

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. Feb. 14, 2017

Members – Dan Trott (Circle of Friends); Jeanine Gonzales (Hill Country); Art Sevilla (Empire Recovery); Jessica McVicker (Olberg Wellness Center); Chenchio Saecha (Chen@yhoom.com); Ripley Wolf; Danielle Brewster (WHS); Katy Mouzakis; Joanne Hill

Staff – Marc Dadigan

1. BRAVE FACES PLANNING

Marc shared all the different Brave Faces presentations that had been held in the last month, which included a presentation to Simpson University's master's in counseling class, a modified CIT training for police records technicians and an open to the public presentation at Shasta College.

Dan suggested that we try to talk to Wal-Mart because they hire a lot of people with mental health challenges.

2. MINDS MATTER & MENTAL HEALTH MONTH PLANNING

The Minds Matter Mental Health Fair and Music Festival is all set for Thursday, May 4 at the Downtown Promenade. Marc said the Atrium will be the back-up location in case of rain, and that 14 exhibitors have already signed up.

3. MANAGING MEDICATIONS FORUM

Marc said the next forum will be 6 p.m. March 8 at United Methodist Church. We will need help setting up, taking questions, and cleaning up afterward.

4. MINDS MATTER TV and PODCASTING UPDATE

Marc said they are still waiting for the contract to be approved with the Arts Council to start recording episodes.

5. HOPE IS ALIVE! 9 – wrap-up

Marc said about 85 people attended the 9th Hope Is Alive! Open mic night in McArthur (a town of 300!), and Jeanine said it was a great event. Marc said they are hoping to do the 10th open mic at the Win-River events center will allow them to show videos and integrate more mental health messaging. The date is not yet set for that open mic.

The 11th open mic will be Friday May 12 at the Shasta Arts Council building (Old City Hall), and will be streamed live on the Shasta Arts Council Channel.

- 6. VIDEO PROJECTS** – Marc said they are working on video projects about opioid addiction and people who are being housed by HHSA housing programs.
- 7. MENTAL HEALTH HACKATHON** – The mental health hackathon will hopefully bring together designers, techies and mental health advocates to develop technological solutions to gaps in the mental health services in the county. The next meeting is 6 p.m. Thursday Feb. 23 at From the Hearth.
- 8. MEMBER SHARING**
Katy shared that she is working on developing a stigma support group and is seeking helpers.