Stand Against Stigma Committee

JANUARY 14, 2020

Stand Against Stigma
Changing minds about mental illness

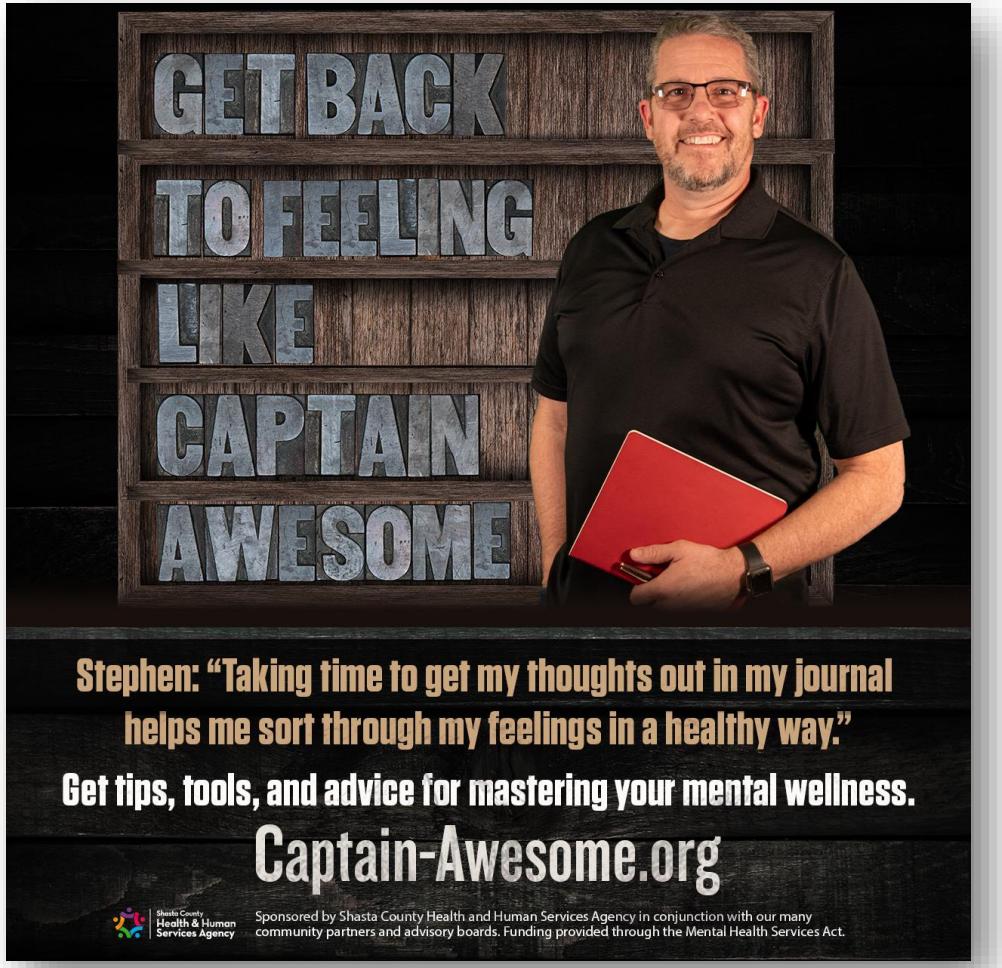
“The Stand Against Stigma Committee works to promote mental wellness, increase community awareness of mental health, and end the stigma surrounding mental illness and substance abuse.”

MISSION STATEMENT

Introductions

- Name
- Title and organization
  - Members of the community are welcome too!
- What do you do to support mental wellness and destigmatize mental health challenges?

Wellness Exercise: Journaling



ORID:
Objective
Reflective
Interpretive
Decisional

A structured form of questioning that leads you or a group to a decision and take action.

Objective – What do I/we know about this?

Reflective – How do I/we feel about this?

Interpretive – What does this mean for me/you/the organization?

Decisional – What are we going to do?

Focused Conversation - ORID

A structured form of questioning that leads you or a group to a decision and action.

What went on today?

Focused Conversation - OBJECTIVE

A strategic way to get to work toward taking action.

How am I feeling; what are the range of feelings I've had today?

What are some moments when I've felt challenged or overcame challenges?

When today did I feel creative or happy?

Focused Conversation - REFLECTIVE

A strategic way to get to work toward taking action.

What's an activity I did that brought me joy? Centered/stabilized me?

What was something that someone did for me that made me feel good?

What is something that I did to help someone else today, acknowledged in others?

Focused Conversation - INTERPRETIVE

A strategic way to get to work toward taking action.

How can I be kinder to myself and those around me?

Where do I feel the most concern?

What are some of the questions that are surfacing for me?

Where have I had an insight, learning, moment of clarity?

Focused Conversation - INTERPRETIVE

A strategic way to get to work toward taking action.

Tomorrow what do I want to continue doing?

What do I need to let go of?

What do I want to shift?

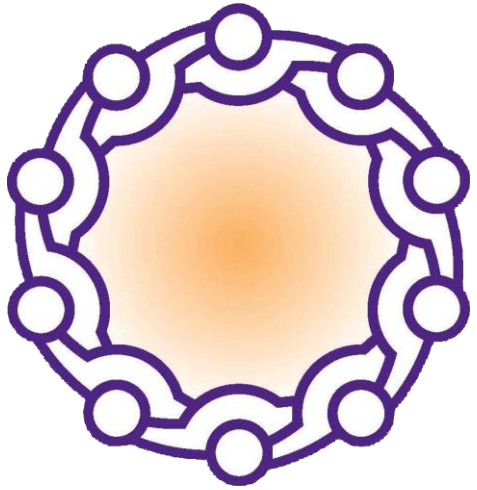
What is an image/phrase/song that represents/reflects my day, my week?

Focused Conversation - DECISIONAL

A strategic way to get to work toward taking action.

Resource Sharing

Updates



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Brave Faces at One Safe Place

April 30, 2020

Upcoming Activities

Speaking Engagements

- **February –** Dignity Connected Living (2/20);

Events & Trainings

November

- **Becoming Brave**– 2/22

May

- **Minds Matter –** Friday, May 8th, 5-9 p.m. at the Sundial Bridge; Resource Fair 5-9 p.m., Hope Is Alive! Open Mic 6-9 p.m.
- **Intermountain Mental Health Month –** TBA

Community Outreach

- **January**
  - Redding Health Expo (1/4)
  - Dr. Lake: Combating Bullying in School Settings (1/18)

Gallery

- Shingletown Medical Center
- Circle of Friends
- Wintu Museum
- Redding First Church of Nazarene
- Shasta County Mental Health

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Let's talk
cdiamond@co.shasta.ca.us
(530) 229-8484

Home | About | Brave Faces | Minds Matter Media | Get Involved | Resources | Events | Contact

DEMONSTRATION ONLY

Minds Matter TV & Podcast

- **Game on! Working to air the first episode before Mental Health Month.**
  - **Housing as Treatment for Mental Health Issues** with Chante Catt and Donnell Ewert – currently being edited.
  - **ACEs** with Crystal Johnson and Rick Crowley – in editing.
  - **Minds Matter TV Trailer -** coming soon to social media.
- Resume production over the summer,

Social Media

Facebook

Be on the look out for new Brave Faces stories, Denise, Aiden and Jullie.

Instagram

@shastabravefaces

YouTube

Several videos are currently available on the Shasta HHSA YouTube.

EXTRA! EXTRA!

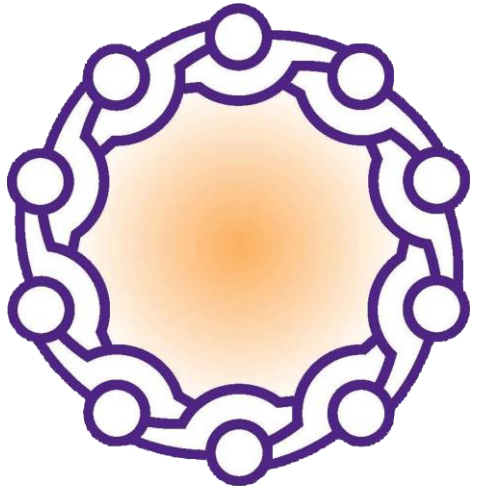
Did you know Shasta HHSA has an online newsroom?

Go to
https://tinyurl.com/hhsanewsroom
and get:

Press Releases
Success Stories
Videos
Links to other important sites
And More!

Shasta County
Health & Human
Services Agency

Thank You



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