Stand Against Stigma Committee

DECEMBER 11, 2018
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?
Discussion

Stigma & the Homeless Navigation Center
Stigma & the Homeless Navigation Center

What are our community’s perceptions of people who are homeless?
Stigma & the Homeless Navigation Center

Where is more work needed?
What seems the most critical?
Stigma & the Homeless Navigation Center

What kind of changes will we need to make?
Stigma & the Homeless Navigation Center

What are these themes really about?
February in Review

Speaking Engagements
• **February** – UPrep & February SASC Meeting.

Events & Trainings
• **February**
  • *Hope Is Alive! Open Mic* – Fri., Feb. 22nd, 6-9 p.m., at the Shasta Arts Council

Community Outreach
• **February** - None
Upcoming Activities

Speaking Engagements
- **March** - IOT (3/18)
- **April** - One Safe Place (4/8 & 4/19), IOT (4/11), Shasta College Sociology (4/29)
- **May** - Tehama County Behavioral Health (5/2), Minds Matter (5/10), SASC Meeting in Burney (5/14)

Events & Trainings
**April**
- **Restoration: Healing Through Art** – April 1st - 5th
- **Youth Hope Is Alive! Open Mic** - Friday, 4/5/2019 – 6-9 p.m., 5:30 p.m. performer sign in at Old City Hall.

**May**
- **Minds Matter (Tentative)** – Friday, May 10th, 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 Week** – Mental Health First Aid (5/13), Stand Against Stigma Committee (5/14), Resilience Documentary Screening (5/15), Hope Is Alive! Open Mic (5/17)

Community Outreach
- **March**
  - Compass Health and Wellness Fair (3/8)
  - International Women’s Day (3/9)
Gallery

- HHSA Office of the Director
- Shingletown Medical Center
- Circle of Friends
- Wintu Museum
- Redding First Church of Nazarene
- Shasta County Admin Building (1450 Court St.) – Jan. 2nd – Mar. 31st
WHAT IS STIGMA?

About one in four people will struggle with a mental illness every year, and about 40 people in Shasta County die by suicide every year. Because of shame and discrimination associated with mental health problems, many people don’t seek the help they need.

The Brave Faces Portrait Gallery and True Colors Art Gallery use true stories of hope and recovery to fight stigma by improving our understanding of mental illness and suicide.

CRYSTAL JOHNSON SPEAKS ABOUT WOMEN’S CONNECT AND BREAKING THE CYCLE OF ADDICTION

Crystal Johnson on Breaking the Cycle of Addiction

“When I made the commitment to get clean, I was really scared to talk to anyone face-to-face with the issues I was having or the fact I didn’t know where to get help. If I could have accessed a website with all...”
Social Media

Facebook
Look for event posting for next Becoming Brave & Hope Is Alive! Open Mic

Instagram
@shastabravefaces

YouTube
Videos are currently available on the Shasta HHSA YouTube.
Minds Matter TV & Podcast

- **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.
Resource Sharing
California HOPE of Shasta
Carr Fire Recovery Info
Mental Health & Wellness Services

Carr Fire Recovery Website
WWW.SHASTAREDDINGRECOVERS.ORG

The purpose of this site is to provide Shasta County and the City of Redding residents with information about mental health and wellness.
EXTRA! EXTRA!

Did you know Shasta HHSA has an online newsroom?

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

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Success Stories
Videos
Links to other important sites
And More!
Thank You