

**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.

MEETING NOTES

1-2 p.m. Jan. 10, 2016

Attendance - Members: Rodney S (Olberg), Loren Has (Olberg) Dee Madden (Olberg), Mairi Regalado (Shasta College); Claudia Caldarola (Shasta College); Heidi Polonus (Shasta Community Health), Stacy Watson (Shasta Community Health); James Daniels (Olberg)

Staff – Tracy Osterday, Amy Sturgeon, Marc Dadigan.

1. BRAVE FACES PLANNING

Marc went over the different Brave Faces upcoming presentations, which include a big open to the public presentation at Shasta College, a presentation for the Simpson Master's counseling class and training for One Safe Place volunteers and staff as well as a training for RPD records technicians.

He also discussed his goals to re-connect with high school staff, professional clubs like Rotary, and with business groups like the Chambers of Commerce.

Amy said she would help connect Marc with Freedom High's teacher contact, and Stacy said Marc should contact Diane Cannon at Shasta High – the lead psychologist.

2. MINDS MATTER & MENTAL HEALTH MONTH PLANNING

Marc said things are almost set for the Minds Matter Health Fair and Music Festival to be held May 5 at the Promenade. Viva Downtown and The Arts Council are going to be helping out this year.

3. MINDS MATTER TV and PODCASTING UPDATE

Marc said they are close to finalizing the contract with the Arts Council to start

producing the Minds Matter TV and Podcast on various mental health topics. Marc said he hopes to start shooting shows in late February.

4. HOPE IS ALIVE! 9 – OL' MERC IN MCARTHUR

Plans are all set for the 9th open mic in McArthur, and Marc said he is planning to get a van to drive up Redding area performers.

5. MENTAL HEALTH HACK-A-THON

Marc explained the plan for the event: “In the spirit of National Civic Hacking Day, an annual event held across the nation to bring people together to use their skills for good, the Stand Against Stigma campaign is organizing Shasta County’s first ever Mental Health Hackathon event.

We are in the very early stages of developing this event, but the general goal is to bring together people from various fields of knowledge (techies, mental health advocates, providers, people with lived experience, family members, artists, etc) to brainstorm how technology can be leveraged to improve mental health care. Tentatively, we are leaning towards organizing a fun, competitive event in which teams would pitch apps or other technologies to a panel of judges. Interested participants from other North State counties will be more than welcome to attend.”

He said planning meetings are going well, and next on the to-do list is contact people on the National Civic Hacking Day committee and Shasta Venture Hub to discuss partnerships.

Stacy noted that an app that helps with transportation for clients would be useful as that is a big challenge they face.

6. MEMBER SHARING

Tracy said the Women’s Connect to Wellness web site is almost complete. This site will be a resource for women who are struggling with substance use disorders and are of child bearing age.

REMINDER The next Community Education Committee (CEC) will be held 1-2 p.m. Feb. 14, 2016 at the Redding Library.