

**Community Education Committee (CEC)  
Redding Library, Foundation Room - 1100 Parkview Ave.**

**MINUTES**

**December 12, 2017**

CEC Members – Clyde Tibbett, Robin Ivans, Dan Trott, James Daniels, Andres Fuhrmann

Shasta HSA Staff – Sam Hummel, Kathleen Deter, Amy Sturgeon, Alex Dunbar, Lindsay Tibbett, Tracy Osterday, Carrie Jo Diamond

| Agenda Item                  | Discussion   | Action | Individual Responsible  |
|------------------------------|--|--------|---|
| 1. Welcome and Introductions | Carrie Jo welcomed everyone to the meeting and asked attendees to introduce themselves.  |        | Carrie Jo, Stand Against Stigma Coordinator   |
| 2. Brave Faces Story         | New Brave Faces speaker, Aiden Mares, a local parent and transgender advocate shared his journey with depression and transition. Several attendees asked questions.  |        | Carrie Jo, Stand Against Stigma Coordinator and Aiden Mares, Brave Face   |
| 3. Oct/Nov in Review         | <p>Carrie Jo provided a review of Stand Against Stigma activities that happened since the last meeting, including Brave Faces presentations at Simpson College and National University, the gallery install at Mountain Valley Health Center, and outreach tables at the Sam Quinones Forum on Opioid Abuse and the MLK Resource Fair.</p> <p>Attendees also gave feedback on the Dec. 5<sup>th</sup> Facing ACEs Forum. Carrie Jo said the forum was very well attended, that all the panelists made important contributions and the audience asked thoughtful questions. Clyde Tibbett commented that he thought a more traditional panel format would have allowed the audience to interact more with the panelists. Carrie Jo brought up the purpose of the “fish bowl” format was to give power and a sense of safety to the Brave Faces sharing their story and to protect their vulnerability, and that it was intended to be more of a conversation than a presentation. Amy Sturgeon said by allowing audience members to join the inner circle of the “fish bowl” during the question and answer period created an intimacy that was empowering for them. Clyde added that some of the language panelists used to describe ACEs may have been too advanced for some audience members who were not professionals in the field. Carrie Jo also brought up feedback from an email Susan Power sent to her after the panel. Susan felt it would have been helpful to have more of a formal explanation of ACEs at the beginning of the forum to help those that did not have a background on ACEs. She had also hoped for more focus on coming up with solutions to the ACEs problem in Shasta County. She also thought there could have been more information about the 5</p> |        | <p>Carrie Jo, Stand Against Stigma Coordinator and CEC Committee</p> <p>Clyde Tibbett, Creekside Counseling</p> <p>Amy Sturgeon, Suicide Prevention CES</p> <p>Susan Power, President Shasta NAMI</p> |

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|  | <p>Protective Factors and Strengthening Families, which she considers to be one of the solutions to ACEs.</p> <p>Carrie Jo asked the committee if a follow up quarterly forum on ACEs that focused more on solutions to ACEs would be valuable. The committee responded that it could be.</p>   |                                  |   |
| 4. Upcoming Events, Presentations & Outreach | <p>Carrie Jo talked about upcoming Stand Against Stigma activities:</p> <ul style="list-style-type: none"> <li>a. Brave Faces presentation for Shasta CAPCC/AmeriCorps -Jan 12<sup>th</sup>, 2018</li> <li>d. Hope Is Alive! Open Mic – Fri., Jan. 12<sup>th</sup>, 2018 at Old City Hall 6-9 p.m. (performers sign in at 5:30 p.m.)</li> <li>e. Becoming Brave Training – Sat., Jan. 27<sup>th</sup> in the Boggs Building (Breslauer) from 10 a.m.-4 p.m.</li> </ul>  |                                  | Carrie Jo, Stand Against Stigma Coordinator |
| 5. Social Media / Website                    | No updates  |                                  |   |
| 6. Suicide Prevention                        | <p>Amy Sturgeon spoke about:</p> <ul style="list-style-type: none"> <li>• The Community QPR Training happening on Wed., Dec. 13<sup>th</sup>, 5:30 p.m. at the Redding Library Community Room.</li> <li>• The Suicide Prevention Workgroup Meeting happening on Tues., Dec. 19<sup>th</sup>, 2:30 p.m. at the Hill Country CARE Center.</li> <li>• The Men’s Mental Health Campaign is looking for nominations for Captain Awesome – men who are willing to share what wellness, strength and resilience means to them. She also needs help getting materials out, and reminded the group to please share the website, <a href="http://www.ShastaSuicidePrevention.com/Men">www.ShastaSuicidePrevention.com/Men</a> on social media.</li> </ul> |                                  | Amy Sturgeon, Suicide Prevention CES        |
| 7. Resource Sharing                          | <p>Samantha Hummel shared information about upcoming Women’s Connect free workshops on healthy living. <a href="http://www.WomensConnectShasta.com">www.WomensConnectShasta.com</a> .</p> <ul style="list-style-type: none"> <li>• Workshop Schedule: Wednesday, Jan 24<sup>th</sup>, Feb 28<sup>th</sup>, &amp; March 28<sup>th</sup>, 11 a.m.-12 p.m. at the Hill Country CARE Center 1401 Gold St. Redding.</li> </ul>   |                                  | Samantha Hummel, Women’s Connect CES        |
| 8. Community Collaboration                   | <p>Carrie Jo asked the committee if changing the format of the meetings to include time to network and collaborate would be a useful addition to the meetings. The consensus was yes.</p>   | Implement at January CEC meeting |   |