

**Stand Against Stigma Committee**  
**Hill Country CARE Center - 1401 Gold St.**  
**MINUTES**  
**January 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** – Connie Webber, MHADAB Board Member; Katie Sears, SCHC; Robin Ivins, Rancheria Head Start; Jeanine Gonzales, Circle of Friends; Bernadette Bird, Circle of Friends  
**Shasta HHS Staff** – Courtney Parker, Peer Support; Kim Limon, Adult

Agenda Item	Discussion	Notes & Actions	Individuals Commenting
1. Welcome & Introductions	<i>Your name, role in the community and what you are doing to fight stigma.</i>		
2. Special Guest and/ or Presentation	<b>Brave Faces Update – Chante Catt</b>	<p>The committee was given an update on the successes Brave Face Chante Catt. who has been advocating for homeless students at Humboldt State University. Her work has caught the attention of popular online media outlets, such as “Now This.”</p> <p>The committee viewed Chante’s gallery, the “I Am/Was Homeless” she participated in locally, and the NOW THIS story she was interviewed for: <a href="https://www.youtube.com/watch?v=ck-89phIXsM">https://www.youtube.com/watch?v=ck-89phIXsM</a></p> <p>Discussion followed the screening of the videos.</p>	
3. November/ December in Review	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>• December – National University (12/5), Stand Against Stigma Meeting (12/11), NVHS (12/14),</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>• December – Promotores Open House Carnival – Hmong/Mein Community (12/8)</li> <li>• January – Redding Health Expo (1/5-1/6/2019)</li> </ul> <p><b>Events</b></p>	<p>Carrie Jo gave updates for Stand Against Stigma activities since the last meeting.</p>	

	<ul style="list-style-type: none"> <li>December - None</li> </ul>		
4. Upcoming Events, Presentations and Outreach	<p><b>Speaking Engagements</b></p> <ul style="list-style-type: none"> <li>January – *UPrep, *Rocky Point Charter School</li> </ul> <p><b>Community Outreach</b></p> <ul style="list-style-type: none"> <li>January – Promotores (1/12)</li> </ul> <p><b>Events (* = Tentative)</b></p> <ul style="list-style-type: none"> <li>January <ul style="list-style-type: none"> <li>*<b>Becoming Brave</b> – Saturday, 1/12/19 – 10 a.m.- 4 p.m. at the Boggs Building (2420 Breslauer)</li> <li>*<b>Hope Is Alive! Open Mic</b> – Friday, February 22<sup>nd</sup> at Old City Hall 6-9 p.m., Performer sign in at 5:30 p.m.</li> </ul> </li> <li>May <ul style="list-style-type: none"> <li>*<b>Minds Matter (*Tentative)</b> – Friday, May 10<sup>th</sup>, 5-9 p.m. at the Sundial Bridge; Resource Fair 5-9 p.m., Headline Musical Acts 5-6 p.m., Hope Is Alive! Open Mic 6-9 p.m.</li> <li>*<b>Intermountain Mental Health Week</b> – 5/13-5/18 – Stand Against Stigma Meeting, Resilience Screening (ACEs), Hope Is Alive! Open Mic, Mental Health First Aid Training (?), Brave Faces presentations at the schools (?)</li> </ul> </li> <li>July <ul style="list-style-type: none"> <li><b>Stand Against Stigma Visioning Meeting</b> – Tuesday, July 9, 2019, 8 a.m.-5 p.m., Location TBA.</li> </ul> </li> </ul>	Carrie Jo gave updates on upcoming presentations, outreach and events.	
5. Gallery	<p><b>New portraits</b></p> <ul style="list-style-type: none"> <li>Coming soon – David Wharton &amp; Chris Paradis</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</li> </ul>	Carrie Jo gave updates on the Gallery and encouraged the committee to come up with locations to display Brave Faces portraits.	

	<p><b>Soon to be on display at:</b></p> <ul style="list-style-type: none"> <li>• Shasta County Admin Building (1/2-3/31/2019)</li> </ul>		
6. Social Media/Website	<p><b>Facebook</b></p> <ul style="list-style-type: none"> <li>• Minds Matter trailer (coming soon)</li> <li>• Facebook events for Hope Is Alive! Open Mic and Becoming Brave</li> </ul> <p><b>Instagram</b></p> <ul style="list-style-type: none"> <li>• Cherish Padro's story</li> </ul> <p><b>Website</b></p> <ul style="list-style-type: none"> <li>• Revamp expected soon and will include Minds Matter Media</li> </ul>	Carrie Jo gave updates on social media and the website.	
7. Minds Matter TV/Podcast	<ul style="list-style-type: none"> <li>• <b>Housing as Treatment for Mental Health Issues</b> with Chante Catt and Donnell Ewert – currently being edited.</li> <li>• <b>ACEs</b> with Crystal Johnson and Rick Crowley – scheduling re-shoot.</li> <li>• <b>Minds Matter TV Trailer</b> - coming soon to social media.</li> </ul>	Carrie Jo gave an update on the Minds Matter TV and Podcast.	
8. Resource Sharing	<p><b>Community Partner Updates</b> – Open to all</p> <p><b>Carr Fire Recovery Mental Health Related Resources</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.shastareddingrecovers.org">www.shastareddingrecovers.org</a></li> <li>• California HOPE Shasta Update (NVCSS)</li> <li>• Reminder to check in with others – 5-6 months after a traumatic event is when PTSD symptoms set in.</li> </ul>	There were no updates from community partners. Carrie Jo offered a reminder that the 6-month mark of a traumatic event can often be a time when people become symptomatic. It's a good time to check on your loved ones.	
9. Community Planning, Education and Collaboration	<b>None.</b>		