

Stand Against Stigma Committee
Hill Country CARE Center - 1400 Gold St.
MINUTES
May 8, 2018

Committee Members – Jeanine Gonzales (Circle of Friends); Bernadette B. (Community Member); Chen Chio Saechao (Community Member); Loren Hoskins (Community Member); Dee Madden (Olberg Center)

Shasta HHS Staff – Amy Sturgeon; Marc Dadigan; Sam Hummel

Agenda Item	Discussion	Action	Individuals Commenting
1. Welcome and Introductions	Amy Sturgeon was filling in for Carrie Jo Diamond who could not attend the because she was in a training. Amy read the mission statement, welcomed everyone to the meeting and asked attendees to introduce themselves.		Carrie Jo, Stand Against Stigma Coordinator
2. APR/MAY in Review	<p>Amy recapped activities in APR/MAY</p> <ul style="list-style-type: none"> a. Speaking Engagements - Brave Faces Speakers champion the fight against stigma by sharing their stories of recovery and hope. <ul style="list-style-type: none"> i. April – One Safe Place, CHYBA (California Heritage Youth Build Academy), CIT (Crisis Intervention Team) Training b. Gallery Install – None c. Events – DREAMERZ Spoken Word Workshop, Hope Is Alive! Open Mic at Anderson Teen Center, Minds Matter <p>The DREAMERZ Spoken Word Workshop conducted by Brandon Leake was well received. Before the workshop, Brandon presented poetry at North Valley High School, Anderson New Tech and Anderson Middle School. He has a gift for making instant connection with youth, and several were inspired to attend the workshop. About 10 teens and young adults attended. Six youth participated in the Open Mic at Anderson Teen Center. All were first timers to the stage. It took a little encouragement, but most of the youth ended up sharing their talents twice. It was a mix of poetry, song, and a little ukulele. The workshop and the Hope Is Alive! went so well that we are looking into contracting with Brandon to do a week of workshops at different Shasta County Schools, building up to a Hope Is Alive! Open Mic for teens and young adults.</p>		Amy Sturgeon, HHS Suicide Prevention CES

	<p>d. Community Outreach – Sportsman’s Expo, CAPCC Week of the Young Child, Win River Earth Day, Whole Earth and Watershed Festival, Shasta CARES Take Back the Night</p>		
<p>3. Upcoming Events, Presentations and Outreach</p>	<p>a. Events (* = Tentative)</p> <p>i. INTERMOUNTAIN MENTAL HEALTH WEEK – May 14th-19th</p> <p>1. BRAVE FACES FORUM – “Finding Hope in Our Neighbors” – Tues., May 15 Intermountain EV Free Church, McArthur 6-8 p.m.</p> <p>When a person is diagnosed with a mental illness, even with intensive treatment, a mere 5 or 6 out of 730 hours in a month will be spent in the care of professionals. Because of this, families and communities play a substantial role in sustaining the healing process. Medication and counseling are essential to recovery; however, it is often the patience and encouragement of loved ones, friends and neighbors that make the biggest difference.</p> <p>Learn how anyone in the community can support someone with a mental illness by joining us for a Stand Against Stigma Brave Faces forum from on Tuesday, May 15th at the Intermountain Evangelical Free Church in McArthur. A reception with music and light snacks will begin at 5:30 p.m., and the forum will take place from 6-8 p.m.</p> <p>Hear from professionals working in the areas of family and peer support and Brave Faces speakers who have become experts in managing their mental health condition and/or substance use disorder. Panelists include: Donnell Ewert, Director of Health and Human Services Cathy Tillman, MHSA Volunteer Program and Peer Support Coordinator Denise Green, HHS Peer Support Specialist and Brave Faces Advocate</p>		<p>Carrie Jo, Stand Against Stigma Coordinator</p>

	<p>Susan Power, President of NAMI and Brave Faces Advocate David Martinez, Retired firefighter/EMT, retired drug and alcohol counselor, Winnemem Wintu tribal member and Brave Faces Advocate.</p> <ol style="list-style-type: none"> 2. QPR Training Fri., May 18th Circle of Friends, Burney 4-5:30pm 3. CAPTAIN AWESOME PHOTOSHOOT Fri., May 18th Ol' Merc Pizza, McArthur Time TBA 4. HOPE IS ALIVE! OPEN MIC Friday, May 18th Ol' Merc Pizza, McArthur Performer Sign-in 5:30 p.m., Open Mic 6-9 p.m. 5. BECOMING BRAVE TRAINING Sat., May 19th Location TBA 10 a.m.-4 p.m. <ol style="list-style-type: none"> ii. HOPE IS ALIVE! OPEN MIC Fri., July 13th Old City Hall Performer Sign-in 5:30 p.m., Open Mic 6-9 p.m. iii. BECOMING BRAVE TRAINING* Sat., July 28th Location TBA 10 a.m.-4 p.m. <ol style="list-style-type: none"> 2. Community Outreach <ol style="list-style-type: none"> a. June – Shasta County Employee Appreciation Event w/ Captain Awesome Photoshoot 		
4. Resource Sharing	<p>Amy gave an update on suicide prevention activities</p> <ol style="list-style-type: none"> a. Suicide Prevention Workgroup Amy Sturgeon, HHSA CES <ol style="list-style-type: none"> i. QPR Training: As above, and on June 21 at the Redding Library Foundation Room, 5:30 p.m.-7 p.m. Please check our Training page for more training dates! ii. More Than Sad has been taken to 6 schools and one church. Future presentation at Junction Elementary scheduled for late May. iii. Directing Change: two submissions from Shasta County this year! iv. Men's Mental Health Campaign – Photo booth at the Minds Matter, about 10 participants. v. 		<p>Amy Sturgeon, HHSA Suicide Prevention CES</p> <p>Sam Hummel, HHSA Maternal, Adolescent and Child Health CES</p> <p>Jeanine Gonzales, Circle of Friends</p>

	<ul style="list-style-type: none"> b. Women’s Connect Samantha Hummel, HHSa CES <ul style="list-style-type: none"> vi. Blue Dot Project: MCAH visited multiple sites with their Blue Dot display to promote Maternal Mental Health Awareness. Promoted via Facebook as well! vii. Visit their website: womensconnectshasta.com. c. Circle of Friends Jeanine Gonzales <ul style="list-style-type: none"> viii. WRAP Level 1 class recently concluded. Good participation and helpful for those in class. WRAP Level 2 planned for this summer, followed by another Level 1 class in the fall. d. Social Emotional Resilience Unit, Shasta County HHSa Public Health/First 5 Shasta: <ul style="list-style-type: none"> ix. Free screening of the film, “Resilience – The Biology of Stress and the Science of Hope”, followed by discussion. Thursday, May 17th, 6pm at the Cascade Theatre. Click here for more information. 		
5. Community Collaboration	<p>Minds Matter debriefing</p> <ul style="list-style-type: none"> a. Carrie Jo’s notes - First, I’d like to thank everyone who exhibited. I understand it is a burden to arrange to be at an event on the weekends, and appreciate that you took the time to be there. The off hours are when the public is most likely to be able to attend. <p>What went well – Art activities for the kids and art studio were popular. Most people enjoyed the musical acts and cultural performances. Well attended, despite the having to move into the Atrium.</p> <p>What could be improved on – No separate resource fair. Exhibitors stay through all of the entertainment. Only a handful of people, maybe 10, stuck around for the headline music acts.</p> <p>My wish list for next year – spend a little less on entertainment and more on the venue. Ideally, I would like to hold the event at the Sundial Bridge, which has excellent accidental traffic. We could have an afternoon/evening resource fair, then have a more intimate gathering with speakers and open mic performers after dusk and light the bridge in green for mental health awareness. Two options for time, each have their pros and cons. We could hold the event on Friday afternoon/evening, but it would be the</p> 		All committee members present

hotter part of the day. Or do Saturday in the cooler part of the day (10am-2pm) with the bridge lighting and testimonial speakers in the evening. I am still partial to Saturday as it would be easier for the public to attend, and allow for performances featuring youth, which would also increase attendance since their families would want to see them perform.

- b. Workgroup feedback – great event, Carrie did excellent, and amazing job!
- c. What went well per committee members:
 - i. Having booth that gave information on therapy pets (Pet Rx), which is a great resource.
 - ii. Dancers and music
 - iii. Interactive activities, such as painting.
- d. Wish list for next year:
 - i. Encourage booths/vendors to have interactive activities, perhaps even assigned.
 - 1. Family Nerf Activities
 - 2. Paper airplanes
 - 3. Dog therapy
 - 4. Dunk tank
 - 5. Photo booth for everyone
 - 6. Bounce house
 - 7. Art projects w/ mental health message (bookmarks, etc.)/ Art as therapy
 - 8. Recipes
 - ii. Agree with Carrie re: Sundial. Per Marc, may not be that expensive to rent.
 - 1. Headliners during the Fair instead of after, though it may be hard to have conversations with vendors.
 - 2. Possible schedule: bridge lighting and entertainment Friday night, resource fair Saturday morning.
 - Easier for vendors and visitors to hear each other
 - iii. Encourage vendors to have water available, if outside.