

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. March 14, 2017

Attendance: Members – Dee Madden (Olberg), Jeanine Gonzalez (Hill Country), Ripley Wolf (Brave Faces), James Daniels (Olberg), Chenchin Saechao (olberg); Elisa Knopf (Shasta CAPC), Verenda Rodriguez (Shasta CAPC), Patti Shaw, Alicia Mills, Kenwa Kravitz (Pit River Tribe), Rhonda Marglon (Suicide Prevention Workgroup)

Staff – Liz Leslie, Amy Sturgeon, Sam Hummel, Tracy Osterday

1. **BRAVE FACES SPEECH** – Katy M. unfortunately had the flu and couldn't speak. Perhaps next month

2. **BRAVE FACES PLANNING**

Marc explained that they had a well-received Brave Faces presentation at Shasta College sociology class featuring Danielle Brewster and David Wharton who spoke about discrimination they faced due to their gender and sexual orientations and how that affected their mental health challenges.

He also discussed that David M and Susan Guiton presented their stories to local law enforcement chaplains. They discussed their experiences with suicide loss and suicidal thinking. David discussed his experiences dealing with PTSD from his work as an EMT/Firefighter.

- a. **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**

Marc set up new displays at the County Admin building and CARE center.

3. **TRANSITIONS**

Marc announced he is moving on as a supervisor of community relations, and that a new person will soon be facilitating the group in a few months.

4. **MANAGING MEDICATIONS FORUM WRAP-UP**

Sponsored by the Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding for this event is provided through the Mental Health Services Act.

Marc said the feedback he heard was generally good. There were about 50 people attending the forum. Some people didn't think the forum didn't discuss the benefits of medication in enough detail. Some were concerned people may leave thinking medications aren't helpful. Others said they were grateful to hear professionals acknowledge the complexities and side effects of medication.

The group agreed they wanted to move forward with the next forum about children and psychiatric medications. Liz said she was concerned people might want to make it about whether psych meds should be prescribed to children at all.

Folks recommended Dr. Sager and Dr. Lynne Fiore as potential clinicians. Verenda also said she worked with a teen who might be willing to speak. Amy said it might be useful to provide information and statistics about the effectiveness of medications.

5. MINDS MATTER & MENTAL HEALTH MONTH PLANNING

Marc provided an update about Minds Matter, which will be May 4 at the Downtown Promenade with a mini-music festival to follow. There are about 30 exhibitors who have registered. Some asked if there would be transportation available, and Marc said he'd talk to Raba about shuttles.

6. MINDS MATTER TV and PODCASTING UPDATE

Marc said they are just waiting for the contract before moving forward with this project.

7. MEMBER SHARING

Rhonda announced the Suicide Loss Support Group has moved to the CARE center at 1401 Gold St.

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