

**Stand Against Stigma Committee**  
**Hill Country CARE Center - 1401 Gold St.**  
**MINUTES**  
**February 11, 2020**  
**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** – Connie Webber (MHADAB); Elizabeth Jones (Simpson Student Nurse); Chelsea Sabin (Circle of Friends Coach Advocate); Jacklyn Blowers (Circle of Friends Coach Advocate); Janine Harper (Circle of Friends); Robert Schornsten (Olberg Wellness Center); Drew A Scabs (Olberg Wellness Center); Hannah Youngman-Tiner (Simpson College Nursing Student); Stepanie Lopez-Chanten (Simpson Nursing Student); Michal Renard (Simpson Nursing Student); Barbara Jackson (Anderson Teen Center);

**Shasta HHS Staff** – Tracy Osterday, (PHN); Kim Limon (Adults Services Supervisor);

| Agenda Item                                      | Discussion  | Notes & Actions  |
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| 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>Mental Health Resource Booklet</b>   | Christopher Diamond asked the committee to brainstorm a mental health resource booklet that combines Stand Against Stigma activities and Brave Faces stories, information about how to start treatment and what recovery looks like, as well as contact information for local mental health resources.   |
| 3. Resource Sharing                              | <p><b>Community Partner Updates</b> – Open to all</p> <p><b>MHSA Stakeholder Survey:</b><br/> <a href="https://shastahhsa.sjc1.qualtrics.com/jfe/form/SV_9YtXKOUoFIHkTCI">https://shastahhsa.sjc1.qualtrics.com/jfe/form/SV_9YtXKOUoFIHkTCI</a></p> | <p>Connie Webber said the We Care A Lot group from Far Northern Regional Center will be doing events soon and there is a tentative plan to do a sock-hop during Kool April Nights.</p> <p>Chelsea Sabin from Circle of Friends reported that they have been doing a WRAP class for youth.</p> <p>Christopher Diamond let the committee know about a WRAP class for adults that</p> |

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|  |  | starts on March 7 <sup>th</sup> , and will be held at the CARE Center from 2:00-4:30 p.m.                |
| 4. Community Planning, Education and Collaboration | <b>Minds Matter and Mental Health Month</b>  |  |
| 5. December/January in Review                      | <p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>January - Stand Against Stigma Meeting (1/14)</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>January – Redding Health Expo</li> </ul> <p><b>Events</b></p> <ul style="list-style-type: none"> <li>No events</li> </ul>   | Christopher Diamond provided a brief update on Stand Against Stigma activities that happened in January. |
| 6. Upcoming Events, Presentations and Outreach     | <p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>February – Dignity Health Connected Living staff (2/27).</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>Sportsman’s Expo (4/4-4/5); Week of the Young Child (4/15); Whole Earth and Watershed Festival (4/18); Take Back The Night (4/29)</li> </ul> <p><b>Events (* = Tentative)</b></p> <ul style="list-style-type: none"> <li><b>Becoming Brave Training (s)</b> – 2020 training dates – 2/22, 6/6, 7/18, 11/14; 10 a.m.-5 p.m. in the Boggs Conference Center</li> <li><b>Minds Matter Mental Health Festival</b> – Friday May 8, 5-9 p.m.; Hope Is Alive! Open Mic sign in starts at 5:30 p.m.</li> </ul> | Christopher Diamond provided a brief update on future Stand Against Stigma activities.                   |
| 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, Joel Covert, Josie Englin</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.</li> <li>Shasta County Mental Health</li> </ul>  | Christopher Diamond reported that progress is being made on new Brave Faces stories and galleries.       |

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| 8. Social Media/Website    | <p><b>Facebook</b></p> <ul style="list-style-type: none"> <li>• Monthly Brave Faces presentation highlights</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>• Hoping to launch in February 2020</li> </ul> | Christopher Diamond reported that the website structure is almost complete and ready to be populated. |
| 9. Minds Matter TV/Podcast | Working to have previously taped episodes aired by May.  |   |

## Suggestions for Mental Health Resource Booklet – February 11, 2020

- What is stigma and the effect it has on someone who is having mental health challenges. Information on what everyone can do to fight stigma.
- How to navigate insurance and the distinctions between types of insurance; how to find a counselor and prescriber, how to work with a primary doctor; remember to look at the back of your insurance card; what each provider's role is (counselor, psychiatrist, etc.).
- Self-advocacy and how to be an advocate for others; What is peer support.
- Mindfulness practices, self-care and getting out into nature as therapy.
- How to recognize the signs of a mental health crisis, both for the individual in crisis and for people who want to help someone through a crisis.
- Community based supports such as WRAP, Mind Body Skills workshops and Becoming Brave Trainings that provide tools for recovery and reduce isolation;
- Relevant resources and information for teens.
- Starting and properly taking medication.
- 211 and other local resources.