

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

AGENDA

1-2 p.m. May 9, 2017

Attendance-

Members: Winter Fox Frank (SUHSD), Susan Power (NAMI); Dee Madden (Olberg); Art Sevilla (Empire/Shasta Humanity Project); Ripley Wolf (Brave Faces); Jeanine Gonzales (Hill Country/Circle of Friends); Dan Trott (Hill Country/Circle of Friends)

Staff – Amy Sturgeon; Marc Dadigan; Tracy Osterday; Sam Hummel

1. BRAVE FACES PLANNING

Marc said the Brave Faces did presentations at Simpson psychology classes for master's in counseling students, a presentation for eligibility employees at HHSA as well as a medical assisting class at Shasta College.

The speakers also presented at a One Safe Place training for volunteers who work with victims of domestic violence.

Brave Faces speakers Carrie Jo Diamond and Amanda Flowers Peterson also spoke at the Minds Matter concert.

2. MINDS MATTER FEEDBACK

Generally, everyone thought the attendance was very good, considering the heat, and that the venue worked well. People also said they enjoyed the concert.

Marc said he was disappointed that essentially it turned out to be like two separate events. He would like to organize it next year so that the people and exhibitors at the fair also stay for the concert.

People suggested adding more acts during the fair and during the transition period between the fair and the concert.

Marc also thought the venue might have been too spread out. People also

discussed using Library Park (if the food truck court isn't too much of a problem), Riverfront Park or Turtle Bay by the Sundial Bridge. In a phone call later that day, Debra Lucero at the Arts Council also suggested just keeping it on the promenade but moving the stage to the very North end and packing everyone together.

Other ideas included: Having the DJ highlight resources throughout the day, moving it to Saturday, and shortening the fair a little bit.

3. HOPE IS ALIVE! OPEN MIC NIGHT

Marc said the next Hope Is Alive! Open Mic night will be Friday, and he is expecting a great crowd and a lot of musicians. He still needs volunteers to help time, usher people upstairs, etc.

4. TRANSITIONS UPDATE

Marc said they are down to their finalists for the Stand Against Stigma Community Education Specialist position, and he says they are all excellent candidates and whomever is chosen will do a great job.

5. RECOVERY HAPPENS

Marc announced that HHS is planning to do more for Recovery Happens Month which is in September, a month to de-stigmatized substance use disorders.

Art said that typically Janet and Martin at About Time Recovery organize the weekly Saturday softball games for Recovery Happens. In the past there has been some media coverage, he said. He also said there is a golf tournament, which he believes is on the 23rd.

The group said it would be cool to organize a sober dance party event during Recovery Happens.

Marc also suggested doing a multimedia campaign with Brave Faces speakers who talk about substance use problems. Tracy and Sam discussed how substance use problems can be mild, moderate and severe and the campaign could help people "connect the dots" about substance use problems that may be on different parts of the spectrum.

Art said it could be helpful to also do a Getting Clean forum in September.

6. MHSA SURVEYS

Kerri was not able to make to distribute the MHSA stakeholder surveys.

7. MEN'S MENTAL HEALTH CAMPAIGN – update

Amy said she has completed the focus groups for the men's mental health campaign and is working on finalizing the contract with the designer. The campaign will be targeted at men to help them start recognizing mental health issues and to

de-stigmatize help seeking.

8. MEMBER SHARING

Susan announced that NAMI now has a Facebook page, and also has Peer to Peer classes coming up.