

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

AGENDA

November 12, 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 – Skylar Bates, MHSA Academy Participant, Julie Driver, KIXE; Dan Trott, Circle of Friends; Jeanine Gonzales, Circle of Friends

Shasta HHS Staff – Carrie Diamond, CES, Zach Crow, CES; Amy Koslosky, Supervising CES; Tracy Osterday, Public Health Nurse; Kim Limon, Adult Services Office Assistant Supervisor

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	Website review and ideas for updating Brave Faces.	<p>Working with Shasta.com to update the Stand Against Stigma webpage and make it more stream line and up to date. Navigation not good on the current webpage. Brave faces gallery was laid out nicely. Old webpage was to dark hard to read. Need help and other resources should be easier to find. Website to look at are: Bedsider.org or wellmamas.net Broken up page makes it easier to read. Easy to find phone number/numbers and or email? Need help to Lets Talk? New menu bar is nice easy to navigate. More in depth brave faces bio, here is how they started and where they are now. Testimonials how the brave faces helped them make a change.</p>

3. Resource Sharing	Community Partner Updates – Open to all	Zach Crow, HHSa CES, talked about the need for free or low cost spaces to hold the Center for Mind Body Medicine group sessions. The groups will run once a week for 8-weeks for approximately 2-hrs. There will be 96 local trainers looking for space to hold two 8-week sessions in the coming year.
4. Community Planning, Education and Collaboration	Mental Health Month <ul style="list-style-type: none"> • Minds Matter Fair Video • Brave Faces TEDx style event for Mental Health Month • Intermountain Mental Health Week Committee 	Carrie Jo is looking to start an Intermountain Mental Health Week committee to get more community involvement and input. She will contact Lisa Barry, HHSa Community Organizer for Burney to get a list of contacts.
5. October/November in Review	Speaking Engagements <ul style="list-style-type: none"> • October – ACEs Learning Community (10/11), All Things [NOT] Being Equal (10/13) Community Outreach <ul style="list-style-type: none"> • October/November - none Events <ul style="list-style-type: none"> • Hope Is Alive! Open Mic with ART from the ashes (11/1) 	We partnered with the Shasta College Sociology Department to be a part of the All Things [Not] Being Equal: Gender in the North State to present on the topic of Gender and Mental Health. Two of our LGBTQ+ Brave Faces Advocates shared their stories. About 30 inquisitive and thoughtful students attended.
6. Upcoming Events, Presentations and Outreach	Speaking Engagements <ul style="list-style-type: none"> • November – IOT Community Outreach <ul style="list-style-type: none"> • October – Veterans Stand Down (10/24-26) Events (* = Tentative) <ul style="list-style-type: none"> • Becoming Brave Training (s) – Saturday, 11/16/19, 10 a.m.-4 p.m. in the Boggs Conference Center 2420 Breslauer Way <ul style="list-style-type: none"> ○ 2020 training dates – 2/22, 6/6, 7/18, 11/14 	Presentation to Medical Assisting students at IOT David Martinez and Mike Skondin will be speaking. December will have a presentation at National University. Becoming Brave flyer is going to be updated with all the 2020 dates.
7. Gallery	New portraits <ul style="list-style-type: none"> • Coming soon - Crystal Johnson, Aiden Mares, Denise Green, Jullie Calkins Currently on display at: <ul style="list-style-type: none"> • 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) 	Shasta County mental health has portraits up and more will be coming. Swapping out other gallery to get things moving. Going to attempt to update Facebook with a monthly blog if photos are good.

	<ul style="list-style-type: none"> • Shasta County Mental Health 	Website lunch Jan-Feb if all goes well.
8. Social Media/Website	<p>Facebook</p> <ul style="list-style-type: none"> • Monthly Brave Faces presentation highlights <p>Instagram</p> <ul style="list-style-type: none"> • @shastabravefaces <p>Website</p> <ul style="list-style-type: none"> • Hoping to launch in January or February 2020 	
9. Minds Matter TV/Podcast	On pause	Mind Matter Podcast is on pause, but will be revisited soon. The plan is to include it as part of the new website.