

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 June 13, 2017

1. WELCOME and INTRODUCTIONS

2. BRAVE FACES PLANNING

a. Speaking engagements

Marc said there have been two Brave Faces presentations since the last meeting. David Wharton spoke to staff at the Social Security Administration, and they discussed how understanding stigma could help them provide better customer service for clients who have mental health struggles or substance use disorders.

There was also a Brave Faces presentation May 11 for the North State Employers Council. Speakers Justin Babb and Carrie Jo Diamond discuss workplace discrimination and stigma, and the group discussed how making the culture of the workplace mental health friendly could boost productivity and improve workplace outcomes. Carrie Jo said she thought the discussion went well and they were receptive.

Marc said the upcoming presentations include one for the Early Onset Youth Group at Children's Services, a panel at the Tribal TANF conference June 21 in Anderson and the Project X support group for youth who've gotten in trouble at school for possessing drug paraphernalia.

Marc said it's a slow time for Brave Faces presentations so he asked the group to help reach out to any groups that might be interested.

Melissa asked if they Wintu Museum could get Danielle Brewster's Brave Faces gallery on display, and Marc said he thought so, but he'd have to doublecheck with Danielle first.

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, Lotus Center, Circle of Friends, CARE Center**

3. BECOMING BRAVE TRAINING

Marc explained that the next Becoming Brave training will be July 22, and he's currently looking for people to participate. The training will be facilitated by Brave

Faces speakers Amanda Flowers Peterson and Chris Paradis, and it is open and FREE to anyone with a history of mental health challenges or a substance use disorder.

The training helps people figure out for themselves when, how and if to disclose their diagnoses to others.

4. RECOVERY MONTH PLANNING

Marc let everyone know the first Recovery Happens Planning Meeting is 3:30 p.m. Thursday at the Starbuck's on South Bonnyview. The goal is to do more to raise awareness about substance use disorder treatment and resources and to de-stigmatize substance use disorders.

5. ACES/BRAVE FACES FORUM

Marc said the Strengthening Family Coalition is interested in partnering with Brave Faces for a quarterly forum about ACES that would involve Brave Faces speakers and some of the ACES trainers/experts. The group agreed it's a good idea to ride this wave of ACES awareness.

6. HOPE IS ALIVE! OPEN MIC NIGHT PLANNING

The group agreed it's a good idea to host the Hope Is Alive! Open mic night regularly at the Arts Council, and Marc said to expand the program they could do quarterly open mics at the Arts Council in Redding and one in the Intermountain area.

7. KATY MOUZAKIS – BRAVE FACES SPEECH

Katy, who is a Redding resident and engineering consultant, shared her experiences with depression, OCD and anxiety. She described how it took her a long time to come out to her parents, and she dealt with stigma over the years from her family, though they've gotten a lot better. Even though she started having severed symptoms at 13, she said she didn't really seek help until she was 23. She said it took her awhile to realize mental health required a lot more than simply taking a pill to get better, but once she realized that, her health has improved.

8. MEN'S MENTAL HEALTH CAMPAIGN - update

Amy Sturgeon said they are currently wait for Matt Briner's designs for the men's mental health campaign, and she is really looking forward to seeing what he creates.

9. MEMBER SHARING

REMINDER The next Community Education Committee (CEC) will be held 1-2 p.m. July 11, 2017 at the Redding Library.