

**Stand Against Stigma Committee**  
**Hill Country CARE Center - 1401 Gold St.**

**MINUTES**  
**February 5, 2018**  
**1:30-2:30 p.m.**

**Mission statement:** The Stand Against Stigma Committee works to promote mental wellness, increase community awareness of mental health, and end the stigma surrounding mental illness and substance abuse.

**Committee Members** – Jessica Cassie Mitchell (Community Member), Dwyane A. Green (Shasta County Probation), Robin Ivins (Redding Rancheria Head Start), Samantha Breton (Hill Country CARE Center Volunteer), Connie Webber (North American Mental Health, RN, MHADAB)

**Shasta HHSa Staff** – Denise Green (Peer Support Specialist), Courtney Parker (Peer Support Specialist), Tracy Osterday (PHN MCAH), Danielle Lazanes (CES – MCAH)

Agenda Item	Discussion	Notes & Actions	Individuals Commenting
1. Welcome & Introductions	<i><b>Your name, role in the community and what you are doing to fight stigma.</b></i>		
2. Special Guest and/ or Presentation	<b>Brave Faces Speaker – Denise Green</b>	Denise shared her story of her journey with schizophrenia and experience as an HHSa Peer Support specialist. Many commented on how inspirational her story was and how important it is to fighting stigma. Her story highlight not only her diagnosis, but how support from her husband and children helped break the cycle of childhood trauma. The committee is hopeful that Denise will be willing to share her story on StandAgainstStigma.com.	
3. January in Review	<b>Speaking Engagements</b> <ul style="list-style-type: none"> <li>• January - none</li> </ul> <b>Community Outreach</b> <ul style="list-style-type: none"> <li>• January – Redding Health Expo (1/5-1/6/2019)</li> </ul> <b>Events</b> <ul style="list-style-type: none"> <li>• January – Becoming Brave Training</li> </ul>	Carrie Jo gave updates on Stand Against Stigma activities that happened in January.	

<p>4. Upcoming Events, Presentations and Outreach</p>	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>February – *UPrep</li> <li>April – One Safe Place</li> <li>May – Tehama County Behavioral Health</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>March – Compass Health &amp; Wellness Fair (3/8), Living History Days (3/9-3/10)</li> </ul> <p><b>Events (* = Tentative)</b></p> <ul style="list-style-type: none"> <li>January <ul style="list-style-type: none"> <li><b>Hope Is Alive! Open Mic</b> – Friday, February 22<sup>nd</sup> at Old City Hall 6-9 p.m., Performer sign in at 5:30 p.m.</li> </ul> </li> <li>March <ul style="list-style-type: none"> <li><b>*DREAMERZ</b> Spoken Word Workshop High School Tour and Hope Is Alive! Open Mic for youth - 3/18-3/22/2018.</li> </ul> </li> <li>May <ul style="list-style-type: none"> <li><b>*Minds Matter (*Tentative)</b> – Friday, May 10<sup>th</sup>, 5-9 p.m. at the Sundial Bridge; Resource Fair 5-9 p.m., Headline Musical Acts 5-6 p.m., Hope Is Alive! Open Mic 6-9 p.m.</li> <li><b>*Intermountain Mental Health Week</b> – 5/13-5/18 – Stand Against Stigma Meeting, Resilience Screening (ACEs), Hope Is Alive! Open Mic, Mental Health First Aid Training (?), Brave Faces presentations at the schools (?)</li> </ul> </li> <li>July <ul style="list-style-type: none"> <li><b>Stand Against Stigma Visioning Meeting</b> – Tuesday, July 9, 2019, 8 a.m.-5 p.m., Location TBA.</li> </ul> </li> </ul>	<p>Carrie Jo gave updates on Stand Against Stigma activities coming up in the next few months, including the addition of spoken word artist Brandon Leake’s middle and high school spoken word workshop tour.</p> <p>The Minds Matter Mental Health Festival location may change. The contracts process has taken time. A ‘Save the Date’ will likely be sent out to past exhibitors within the next couple of weeks with the caveat that the location may change.</p>	
<p>5. Gallery</p>	<p><b>New portraits</b></p> <ul style="list-style-type: none"> <li>Coming soon – David Wharton &amp; Chris Paradis</li> </ul> <p><b>Currently on display at:</b></p>	<p>Carrie Jo gave an update on the locations of the physical gallery, including a new display with Cherish Padro and Shellisa and Cree’s portraits at the Shasta County Admin Building, 1450 Court St.</p>	

	<ul style="list-style-type: none"> <li>Shingletown Medical Center, HHSa Office of the Director, Wintu Museum, WHS, Opportunity Center, One Safe Place and Anderson Teen Center, Circle of Friends, Shasta County Admin Building (1/2-3/31/2019)</li> </ul>	Carrie Jo encouraged the committee to request gallery portraits be hung at their workplace or favorite spaces in Shasta County.	
6. Social Media/Website	<p><b>Facebook</b></p> <ul style="list-style-type: none"> <li>Minds Matter TV trailer (coming soon)</li> <li>Facebook events for Hope Is Alive! Open Mic</li> </ul> <p><b>Instagram</b></p> <ul style="list-style-type: none"> <li>@shastabracefaces</li> </ul> <p><b>YouTube</b></p> <ul style="list-style-type: none"> <li>Videos are available on the Shasta HHSa</li> </ul> <p><b>Website</b></p> <ul style="list-style-type: none"> <li>Revamp expected soon and will include Minds Matter Media</li> </ul>	Carrie Jo gave updates on Stand Against Stigma social media. The Minds Matter TV and Podcast advertising will be available within the next month. Likely in the form of a meme, shareable flyer and audio trailer. She also reminded the committee that if they are Instagram users they can find Stand Against Stigma posts under the handle @shastabracefaces. No updates for the website for the time being. She is also planning to organize the Stand Against Stigma Videos into a playlist on the Shasta HHSa YouTube channel.	
7. Minds Matter TV/Podcast	<ul style="list-style-type: none"> <li><b>Housing as Treatment for Mental Health Issues</b> with Chante Catt and Donnell Ewert – currently being edited.</li> <li><b>ACEs</b> with Crystal Johnson and Rick Crowley – in editing.</li> <li><b>Minds Matter TV Trailer</b> - coming soon to social media.</li> </ul>	The first episode of Minds Matter TV and Podcast is expected to be ready in March and will be on Housing as Treatment for Mental Health Issues.	
8. Resource Sharing	<p><b>Community Partner Updates</b> – Open to all</p> <p><b>Carr Fire Recovery Mental Health Related Resources</b></p> <ul style="list-style-type: none"> <li>www.shastareddingrecovers.org</li> <li>California HOPE Shasta Update (NVCSS)</li> </ul> <p><b>Shasta HHSa Newsroom – HHSa Mental Health Program Updates</b></p>	<p>Connie Webber, MHADAB Board Member, nurse at North American Mental Health and nursing instructor at Simpson College, shared information about the counseling and psychiatric services available at North American Mental Health. Services are for people with Partnership insurance who have mild to moderate mental health conditions and there is currently no waiting list.</p> <p>Carrie Jo reminded the committee of the Carr Fire recovery resources available including emotional support available through Cal HOPE.</p> <p>Carrie Jo also told the committee about the Shasta HHSa Newsroom where updates on all of HHSa</p>	

		programs and services, including news about mental health programs, can be found.	
9. Community Planning, Education and Collaboration	<b>None</b>		