma.com.</p>	
3. September/ October in Review	<p>Speaking Engagements</p> <ul style="list-style-type: none"> • September – HHSa Tobacco & Obesity Prevention Unit (9/11), Shasta College Sociology of Minorities (9/27), District Attorney’s Office Victim Advocates (9/28) • October – HHSa Clerical All Staff (10/4), Shasta CAPCC AmeriCorps Orientation (10/5) <p>Events</p> <ul style="list-style-type: none"> • Recovery Happens – 9/29 <p>Community Outreach</p>	<p>Carrie Jo reviewed Stand Against Stigma activities that happened in September and early October. This was a busier than expected time for Brave Faces talks, given the impact of the Carr Fire.</p> <p>The Recovery Happens event on September 29th was very successful and well attended. Between 200-300 people participated and 15 supportive organizations had information tables at the event. The snow cones and BBQ were a big hit, as was the live music and DJ. The location worked very well. After people had their fill of BBQ many found a comfortable spot to relax in the grassy field. Some played Frisbee. Overall, a very relaxing afternoon for everyone. We also did an interactive sign activity where people wrote how many hours, days, month or years that they had been in recovery. This year’s total</p>	

	<ul style="list-style-type: none"> • CalTrans Employee Resource Fair 9/12, Redding LGBTQ+ Pride 9/22 	<p>amongst all of those that participated in the activity was 330 year. The shortest time someone had been in recovery was 1 day and the longest was 45 years. A video clip of the event can be found on the Shasta HHSa Facebook page: https://www.facebook.com/shastahhsa/videos/169768157274360/</p> <p>Not mentioned on the agenda, but talked about in the meeting was the Circle of Friends Wellness Center’s 10-year anniversary celebration that happed on September 12th. A video with a few highlights from the presentation can be found on the Shasta HHSa Facebook Page: https://www.facebook.com/shastahhsa/videos/299104730904431/</p>	
<p>4. Upcoming Events, Presentations and Outreach</p>	<p>Speaking Engagements</p> <ul style="list-style-type: none"> • November – Healthy Shasta (11/21), MAT for Addiction in Correctional Settings (11/29) <p>Events (* = Tentative)</p> <ul style="list-style-type: none"> • November <ul style="list-style-type: none"> ○ <i>Becoming Brave Training</i> – Saturday, Nov. 3rd, 10 a.m.-4 p.m., at the Boggs Building 2420 Breslauer, Redding ○ <i>Hope Is Alive! Open Mic</i> – Friday, Nov. 9th, performer check in at 5:30 p.m., open mic 6-9 p.m. at Old City Hall 1313 Market St., Redding • 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"> • October – Out of the Darkness Walk (10/14) 	<p>Carrie Jo talked about upcoming activities.</p>	
<p>5. Gallery</p>	<p>New portraits</p> <ul style="list-style-type: none"> • Cherish Padro • Coming soon – David Wharton & Chris Paradis 	<p>Carrie Jo gave an update on the gallery. Cherish Padro’s gallery will be available soon, as will 3 sets of portraits that are currently hanging in Mountain Valley Medical Center that are coming down after Oct.</p>	

	<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, One Safe Place and Anderson Teen Center, Circle of Friends • 3 sets of portraits will be available after the October 22nd 	<p>22nd. David Wharton’s portraits have been taken and an oral history will be scheduled soon.</p>	
6. Social Media/Website	<p>Facebook</p> <ul style="list-style-type: none"> • Recovery Happens highlights • Minds Matter trailer (coming soon) • Facebook events for Hope Is Alive! and Becoming Brave <p>Instagram</p> <ul style="list-style-type: none"> • @shastabravefaces <p>Website</p> <ul style="list-style-type: none"> • Revamp expected to start in November 	<p>Carrie Jo gave updates on Stand Against Stigma social media posts. The www.standagainststigma.com website revamp had to be postponed. IT has been very busy with Carr Fire related duties.</p>	
7. Minds Matter TV/Podcast	<p>First show scheduled to be produced on Oct. 15th and expected to air in November – Stay tuned!</p>	<p>Minds Matter TV/Podcast production is expected to start mid-October. The show will be recorded in the Shasta County Arts Council’s studio. It may take a while for the production process to ironed out, but there is hope shows will be ready to go within the next few months.</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 Shasta Update (NVCSS) 	<p>Carrie Jo gave updates on Cal HOPE Shasta. It is an emotional support program for Carr Fire survivors and is expected to be launched later in the month. Also, www.shastareddingrecovers.org has a list of mental health resources that will continually be updated throughout the rebuilding process.</p>	
9. Community Planning, Education and Collaboration	<p>Discussion (*time permitting) – How do we destigmatize getting treatment for those affected by the fires? Particularly, those who want to “tough it out” and resist the idea of getting care.</p>	<p>The committee came up with suggestions for places to target outreach too, including the Debris Removal Center, deaf and hard of hearing communities, and possibly get information out to outreach workers around compassion fatigue. One person on the committee also noted that veterans were significantly impacted by the fire and could use additional support.</p>	

