

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

Mission statement: The CEC works to promote mental wellness, increase community awareness of mental health, and end the stigma surrounding mental illness and substance abuse.

AGENDA

1-2 p.m. Tuesday, November 14, 2017

ATTENDANCE:

HHSA Staff: Kelly Keith, Supervising CES; Sam Hummel, HHSA Womens Connect; Cory Brown; Amy Sturgeon, Suicide Prevention; Marc Dadigan, Supervising CES

Committee Members: James Daniel; Dee Madden, NVCSS; Robin Ivins, Head Start Redding Rancheria; Jeanine Gonzales, Circle of Friends; Dan Trott, Circle of Friends; Monique Welin, Community Member; Susan Power, NAMI/Brave Face

1. **WELCOME and INTRODUCTIONS**
2. **OCT/NOV IN REVIEW –**
 - a. Presentations – Shasta College Student Ambassadors Meeting, Burney Rotary
 - b. Gallery – Installed three sets of portraits in Shingletown Medical Center
 - c. Events – Becoming Brave Training
 - d. Community Outreach – Shasta College Human Library

Carrie Jo reported on Stand Against Stigma activities since the last meeting.

3. **UPCOMING EVENTS, PRESENTATIONS & OUTREACH**
 - a. **BRAVE FACES PLANNING**
 - b. **Speaking engagements**
 - i. Diverse Minds Book Release (Chico), National University, Shasta CAPCC/AmeriCorps
 - c. **Displays**
 - i. Shingletown Medical Center, HHSA Adult Services, Planned Parenthood, Wintu Museum, WHS, Opportunity Center, One Safe Place and Anderson Teen Center, Circle of Friends
 - d. **FACING ACES FORUM – Tues., Dec. 5th | United Methodist Church | 6 p. m.-8 p. m.**
 - e. **HOPE IS ALIVE! OPEN MIC – Fri., Jan. 12th | Old City Hall | 6 p. m. -9 p. m.**
 - f. **BECOMING BRAVE TRAINING – Sat., Jan. 20th | Boggs | 10 a.m.-4 p.m.**
 - g. **MINDS MATTER MENTAL HEALTH FAIR – Sat., May 5th | Details TBA**
 - h. **SOCIAL MEDIA/WEBSITE**
 - i. Men's Mental Health Campaign, Veterans Resources, National Hunger and Homelessness Week and International Day of Suicide Loss.
 - ii. Working on a better layout and flow for standagainststigma.com

Carrie Jo reported on Stand Against Stigma activities since the last meeting.

Sponsored by the Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding for this event is provided through the Mental Health Services Act.

4. RESOURCE SHARING

Amy Sturgeon talked about plans to increase participation in the 2018 Directing Change Student Film Contest, and the January 16th Special Event to inform youth, parents and educators about contest rules and mini video making workshop. Amy and Marc Dadigan also spoke about “Captain Awesome” recruitment. They are looking for local men who have addressed their mental health challenges to be the face of the campaign, and have planned a photoshoot that will take place on November 30th, at 12 p.m. at the Shasta Arts Council. They also announced plans for a launch event for the Men’s Mental Health campaign in the spring, possibly in the Mt. Shasta Mall.

No other organizations shared resources.

5. COMMUNITY PLANNING AND COLLABORATION

- a. Changing the CEC’s name to Stand Against Stigma Committee, or similar title

Carrie Jo started a conversation about changing the name of the CEC to the Stand Against Stigma Committee. The consensus among those present was the rebranding the group would provide consistency and clarity, and that Stand Against Stigma is the name that people most associate with the activities of the committee. All those present voted yes to change the name. Marc Dadigan said it would have to be brought to the next Mental Health and Drug Advisory Board meeting before making it official.

- b. Follow up discussion - outreach to elementary school age youth

Carrie Jo briefly revisited the conversation about mental health outreach to elementary school age youth, stating that it would be difficult to explain the concept of mental illness to youth early in their development. However, schools and organizations are working on other important mental health tools, such as developing social emotional skills.

6. BRAVE FACE STORY – Susan Power, Parent and President of Shasta County NAMI

First time Brave Faces speaker, Susan Power shared her story of childhood trauma and healing. The committee provided support and feedback about her talk.

REMINDER The next Community Education Committee (CEC) will be held 1-2 p.m. December 12, 2017 at the Redding Library.