

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

December 11, 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** - Connie Webber EMRA, RN (MHADAB); Kendra Brown (MHSA), Amanda Cornell (Community Member), Art Sevilla (Assistant Director, Empire Recovery Center), Katie Sears (Case Manager SCHC).

**Shasta HHSA Staff** - Kimberly Limon, (HHSA Mental Health), Courtney Parker (HHSA Peer Support), Danielle Lazarus (HHSA Healthy & Safe Families), Tracy Osterday (HHSA Public Health Nurse), Gene Ward (HHSA Community Mental Health Worker).

Agenda Item	Discussion	Notes & Actions	Individuals Commenting
1. Welcome & Introductions	<i>Your name, role in the community and what you are doing to fight stigma.</i>		
2. Special Guest and/ or Presentation	<b>Brave Faces Story</b> - Welcome new Brave Faces Advocate, Emalee Mims.		
3. November/ December in Review	<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), Medication Assisted Treatment Collaborative (11/29)</li> <li>• December - National University (12/5)</li> </ul>	Carrie Jo provided updates on Stand Against Stigma activities since the last meeting.	Carrie Jo Diamond, CES Stand Against Stigma Coordinator

	<p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>December - Promotores Open House Carnival - Hmong/Mein Community (12/8)</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>		
<p>4. Upcoming Events, Presentations and Outreach</p>	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>December - Anderson Union High School District Alt. Ed. (12/14)</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</i> - Saturday, 1/12/19 - 10 a.m.-4 p.m. at the Boggs Building (2420 Breslauer)</li> <li><i>*Hope Is Alive! Open Mic</i> - February (?)</li> </ul> </li> <li>May <ul style="list-style-type: none"> <li><i>*Minds Matter (*Tentative)</i> - Friday, May 10<sup>th</sup>, 5-9 p.m. at the Sundial Bridge;</li> </ul> </li> </ul>	<p>Carrie Jo provided updates on upcoming Stand Against Stigma Activities.</p>	<p>Carrie Jo Diamond, CES Stand Against Stigma Coordinator</p>

	<p>Resource Fair 5-9 p.m., Headline Musical Acts 5-6 p.m., Hope Is Alive! Open Mic 6-9 p.m.</p> <ul style="list-style-type: none"> <li>○ <i>*Intermountain Mental Health Week - 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 (?)</i></li> <li>● July <ul style="list-style-type: none"> <li>○ <i>Stand Against Stigma Visioning Meeting - Tuesday, July 9, 2019, 8 a.m.- 5 p.m., Location TBA.</i></li> </ul> </li> </ul>		
<p>5. Gallery</p>	<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, HHSA Office of the Director, Wintu Museum, WHS, Opportunity Center, One Safe Place and Anderson Teen Center, Circle of Friends</li> </ul> <p><b>Soon to be on display at:</b></p> <ul style="list-style-type: none"> <li>● Shasta County Admin Building (1/2-3/31/2019)</li> </ul>	<p>Carrie Jo informed the committee that Cherish Padro's and (hopefully) David Wharton's portrait galleries will be on display at the County Admin Building starting the first week of January to the end of March.</p>	<p>Carrie Jo Diamond, CES Stand Against Stigma Coordinator</p>

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! Open Mic 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>	Carrie Jo provided updates on social media and online outreach efforts.	Carrie Jo Diamond, CES Stand Against Stigma Coordinator
7. Minds Matter TV/Podcast	<ul style="list-style-type: none"> <li>• <b>Housing as Treatment for Mental Health Issues</b> with Chante Catt and Donnell Ewert - currently being edited.</li> <li>• <b>ACEs</b> with Crystal Johnson and Rick Crowley - scheduling re-shoot.</li> <li>• <b>Minds Matter TV Trailer</b> - coming soon to social media.</li> </ul>	Carrie Jo provided an update on Minds Matter TV and Podcast production. Two shows have been taped and are in post-production. Estimate date they will be released is 1-15-2019.	Carrie Jo Diamond, CES 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> <li>• Reminder to check in with others - 5-6 months after a traumatic event is when PTSD symptoms set in.</li> </ul>	<p>Art Sevilla, Assistant Director at Empire Recovery Center spoke about the Sobering Center approved by the Board of Supervisors earlier in that day.</p> <p>Under the contract, Empire Recovery Center will take in people who have been picked up by law enforcement for being under the influence or who have been medically cleared from hospital emergency rooms for drug-related issues. Once there, Empire staff will give people 6-10 hours to "sleep it off," and may be offered something to eat and/or a shower.</p>	Art Sevilla, Empire Recovery Center Assistant Director

		<p>Most importantly, people at the Sobering Center will be in conversation with a drug and alcohol counselor, and they can start the, “maybe it’s time you for you to consider treatment,” conversation and get them connected to services quickly.</p> <p>The current model is a pilot program, and will be a testing ground to determine if a full Sobering Center, requiring a medical facility and staff, should be pursued.</p> <p>The service is for people dealing with alcohol issues and they will not be taking walk-in’s.</p>	
<p>9. Community Planning, Education and Collaboration</p>	<p><b>None</b></p>		