

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.

MINUTES

1-2 p.m. Tuesday, October 10, 2017

1. Attendance:

Members: Kenneth Cho, SCHC; Nancy, Saeteurn SCHC; Dee Madden, NVCSS; Nancy Alcala, People of Progress; Jeanine Gonzales, Circle of Friends; Dan Trott, Circle of Friends; B. Johnson, Circle of Friends.

Staff: Carrie Jo Diamond, Tracy Osterday, Sam Hummel, Amy Sturgeon

2. SEPT/OCT IN REVIEW

- a. Carrie Jo recapped Stand Stigma events and presentations, including Hope Is Alive! 12, the Brave Faces presentation at OSP with Amanda Flowers Peterson, and Recovery Happens. The committee was asked to provide feedback on Recovery Happens. Only a few present in the meeting had heard about and attended the Recovery Happens celebration on September 30th. Nancy Alcala asked where the event had been promoted. Carrie Jo responded and said that it was advertised through print materials, a press release, Facebook event and video promo. She added that more advertising was needed, and that the planning committee would start sooner for the 2018 to increase community participation. Tracy Osterday mentioned that cigarette smoke was an issue and needed to be better regulated next year. Those who attended thought the music, food, and location were all things that went well.
- b. Amy Sturgeon recapped the September 21st Suicide Prevention Symposium

3. UPCOMING EVENTS, PRESENTATIONS & OUTREACH

- a. **BRAVE FACES PLANNING**
- b. **Speaking engagements**
 - i. Recap presentations since last meeting
 - ii. Future plans/brainstorming
- c. **Displays**
 - i. New locations for posters and displays will be needed in November
 - ii. Current displays in Old City Hall, HHS Adult Services, Planned Parenthood, Wintu Museum, WHS, Opportunity Center, One Safe Place and Anderson Teen Center, Circle of Friends
- d. **RECOVERY HAPPENS DEBRIEF - Oct 12th | The Sweetspot | 3:30 p.m.**

- e. **ACEs/BRAVE FACES FORUM – TBA | United Methodist Church | 6 p. m.-8 p. m.**
- f. **HOPE IS ALIVE! OPEN MIC – TBA | Old City Hall | 6 p. m. -9 p. m.**
- g. **BECOMING BRAVE TRAINING – October 21st | Boggs | 10 a.m.-4 p.m.**
- h. **MINDS MATTER MENTAL HEALTH FAIR – May 2018 | Details TBA**
 - i. The committee was asked to provide feedback on what went well with last year’s Minds Matter Mental Health Fair, and what could be done differently.
 1. Start later, 3:30 p.m. and have resource tables available later to accommodate those who work during the day.
 2. Run the music and performances throughout the resource fair, and recruit different types of acts.
 3. A Friday would be better for exhibitors than doing an event on Saturday.
 4. Keep the location and involve nearby businesses.
 5. Make the set up more compact, and possible provide a map for patrons.

4. SOCIAL MEDIA

- a. Carrie Jo asked for feedback on Stand Against Stigma social media and if the committee had ideas or preferences for articles, themes or features. Suggested posted included local volunteer opportunities, highlighting local resources or mental health related events, and stigma issues as they pertain to community events.

5. RESOURCE SHARING

- a. Men’s Mental Health Campaign – Amy provided an update on the campaign. The website is active and print materials are starting to be distributed.
- b. Nancy Alcala shared that People of Progress has a new resource website and cell phone program

6. COMMUNITY PLANNING AND COLLABORATION

- a. The committee discussed where there are gaps in community outreach and education. Several members talked about the importance of bringing information to elementary school aged children, that mental health issues are coming up with youth a lot sooner than high school. Amy Sturgeon brought up the benefits of the More Than Sad program which provides outreach to middle school 8th graders. One committee member expressed concern that the program might be too dark. Carrie Jo and Amy talked about the positive aspects of the program, and emphasized that a team of counselors and school personnel accompany each presentation. Carrie Jo and Amy agreed to do some research into outreach programs for younger ages.

REMINDER The next Community Education Committee (CEC) will be held 1-2 p.m. November 14, 2017 at the Redding Library.