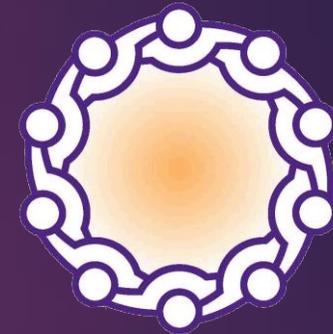


# Stand Against Stigma Committee

OCTOBER 9, 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



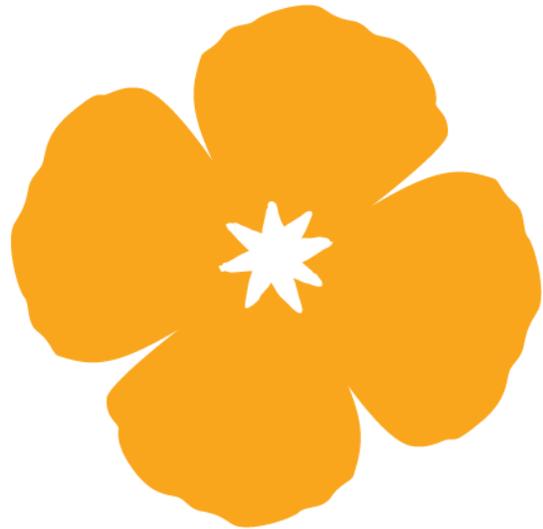
# Introductions

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

# Guest Presentation

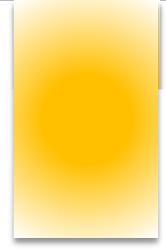
Cal HOPE Shasta



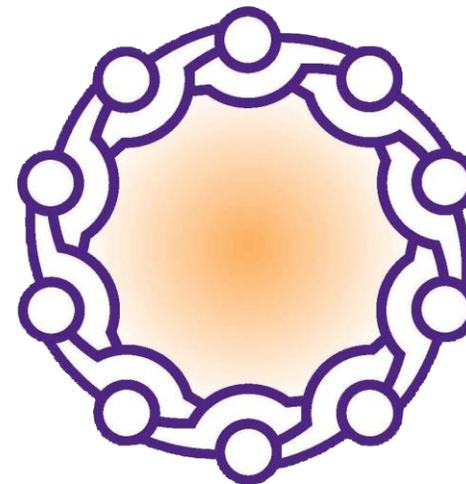


# California HOPE of Shasta

[CALHOPESHASTA.COM](http://CALHOPESHASTA.COM)



# Updates



**Stand Against Stigma**  
*Changing minds about mental illness*

# October-November in Review

## Speaking Engagements

- **October** – HHSa Clerical All Staff (10/4), Shasta CAPCC AmeriCorps Orientation (10/5); CHYBA MHSA Academy (10/29)

## Events & Trainings

- **November**
  - ***Becoming Brave Training*** – Saturday, Nov. 3<sup>rd</sup>, 10 a.m.-4 p.m., at the Boggs Building 2420 Breslauer, Redding
  - ***Hope Is Alive! Open Mic*** – Friday, Nov. 9<sup>th</sup>, performer check in at 5:30 p.m., open mic 6-9 p.m. at Old City Hall 1313 Market St., Redding

## Community Outreach

- **October**
  - Out of the Darkness Walk (10/14)

# Upcoming Activities

## Speaking Engagements

- **November-** MHSA Academy (11/16); Healthy Shasta (11/21), One Safe Place (11/28); MAT for Addiction in Correctional Settings (11/29); National University Social Work Class (12/5)

## Events & Trainings

### January & February

*\*Becoming Brave – Saturday, 1/12/19 – 10 a.m.-4 p.m. at the Boggs Building (2420 Breslauer)*

*\*Hope Is Alive! Open Mic – February*

### May

*\*Minds Matter (\*Tentative) – Friday, May 10<sup>th</sup>, 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.*

*\*Intermountain Mental Health Week – 5/13-5/18*

## Community Outreach

### ▪ January

- Redding Health Expo (1/5-1/6/2019)



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](http://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

Sharing one Brave Faces story a week.

Look for event posting for next Becoming Brave & Hope Is Alive! Open Mic



## Instagram

Cherish Padro's Story  
Also sharing one Brave Faces story a week.



## YouTube

Videos are currently available on the Shasta HHSA YouTube.



# Minds Matter TV & Podcast

- ▶ Shooting to have the first show recorded sometime in December.
- ▶ 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

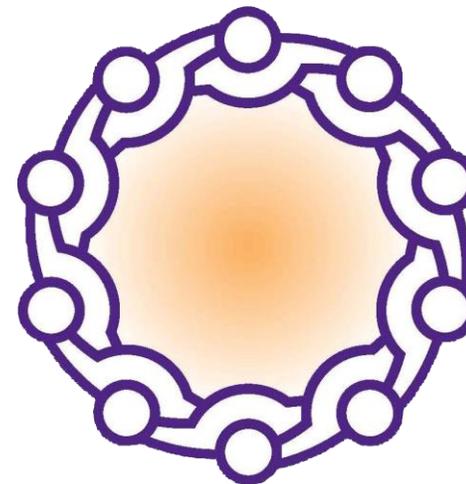


# Carr Fire Recovery Website

[WWW.SHASTAREDDINGRECOVERS.ORG](http://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.

Thank You



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