

**Stand Against Stigma Committee**  
**Hill Country CARE Center - 1400 Gold St.**  
**Minutes**  
**April 9, 2019**  
**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** –Jeanine Gonzales, Tina Short, Art Sevilla, Lindsey, Charlene Ramont, Connie Webber, Robin Ivan, Dan Trott, Bev, James Daniels.

**Shasta HHS Staff** – Danielle Lazarus, Tracy Osterday, Kim Limon, Pamela Heisler, Rhonda Schultz, Zach Crow, Carrie Diamond, Mark Ewing, Courtney Parker, Amy Sturgeon.

Agenda Item	Discussion	Notes & Actions	Individuals Commenting
1. Welcome & Introductions	<i>Your name, role in the community and what you are doing to fight stigma.</i>		
2. Special Guest, Presentation and/or Discussion	<b>Community Conversation: Fighting Homelessness, Amy Sturgeon HHS</b>	Amy passed out information before PowerPoint presentation, discussed what the presentation is about and why it is important to talk about homelessness. Went over guidelines for communication. Shared video of people who had been threw being homeless.	
3. March/April in Review	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>• Institute of Technolog</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>• Compass Health and Wellness Fair, International Women’s Day; Mayers Health and Wellness Fair (4/6), Sportsmans Expo (4/6-4/7).</li> </ul> <p><b>Events</b></p> <ul style="list-style-type: none"> <li>• April <ul style="list-style-type: none"> <li>○ <b>Restoration: Healing through Art.</b> Spoken Word Workshop High School Tour and Hope Is Alive! Open Mic for youth - 4/1-4/5, 2019.</li> <li>○ <b>Hope Is Alive! Open Mic for Youth</b> – 4/5/2019 6-9 p.m. at Old City Hall; performer sign in at 5:30 p.m.</li> </ul> </li> </ul>	Carrie Jo gave updates on Stand Against Stigma activities that are coming up and going on. Thanked Circle of Friends on helping out with the Mayers Fair while Carrie was at the Sports Expo, had 5 guys step up and do Captain Awesome and shared their mental health. Brandon Leak, spoken work poet and co-founder of hope is alive. Did a week long tour of Shasta county speaking to youth and adults. Speeches where all well received.	

<p>4. Upcoming Events, Presentations and Outreach</p>	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>• April – One Safe Place (4/8 &amp; 4/19), IOT (4/11), Shasta College Sociology (4/29)</li> <li>• May – Tehama County Behavioral Health (5/2); Minds Matter (5/10); SASC Meeting in Burney (5/14)</li> <li>• June – RPD Records Techs and Cadets (6/20)</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>• April – Take Back The Night (4/3), Sportsman’s Expo (4/6-4/7); Shasta CAPCC Week of the Young Child (4/10), Whole Earth and Watershed Festival (4/20);</li> <li>• May - Healthy Aging Fair and Minds Matter (5/10)</li> <li>• June – Shasta County Employee Appreciation Day (6/12)</li> </ul> <p><b>Events (* = Tentative)</b></p> <ul style="list-style-type: none"> <li>• May <ul style="list-style-type: none"> <li>○ <b>Minds Matter</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> – <ul style="list-style-type: none"> <li>▪ M - 5/13 – Mental Health First Aid</li> <li>▪ T - 5/14 – SASC Mtg. in Burney</li> <li>▪ W - 5/15 – Resilience Screening</li> <li>▪ Th - 5/16- Mindfulness Skills Workshop</li> <li>▪ F - 5/17 – Hope Is Alive! Open Mic</li> </ul> </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, April and May are super busy with planning of future events. SASC meeting will hopefully have new brave faces speakers attending. Hill county is going to do a mental health 101 for RPS records and cadets.</p> <p>Covered community outreach events coming up.</p> <p>Minds Matter even is on May 10<sup>th</sup> and bridge should be lit green if all goes well with city of Redding. Working on getting preregistration for Open Mic to make sure we are getting a consistent message out about supporting mental health. Will be posting the event on Facebook and community calendar very soon. Let any nonprofit and HHSA programs know they can still sign up for Minds Matter.</p> <p>Marsha will have the registration out very soon. Reminder SASC meeting in May will be held at Circle of Friends. Mt Burney movie theater will show ACEs documentary Resilience. Lindsay will be up Thursday to do the Mindfulness Skills Workshop. New location needs to be found for the Hope is Alive open mic. Becoming Brave training next month Saturday May 4<sup>th</sup>.</p>	
<p>5. Gallery</p>	<p><b>New portraits</b></p> <ul style="list-style-type: none"> <li>• Coming soon – David Wharton, Chris Paradis, Crystal Johnson, Aiden Mares, Denise Green.</li> </ul> <p><b>Currently on display at:</b></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>	<p>Carrie Jo gave an update on David Wharton portraits and working with city of Redding to get Brave Faces portraits up at city hall, waiting to be selected. Looking for spaces to bring back the gallery. Carrie Jo explained the process of becoming a Brave Faces speaker.</p>	

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>• @shastabravefaces</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, Minds Matter TV and podcast are on hold as Marc has been busy getting things out for the navigation center.	
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>		
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>• <a href="http://www.shastareddingrecovers.org">www.shastareddingrecovers.org</a></li> <li>• California HOPE Shasta Update (NVCSS)</li> </ul>		
9. Community Planning, Education and Collaboration	<b>None</b>		