

**Stand Against Stigma Committee**  
**Hill Country CARE Center - 1401 Gold St.**  
**MINUTES**  
**October 8, 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** – Bernadette Bird, Circle of Friends; Dan Trott, Circle of Friends; Connie Webber, Mental Health Drug and Alcohol Advisory Board; Marci Fernandez, Community Member; Tina Short, Olberg Wellness Center

**Shasta HHS Staff** – Carrie Jo Diamond, CES; Gene Ward, D&A Counselor; Lindsey Tibbets, CES; Zach Crow, CES, Kim Limon, Office Assistant Supervisor; Cathy Tillman, Supervising CES; Tracy Osterday; Public Health Nurse

Agenda Item	Discussion	Notes & Actions
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>Brave Faces Speaker</b> – Gene Ward will share his story for the first time.	Gene shared his amazing story of substance use recovery and comments followed. Thank you, Gene!
3. Resource Sharing	<b>Community Partner Updates</b> – Open to all <ul style="list-style-type: none"> <li>• Center for Mind Body Medicine Training</li> </ul>	
4. Community Planning, Education and Collaboration	<b>Mental Health Month</b> <ul style="list-style-type: none"> <li>• Minds Matter Fair Video</li> <li>• Brave Faces TEDx style event for Mental Health Month?</li> <li>• Minds Matter (Burney Version)?</li> </ul>	Carrie Jo pitched the idea of having a formal, scripted Brave Faces event during Mental Health Month; similar to a TEDx presentation.  It was suggested to have it focused on youth or young adult presenters. Cathy Tillman said she could possibly find youth who are interested in sharing their story.  Focus on bringing recovery more into the light when talking about mental health, not just medications and counseling. More of the

		ups and downs and the process of healing and mile stones, showing it's a lifetime recovery.
5. September/ October in Review	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>September- One Safe Place (9/26), Recovery Happens (9/29)</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>August - Rancheria Health Fair (8/7), Shasta College Welcome Day (8/28)</li> <li>September - Shasta College Health and Safety Fair (9/5); Written Off Documentary (9/12)</li> </ul> <p><b>Events</b></p> <ul style="list-style-type: none"> <li>Recovery Happens 9/29</li> </ul>	
6. Upcoming Events, Presentations and Outreach	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>October - ACEs Learning Community (10/11), Shasta College All Things Not Being Equal - Gender in the Northstate (10/16)</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>October - Veterans Stand Down (10/24-26)</li> </ul> <p><b>Events (* = Tentative)</b></p> <ul style="list-style-type: none"> <li><b>Becoming Brave Training (s)</b> - Saturday, 11/16/19, 2/22/2020, 6/6/2020 10 a.m.-4 p.m. in the Boggs Conference Center 2420 Breslauer Way</li> <li><b>Hope Is Alive! Open Mic</b> - Friday, November 1<sup>st</sup>, Art from the Ashes; Old City Hall 6-9 p.m., performer sign in 5:30 p.m.</li> </ul>	Hope is alive open mic on November 1 <sup>st</sup> and the flyer will be emailed out once it is approved. Keep an eye on Facebook for the event.
7. Gallery	<p><b>New portraits</b></p> <ul style="list-style-type: none"> <li>Coming soon - Crystal Johnson, Aiden Mares, Denise Green, Jullie Calkins</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> <li>Shasta County Mental Health</li> </ul>	
8. Social Media/Website	<p><b>Facebook</b></p> <p><b>Instagram</b></p> <ul style="list-style-type: none"> <li>@shastabravefaces</li> </ul>	

	<b>Website</b> <ul style="list-style-type: none"><li>• New website under development</li></ul>	
9. Minds Matter TV/Podcast	<b>Episodes</b> <ul style="list-style-type: none"><li>• <b>Housing as Treatment for Mental Health Issues</b> with Chante Catt and Donnell Ewert - in editing.</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>	