



Stand Against Stigma
Changing minds about mental illness.

Community Education Committee Meeting

July 11, 2017-1:00pm to 2:00pm
Redding Library,
1100 Parkview Avenue

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.

Meeting Minutes

1. WELCOME and INTRODUCTIONS

a. *In attendance:*

Jerome Venus	Matthew Sprenger	James Daniels	Art Sevilla	Verenda Rodriguez
Sam Hummell	Tracy Osterday	Carrie Diamond	Liz Leslie	Kathleen Deter
Anna Hutchinson	Natalie Shumaker	Katie Sears	Dan Trott	Jeanine Gonzales
Amy Sturgeon				

- b. Please welcome new Community Education Specialist for Stand Against Stigma: Carrie Diamond!** Carrie brings a wealth of knowledge and experience as a community advocate and coordinating successful support programs for the community. We are excited and grateful to have her on board!

2. BRAVE FACES PLANNING

a. Speaking Engagements

- i. June 21 – Danielle and David Martinez discussed historical trauma at the Tribal TANF conference. (About 100 people)
- ii. June 29 – Mike Skondin spoke to the Project X group for young people who've gotten in trouble at school for substance use. (About 12 teenagers)
- iii. Upcoming – (Some dates TBA)
 1. Veterans Summit
 2. Recovery Happens Sept. 30
 3. TAY Early Onset Group at Mental Health
 4. MLK Center
 5. Woodlands BBQ Aug. 9

b. Displays

- i. Shingletown Medical Center, HHS Adult Services, Redding First Church of the Nazarene, Planned Parenthood, Wintu Museum, WHS, Opportunity Center, One Safe Place and Anderson Teen Center, Circle of Friends, CARE Center

3. BECOMING BRAVE TRAINING – July 22

- a. 4 p.m. at the Helen Mae Bacon Boggs Building, 2420 Breslauer Way. This training is a good stepping stone for a Becoming Brave speaker, but it's also useful for anyone who is struggling with how, when and if to disclose their mental health diagnosis in different situations. Lunch is provided. Limited seating available, so **please contact Marc if you are interested at 530-225-5970 or mdadigan@co.shasta.ca.us**

4. RECOVERY MONTH PLANNING – Next Meeting

- a. Tentative plans for a concert/sober dance party for Recovery Happens Month 11 a.m. – 6 p.m. Saturday, Sept. 30 at Riverfront Park.
 - i. DJ, speakers and other family activities
 - ii. Volunteers welcome and our next meeting will be 3:30 p.m. July 13 at the Starbuck's on South Bonnyview.

5. MINDS MATTER SHOW AND PODCAST – update

- a. Close to signing a contract with the Arts Council and broadcasting will soon begin for 30-minute TV episodes and podcasts on the Arts Council channel and on Soundcloud.

6. ACES/BRAVE FACES FORUM – October

- a. HHS staff currently working on the Adverse Childhood Experiences (ACE) program want to wait until October, during Mental Health Awareness Week, to organize a forum with Stand Against Stigma/Brave Faces speakers and ACE's experts. Tentative plans for October 11 at the United Methodist Church. **Other ideas are welcome. Please contact Marc with any suggestions.**

7. HOPE IS ALIVE! OPEN MIC – Sept. 9, 6pm @ The Arts Council

- a. There is a possibility of making this location a semi-permanent home for the open mic event in Redding, and this one will be the same evening as the [Out of the Darkness Walk](#) (8 a.m. at Caldwell Park). The idea is to have a performer or two at the walk and then promote the full event later that day.

8. MEN'S MENTAL HEALTH CAMPAIGN – Sneak Peek!

- a. Final stages of graphic design are being wrapped up. Print, web ads and webpage re-design will be visible soon!



Mastering his depression using
fishing line and black coffee.
Oh, and this website.

www.ShastaSuicidePrevention.com/Men



Don't let depression steal your thunder.
Get Tips, tools, and advice for managing your mental health.

www.ShastaSuicidePrevention.com/Men

9. MEMBER SHARING

- a. Liz Leslie requested feedback from the CEC members in attendance regarding a Narcan® (naloxone) educational event. Narcan® is used for emergency treatment for opioid overdose. The new law makes it easier to obtain, not just for patients but for friends and family members. It is free for those on MediCal and Medicare. A physician and a pharmacist in the area are willing to help facilitate an event to educate the community, perhaps in the fall. The CEC members in attendance responded favorably to this idea and there were no objections.

REMINDER: The next Community Education Committee (CEC) will be held 1-2 p.m. August 8, 2017 at the Redding Library.