

**Stand Against Stigma Committee**  
**Hill Country CARE Center - 1400 Gold St.**

**AGENDA**

**November 13, 2018**

**1:30-2:30 p.m.**

**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** – James Daniels (MHSA Academy Volunteer); Tony Pisciotta (CAPCC AmeriCorps); Bernadette Bird (Circle of Friends); April DeMercurio (NCVSS - Cal HOPE Shasta); Briana Perez (NVCSS – Cal HOPE Shasta); Tina Short (Olberg Wellness Center); Maura Curry MHSA Academy Volunteer)

**Shasta HHS Staff** – Lindsay Tibbetts (Suicide Prevention CES); Tracy Osterday (Public Health); Hayley Cervenka (Public Health); (Jacob Hahn, OPE Analyst)

Agenda Item	Discussion	Notes & Actions	Individuals Commenting
1. Welcome & Introductions	<i><b>Your name, role in the community and what you are doing to fight stigma.</b></i>		All present
2. Special Guest and/ or Presentation	<b>Cal HOPE Shasta</b> , Emotional support and resource linkage for Carr Fire survivors.	<p>Cal HOPE Shasta is a FEMA funded program providing emotional support and resource navigation to Carr Fire survivors. Team members will meet people wherever they want in the community to listen and discuss resources. The program is funded approximately one year. There are no office hours, all services are provided out in the community. Team members have been canvassing affected neighborhoods, tabling at outreach events and distributing materials throughout the community. More information about the program can be found at <a href="http://www.calhopeshasta.com">www.calhopeshasta.com</a> or by calling (530) 638-6011.</p> <p>April and Briana also spoke about what needs they have been seeing out in the community. Current survivor concerns include clean up and protecting their property from debris flow. Winter clothing, especially jackets are in demand. Also, residents in</p>	<p>April DeMercurio, NCVSS - Cal HOPE Shasta</p> <p>Briana Perez, NVCSS – Cal HOPE Shasta</p>

		<p>the more rural/low-income parts of the affected community, like Keswick and Old Shasta, are feeling forgotten and overwhelmed.</p> <p>April also talked about the newly formed Community Recovery Team, which is a local group of businesses, non-profits, and government agencies that are raising money to and providing resources to Carr and Delta Fire survivors. More information can be found at <a href="http://www.norcalcrt.org">www.norcalcrt.org</a>.</p>	
3. October/November in Review	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>October – HHSa Clerical All Staff (10/4), Shasta CAPCC AmeriCorps Orientation (10/5); CHYBA MHSA Academy (10/29);</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>October – Out of the Darkness Walk (10/14)</li> </ul> <p><b>Events</b></p> <ul style="list-style-type: none"> <li>November <ul style="list-style-type: none"> <li><i>Becoming Brave Training</i> – Saturday, Nov. 3<sup>rd</sup>, 10 a.m.-4 p.m., at the Boggs Building 2420 Breslauer, Redding.</li> <li><i>Hope Is Alive! Open Mic</i> – 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</li> </ul> </li> </ul>	Updates	Carrie Jo Diamond, CES and Stand Against Stigma Coordinator
4. Upcoming Events, Presentations and Outreach	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>November – MHSA Academy (11/16); Healthy Shasta (11/21), One Safe Place (11/28); MAT for Addiction in Correctional Settings (11/29);</li> <li></li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>January – Redding Health Expo (1/5-1/6)</li> </ul> <p><b>Events (* = Tentative)</b></p> <ul style="list-style-type: none"> <li>January <ul style="list-style-type: none"> <li><i>*Becoming Brave – Saturday, 1/12/19 – 10 a.m.-4 p.m. at the Boggs Building (2420 Breslauer)</i></li> <li><i>*Hope Is Alive! Open Mic – February (?)</i></li> </ul> </li> </ul>	Updates	Carrie Jo Diamond, CES and Stand Against Stigma Coordinator

	<ul style="list-style-type: none"> <li>• May <ul style="list-style-type: none"> <li>○ <b><i>*Minds Matter (*Tentative)</i></b> – 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.</li> <li>○ <b><i>*Intermountain Mental Health Week</i></b> – 5/13-5/18 – Stand Against Stigma Meeting, Resilience Screening (ACEs), Hope Is Alive! Open Mic, Mental Health First Aid Training (?), Brave Faces presentations at the schools (?)</li> </ul> </li> </ul>		
5. Gallery	<p><b>New portraits</b></p> <ul style="list-style-type: none"> <li>• Coming soon – David Wharton &amp; Chris Paradis</li> </ul> <p><b>Currently on display at</b></p> <ul style="list-style-type: none"> <li>• 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</li> <li>• 4 sets of portraits need a temporary home.</li> </ul>	Updates	Carrie Jo Diamond, CES and Stand Against Stigma Coordinator
6. Social Media/Website	<p><b>Facebook</b></p> <ul style="list-style-type: none"> <li>• Minds Matter trailer (coming soon)</li> <li>• Facebook events for Hope Is Alive! and Becoming Brave</li> </ul> <p><b>Instagram</b></p> <ul style="list-style-type: none"> <li>• Cherish Padro’s story</li> </ul> <p><b>Website</b></p> <ul style="list-style-type: none"> <li>• Revamp expected soon and will include Minds Matter Media</li> </ul>	Updates	Carrie Jo Diamond, CES and Stand Against Stigma Coordinator
7. Minds Matter TV/Podcast	<p><b>First show re-scheduled to be produced in Nov. and expected to air in December</b> – Stay tuned!</p>	Updates	Carrie Jo Diamond, CES and Stand Against Stigma Coordinator
8. Resource Sharing	<p><b>Community Partner Updates</b> – Open to all</p> <p><b>Carr Fire Recovery Mental Health Related Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.shastareddingrecovers.org">www.shastareddingrecovers.org</a></li> <li>• California HOPE Shasta Update (NVCSS)</li> </ul>	Updates	Carrie Jo Diamond, CES and Stand Against Stigma Coordinator

9. Community Planning, Education and Collaboration	<b>Discussion (*time permitting)</b> – Visioning Meeting (*July 9, 2019) – consensus workshop and action planning – All day meeting.	Carrie Jo asked the committee if they thought a “Visioning Meeting” would be valuable use of their time, and if they would commit to an all-day workshop. The consensus was “yes.” The meeting will take the place of the July 9,2019 meeting.	All present
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