

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. April 11, 2017

Attendance – Members: David Martinez (Brave Faces), Jeanne France (Brave Faces), Crystal Johson (CAPC), Kristen McChristian (Brave Faces, Circle of Friends), Dan Trott (Circle of Friends), Jeanine Gonzales (Circle of Friends), Art Sevilla (Empire Recover/Redding Homeless Day Center); Winter Fox Frank (community member); Beverly Johnson (Circle of Friends)

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

- 1. WOMEN’S HEALTH CONNECT SITE** - Tracy Osterday and Sam Hummel
Tracy and Sam showed the CEC the new Women’s Connect to Wellness Web Site, which is located at womensconnectshasta.org. The web site is designed to engage women of child bearing age who are either at risk of substance use disorders or are currently suffering from substance use disorders. The goal of the site is to reduce the number of drug-exposed babies.

Tracy and Sam discussed how they designed the site to be inviting, positive and on intimidating. They are looking for assistance to spread word about the site, and the group brainstormed ideas of how to promote it.

2. BRAVE FACES PLANNING

Marc said it had been a busy month with presentations at Shasta College classes, Simpson psychology classes and Foothill High school freshman classes with Joey Brown as well as a series of trainings with One Safe Place.

He has several upcoming presentation set for the coming month, including one on May 11 with a group of employers to discuss workplace stigma and discrimination.

3. TRANSITIONS – update

Marc announced that they are currently scheduling interviews for the next Stand Against Stigma coordinator and is pleased with the quality of the applicants.

4. MEN'S MENTAL HEALTH CAMPAIGN – update

Amy and Marc explained they have conducted the first focus group with local men and will be scheduling a second one. They are also working on a contract with a designer to develop campaign materials.

5. MINDS MATTER & MENTAL HEALTH MONTH PLANNING

Marc shared the details for the Minds Matter Mental Health Fair, which will be May 4 at the Downtown promenade with the Atrium as a back-up in case of rain. They have more than 40 exhibitors signed up, and a great line-up of performers.

Volunteers are needed for setup and clean up.

May 12 will be the 10th Hope Is Alive! Open Mic night. The Arts Council is hosting, and Marc said he expects a great turn out.

6. MINDS MATTER TV and PODCASTING UPDATE

Marc said he's still waiting on the contract.

7. MEMBER SHARING

Marc shared about an upcoming training NAMI is providing for parents/caregivers of young people with severe mental health challenges. He also announced there will be a second annual Running Brave 5k/10k race June 11.

Amy shared that there will be a free QPR Suicide Prevention Training April 18.

Art shared the April 25 event to educate the community about the recent coalition of organizations addressing homelessness.