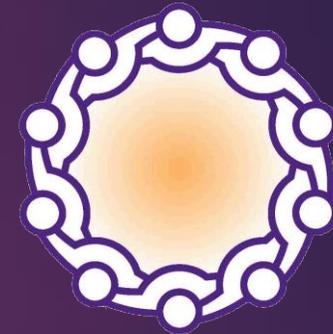


Stand Against Stigma Committee

DECEMBER 11, 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

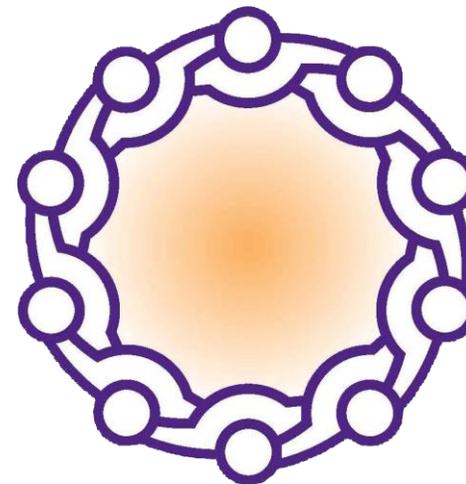
- ▶ Name
- ▶ Title and organization
 - ▶ Members of the community are welcome too!
- ▶ What do you do to support mental wellness and destigmatize mental health challenges?

Guest Presentation

Emalee Mims,
Brave Face



Updates



Stand Against Stigma
Changing minds about mental illness

October-November in Review

Speaking Engagements

- **November** – MHSA Academy (11/16), Healthy Shasta (11/21), One Safe Place (11/28), Medication Assisted Treatment Collaborative (11/29)
- **December** – National University (12/5)

Events & Trainings

- **November**
 - **Becoming Brave Training** – Saturday, Nov. 3rd, 10 a.m.-4 p.m., at the Boggs Building 2420 Breslauer, Redding
 - **Hope Is Alive! Open Mic** – 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

Community Outreach

- **December** – Promotores Open House Carnival – Hmong/Mein Community (12/8)

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** – Friday, 2/22/2019 – 6-9 p.m., 5:30 p.m. performer sign in at Old City Hall.

May

- **Minds Matter (*Tentative)** – 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.
- **Intermountain Mental Health Week** – 5/13-5/18

Community Outreach

January

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

Gallery

- ▶ HHS Office of the Director
- ▶ Shingletown Medical Center
- ▶ Circle of Friends
- ▶ Wintu Museum
- ▶ Redding First Church of Nazarene
- ▶ Shasta County Admin Building (1450 Court St.) – Jan. 2nd – Mar. 31st

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

FOLLOW US



SIGN UP FOR E-UPDATES!

Email Address

Subscribe

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

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



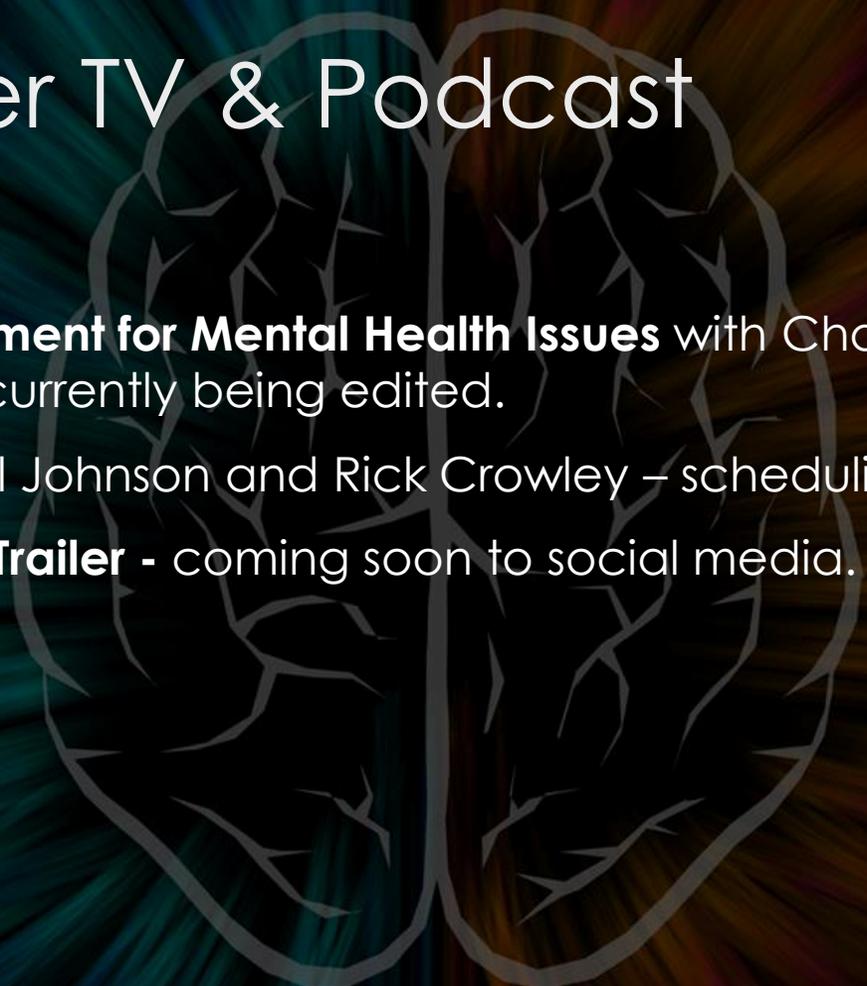
Instagram

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

- ▶ **Housing as Treatment for Mental Health Issues** with Chante Catt and Donnell Ewert – currently being edited.
- ▶ **ACEs** with Crystal Johnson and Rick Crowley – scheduling re-shoot.
- ▶ **Minds Matter TV Trailer** - coming soon to social media.

**Do you
have a
prescription
painkiller
recovery
story?**



**We're making testimonial videos aimed to
promote safe prescribing and treatment
for opioid addiction.**

**If you're interested in sharing your story,
contact Marc at
mdadigan@co.shasta.ca.us
or 225-5970.**



**Shasta County
Health & Human
Services Agency**

Resource Sharing

SHASTA COUNTY & THE CITY OF REDDING, CA

Carr Fire Recovery Info

Mental Health & Wellness Services

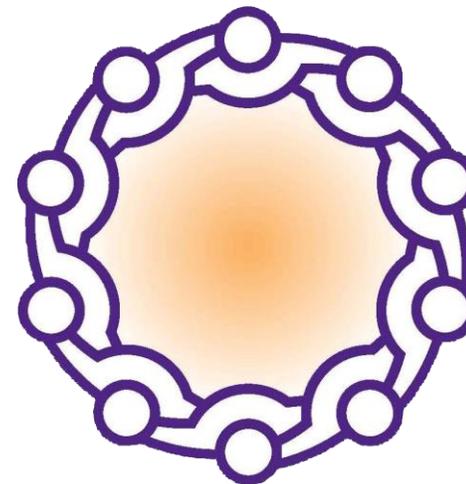


Carr Fire Recovery Website

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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