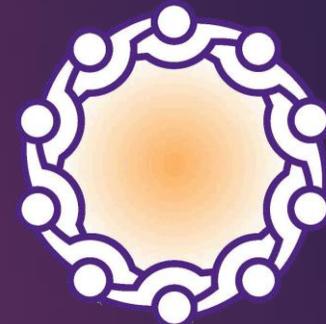


# Stand Against Stigma Committee

JUNE 9, 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?

# Brainstorm

Aspects of  
COVID-19 related  
stress/anxiety that  
need to be  
addressed.



# What do we know about COVID-19 stress?





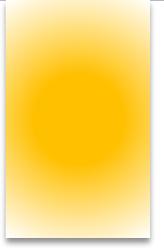
**What are the reactions people are experiencing?**





**What aspects of mental health and/or stigma need to be addressed?**



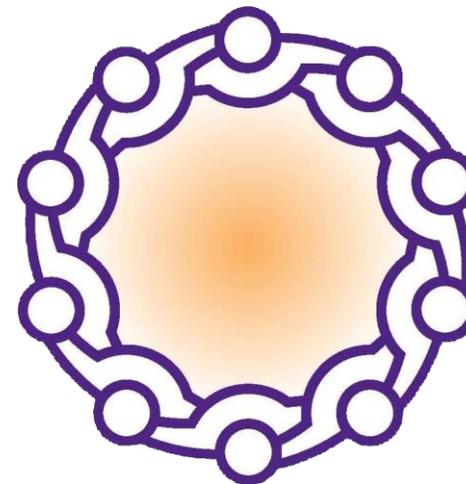


**What kinds outreach/events/topics should we do?**



# Resource Sharing

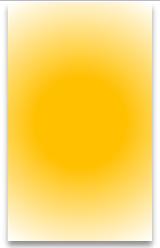
# Updates



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Brainstorm

Minority Mental  
Health Month  
July



# Upcoming Activities

## Speaking Engagements

- **June** – IOT (6/16)

## Events & Trainings

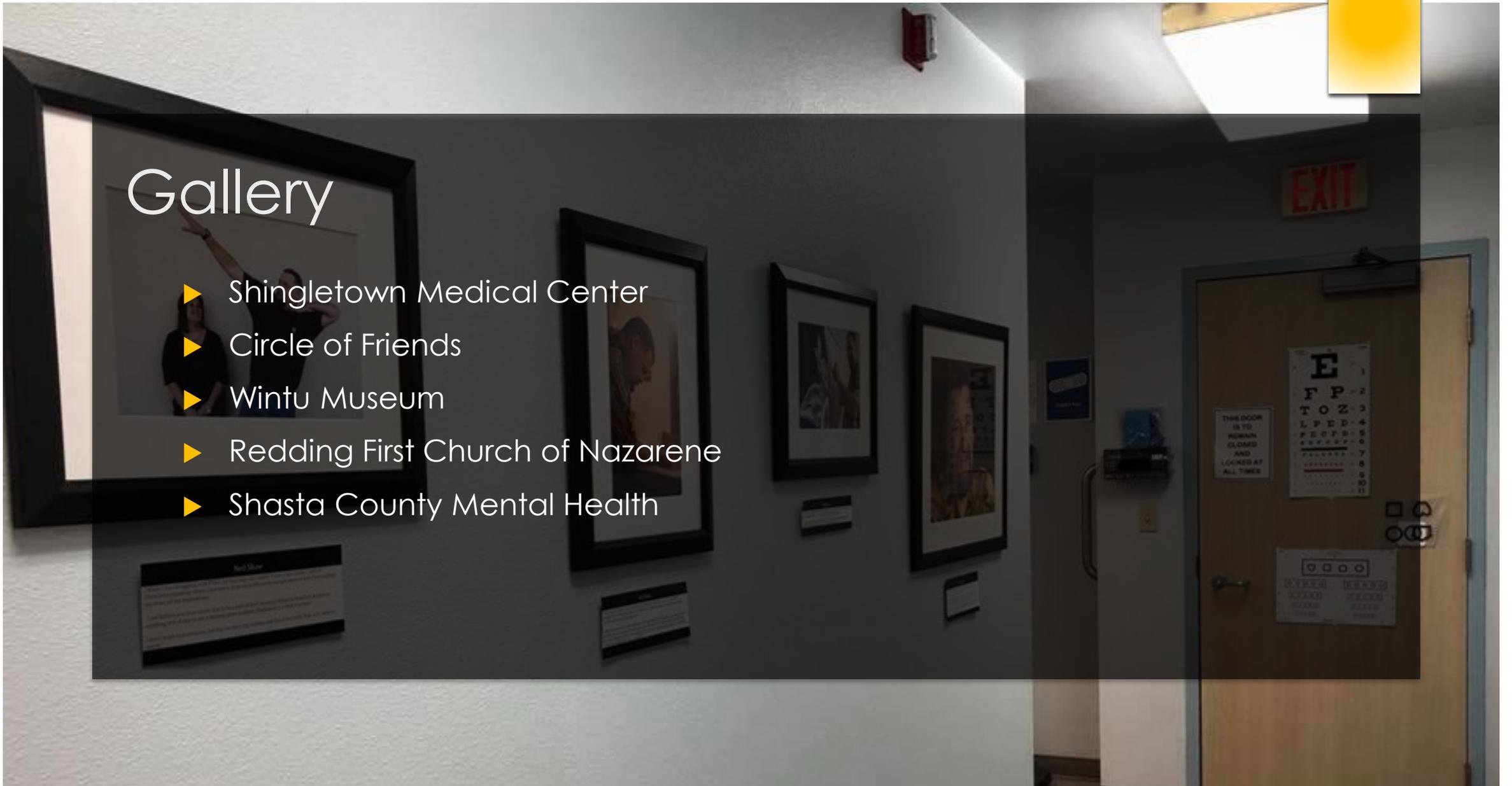
### June-July

- **Mind-Body Skills Workshop** – 6-8 p.m., Wednesday, 6/24
- **What is WRAP** – 12-1 p.m., Friday, 6/26
- **Refocus** (Journaling) - 11 a.m.-1 p.m., Tuesday, 6/30
- **Untangling Uncertainty** – TBA (sometime May 25-29, 2020)

## Community Outreach

# 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](mailto:cdiamond@co.shasta.ca.us)  
☎ (530) 229-8484

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# education makes bright your future

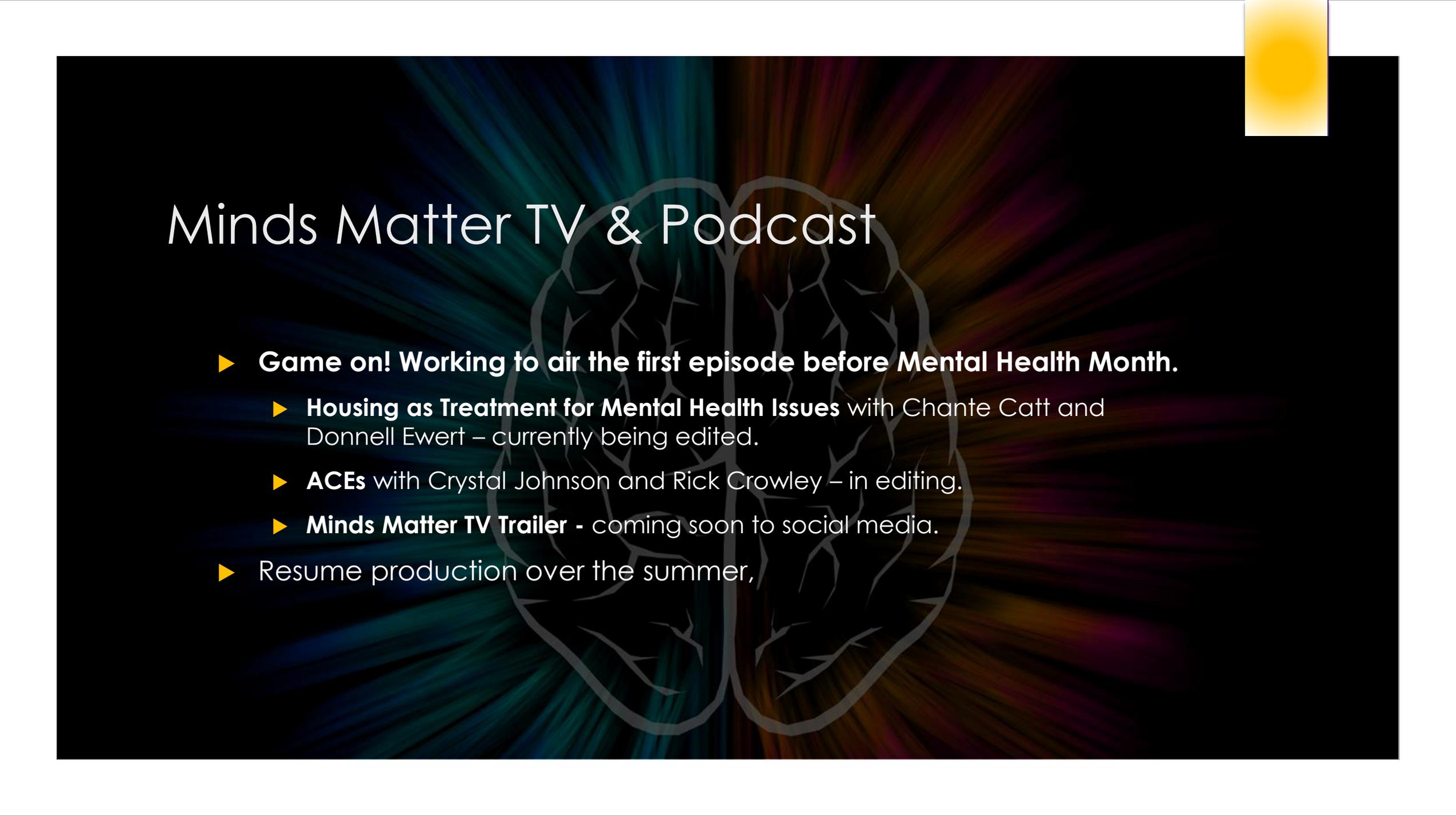
Podcasting operational change management inside of workflows system

[LEARN MORE →](#)

PR  
EV

NE  
XT

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 HHS  
has an online newsroom?

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

**Press Releases**  
**Success Stories**  
**Videos**

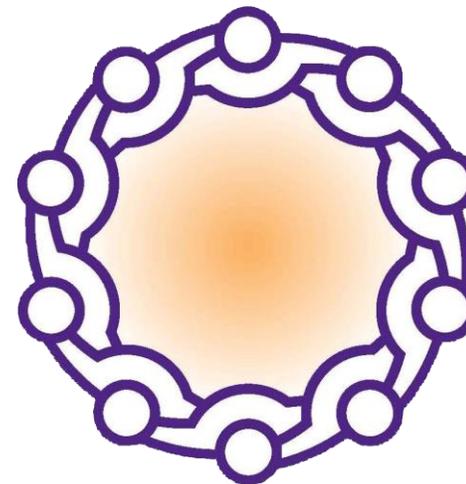
**Links to other important sites**  
**And More!**



Shasta County  
**Health & Human  
Services Agency**



Thank You



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